

Waitaki Girls' High School

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Newsletter 2nd June 2017

‘Young women well equipped for the world’



Tēnā Koutou katoa

Enabling and supporting young people around digital safety is an ongoing challenge for parents and educators alike. Recently the Ministry of Health and Sport New Zealand released guidelines for school-aged children. The guidelines say getting enough sleep, replacing indoor for outdoor time and swapping sedentary behaviours and light physical activity with moderate to vigorous physical activity can provide greater health benefits for young people. A healthy 24 hours for young people might include:

- No more than two hours per day of recreational screen time
- Uninterrupted sleep of 8 – 10 hours for teenagers, with consistent bed and wake-up times
- An accumulation of at least one hour a day of moderate to vigorous physical activity
- Sit less and move more often

Please do run this template across your teenager's current situation and look at a progressive move towards them if not in place. Well done, if they are.

Enabling and supporting young people around digital safety is an ongoing concern for us all. On the 26th June we are hosting Netsafe – an independent body focussed on online safety – at our school. They will do a community presentation in our hall in the evening between 7 and 8.30pm. I would like to invite all interested parents and caregivers to attend.

It was reassuring that of the 4300 New Zealand girls recently surveyed in a study by GirlGuiding NZ that one in four named their mum as their main role model. In a society dominated by social media and the 'Kardashian Effect' it is good to know that girls are still looking to role models such as mothers, aunts, grandmothers to provide values and direction in their life. We know that girls and young women are facing more and more pressures from social media, reality television and gender stereo-typing on body image so to know they value having someone real in their life who can help guide them is refreshing.

For our senior students it is important to note to there are less than 100 academic days before they begin their NCEA externals. The year is slipping by fast and but it is not too late for students to reset their goals and evaluate their progress. I would like to remind parents/caregivers that the portal is our main communication between school and home and this includes feedback on academic progress. Do check the portal regularly. If you've forgotten your password ring the school office. For those without portal access we do post home credit summaries and feedback comments at the end of each term.

Our mentoring programme within Whānau classes has begun with Year 10's and 11's reflecting on work they are proud of, what to do when the learning is hard, and goal setting. We hope that these learning conversations will help with motivation and engagement. Our Year 11's also recently attended a Study Skills Seminar with Patrick Sherratt. The workshop covered such topics as Releasing Potential, Relaxation, Reviewing and Rewriting notes, Memory techniques and Rehearsal and Recall. Patrick's strategies are based on the premise of, enabling everyone to be an effective learner and fitted in well with the school's philosophy on Growth Mindsets. The students' evaluations indicated they gained a lot from the workshop.

Patrick Sherratt pictured with from left to right: Hannah Westergaard, Ruby Smail, Briar Forbes-Little, Lily Stock.

I wish you all a relaxing and enjoyable Queen's Birthday weekend.
Ngā mihi

Tracy Walker
Principal

KAMAR App

Download the Kamar App on your phone/device for easy access to school information!



Meet the Head Librarians for 2017



My name is Serena, I am a year 13 and have been a librarian since Year 10.

What is your favourite book?

I don't have an absolute favourite, but I quite like 'A Castle in the Windows' by Laura Stevenson. Sure it's childish but it has a nice story and I like the way it is written.

Are you a read every single word person or a skim reader?

It depends on the book. If it's interesting I'll read every single word, but if there are parts I'm not too interested in, I'll skim read.

E-books or paper books?

Definitely paper books. I prefer reading off a page and seeing my progress than reading off a screen.

What are you reading right now?

Inferno by Dan Brown. It was a gift given to me last year that I still haven't found time to read.

What book can you recommend?

It really depends on the person and genre. I'm more of a thriller reader so most of the books I would recommend would be Lee Child, Dan Brown, Tom Clancy and similar authors. I also enjoy various fantasy books such as Percy Jackson and the Artemis Fowl series.



My name is Ashleigh, I am also a year 13 and have been a librarian since year 10.

What is your favourite book?

My all time favourite book would definitely have to be "A Discovery of Witches" by Deborah Harkness, it's a part of a series which I totally love.

Are you a read every single word person or a skim reader?

I usually read word by word but if I'm distracted I skim a little bit.

E-books or paper books?

E books because they are more portable

What are you reading right now?

Currently I am reading "The Girl with the Dragon Tattoo" by Stieg Larson

What book can you recommend?

Well I'd probably recommend a Discovery of Witches but I would also recommend "Into the Wilderness" by Sara Donati.

