



# Timaru Girls' High School

Scientia potestas est; knowledge is power

August 2015



### *from the Principal*

Term 3 is definitely well underway! At the assembly this week, I spoke to the girls about the academic importance of the next four weeks. I explained to them, that these four weeks are extremely important in terms of setting up the last part of the academic year.

I am hoping that, for the senior students in particular, that they are taking the results they achieved from the Senior Exam week as a stepping stone towards their NCEA progress.

Please take the opportunity to attend the Senior Academic Conferencing day Thursday 27 August to contribute and support your daughter's academic pathway for the last part of the year. If you are unable to attend this day, please make a time that suits you to speak to your daughter's form teacher.

We now have the confirmed Education Review Report from their visit to our school last term. This report will be available on the ERO website [www.ero.govt.nz](http://www.ero.govt.nz) soon. We will also put a direct link to the report on our website as soon as the link becomes available.

We are delighted with the overall findings of the report and are already making progress towards some of the suggestions it contained. Its concluding statement is the following;

"TGHS provides well for its students, its curriculum is responsive to student's needs, interests and connects well with the community. Senior student achievement overall is increasingly positive. Internal inquiry and review practices are strengthening teaching and learning. These are being well led and supported."

Kind regards

Sarah Davis

### IMPORTANT NOTICE

**SENIOR ACADEMIC COUNSELLING:** On Thursday 27 August all Year 11-13 students and their parents are involved in academic counseling with their form teachers around their NCEA goals. Senior students and parents come for the appointment only that day.

Appointments, with the teacher you wish to see, are between 1:00pm - 6:30pm and made online at [www.schoolinterviews.co.nz](http://www.schoolinterviews.co.nz) until 3pm on Wednesday 26 August. The event code is HF22S. If you are unable to book online please phone the school office (03) 688-1122 and we will make the appointment for you.

As a result of this junior students will be not be required to attend school on this day as normal classes will not run.

### COMING EVENTS

10-14 August	Biology Week
Wednesday 12 August	Aoraki Biology Quiz
Friday 14 August	FLAVA Festival
Wednesday 26 August	Lipsync
Thursday 27 August	Senior Academic Counselling
Thursday 27 August	Juniors on study leave - no school
Monday 31 August – Friday 4 September	Winter Tournament Week
Thursday 4 September	Course Planning Evening
Friday 11 September	Sports & Cultural Photos
Thursday 17 September	Sport Volunteers' Day
Wednesday 23 September	Aitken & Waters Cup Day
Thursday 24 September	House Choirs
Friday 25 September	Distinction Assembly
Friday 25 September	Last day of Term 3

## FRENCH EXCHANGE

During Term 2 holidays seven French exchange students arrived in Timaru from Montpellier. Montpellier is a beautiful city in the south of France, six kilometres inland from the Mediterranean coast. One third of its population (500,000) are students and it is famous for having one of the oldest universities in the world, dating back to 1160. The city is the eighth biggest city in France and is the fastest growing. Alexis Champignol, Francois Atienza, Maxence Dervaux, Kesia Caprice-Lucien, Laure Delville, Solene Drevon and Lena Lucas all attend Lycee Jean Jaures which is a co-ed school of 1,500 students. They, like our students, are here for their summer holiday to experience a vastly different culture and practice their second language. Ryan Davis, Jason Hodgett, Thomas Bell, James Bell, Libby Melhopt and Bailey Whitnack will be hosting them for six weeks. If you see them around be sure to say 'bonjour'.

## NGĀ MANU KŌRERO

Manu Kōrero is a Māori speech competition held in Christchurch at 'Te Kura Kaupapa Māori O Whakapumau'.

TGHS left at 5:30 am to support our speakers Kahurangi Stewart, Hannah Hurst and Zoe Borman. Our first speaker of the day, Zoe Borman, spoke on the topic 'Tell Me I Can't and I Will' in the Junior English section. We then supported her by singing a Waiata called 'Te Matauranga O Te Ao', the school song. The next speaker was Hannah Hurst who spoke on the topic 'Te Tino Taonga'. She spoke in the Junior Maori section. The next speaker followed Hannah shortly after was Kahurangi Stewart who spoke on the topic 'Ehara au i te rau harakeke kia pūhia noa e te hau, anei taku koha ki te ao'. We also sang 'Te Mātauranga O Te Ao' for Kahurangi and Hannah. It was a very proud moment hearing the girls speak.

