

#7

September 2017

Hauraki Plains College
"EXCELLENCE IS OUR TRADITION"

COMMUNITY

CHARACTER

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Hauraki Plains College

Excellence is our Tradition

Dear Parent / Caregiver

Kia ora Koutou

At Monday morning assemblies, we have been hearing the true story of Katherine Goble, the African American woman at the centre of the film *Hidden Figures* and the challenges she faced as she supported the American efforts in the space race of the early 1960s. Her story speaks of three options we have when faced with a challenge, whether a big task ahead, a difficult situation or habits that get in the way of what we want to do and be.

We can run away from the challenge. There are different forms of running away. We know when we are running away because we want to pretend it isn't happening, we dread thinking about it, don't want to talk about it and use delaying tactics to put it off until later or tomorrow. The trouble with running away is that it just means we have to face the challenge a little later down the track.

Our second option is to stand and admire the problem, spending endless energy and time talking about how bad it is, how wrong or unfair, how others are to blame and why it shouldn't be that way. Admiring the problem might make us feel a little better but it doesn't actually solve anything.

The third alternative when faced with a challenge is to lean into it, to face the facts for what they are: the good, the bad and the ugly. We might not like it, but it is what it is. Only by facing the reality, can we really move forward in taking steps to tackle the challenge.

Senior students in particular have the challenge of finishing their year well with 13 school days left for those sitting external exams. Although students need time to recharge, they also need to use the term break to complete assessments and prepare for school exams the first week back next term. This newsletter contains some ideas on how parents can support students to meet this challenge.

Wishing staff and students a good term break and let's hope for some good weather.

Ngaire Harris
PRINCIPAL

KEY DATES

Monday 16 Oct	Term 4 starts
Tues 17 Oct -19 Oct	Senior exams
Fri 20 Oct	Catch up Day
Tues 24 Oct	Out of zone information evening
Thurs 26 Oct	Sports Prize giving
Tues 31 Oct	CD Release concert
Wed 1 Nov	Last day for non exam senior students
Fri 3 Nov	Last day for senior students with exams
Fri 3 Nov	Senior Academic Prize giving

Learning Matters

SENIOR EXAMS

Senior exams will be held in week one of term four. These are important exams for students to get feedback on where they are at in their learning and what they need to do to prepare well for the externals in November.

If a student is unwell during the NZQA exams in November, the grades from these exams are used for the student's course grades so it is important that the break time is used to prepare.

All students must attend during this time as classes will run as normal for those who do not have external exams.

SUPPORTING YOUR CHILD TO PREPARE FOR EXAMS

In a small research study conducted with students who have achieved well at HPC, the most common response to why a student achieved well was parental expectations and support. Students with assessments to complete or exams to prepare for need to understand that spending time on study is not negotiable. Up to an hour a day (for Level 3 students) five times a week per subject is not unreasonable. Don't nag or criticise, but let them know spending some time on revision is part of the deal.

One issue that students find really challenging is to manage their time on cellphones, facebook and the like. Monitoring distractions is often the best way that a parent can give support; for example, holding on to the cellphone during study times. In today's environment, constantly checking for texts or facebook messages is a huge distraction that young people find hard to manage on their own.

There is no harm in giving a reward for effort, particularly if the student has a say in what that reward might look like. Frequent small rewards for effort on the way are generally more effective than a big reward at the end of exams.

CATCH UP DAY

Friday 20 October is an assessment catch up day. This is an opportunity for students to catch up on vital assessments with teachers available to provide one on one help. Parents will be notified if your child is required at school for this day. Students will also be informed. Buses will run as normal and supervision will be provided for those students who attend school but are not required in particular.

TUTORIALS 2017

With the end of year looming up large, tutorials are being offered to support students in preparing for externals:

Junior / Senior Maths	Friday lunchtime, most Tuesday lunchtimes	Room 25 (TO)
Accounting	Wednesday lunchtime	Room 22 (BE)
Biology / Science	Tuesday lunchtime	Room 17 (TI)
	Thursday lunchtime	Room 29 (IS)
Chemistry	Tuesday's 8:00 am – 8:40 am	Room 17 (GA)
	Thursday lunchtime	Room 17 (GA)
Classical Studies	Wednesday's 1:40 pm – 2:10 pm	Room 31 (WE)
English	Yr 12/13 Monday, Thursday, Friday	Room 2 (MM)
Maths / Physics	Thursday lunchtime	Room 28 (ZH)
Technology Wood	Work shop open every lunchtime	Room 13(DA)

Art Tutorials

Over the holiday break, Yr 12 and 13 students have an opportunity to work on their portfolio boards. Yr 13 Tuesday 10 October 9am – 1:30pm and Yr 12 Wednesday 11 October 9am – 1:30pm. Bring your work, boards and snacks.