NCEA Fees for 2017

Families may be eligible for some financial assistance from the government in paying NCEA fees. To qualify for assistance, at least ONE of the following criteria must be met:

- Be receiving a Work and Income or Study Link benefit.
- Have a joint family income below the threshold for receipt of a Community Services Card.
- Be a fee-payer with 2 or more children who are candidates where the total fees to pay would otherwise be more than the \$200 multiple candidate maximum. If you have a son at another school, choose which school you would like to send the application to (only one application is necessary).

If you think you are eligible to receive financial assistance, a form needs to be completed and returned to the office, to Ms Margaret Williams or Mrs Sally Grant. This form can be collected from the office or is available from the following internet address: <http://www.nzqa.govt.nz/assets/qualifications-and-standards/qualifications/ncea/Application-For-Financial-Assistance.pdf>

What are the income thresholds for entitlement to a Community Services Card?

Family Size ¹	Income Limits (Before tax) From 1 April 2017
2 person family (1 parent with 1 child)	\$49,993
3 person family	\$60,402
4 person family	\$68,682
5 person family	\$76,790
6 person family	\$85,852
For families of 7 or more, the income limits increase by \$7,986 for each additional person	

How much will I need to pay?

	I am eligible for beneficiary or income-based assistance	I am not eligible for beneficiary or income-based assistance
I am paying for one child who is a candidate	\$20.00	Full fees ² (\$76.70 for all NCEA standards, \$30 for each NZ Scholarship subject entry)
I am paying for two or more children who are candidates	A maximum of \$30.00 per family. ¹	A maximum of \$200.00 per fee-payer ³ .

Please ring Ms Williams at school if you have any questions.

SOME NCEA REMINDERS

1. Assessment Deadlines:

- Students are to complete and hand in their assignment by the due date. Late work may not be marked.
- Work is to be handed in directly to their teacher. If this is not done and work is subsequently lost or arrives late, it may not be marked. DO NOT ask a friend to hand it.
- No allowance is given if work is stored on a computer and not able to be retrieved or downloaded.
- If a student has been given an adequate amount of time in which to complete an NCEA internal assessment, but chooses not to hand work in, then a grade of Not Achieved is given.

2. Extension Application

- an extension form application must be completed by all students who wish to apply for an extension on an NCEA assessment
- these can be collected from your Head of Learning, the school office or Ms Williams
- this form is to be completed and handed in **AT LEAST 3 DAYS** before the due date of the assessment.
- all applications require evidence such as a medical certificate, parental note etc.
- the application must be signed of by the teacher of the assessment .
- acceptable reasons that can be considered for an extension are: illness; family/personal trauma; school sports or cultural activity
- if a student is absent on the day an assessment is due or on the day of an internal assessment test, it is the responsibility of the student to contact their teacher (preferably by email)

Further information is available in the booklet 'Information to Students and Parents-Policy and Procedures Relating to the National Qualifications Framework' which was given to all Year 11, 12 and 13 students in the term.

Ms Williams is the Principal's Nominee and be contacted via the school office.

Year 13 History Trip: 9th—11th April

On the 9th of April, our Year 13 History class began our journey to the beautiful Akaroa. We departed in the school vans at 8:30am on Sunday, which was the beginning of an amazing three days. The first stop was at Birdlings Flat where we took photos for our possible sources as it is one of the few beaches in the South Island that still upholds the traditional way of Māori fishing and is hugely respected by Māori people, then we stopped at Little River, where we had a delicious lunch at the café. After the long journey, we reached Okains Bay Museum, where we would sit down and have a conversation with one of the most friendliest staff on our trip. This was followed up of an hour or so looking around the Museum, taking photos of artefacts as well as going up the road to the original school. After the hour or so was up, Ms Hull decided we would all go for a walk to the Okains Bay Cemetery and the beach, where we spent up to 30 minutes playing in the water and going to look in the caves. We reached Akaroa later that afternoon and went straight to the most beautiful house I've ever seen. After we had our shared dinner and prep, it was off to bed for most of us without any complaints.



