



THE CENTRAL REGIONAL HEALTH SCHOOL



Newsletter 1

Te korowai matauranga mo nga tamariki

Term 1 2010

The candles on the birthday cake have all been blown out but the glow from the celebration of the CRHS 10th birthday remains! In 10 years we have achieved so much by working with so many students, their families, their schools and other agencies. Over 4000 students have been admitted to the school since 2000. Each one has had at least one IEP (some have had several) and the teachers have travelled thousands of kilometers to work with them in their homes. From humble beginnings and eight teachers working in hospitals we now have over 30 dedicated and skilled teachers working from 12 sites. To everyone of you who have contributed to the success of the school THANK YOU!

During term 1 we have welcomed several new part time teachers to the staff in response to roll growth and to cover teachers taking parental leave. It is great to have a pool of teachers able to step-up when the roll increases: it ensures that all students can receive quality teaching irrespective of where they live and how long they will need to be on the roll.

This month is school Board of Trustees' election month. The CRHS Board is appointed by the Minister of Education at the time of the regular trustee elections. It is anticipated there may be some changes on the CRHS Board but as yet the appointments have not been made so the composition of the Board for the next three years is unknown. I am sure you all join me in thanking trustees for their commitment to their governance role within the school.

Thank you all for being part of CRHS. Have a great term 2!
Kind regards

Regards,

Ken



Work from Kenepuru

Hi, my name is Gabriella. I am nine years old and I go to Redwood School.

I have a pet kitten named Twallah. She is pure black and has two white tufts.

Lately, I've been watching the Sarah Jane Adventures on TV.

This is a sci fi adventure about a journalist called Sarah Jane Smith.

With the help of three children, Maria Jackson, Clyde Langer and her son Luke, all together they make a great team fighting aliens and solving puzzles.

I love it because it's full of surprises and mystery. IT'S AWESOME !!!!!!!



Hi

My name is Georgia and I am nine years old. Here is some work I have been doing with my CRHS teacher Kerry .



With Mums help we made a three dimensional paper mouse, once we could see that it would stand and we had enough material we cut out the felt using a paper pattern. With the left over pieces of felt we made three little mice.



Making a play toy for Cameo

I went to buy the materials for Cameo’s toy from Spotlight with Kerry. I decided to make a mouse after looking at a magazine of crafts. I chose green felt for the body as it is Cameo’s favorite color, a bell, eyes and little glittery pompom for the nose, and a Chenille pipe cleaner for a tail and last of all stuffing.

Using an under and over stitch I then stitched the three pieces of felt together inserting the pipe cleaner, and leaving a gap to insert the stuffing before adding the eyes, the bell and the nose last of all.



I then went to the local Pet shop with my mum and bought a little Catnip stuffed mouse and tested it with the kittens in the pet shop, they loved it, especially the little bell.

Cameo’s favorite out of all the mice was the little green mouse, which I had added catnip to.



Work from Wanganui

Here is some work Zac has been doing with his CRHS teacher Rochelle, a story for English, some maths using lego and art based on a game Zac plays. Zac is nine years old.



I like our pets because we helped them and saved their lives and they are cute. My favourite is Busky he's one of them he is a guinea pig. We've also got rabbits, cats, dogs and birds.

I like homeschooling because I'm not told what to do all the time.

What do other children learn with homeschooling? Do they do as they are told?

I don't know what its like having Aspergers because I don't know what it's like being normal.

When I was little I gave up on what I wanted to be which was a doctor because I did not want to hurt someone or fail, or see them die. OK after writing just now I might be a gardener if I learn about plants and taking care of our planet.

Zac.

Zac's Starman Artwork Story.

This is a Starman. He is in the Mario Platform games as a rare item.



Starman usually first appears in Level one or Level two.

I made my picture by first drawing it in pencil.

Then I coloured it in with bright yellow crayon.

Then I used all the bright dye colours I could find.

I coloured the eyes white so the dye would not hide them.

One of the last things I did was put glue around the Starman and in his eyes so that the glitter would stick.

After sprinkling lots of glitter I had to shake the paper over a bowl to catch the extra glitter so that it does not make a mess on the table or the floor.

One special glitter I used glows in the dark. You have to put the glitter in the light to make it glow.

Mum held the Starman under a lightbulb.

To make it dark I turned off the lights and pulled the curtain.

By Zac.

