

# Term 3 Week 5



Hamilton  
Seventh-day Adventist School  
*Educating For Eternity*

Friday, 15th August  
Rāmere, 15 Ākuhata

## When Play becomes 'risky'



### Karakia

*Over the next two weeks we will be praying for the following families*

Term 3	Week 6	Week 7
Rāhina	Matozo Quimelli	Moore
Rātū	McConchie	Mushaniga
Rāapa	McLean-Lowen	Nabanisau
Rāpare	Muerant	Nordau Viana
Rāmere	Mills	O'Dea

This week, one of our parents who works in the area of Pediatrics shared an interesting research article that I couldn't help but share with you: Risky Play.

Don't worry, I'm not talking about anything dangerous. Instead, think of it as giving kids the chance to climb trees, jump off small walls, and explore the natural world around them. In Australia and New Zealand, experts are saying this kind of play is very important for a child's growth and well-being.

### What Risky Play Looks Like to a Kid

While we, as adults, might see these activities and label them "risky," kids see them completely differently. For them, it's about:

- **Adventure:** Finding the thrill in exploring new places or reaching the top of something they're climbing.
- **Bravery:** Facing a challenge and overcoming a fear.
- **Experimenting:** Pushing their physical limits and learning what their bodies can do.
- **Mastery:** Working hard to do something difficult and feeling that amazing rush of confidence when they finally succeed.
- **Independence:** Getting to make their own choices and manage the situation on their own.

Think about it—they're not just playing; they're on a mission to learn and grow!

### Why We Should Encourage It

For a long time, children in Australia and New Zealand were naturally engaging in this kind of outdoor play. Urban living and a focus on safety have changed that, but new research shows we need to bring some of that challenge back. The benefits are huge:

- **Physical Strength:** It's a great workout! Climbing and balancing improve their coordination and body awareness.
- **Problem-Solving:** When they have to figure out how to get down from a low wall or cross a stream, they're using their brains to plan and make decisions.
- **Emotional Resilience:** They learn how to handle their fears and build confidence.
- **Social Skills:** Working with friends to navigate a challenge means they're learning to cooperate and lead.
- **Confidence:** Successfully doing something challenging gives them a huge self-esteem boost.

When it comes to bumps and scrapes, most injuries from this type of play are minor. Instead of trying to make things "as safe as possible," experts suggest we aim for "as safe as necessary." This means we can let them take some calculated risks, with our supervision, so they can get all the awesome benefits.

By supporting and encouraging risky play, we're helping our kids become more resilient, confident, and capable people.

**Shaun Hurlow**

principal@hamsda.school.nz

## Our Deep Hope

*Our students will encounter the heart of God, as they walk in a growing relationship with Him and with others, that inspires them to make a positive impact for His Kingdom*

WWW.HAMSDA.SCHOOL.NZ

## Sports Overnighter Fun

A group of our Room 4 students participated in the sports overnighter at Matamata Christian School last week, in preparation for the upcoming Totara Springs Town & Country Sports Camp.

It was an opportunity for students to try a range of different sports and build positive relationships with students from MCS.

The students also had the opportunity to begin practising their team chant, which each team presents on the Final evening at Sports Camp.



## Cross Country Fun

What a fantastic day we had for our school cross-country event yesterday. The weather was on our side, and it was incredible to see so many of our students giving it their all.

We want to extend a huge thank you to all the parents, grandparents, and caregivers who came out to help and support our runners. Your cheers and encouragement made all the difference, especially as the students tackled the toughest part of the course: the gully!

The determination on every face as they pushed through the gully and faced that epic climb at the end was truly inspiring. It was a testament to their hard work and resilience, and they all should be incredibly proud of their achievements.

Congratulations to every student who participated. Whether they were running for a top spot or simply challenging themselves to finish, everyone showed amazing sportsmanship and grit. We can't wait for next year!



