



# NEWSLETTER 3

13 March 2017

## UPCOMING EVENTS:

- 13 March** - Gateway Health & Safety
- 20 March** - Otago Anniversary Day
- 23 - 25 March** - Summer Quad Winton (Years 9-13)
- 25 March** - Otago Primary Swimming Championships
- 29 March** - Mufti Day; gold coin donation if you choose to wear mufti
- 4 April** - Home & School AGM 7pm
- 13 April 2017** - Last day of Term 1
- 1 May 2017** - First day of Term 2
- 31 May** - Cardrona Season Pass forms and payment due
- 7 July 2017** - Last day of Term 2
- 24 July 2017** - First day of Term 3
- 29 September** - Last day of Term 3
- 16 October** - First day of Term 4

Kia ora koutou whanau

Year 7 students had a wonderful EOTC 'camp' experience based at our Aquatic Centre and the Bannockburn Inlet. Students enjoyed a wide range of outdoor activities aimed at developing confidence, teamwork, self awareness and a variety of outdoor skills such as shooting, rafting, kayaking and sailing. They also slept overnight 'marae style' in our gymnasium after an evening of games and learning our school haka. Our staff were impressed with the initiative, trust, responsibility and enthusiasm of our Year 7's. Thank you to the number of parents, our staff and students who contributed to such a memorable week for our students.

This Tuesday we look forward to awarding students our Business Sponsors' Academic Scholarships. Students who earn a Merit Endorsement in Year 11 and 12 will receive \$200 and \$400 is awarded for an Excellence Endorsement. These scholarships have significant mana in our school and they are a generous acknowledgement of academic achievement by our business sponsors. He rawe to all students who receive these awards.

Variable attendance is one of the most significant factors in underachievement for students. We have entered into the 'Rock On' initiative this year which is a programme aimed at ensuring our students attend school regularly so that they are able to achieve their academic and extra-curricular goals. Assistant Principal Karen Inglis, Attendance Officer Megan Christensen and our Deans and Form teachers are working together to track and support students to fully engage in school. Last year our school wide attendance was at 90% and our goal is to lift this particularly with our Year 11, 12 and 13 students. We believe that 'Rock On' is already having a positive impact.

Congratulations to Kelsey Clark, Kamryn Reddy and Olivia Geneblaza who placed first in the South Island Secondary Schools U14 Triathlon race at Oamaru last weekend - an outstanding result. Lana Deaker raced strongly to finish 4th in the senior girls event. Our senior touch team also finished 3rd in the Otago competition held recently in Dunedin. We had a team of 21 students at the Otago Athletics Championships in Dunedin in the weekend and our rowing team competed in the South Island Secondary Schools Regatta at Lake Ruataniwha. Tino pai to the U17 Quad of Matt Anderson, Liam Grant, Bailey Scott, Jack Ryan and coxswain Megan Bell who finished first in their B final improving their heat time by 36 seconds! Ka pai also to Matt Anderson and Jordyn Robinson who made single sculls B finals with Jordyn finishing second in her race.

The Year 11 History class were away for three days last week to the West Coast undertaking research and Year 12 Outdoor Leadership were in Naseby mountain biking. Year 10 had a special week camping at Kidds Bush by Lake Hawea this week. They had water and initiative based activities, a challenge 'Survivor Day' and a beautiful day walk to the Sawyer Burn Hut track. The students were praised for their involvement, positive behaviour and respect for other campers.

All of the trips, camps and activities described above can only happen with the enthusiasm, goodwill and professionalism of staff, parents and friends. A sincere thank you to you all for providing experiences that form a special part of the culture and schooling on offer to our students.

Bullying, and our school's response to it, has been a recent topic of discussion within our community and in our school. Our Pastoral Team has already been reviewing our guidelines to deal effectively with this issue and our approach is being communicated again to students. Bullying can only survive in a climate of fear and silence so a key message for parents, students and friends is to talk to a staff member at school, ideally the form teacher. We take all incidents of assault and bullying seriously and work restoratively to repair the harm that is caused. I will be writing to all families this week outlining our processes and approach and I welcome comment and feedback.

Mason Stretch  
Principal



Y10 Camp



Y7 Camp



South Island Secondary Schools Regatta



South Island Secondary Schools Triathlon  
Winning Team

## YEAR 7 CAMP

It was a beautiful February day as the Year 7s from Cromwell College met at Bannockburn to enjoy two days in and out of the water. They did activities from making boats out of string and floaties to shooting teddy bears out of trees. Christy Foster enjoyed the rogaining set by Terry Davis the best. "I loved exploring the Bannockburn hills. It gave me a great sense of independence," she said. The rogaine was marked around the hills as a challenge to find and get as many points as possible. On the other side, however, plenty of people were enjoying doing shooting taught by Steph Davis. "It's a really good way for kids, teachers and parents to mix and bond at the beginning of the year. New activities and going outside your comfort zone is cool too," she says.