Zac's Maths session: Using Lego and recreating an image on paper.

Zac used regular blocks.... the smallest were 2 x 1s and the biggest were 2 x 4s.

He had to count and use his spatial skills to build a figure from the ground up.



Hello! My name is Gabby and I go to Rangiwaia School. I am 7 years and I am in hospital because I broke my neck. I fell off the slide at school four weeks ago. It was a Saturday not a school day. I am getting better and they are going to let me sit up today for the first time. I will be able to walk soon and then go home this Saturday.



Hello my name is Amelia.



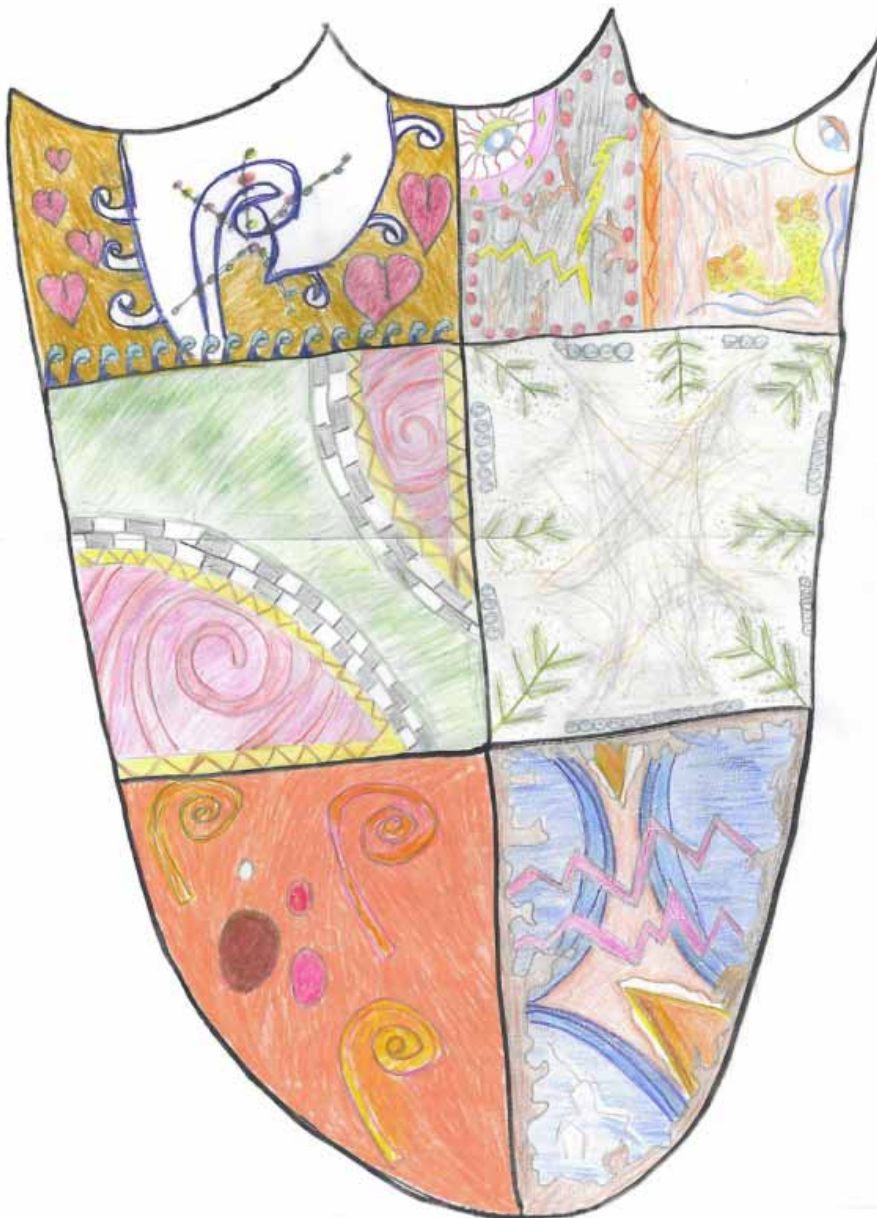
This term I visited Dawn Morton, the Bird Rescue lady for the Wanganui-Manawatu region. Dawn receives Wood Pigeons injured by flying into windows and harrier hawks hit by cars. She also cares for many other injured birds. Here is a baby Tui with a cast on its broken leg. The native birds are sent to Massey University for the vets to repair their injuries.

