



Rangiora High School

Te Kura Tuarua o Rangiora

Newsletter - November 2011

Spirit of Adventure Voyage

Ten of our Year 10 students travelled to Auckland recently to spend five days on the Spirit Of New Zealand and complete a range of team building exercises.

The students were accompanied by Mr H Scott from the Health and Physical Education faculty.

All of the students were absolutely fantastic and represented Rangiora High School very well.

They all had a fantastic time and came back saying it was a fantastic experience.

Luke Palliser was on the voyage and writes of his sea-faring experience:

“On Thursday 3 November we set off from Auckland Harbour at 3.00pm on the Spirit of Adventure. We sailed all around the Hauraki Gulf.

The ship was huge and easily fitted the 52 people on board. Luckily nobody got seasick. There were four schools on the boat including Rangiora High School and students from Chanel College (Master-ton), Auckland International College, and Awapuni School (Gisborne).

All the schools were competing for the Spirit Trophy. I loved meeting new people, swimming, sailing and the adventure over the five days. We had to raft from the ship to an island. We also did night watch. It was a great trip and I was very pleased to get the opportunity to go on it.”

Students keen on undertaking this life-changing voyage are welcome to contact Mr Williams.

Mr M Williams
Liaison Teacher, Spirit of New Zealand



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From the Principal

Kia Ora Koutou Katoa, greetings to parents, caregivers and friends of the school. This is our final newsletter for the 2011 school year; a year that has presented us with some amazing challenges, some unique opportunities, and some fantastic results.

Our challenges came in the aftermath of the February earthquake when as a school and as a community we had to pull together in order to stay together. American writer Barbara Bloom once wrote "when the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something has suffered damage and has a history it becomes more beautiful." Our students were the gold that filled the cracks this year and collectively, through their often selfless acts, they have written a truly unique history of our school in 2011 as a result.

This year New Zealand had the privilege of hosting the Rugby World Cup and while this international sporting event had a challenging impact of the configuration of the school terms, as a school we still managed to achieve and exceed the goals we set ourselves in February. There are many students who have distinguished themselves this year in sport, cultural events and academically. I would like to pay tribute to a distinguished group in Year 13 students who have achieved unprecedented scholarship results this year. These scholarships recognise potential leadership, academic achievement, and sporting or cultural prowess. They range in value from \$500 to \$5,000 per year.

Our congratulations go to:

- Richard Ashby - Commerce Scholarship University of Canterbury
- Jaye Atkin - Emerging Leaders' Scholarship University of Canterbury
- Rachael Ballinger - National Travel and Tourism Scholarship Sir George Seymour College
- Amanda Clinton - Rangiora Rotary Alex Murray Scholarship
- Nick Deerson - First Foundation Scholarship and Commerce Scholarship University of Canterbury
- Regan George - Commerce Scholarship University of Canterbury
- Michael McRae - Emerging Leaders' University of Canterbury and the Arrow International National Young Leaders' Scholarship (see photo)
- Lucy Gunn - Lincoln University Sports' Scholarship
- Sarah Hayman - Emerging Leaders' Scholarship University of Canterbury
- Renee Macdonald - Emerging Leaders' University of Canterbury and Law Scholarship University of Canterbury
- Kasey McKinnon - Live, Learn, Grow Scholarship University of Canterbury Accommodation



Mr Ian Smith of Arrow International, Mrs Burrows and Mr Hays make a scholarship presentation to our Head Boy for 2011, Michael McRae.

- Valerie Poort - Academic Excellence Massey University,
- Beth Te Aika - High Achiever Engineering Scholarship and Emerging Leaders' Scholarship University of Canterbury
- Chris Willocks - Law Scholarship University of Canterbury
- Thomas Zahner - Academic Excellence Victoria University

These students join the ever growing list of past and present students of Rangiora High School who have distinguished themselves by virtue of their hard work, commitment, dedication and character. As a community we should be very proud of what our local school is able to achieve for the fantastic young people of North Canterbury. Since 1881 and the passing of the Rangiora High School Act, our community has insisted that our children will have access to quality secondary education and as a school we have consistently delivered that.