Overall it was an amazing day and I hope Timaru Girls' attend again next year.

Chelsea Cook, Year 9

## NCEA CERTIFICATE ENDORSEMENT

NZQA have recently received enquiries relating to upgrading certificate endorsements. In most cases these have involved upgrading Level 2 Merit endorsements to Excellence to meet university requirements for scholarships or preferential entry to hostels.

The [NCEA Endorsement](#) page has recently been updated to clarify the upgrading of endorsements:

*Certificate endorsement is calculated in January each year on the release of external results.*

*Only the highest level certificate awarded can be endorsed unless students:*

- achieve more than one level NCEA certificate in a single year e.g. a Year 11 student doing multi-level study may achieve both a Level 1 and a Level 2 certificate in the one year and have them endorsed*
- in addition to meeting the requirements of a higher level certificate endorsement they have achieved sufficient credits from a lower level to be able to endorse the lower level certificate e.g. a student may be working at both Levels 2 and 3 and achieve enough Level 2 Excellence credits to upgrade their Level 2 Merit endorsement to Excellence. The student will need to contact NZQA to have the lower level certificate upgraded.*



**South Canterbury Chamber of Commerce  
2015 Business Excellence Awards**

**ANZ People's Choice Award**

Go to [www.southcanterbury.org.nz/awards](http://www.southcanterbury.org.nz/awards)  
and vote for  
**Timaru Girls' High School**

## '7 KEY STUDY STEPS'

1. **Use lots of colour in your note taking:** Absorbs faster into your long-term memory.
2. **Drink at least 6-8 glasses of water each day:** Your brain NEEDS 6-8 glasses a day to stay hydrated (therefore keep working), it is a bit like a plant and if you don't water it the shrivelling/dying happens. If you add ANYTHING (e.g. coffee, sugar, tea) to the water it doesn't count, and in actual fact each cup of coffee should be followed by 3 cups of water to counteract the diuretic tendencies!
3. **Learn the most important information first.**
4. **Focus on learning the information that you don't know.**
5. **Revise the most important information last – (you are more likely to remember the first and last pieces of information).**
6. **Study for 20 minutes, then take a 5 minute break.**
7. **Go over your notes one day after learning them.**
  - 1 day later - 90% recall
  - 3 days later - 30% recall (likely to forget 70% if not revised one day later)
  - Then revise 1 week, 1 month, then every 6 months to retain information.
8. **Make important information STAND-OUT in many ways.**
9. **Create real life examples.**
10. **Draw pictures and diagrams.**
11. **Learn only 3-4 pieces of information at a time.**
12. **Eat breakfast to ensure that your brain has good fuel to run on.**
13. **When studying eat brain food at least once an hour.**

## 7 KEYS TO MEMORY

1. **Primacy - anything that happens first.**
2. **Recency - anything that happens last.**
3. **Repetition - go over and over your notes.**
4. **Make it stand out - colour (red), raps, rhymes, rhythm, key.**



5. **Association - Linking things together that go together.**
6. **Visuals - a picture is worth 1000 words.**
7. **Chunking - breaking information up into smaller manageable pieces.**

## Brain Food

- Blueberries
- Nuts
- Fish
- Broccoli
- Banana
- Yoghurt
- Olive Oil
- Wholegrain Bread
- Spinach
- Tomato's
- Popcorn (no salt/butter)
- **AVOID additive 951 - highly toxic.**
- Breakfast is the most important meal of the day, it starts your metabolism. Brain function depends very much on what you have had for breakfast and hydration. If you skip breakfast you rely on adrenalin. Adrenalin is your survival mechanism which you need to save for times when you really need it e.g. stressful situations.
- **Eat well, drink well and breathe deeply. ☺**



## THE IMPORTANCE OF SLEEP

There is fresh scientific evidence using brain scans with advanced microscopy to show the link between sleep and learning.

The brain needs deep, slow-wave sleep to build new pathways for learning and memory and to make connections and gain insight.

Study followed by sleep works better than studying all night.

Sleep washes away toxins from the brain.

Disruption to sleep prevents learning, and contributes to cancer, heart disease, type 2 diabetes, infections, genetic change and obesity. Things that get in the way of good sleep include sleep apnoea, an irregular routine, coffee, alcohol, food, the wrong body temperature and a busy mind.

