



# NEWSLETTER 8

16 June 2017

## UPCOMING EVENTS:

- 17 June** - School Formal Y12 & Y13
- 21 June** - Parent/Teacher interviews for Years 9 to 13
- 22 June** - Year 7 Ice Skating
- 23 June** - Year 8 Ice skating
- 28 - 30 June** - Year 13 Biology Trip
- 3 July** - NZ Film Festival Year 9
- 7 July** - Last day of Term Two
- 24 July** - First day of Term Three

'The Usual Strangers' are heading to SmokeFreeRockQuest on Saturday 1 July in Queenstown. The rock band of Ash Stanley-Suter, Jamie Morton, Sam Leckie and Nevis Colloty-Spiers competed in the heats last weekend and gave an excellent performance with their original song to progress through to the finals. Congratulations also to Caitlyn Sanders, Kaishee Sharma and Charlize Thomson who placed 2nd in the ODT Spelling Quiz this week. Tino pai!



Y8 Spelling Quiz

Mighty Clutha have 'ruled the pool' yet again to dominate our annual swimming sports. The house events were competitive and entertaining and there were also a number of long standing records broken in the competitive races by Lachlann MacTaggart, Jack King and Owain Harris. Jack King and Gaby Harman also competed strongly at the Otago Secondary Schools Swimming Championships held recently, with top ten placings and Jack finishing 2nd in his 50m backstroke event.

Well done to the Apartments students on their successful expedition around the Rakiura Track, Stewart Island, over Queens Birthday weekend. Their respectful leadership and superb support of one another was a highlight for the staff who accompanied them.

On Thursday and Friday this week we have had over 100 students involved in the Waimate winter sports exchange. 78 Year 7 to 10 students headed to Waimate and we had 40 seniors competing in netball, rugby and basketball here in Cromwell. There have been some good wins for our teams and games have been played in great spirit. The genuine camaraderie between the students has been evident through the two days. A sincere thanks to sports coordinator Megan Anderson for her time spent coordinating this major event on our sporting calendar.

The opportunities for engaging, up to date, interactive learning through the assistance of the internet and computing devices is enormous. Over the past three years we have been working to incorporate these benefits into our junior curriculum through our BYOD (Bring Your Own Computing Device) programme. This has now extended into Year 9.

Funding from our Board through the Community Business Sponsors, with support of our Home and School and Pub Charities, has enabled us to provide extra devices into Year 7 and 8 classrooms to ensure all students have the computer access. Staff have also committed to their ICT learning over several years now. We have seven staff almost at the end of a 32 week certificate in digital and collaborative learning through Unitec and, last week, eight staff passed their Level 1 Google Educator Certificate. Year 9 digital e-learning is now our focus and we encourage all Year 9 students to have their devices ready for the beginning of Term 3 so that all of these classes are able to learn through BYOD. Neil Stuart, our E-Learning Director, will be working with staff, students and families to minimise any constraints around access to computing devices and improve digital delivery.

On Wednesday next week, 21 June, we will be holding parent teacher interviews with subject teachers for Year 9 to 13 students. Year 9-13 classes will be released at 1:30pm and interviews start from 2:15pm in our Auditorium. Information about the online booking of these interviews has been shared by email with parents. Year 7 and 8 teachers will hold conferences later this term with parents. Early next term we will run the second of our Academic Mentoring interviews with form teachers, students and parents to review progress against goals set in Term 1.

This Saturday I will be spending "A Night with the Gods" along with senior students and staff at our Senior Formal to be held at the Moorings. We are looking forward to another memorable evening of good company, the occasional dance and some fine dining.

Mason Stretch  
Principal



Mavora Greenstone Tramp Y12 OLE



Outdoor Pursuits Stewart Island Tramp



Waimate Exchange - Rugby



Swimming Sports - House Competitions

## YEAR 8 SCIENCE



In 8B Science we were observing reactions of solutions to a variety of indicators.



## CAREERS CORNER

### Do you need a CV?

Careers NZ has recently upgraded its CV Builder tool: <https://www.careers.govt.nz/tools/cv-builder/build-a-great-cv/>

CV Builder guides you through all the important sections every CV needs with handy tips and advice throughout. Simply enter your details step by step and CV Builder will create an eye-catching CV ready to send to employers.

Once you are signed in to My Career Portfolio you can start your CV and finish later if you need to. You can save, email and download your CV straight from CV Builder.

