

BIRTHRIGHT WELLINGTON SUMMER NEWSLETTER

2017

WELLINGTON



nurtured ~ resilient ~ inspired
children & families

Summer is finally here, and we hope you are all getting a chance to have some well deserved fun in the sun!

We also want to say a huge..

THANK YOU!!!

to our amazing supporters

**St Johns Op Shop (Karori),
The Lion Foundation
& Trust House!**

We couldn't do what we do without support from great organisations like you!



THE LION
FOUNDATION

TRUST HOUSE
COMMUNITY ENTERPRISE

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Summer Hours

Birthright Wellington will be closed between:

21st December 2017

to the

10th January 2018

Check out a list of great places to get support on page 3.

Birthright Wellington are proud to have supported:

Wellington Host Lions Club & Autism New Zealand

Practical resources at Birthright Wellington

To access our free practical resources area please call to make an appointment to browse through the clothing, linen, books, toys and other practical items.

givealittle
from the Spark Foundation

Support us today at:
www.givealittle.co.nz/org/Birthrightwgtn

Let us know what you think...

We welcome any feedback or suggestions for our seasonal newsletter. If you have any messages, information or community events that you would like us to include in our newsletter please let us know.

Birthright Coffee Mornings

Would you be interested in attending a coffee morning with other Birthright Wellington parents?

Please let us know by getting in touch with our office, and we will do our best to set up a coffee morning with other interested parents.

We will provide a meeting room, coffee (and snacks!) - all we need is you!



Text "follow birthrightwgtn" to 8987 and you will start to receive tweets from Birthright.

You don't have to join Twitter to receive these.



Like **Birthright New Zealand** on Facebook for some fantastic articles and messages for one-parent families.

Please let us know if your contact details change. Call us to register new phone numbers, email or address changes.

To receive the newsletter by email, please email your request to info@birthrightwellington.org.nz. Your support is appreciated.

Bullying, it's not okay.

What are the signs?

If your child exhibits several of these behaviours, which are symptoms of bullying, then you need to take some action:

- Scared to go to school.
- Feeling ill in the mornings.
- Skipping school.
- Drop in academic performance.
- Taking a different route to school or asking you to take them.
- Going to school early or late.
- 'Losing' belongings or coming home with damaged property.
- Unexplained cuts, bruises, or other injuries.
- Tearful when asked about school or playtime.
- Starting to bully others.
- Having nightmares, starting to stammer, becoming withdrawn or anxious.

What if your child is the bully?

- Encourage your child to be honest with you and tell you exactly what he or she did. Hear their side of the story. What was their reason for the bullying?
- Do not accept excuses or blaming others, and discuss with your child how their behaviour may have affected the victim.
- Talk together and come up with ideas about other ways they could have handled the situation.
- Consider consequences for the behaviour, and that the child is aware of these consequences for the future.
- Encourage your child to join in and speak up when they see bullying.

Helpful websites on bullying:

- parent2parent.org.nz/what-is-bullying/
- www.kidsline.org.nz 0800 54 37 54
- www.cyberbullying.org.nz
- www.lifeline.org.nz 0800 543 354
- www.youthline.co.nz 0800 376633
- www.police.govt.nz/about-site/other-sites/no-bully-website
- www.bullyingfree.nz
- www.netsafe.org.nz/advice/harmfuldigitalcommunications/
- parents.education.govt.nz/secondary-school/wellbeing/bullying/
- www.skylight.org.nz/Children
- www.whatsup.co.nz 0800WHATSUP

What can you do to help?

- Be careful not to place any blame on your child. Let them know the behaviour is not OK, and not their fault.
- Encourage them to continue to talk to you, and other supportive adults, about the problem.
- Let them know you will help make them safe.
- If the bullying is occurring at school, seek more information from your child's teacher or principal, and discuss ways to make your child safe. Ensure you follow up with the school to monitor progress.
- Encourage good friendships and positive relationships with other children.

Mobile phone and social media bullying

- Today's technology can give bullies a degree of anonymity, but parents and victims can take practical steps to prevent or stop this kind of bullying.
- If the text or message bullying is threatening or frightening, it is illegal and contact the police. You can also contact the telephone or internet provider.
- Some calls and messages can be traced. Save and keep a record of all messages received, including the time and date. If needed you can pass these on to the appropriate people.
- Do not reply to abusive or bullying messages. If needed, consider changing your number, email or social media account. Only give these details to trusted people.

