Tēnā Koutou Katoa,

Hello, and a warm welcome to our Year 8 parents/caregivers and whānau. It has been great meeting with you and your daughter and we look forward to hosting Year 8 girls on our Transition Day on 4th December.

We recently had an excellent senior prize giving where we celebrated a range of student achievement and were able to acknowledge our leavers. It truly was an evening of celebrating excellence. What does excellence mean? For students - doing the very best they can and realizing that no one ever accomplished great things without practice, learning and support. To that effect, we extended our Mentoring programme this year to include every student. Our Whānau teachers met with each of their students in small year groups to help with goal setting and simply taking the time to listen to and encourage our students’ dreams and hopes for the future. It really does take a village to raise a child. We also extended this further in 2018 with three way conversations between Whānau Teachers, students and parents/caregivers. This fits in with our values of encouraging learners who are respectful – respectful to themselves by aspiring to excellence and aiming high; responsible by taking an active role in their own learning, and having the resilience to persevere when the learning gets hard. This year we also extended ‘Real Time Reporting’ so that all student progress was regularly, and cumulatively recorded on the parent portal for immediate feedback. Email and our parent portal is our main way of communicating with parents and I urge new parents to contact us if they are unable to receive this so we can post you the details. Of course, meeting with you face to face is also extremely important and I invite all new parents to our ‘Welcome to Waitaki’ evening on 7th February 2019.

Our other major initiative this year has been the Sports Shed and ‘Drop everything and play’ initiative. I’d like to thank the Year 9 and 10 students who have stepped up to issue the gear at lunchtime as seniors are now on exam leave. Research proves that less time on devices and more time in the fresh air, being active in nature all lead to better learning outcomes.

Congratulations to our Aoraki sports winners and especially to Tanisha Fifita who has had a stellar year playing for the Southern Steel and New Zealand Secondary Schools’ Netball team in Australia. More proof that it is possible to achieve to these levels from North Otago.

I wish all girls going on Hanmer Camp all the best. For those remaining at school we have some great activities lined up including an Art Day and a Careers Day. Most of the activities are free or minimal cost and a great way to experience the curriculum outside the classroom and enhance the key competencies of the New Zealand curriculum.

Ngā mihi nui

Tracy Walker

Principal
These activities will run from Monday 10 - Wednesday 12 December. Students will be able to select from a range of activities being offered—some are at no cost, others do have a cost involved. Details about these activities will be given to the students on Friday 16 November and a letter will also be sent to parents at this time outlining these.

On Tuesday 11 December all students will be involved in a ‘taster day’ run by ARA Polytech—this will be at no cost to the students and will be held at school. More details will be given about this later. However, Watersports at McKerrow’s pond is being offered on Tuesday 11th as well and this trip will have a cost involved.

On Wednesday 12 December all students will be involved in a creative Art Day facilitated by Liz King who is the Art Educator at Forrester Gallery. This will be in our school hall at no cost and students will have the opportunity to create work based on a theme selected by Liz. A trip to Dunedin is being offered on Wednesday 12th as well and this trip will have a cost involved.

Money for these activities is to be paid by Wednesday 5 December. You can check the amount owed on the portal or ring the school office if unsure. On the student selection form your daughter returns, please indicate how you will be paying for these activities.

Involvement in these activities is just as important as academic learning as skills around relating to others, managing self and participating and contributing are hugely important for success in life. It is essential for the girls’ all round development that they participate in these activities. Please do not let your daughter convince you they do not need to be at school on any given day. This programme is carefully structured to provide opportunities for the girls to develop and grow as people.

