

# *Say It! Southbrook Edition 1 2026*



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# *Ngā Manu Nui*







# Beebots in Teoteo



# Diary Entries – Reading Responses

*Mr Towle's Literacy class is really lucky that Mr Towle is writing a book that includes all the members from his Literacy class. Once they have read, their task is to record a diary entry reflection from their character's perspective.*

*Date: Tuesday 12th May*

*Chapter three: Down the rabbit hole*

*All I saw was light but suddenly I started to see that we were in a paddock. When I say we, I mean Hiyori, Ayla, Elizabeth, Malachi, Jono, Mr Towel and I. At that point I was scared for the others but also wondering if I was dreaming or not. Then Hiyori answered me saying that this is not a dream. I panicked in my head, thinking we were lost and we should never have gone through that random portal. I looked at everyone, and I was giggling in my head at the weird outfits that everyone was wearing but then looked down at myself and realized I looked just as funny as them. Soon after Malachi figured out that we must be in the year sometime before April 1844. We decided to walk towards the rise ahead. Then we came across Hina Mania (alive). Then the word "get back" hung in the air and we all realized that seemed impossible. Then church bells began to ring.*

*Ah, oh, bye*

*Chloe*

Date: Tuesday 9th June

### Chapter ten: The First Strike

Ok, it's the evening of the landslide and we're all in the temporary settlement outside Hina Mānia. Everyone in Mr Towle's literacy class sat in a circle around one of the fires eating our stew. "I thought time travel would be more exciting and less... manual labour." Jono said. I looked around the circle. "Right, so can we talk about the part where there are witches, hunters, a landslide and possibly no way home?" "Lovely dinner conversation." Indi said. Isla said "I'd rather know what's happening, even if it's scary." We then all began sharing what we had discovered. Simon was hurt and Fabian seemed very interested. "The landslide might not even be the most dangerous thing happening." Ayla said.

Bella

Date: Monday 22 June

### Chapter Thirteen: Under the blood moon

That's it, Mereana has officially lost it. She came up into the sky on the lunar eclipse to tell all the settlers that if they don't leave before it's been two days then she'll basically just kill them. Oh and the boys that I was talking about in the last entry are still somewhere that Mereana has taken them. I really hope that we can save them soon because if we don't then we might be stuck here for a while. We haven't seen Fabian in a while, but I have a feeling that we will see him soon. I hope we don't though because there is enough crazy stuff happening without him here so I don't want to be there when Mereana sees Fabian again. And we still haven't found the year eights and that was literally the reason why we came here.

*Sincerely Ayla*

# *The Lead up to a Speech*

*By Timea*

*1.(deep breath) And that is when you remember your parents saying just imagine them in their underwear.And then butterflies come and the room is spinning and you feel norshos,This is something everybody feels, well that is what mum and dad say. I'm Timea Wilson, today I'm going to talk to you about the lead up to a speech and what is the best way to cope with your nerves.*

*2. My mum does a lot of speeches and presentations in front of very important people like the minister of housing . Dad says she even tells him off, but dad could be making that up.*

*I asked her one day do you get nervous and what dose your nerves look like: She said that the week before she feels a mixture of excitement as well as nerves, but the day before the speech or presentation she thinks about what goes wrong like for example if she was to speak about apps instead of saying Apes are big and hairy she would say grapes are big and hairy.*

*3. Did you ever wonder why you feel worried or nervous even when there's nothing to be scared of? It's because of your brain trying to protect you for what could happen. There's a special part of your brain called Amygdala(uh-mig-duh-luh). It is an almond shaped structure and it is the heart and soul of your nervous system so it will control if you feel worried or nervous. like if you are asleep and you hear a sound outside your window or when you are at the top of the slide at margaret many looking into the dark tunnel not knowing if you are going to survive or not.*

*4.After all of that you may be wondering how we deal with anxiety or nerves. Well everybody deals with it in different ways and I have asked three people how they deal with their anxiety or nerves.*