The Career NZ advice team is also on hand if you need extra support. Call Advice Line on 0800 222 733.

### University of Otago Information Evening

Thursday, 6 July, 7pm, Wakatipu High School, Queenstown.

Hear about entrance / accommodation / courses / degree structure / being a successful student / support services / scholarships / transitions from school to university / fees.

Please direct any enquiries and registrations to [liaison@otago.ac.nz](mailto:liaison@otago.ac.nz)

## PARENT / TEACHER INTERVIEWS FOR YEARS 9 TO 13

21 JUNE 2017

2:15pm to 6pm & 6:45pm to 7:30pm

Booking code: **r4z8v**

Website: [schoolinterviews.co.nz](http://schoolinterviews.co.nz)

Kia Ora

My name is Tonisha



I was lucky enough to attend a conference in Wellington called the UnSpoken Word Forum. It was based around suicide prevention and I have to say it was one of the best things I have done!

We learnt how to express our emotions through dancing, song writing, poetry, rapping and much more. A lot of these things I wanted to bring back to my community and I want to speak up about suicide.

For many people it is a touchy subject but it needs to be spoken about! I myself have been affected mentally and physically by loved ones who have taken their lives by suicide. I would just like to say that no one is ever alone and everyone has someone to talk to because suicide is not an option and it never should be! We all need to make a change in our community to prevent things like this from happening. If anyone is ever feeling down or upset and needs someone to talk to, I am here! Don't be afraid to speak out. Let your voices be heard. While I was away, I learnt that one person alone can make a massive positive impact on their community. So imagine what a whole group of people could do.

Lastly, a quote that I brought back with me from a teen girl who made a massive change in her community was "We is stronger than me".

## DINGLEBURN Y13 OLE TRAMP



## CARE AND FRIENDSHIP



Senior students from the Music department performed for the elderly at Care and Friendship on Wednesday the 7th June. Students are currently practising towards their senior assessments on the 22nd of June. For some students this was their first time performing in front of an audience. Organiser

Noeline Watson thanked the group and invited them back later in the year when the group restarts after winter.



Students from left to right are ; Cameron Miller (trumpet) Aleisha Adams (guitar) Kavina Adam (voice) Jack

Brogan (guitar) Logan Bell (piano) and Scott de Wit (voice)

## MAVORA GREENSTONE 12OLE TRAMP



## COLLEGE SWIMMING SPORTS

### Competitive competition

1st Clutha 668 points  
2nd Nevis 390 points  
3rd Kawarau 199 points  
4th Pisa 49 points

### Fun Competition

1st Clutha 67 points  
2nd Nevis 53 points  
3rd Pisa 41 points  
4th Kawarau 40 points



Staff relay team - swimming sports

### Records broken

**Owain Harris** Year 7 / 8 50m Freestyle  
Boys 31.42 secs

**Owain Harris** Year 7 / 8 50m Backstroke  
Boys 37.09 secs (equals the record)

**Rota Lafita** Year 7 / 8 50m Breaststroke  
Boys 41.63 secs

**Jack King** Year 9 / 10 50m Freestyle  
Boys 27.74 secs



## NZ PLAYHOUSE PERFORMANCE



The NZ Playhouse performed to the Year 7, 8 and 9 students at the Auditorium recently. The play was called 'The Gadsby unleashed' Students enjoyed the production which was upbeat, funny and very professionally performed. Students have been charged \$5.



## HOUSE COMPETITIONS

House competitions - lunch time activity. Recently students had an art competition where they had to draw a picture of our caretaker, Jim Dundass. Each team member only had seconds to draw in a team picture. Pisa won this competition.



## KAMAR PARENT PORTAL

The parent portal is now back up and running again. Apologies for the technical difficulties you may have experienced this week.

# COMMUNITY EVENTS



Waimate Exchange - Senior Netball

Waimate Exchange - Senior Rugby

## CROMWELL FIRE STATION OPEN DAY

Sat 1<sup>ST</sup> JULY 1pm – 4 pm

Rain out day Sunday 2<sup>nd</sup> July

Kitchen fire demo's 1.30 & 2.30pm

Accident extraction demo's 2 & 3pm



## PASSING EXAMS SEMINAR

Helping Senior Students Improve Their Exam Results

As we know, great preparation is the key to a great performance. Yet with examinations, do your students really know how to optimise their preparation time? When exam revision is often independent and self-regulated, without up-to-date guidance, your students' approach is likely to be habituated from their earlier years and not particularly effective for senior exams.