*"And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, through the Spirit.  
2 Corinthians 3:18"*





Cross Country Results 2025

	Y0-2	Y3-4	Y5-6	Y7-8
1st Place	Emilia Galdames	Colomba Galdames	Indigo Hodgson	Alexis Hurlow
2nd Place	Losalini Tofilau	Olivia Nordau	Isabelle Roche	Avigail Goodare
3rd Place	Sarah Boggiano	Antalysa Anzweni	Noemi Torres	Valentina Nordau
1st Place	Carl Baker	Emmanuel Goodare	Nathan Boggiano	Matthieu Fourie
2nd Place	Levi Hurlow	Emmanuel Barrios	Luca Barton	Emmanuel Males
3rd Place	Noa Malo	Micah Hurlow	Samuel Barrios	Joshua Roche



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## Praying for Families

Every morning, our staff team pray for a family in our school community. We invite you to join us in praying for families listed on the front of the newsletter.

If it is your families turn for prayer and you have a specific prayer request, please email your request to the school office and we pray specifically for it.



**totarasprings**

*a great place to grow*

**SPORTS CAMPS**

## Friday Tuck Shop

Every Friday, the PTA runs a small tuck shop to raise money for a number of initiatives that support the school.

Cost: \$2 each.

## Intermediate Sports Camp

**When:** Monday 25th - Friday 29<sup>th</sup> August

**Where:** Totara Springs Christian Camp

**Who:** A selection of students in Room 4.

**Cost:** \$320 Per person

Our team, in partnership with Matamata Christian School, competes as a combined Christian Schools team.

Your child should have their list of what to bring.



## Country Zone Cross Country

**When:** Thursday, 28<sup>th</sup> August

**Where:** Tamahere Country Model School

**Dress:** School Sports Uniform

More information will be sent home next week.

## Informed and Empowered

**When:** Thursday, 18<sup>th</sup> September

**Where:** Hamilton SDA School

**Time:** 6.30 pm start

Come and learn about the dangers of access to the online world for our children, and take home some tools and resources to more confidently navigate this space as a parent or caregiver.



**Our Kids Online**

**The Informed & Empowered Programme**

*“Poipoia te kakano Kia puawai”*

*Nurture the seed and it will blossom*



HAMSDA PTA FUNDRAISER

# Quiz Night

JOIN US FOR TRIVIA,  
SILENT AUCTIONS,  
FOOD & PRIZES

**\$10** per adult **\$2** per child

KIDS  
QUIZ/MOVIE  
& GAMES  
PROVIDED

**SAT 30 AUGUST  
6PM**

Hamsda Central Church  
58 Palmerston St, Hamilton

**HOT FOOD / SNACKS  
& DRINKS AVAILABLE**

EFTPOS AVAILABLE



MAKE A TEAM OF 4-8 PEOPLE  
PRIZES FOR BEST DRESSED ADULT TEAM  
AND BEST DRESSED KID

<https://near.tl/hamsda-pta/>

# Displaying Our Values



**RESPECT. RESPONSIBILITY. RESILIENCE.**

## Important Dates

### During Week 6 & 7

Mon - Fri, 25 <sup>th</sup> - 29 <sup>th</sup> Aug	Sports Camp - A selection of Year 7/8 students - Totara Springs
Thurs, 28th Aug	Zone Cross Country - Tamahere Country Model School
Sat, 30 <sup>th</sup> Aug	PTA Quiz night - Hamilton Central SDA Church - Palmerston Street

### Coming up in Term 3

Mon, 15 <sup>th</sup> Sept	School Board Meeting - 6.30 pm in Room 1 (First meeting for the new School Board)
Wed, 17 <sup>th</sup> Sept	Within School Speech Competition - More information to come
Thurs, 18 <sup>th</sup> Sept	Informed & Empowered - Our Kids Online - Room 4 @ 6.30 pm
Fri, 19 <sup>th</sup> Sept	Reports to go Home
Fri, 19 <sup>th</sup> Sept	Last day of Term 3

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