*The first person I ask says that they deal with their anxiety with a long run or exercise to clear their head and you never feel bad after a bit of jazzercise, ask your nana what is.*

*The next person I asked said they deal with it with 10 big deep breaths for example they Breathe In four seconds hold for four seconds breathe out for four seconds hold for four seconds and then they repeat that 10 times they do that to relax and to reset their thoughts a lot of athletes use this before game and after scoring a try*

*The third person I asked said that they take a deep breath and make sure they hold a note or something in their hand to trick the brain so it doesn't think too much about what they are about to do.*

*Recently I went to the National Young Leaders Day in Christchurch and I heard so many amazing leaders but the person that stuck out the most to me was Riley Elliott. Let me tell you about him. He is a scientist and he had a fear of sharks. But instead of running away from his fear he decided to overcome his fear by studying sharks. Guess what you can go on his website and to see the sharks that he is tracking and they have fun names like bubbles and happy.*

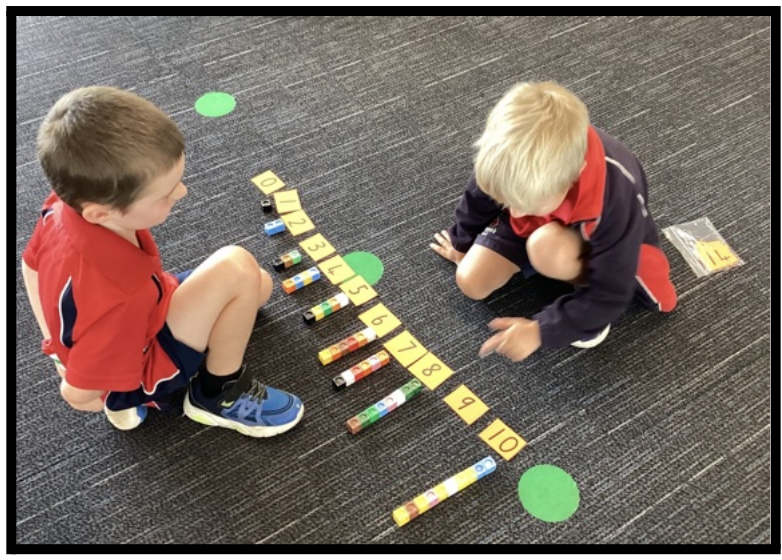
*6. Now I have almost finished my speech And you know why you feel nervous and hopefully you realise you are not the only one that feels nervous. We also know that there're many different ways to deal with anxiety or just regular nerves.*

*7. For me, I tell myself I see pride, I see power and I see a... oops mum and dad are in the audience.*

*Let me rephrase that, I take a deep breath, look into the crowd and like my hero Baster Moon would say just sing.*

# Teoteo Working Together





# What's Been Happening in the Library?

Written by Bella

At break two everyday the library is open.

Our librarians consist of

Bella, Edith, Abby, Isla, Jett, Isabelle and Ayla.

The Librarians are very responsible. A few things that the librarians are responsible for are checking in and out books, playing games with the younger students, making sure books are away, making sure the library is left tidy and many more things!

We have a box of games under the library desk, a folder full of colouring in sheets and a box of pencils (that are always sharp)!

Our favorite things to do as librarians are check in and out books, playing games with the younger students, shaking the shaker & reading books.

Here is what Edith has to say about the library!

What is your favorite part of being a librarian? Probably checking out books.

How do you handle arguments in the library? I try to calm them down by using my voice & taking the game away.

What is your favourite game in the library? The deck of cards.

What is your favourite book in the school library? Wings of Fire



# Te Awa Cycle Sense

*Cycle Sense is a funded programme that we are lucky to have offered to our Te Awa team. Qualified instructors come to school and take the team through practice drills and scenarios. This programme teaches confidence and the knowledge to be able to ride safer on the roads and cycle paths that are around the district.*





# Head Students

We see the Head Students around school everyday but, what do they do? Here is a roundup of the first two terms of 2026...