Year 9 and 10 Activities: Monday 10 December–Wednesday 12 December

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Respectful, Responsible, Resilient
Kia kaha Whakaute, Kia Haepapa, Kia Kaha i kā katoa
**Congratulations to our Student Leaders for 2019**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Head Girl</td>
<td>Molly Hurst</td>
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<tr>
<td>Deputy Head Girl</td>
<td>Lily Stock</td>
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<tr>
<td>Head Boarder</td>
<td>Kate Paton</td>
</tr>
<tr>
<td>BOT Representative</td>
<td>Maddie Forbes</td>
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<tr>
<td>Burn House Captain</td>
<td>Esta Downing</td>
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<tr>
<td>Burn House Deputy Captain</td>
<td>Rebecca McNeill</td>
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<tr>
<td>Ferguson House Captain</td>
<td>Tasi Robert</td>
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<tr>
<td>Ferguson House Deputy Captain</td>
<td>Kira Mortimer</td>
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<tr>
<td>Gibson House Captain</td>
<td>Azra Huffstutler</td>
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<tr>
<td>Gibson House Deputy Captain</td>
<td>Jayde McNamara</td>
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<tr>
<td>Wilson House Captain</td>
<td>Emma Petrie</td>
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<tr>
<td>Wilson House Deputy Captain</td>
<td>Kaylah Rawson</td>
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<tr>
<td>Cultural Captain</td>
<td>Storm Voyce-McCulloch</td>
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<tr>
<td>Health Captain</td>
<td>Sam Trewavas</td>
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<tr>
<td>Peer Support Captain</td>
<td>Simran Sadler</td>
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<td>Deputy Peer Support Captain</td>
<td>Tegan von Randow</td>
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<tr>
<td>Sports Captain</td>
<td>Simone Hamilton</td>
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<tr>
<td>Careers Captain</td>
<td>Alyssa Greaney</td>
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<tr>
<td>Waitaki Way Captain</td>
<td>Holly Beazer</td>
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<tr>
<td>Waitaki Way Deputy Captain</td>
<td>Breanna Greaney</td>
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*Waitaki Girls’ High School*

*Young women well equipped for the world*
Cultural Achievements and Successes

- Combined Production – High School Musical
- Waitaki Singers - attended Big Sing
- Sign-up Expo for cultural clubs
- Wai’ Factor – Winner – Sophia Aitu
- Arts Week
- Youth Orchestra performed at various functions around Oamaru
- Lions Speech Competition – 1st Emma Borrie (Year 11 & 12)
- House Choirs – Disney/ DreamWorks
- Theatrix – Around the World
- Waitaki Singers – Performed at Opera House, Library
- Astra – Fundraising and baking for elderly, care packages
- Drama Club – Welcoming the Year 8’s to Hands on Day
- Year 10 Performance Arts class sat ‘Theatre in Action Exam’
- Hosted Top Art Awards
- Amnesty – supported #Not in my Trolley & Freedom Challenge
- India McLay – 9th in NZ, under 18 Highland Dancing Championships
- Lauryn Stewart and Brooke Gilmore – ASB Speech and Drama
- Film makers in schools festival—finalists

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**Sporting Achievements and Successes**

**Teams**

**WGHS Equestrian:** Winners Palmerston/Waihemo A&P Interschool

**WGHS Hockey 1st XI:** 2nd North Otago mixed grade, 3rd Jenny McDonald Cup

**WGHS Senior A Badminton:** Aoraki SS Champions, 14th at NZSS Champs.

**WGHS Senior Netball:** 3rd Aoraki SS Champs A Grade, 13th SISS Champs A Grade.

**WGHS Senior Tennis:** Aoraki SS Champions, 4th SISS Champs

**WGHS u19 Relay team:** 1st Aoraki Athletics

**Individuals**

**Alice Petrie:** Aoraki Swimming – two 1st places, one 2nd place; Otago Champs – 1st, 2nd and 3rd placings; NZ Age Group Champs – 9th in Girls 14y 200m Fly; NZ National Champs – 10th Girls 15y 400m IM, 13th girls 15y 200m Fly

**Alice Weir:** Aoraki Athletics – 1st 100m Hurdles u19

**Ashley Braxton:** Otago Artistic Gymnastics Champs – 11st on floor, 2nd vault, 3rd overall; South Island Champs 8th; National Champs 6th on floor and 16th overall.

