

Timaru Girls' High School

Newsletter – June 2018



Cain Street
Timaru, 7910
New Zealand
www.timarugirls.school.nz



From the principal...

Term 2 has definitely been a term of highlights!

In ten weeks we have had Open Day, heard Olympic Gold medallist Barbara Kendell, had the Chorale girls compete at Big Sing, been involved in 'Into the Woods' (the combined TBHS/ TGHS production), had multiple sporting highlights and of course the School Ball!

This upcoming July holidays really needs to be a time to rest and recuperate for Term 3. I thank all who have been behind the scenes with all of the activities the school has been part of.

Underlying all of the co-curricular activities that makes up the fabric of the school, it has also been a term of significance academically. For the seniors, Term 3 must be a time where serious progress is made towards the academic goals that were set at the beginning of the year. Already most curriculum areas have multiple opportunities for catch ups in the form of lunchtime and after school tutorials. Please ask your teachers if you want to know more about what is required for assessment.

Senior assessment week runs from 20 - 24 August. This will primarily be practice for the NCEA externals in November. We will run another round of academic conferencing 17 September. But do not hesitate to contact the school at any time regardless.

Please also be aware of the Timaru Public Workshop being held at Timaru Boys' High School on Wednesday 25 July, 7pm - 9.30pm for the upcoming NCEA review. This will be an oppor-

tunity to voice your opinion on the way NCEA is delivered in the future.

Please enjoy a restful July break.

Nga Mihi

Upcoming dates of importance...

TERM DATES

Term 3 23 July to 28 September
Term 4 15 October to 12 December

28 June Aoraki Junior Basketball
6 July Last day Term 2
23 July First Day Term 3
2 - 3 Aug Quad Tournament @ TGHS
9 August Senior Examinations commence
16 Aug Aoraki Badminton
23 Aug UC liaison visit
24 Aug Year 11 History Trip

Administration Emails

Student Office:
(Absences/student enquiries)
info@timarugirls.school.nz
Sports Coordinator: sport@timarugirls.school.nz
Enrolments: principal@timarugirls.school.nz

School Accounts

Our school account for online banking is:
01 0886 0021379 047
Please check that ALL payments are referenced correctly with your student's surname, Christian name and purpose of payment.

Reminders

NZQA fees and applications for Financial Assistance are due into the school office by Friday 24 August.

Winter Sports fees are now well overdue. Please pay these immediately.

Important

If students are leaving the school grounds during the school day they MUST SIGN OUT at the student office. When they return they MUST then SIGN IN. If coming into school later than 8.40 am they MUST SIGN IN at the school office.

Young Farmers Sanford Visit

On Tuesday 19 June, the TGHS Young Farmers/Teen Ag had a tour of Sanford Fisheries down at the port. The girls got to see the factory in action from the viewing platform. The workers were processing Orange Roughy at the time.

They also learnt a lot about the employment process at Sanford Limited and how health and safety at the factory has undertaken huge changes within the last 5 - 10 years. The girls found the tour very interesting and eye opening.

They get points in their regional competition for visiting or touring places to learn more about the primary industries.



SPORTS NEWS

On Sunday 27 May we had four TGHS netball teams competing in the annual Roncalli Junior Development Tournament. This tournament hosted secondary school teams from Timaru, Geradine, Ashburton, Oamaru and Dunedin. It was great to see our 9A, 9B, 10A and 10B teams competing against different teams. All teams played with spirit, in very cold, wintery conditions. We were impressed with the sportsmanship from all of our teams on the day. Well done to all the girls who took part and represented our school well. A special congratulations must go to the 10A team who beat St Hilda's from Dunedin in the final and won the 10A grade. St Hilda's looked impressive going into the final and the girls were a bit daunted by playing against a team that was coached by Janine Southby, current Silver Ferns national coach. However, our girls did not stop fighting and came back after being 7 - 1 down to eventually win by 3 goals. A great effort girls.

10A Team (left to right); Anae Lissington, Amber Kennedy, Ta'a Hermens, Leah Ward, Natalia Watts, Sophie Gardyne, Georgia Robertson, Emilie Russell, Megan Rawlins

NETBALL SOUTH CANTERBURY REPRESENTATIVES 2018:

Once again TGHS had a number of girls selected for Netball South Canterbury Representative teams this year. Well done to the following girls who were selected. U14 team: Sophie Gardyne and Megan Rawlins. U15 team: Amber Kennedy, Georgia Robertson and Anae Lissington as a training partner. U17 team: Jess Milne and Briar Mallinson. Well done also to all our TGHS girls who trialled as we had a huge contingent at trials.