Written by Coen, Hiyori, Timea and Chloe

## **National Young Leaders Day**

We were lucky to be able to attend the National Young Leaders Day in Christchurch. There were 5 speakers that talked and they all faced different challenges throughout their career.

Two top favorites were Riley Elliott and Gracie Kim.

### **Riley Elliott**

Riley Elliott is a scientist and he had a fear of sharks but instead of running away from his fear he decided to overcome his fear. He started by studying them from a distance then from in a shark cage and now he swims freely with them. He even tracks them and he has given different names to some of them like Bubbles and Happy.

### **Gracie Kim**

Gracie Kimi is an author and though she failed in some of the things she has done, she didn't give up and looked for her next opportunity and we think that is amazing.

## **Pink Shirt Day**

By Hiyori

Pink Shirt Day is more than just wearing a pink t-shirt. It is something that focuses on anti-bullying and showing kindness to the people around us. Pink Shirt Day is known around the globe and in New Zealand. In New Zealand Pink Shirt Day is known as the country's most powerful national anti-bullying and diversity campaign. Pink Shirt Day has been run entirely by the Mental Health Foundation Of New Zealand since 2012.

The movement started in Canada, 2007 when two high school boys bought and distributed a dozen pink shirts to their peers and stood tall with a new student who had been bullied for wearing pink. This shows that by showing kindness you can get the whole world on your side and if you show kindness the kindness will come back to you.

In Term 1 at Southbrook School we all took part in the Pink Shirt Day by doing the activities that were provided by the Head Students. We collected the leaves that the students made for us and we stuck them to the tree in the office. On this day a lot of students wore vibrant pink shirts, tutus, accessories and many more. A lot of students enjoyed wearing pink and showing kindness. This shows that everybody has a drop of kindness in them and everybody can show kindness if they choose to.

## **Chocolate Lollipops**

Written By Coen

In Term 2 we did a fundraiser for Radio Lollipop. Radio Lollipop visits young patients in hospital to play games and do arts and crafts. They also run an on air radio station to raise money for the activities. When running the fundraiser, the first thing that we did was informing the school about what we were doing. The next thing we did was get the orders, then we got the ingredients which were chocolate and sprinkles. The last step that we did was making the lollipops and to do that we needed to melt the chocolate then we scooped it onto trays and added a lollipop stick then some sprinkles then put them in the fridge to set and harden. Thanks to those who ordered, we raised about \$300 that was donated to Radio Lollipop.

## **School Assembly**

Written by Coen

This year the other head students (Chloe, Hiyori and Timea) and I (Coen) have the chance to lead assemblies. I enjoy leading because you get to speak in front of everyone, which is one of my biggest fears so that can help me overcome that fear. I also enjoy it because you get to know the other head students. Before an assembly we spend plenty of time practicing our parts we also spend quite a bit of time writing the script.