Teenagers need 9 to 10 hours per night. If people do not get enough sleep they go into deficit which leads to drowsiness, moodiness, accidents and poor performance.

The best way to sleep well is to go to bed and get up at the same time each day, allow time lying in bed in the dark to raise the melatonin level in the brain, turn off electronic devices especially those with blue lights, and have the room and bedding at a comfortable temperature.

*Sources: Dr Chris Idzikowski, Director of the Edinburgh Sleep Centre, Professor Jim Horne, Director of the Loughborough University Sleep Research Centre, Dr Dev Banerjee, consultant sleep physician, BBC news, webMed.*

## SECOND-HAND UNIFORM

If you have unused uniform that is in reasonable condition please bring to the school office washed and/or dry cleaned. Items are sold on your behalf less a 20% commission on successful sales. A sale day will be held near the end of the year the date yet to be confirmed.

## SOCIAL STUDIES VISITOR



In Social Studies on 6 August 10MN had the honour of having Jo Goodhew come and talk to us about how she was an Old Girl of Timaru Girls' High School. Jo Goodhew is the MP for National Party and for our Rangitata electorate. She really liked public speaking but she was put off the idea for a while because of a bad experience. Jo has been involved with lots of things over the years with her children being involved with lots of groups. This helped her name to be well known when she was door knocking to get people to vote for her to be MP. She got to know families and communities. 10MN learnt lots and really enjoyed her visit to our class.

By Rebecca Chapman 10MN



Hostel mid-winter Christmas celebration

## CAREERS UPDATE AUGUST

**Year 13 & Parents:** Studylink will **not** be giving a presentation this year but up-to-date information on student loans and allowances can be found on their website. It is advisable to begin the application process early as they do not back-pay your allowance or loan.

During the next few weeks many universities and polytechnics will be visiting to aid the Year 13 students in their course selections for next year. It is important for students to attend these sessions but they must ensure they catch up on their lessons as well.

Year 13 students will have the opportunity to learn interviewing skills and practise mock interviews next month. It is advisable for Year 13 students to have completed their CV. Two different templates are in a folder entitled CV templates on the Student drive along with some helpful information for writing their CV and on interview skills.

Students should be applying for scholarships as a way to lessening their student loans. All universities have many first year scholarships available and these are listed on their respective websites. Other community or specialised scholarships are listed in the daily notices. Your daughter has also been given a Scholarship booklet which states many available scholarships with closing dates.

**Years 9 - 12 Career plans:** The course booklets will be distributed soon for students to choose their subjects for 2016. Your daughter's subject choice is a very important decision and needs to be decided with her intended career in mind. The career website [www.careers.govt.nz](http://www.careers.govt.nz) will be of significant help for those who are undecided on a direction and to ensure the subjects chosen are correct for their career choice. Year 9 and 10 students have completed their career plans and will be available when you do the course counselling with your daughter's form teacher. Year 11 and 12 students will have the opportunity to complete a career plan during the next few weeks but if any student needs help please contact me.

It would be of great benefit for all Year 9 - 13 students and parents to attend the **Course Planning Evening on Thursday 10 September from 5pm – 7pm**. This evening will be attended by the liaison officers from the South Island universities and polytechnics, PIHMS, QRC,

BCITO, the Police and our Learning Area Heads. You will be able to discuss career pathways with their assistance and expertise. All Year 13 students who are undecided are welcome to attend as well.

If any parent / guardian would like to contact me with regards to their daughter's career options please make an appointment by ringing the School Careers Office: phone 688-1122 ext 238 or email: [lcrossan@timarugirls.school.nz](mailto:lcrossan@timarugirls.school.nz)

Lyn Crossan, Careers Advisor

## Quadrangular Tournament Results



Netball: Waitaki Girls' High School

Basketball: Christchurch Girls' High School

Hockey: Christchurch Girls' High School

Overall Results:

1st: Christchurch GHS 8 wins

2nd: Waitaki GHS 5 wins

3rd: Avonside GS: 3 wins

4th Timaru GHS: 2 wins



Pictured at left is Tillie Hollyer Year 9 at the NZ Secondary Schools' Cross Country held in Mosgiel

# Teenage Toolkit Evening

Come along to an enjoyable evening to hear some pearls of wisdom about raising teenagers, have a laugh (know that you are not on your own!) and have the opportunity to ask our panel of guests any questions you may have.