Success for Isaac Heron

Congratulations to Isaac Heron who has been awarded a High Distinction in the University of Auckland Business School NZ Economics Competition. Isaac gained top placing out of over 2500 entrants. All the more amazing given that Isaac does Economics by correspondence.



Careers Corner

APPRENTICESHIPS

How do you get an apprenticeship?

The idea of developing a career through learning a trade has existed for thousands of years, and is as important today as it has always been. Skilled tradespeople are in high demand throughout New Zealand and all over the world, and if an enjoyable and rewarding career sounds good to you, an apprenticeship is a great way to get started.

There are literally hundreds of types of apprenticeships available in New Zealand, with these generally being organised by what are called Industry Training Organisations (earn and learn/industry-training-organisations) or ITOs. These ITOs work with employers to ensure the training given to apprentices is relevant and they ensure all training and learning is at the required national standard.

An apprenticeship is a relationship between you as an apprentice (student), an employer (your mentor) and a training organisation, because when you do an apprenticeship, you combine study with practical work experience. Apprentices need to complete a set amount of theory and practice before becoming qualified and registered in a particular trade.

How long will my apprenticeship take?

Apprenticeships take from less than two years to complete to more than four, depending on the trade being undertaken. The really good news is that apprentices are earning wages every week while they are learning their trade, and these wages just get better when the apprenticeship is successfully completed.

New Zealand has around 45,000 apprentices being trained at any time, with nearly 30% of apprenticeships being done by females. Just over a quarter of apprenticeships are happening in Auckland, while other big regions for apprenticeships are Canterbury, Wellington, Waikato and the Bay of Plenty. New Zealand Apprenticeships is the national programme covering apprenticeships.

Important criteria for New Zealand Apprenticeships:

- An apprentice must be employed in the occupation they are training for
- Apprentices along with the employer and the organisation arranging the training must agree to a training plan for the apprenticeship
- All New Zealand apprenticeships will result in (at least) a level 4 New Zealand qualification comprising a minimum of 120 credits.

Completing a New Zealand Apprenticeship will ensure an apprentice will be 'work competent' for the occupation in which they have been training.

More information:

- Find out even more about apprenticeships from the Careers New Zealand (<https://www.careers.govt.nz/courses/workplace-training-and-apprenticeships/>) website
- Links to more NZ Government apprenticeship info (<https://www.govt.nz/browse/education/apprenticeships/>)
- Apprenticeship trades in the NZ Defence Forces (<http://www.defencecareers.mil.nz/army/jobs/apprenticeship-trades>)
- New Zealand's Industry Training Organisations ([/earn-and-learn/industry-training-organisations](http://www.earnandlearn.govt.nz/))

Acknowledgement:

School Leaver NZ (www.schoolleaver.nz/earn-and-learn) is thanked and acknowledged for allowing the College to use the above material.

Stop asking a young person what you want to be when you grow up. Ask them how you want to be when you grow up.
(Heather McGowan)

On Stage

Cultural Arts Awards Evening

Thank you for the appreciative audience at the Cultural Arts Awards evening this week. Congratulations to the Cultural Arts team of staff and students who ran a really entertaining evening in recognition of all those who have contributed to the Arts at HPC this year.

Congratulations to the following students who received major awards:

Junior Merit:

Aidan Tully

Cultural Blues:

Louise Morris
Sebastian Kerebs
Declan Tully
Sophie Ratcliffe
Shaun Bourhill-Jane



Overall Contribution to the Arts 2017

Congratulations to Frances-Rose Ross for winning the Rhodes Green Trophy for overall contribution to the Arts at HPC over 2017. Frances-Rose has been an active participant across a range of incredible range of cultural arts including Kapa Haka, Te Mata Rangatira, Rockquest, Choir and Chess. Her contribution to the music for the new school waiata is her lasting legacy at HPC. This is the second year in a row that Frances-Rose has won the Rhodes Green Trophy. Well done and well deserved, Frances-Rose.