**Briar Johnston:** Aoraki Athletics – 1st in 100m and 200m u15; South Island Champs 2nd in 100m & 3rd in 200m

**Connie Searle:** Southern B Hockey Team

**Holly Beazer:** North Otago Most Valuable Umpire Trophy, Passed NZ Theory Exam, Umpired A grade games at SISS, Umpired NONC premier final, NO Senior Umpire for Hanan Shield tournament, N.O. u/15 rep umpire.

**Holly Taylor:** Otago u14 Touch Rugby Team

**Jasmine Hunter:** Played for Otago u18 who won Junior Touch Rugby National Competition and SI Competition. North Otago u17 Netball Team.

**Taneisha Fifita:** Starting Player for South in Beko League, training partner with Southern Steel in ANZ Championship, player for Southern Steel in Super club comp, NZSS Team, SISS Tournament Team, North Otago u/17

**Jayda Loper:** Aoraki Athletics – 1st 80m Hurdles u16

**Jordon Cunningham:** Southern B Hockey Team. Umpired bronze medal match at NZ
National u/15 Hockey Champs.

Mackenzie Phillips: Southern Nationals winner T3 mixed doubles, Selected for u16 Southern Nationals Team, 31st in u16 Nationals. Winner of Otago Senior Women’s Singles and Doubles, Winner of u16 singles and doubles at SC Spring Open, Winner of u16 doubles & runner-up in singles at Canterbury Spring Open. #1 player for North Otago.

Madaleine Mansfield: Played for Otago u16 who placed 2nd at Junior Touch Rugby National Competition and 1st in SI Competition. North Otago u17 Netball team

Meadow Neill: Otago u14 Touch Rugby Team.

Mikayla Bryant: Secondary Schools National Trapshooting – 1st in point score, won high gun for highest overall points, selected for SI ladies team, selected for Central South Canterbury ladies team.

Molly Hurst: North Otago Senior Netball 1st - Hanan Shield. North Otago u/17 team.

Paige Hardwick: NZPC Eventing Champs 1st A1 Secondary Schools, 4th Overall; Wingatui 2 day horse trial 1st; Springston Trophy 3rd (Team); SI 3 day event 3rd (NZ Junior Championship). Top 3 finishes in all 10 events attended this year.

Samantha Atley: Top 8 finishes at Nationals in Double mini, synchronised and trampoline. 1st in double mini, 2nd in synchro at SI Champs.

Shania Kohinga: 2018 NZSS Nationals Ref, SISS Champs Ref, IPS Ref, Lindsay Dunlop Emerging Referee Award. Gained NZ touch Level One referee badge.

Our only Mountain Biker, Brooke Sim, has competed in the Enduro section of the recent Aoraki MTB Champs held in Oamaru, and the SISS MTB Champs in Dunedin. Well done to Brooke, who was the fastest female in the Aoraki Enduro, and 5th female at SISS. If any other students are interested in competitive mountain biking, please get in touch with the Sports Co-ordinator. The Aoraki event is held at Cape Wanbrow, so involves tracks those of you who ride for fun have probably already been on. Would be great to get some more local females supporting this event!

Amazing results for our only Trapshooter Mikayla Bryant at the Nationals held over the holidays. Mikayla received a Gold Medal in girls point score, a gold medal and trophy for ‘Highest overall girls for the day’. She was also selected for the South Island girls team who won against the NI team and for the Central South Island Regional team.

Also during the holidays was the NZ Swimming Short Course Champs in Auckland where two WGHS students were competing. Jorge McDiarmid-Jones (girls 13 years) was sixth in the 100m butterfly, cutting 1.75sec off her previous

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best time. Her best time improvement was in the 200m medley (1.97sec), and she also set a new PB in the 100m individual medley. Alice Petrie (girls 15 years) was 10th in the 400m individual medley.