With the closing of another year I would like to thank our Board of Trustees and our PTA for their continued support of our school. I would like to pay tribute to our staff – in a year that asked more than should be expected they have stepped up and delivered and ensured that every student was challenged to achieve all they were capable of. To our parents/caregivers, you play such an important role in the lives of our students. Thank you for all that you have done this year to ensure that there is time and space for learning.

I wish you all the very best for a safe and relaxing Christmas break and a happy and prosperous New Year.

Kia kaha, kia toa, kia manawanui.

Peggy Burrows
Principal



HILLARY HOUSE

HEAD OF HOUSE Mr N Moyle

DEAN OF HOUSE Mr A Cotter

Hillary House has had another great year. The House competition finished with our junior volleyball team battling hard but not ending up with many wins and our junior quiz teams placing well.

The final House assembly was a real celebration of our fantastic Year 13 students and Mr Cotter who has been the Dean of Hillary House for the past five years. Mr Cotter has been an integral part of the success of this house. He has pursued academic excellence from our students, demanded a high standard of uniform and supported all students and staff. We will miss Mr Cotter's energy and stubbornness in the office. In 2012 we welcome Mr Sullivan as Dean of Hillary House.

We are proud to report the sporting successes of the following Hillary House students:

- James Bolton 9HHT was part of the Canterbury gymnastics team that won the gold medal and cup. James won two individual bronze medals on the Vault and High Bar and came fifth overall on both competition days. He also has competed this year for the Rangiora Club where he came second at the South Island Championships in September and fourth at Canterbury Championships in October.
- Sheldon Pitama 11HCT was selected in the 2011 National Competition New Zealand Rugby League Merit Under 15 team.
- Jess Power 13HMG was selected for New Zealand ID netball umpire training programme.

We asked what two Year 9 students Bailey Greenwood and Mitchell Penney (both of 9HHT) have thought of their first year here:

What have you most enjoyed about your first year here?

Bailey – Meeting new people

Mitchell – The different sports I have learnt in PE

Which is the subject you enjoyed the most this year?

Bailey – Art, PE and Animal Husbandry

Mitchell – PE because I really enjoy sport

What are the main differences you've found between primary school and high school?

Bailey – At high school you get lots more homework, the school day is longer and there are a lot more students.

Mitchell – You learn a lot more at high school than at primary school

What activities have been involved in at school this year?

Bailey – Netball and being an open night guide

Mitchell – Basketball for school

What activities do you want to get involved in at school next year?

Bailey – Summer and Winterfest; Open Night Guide and helping Year 8 students on their Orientation Day

Mitchell – Basketball and have not decided on what else yet.

To all the Hillary House students and staff, thanks for a fantastic year and enjoy a great summer.





LYDIARD HOUSE

HEAD OF HOUSE Mr A Drayton

DEAN OF HOUSE Mrs P Graham



The year is now coming to an end and we have had a lot on this term... with just a few more things still to come.

The NCEA exams have been the focus for our seniors who have worked hard to do well for Derived Grades and to prepare for the formal external exams.

The senior prize giving for Years 11 and 12 held in the School Hall on Tuesday 8 November was a great success and the Lydiard students seemed to be the biggest group of award winners. In fact, we had 28 award winners in a wide range of areas from Agriculture to Te Reo and many other subjects.



We also held our last full Lydiard House Assembly. These assemblies are always fun and at the same time, moving. This year's group of Year 13 students bid farewell to their form teachers Mr Scott and Ms Wiseman who had been with them since Year 9. Sometimes form teachers come and go from a form class so it was great that the Year 13 students had the same form teacher all the way through.



Our assembly was also the chance to say thank you to Mrs Graham who has been the Dean for Lydiard House for the same five years. She is going back to full time Art teaching and will be a Year 9 form teacher next year.

In 2012 Mr Scott, who has recently been the form teacher of 13LSC, becomes the Lydiard Dean for a five year tenure. Some of you may already know him having had him teach your child for Science. He also is a key member of the Waimakiriri Coast Guard.

