



NEWSLETTER 2

5 March 2018

UPCOMING EVENTS:

5 March - Parent Evening with Marg Thorsborne 7pm, Auditorium

6 - 9 March - Year 7 EOTC

6 - 7 March - Mike King Presentations to students

8 March - Academic Mentoring Years 9 - 13, classes finish 12:30pm

8 March - CO Primary Swimming Championships

9 - 11 March - OSS Volleyball

9 March - Otago Futsal - Dunedin

13 March - Parent Evening with Yvonne Godfrey 7pm, Auditorium

13 - 14 March - QUAD in Wanaka

15 March - Academic Mentoring Years 7 and 8

Kia ora koutou whānau

Ngā mihi nui to Regan Hucklebridge and Greta Bauer on being selected as our Head Boy and Head Girl for 2018. All prefects are interviewed for these positions and their sincere answers, passion for our school and desire to make a difference through their leadership and example highlighted for me what an outstanding prefect group we have this year.

Climbing 600 vertical metres in the first kilometre of a tramp gives real meaning to our whakatauki, Whaia te taumata – pursue the highest peaks. It is a challenge that was met by almost every Year 10 student on the Sawyerburn Hut walk for their camp at Kidds Bush, Lake Hawea last week. They enjoyed their water based activities, games, cooking, group challenges and spending time strengthening relationships between each other and our staff. Year 7 have their EOTC experience this week based at our Aquatic Centre and the Bannockburn Inlet.

On Friday last week and Monday this week, we were very fortunate to have restorative practice consultant Marg Thorsborne working with our staff. Restorative practice is one of the core philosophies around relationships within our school and the refresher and further extension was aimed at strengthening our skills. Restorative practice is a process around face to face dialogue that maintains healthy, trusting and productive relationships. Marg impressed on us that we are dealing with adolescent's who will make mistakes that harm relationships. We have to remember that they are still learning and be prepared to teach students and assist them to put things right and move on. Marg has a session for the wider Cromwell school community on Monday 5 March in our Auditorium, starting at 7pm, and parents and friends are very welcome.

Mike King will be talking to our Year 9-13 students on Tuesday afternoon 6 March as part of his 'I Am Hope' Tour. He has a powerful message for our students on wellbeing, mental health and resilience. On 13 March parenting expert and author Yvonne Godfrey will be working with senior students and then running a parent evening, 7:00 - 8:30pm in our Auditorium. Yvonne runs the MIOMO programme in Auckland (Making it on my own) and her focus is on parenting and preparing teens for success and independence.

We are continuing our resilience programme Raise them Strong and all students will have seen the first three video sessions in the next week or so. The ideas of not showing you are upset, not listening or giving power to words that can hurt and treating others as you want to be treated are challenging for students but do provide strategies that enable them to be more resilient. I have also reminded our students that when they feel the 'sponge is full' and they have 'had enough' they need to talk with someone who will listen and can support them such as their parents, form teacher, a teacher, one of our counsellors, a Dean or senior student.

It is a busy time for summer sports with success for senior mixed touch team at Otago's, over 20 rowers competing at the South Island Rowing Regatta this past weekend, Otago Athletics, senior and junior cricket, South Island Triathlon and an Otago futsal competition and QUAD tournament next week in Wanaka.

Goal setting Academic Interviews are on Thursday this week for Year 9-13 students and we look forward to strengthening the support around each students wellbeing and achievement through these meetings. On Tuesday this week we hold our Academic Assembly to congratulate students who achieved excellence and merit endorsements in their NCEA last year. Parents are warmly invited to this assembly which starts at 8:55am in our Auditorium.

Mason Stretch
Principal



Regan and Greta



House Competition - Tug of War



Year 10 Camp

Y12 OUTDOOR LEADERSHIP



Year 12 students teaching Primary School students Kayaking at the Cromwell Pool.

UNIFORM NOTICE

All students wishing to purchase the skirt/kilt (Years 7,8,9,10 use it in winter & seniors all year round) need to arrange a fitting time and have orders placed (and paid for at the time of ordering) before 9 March, to allow them to be ready for Term 2. This will be the final order for delivery in 2018 so if you would like the new skirt/kilt you must place your order to secure yours. If you do not place an order there will be no others available. Thank you to those who have already placed their orders.

Students wanting the skirts/kilts for 2019 - Keep an eye out for dates also.

