



Murrays Bay
INTERMEDIATE

2024 NEWSLETTER

Volume 6 - 15 MARCH 2024

I orea te tuatara ka patu ki waho.

A problem is solved by continuing to find solutions.

FROM THE PRINCIPAL'S DESK

Kia Ora Parent(s)/ Caregiver(s)

We've had another great week of learning.

This week's message to students was about self-control -

The more control you have over yourself, the less others have over you.



Did you know....

Psychology Today emphasises the importance of developing positive habits that prove more effective than relying on strong willpower. Individuals with superior self-control prioritise good habits, leading to greater strides in achieving objectives. So, how can one enhance self-control? Those who focus on the 'why' behind their actions demonstrate greater self-control and endurance in tasks than those who concentrate on the "how." By understanding the desired outcome rather than fixating on the method, individuals are more inclined to resist indulgences and strengthen their willpower.

Talk to your child about how they can work on developing their self-control.

GRIP Leadership Conference Day

Our student leaders joined seventeen other schools to participate in this week's one-day GRIP Student Leadership conference. Great key messages were introduced over the day across three topics.

Topic 1: How everybody can step forward and lead

Central ideas explored here were "stepping up" to use your talents, "stepping in" to help when a need is spotted; "stepping out" to try something new; and "stepping closer" to befriend others.

Topic 2: The sacrifices of student leaders

The main themes regarding sacrifices to make as a leader were: 'what others might think of me,' 'putting my own wants first,' and 'expecting something in return.'

Topic 3: Stepping forward with new ideas

Further key ideas were explored, such as 'stepping forward to either expand/improve or impact something within or outside of school.

The students came back with many ideas, which we will continue exploring together. Thank you to Mrs Shannon Robinson for organising this day for our student leaders.

Ngā mihi nui,

Melinda Hes - Principal / Tumuaki

Student Leaders 2024



Our Leaders 2024

Ethan B - R2
Kanjiro W - R3
Grace W - R2
Emi N-P - R42

Sam R - R19
Summer H - R19
Annabel BG - R21
Sofia H - R23

Jessica S - R43
Justin Z - R46
Xander V - R43
Yourong D - R48

Jett C - R25
Jeong Hoon H - R30
Peter L - R30
Vanessa H - R25

Sports:
Brody W - R43
Gray C - R2
Catherine P - R29
Mae S - R42

Cultural:
Lusia N - R30
Dazia K - R22
Reuben C - R47
Eliaba TN - R29

ELIP:
Jeong Hoon - (KR)
Esther C - (KR)
Emma X - (CH)
Stephanie S - (CH)

School:
Michael - R20
Harrison M - R2
Madeline L - R42
Rosie G - R43

Ramadan



Murrays Bay Intermediate wishes our Muslim community a blessed Ramadan filled with peace, blessings, and spiritual fulfilment.

Ramadan is a significant period in the Islamic calendar, marked by fasting, prayer, reflection, and acts of charity. It is a time for spiritual growth, self-discipline, and coming together as a community. During this month, Muslims worldwide abstain from food and drink from dawn until sunset, fostering empathy for those less fortunate and strengthening bonds with family and friends.

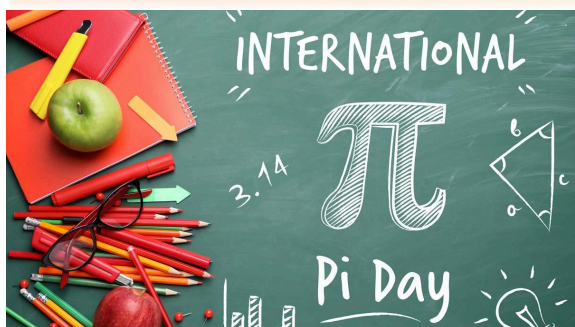
School Immunisations

Year 7 students will be offered the **Boostrix** vaccine (Tdap) in school. This vaccine is a booster of tetanus, diphtheria, and whooping cough (pertussis). Most children received these immunisations last as preschoolers. This is scheduled for August, with a catchup date 1-2 weeks later for students absent on the day. Consent forms will be given out later this year.

Year 8 students will be offered the **human papillomavirus (HPV)** vaccine in school. This New Zealand scheduled vaccine is recommended to be given at 12 years of age. Students need two doses with a 6-month gap between dose 1 and 2. This is scheduled for early May 2024 with a catchup date 1-2 weeks later for students absent on the day. Consent forms will be sent home with your child **THIS MONDAY**. Please read, complete, and return the completed form to school **NEXT WEEK**.

For more information on this important programme or to access an electronic consent form, please go to [School Immunisations](#).

International π Day



Did you know that March 14 was International Pi Day? Why? Well, the fourteenth day of the third month is often written as 3/14, and the numbers 3, 1, and 4 just happen to be the first three digits of pi! But did you know there are more digits? An infinite number more.

To celebrate International Pi Day, Room 33 students decided to have a contest to see who could memorise and recite the most digits of pi correctly.