The next morning, we woke up bright and early, and had left overs from the night before for breakfast, because who doesn't love a good old bacon and egg pie for breaky. At 9:00am we hopped in the school van and travelled to the Onawe Peninsula for a refreshing walk. We all thought it was going to be life or death walking up to the top, but the view at the top of the Peninsula was breath taking. After the walk, we then got to go have some free time in Akaroa before we had to go to the Museum. Naturally a group of us went straight to the fudge shop that Ms Hull had told us was amazing and she was right, it was amazing. We all meet at the Museum at 10am and spent the morning looking for primary sources that would help us all answer our focusing questions. At 12:30pm Ms Hull picked us up and took us back to the house, where her and Mrs Cairns had cooked us lunch and then it was back to the Museum to continue our research. Before going back to the house, we went to the Akaroa Cemetery, the old French Cemetery and St Patrick's Church. Once we got back to the house, we were all straight into getting ready to go out for dinner at Ma Maison. We had all been looking forward to going out to dinner from the day Ms Hull said that we were going, and it was well worth the excitement. The food was incredible, but the dessert was even better. We originally planned not to get dessert as we had so much baking still left at the house, but due to mine and Cheyenne's begging we were able to convince Ms Hull to stay for dessert. Which was worth it, if I do say so myself. After we got back to the house, we had 30 minutes of prep before we all retreated downstairs to play cards.

The next morning, we woke up and realised that we had to leave this beautiful house and begin our journey back to Oamaru. We had breakfast, cleaned the house, packed up the van and began our day. We first went to Onuku Marae, which was in the most beautiful spot, which was secluded from the rest of the township. We then had some free time to go and look for more possible sources around Akaroa. We then had to say goodbye to Akaroa, where we had spent our last three days and we all said that we were going to live when we grow up. After a long and exciting three days, that we all remember as the best school trip we have ever taken, we finally arrived home at 4:00pm on the 11th of April. Thank you to Ms Hull for organising this amazing Year 13 History trip. We all learnt a lot and we also had the best time of our lives. Thank you also for Andrea Cairns for coming with us.



Renee Ley

Year 12 History Trip: 16th- 18th March 2017

For Year 12 History, our first two internals are on the Gold Rush period during the 1850s-1900s in Central Otago. Before we left for our trip we narrowed down our research independently. The topics were the Chinese, women, living conditions, and law and order.

We met early on a Thursday morning keen and ready for a few busy days ahead. First we drove along a dodgy gravel road to come across an amazing view on top of Danseys Pass. The weather was great with clear blue skies to the sea. We then drove along some more admiring the views, and the work that the miners had done to build the roads on such tough terrain. Our next stop was at the Danseys Pass Pub where Ms Hull had her first coffee of the trip which she was very excited about! Many girls were also very excited to have some coffee or fancy hot chocolates.

After our short stop at Danseys, we then drove onto Naseby to look at the displays in the Museum and some other few stops around the township. Then we visited the Naseby Cemetery, reading interesting stories about the many deaths during the 1850-90s.

Our next stop was my favourite place, out of all we visited, St Bathans. The first place we went during our time at St Bathans was down to the Blue Lake and we admired the work of the sluicing gun, which the miners had used, and had been introduced during the 1850s, then we went into the small township. Some of us girls had some time to fill in, so we took pictures (of course) and went for a swim in the Blue Lake since the weather was so lovely, ignoring Ms Hull telling us about the eels in the depths of the waters. Safe to say we scared off the eels with all our noise because we did not see any!

We drove along through till Cromwell admiring the views of the lake till we reached our next stop at the Cromwell Museum, spending time researching, taking photos of basically everything. After our visit at the museum, we visited the cemetery and the old part of Cromwell. It was a lovely afternoon to buy expensive ice creams and sit in the sun, after doing some work of course!

We got back into the road and drove to where we were staying in Queenstown, Lakeland Christian Park. It had such lovely facilities and was the perfect place for a large group to stay. The deck had a beautiful view of the lake and Queenstown. Our first day was very successful and we were extremely lucky to have such nice weather!

On our second day we got up nice and early and left for the Arrowtown cemetery. It was St Patrick's Day and Ms Hull certainly got into the Irish spirit! Once again we read sad stories about deaths during that time. We then spent our day at the Arrowtown Museum. The displays at the museum were amazing and there was lots of helpful information for our research. We also visited historical sites and buildings around Arrowtown learning about the way of life back then and the comparison between the Chinese and European miners. At the end of the day we were given the opportunity to pan for gold which almost all of us took in the hope of becoming rich. Unfortunately, we did not become rich but everyone found some gold!

On our last day, we were on the road driving nice and early to where Hartley and Reilly first found 39.5kgs of gold! After a quick photos stop to admire the views we were then on the road to Gabriel's Valley better known as Lawrence. It was also amazing to see the small space hundreds of tents fitted in so all these miners could experience the gold rush.

