



**Tauranga
Special
School**
Learning together

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WEEK 7 KAWERONGO - NEWSLETTER

Monday 25 November 2024

Kia ora koutou,

On Friday myself and our BOT Staff Representative, Amy Bisley, travelled to Rotorua Specialist School to join them in their 60th Anniversary Jubilee celebrations. It was a great chance to reflect on the journey Specialist Schools have made over that time.

Next year it is our 60th Diamond Jubilee and we would love to have you join us in our celebrations. If you know any ex staff or students of our school pass on the word. Send or phone through expressions of interest to our school office.

**Ngā mihi Kind regards
Barrie Wickens
Principal**

**TAURANGA
SPECIAL SCHOOL**

**60TH
DIAMOND
JUBILEE**

SAVE THE DATE

*Tauranga Special School
Formerly Kaka Street Special School
39 Eighteenth Ave
Tauranga*

Dates: 2nd and 3rd May 2025

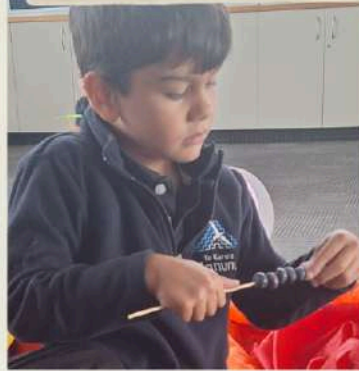
EXPRESSIONS OF INTEREST TO 07 578 4424
OFFICE@TAURANGASPECIALSCHOOL.NZ

Important dates:

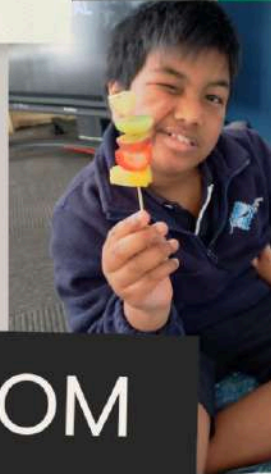
11th December - SPEC Celebration

16th December - TSS Showcase

18th December - Last day of school

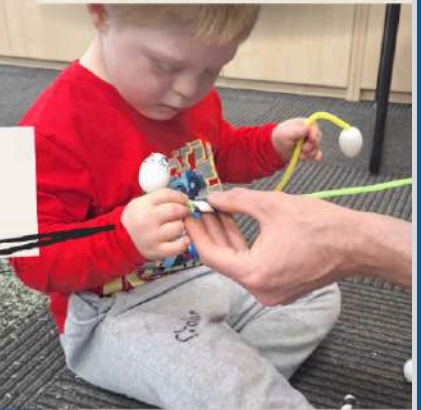


Cooking healthy food



TKOM

CATHRYN'S CLASS



MEASUREMENT ACTIVITIES

ART



Wk 4

Jo's Class

TERM

FOUR



Writing

Wombat Stew



Swimming



Fueling our bodies



Communicating



Zones of Regulation



Measuring

fun!



Room 1 has been working on activities that help keep my body healthy with support.



We have been brushing our teeth most days and everyone has been getting better brushing their teeth.

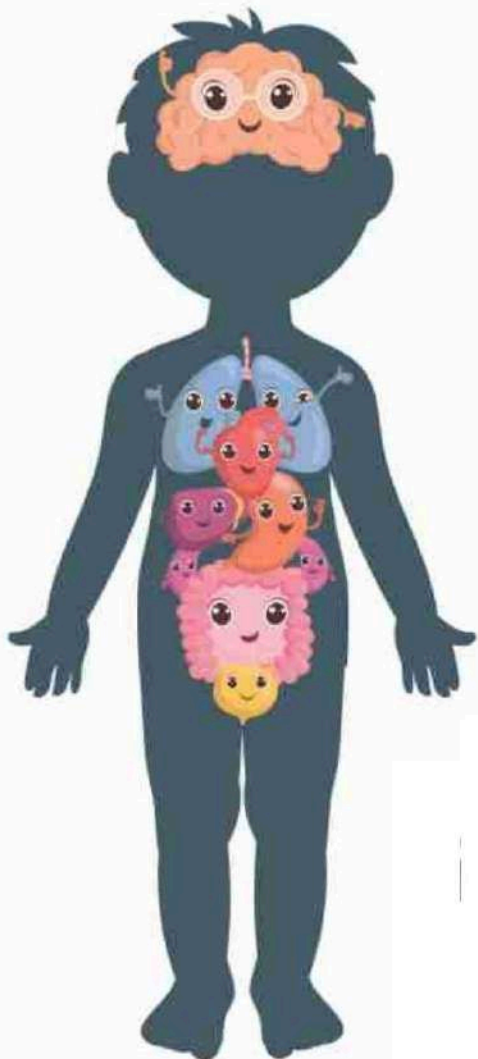


WHAT IS INTEROCEPTION?

Interoception is responsible for understanding and feeling what is going on inside our bodies. Sensations such as hunger, thirst, bathroom needs, heart rate, breathing rate, temperature, and emotional regulation are all part of this system.

Many of our ākonga appear to have less established interoceptive awareness. It can be super hard for them to hear, trust and respond to their body cues.

If it is difficult to know if you are hungry or sick, then it is even harder to understand the sometimes subtle cues that relate to our feelings. This makes it so hard for our ākonga to identify, understand and act on their feelings to help regulate their emotions and bodies.



Ideas to develop Interoception

- Yoga
- Mindfulness
- Breathing
- Matching emotions games
- Adults talking about their own internal cues
- Social stories
- Temperature activities
- Talking about or demonstrating how our emotions feel inside our bodies
- Alerting activities & discussing how your heart & breathing feels after
- Visual Prompts