**Gymsport Nationals**
Year 10 student Ashley Braxton attended the Artistic Gymnastics Nationals in Tauranga over the holidays and came away with an amazing 6th on floor and 6th overall. Year 11 student Samantha Atley attended the same Nationals competing in trampoline and performed fantastically placing 5th in double mini, 6th in synchronised and 7th in trampoline.

**NZSS Junior Touch Champs**
Shania Kohinga has been selected to referee at the New Zealand Secondary School’s Touch Nationals in early December! There are only 4 females from Otago, what a great achievement Shania!

**Aoraki Junior Volleyball**
Well Done to our Junior team who competed at the Aoraki Junior Volleyball Champs this week. A well supported tournament with 11 girls teams from the region.

**Aoraki Junior Touch**
On Thursday 15 November, ten dedicated juniors took off to Timaru to DOMINATE in the Aoraki Touch Tournament. Jaz Hunter had coached these girls to be beasts on the field and they properly showed the competition who was boss! Fantastic weather, a good rapport within the team, great coaching, AWESOME support from Manager/Ref/Driver Ange Hunter all culminated to make this a super successful day for the Junior Touch team. The girls won all four of their games, including a 5-0 win in the Final! BOOM! Best of luck to the girls when they play in Dunedin next Thursday against the Otago Secondary School’s.

**Otago Touch**
North Otago u14 and u16 girls touch headed to Dunedin last weekend for a tournament which acted as the trials for the Otago rep teams. Congratulations to Monique Lewis, Brylee Milmine and Meadow Neill who made the Otago u16 team, and to Holly Taylor who made the Otago u14 team and was named MVP for the u14 tournament. Awesome effort girls.
On Friday 2 November, 18 finalists from WGHS travelled with their supporters to Timaru for the annual Aoraki Secondary School Sports Awards. This year was the 20th year of the awards and we were treated with a video recording from the first ever overall female winner in 1999, WGHS old girl Tara Pate (now Tara Blackie) who now resides overseas so was unable to personally attend. Congratulations to all of our finalists, and especially to those that won their categories!

- Simone Hamilton – Aoraki Future Champion in Badminton
- Jordon Cunningham – Aoraki Future Champion in Hockey
- Taneisha Fifita – Aoraki Future Champion in Netball
- Jasmine Hunter – Aoraki Future Champion in Touch Rugby
- Shania Kohinga – Aoraki Outstanding Referee Award.
- Taneisha was also named as a finalist for the overall Aoraki SS Female Sportsperson of the Year Award.

WBHS Old Boy and 2004 Aoraki Male Sportsperson of the year, Peter Breen was the guest speaker and gave an excellent speech, including some take home tips for training as an elite athlete.
BELIEVE IN YOURSELF AND DISCOVER ANYTHING IS POSSIBLE

When facing a challenge or dealing with an unfamiliar situation, you may not always believe you’re capable enough or have the skills to achieve a successful outcome. Whatever your goal though, it’s important to start with the right attitude and believe in yourself, and visualisation, or mental imagery, is a great way to boost your confidence. Scientifically proven to improve self-esteem and performance, many athletes use the technique as a tool to feel confident before competitions. The main principle behind visualisation is to create a positive mental image of a future event. If you want to win a game of soccer or perform well in a school production, focus and imagine yourself lifting that trophy or being congratulated by friends and teachers. Regularly practise the following exercises and watch your confidence grow.

MAKE A STAND

In your mind, picture the place where you’re about to perform the activity. This may be the running track, the stage or the classroom. See yourself standing with a strong, confident posture, or visualise yourself walking towards the situation with your head up. Then, run through the entire event as you would wish it to happen, from start to finish.

BE THE STAR, NOT THE AUDIENCE

Find a comfortable and quiet place to relax, where you won’t be interrupted. Close your eyes, take a few deep breaths and calm your mind. Now visualise yourself getting ready for the event. Be sure to imagine this from your own perspective. Try not to watch yourself as if you're in a film.