Next, we drove onto Dunedin buying lunch in town then visiting Olveston House where we had a lovely man, Paul, as our tour guide. The house was breathtaking with many amazing artworks, artefacts and the rooms in general. The trip was a huge success and was definitely my favourite school trips. I would definitely recommend this trip, it is a very enjoyable trip, and it is a very independent trip, as every student needs to find different information and when you collaborate all the information, it truly is educational.

Jasmin Hunter



Waitaki Formal





Employment Expo 2017

Thank you to all the following businesses that helped make our annual Employment Expo a great success this year!

Adair Craik Accountant, AON Insurance, ARA Beauty, Bay Audiology, BCITO, BNZ, Defence Force, Dive Otago, Fire Service, Farming community (Robyn Judd + Jess Wright), Fonterra, Gabrielle Streat—Art, Headfirst Travel, House of Travel, Iona Home and Hospital, Jacqui's Hair Salon, LJ Hooker, Lighthouse Art, Little Wonders, Llyod Bokser (Fenwick Primary), Moke Apparel, North Otago Dispensary, North Otago Youth Centre, Oamaru Hospital, Oamaru Mail, Oamaru Police, Oamaru Vets, Oceania, Ravensdown, Rick Loos, Sport Waitaki, St John, Tannah McLay (Ardgowan School), Tourism Waitaki, Waitaki Community Gardens, Waitaki Rec Centre, Waitaki District Council, Whitecollar Design, William Bee Merchants/Nyxtmin Label, Workbridge and Youth Town

Hockey Report May 2017

The hockey season has started with a hiss and a bang. The 1st XI have profited from pre-season (and on-going training) under Ray Boswell's whip while Coach Yvonne Boswell keeps the girl's drills and strategies sharp. They've won every game except their first match against Waitaki Boys'. It was very close match however the boys team benefitted from the experience and skill of a few ring-ins from a higher grade. We look forward to watching the 1sts progress over the season. This year the girls will attend tournament in Christchurch so we have a number of fund-raising ideas up our sleeves. Never fear – cheese rolls are definitely on the cards ! We'll be making cheese rolls on July 1st so get those orders in! Nothing beats the minimal effort required to plate up some cheese rolls to go with tomato soup on a sports-Saturday.

The seconds are being coached by Jojan McLeod. There's a few brand new hockey players who are quickly learning the game and skills. The team have a bit of fierceness so will prove to be worthy opposition, once they've developed some strategy.

A big congratulations to Sarah McIntosh, our 1st XI goalie, who got into the Southern under 18 Regional A team. She'll travel to Whangarei for a national tournament in July where she hopes to wow some NZ selectors. High-fives also to Jordon Cunningham (a speedy forward) who was selected for the Southern under 18 Development team. Both girls incur weekly travel costs to Dunedin (and upcoming tournament costs) so they will be putting in the hard yards to fundraise which we fervently hope the community will support.

Hockey is played at the turf by Centennial Park and is a great game to spectate if you're down that end of town on a Saturday. We even have a new pavilion if standing in the cold sounds a little uncomfortable. Note to players : training is on every Thursday 3.30pm at Wilson park and should be attended by both teams.



Mother vs Daughter



Pirata Goal Mouth

Year 13 Physical Education Bike Trip

On Sunday 14th May the Year 13 PE class left Oamaru for a three day bike trip to Naseby through the Danseys Pass and onto the Rail Trail. During the trip the students worked towards assessment in three different Level 3 standards including an evaluation of a performance improvement programme, leadership strategies and practical performance in mountain-biking. To prepare for the trip the girls had been attending RPM classes and had completed a 6 week fitness programme.

This year we had changed the first trial from the road to the Alps 2 Ocean trail and a mixture of back roads to make it safer for the students. So on Day 1 the girls had a time trial to Enfield and then on the back roads to Windsor (20km). After lunch they biked another 30km to Dansey's Pass Motor Camp to spend the night. The next morning we completed a 5.5km uphill time trial, followed by a ride up and down to Danseys Pass Pub (yay – hot chips). In the afternoon, mountain-bike skills were honed and leadership skills practiced in the muddy Naseby forest which everyone loved! On Tuesday there was an 18 km time trial from the pub into Naseby – a ride that was challenging but most girls completed better than their previous performances, finishing with a 21km time trial from Ranfurly to Daisybank on the Rail Trail.