In looking forward to 2012 we have set the challenge to Lydiard House of winning the House Cup. It has been a couple of years since Lydiard won it in 2009 so it is about time we won it again. So don't be surprised by the request for orange stuff between now and next year.



After a unique year we at Lydiard House, wish you all well for an enjoyable Christmas and safe and happy New Year.





MANSFIELD HOUSE

HEAD OF HOUSE Mrs M Stephenson

DEAN OF HOUSE Mr A Gebbie

The tension was palpable going into the Junior Quizzes. Mansfield had held top position all year, but with each victory, the pressure increased. Teams braced themselves for the two hours that would decide it one way or another. The Year 9 teams from 9MBI (Ashley Cockburn, Jasmine Fletcher, Michi Donnelly, Lydia Whitfield) and 9MRH (Hannah Brotheridge, Briar Fowler, Laura Kevern, Nic Steyn) did brilliantly, with 9MRH taking the top place.

An hour later the Year 10 Quiz started with Mansfield being well represented by 10MRN (Katie Parmenter, Anna Hamilton, Kawin Pechetratanapanit, Callum Forsdick) and 10MSI (Eleanor Loader, James D'Arcy, Cody Murphy, Sinead Henderson), who were placed third. This meant that Mansfield had sustained our lead and won the House Cup for 2011!

The last Mansfield newsletter of the year is always given over to our leaders to have their say. House Captains - Jasmine Hill and Jared Graham; Head Girl - Renee Macdonald; Deputy Head Boy - Nick Deerson and members of the Senior Executive team - Georgia Roberts, Cameron Godfrey, Kate Rowe, Aidan Stewart and Caitlin Kippenberger.

In response to "Why did you apply for the Exec team?" Cameron said it was to contribute something back to Mansfield for all the years that Mansfield has helped him. Georgia wanted to help organise Mansfield and make it the best House in the school. All wanted to help Mansfield House win the House Cup!

When asked for their most enjoyable part of being on the exec team, Caitlin felt that it was being part of a team that came up with "awesome ideas...Love Mansfield!" Kate thought that winning House Sports Day was pretty special and being part of a "wicked" group of people was great.

All the team felt that they had personally gained on a level higher than anything they had experienced before at high school; Renee and Nick thought that the "heaps of awesome memories and the skills" that they will "use throughout life" were important. Caitlin, Kate, Georgia, Cameron, Jared, Aidan and Jaz agreed that "getting a better understanding of the level of responsibility", "leadership skills like public speaking", "gaining more confidence and stronger friendships" were special. Each member of the team had a special commitment to Mansfield; for Aidan it was "charity work" and "performing in assemblies", Jaz dazzled us with her enthusiasm and energy for all tasks - whether she was in them or not, Caitlin loved "contributing to ideas, singing in assemblies and fundraising", Kate contributed hugely to Mansfield's principal charity (Child Cancer) by being the main fundraiser and personally raising over \$200 (the total was well over \$1500 and our best effort yet). Every member sang in House Choir which Renee conducted.

Their advice to anyone thinking of applying for Mansfield leadership was to - "be open to new ideas", "think outside the box, be a team player", "go for an amazing opportunity," "just be yourself, have a blast, enjoy yourself", "definitely go for it, you learn heaps about working with other people and it's so much fun!"





NGATA HOUSE

HEAD OF HOUSE Mr R Winson

DEAN OF HOUSE Mrs V Wilkins

It has been another great year for Ngata House. Our successes have been many in a variety of fields; sporting, academic and cultural, and our pupils enthusiasm continues to drive us forward.

Service has been a big focus for Ngata this year. Over the year we have contributed to the school and community in a variety of ways including fund raising for Riding for the Disabled, supporting students with learning needs, poppy selling, doing our bit for the earthquake recovery effort, recycling cell phones for Ronald McDonald House and completing a native planting project behind Gym 3. We are always looking for ideas, so keep them coming in!

Many things stand out in my mind from 2011, losing my voice during tug-o-war on Sports Day (again), a great Choir with spirit and passion, filming our 48 Hour FilmFest entry in the driving rain! So many sports successes they are hard to keep track of. Our new students have proven to be a super bunch and will take us far, as will the new leaders for 2012, to be announced at the finale of Peer Support training.