Sophie and I were able to watch Dawn and a DOC supervisor weigh and measure two baby Kiwis. Dawn is caring for the chicks that will be ready for release soon. They will be taken to Bushy Park for a few months and then released into the wild. After we watched the kiwis being carefully checked over, we were allowed a quick pat. The baby kiwis' feathers were surprisingly rough. It was a very special experience.





Work from Palmerston North



This shield was designed by CRHS student Vonette and another student Cassie from Awatapu College. The shield shows six emotions that they associated with their first day at school. The following explains the relationship between the design and the emotion for four parts of the shield.

Happy:

The ferns represent peace within us, mind and body.

The sparkles represent the tingly feeling we get in as when we get excited, like butterflies, lots of butterflies.

The circles represent bubbles that make us happy.

The squiggly lines represent heaps of nerves that are getting triggered because of us feeling happy

Excitement:

The fireworks represents the happiness that's inside us, that is building up by getting bigger and bigger.

The heart represents the heart beating, the sizes means that the heart is getting bigger and bigger, and you sometimes feel like your heart is beating so fast that it's going to explode.

The waves represents the ocean crashing with all of the emotions running together all at once, the koru in the middle represents new beginnings, love, family and friends, the korus outside are joining onto the middle koru at the same time and the background colour represents happiness and smiles.

Embarrassment:

The circles represent blush, and how they show up, when they start to blush (when your cheeks start to become red and then more redder).

The sizes means that they are getting bigger (the blush are starting to get bigger and bigger).

The spirals represent how confused you get and the colours show the emotions that are forming together.

The background colour represents the colour of the skin.

Scared:

The zig zag line, going straight across, represents our heartbeat,

The triangles with the squiggle around it represents the little dagger, we fell inside like you fell sick.

The three half circles represents a shell or an eggshell and shows that we fell protected around friends.

The half circle with a crack represents; even though we are round our friends we still fell a bit scared.

The border line represents our skin and showing us what's inside.



From Hawke's Bay



It was with great pleasure the CRHS awarded Zoe a certificate for outstanding effort and achievement for the work she completed during 2009.

Zoe has Chronic Fatigue Syndrome. This condition has caused her world to contract. From being a person who was involved in everything, sports, drama, music, etc, her world is now a lot smaller; she has limited opportunities to do the things she likes doing.

Zoe feels unwell most of the time. In a typical week Zoe is too sick to do anything at all for at least two days. The majority of the time she feels "just well enough to get by". The days she is well enough to do any physical activities are "once in the blue moon!" The rare days she was well enough to be able to go out, such as to a bookshop to choose a book, were usually followed by several really bad days.

Despite her health condition, Zoe gave her best effort to doing schoolwork whenever she was well enough, achieving outstanding results. Zoe completed all work required by the Correspondence School for four Y10 subjects. This is a tremendous achievement.

Some of the things Zoe did that helped her were:

- Planning a timeframe for the tasks she needed to complete for the year.
- Breaking down the tasks into small, achievable steps.
- Identifying the times of the day that she was most likely to be able to work productively- for Zoe this was in the morning, before the nausea, headaches and "brain fog" settled in too badly for the day!
- Being aware of the factors (light, noise, etc) she needed to help her concentrate.
- Knowing what worked best for her when

scheduling the transition from one subject to another- for Zoe this was working on one subject until a booklet was completed, before moving to the next subject.

- Making herself work on all the days she was not completely wiped out.
- Working on weekends or during the holidays to catch up when she fell behind her schedule, after particularly bad patches.