This was not an easy trip and the girls showed incredible perseverance, resilience and determination just to finish the trip with most achieving their goals or better. Hopefully they learnt that if they take up a challenge they have the ability to achieve it – the social and personal skills learned on this trip can now be applied to their everyday life.



Sports Advisory Council

The role of Sports Advisory Council is to assist and strengthen the organisational structure for delivering sport in the school. This will then lead to increased student participation and enhancement of the quality of the sports delivery to the students.

There are many important elements in achieving these goals; in particular a close liaison with the community is critical. Liaising with club, regional sports organisations, sports trusts, ex-pupils, tertiary institutions, parents and friends of the school are extremely important in achieving these objectives

WGHS is forming a Sports Advisory Council if this is something that interests you please email kpritchrad@waitakigirlshighschool to express your interest.



Last Friday the Student Health Committee gave out mini cupcakes as a

Random Act of Kindness to students. This was part of the Pink Day to acknowledge Standing Up and Speaking Out against Bullying. The Student Health Committee wanted to spread the word that is we all learnt to be kind to each other, then that would go along way towards stopping bullying behaviour. Remember to treat others the way that you would like to be treated!

KINDNESS
IS ONE SIZE
Fits All



Open Day and Evening Thursday 3rd August 2017 Tours 11am and 7pm

Year 8 students and your parents/caregivers are invited to our Open Day and Evening on Thursday 3rd August 2017. You are welcome to contact our Principal, Tracy Walker, if you need any information on 434 8429

Waitaki Girls' High School is hosting Netsafe
We invite all parent/caregivers to attend
The MK Dunning Hall Monday 26th June 2017
7pm to 8.30pm

Come and hear experienced speakers on issues such as keeping teenagers safe in a digital world and the implications of the Harmful Digital Communications Act 2015.
Nau mai Haere Mai



Drama Club

Drama Club Girls who were invited to perform during the Tongan White Sunday Service held recently in the school hall.

Grace Ballantyne, Rebekah Middlemiss, Devon McCorkindale, Kate Styles



PTA

Our PTA welcome anyone to join our committee, we meet every second Tuesday of the month. Our next meeting will be 12th June, 7.00pm in the Whare Mātauranga (library).

We are looking for donations towards the choir night raffle, "something to brighten up your home" the proceeds are going towards end of the year Prizegiving.



Uniform Shop

Come see Dixie to get your Winter uniform items. We are open

Thursdays 1.00-2.00pm

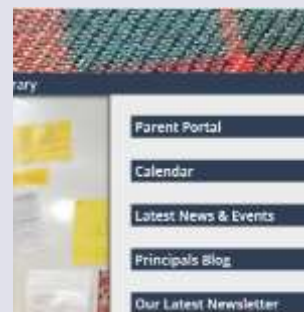
New arrival: Cotton blend winter tights



Have you been on the Parent Portal lately?

You can access:

- Student results
- Fees
- Student notices
- Calendar
- Time table



REMINDER

Queens Birthday weekend:
No school Monday 5th June or Tuesday 6th June (Teachers Only Day)



Upcoming Events: June/July 2017

5 June	Queens Birthday weekend
6 June	Teachers Only Day-no school
7 June	Aoraki Cross Country
11-12 June	OSS Netball
12-16 June	Wai Factor competition week
12 June	Y9-10 Speech finals
13 June	CGHS winter exchange
14 June	Yr 11 History trip—Dunedin
14 June	Big Sing competition—Dunedin
14 June	Tiki Tane Maahuta—Mana wahine
16 June	Wai Factor final
18 June	Equestrian team—Geraldine
20 June	Mufti Day
22 June	BOT meeting
23 June	Aoraki Football
26 June	Netsafe Community presentation
29 June	Yr 13 Chemistry
29-30 June	Aoraki Junior Basketball
30 June	Yr 12 Chemistry
30 June	Choir performance—Opera House
6 July	House choir competition
7 July	NO Sports Day
6-7 July	SISS Swimming
7 July	Term 2 finishes at 1.30pm

For more detailed information on upcoming events, go to the school website www.waitakigirlshigh.school.nz and click on calendar to view.

Waitaki Girls' High School:
CHOIR NIGHT

FOUR SEASONS

6th July 2017

7.30pm

Tickets \$4.00

MK Dunning Hall



There will be refreshments and raffles available to purchase on the night. Get your tickets at the office.

Mā mahi, ka ora!

By work we prosper