## **Getting Head Student**

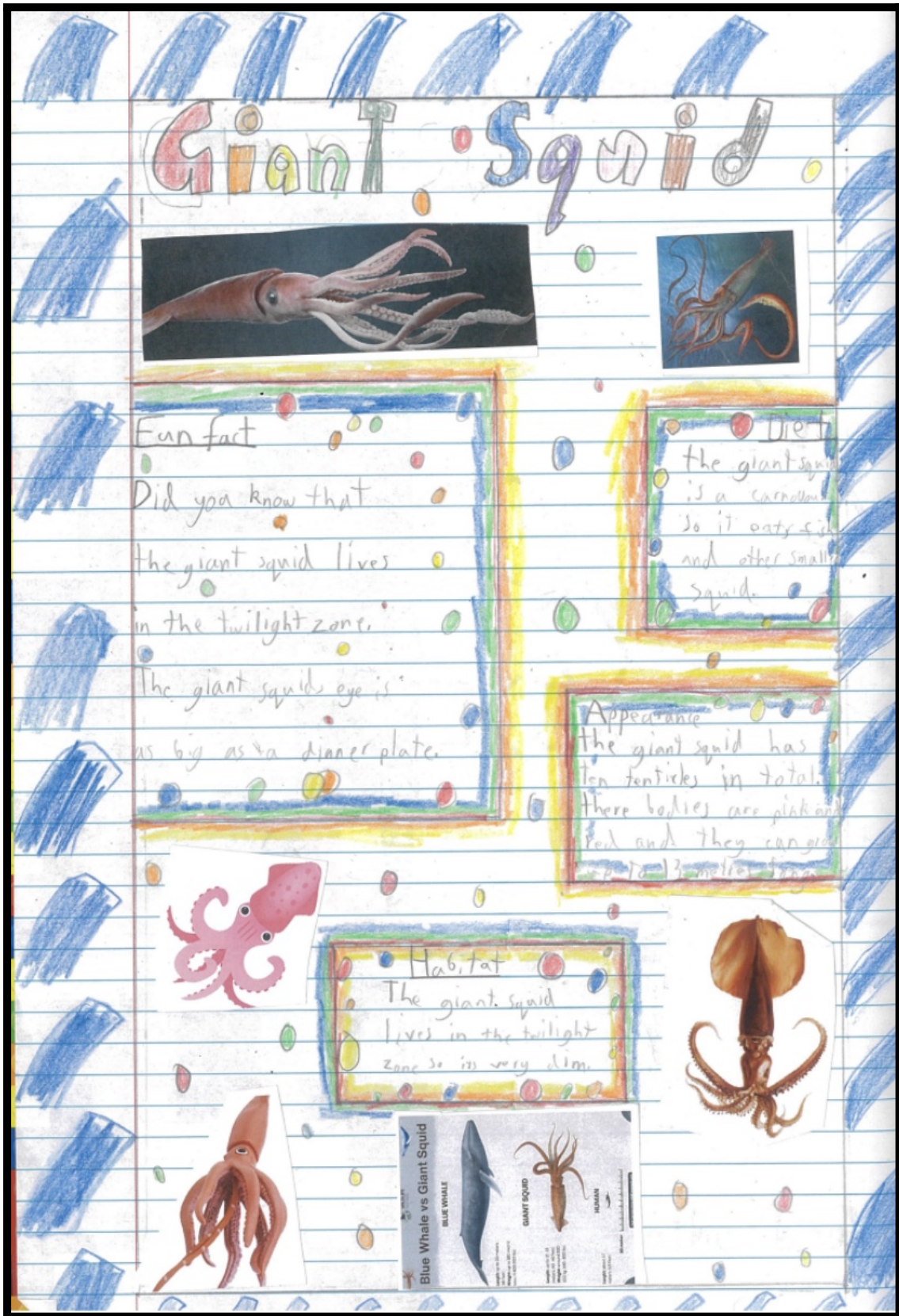
Written by Chloe

Before I became a Head Student I was very scared, excited, and nervous. Leading up to getting head student everyone that wanted the role made a C.V. and we had a lovely interview with Mrs Walls, Mrs Lindsay, two teachers, and two of the past head students. Doing the interview was very nervewrecking because we had to answer hard questions while everyone was sitting around us.

At the End of Year assembly I felt scared and I was hot because I was nervous to find out who was getting the Head Student role. When the past head students announced Coen, Timea, Hiyori, and my names I was happy and proud of myself. Afterwards I felt very confident because I practiced my pepeha and what we would need to say a lot, just in case.

At the first assembly I was nervous to talk in front of everyone but now I feel confident and I feel like I have achieved a lot and grown my confidence. Now I'm not nervous at all and every time I talk I can learn and get better and better at talking in front of larger groups.

