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Scouts NZ

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Raising Resilient Kids 2018

New and improved Everyone Out Adventure Game for Families

Get out and explore Wellington's beautiful Botanic Garden with your family. Work together searching for secret codes to unlock hidden boxes. March 11th, 2pm - 4.30pm Tickets available from www.eventfinda.co.nz/tour/2018/everyone-out-autumn-series For more details check us out on Facebook at www.facebook.com/everyoneout/ Also check out the second event in the Autumn Series Everyone Out in Otari-Wilton's Bush.

Karori Junior Football Registration is OPEN

We would love for your child (age 5-17) to play football this winter with Karori FC. You can find out more details at www.karorijuniorfootball.co.nz. Please register by Friday 2 March. Trials for children wanting to play more seriously are on Sunday 4 March. Email juniors@wkafc.org.nz if you have any queries. The season kicks off first weekend of April.

Community Workshop: Northland Improvement Project

Do you think Northland could do with a spruce up? Northland Memorial Community Centre and Creswick Valley Residents Association are developing a plan of improvements to Northland area including the village and the Community Centre that we will submit to WCC to incorporate in their long-term planning. *Come to a community workshop and tell us what you think. Drop in at **Creswick Garage, on Monday 5 March, 5:30 -7:30 pm**.* If you can't come along, send your ideas to creswickvalleyra@gmail.com or info@northlandcommunitycentre.org.nz. You could also leave a comment on our Facebook pages.

Kids Go Free at Staglands on Children's Day

Staglands Wildlife Reserve will be celebrating Children's Day on Sunday 4th March by offering FREE ENTRY into The Reserve for ALL CHILDREN.

In addition to their usual attractions visitors can enjoy free off-road tractor-trailer rides. So if you are looking for a fun Children's day outing for the whole family; meet at Staglands and Connect with Nature on Sunday 4th March.

*Offer is not available with any other offer. Children (0-16 years) must be accompanied by paying adult.

For more information visit www.staglands.co.nz

Springboard & Platform Diving at Kilbirnie Pool

Wellington Diving Club runs diving classes for kids aged 5 years and up (plus separate Adult training sessions). Try something new - visit our website and come along for a 30min Trial Lesson! After-school sessions available on Tues/Wed/Thursdays and we cater for kids of any level from beginners to competitive.

For more information, please visit our website www.wellingtondiving.org.nz or call/text Barbara on 027 485 8888.

Raroa Music Centre Enrolments for 2018

Raroa Music Centre offers Saturday morning group music lessons for primary school children at low cost. Although many of our classes are full, we still have some places available for trumpet, clarinet and choir. To enrol enquire or please visit our website at www.raroamusic.org.nz

Karori Arts and Crafts Inc

Tue Art: Margaret Taylor — exploring a wide range of techniques with different materials in a fun and creative way, includes painting, drawing and collage.

Feb 20th for 8-10yrs Let's Make Art Time: 4.30–5.30pm Cost: \$84 all materials included or (Trial Class \$20 must be booked via office)

Tue Drawing : Lorraine Tarrant – a comprehensive class that will develop and extend your child's ability to draw – the foundation of all artistic discipline

Feb 13th for 6-10yr Beginners Drawing Time: 3.30-4.30pm Cost: \$84 (Trial Class \$20 must be booked via office) plus drawing book \$5

Feb 13th for 11-16yr Advanced Beginners Drawing Time: 4.30 5.30pm Cost: \$97 (Trial Class \$20 must be booked via office) plus drawing book \$5

Email: karoriarts.crafts@xtra.co.nz or call 476-6817 Monday-Friday to enrol.

Easyswim Swim School Term One Lessons

- Term one lessons have started, however it's not too late to book. Early Childhood from 3 months – 3 years, Pre School and School age lessons are all go. We have waiting lists on some levels, times and days but also the odd space here and there.

- Easyswim's Splash Attack - a fun, non-contact water polo programme which involves learning and developing game sense plus passing & catching skills. Splash Attack is starting soon at the Plimmerton School pool on 14th February and Johnsonville School pool on 9th February.

To book call on 2347946 email book@easyswim.co.nz or visit www.easyswim.co.nz for more information.