Blazers - Any senior student wishing to purchase a blazer, please also call to arrange a fitting time so you can place your order (payment is required at the time of ordering) so they can be made in time for Term 2.

If you have any questions, please give me a call 027 621 3582. Tanya Reddy - Metro Grafix

PHYSICAL EDUCATION SINGLETS

PE singlet tops for purchase for \$36.00. Sizes small, medium & large. Limited stock. Available for students in Years 10 to 13 from the school office.



Peer Reading with Cromwell Primary School

YEAR 10 CAMP



LOST PROPERTY

Please ensure all uniform items for your child are clearly named so if found they can be returned, thank you.

SPORTS NEWS

Central Otago schools have grown significantly in recent years and new schools have been built to cater for the increasing number of school age children. Over the last few years larger numbers of entries at Central Otago primary school sports events have grown to a point that a review of how we organise school sport has become a matter of some urgency. A steering group of principals and Bill Godsall from Sport Central has proposed that from this year we start a three tier interschool sports competition for swimming, triathlon, orienteering, cross country and athletics. This would mean that Cromwell College pupils would compete in our school competitions and then the top students would be eligible for selection for a Dunstan zone event. Those children who do well at the zone event would then be eligible to compete at the Central Otago Championships, which is for the top athletes from all three zones. The other zones are Wakatipu and Mt Aspiring. Central Otago Schools will no longer select children to compete in Dunedin. In recent years these Dunedin competitions have had a limited number of events, some events do not have the same challenge as our Central Otago competitions, and there is a significant amount of travel involved.

Central Otago schools are presently working on a proposal to appoint a regional sports coordinator to oversee the running of the Central Otago competitions.

The new three tier interschool competition will begin this term. This means some changes to the dates that have been listed on the school calendar previously. The updates are:

- ⇒ Dunstan Zone swimming Thursday 8 March, Cromwell
- ⇒ CO Swimming Championships Thursday 15 March, Cromwell
- ⇒ Dunstan Zone Triathlon Wednesday 21 March, Cromwell
- ⇒ Central Otago Triathlon Championships, Wednesday 4 April, Cromwell
- ⇒ Dunstan zone Orienteering Tuesday 29 May, TBC
- ⇒ Central Otago Orienteering Championships Thursday 7 June, Wanaka
- ⇒ Dunstan zone Xcountry Thursday 9 August, Clyde
- ⇒ Central Otago Xcountry Championships Thursday 23 August, Arrowtown
- ⇒ Dunstan zone Athletics Tuesday 13 November, Alexandra
- ⇒ Central Otago Athletics Championships Tues 20 November, Alexandra

As this year is a transition into the new system, we thank you in advance for your patience.

Megan Anderson - Sports Co-ordinator



Congratulations to **Oliver King, Lachlann MacTaggart & Emma Morton**. They competed at NZ Juniors swim meet in Dunedin recently. All swam really well with lots of PB's.

Lachlann got silver in 50 freestyle & 100 freestyle and bronze in 200 freestyle & 100 IM. Emma got silver in 200 breaststroke and bronze in 100 breaststroke. Emma and Lachlann have qualified, and will compete in the Division 2 National Swim Meet in Rotorua in March.

POWER TO THE PUORO



Cromwell College is fortunate to be able to present Jerome Kavanagh and his "Power to the Puoro" experience and schools show.

Grammy award winning musician and International Taonga Puoro artist Jerome Kavanagh (Poutama) will present an interactive show inspiring our children by celebrating culture, pride and self identity. An experience which is inclusive, created for all and combining the ancient with the modern!

Jerome will share his family collection of around 40 different types of Taonga Puoro (ancient Maori musical instruments) using live performance with modern sound technologies while weaving ancient story telling that connects us all with nature. The show also includes Taa Moko (Maori tattoo), Waka Haurua (sea voyaging), Maara Kai (gardens / healthy food technology) and Kaitiakitanga (native forest and bird conservation). The presentation will showcase modern stories of young Maori practitioners sharing their culture globally.

We hope that Jerome will also be able to chat with some of the students who are studying Te Reo at the College.

This concert is on Thursday 29 March and will run from 9am - 10:30am. Years 7-10 students will attend, the cost being \$5 per student.