The basketball season is going really well for TGHS with the Senior A's, 10A's and 9A's all having very strong teams in the competition. Watch this space for FINALS TIME! Our JB1, JB2 and senior social teams are competing well and really enjoying the games. Come along on a Friday night to watch some great basketball!

Jorja Miller has been selected to represent the under-18 New Zealand Dutch Barbarians Sevens team.

The openside flanker, who turned out for the Hanan Shield secondary schoolgirls' rugby team in 2017, heads off on a two-week tour of Europe with the team on 29 September. Until the tour starts, Jorja faces monthly trips to Whangarei for training. "We all just meet up there and train for about three hours until we go away end of September".

"It was pretty exciting because here I just play 15s and don't really play much sevens so to be picked for that is really awesome. I don't really know anyone. There's only two other girls from the South Island going and the rest are all North Island girls." Jorja said she will miss out on South Canterbury selection this year as the Hanan Shield tournament clashes with her European tour. She said she hopes to get recognised by New Zealand Rugby while on tour. "It's to get exposure around the world. Eventually I want to play for the Black Ferns. It's my overall goal really."



The rugby season started with a few injuries for TGHS but we are now into the swing of things and the girls are improving with each game. We had a convincing win over Geraldine 43 - 20. The girls are playing some really good rugby. It's going to be a great season!



Cross Country

Huge congratulations to Hannah Prosser who finished in 7th place (out of 117 runners) at the NZ Secondary Schools Cross Country, Year 9 race in Taupo recently. Tillie Hollyer was 15th and Georgia Prosser 99th in the senior girls which had a big field of 130 competitors. Great effort girls.

The Aoraki Secondary Schools Cross Country was held at Ashbury Park where Hannah Prosser won the junior girls' race and Tillie Hollyer the senior girls' race. Well done to all of our girls who competed and ran extremely well. It was a real team effort.

The Canterbury Cross Country championships was also held recently and TGHS had two girls competing. Congratulations to Hannah Prosser who finished 3rd in the Year 9 girls' race and Tillie Hollyer who finished 3rd in the senior girls' race. Fantastic effort Hannah and Tillie.



Junior UN

The Junior UN is a group of students who meet once a week to discuss current affairs and issues around the globe. We aim to inform and assess these issues and come up with ways to address them and contribute to resolving them in our everyday lives.

Mycoplasma bovis (or *M. bovis*) is a disease that affects livestock. There has been an outbreak of the disease in cows over the last few months. *M. bovis* is a bacterial infection and is found commonly throughout the world. However, this is the first recorded outbreak for New Zealand, and until now we were one of only two countries not to have it. *M. bovis* only affects bovines and so does not affect humans, nor does it present any food safety risk. *M. bovis* is a bacteria that has no cell wall making it impossible to treat as antibiotics attack the cell wall. As a result of our inability to cure *M. bovis*, large cullings have taken place throughout the country to help prevent the spread of the disease.

M. bovis can result in incurable mastitis. It also causes swelling of the joints and lameness in cows of all ages. Calves with *M. bovis* often suffer from ear infections, and they are more likely to contract pneumonia. Cows can be asymptomatic, meaning they can carry the disease without ever showing symptoms.

M. bovis is spread through close contact with infected livestock and is not windborne. When the animals are placed under stressful conditions, the symptoms of *M. bovis* can occur.

Hannah Gee

Sources: <https://www.dairynz.co.nz/animal/cow-health/mycoplasma-bovis/>
<https://www.mpi.govt.nz/protection-and-response/responding/alerts/mycoplasma-bovis/>

Whovians Club

(A Doctor Who appreciation society) is on every Friday lunch time. We have had five meetings so far this year and it has been great! We are always looking for more Doctor Who and Sci-fi fans to enjoy the Doctor Who world with us. So far we have watched "Revenge of the Cybermen", "Rose", and a documentary made from a whovian himself. As you can see we do see a mix of the new, modern seasons but also some classic favourites. We love Friday lunchtimes so much! If you're interested in some sci-fi adventures then please come along to Mr Browne's room #4. We will leave you with this quote from the 11th Doctor "I have a new destination, my journey is the same as yours. The same as anyone's. It's taken me so many years, so many lifetimes but at last I know where I'm going. Where I've always been going. Home. The long way around." So see you at the Whovians club! Hannah Walters, 10 No.

(A note from Mr Browne: I'm organising an email exchange with someone who worked on a real Dr Who set in Britain - if you're interested in the real world of TV, and want to ask a question about what it's like to be involved in a world class TV series, come along on Friday at lunchtime).