On Wednesday and Thursday the Year 7s all met at the Aquatic Center for two fun filled days in the water. They were split into eight groups and all went off to their different activities. One day they would have one hour of kayaking and they would also have the choice to either walk the 45th parallel or do another rogaining challenge. The other day they did a series of water activities such as sailing with a partner, paddle boarding and going sailing on the Coronet with their whole group. When they did sailing they got taught how to steer and use the boats properly. At the end of the lesson they had a chance to capsize their boats and pull them back up. It was a whole lot of fun!

After a long day at the Aquatic Centre, the Year 7s were to gather together on Thursday night for an overnight stay in the Cromwell College Gymnasium. The Year 7s learned more about the traditional custodians of this land, the Maori people and explored a particular traditional Maori tale of Kaiamio and Kopuwai. Kindly, some of the senior Kapa Haka students willingly volunteered to teach the Year 7 girls and boys the school haka. After a joyful yet tiring night, the students moved off into their separate sleeping groups, to enjoy a good night's sleep.

The next morning, (Friday) Year 7 enjoyed a lovely bus ride to the Queenstown swim centre. The students had a wonderful splash in the pool and then took a quick bus ride back to school. From there they were picked up after a tiring yet action-packed week.

Written by Tori Davis,  
Christy Foster and  
Mackenzie Klemick



## KAMAR PARENT PORTAL

An up to date 'snap shot' on your child's fortnightly engagement in classes, timetable, attendance, daily notices, fees, school reports. Please do not hesitate to contact the school office or your child's form teacher for any queries about this.

# CONGRATULATIONS!



U14, U16 and Over 16 athletic champions



## OTAGO ATHLETICS RESULTS

Olivia Geneblaza - 2nd Triple jump, 8th Long Jump  
 Reagan Gill - 2nd Shotput  
 Paddy Hanley - 3rd Long Jump, 5th High Jump  
 Olivia McKnight - 8th High Jump



## YEAR 10 CAMP



More information in the next newsletter.



## SPIRIT OF NEW ZEALAND

The Spirit of New Zealand is a project initiated by Damien Scarf at the University of Otago, designed to involve a group of 40 students in a 10 day yachting adventure.

The focus is to allow the students to experience a sense of belonging and community and a chance to work together in a unique environment.

If you would like to know more, check out Damien's TEDx talk that touches on the data and importance of the project at <https://www.youtube.com/watch?v=cbHBZWbEk8A>.

Damien is asking for interested students to complete an online survey at <https://www.surveymonkey.com/r/1eSpiritofNewZealand> which will go directly to him.

If you want any more information please come to see me.

Sue Lewis - Guidance Counsellor

## CARDRONA SEASON PASS FORMS



Cardrona Season Pass forms with payment need to be returned by 31 May 2017. Payment is to Cardrona Alpine Resort, not Cromwell College. The Years 7 and 8 price is \$99 per student, Years 9 to 13 price is \$159 per student. A flat rate of \$499 per student applies after 31 May 2017.

Please note: Students participating in the senior snow-sports programme must purchase a season's pass for Cardrona Alpine Resort.

## HOME AND SCHOOL MEETING

Home and School AGM is on Tuesday 4 April 2017 in the meeting room next to the office at 7pm. We would love some new members, in particular from the junior school families.

## CENTRAL OTAGO SWIMMING CHAMPIONSHIP RESULTS



**Rota Lafita** - 1st Breaststroke, 2nd Butterfly, 3rd Backstroke  
**Owain Harris** - 1st Backstroke, 3rd Butterfly  
**Lachlann MacTaggart** - 2nd Breaststroke  
**Lucy Reid** - 1st

Freestyle, 2nd Breaststroke 3rd Butterfly,  
**Emma Morton** - 3rd Butterfly, 3rd Breaststroke



# COMMUNITY EVENTS

## ADOLESCENT ORAL HEALTH SERVICE

Adolescents (from Year 9 until their 18<sup>th</sup> birthday)

Adolescents\* are entitled to FREE basic dental care, from Year 9 until their 18<sup>th</sup> birthday – no matter where you're at... high school, training course, work or unemployed.