Cath Forsyth
Performing Arts Co-ordinator



YOUTH SERVICE

16 OR 17?

Want to know about **study, training or JOBS?**

Free call us on 0800 557 007. Chat about YOUR interests! Sign up to our FREE service!

FREE 4 YOU

study options, qualifications, enrolments, CAREERS, support services, SKILLS, LITERACY & NUMERACY, cv & cover letters

The Youth Services team are at school on Wednesday 7 March from 1:30pm in the A Common Room. Bring a friend and get a \$20 top up on your phone. Available to students aged 16 or 17 years old.

Unique Opportunity for Cromwell Parents

Monday 5th March 7.00—8.00 pm

Cromwell College Auditorium

Restorative Practice in Schools

An Information Evening

for all parents of children 0—18



Don't Miss This Exciting Opportunity....

Cromwell Community of Learning

is excited to announce that internationally recognized Restorative Justice Consultant Margaret Thorsborne is coming to Cromwell.

Margaret Thorsborne's approach is credited with creating healthier and safer school communities.

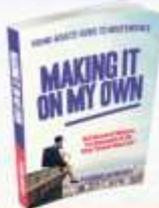


Come along and be part of a new era in Cromwell Education.

CROMWELL COLLEGE PRESENTS:

SET UP YOUR TEENS FOR INDEPENDENCE & SUCCESS!

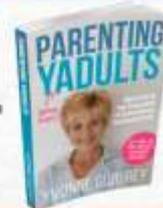
YVONNE GODFREY is an award winning speaker, author & TV and radio guest. Don't miss her entertaining presentation for parents of tweens and teens!



PARENTS DISCOVER:

- Stop nagging and gain co-operation
- Parenting traps and how to avoid them
- Outsmart weird or aggro behaviour

Plus much, much more!



DATE: Tuesday 13th March TIME: 7:00PM - 8:30PM

VENUE: The Auditorium - Cromwell College, Barry Ave

COST: Gold coin donation at the door + Supper Provided

Introducing Yvonne to our parents and students was one of the best things we could do for their futures.
Julie Strang
Deputy Principal
Rangitoto College

Yvonne immediately connects with a blend of strategies from old-school truths & current research.
Brian Skeen
Associate Headmaster
Auckland Grammar

Our evening was brilliantly grounded in wisdom and laced with good doses of common sense and humour!
Richard Tucker
Head of Guidance
Saint Kentigern College

YVONNE'S BOOKS AVAILABLE ON THE NIGHT VIA CASH, EFTPOS & CC



Rotary International

Youth Exchange Programme

WANTED – SECONDARY SCHOOL STUDENTS TO GO ON EXCHANGE IN 2019

Rotary Youth Exchange is an official programme of Rotary and we are now seeking applications from motivated secondary school students interested in spending a year overseas as part of this long established successful educational and cultural exchange.

This is your chance to immerse yourself in the culture and become fluent in a foreign language in a supportive exchange programme. Become fluent in Swedish, Mandarin, Danish, German, French or Spanish.

- Students must be aged between 16 and 18 ½ at departure in January 2019.
- Exchange partners for 2019 are: Sweden, Denmark, Germany, Belgium, Austria, Chile and Taiwan
- No family Rotary affiliation required.
- Applications close 30 April 2018.

Rotary Youth Exchange offers student training and preparation, a strong student support structure and oversight by a reputable global service organisation. Students attend a local school but stay with several host families for variety and a true cultural experience.

Students benefit from personal growth and development, independence and self confidence while making worldwide friendships and learning a new language. If you want to gain a fresh understanding of yourself and others, have fun and a whole lot of new experiences consider being a Rotary Youth Exchange student for 2019.

If you are ready for a life changing experience and for the rewarding challenge and the unique and life long rewards that come from living in another country as a RYE student, then check out www.rotaryyouthexchange9980.wordpress.com or contact us for more information and an initial application form.

Contact: Gary Williams

Chair Rotary Youth Exchange District 9980 [lower South Island, N Z]

M: 0274 326 296 E: gmtwilliams@xtra.co.nz

Cromwell College Canteen
Requires a casual on call person
to join our team

Must enjoy food and young people! Must be fully available and flexible to be on call to cover absences with an initial starting point of Wednesdays 9:30am to 2:30pm for training purposes.

Need to be able to multi-task, think on your feet and work within strict time guidelines.

Expressions of interest to Christine at this email please:
cromwellcollegecanteen@xtra.co.nz