Fencing Classes for Children with Wellington Swords Club

Children 6 – 11yrs Tuesdays 6 – 7pm Tanera Park, Brooklyn (Old Bowling Club)

Wednesday 6 – 7pm Tanera Park, Brooklyn (Old Bowling Club)

Children 11+ Saturdays 9 – 10.15am Wellington High School gym, Taranaki Street

Other classes and individual lessons, college, adults, social, beginners to international
Contact Head Coach: Vicci Lamb (T) 970 7496 or bishop.lamb@pistingaround.com

Drum Lessons

A FUN APPROACH to Drum Lesson's for 2018! Mark Lockett B.Mus Perf Jazz, Dip Mus
Recently Returned from performing & teaching in NYC. For more information visit www.drumlabs.co.nz or phone 021 0433 663

Join Life Flight for their Open Day on the 18th March

It will be a an exciting day bursting with interactive displays, emergency services' demonstrations, entertainment, yummy food, prizes and even Police puppies! The day offers a whole range of activities and makes an awesome family day out. We hope to see you there.

What's on Wadestown

The community creche and Toy Library have re- opened at the community centre and the local Mah-jong group and Zumba classes are shortly restarting.

Our popular pre-school story time sessions at the library for local families have just re-started for the term on Monday mornings at 10.30am.

Our well-loved major community event for the year - the annual Village Fair is scheduled for Saturday 10 March from 11am – 2pm at the usual spot of Myers Park beside Wadestown Library. If you or your group or business is interested in having a stall at the Fair, contact Karen Roper of the Wadestown Residents Association at walshroper@outlook.com.

Otari Parish Youth Group

Meet now! Herbal Stone puzzle Have fun! Team building games. Read and discuss the Sunday Gospel

Youth Liturgy Group for 9 to 13 year olds

Thursdays 6.00pm - 7.30pm

St Thomas More Church 30 Worcester St. Wilton

Contact: Pat Gee 027 246 6150 to enrol

Otari meets the Gospel!

Catholic Parish of Otari

Bigair Gymsports Tawa

If you have a child who loves doing handstands, cartwheels, walkovers, flips, or cheerleading, then they will love Bigair Gym! At Bigair Gymsports, kids love Gymnastics, Trampolining, Tumbling, Parkour, and Cheerleading! We have classes to support children of all levels and interests. As children learn new gym skills they will increase their flexibility, balance, coordination, strength, and fitness. The benefit for our children is that they learn extensive personal skills from Gym, which includes; increased self-confidence, self-reflection, listening skills, persistence, self-pride, and so much more! It is highly recommended that children start gymnastics from 3yrs, as it provides excellent preparation for starting school. Once children are at school, gym is beneficial as it replicates the fundamental learning processes which supports

children's learning at school, so the advantages and rewards are substantial. Did you know that Bigair Gym also offer Birthday Parties? To find out more, please call our Bigair Gym Tawa on 2323508 or email office@bigairgym.co.nz

Bigair Handstand Competition

We are giving away one CUSTOM BIGAIR HOODIE! Your choice of colour: Grey, Pink, or Black, and you get your name printed on the back!

How to enter:

- 1) Like this photo on our Instagram account
- 2) Follow us on Instagram @bigair_gymsports
- 3) Show us your best handstand! You can upload a photo and use the hashtag #BigairHandstandComp

The winner will be announced at 4:30 pm on Monday 12th March 2018!

Kelly Sports Football Skills Programme

Starts Wednesday 14th Feb 2018

Kelly Sports is offering an 8 week football skills programme for primary school aged children in Term 1.

Led by Martin, our head football coach, the programme covers individual and team skills including:

Game rules, Ball control, Dribbling, Passing, Tackling, Defence, Team work, Goalkeeping, practice and warm up drills for players and teams and a great deal more!

The programme is held in the Green Room, Wests Rugby Football Club, Ian Galloway Park, Wilton.

Wednesday 3:30pm - 4:30pm

MSP Junior Rugby

MSP Junior Rugby has built one of Wellington's proudest and most successful sports clubs. The club is about children enjoying their sport and developing their skills in a fun, safe and family oriented environment. Come and check out our vibrant club culture with a strong family atmosphere!

Register online at www.msprugby.co.nz or come to one of our registration events at the MSP gym (next to St Pats College artificial turf) on Saturday 17th February 12-2pm or Sunday 25th February 11am-1pm. Not sure? Email us at mspjuniorrugby@gmail.com or check out our Facebook page for more.