Free basic dental care is available by enrolling with a Dentist. This is usually arranged at the child's last dental visit with the Community Oral Health Service in school year 8. The chosen Dentist should contact you directly to make an appointment. If you need to enrol, or have any questions please call: 0800 825 583 – option 2

For more information visit: <http://www.southernhb.govt.nz/pages/adolescent-oral-health-service/>

Find us on Facebook **Talkteeth – Southern**

\*who meet the [eligibility criteria](#) for publicly funded health and disability services

Remarkables Primary School invites all parents and staff within the Central Otago area to an evening session with Brooke Trenwith from NZAGC in association with Cognition Education



Brooke Trenwith joined the Cognition consultancy team in 2013 as part of the Gifted and Talented Education PLD, a Ministry of Education contract designed to support principals and teachers build their capability and develop effective, robust and transparent GaTE programmes. In 2016, she was project leader of this contract and a national representative for the New Zealand Association of Gifted Children.

**When:** Thursday 16 March from 6:30 - 7:30pm (Question time until 8:00pm)  
**Where:** Remarkables Primary School (Professional Learning Room)

The GaTE session will address communication between parents of gifted students and their teachers. It will look at how to work together to support gifted students' learning, social and emotional needs as well as what support can be given at home. Strategies for improving communication will be given as well tips on how schools can develop more effective provision support.



The New Zealand Association for Gifted Children  
*Gifted Children – Their Future – Our Challenge*



## GOLDFIELDS PRIMARY HARVEST GALA DAY

Saturday 1 April at Goldfields Primary School  
Pet Show, Competitions, Games, Food Stalls, Coffee Cart, White Elephant, Craft & Produce Stalls.  
Book yourself a stall for just \$20 - email [annalouise.sinnott@a1homes.co.nz](mailto:annalouise.sinnott@a1homes.co.nz)

## CHEERLEADING

Cheerleading for all ages! Stunt, jump, tumble and dance with us on Thursdays at Goldfields Primary School Hall from 3:15 until 4:45pm. Call Luci Capper on 02102952011 to come along for a free trial class.

Thousands of kids now own smartphones with a built-in camera and web access...

Although they may not admit it, they are also worried about things that can happen *by-phone*.



Engaging with your kids can help build the confidence & resilience they need to cope.

For example, a regular sit down meal is a great way of encouraging them to open up a little.



It allows them to chat more freely about things they like on their phones, as well as things they don't.

For kids who need extra help with new technology, *Parental Controls* can also be useful.



For example, the Parental Control *SelfieCap* teaches kids to use their phone's built-in camera safely.

*SelfieCap* reminds kids that any photos or videos they take may ultimately be seen by anyone.



*SelfieCap* also allows parents to monitor their child's images to help safeguard behaviour.

Download the *SelfieCap* apps for free at [www.selfiecap.com](http://www.selfiecap.com)



*'SelfieCap is a useful tool to help parents safeguard their children's online activities.'*  
Andrew Jackson, AntiBullying Co-ordinator ISPC.



## Mother and Daughters Self-defence Course



### Skills and Strategies for Keeping Safe

Saturday 18th March  
@ Youth Base 6 Gregg Street  
9.30-4.30pm  
12 years and up

\$10.00 per person, includes lunch  
txt 0274267332 to book your spot  
or email [office@alexandrayouth.com](mailto:office@alexandrayouth.com) for more info

- \*spaces are limited*
- Self-Esteem and confidence building using
  - Voice/Body
  - Instincts
  - Ground defence
  - Vulnerable points
  - Healthy/unhealthy relationships
  - Oxy situations strategies

## Thinking for the Future Business Lunch

*'The relevance of the UN Sustainable Development Goals to businesses in New Zealand'*



### Professor David Griggs

Director of the Moresch Sustainable Development Institute, Melbourne

What are the UN Sustainable Development Goals?

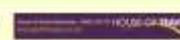
How are they relevant to NZ business?  
Find out how YOUR business can play a vital role in achieving these goals through responsible business operations, new business models, investment, innovation, technology and collaboration.

### The Moorings Restaurant & Conference Centre

15-23 Pictou Place  
Pine Mooring  
Dunedin, Otago

Friday 17th March 2017  
12.30pm to 2pm

Thinking 421 Business Lunch is strictly limited and is available from [www.thinking421.com](http://www.thinking421.com)



## CROMWELL SCOUT GROUP

Enquiries:

Geoff Owen  
Group Leader  
Contact:  
**027 703 4620**



Keas: Thursdays  
6-7.30pm

Cubs: Thursdays  
6-7.30pm

Scouts: Tuesdays  
7-9pm

Venturers:  
Wednesdays  
7-9pm