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## WEEK 7 KAWERONGO - NEWSLETTER

21 March 2025

**Kia ora koutou,**

### **Board of Trustees new members:**

At our next Board meeting Thursday 20 March, we will be joined by two new members, parents Toni Taylor and Michelle Hollands. Current members include, Sandra Peter - Presiding Member, Daisy Togo, Maria Veronese, Malcolm Poppe, Mike Nuku, Amy Bisley - Staff Representative, Barrie Wickens Tumuaki/Principal and Barbara Turley - Minute Secretary.

New elections for all school boards will be held in September this year. We will be sending out information in due course about the election process.

We are very proud of the fact that we have always had for many years strong and effective boards, none more so than the present board.

**Ngā mihi Kind regards**

**Barrie Wickens**

**Principal**

### **Important dates:**

11 April	End of Term 1
28 April	Start of Term 2
2 & 3 May	TSS Jubilee Birthday Celebrations

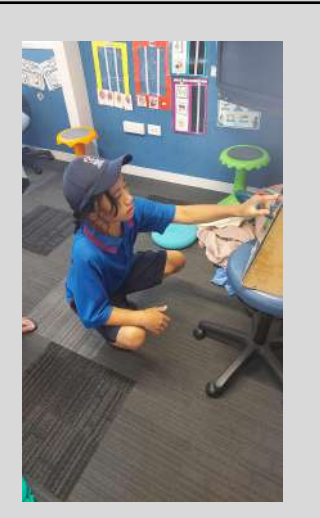
## TIS Mike's Class



We are enjoying working together during our Gym times at the Tauranga Intermediate gym, swimming at Greerton Pools, and doing Kapa Haka at Base. We love getting out and about socialising with our friends and community. We also are doing shared reading with our classmates in Jolani's class, and learning to become role models in our school to other students. This term we are using the Topic of recycling and visiting Rotary Park to pick up rubbish and see how rubbish, and not recycling, can affect our oceans.



## TIS Jolani's Class



The activities we enjoy most together as a class are swimming, community visits and cooking. This term, we are learning more about the topic 'Recycling for a greener future' and enjoy completing lots of topic related activities, such as shared reading activities and visiting Kulim Park. We also get to see and interact with some students from other classes when we visit base school for swimming and Kapa Haka.



