



NEWSLETTER 6

15 May 2017

UPCOMING EVENTS:

- 16 May - Strike Percussion
- 17 - 19 - Y13 OLE Tramp
- 24 - 26 May - Y12 OLE Tramp
- 26 May - "Pink" Mufti Day
- 29 May - Year 7 & 8 NYLD
- 31 May - Cardrona Season Pass / Equipment hire forms and payment due
- 30 May - Gateway First Aid Course
- 31 May - College Swim Sports
- 1 June - Otago Cross Country
- 4 - 9 June - Y13 Commerce Trip to Wellington
- 15 - 16 June - Waimate Exchange - Juniors Travel
- 17 June - School Formal Y12 & Y13
- 28 - 30 June - Year 13 Biology Trip

Kia ora koutou whānau

"Respectful courageous lifelong learners pursuing excellence". Our Board and staff are considering this as a new Mission Statement for our school – our core business. Our Board of Trustees and staff have been reviewing the vision and strategic direction for the College and will be putting out our draft to our school community later this term. We are yet to confirm the Vision and future direction for our school and we welcome ideas from our community.

Two international students were farewelled at assembly this week, Sonja Weitzing from Germany and Lars van Veldhoven from Denmark. Sonya shared her thoughts on the question most asked of her – why she chose to leave all she knew in Germany to venture to Cromwell for almost a year. Sonya said this to our students – "I wanted to do something spectacular, I wanted to challenge myself. Experience the beautiful nature. Find friends, be adventurous, be happy and feel free. Because I want more than to just exist. I want to live." Sonya's experience here is a lovely reflection of our school Kawa – the courage to try new things and extend yourself, the willingness to accept and respect others, and, wanting to be your personal best. Thank you Lars and Sonja for being fabulous role models for our students. Haere ora, haere ra.

Congratulations to Jack King who excelled at the National Road Cycling Championships last weekend. He placed 6th in the time trial and 4th in the road race for U15 riders. This follows on from a number of competitive finishes in national mountain biking events. A number of students also attended BMX Nationals in the holidays. Congratulations to Lachie James on placing 3rd in the cruiser class for his age group and Josh Smith on finishing eighth in his event.



ANZAC ceremony

Our Gold Duke of Edinburgh Hillary Award Expedition missed most of the bad weather and we enjoyed a memorable 4 days around the Rees and Dart tracks in the last week of the holidays. The twelve students displayed the skills, attitudes and character you would expect of those 'doing Gold' – positive, considerate, helpful, mature, capable and confident. A special thank you to Wendy Taylor who has been a great help completing 13 Duke of Edinburgh expeditions with her children, Simon, Megan and Terri. Thank you also to Justin Taylor, Chris Wallis and Simon Taylor for their company and support on this tramp. This term our Silver group will be planning for their final expedition in the Term 3 holidays.



Gold Duke of Edinburgh Hillary Award - Rees and Dart tracks

It was a beautiful Autumn day for the community Anzac Service in the first week of the holidays. Our Prefects were outstanding representatives for our school in supporting the service and I was very proud of them. Congratulations to the Cromwell RSA for another respectful commemoration of Anzac Day.

We have had a very smooth start to Term 2 and the calendar is already full of numerous opportunities for our students. Around 35 Year 13 students had a tremendous day on Monday exploring the learning pathways available through the Otago University at their Open Day. Fourteen students continue to thrive in the local Trades Academy and we are excited to be part of a trial with Fulton Hogan and the Otago Polytechnic where 2 of our students will have a work placement at Fulton Hogan for a day each week and study for a Level 2 certificate in Infrastructure Works. We hope to have this underway later this term. There are also: History and Commerce field trips to Wellington planned for senior students; winter sport getting underway, two visiting cultural performances starting with the percussion group STRIKE next week, outdoor leadership tramps, swimming sports, our Waimate winter sports exchange and of course the senior formal.



Year 7 Science studying planets and solar systems

Mason Stretch - Principal

Whaia te taumata - Deserve Success

NETBALL REPORT

The College Netball Teams started the season well at the Central Otago grading day on Saturday 6 May. The weather played ball and it was perfect conditions to play some good quality netball! The girls are always biting at the bit to get out there and show their stuff, so well done to all 7 teams. Each team played either 2,3 or 4 games, depending on their grade level, and their were some pretty tired bodies at the end of the day. Thank you to all the coaches, managers and umpires who have put their hands up to volunteer for the season. It couldn't happen without you. Thanks also to the many parents who have and will be making the trek to Alexandra each week to transport and support. There were some awesome results but the team of note was that the Senior A team went undefeated, even beating the competition winners from last year. Well done. A reminder please that all of the chocolate fundraising money is to be handed in asap to your manager or coach. Also that each parent/caregiver needs to register their child on the Central Otago netball website. This is www.sporty.co.nz - Central Otago. This also needs to happen asap. The weekly draw is also available on this website as well as emailed to managers. Good luck everyone for the season.