The farewelling of our Year 13 students at our final Leavers' Assembly is always a great celebration; this year was no exception. Students were entertained by the Ngata Band, performing three songs, including one written by Dylan Bateup. Media students Liddy Wardhaugh and Lacey Evans put together a super film working alongside Kim McTavish from the Executive. It featured students and teachers from Ngata summing up their thoughts and experiences from the year (plus a few more random comments!) and of course the baby photos, spot prizes, speeches and Pebble Awards topped off an entertaining time.

It is the last event of the year for Ngata all together and also highlights the destinations of our leavers, as always a wide range of opportunities and experiences awaiting them such as studying at University or Polytechnic, taking up charity work positions or working in overseas schools as gap year students. Special congratulations go to Chris Willocks and Lucy Gunn who gained significant study scholarships.

I have been most impressed with our student leaders this year, and I thank Kim, Jess, Ben, Chris, Lucy and Brier for all their wonderful energy and laughs. Of special note I must also thank our super Junior Leaders, Matt, Oliva and Henry. They have topped off a truly impressive bunch with whom it has been a real privilege to work.

A massive thanks to our wonderful form teachers, they are a super team who lift my day on a regular basis and provide the most wonderful care for your young people. Their hard work and dedication are very much appreciated. I am also full of appreciation for our super Dean, Vanessa Wilkins, who works tirelessly to provide support and guidance to our pupils. She does a fantastic job.

I wish you all a super summer holiday, get out there and enjoy being young – it won't last!





RUTHERFORD HOUSE

HEAD OF HOUSE Mr M Williams

DEAN OF HOUSE Mrs S Reed



The year has come to an end for our senior students. NCEA Examinations are under way and I want to wish every single student all the best for the externals. Please make sure that your child has their timetable in a visible place at home and that they are following a basic study plan.

We have said our farewells to our Year 13 students. They have come to the end of five years at Rangiora High School and I do want to wish them well for their future. In their leavers' gift, there is a story that will hopefully guide them on their road in the future. We have also had our Year 11 and 12 Prizegiving. We are extremely proud of the academic achievement of our Year 11 and 12 students and we hope they can all build on their academic successes in 2012.

Our senior prize winners were as follows:

Academic Awards:

Alice Westenra - First in Subject Agriculture/Horticulture

Meghan Corby - First in Subject English

Michaela Hickland - First in Subject Classical Studies

Shevaun Walsh - First in Subject Graphics

Year 13 Academic Award - Regan George

Year 11-12 All Round Trophy - Joe Piggott

Service to Rangiora High School - Zac Norriss

Service to others - Brie Evans

We finished fifth on the final positioning on the House Competitions. Our Year 10 got us off the bottom of the table on the last day of the competition and the team of Angus Hawkins, Anna Hendrie, Kiri Atkin and Logan Ritchie made a clean sweep in the quiz.

Our new candidates for House executive for 2012 have already started planning for next year. Our goal next year is to get more students involved in activities and we hope we can encourage more participation throughout the year.

I want to thank all the form teachers for their excellent work this year. We have managed to get so much done in a very difficult year packed full of activities and we have endured tremendous pressure.

Our juniors have got a few weeks left at school and we hope they maintain their work ethic for the remainder of the term. We now look forward to our new arrivals in 2012 and may it be an even better year.

GO THE RUTHERFORD KNIGHTS! GO BLUE!





SHEPPARD HOUSE

HEAD OF HOUSE Ms A Hay

DEAN OF HOUSE Mr K Anderson



Tuesday 8 November started with our annual Year 13 Sheppard Breakfast and was followed later in the day with our final full House assembly, with the main focus to celebrate the end of five years secondary schooling for our Year 13 students. For me personally, this year was especially poignant as I was the Dean of this group in Years 9 to 11 and for the last two years, their Head of House and so it was especially sad for me to farewell them. I have asked our House Executive to share their reflections on their time at school:

