

Tena Koutou Katoa

Launching SelWell



This year in a very rare move, we changed one line in *The Selwyn Way* to read: **Nuture your wellbeing.**

The onset of Covid-19 and our country's two lockdowns have served to emphasise just how significant a commitment to ensuring personal wellbeing really is.

Hence, we launched our **SelWell** initiative, which has seen a range of exciting initiatives happening around the school. This newsletter reports on some of these initiatives.



Healthy Fun on the Smoothie Bike

On Monday we had the *Orchard Gold* Frozen Fruit Smoothie Bike in school as part of our SELWELL initiative. The Smoothie Bike is a novel way of promoting healthy nutrition and being physically active.

The event was run with the help of our wonderful TLC and Hospitality students and staff. Our students took it in turns to peddle the bike and make delicious healthy smoothies.

Many thanks to our local Eastridge New World Supermarket and the wonderful Serious Smoothies company for supporting our event with donated product.



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A Fabulous Celebration of Priday

Last Friday, Selwyn celebrated “Priday” (Pride Friday). Organised by the Whanaungatanga Council and part of Selwell 2020, it was a huge success - celebrating diversity in all its rainbow colours. During the day, our SAGA group handed out free homemade pride coloured bracelets and PSSP were on hand for free advice and support. Another fun element was a photo booth created by our art teachers and run by the Selwyn Media team. Makenna Krum and her team would like to thank everyone who got behind our inaugural Priday!



Members of the Whanaungatanga Council celebrating Priday



A Colourful Pitau Fundraiser

This week Pitau House held a colourful fundraiser focusing on promoting positive mental health through the sale of coloured ribbons representing different strengths people see in each other. Students and staff could purchase ribbons for themselves or others based on the strengths they observe. They were tied around wrists and door handles and bags, plaited and even made into bows and flowers. Thank you to Year 13 student Bernice Yeo for her a wonderful poster with Te Reo Maori translations showing what the colours represented.



Hungerball at Selwyn

Thanks to Sport Auckland and Kiwisport funding we had Hungerball in school this week.

Hungerball is an exciting innovative and unique way of engaging young people of all ages in physical activity.

Fast-paced HUNGERBALL football, hockey and other ball games can be played with battles of singles, doubles and triples played in a specially-designed six-sided inflatable area.

Our students loved playing various sports during their PE lessons and break times. Students and staff thought it was an enjoyable way of playing sport and a great stress reliever.



Our Totara Learning Centre students loved playing Hungerball



ONLY
\$80
PER DAY

GETREAL

A UNIQUE SCHOOL HOLIDAY PROGRAMME

Providing fun ways for kids to understand relevant social topics and enjoy making positive changes in the world and in the lives of others.

Sign up for 1 day or the whole week

September 28 – October 2 9am – 4.30pm

Crafting for a Cause

Monday 28 September

Today the children will create hand loom knitted beanies and machine sewn fabric marble maze games to donate to Foster Hope, who will give them to children going into foster care placements around Aotearoa.

Cooking for a Cause

Tuesday 29 September

Today the children will cook healthy meals for people in need - the meals will be collected at the end of the day by the charity.

Art for a Cause

Wednesday 30 September

Today the children will spend the day at St Andrews Retirement Village in Glendowie meeting some of the residents and creating works of art for them based on their life stories.

Growing for a Cause

Thursday 1 October

Today the children will have fun collecting and learning about the traditional uses of plants flax weaving and making beeswax wraps to give to friends and family.

Drama for a Cause

Friday 2 October

While having fun the children will play drama games, experience improvisations and work as a group to create a presentation that is grounded in values of empathy, compassion and kindness with an understanding of diversity.



To enrol, phone **09 521 9623** or go to:
www.selwyncomed.school.nz
or **www.getreal.org.nz**



Selwyn Community Education Courses

Evening Course	Start Date
A Visit to Pah Homestead	12 Sep
Flavours of the Cinque Terre	14 Sep
Weekend Courses	Start Date
Block Printing on Fabric and Paper	19 Sep
Cake Decorating—Modelling with Fondant and Sugar Paste	19 Sep
Children's Book Illustration with Sandra Morris: Character Development	19 Sep
Day Retreat for Women Going Through Stress and Change	19 Sep
Microsoft Excel Advanced—Pivot Tables	19 Sep
Mindset for Weight Loss & Wellbeing	19 Sep
Introduction to Indesign	19 Sep
Who Are You? Discover Your Personality	19 Sep
Candy Making for Beginners	19 Sep
Creating Flowers with Polymer Clay	19 Sep
Landscape Painting	19 Sep
Make Your Own Birdfeeder	19 Sep
Producing Vegetables and Fruit from Small Gardens	19 Sep
Sewing Weekend for Beginners	19 Sep
Google Ads Fundamentals	20 Sep
Landing Your Ideal Job in a Post-COVID Market	20 Sep
Using Social Media to Sky Rocket Your Business	20 Sep
Create a Café Style Sunday Brunch	20 Sep
Abstract Painting Workshop—Beginners and Beyond	20 Sep
Decoupage Terracotta Garden Pots	20 Sep
Italian For Travellers Weekend Course	20 Sep
Make Your Own Body Products—Soothing Salves and Luxurious Lotions	20 Sep
Travel Sketching	20 Sep
Understanding India	20 Sep
Writing Children's Picture Books	20 Sep

See our website www.selwyncomed.school.nz for details and enrolling or phone 521 9623