# Te Awa's Ocean Studies



# The Clown Fish

## Diet!

Clown fish  
are omnivores  
they eat algae

## Habitat

they live among  
the tentacles

## Appearance

They are usually  
Orange with white  
stripes

## Fun Fact

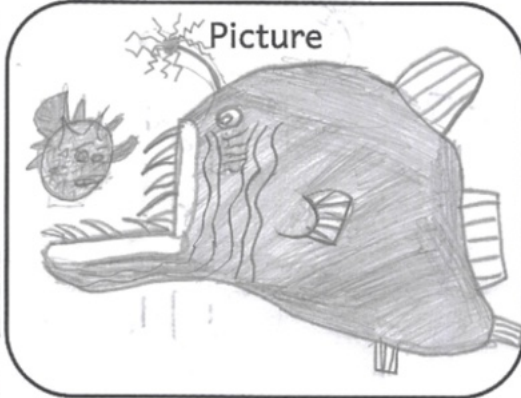
All clownfish  
are born male  
and will be  
female when they  
get older.



# OCEAN ANIMAL RESEARCH

Animal: Angelfish

Vertebrate/ Invertebrate



Zone / Habitat  
Midnight zone  
Indian Atlantic  
Pacific and southern

Diet   
small fish  
shrimp and other  
sea creatures

Movement/Adaptations  
Alure to attract  
other fish

Predators  
Deep-sea fish  
and sharks 

FUN FACT #1

Their eyes  
are very small

FUN FACT #2

They use  
camouflage

FUN FACT #3

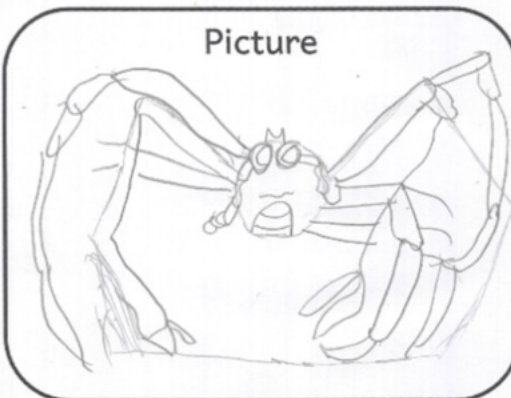
Males bite  
on to the  
female for life



# OCEAN ANIMAL RESEARCH

Animal: Japanese Spider Crab

Vertebrate/ Invertebrate



Zone / Habitat  
Pacific Ocean  
Twilight Zone

Diet   
Dead plants and  
animals

Movement/Adaptations  
Moves slowly along  
the ocean floor.  
Uses camouflage.

Predators  
octopus stingray  
and big fish 

FUN FACT #1

They can live up  
to 100 years.

FUN FACT #2

It's leg span is  
3.5 metres.

FUN FACT #3

It lives in holes  
and vent in the  
ocean.

## 4546B

Deep below the surface in the ocean of the planet 4546B lies the body of the sunken mothership with only 50 escape pods with two seats each, and only 15% chance of survival. Ryley was the only one that survived and swam off in his escape pod. Then he saw the water splashing behind him was splashing unusually fast and then his system in his escape pod detected that a Reaper leviathan was behind them, so Ryley turned up the speed on his escape pod, so the bubbles blocked the Reaper leviathan's sight.



As he swam off he discovered a perfect space to build a base, but he needed resources to build one. The system in his vehicle informed him that the place he's in was an ecological safe zone in a coral reef. Ryley wanted titanium to build his base, BUT then his system said that escape pod 3 sent an alert signal and they were VERY deep under the surface of 4546B. So Ryley went under the surface only to discover something right next to his escape pod it was another leviathan! but it wasn't the same one it was a ghost leviathan only found deep below the surface and it had already destroyed escape pod 3, so Ryley hid behind a rock, until the ghost leviathan got uninterested. And then Ryley gathered the debris. Just as he was building his base he got another notification, instead it was from escape pod 29 and it was above the surface so he swam back up, again and also yet again it was already destroyed by a leviathan - oh wait it's a completely different species - i mean it got destroyed by a gaugatran leviathan yet again he gathered the titanium debris and then left. Finally he had enough titanium to build his base the color of it the same colors as his surroundings and named his first base "the cyclops". When he was hunting for food, something else was hunting him.....it was another gaugatran leviathan from earlier and it was actually a mother and was finding food for her egg behind a rock it was right behind Ryley then he hid behind the same rock the egg was behind. Ryley noticed it and took it to his home base and then built a mini aquarium for the egg even, though this is the start of his adventure it is the end of this story good bye