Megan Anderson - Sports Coordinator

CROMWELL COLLEGE BUSINESS SPONSORS

We are proud to be associated with these generous businesses:

Platinum Founding Member

- BP2Go – Pierre Leyser
- Go Bus Central – Michael Harrison
- Cromwell Golf Club – Irwin Harvey
- Cromwell New World – Phil Ryan
- Cromwell Paper Plus – Mike & Gai Paardekooper
- Golden Gate Lodge –
- Metro Grafix & Design Limited – Andy & Tanya Reddy
- Harcourts Cromwell – John Petre
- Heartland Ricoh Copiers – Laurie Martin
- Media Works – Richard Keegan
- Patterson Pitts – Peter Dymock
- NRG – Chantel Lindsay
- SBS Banking – Suzanne Bingham

Platinum Member

- Anderson Plumbing & Drainage – Brent & Rebecca Anderson
- Begg Security – Craig Harris
- Breen Construction – Lindsay Breen
- Checketts McKay Law Limited – Maxine Knowler
- Contrax (Central) Earthmoving – John & Robyn Marnane
- Cromwell Family Practice – Greg White
- Fulton Hogan – Peter Reid
- Rotary – The President
- Stirling Sports – Ferg Dardis
- VinPro – Morley Hewitt

DIGITAL TECHNOLOGIES

The students in the Year 10 Digital Technologies class have been researching and studying drones online, followed by a practical class exercise of flying the drone.



CAREER FOCUS

University of Canterbury Info Evening

The University of Canterbury liaison team will be holding a meeting for Central Otago students who are considering tertiary study at UC and their families. The meeting will be held in the Cromwell College library at 6.00pm on Wednesday, May 17.

Seven Essential Employability Skills according to Careers NZ



MUSIC NEWS



Students use industry standard Logic Pro software to manipulate parameters of the music in the DAW (Digital Audio workstation) Cromwell College music Dept has a powerful Mac to run this software and students are enjoying the new ICT skills they are learning related to Music and Sound Arts.



Year 11:13 Music students working on an AS in Sound recording and audio engineering with tutor and former pupil Joel Neilson of Bannockburn. Joel studied at SIT completing a Bachelor of Audio Production. Students gain NCEA credits and valuable real world learning in the music industry by completing this course. "They will be more aware of these skills in live performance like Band quest **and** Smokefreerockquest in the coming months" Trish Copland TIC music said.

CONGRATULATIONS!

Kleff Tan - Bag Pipes - solo competition in Fairlie
- 1st for his C Grade Piobaircheachd;
- 2nd for his D Grades 2/4 March, 6/8 March and Piobaireachd (Ground & 1st Variation);
- 3rd for his D Grade Slow March.



Olivia Piebenga, Kate Spriggs and Faith Courtney placed third in the Otago Triathlon champs at the end of Term 1.



Jack King - 4th place in the New Zealand under 15 road cycling race in Cambridge recently

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 Year 7 and 8 price is \$99 per student; Year 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. Helmets are compulsory.

CARDRONA SEASON EQUIPMENT HIRE

Ski hire or Snowboard hire is \$199 for the season. Hire forms can be collected from the school office and need to be paid for by 31 May 2017. Please make cheques payable to Cardrona Alpine Resort. Student accounts cannot be used for season hire as payment goes to Cardrona.

STRIKE PERCUSSION PERFORMANCE



Strike Percussion will be performing at the school on Tuesday the 16th May at 9am. Selected students will also be attending workshops over the day.


The cost for this is \$5 for the concert and an additional \$7.50 for the workshop.

Students attending the workshops have been issued with permission slips.

Strike Percussion are an amazing group of musicians. Students are very fortunate to be able to watch a group of this calibre.

TOP BIKE COMPETITION

Results of top bike - Blue team 8th, Green team 19th, Red team 20th



PINK SHIRT DAY

We will be participating in the national Pink Shirt Day on 26 May to take a stand against bullying to -

Speak Up, Stand Together and Stop Bullying.

Our Sticks 'n Stones group are organising a range of activities during the week leading up to Pink Shirt Day including a PINK MUFTI DAY on Friday 26 May.

(This mufti day will take the place of our end of month mufti day usually held on Wednesday). We hope everyone will join in so that we are seen to be a caring, united community.