"As I reflect on my past five years at Rangiora High School, I realise how quickly the time has passed and the many opportunities and highlights I've enjoyed, come to mind. The academic, sporting, leadership and cultural experiences I've been involved in, have been both challenging and rewarding. They have helped me grow as an individual and develop my interests and passion in certain fields. My sporting successes have been special highlights and are memories I will always treasure. I am proud to have been House Captain this year and have enjoyed seeing Sheppard House students and teachers working well together, to ensure we achieve the wonderful results we deserve. We have been very competitive this year, which is reflected on the leader board, with our second position behind Mansfield. A huge thanks to Ms Hay and Mr Anderson for all their support and guidance over the years and to all the students, teachers and support people of Sheppard House, who have made the House a fun and enthusiastic team to be a part of."

Sarah Hayman, House Captain

"I have thoroughly enjoyed my last year being on the Sheppard House Exec team. It has been awesome being a House Leader this year and assisting in planning and preparing all the awesome events that the students take part in. My favourite event this year was Sports Day and watching our House take second place on the day! I have loved my five years in Sheppard House and to be able to give back by being a leader was an awesome experience."

Hayley Richards, Deputy House Captain

"This year being on the Sheppard House Exec has been a great way to spend the last year of school. Helping and planning events and encouraging the students in the inter-house competitions has been such a cool experience, especially when we have won so many of them. Giving something back to the House after spending my entire school life in Sheppard has been a great way to thank the House for its support."

Hannah Graham, Sports Captain

"Of all of my years at RHS, this one has by far been the best. It's not that the other years were bad, in fact, this one had a lot to live up to, by it has made my school experience great. Part of what made this year so good would have to be how involved I have been in Sheppard House as I could really celebrate all the success we have had this year. All the best for next year Sheppard and thank you."

Bernadine Eves, House Executive

At our final assembly we present the Kate Sheppard Trophy to the senior student who by their leadership and actions has demonstrated the eight principles of Sheppard House. This year the proud recipient of this trophy was Marnie Block. I would once again like to congratulate this amazing young woman on receiving this award. I would also like to thank our House Executive who have worked with me this year - it has been a privilege to work with such a committed, enthusiastic group of young people. They have worked with me to take our House to second position on the House Leader Board.

I would like to thank all of our students for a wonderful year, and I wish you and your families a Merry Christmas and a safe and happy holiday.



RHS & Coastguard Waimak Ashley

Three years ago some students from Rangiora High School joined up as cadets in the Coastguard, this proved to be the beginning of a long and fruitful relationship between the two organisations.

Our junior members from Rangiora High School are put through exactly the same training as any Coastguard Volunteer in New Zealand, they learn about boat handling, rope skills, first aid, victim recovery, navigation, VHF Radio, working with Aircraft and a host of other skills. These are put to use on our two vessels, Kaiapoi One and Rangiora High Rescue.



Rangiora High Rescue, or RHR as she is affectionately known is named after the school because of the close relationship our two organisations share. When we were raising funds for this boat, various school Houses raised in excess of \$2500 to assist us. RHR is a 3.8m Arancia IRB exactly the same as the boats used by Surf Lifesavers. We use her as a training boat, as well as an inshore rescue boat. This is the only Coastguard Vessel in New Zealand named after a school

The time since the 4 September earthquake has proven to be a turbulent for the region. Our HQ building in Kaiapoi was damaged severely and will be demolished in the near future. This did not stop our cadets attending training as well as working in Welfare Centres around Christchurch City. February 22 came around with a lot more disruption to Canterbury, it was amazing to see ex-students from Rangiora High School don their Coastguard uniforms and assist in the Triage Centre in Christchurch City that night, then help set up and run welfare centres at Burnside High School and Windsor Primary School. These amazing young people filled key roles in these centres. In the weeks after the 'quake some of our students assisted the Police and NZ Army personnel by staffing Cordons in and around the city. Their contribution in all these roles has been recognised by these organisations.

It is pleasing to see these young people carry on their involvement with the Coastguard after they leave school. Our unit has three ex-students of the school as operational crew and it is with pride that I announce Peter Pusey in Year 13 will be issued with a pager as soon as his NCEA examinations are finished this year.