TURN ON ALL OF YOUR SENSES

The more senses you can engage, the more successful the technique is likely to be. What do you smell, hear or feel? Immerse yourself as fully in the mental image as you can - it should feel as though it is actually happening. It should be so detailed that it takes as long to picture it as it would to do it in real life.

PRACTISE MAKES PERFECT

This isn't about wishful thinking or simply picturing your success. It's about mentally practising what you want to achieve, and seeing that the outcome you’re after is possible. The more you can practise the technique, the better you’ll get at it.

From Breathe Magazine - available from Whare Matauranga
Junk Jam was held on the 18 October where we made music with recycled materials to raise awareness about the environment. Junk Jam 2018 was hosted in the English Riviera Geopark by the JunkMan, Donald Knaack. We represented our school, Waitaki District, New Zealand and even the Southern Hemisphere which was a pretty cool experience.

During school time we made instruments like rice shakers, cardboard box drums and elastic band guitars and came up with our eco-chant. Our eco-chant was "Respectful to our earth, Responsible because we care, Resilient we won't give up, Be respectful, responsible, resilient (again)" this links to our geopark and to Waitaki Girls as well. Junk Jam 2018 kicked off at 12am which means that it was a late night for all of the Enviro Girls. We performed with Romania, England and Iran who made a video to participate in the livestream as they were not able to make it on the day, other countries were not able to make the livestream because of technical difficulties.

We would not have been able to be part of this event without the Waitaki District Council who provided the venue, the technological side of the livestream and supporting our Enviro Club to successfully take part in Junk Jam 2018. It was an amazing experience to share our passion for the environment with other countries. It is an event we look forward to participating in next year.
Many new friendships were made when we hosted 15 Thai students for 18 days. With a combination of ESOL, buddy classes and trips around the district the girls had a wonderful time and will have happy memories of their visit with us.

A huge thank you to all the buddies and host families for looking after the girls so well.
PTA THANK YOU
To everyone who supported our Bake Sale at the Farmers Market this weekend, we made $663.90 for the school! To our wonderful school office team for helping with advertising (sign looked great) and collection of baking, the amazing bakers, fantastic helpers on the day & of course our shoppers who bought our creations, it was all so appreciated. Special mention to the lovely person(s) who put together a raffle for us WOW! We sold all 100 tickets and it was won by a delighted Diane Reynolds. Finally to Liz & Susie (our organizers) and our students Tilly, Sophie & Charlotte who all looked fabulous in their Victorian Costumes, you really set the scene and our stall got so many positive comments.

Oamaru Multisport Club -
Fun walk / run and Duathlon
Oamaru Harbour, Wednesdays 6pm - 3 week series from 14th to 28th November. Suitable for ALL levels! Bring your kids, your grandma, your neighbour!

Fun walk/run - 2.5k (1 lap), 5k (2 laps) or 10k (4 laps)
Duathlon:
Off the Couch 2k walk/run; 4k (1 lap) bike; 0.5k run
Weekend Warriors 2k run; 12 k (3 laps) bike; 2.5k run

3 week series - Wednesdays November 14, 21, 28@ 6pm
Registrations and briefing 5.30pm
Register on-line or contact
Adair Craik 021-309439 adair@adairca.co.nz;
Diane Talanoa 021-08150688 dianetalanoa@gmail.com
https://www.sporty.co.nz/oamarumultisportclub
Adults $10 per event or $20 per series / students $5 per event or $10 per series

While there is a Paid Union Meeting on Wednesday 21 November we will be operating classes for junior students as usual for a late start on Wednesday 21 November. Year 9 and 10 student should come to school as usual at 9.25am. Their classes will be running.
NCEA exams will not be affected and running according to schedule.

Kia kaha, kia maia, kia manawanui
Be strong, be brave, be steadfast

Waitaki Girls’ High School
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