Pink Shirt Day is an annual global event which began in Canada in 2007 when two students took a stand against homophobic bullying after a peer was bullied for wearing a pink shirt. Now the day provides a platform to raise awareness and understanding about the serious issue of bullying and take action to address it, all while having a lot of fun. According to Mental Health Foundation Chief Executive, Shaun Robinson, bullying is a significant problem in New Zealand and can have serious and ongoing impacts on mental health and wellbeing.

The NZ Pink Shirt Day campaign is led by the Mental Health Foundation of New Zealand with support from The Peace Foundation, RainbowYOUTH, InsideOUT, New Zealand Post Primary Teachers' Association, Youthline and Family Works. For more information visit: www.pinkshirtday.org.nz

COMMUNITY EVENTS

FAREWELL SPEECH ASSEMBLY SONJA WEITZING 9/5/17

Kia Ora,
Hi, I'm Sonja, almost 16 years old and I've been living in Cromwell for the last 10 months. Last Sunday I did something very special: a sky-dive.



I've been asked: Why? Why would I do this? Why would I jump out of a perfectly functioning plane? The answer is simple: Because I wanted to. I wanted to feel the free fall,

experience it. Because of the adventure, the adrenalin rushing through my body. To end my time here with doing something spectacular. Because I wanted to feel free, happy, fearless.

Because I want more than to just exist. I want to live.

The skydive was unbelievable, probably a bit crazy to do it, but I loved it.

Before I flew to New Zealand (safe and inside the plane this time) I was asked the same. Why? Why would I do this? Why would I leave everything familiar behind, my family, my friends, my school and sport? To go somewhere so far away, where I don't know anybody or anything?

The answers:

Because I wanted to go. I wanted to do something spectacular, I wanted to challenge myself. Experience the beautiful nature. Find friends, be adventurous, be happy, feel free.

Because I want more than to just exist. I want to live.

I will never forget my time here. How I ran through the beech forest early enough to see the sun rising above the sea. How it felt to win last year's hockey tournament with a fantastic team.

The moment when I realized I was able to have an English conversation without annoying the person I was talking to. How I absorbed nature, together with friends, kayaking, swimming, biking or tramping.

I had an absolutely amazing time.

And I'd like to thank all the people that made being here so amazing.

Thank you to my wonderful host family for always being there for me and letting me join in as a part of the family.

Thank you to everyone who talked to me, included me, laughed with me, who was my friend, who is my friend.

Thank you to all the staff, for making an effort assuring I was all right and comfortable in and out of class. Especially to Sandra Aitchison for a huge amount of explanation, organisation, support and help.

Thank you to the person who baked the most monster-like monster cookies ever with me. And thank you to the one who always got me to do things I never did before, such as steering a boat.

All of you let these 10 months become the best they could have possibly been.

And after all maybe the "why" is not that important. But being happy is. Trying heaps of crazy things and collecting memories is.

Living your life the way you want it to be lived is. Why?

Because we have only one.

SERVING A HEALTHY FAMILY MEDIA DIET



Many parents struggle with exactly how much screen time is okay for their children. Is a half-hour TV show okay but a full-length movie bad? How much gaming should you allow when your children also use their computer for homework? Does Wikipedia count as reading? And when does a passion for, say, video

games become problematic?

The truth is, there is no magic formula. And just as every family differs in what they eat, when they eat and what they like, a healthy media diet is different for every family. The key is making sure that the things that are important to your family are fairly balanced over the long term.

A healthy media diet balances activities (games, social media, TV), time (fifteen minutes? three hours?) and choices (YouTube, Minecraft, "Star Wars") with offline activities (sports, face-to-face conversations, hobbies).

1. Find balance. Instead of counting daily screen-time minutes, aim for a balance throughout the week. Help your children plan a week that includes stuff they have to do and stuff they like to do, such as schoolwork, activities, chores, reading, family time and TV or gaming. Decide on limits and behaviour using a Family Media Agreement.

2. Walk the walk. Put your own devices away while driving, at mealtimes and during important conversations. Children learn habits from the adults around them.

3. Talk about it. Ask questions about their favourite games, shows and characters. Discuss ideas and issues they read about or learn about through a TV show or a game. This is an opportunity for bonding, learning and sharing your values.

4. Create tech-free zones. Set rules that fit your family, such as no devices during dinner, no social media during homework or all screens off before bedtime. Some families have a central spot for charging and all devices must remain there after bedtime.

5. Check ratings. Choose age-appropriate, high-quality media and technology for your children.

Acknowledgement: Caroline Knorr, Common Sense Media

YEAR 9 SCIENCE



Class 9P investigating microscope use