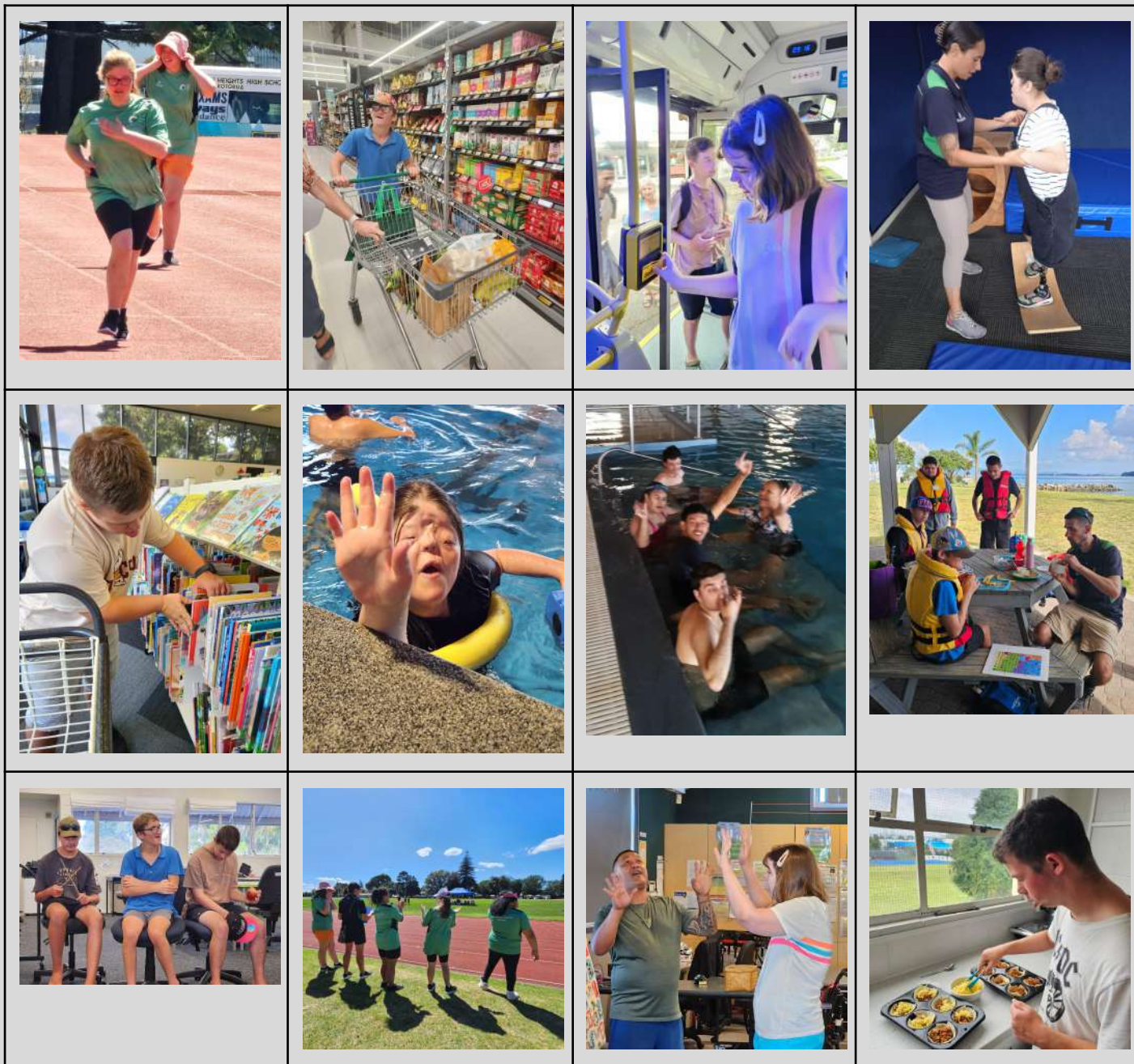
## TC3 - Margaret's Class



We have had a fantastic start to 2025 in TC3. We have new students, new staff, different groupings, different activities, and our students have taken everything in their stride. Senior students have stepped up by working alongside new students and made everyone welcome. Helen and I are very proud of our students. There's lots of learning and laughing, as well as swimming, sailing, athletics, shopping, Kapa Haka, music, cooking, cleaning, reading, writing, art and lots more at TC3.



## TC3 - Helen's Class



Here are some more photos showing some of our planned regular activities. The weekly sessions at Brookfield Gym have been a great way of working on physiotherapy goals and increasing stamina.

The staff at Greerton Library have been very open to training some of our senior students. The students sort, stack and place books in their rightful place after they have been returned.

If anyone knows of any opportunities to extend our work experience opportunities, we would love to hear from you!



# PROPRIOCEPTION

Proprioception is our body's ability to sense movement, action, and location. It's present in every muscle movement you have.

### Deep Pressure Activities

Log Roll



Steamroller



Pillow Sandwich



Bear Hugs



Foot Massage



Squeeze Therapy Putty



The proprioceptive system also has an important regulatory role in sensory processing as proprioceptive input can assist in controlling responses to sensory stimuli.

Proprioceptive input can be very calming for those who are easily overwhelmed by sensory stimulation.

Or it can be alerting for those who need increased sensory stimulation to facilitate attention and learning.

Many students with autism seek proprioceptive input in order to regulate their emotional and behavioural responses to sensory stimulation.

### ACTIVITY IDEAS

- Weightbearing activities e.g. crawling, push-ups
- Resistance activities e.g. pushing/pulling
- Heavy lifting e.g. carrying books, buckets of water.
- Cardiovascular activities e.g. running, jumping on a trampoline
- Oral activities e.g. chewing, blowing bubbles
- Deep pressure e.g. tight hugs, weighted vests

*Everyone processes the sensory world differently. We all have a unique sensory system!*