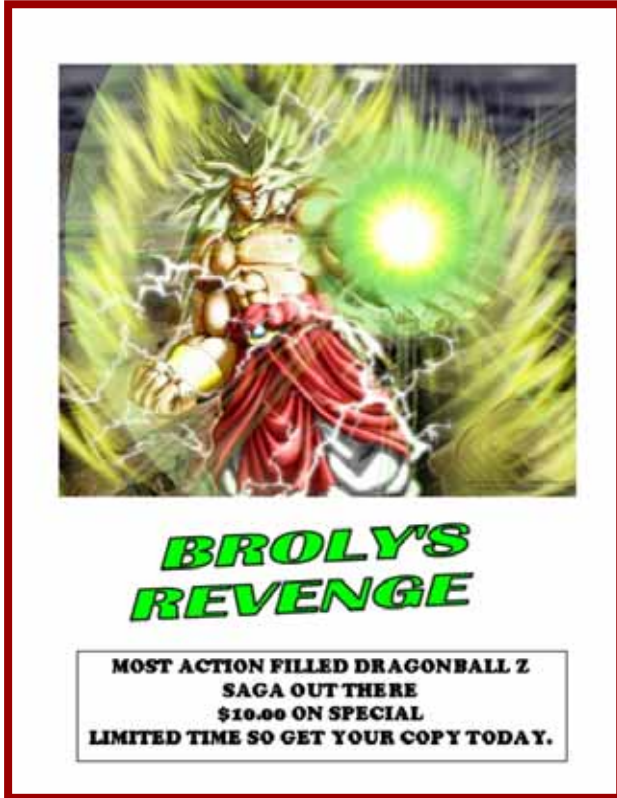
Zoe really appreciates the support she has been given by the CRHS- both for giving her the flexibility to adapt her timetable around the times she is well enough to work, and for the CRHS teacher's visits twice a week. Zoe's dedication to education gained her excellent results in 2009 for Y10, and will continue to do so as she works towards NCEA L1 this year. Good luck to Zoe. And good luck to all the other CRHS students doing NCEA.

By Cathie , Zoe's CRHS teacher





John learned how to use Microsoft Publisher and created these two posters – one for English and one for Science.



By Emma
For her year 13 art folio



By Sarah
'The Winter Crow.'
It's acrylic on canvas and took maybe 3 hours to paint. There's no meaning behind it. I just wanted to paint a crow.



Work from Palmerston North

Hi, my name is Leigh and here is a poem I have written.



EMOTIONS OF A RADIANT RIVER

By Leigh 11 years

Water speeding down
 reflecting emotions that I feel.
 Hearing the mixed tones
 of the river gushing through.
 Still clear calm waters
 Flowing at its own rhythm.
 The peaceful water reflects
 anything that it passes.
 Holding onto the memories.
 The extreme fighting river
 bubbles with its anger.
 Its white foaming water
 raging over the rocks,
 reminds me of times of stress.
 The river reminds me
 of good and bad emotions
and how beautiful life and nature can be.



Work from RRAIS

Joshua has been working on a project which involved him making one computer from two old computers and various parts.



I'm Joshua and I've been in the Rangatahi unit for a month now. I've almost finished my own computer, which I started a week ago. I'm very interested in computers and when I am older I want to be either an Animation Lighter or a Computer Software designer.

With my computer project I first got two computers from a shop in Upper Hutt called Earthlink. I opened them both up and got the motherboard out of one of them and put it into the other one.

Next I took out the CD drive from the other computer so that I have two CD drives.

Afterwards I played around with the cables while I waited for other parts such as RAM and the fan.

Now I am almost finished, I just need the fan and an IDE ribbon cable.

Joshua also completed an investigation involving finding out what is inside a pencil. He published and illustrated his findings using Microsoft publisher and here it is.

Whats Inside A Pencil?

All the kinds of lead are a bake-dried paste made of gray carbon powder plus some soft whitish stone powder. The difference is the percentage of each. The dark gray color dominates the dried brittle pencil-lead, so you never notice any whitish color or lighter gray. The main effect of the stone powder is: when packed together, it is harder than pure graphite carbon. Pure graphite carbon powder sometimes seems as soft as a silvery-gray wax crayon. The stone powder can be stronger, like partly-fired clay. More stone powder makes a harder lead and is labeled with higher numbers, like 3 or 4. Less stone and more soft dark graphite carbon makes a lower number, like 1 or 2.





The picture called 'Flight' was painted by Sarah in Adobe Photoshop CS3 with a WACOM Intuos 3, and took about 10 hours to complete. The characters in it are Kleidopious, the chestnut horse, and the Antichrist, the white unicorn, and they're in the Lands of

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The Central Regional Health School operates other sites at:

- CRHS - Hawke's Bay
- CRHS - Palmerston North
- CRHS - Wanganui
- CRHS - Wairarapa
- CRHS - Kapiti
- CRHS - Porirua
- CRHS - Lower Hutt
- CRHS - City

and

- Lower North Youth Justice - Palmerston North
- Regional Rangatahi Adolescent In Patient Service - Porirua

Please ring 0800 153 000 for further details