-joann:)

# House Captains

*Written by Aria*

***The house captains of 2026 consist of:***

*Aria, Malachi, Flynn, Alex, Devon, Jono, Madi and Elizabeth*

## ***House day***

*This term we organized a House day for the whole school. We planned 4 activities per group! We had a 0-4 year group and continued on with a year 5-8. We had planned an Egg and Spoon race, Sack race, Tug of War, War of Colours, Rob the Nest, Rounders, Paper-Scissors-Rock, a variation of Dodgeball games and to finish it off we also did Multi sport. We had so much fun organizing this! To finish it off we also go to Teoteo to do Sports Academy. Sports Academy is where we go over to Teoteo and do some fun sports games.*

***Here is what Madi likes about being a house captain.***

*"I enjoy all the activities we play and make all kids happy and Sports academy because I like teaching the younger kids all the sports!"*

***Here is what Flynn likes about being a house captain.***

*"I like that you can do sports, that you have the opportunity to run house day and you get to dress up in your house colours!"*

***Here is what Devon likes about being a house captain.***

*"I really enjoy doing the activities in house day, I also enjoy sports academy and announcing the house points."*

***Here is what Malachi likes about being a house captain.***

*"I would have to say, Sports academy, House day and reading the points out in assembly"*

# Ngā Manu Nui Celebrating the Arts



Kevin



Carter



Billy



Florence





# Cool Cacti





# *Out and About With Ngahere*



# Student Council Round Up

Written by Abby

*This term student council had the opportunity to go to the Youth Conference in Christchurch, we learnt about the 40 hour challenge, the Solomon Islands, how to be amazing leaders and we even got to meet Stacey Waaka.*

## 40 hour Challenge

*In the 40 hour challenge where you go without something for 40 hours, I did not have any devices for 40 hours. Some other people from the student council did similar things! As a school we raised over \$900 for the Solomon Islands.*

## Solomon Islands

*There are 922 islands in the Solomon Islands, and has a population of approximately 820,000 people! Funds raised support families in the Solomon Islands by providing seeds, agricultural training, and resources to grow food, plant mangroves, and combat the impacts of climate change on food security.*

## Stacy Waaka

*Did you know that Stacy Waaka has been playing rugby for 11 years! Waaka taught us how to be amazing leaders through learning to turn your fears and failures into learning opportunities. Never giving up is also an important part of becoming a success.*



# *Wednesday Mornings in Ngahere*



# Tech

*Written by Bella, Aria & Abby*

*Sadly the tech year has come to an end for the Year 8's. Luckily we have made some amazing things! Here are some of the things we made and what spaces we made them in!*

## **Mechatronics**

*Mechatronics is 1 of the 6 subjects at Tech. In Mechatronics we designed moving robots using Ipads & batteries. We learnt many skills such as coding, puzzles & other fun games! My favorite thing to do in mechatronics was making the robot pick up blocks to play Tic Tac Toe.*

## **Wood work**

*Wood work was a favourite subject at Tech. We started by making desk tidies. We used a drill press, saws, sandpaper, hammers, nails & heaps more tools! We also made games like tower of hanoi and hook and ring toss.*

## **Textiles**

*Sewing (Textiles) was very fun, We made tote bags & wheat bags. Some people made scrunchies and stuffed toys. We learnt how to use a sewing machine.*

## **Cooking**

*In cooking we had the opportunity to make oat pancakes, jacket potatoes and potato pizza. A favourite was definitely the jacket potato which was where we scooped out the inside of the potato, added in cheese, spring onion, the scooped out potato and mince, it was so good!*