### Introducing:

**James Beck** – My Teenager and Social Media. Empowering the parents!

**Liz Cutler** – Nutrition for Teenagers – tips for parents, things to be aware of.

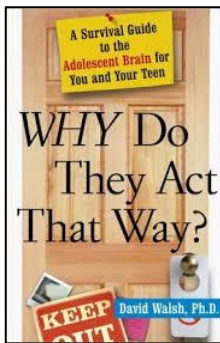
**Keri Brown** – local Youth Police Officer – what’s hot at the moment with regards to “Teenage issues and the Law”.

Bring your friends! A night not to be missed. Hugely successful in 2014.

**Cost** : Free

**Where:** Timaru GHS Nora Dickie School Hall

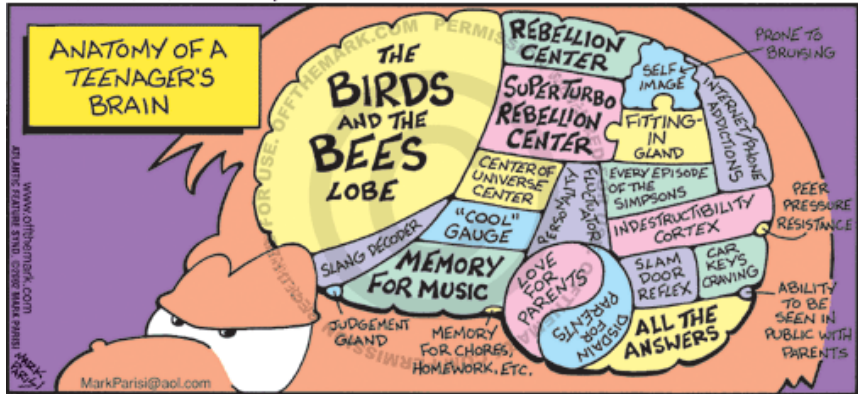
**When:** Thursday 20 August, 7pm – 8.30pm



**off the mark**

by Mark Parisi

www.offthemark.com



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## TGHS ROWING FUNDRAISER

### Trusty Products Ltd – Toilet Paper Fundraiser

Help support TGHS Rowing and order for family, friends – anyone really!

- Premium quality 2-ply unscented
- 400 sheets per roll (mega rolls)
- \$45 per box for 48 rolls (equivalent of 96 standard rolls)
- Equivalent to less than 50 cents per standard roll
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Name	Phone	Total Boxes	Total Cost

## LANGUAGE COMPETITION

Last term Timaru Girls' High School language students competed in the annual Language Perfect World Championships. This requires students to learn vocabulary in another language to earn points.

We achieved 15 credit, 2 bronze, 3 silvers, 4 gold awards and 1 elite award.

TGHS also gained 2<sup>nd</sup> place in NZ for German in the 51-100 students category and were also 84<sup>th</sup> in the world for German out of 836 schools and 272<sup>nd</sup> for French in the world out of 902 schools.



**Elite Award:** (10,000 points – top 0.2% of 300,000 competitors)  
Erin Chisnall (German)

**Gold Award:** (3000 points – top 2% of 300,000 competitors)  
Azaria Sheppard, (German)  
Claire Munro, (German)  
Amy Henderson, (German)  
Samantha Elliott (French)

**Silver Award:** (2,000 points)  
Jenna Willocks, (French)  
Megan Sherborne (French)  
Libby Melhopt (French)

**Bronze Award:** (1,000 points)  
Bethanie Cootes (French)  
Bailey Whitnack (French)

**Credit award:** (500 points)  
Amy Tonkin, (French)  
Rebecca Tapper, (French)  
Aimee Stericker, (French)  
Kelly Penty, (French)  
Serena Moore, (French)  
Jenna-Rae McIntyre, (French)  
Hannah Konings, (German)  
Kiera Kennedy, (French)  
Sopheliah Field, (French)  
Jasmyn Davis, (German)  
Abbey Clark, (French)  
Sophie Chapman, (French)  
Lydia Brownie, (French)  
Alex Bray, (French)  
Chrissy Batoon (French)