CHOGM Update

I am currently organising a group of students to attend this event in early September. It has been confirmed 2018's CHOGM will be held in Parliament in Wellington. The programme has yet to be announced but it is expected to follow previous years where workshops on political, social and economic issues are explained, discussed and used as materials for further group activities. Potentially we may hear a speaker of note this year. In the past there has been royalty, heads of government and notable New Zealanders; however, this is yet to be confirmed. More news to follow in the next newsletter and if you are interested please contact me via my school email or by phone.

Mr R Browne, English Department

TIMARU GIRLS' HIGH SCHOOL Community Consultation on Health 2018

The Health units covered in Years 9 and 10 ensure that the strands of the Health and Physical Education curriculum are being met. For more information go to <http://nzcurriculum.tki.org.nz/The-New-Zealand-Curriculum/Health-and-physical-education>.

In Health Education classes at Timaru Girls' High School, guidelines are set by the class to ensure the emotional safety and privacy of the students and the community. These include confidentiality, no real names are used, and all opinions must be listened to and valued. Students can abstain from participation if they choose.

Three life skills are repeated throughout the units. These are assertiveness, decision making and the Hauora concept. Hauora teaches the students to consider their physical, mental/emotional, social and spiritual well-being in relation to the topics taught. These dimensions interrelate to give an understanding of their overall well-being. The goal of Health Education is to delay, minimise or prevent damage from uninformed decisions.

The following topics are being taught in Health Education at Timaru Girls' High School. You will be emailed a link after receiving this newsletter whereby we would appreciate feedback from parents/caregivers regarding our Health Programme.

YEAR 9 HEALTH

UNITS	CONTENT DEVELOPMENT
Who am I? My FRIENDS Youth	Connecting with their personal identity feelings and self worth. Building resiliency. Learning life skills to help reach goals and successfully deal with challenges.
Sexuality Education	Body parts, conception, caring for and understanding sexual health, enhancement of relationships, the law, where to get help, contraception methods, peer pressure management. The Public Health nurse is also introduced to the classes in this unit. We presently teach using the Family Planning Kit. The students choose as a class the areas of interest that they would like to investigate.
Nutrition	Daily diet and nutritional information, analysis, relationship of food choices and well-being.

YEAR 10 HEALTH

UNITS	CONTENT DEVELOPMENT
Managing Yourself	Goal setting, management of stress, time, anger and conflict. Positive self-image and thinking skills.
Alcohol and Drugs	Effects on the body and mind of depressants, stimulants, and hallucinogens e.g. alcohol, tobacco, marijuana, P, LSD, etc. Peer pressure management and where to get help.
Sexuality Education	Physiology, conception, contraception, sexually transmitted infections, mental / emotional relationships, social and spiritual responsibilities.

The Public Health nurse is also introduced to the classes in this unit. We presently teach using the Family Planning Kit. The students' choose as a class the areas of interest that they would like to investigate.

Nutrition Nutritional information and well-being, food requirements during sports events, analysis of sport foods and drinks, research.

When you receive the link through your email addresses, please complete so we have feedback from our school community. Parents and caregivers are also welcome to come in and view the units we are teaching.

Sharon McMurray
LAH Health and Physical Education

Performing Arts News:

The Big Sing: The Chorale gave a polished performance in Dunedin at The Big Sing on 6 June. Due to rule changes last year, their Category two piece did not fit the criteria. However, the judge was very impressed and stated the girls would have received a highly commended for their efforts. It was pleasing to see the number of supporters at the event this year for our school including parents, Old Girls and Mrs Davis. A big thank you to Mrs Bunting for accompanying the Chorale in style once again.

Combined Production: A good number of girls displayed their talent in the recent performance of 'Into the Woods' at Timaru Boys' High this year. The combined production provided a challenge to all involved and they can feel proud of their work to bring this Sondheim musical to life.

Talent Quest: The student led Arts' Committee is running a Talent Quest for all year levels on 3 July in the school hall. There are cash prizes on offer and a guaranteed night of amazing talent by our girls. Make sure you get along. Entry is \$2.

Itinerant Music: A reminder for students who have hired an instrument this year that the hire fee is due.



Gateway 2018

Timaru Girls' High School has another excellent class of students out in our community having "A Real Life" insight into the various careers they aspire to when they leave school.

Gateway is an excellent forum for the students to gain an overview of all different types of industries/ careers within our community, whilst achieving credits towards NCEA with a combined school and workplace learning plan. Gateway is a fantastic opportunity for our senior students to gain the skills and attributes that businesses or other learning institutions seek when they are recruiting staff or new enrolments. Many local businesses have employed Gateway students into permanent roles based on how greatly they are impressed by the student when on Gateway placement. At times the students discover after they have experienced the "real life" workplace, that that particular career is not for them. This is also a positive outcome as they have the opportunity to change direction.