Finishing in first place, with an incredible 62 digits, was the team of Sienna, Zara and Lauren!

In second place, with a score of 50 digits, was the team of Emma, Isabella, and Zhao. What's more, they recited the digits of pi in Mandarin! Our next challenge is to explore and discover what pi actually means :)



Cultural Dance Groups

MBIS has started up our **Cultural Dance Groups**, and we are incredibly fortunate to offer three different Cultural groups for our tamariki to join.

Practice day, location, & time:

Poly Group - Wednesday in the Hall from 3:30 - 4:30 pm

Korean Fan Dance - Wednesday in the Dance studio from 3:30 - 4:30 pm

Chinese Traditional Dance - Thursday - Location TBC - from 3:30 pm - 4:30 pm.

This week our Poly and Korean fan dance groups had their first practice on Wednesday. Our Chinese Traditional dance group will start next Thursday after school.

Poly Group

Tēnā koutou, talofa lava, mālō e lelei, kia orana, fakalofa lahi atu, ni sa bula vinaka and greetings to you all.

It was heartening to witness the enthusiastic participation of the tamariki, who approached the practice session with vibrant energy and open-mindedness. We are deeply grateful to our exceptional dance tutors, ranging from Year 9 to Year 12 from Rangitoto High School, whose expertise and dedication have been invaluable as they generously contribute their time to support us. If your tamaiti missed the first practice, there's no need to worry. If they're eager to participate, they can join us for practice next week! Encourage them to join the Google Classroom, and we look forward to welcoming them at our next session.

Thank you once again to our Dance Tutors;

Lyric, Manaia, Terily, Gemma, Seprion, Pelela



Korean Fan Dance Group

Seeing the girls all set and eager for their first practice on Wednesday was a wonderful sight. We feel incredibly fortunate to have dance tutors from Rangitoto High School generously dedicating their time to guide our Korean Fan dance group. Despite not having the fans prepared for their initial practice, they made the most of their time, engaging in valuable learning and enjoying getting to know one another while delving into some choreography. It's truly a magnificent experience for this group to immerse themselves in such a rich and beautiful culture through the art of traditional dance.

Thank you to our Dance tutors from Rangitoto High School: **Hana and Chloe**

Otago Problem Solving Challenge

Problem Challenge

The problem solving competition for New Zealand Intermediate schools

Problem Challenge is a mathematics problem-solving competition aimed primarily at children in years 7 and 8.

Children participating in the competition attempt to answer five questions in 30 minutes on each of the five problem sheets, which are done about a month apart, starting in April.

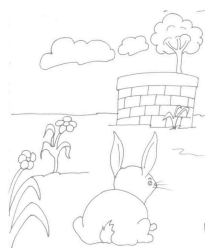
To register, please register on [KINDO](#) under trips and activities.

Stretch Your Brain

With Mr Tabuzo (Room 16)

At MBI, we enjoy diving into math and solving cool problems and questions. By having discussions about rich problems and tasks, we get to boost our critical thinking, logic, and reasoning. Here's a fun way to do it with our family!

Every Friday, there will be a question in the newsletter. Students are encouraged to solve it with anyone from the family.



Congratulations to **Cole Hansen** for winning the previous Stretch Your Brain Challenge. The correct answer is 28 days. Please claim your prize from Mr T in R17.

The well is 30 meters deep. Each day, the rabbit effectively moves up 1 meter (3 meters up and 2 meters back). On the final day, the rabbit climbs the remaining distance without slipping back. This means we don't count the slip back for the last meter(s) needed to escape.

Here's this week's challenge:

Some octopuses, fish and a few mermaids are in a rock pool.
Altogether there are 38 arms, 24 eyes and 8 tails in the pool.

How many mermaids are there?



Answer using this [link](#).



Week 8 & 9 Planner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK eight	(18 Mar) EOTC WW Rm 16 (am) & Rm 36 (pm) EOTC Trees Rms 40 & 41 North Harbour Boys Tennis Zone Day	(19 Mar) EOTC WW Rm 15 (am) only EOTC Trees Rms 33 & 39 North Harbour Girls Tennis Zone Day	(20 Mar) Auckland Champs Swimming	(21 Mar)	(22 Mar) EOTC Trees Rms 9 & 10 North Harbour Tennis Save Day
WEEK nine	(25 Mar) EOTC Trees Rms 13 & 14 North Harbour Orienteering Zone Day Pipiharorua Festival	(26 Mar) North Harbour Girls Cricket Zone Day Y8 Assembly 1:30 (pm)- 2:30 (pm)	(27 Mar)	(28 Mar) Board Meeting 7pm to 9pm	(29 Mar) Public Holiday: GOOD FRIDAY

Canteen



Fill those *Hungry Bellies*

All canteen orders can be conveniently placed via the KINDO App before 8:45 am each day.

The menu is loaded with DELICIOUS foods (including gluten-free items).