10 THINGS TO SAY INSTEAD OF STOP CRYING

- 1 It's OK to be sad
- 2 I'm here with you
- 3 That was really scary, sad, etc.
- 4 It doesn't feel fair
- 5 Tell me about it
- 6 I will help you work it out
- 7 This is really hard for you
- 8 I hear you
- 9 I'm listening
- 10 I hear that you need space. I want to be here for you so I will stay close so you can find me when you are ready

Just So Festival



Take a look at this wonderful Festival
www.justsofestivalnz.org

It runs from the 23rd - 25th February 2018 at Kaitoke Regional Park, Waterworks Road, SH2, Upper Hutt.

This festival is the only arts camping festival in New Zealand dedicated solely to children and their families. With performances and workshops it's a time for families to engage together in creative ways, to enjoy communing together in nature, away from the outside world.

We will be tweeting out more information on this event, so make sure you are signed up to follow Birthright Wgtn on Twitter (see page 1 of this newsletter for Twitter info).

Managing Your Child's Asthma

The Asthma Respiratory Foundation NZ have recently published a wonderful resource about how to manage, prevent and treat your child's asthma.

Check out the document online at
www.asthmafoundation.org.nz/resources/managing-your-childs-asthma

Birthright Wellington has a few hard copies at our office available for clients, get in touch with us to get a copy.

Mini Bacon and Egg Tarts

- 8 slices sandwich bread, crusts removed
- 1/2 cup milk
- 4 large eggs, lightly beaten
- 2 tablespoons chopped green onions (optional)
- 2 slices bacon, cooked and chopped into 1cm pieces
- 1/2 cup grated cheese

Lightly coat both sides of bread with cooking spray or butter. Press each bread slice into the cup of a muffin tin. Bake at 180° for 10 minutes or until bread is lightly toasted. Cool slightly. Combine milk and eggs, stirring well with a whisk. Divide the egg mixture evenly among bread cups. Sprinkle onions, bacon & cheese evenly over tarts. Bake at for 15 minutes or until set.

Tuna Kumara Jackets

- 4 small kumara
- 185g can tuna
- 1/2 red onion, finely sliced
- 1 small red chilli, deseeded and chopped
- juice of 1 lime or lemon
- 6 tbsp plain or greek yogurt (optional)
- handful coriander leaves (optional)

Scrub the kumara and prick all over with a fork. Cook in microwave on High for 18-20 mins, or until tender. Split in half and place each one, cut-side up, on a serving plate. Flake the drained tuna with a fork and divide between the sweet potatoes. Top with the red onion and chilli & lime juice. Top with a dollop of yogurt and scatter over the coriander, to serve.

Smart Newtown FREE Computer Courses

Smart Newtown is now offering free computer courses to community members, which are run on a regular basis.

The three 'core' courses are:

- Introduction to Computing
- Microsoft Office Fundamentals
- Microsoft Office Refresher

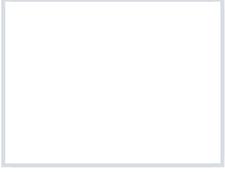
Visit their office next to the Newtown Library or check out their website at: www.smartnewtown.org.nz

WHERE TO GET HELP

- **IN THE CASE OF AN EMERGENCY**- Call 111
- **MVCOT (Oranga Tamariki)** - 0508 326 459
- **Wellington Women's Refuge & Te Whare Rokiroki** - 0800 733 843 (0800 Refuge)
- **Parent Help** - 0800 568 856
- **Shakti**- 0800 742 584
- **Local Citizens Advice Bureau** - 0800 FOR CAB
- **Problem Gambling Foundation** - 0800 376 633
- **Mental Health Crisis Line (Te Haika)** - 0800 745 477
- **Alcohol Drug Helpline** - 0800 787 797. You can also text 8691 for free.
- **Wellington City Mission** - (04) 245 0900
- **Wellington Salvation Army** - (04) 389 0594
- **St Vincent de Paul** - (04) 389 7122
- **Ngati Kahungunu Whanau Services** - (04) 384 6252
- **Wesley Community Action** - (04) 385 3727
- **Evolve Youth Services** - (04) 473 6204

Pesto Pasta Salad

- 250g pasta spirals/macaroni
 - 1½ cups cooked shredded chicken
 - 100g feta cheese, crumbled
 - 25g pesto
 - 1½ cups baby spinach leaves
 - ½ red capsicum, chopped
 - ¼ red onion, finely chopped
 - ½ punnet of cherry tomatoes, chopped in half
- Cook pasta according to instructions on the package. When pasta is cooked, remove from heat and drain. Place drained pasta in a bowl and toss through pesto while the pasta is still warm. If you are eating it warm, add all other ingredients and toss gently. If you are eating cold, wait until the pasta has cooled before adding other ingredients.



Birthright Wellington
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