Mr G Scott
Teacher of Science / Search & Rescue Tutor

Rangiora High School Netball Club

We are looking for anyone interested in supporting the Rangiora High School Netball Club with coaching or managing a team and/or joining the committee for 2012.

Please telephone 03 311 8888 (extension 4141) or contact us via email:

wendy.cathcart@rangiorahigh.school.nz

We are looking forward to hearing from you.

Tonya den Baars
Teacher in Charge of Netball

Wendy Cathcart
Sports Assistant

NCEA Examinations

The 2011 NCEA examination season finishes this Wednesday. There have been more than 8000 individual exams sat over the last three weeks. Our biggest exam session was last Monday, with more than 500 students sitting Science exams at all levels. The Hall and Stage were packed, as were all the G block classrooms and 13 other rooms around the school.

It has been a difficult year preparing students for exams, but most have risen above the earthquake issues and concentrated on their academic future over these past six weeks. Their resilience and commitment to their studies is to their credit.

NCEA result slips will not be posted this year. Students have to logon to the website:

www.nzqa.govt.nz

with their National Student Number (NSN), which is in the top corner of their Exam Admission Slip. They can also request their certificate from the site.

If students do not have internet access, they may logon here at school and request a paper result slip be posted to their home address.

Year 13 students who narrowly fail to achieve NCEA Level 3 may claim up to six non-specified credits, and those who narrowly miss University Entrance can claim up to three non-specified credits. Once results are known in mid-January, students should complete the form they have and post it to the school. The school office will open for 2012 on Monday 23 January.

Students in this situation are also welcome to text Ms McGowan, our NZQA Liaison teacher, on 027 314 7725, if they need to claim these credits.

Ms A McGowan
NZQA Liaison Teacher

Canterbury A&P Show Secondary Schools' Cattle Handling Competition

This is the third year that Rangiora High School has been entering teams into this event under the guidance of Phillip and Kaye Worthington. They own a Lowline Angus Stud at Fernside and our students work with their yearlings during the months leading up to the show before competing with them against other Canterbury schools during show week in November.

The students were split into two teams with the first team consisting of: Karl Derrick, April Donaldson and Anna Hamilton and the second team: Rebecca Hennessey, Theo Kaiser and Kelly Macefield.



The students had 4.30am starts each day during Show Week as they had to groom and prepare the stock every morning ready for the events entered each day.

The secondary school competition was on Friday and the two teams looked stunning in their uniforms. There were ten teams entered in total and the team consisting of Rebecca, Theo and Kelly were placed first overall with the other team placing fourth.

April Donaldson and Rebecca Hennessey lead the two teams admirably and helped guide the other four students, all juniors and all but Anna competing for the first time.

Everyone really enjoyed the week and those returning to school are keen to compete again. This was April's final year and we wish her well next year.

Anyone wanting to join the group next year is welcome to see any of the students that competed to find out more.

Finally a very special thank you to Phillip and Kaye for without their passion and commitment we would be unable to enter into this very rewarding competition.

April Donaldson and Rebecca Hennessey
Cattle Handlers

Year 10 Camps, 2012

Year 10 students will have the opportunity to attend outdoor education camps in February or March 2012. The camp is held at the Boyle River Outdoor Education Centre in the Lewis Pass. The school has a historical connection to this Lodge, as we were one of the schools involved in the founding and the building of the facilities.

Students participate in a range of outdoors activities and challenges. The camps are a rewarding and memorable part of the school year.

The cost of the Year 10 camp will be approximately \$190.00 which includes transport accommodation and all meals. Parents can contact Glenda Stanley at the school office to start a payment plan for the camps if necessary. The fee must be paid prior to attending camp.

The students will be advised in mid-February of the exact dates of their camp with the details about of what equipment to bring.

Karren Knight
Year 10 Camp Co-ordinator

Creative Writing

Congratulations to Eleanor Loader 10MSI who was placed in the top ten in the annual Canterbury Creative Writing Competition held recently in Christchurch.

Eleanor wrote a wonderful short story entitled "Rose" and through it, showed her ability to use first person narrative, and create original characters and plot.