Free rugby ball and mouth-guard for registered players!

Kelburn Brownies have places available for 2018!

Brownies is about learning, developing self-confidence, making new friends and, of course, having lots of fun outside school! Our programme is provided in a safe environment. We get together each week for outdoor adventures, conservation activities, cooking, crafts, games and community action projects – all challenging the girls to achieve and grow.

Kelburn Brownies meet on a Tuesday from 4.30pm – 6pm.

Contact kelburnbrownies@gmail.com or 0220 963 973

Drama Club

After school Speech & Drama classes for children. I have small classes of approximately 6-8 pupils and all classes are grouped by age. Solo/group drama examinations are available for children of all ages. Please check the online class times for more details.

Enrol your child at www.dramaclub.co.nz, or email Bridie at admin@dramaclub.co.nz. Alternatively you can contact Bridie on 021 054 2593

Karori Lawn Tennis Club

Karori Lawn Tennis Club, 226 Karori Road, has spaces for tennis coaching for children on Wednesday, Thursday and Friday after school. Our younger players who are relatively new to the game have lessons at 3:15, while our older players are at either 4:15 or 5:15. For more information, please contact Margaret Johanson at kltcjuniorstennis@gmail.com

Learn a New Language the Fun Way!

FUN French language classes 5 - 12 years olds

- Lots of fun activities, drama, music & games taught in a relaxed and friendly atmosphere!
- Language resources available to support parents at home.
- Free Trial Lesson Available
- After-school, lunchtime and pre-school French classes available throughout Wellington.
- Spanish classes planned in 2018
-

Contact: Annick on 021 462 042 or email annick@lcclubs.co.nz or visit www.lcclubs.co.nz for more information.

Irish Dancing Classes

IRISH DANCING AT St Ninian's Church, Karori - FREE HAVE A GO DAY Wed 14 FEB! REELJIG IRISH DANCERS has weekly classes for children wishing to learn Irish Dancing. Beginners class on WEDNESDAY from 3.30-4.00pm PH:Laura:022 396 0238 E: reeljigoffice@gmail.com

Drama Classes

Our international curriculum will:

Help explore Performance skills, creativity, Overcome shyness, Develop positive self esteem,

Grow their imagination, Interact with adults, Make new friends. Have lots of fun. **Fun after-school classes – 5 – 17**

years Held in Khandallah, Tawa, Lower Hutt, Whitby To enrol please call or see our website. **0800 161 131**

www.helenogradynz.co.nz

Guitar, Ukulele, Bass Guitar, and Singing lessons

Available with music tutor Andrew McPartlin. The lessons are held at school starting on Wednesday 14th of February and the cost is \$10 per session. **Contact andymcpmusic@outlook.com or 0210323659** for bookings or more information.

Scouts NZ



KEAS CUBS SCOUTS VENTURERS ROVERS LEADERS

Scouting offers fun and friendship, challenge and everyday adventure to 15,000 girls and boys across New Zealand. We have a positive impact on young people and have vacancies in your area.

ADVENTURE PLUS!

Keas – ages 5-8
Cubs – ages 8-11
Scouts – ages 11-14

For more information:
Please call or email us
0800SCOUTS or
LNI@scouts.org.nz

SCOUTS
New Zealand

scouts.org.nz

Tawa Recreation Centre April School Holiday Programme

Registrations for our April School Holiday Programme are now open.

We have an exciting line up where your child will try something new or enjoy their favourites. Don't forget we provide before care starting at 7.45am as well. We are an OSCAR approved programme. Go to <https://wellington.govt.nz/recreation/stuff-for-kids/school-holidays> and register.

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For more information visit www.staglands.co.nz

Raising Resilient Kids 2018



RAISING RESILIENT KIDS
2018

PARENTS YOU ARE WELCOME

Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood.

Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events.

TIME: 7 PM - 9PM
DATE: MAY 1ST

LIFESWITCH
3 REYNOLDS BACH DR
SILVERSTREAM, WELLINGTON

\$10 pp or \$15 per couple

REGISTER NOW AT
WWW.LEADERSHIPWORX.ORG.NZ

OUR SPEAKER



Kathryn Berkett
Masters in Educational Psychology