## **STEAM** (Science, Technology, Engineering, Arts, and Mathematics)

*In STEAM we made lightboxes and a wellbeing project. With the light boxes we had to find an image we liked then put it onto the surface of the box. Then the teacher put it in the laser cutter then they cut the image out then we painted it then stuck it together with wood glue and we created the light!*

## DVC

*In DVC we made a wellbeing thing for our families. Some made a key holder out of mdf (3mm wood) and black vinyl. They work really well, some people also made fidget spinners! DVC was great because there were lots of apps to use, like The Noun Project, Pic Collage & Keynote!*

*Thanks to all the tech teachers, Miss Hanna, Jen, Julie, Shevaun, Sarah, Nicole and Nancy! And to Jacqui for being with us every week!*





# Why you Should Always Brush Your Teeth

-A Speech By Isabelle

Could I see a show of hands here who enjoys a cold drink or a hot chocolate. Now imagine not being able to enjoy either because a preventable cavity has made your teeth too sensitive to function. That is the reality of poor oral hygiene.

Hi, I'm Isabelle and today I'm going to be talking to you about why brushing your teeth is so important. I will explain how and when you should brush your teeth, what can happen if you don't, and the long term consequences of poor dental hygiene. I will also talk about braces and the history of the very first toothbrush.

Brushing your teeth is the most important part of your day. Brushing your teeth twice a day with fluoride toothpaste prevents tatar build up, protects your enamel from acid attacks and ensures healthy gums. Brushing in the morning removes overnight build up. While you sleep bacteria multiplies in your mouth, so brushing in the morning removes this and also freshens your breath for the day ahead. Brushing before bed is the most crucial time. It removes food particles and plaque accumulated throughout the day, preventing acids from attacking your teeth over several hours while saliva production decreases.

The 2 times 2 rule for brushing your teeth is the gold standard recommended by dental professionals. 2 times a day, 2 minutes each time. Brushing your teeth for two minutes removes at least 41% of plaque nearly double what 1 minute does. It is also important to floss daily and spit out excess toothpaste without rinsing your mouth with water to allow the fluoride to protect your enamel.

If you don't brush your teeth properly plaque will build up which can lead to cavities and bad breath. It can also cause enamel destroying cavities, hardened

tartar, painful gum disease and eventually tooth loss. Bacteria can even destroy the bone that supports your teeth.

The first initial signs of poor oral hygiene are furry teeth, swollen and inflamed gums which may bleed often and after only a week plaque can harden into what is called tartar which cannot be removed by brushing alone and needs professional cleaning.

Longer term consequences can be tooth decay, cavities, gum disease or even tooth loss. Long term poor oral hygiene is also linked to other health conditions such as heart disease, diabetes, pneumonia and dementia.

Braces are often fitted to teeth to apply continuous, gentle pressure over months or years to shift teeth and reshape jaw lines. They can also improve oral health, bites and can create room for the tongue which over time improves speech. Braces are a major commitment to your dental health. They are usually worn for 12-24 months. They can be painful, require an altered diet to ensure no sticky, hard or chewy food can damage the brackets or wires, and also a non negotiable good hygiene routine, brushing after every meal with specialized tools. Once braces are removed your teeth have a "memory" and will naturally try to shift back which means wearing a retainer is required.

The first so-called toothbrush is called the chew stick. They were used by ancient Egyptians around 3500BC. A chew stick is a natural, traditional toothbrush made from a twig or root from specific trees (such as salvadora persica, Neem, or licorice bush)

The first bristle tooth brush was created from stiff animal hair attached to a bamboo or bone handle. This was invented in China during the Tang dynasty (619-907AD)

In conclusion, brushing your teeth may seem like a small habit but it makes a huge difference. By brushing properly every day you can keep your teeth healthy, prevent pain and avoid painful and expensive problems later on in life.