The first step to improving exam results is to develop a performance mindset focused on excellence. This is a habit of thinking that anyone can learn, provided they have the desire, knowledge and support to do so. For some students, however, aiming to achieve a 'personal best' is not a prevalent mindset. For teachers and parents this can be very frustrating, especially when you know they could easily improve their exam results, with a little 'fine-tuning'.

### PASSING EXAMS SEMINAR OVERVIEW

Passing Exams is a researched-based seminar, presented as a five-step approach that students can use as a preparation strategy. Within these five steps, the seminar incorporates study skills and solutions to many exam-preparation challenges.



This interactive and entertaining seminar offers a unique synthesis of meta-cognitive knowledge and performance psychology (see concept map below). The first step helps students realise they have the potential to improve their current academic standard, despite past experiences. Academic performance can be improved when students have an insight into performance psychology: how their brain, mind and thinking work, and how to apply the thinking strategies necessary to identify and modify any limiting attitudes or beliefs that could be holding them back.

The remaining four steps are undertaken in the study process. They involve: (step 2), relaxation to access a more receptive mind and cope with stress; (step 3), review, reading and note-taking techniques to condense class-notes into revision notes; (step 4), memory techniques to save time with content retention; (step 5), rehearsal techniques to practice understanding, recall and their ideal performance on the day. These steps followed sequentially will help students become more efficient and effective in the time they spend preparing for exams.

Parents can also play a role in their children's exam preparation. Many parents believe they can not help because they do not know the subject content. This is a misconception because a lot of valuable support can still be given when parents have an understanding about the 'process' of revising which includes many of the common exam-preparation difficulties students face.

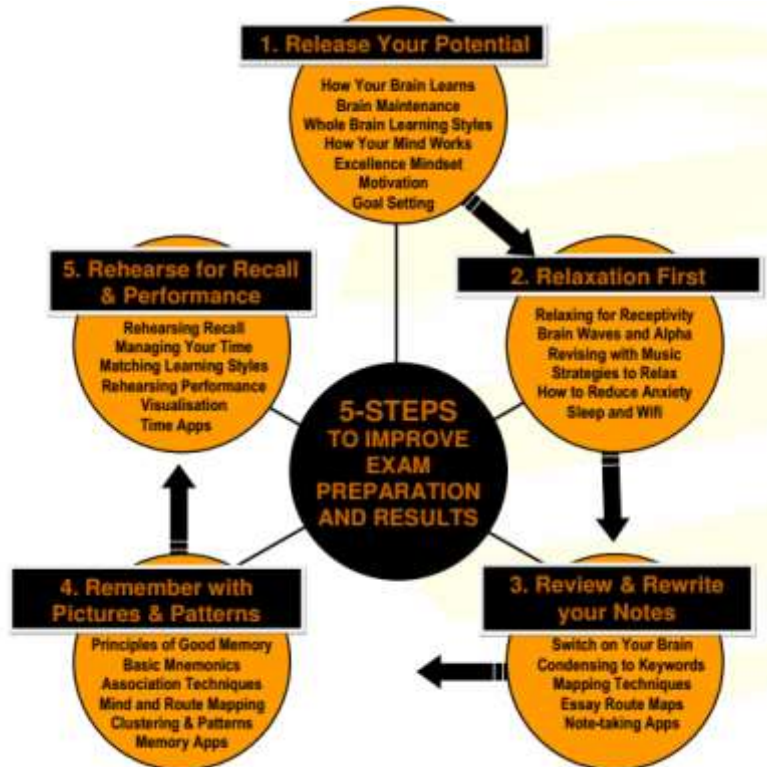


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## SMOKEFREE ROCKQUEST



Great news, our senior band 'The Usual Strangers' with Sam Leckie and Nevis Colloty-Spiers (Year 10) got into the Smokefree finals

after the heats in Wanaka. According to Pete they absolutely nailed it. Music department staff and students will be attending the final on Saturday the 1st July in Queenstown. This is a band competition for original songs. The song they sang is one of their NCEA Level 3 Composition Songs.

## OUTDOOR PURSUITS STEWART ISLAND TRAMP