This year we have 20 students in our Gateway class, who are interested in a broad range of careers; Tourism, a lot of interest in Agriculture this year, also Early Childhood and Primary School teaching, Animal Care, Hospitality and Accounting.

A huge 'Thank You' to all the amazing employers in our community that make the Gateway experience possible for our girls. Your continued support is truly appreciated.

Introducing Pyper Elmore and Amber Henderson:



Pyper (on the left) is interested in becoming a Primary School Teacher. She has been spending her Gateway time at Sacred Heart Primary School. They were making pumpkin soup. A great way for the children to learn practically not to mention safety!



Amber (on the right) is also interested in going to Teachers' College to become a Primary School Teacher. Amber's Gateway placement is with South School. She is proving to be a great success with the children and very helpful to the teacher in the classroom.

From the Guidance Counsellor

Winter, assessments and looming examinations are coming along followed by a two week holiday. It seems to me a bit of a contradiction to have these pressures looming at the same time as we try to find a space to rest. During these days of preparing for the spring and upcoming challenges it is so important to develop wellbeing practices. Practices like deep breathing and mindfulness which focus on the present.

Introducing habits like diaphragmatic breathing and mindfulness helps both adults and students alike. The ability to take a moment and let the mind rest and reorganise itself helps calm the craziness of life's stresses. It offers a moment to help refresh the brain and increase logic, to remind us that we are all learners and "it is okay". In recognising and noticing the present, we build acceptance, increase hope and strengthen our stamina.

So I encourage a moment (many times a day) to breathe deeply (in for the count of 5, hold and out for the count of 7). To notice five things through all your five senses (touch, see, taste, smell, hear), walk for 30 minutes a day (it is only cold for the first 10 minutes), have a cup of tea or coffee with a book and do something that is enjoyable.

Henry Miller is quoted as saying "The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself".

Kōrero Mātauranga

NCEA REVIEW, CANTERBURY

LINKS TO DIFFERENT WAYS TO HAVE A SAY IN THE NCEA REVIEW

Timaru Public Workshop/Hui

We're running a public workshop where you can explore the future of NCEA.

Wednesday 25 July 2018 7 pm – 9:30 pm

Venue: Timaru Boys' High School, North Street, Timaru

Registration Link: <https://e.core-ed.org/registration/nceahaveyoursaytimaru18#/915/4/start>

Quick Survey on NCEA

Take our quick survey to tell us about your experiences of NCEA and how we could improve it for all our rangitahi.

Start the survey now.

LONGER SURVEY ON NCEA AND THE BIG OPPORTUNITIES

This survey will help us understand in more detail what you think about NCEA and the Big Opportunities. Start the NCEA and Big Opportunities survey.

Leading Conversations

Here you will find resources, promotional material, posters and booklets to help support conversations with New Zealanders who have a range of interests in NCEA.

<https://conversation.education.govt.nz/conversations/ncea-have-your-say/get-involved-today/leading-conversations-on-ncea/>

Detailed submission

If you have lots to say, a detailed submission might be the best way to share your views. You can either upload your own document, or fill in the online form.

<https://consultation.education.govt.nz/education/ncea-detailed-submission>

Get social

Stay in the loop and join the conversation on Facebook, Twitter, Instagram, and Neighbourly. Make sure you share the kōrero far and wide using the following hashtags:

- #NCEAReview
- #NCEAHaveYourSay
- #EdConvo18
- #NCEAMakeYourMark

Note - The public consultation closes on 16 September 2018



Annual School Ball

Our annual school ball was held on 9 June and it went off without a hitch. With the theme, Alice in Wonderland, the guests entered through a rabbit hole and into the Nora Dickie Hall which was completely transformed. For weeks the Ball Committee worked hard on planning a night to remember and the result was just what we wanted. With an amazing selection of food from the grazing table, music by DJ Tame to keep everyone dancing all night and outstanding decorations such as card towers, toadstools and large clocks made by hand. The night wouldn't have been possible without Mrs Dockrill and her motivation and patience dealing with about 15 different opinions from the ball committee. Emily Bell and Lily Bolland were also a huge help with their artistic and creative abilities to help our ideas come to life. Prizes on the night went to Olivia Moore for best dressed, Summer Scott and Rhya Broughton for Beau and Belle and Kinnley McAllister and Steve Brunke for King and Queen.



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