Eleanor received a signed novel by Christchurch author Beulah Pragg, movie vouchers, and a mention on the competition's Facebook page!

She can be very proud of her work.

Eleanor is a member of the Rangiora High School Creative Writing Club, which meets weekly in room G13 to share ideas and write.

Well done, Eleanor, on your fantastic writing achievement.

Emma Thompson
Assistant Curriculum Leader, English

Sports Update

We recently nominated students in the Zonta Sports Awards and Mainpower North Canterbury Sports Awards and congratulate the following students and teacher on these outstanding achievements.

Zonta Awards

- Jaye Atkin – Finalist in Best All Round Young Sportswoman category
- Jake Lewis – Finalist in Most Outstanding Individual Achievement by a Young Sportsman category.

Winners for best individual in each sport judged at a later date were:

- Jaye Atkin – Most outstanding female in Cross Country and Triathlon.
- Tahlia Hansen – Most outstanding female in Motocross (BMX).
- Sarah Hayman – Most outstanding female in Netball.

Mainpower North Canterbury Sports Awards

- Finalists in the Outstanding Junior Sportswoman category were: Tahlia Hansen, Sarah Hayman, Jaye Atkin and Rebecca Gibbs.
- Finalist in the Outstanding Junior Sportsman category was Jake Lewis.
- Finalist in the Outstanding Sports Team Female were the Girls' A Basketball Team.
- Finalist in the Outstanding Coach category was Mr Clinton Olson.
- Tahlia Hansen was named Outstanding Junior Sportswoman.
- Girls' A Basketball team was named Outstanding Female Sports Team (*top photo*).

Our congratulations also go to the following students who have achieved at a high level in their sport:

- Joel Edge, Amelia Hughson and Rebecca Gibbs who were selected in the New Zealand Rifle Shooting team with Rebecca named as Captain.
- At the recent secondary schools' competition our team were successful in winning the competition for RHS making us the top school in the country, with Rebecca shooting the top score in the competition.
- The Oliver brothers were both successful at the recent South Island Secondary Schools' Mountainbike Champs in Bluff. Craig placed first in the Under 16 group with Ben first in the Under 15 age group.
- Claudia Lewis was named in the National Basketball Under 15 Tournament team.
- Jason Smith won a bronze medal in the Cadet Men Under 81kg category and Michael Smith a gold medal in the open weight event to earn the Senior Boys' Champion title at the recent National Judo Championships. Michael also received the outstanding Judoka award.
- Jess Power trialled and was selected as one of only four umpires to represent all of Canterbury netball in the Netball New Zealand Under 19 Talent ID Umpire Training programme later this year. Earlier this year Jess gained her full New Zealand Regional Umpires' Qualification.
- Megan Smith (*middle photo*) has been selected for the Canterbury Under 17 Girls team to play in the IPS tournament in December and Nationals in Nelson in March where the selection is made for the New Zealand team. Megan has also been selected in Canterbury Under 21 Women's team to play at Nationals in Palmerston North which is an amazing feat for a 15 year old.
- James Bolton (*bottom photo*) recently competed in the Gymsport New Zealand Nationals with his Canterbury team coming first overall. James came second in his individual vault and highbar finishing fifth overall.

Mrs W Cathcart
Sports Assistant



Hints for Talking with Parents

- Manage your emotions
(don't yell, time out)
- Put the issue in perspective
- Pick your battles
- Avoid personal attacks
- Write a letter

...and remember

- Communicate
(share stuff)
- Negotiate
(find a solution you are both happy with)
- Act like an adult
- Owning up to stuff
- Taking responsibility
- Fix the problem

Hints for Talking with Teenagers

- Listen more than you speak
- Speak only about two sentences at a time
- Talk while doing something together
- Give positive feedback
- Make supportive comments
- Help define alternatives & options
- Let some things go
- Seek facts
- Take the young person seriously

...and remember

- Avoid confrontations, threats and ultimatums
- Avoid lots of questioning
- Avoid being a "try hard"
- Be "yourself"
(You don't have to speak their language)
- Avoid reminders of past mistakes
- Avoid teasing
- Avoid put-downs and sarcasm

