

WAINUIOMATA INTERMEDIATE SCHOOL

66 Konini Street, Wainuiomata 5014 Telephone: (04) 939 1970 Fax: (04) 939 1973 Email: office@wis.school.nz Website: www.wis.school.nz



14 February 2019

New Zealand comedian, television personality and mental health advocate Mike King has been named as the Kiwibank 2019 New Zealander of the Year.

We are very fortunate to have Mike coming to speak at our school next Tuesday morning, 19 February. His topic fits with our school focus this year of wellbeing.

Mike says "In normal people your inner critic will undermine your logical thinking and have you second-guessing the decisions you make throughout the day..." "The fact of the matter is 80 percent of people who have recurring thoughts of suicide never ask for help, ever. Why? They're worried about what other people will think, they're worried about what other people will say, they're worried about what other people will do with that information. In other words... they're worried about us."

This talk is to help "us" the well ones, how to listen, what to say.. Let's break the silence and start the conversation. As this topic is controversial and normally aimed at High School aged students, we ask for your permission before students can attend. Any parent or older sibling is also welcome, free of charge.

Wainuiomata Intermediate School, Tuesday 19 February, 10.00am

Please bring back permission slips asap. Students not given permission will stay in class.

Need to Talk? - Call or text 1737

Lifeline - 0800 543 354 or (09) 5222 999 within Auckland

Youthline - 0800 376 633, text 234, email talk@youthline.co.nz or online chat

Samaritans - 0800 726 666

Depression Helpline - 0800 111 757

Suicide Crisis Helpline - 0508 828 865 (0508 TAUTOKO)

We understand that this may be a sensitive subject for some families and it is perfectly fine if you would prefer that your child remain in the classroom with a teacher during this time. Any child who does not bring back their permission slip will also remain in class with a teacher. If you have any queries please contact me through the school.

Ma te wa,
Craig Sharp
Kaihoutu/Principal

Please return to your child's classroom teacher if you wish for your child to attend this special assembly, by Tuesday 19 February 2019.

I give permission for my child _____ Room _____ to attend **Mike King, 19 February 2019.**

I will / will not be attending. Parent /Caregiver name: _____

Parent /Caregiver Signature: _____