48 Hour Film Challenge

Twenty two students recently competed in the national 48 Hour Film Challenge, where teams are faced with the daunting prospect of scripting, shooting and editing a short film over a weekend, without having any idea what type of film they have to make until the competition starts. This year our six student teams were randomly provided with such diverse genres as thriller, action, Christmas, at night, horror-comedy and alien films. A team of teachers also made an action film, starring Mr Corban-Banks in the lead role.

The following groups made the top-5 for high school films in the Hamilton region:

- Binned Meef (Felix Effinger, William Park, Kyle Bax, Isaac Heron, Sebastian Kerebs)
- Redford's Swamp (Rachael List, Erina Harrison, Teresa Martinovich)
- Midweek Clique (David Robertson, Dar'ya Starykova)

Sebastian Kerebs was also nominated for the overall Best Script category; the only high school student to be nominated.

E-Sports

Congratulations to the E-Sports team who placed runner up in the Waikato competition and earned a place in the national play offs. The team consisting of Jacob Williams, Oliver Madden, Kalib Cooper, Gino Taka, Caleb Mann and Kieran McKay.

Community Event

The Thames Creative Fibre Annual Open day is happening 16 October at the Elim Church 9:30 am to 2 pm. Theme *Mad Hatters*. Exhibitions, Traders and Raffles all happening. Parades at 11 am and 1 pm. Drinks and food available. Entry \$2. Come with a mad hat!

Sports Board

CODE PRIZE GIVINGS

Thank you to everyone who supported our winter code prizegivings. Good to see the team captains well prepared in acknowledging those who have given their time over the season. Thank you once again to everyone who has contributed in providing opportunities for students over the winter season.

TEAM HONOURS:

Congratulations to the following teams who collected silverware during the winter code season.

Netball

10B: Winners of the HPNC Sportsmanship Trophy and Winners of the HPNC President's Trophy Most Improved
Senior Green: Winners of the HPNC B Grade Goaling Trophy
Senior White: Winners of the HPNC C Grade Championship Trophy
Senior Blue: Winners of the HPNC B Reserve Grade First Round Trophy
College Reserve: Winners of the HPNC A Reserve Grade First Round Trophy
College Development: Winners of the HPNC A Grade Championship Round Trophy
College A: Winners of the HPNC Premier Grade First Round Trophy

Rugby

4th Grade West: Winners of the Thames Valley SS 4th Grade First Round and Runner Up in the Thames Valley SS 4th Grade Competition
1st XV - Runner Up in the Thames Valley SS 1st XV Competition

Football

2nd XI Boys - Winners of the Waikato SS Boys Division 9 Football Competition
1st XI Girls - 2nd place in the Waikato SS Girls Division 3 Football Competition
1st XI Boys - 2nd place in the Waikato SS Boys Division 4 Football Competition, winners 5-aside Waikato Composite Competition

Hockey

IPAH - Winners of the Thames Valley SS Girls Challenge Cup Competition
1st XI Girls - Winners of the Thames Valley SS Girls 7aside Competition and Winners of the Thames Valley Women's 7aside Competition
Junior Boys - Winners of the Counties SS Boys B Grade Competition
2nd XI Boys - Runner Up in the Counties SS Boys B Grade Competition
1st XI Boys - Winners of the Thames Valley Men's 7aside Competition, 3rd place in the Waikato SS Boys A Grade Competition,
Winners of the Bethlehem Festival of Hockey Tournament, 4th place in NZSS Boys Mayhill Competition.

Basketball

Thames Valley Champions: Senior Boys, Senior Girls and Junior Boys
Juniors boys: also winners of the Cambridge League.

Canadian touring group, pleased check emails and texts regularly for updates and organise final payments asap. Prize giving data to be confirmed.

Rowing

Congratulations to Stella Clayton-Greene who has been selected for the Waikato Rowing Regional Performance Centre. The centre is tasked with developing elite athletes capable of representing NZ at the World Rowing champs in the future or even the Olympic games.

Novice rowing camp: happening in the holidays 9 – 12 October. Any queries phone Coach Campbell Clayton-Greene (0274333909) or Andrew Gordon (0274763686)

Wednesday 18 October 7 pm, a parent information evening will be held at the Centennial Centre for all parents and students interested in rowing in the coming season.

Sports Board

Moto-X

On Thursday 14 September eleven riders and parents started their journey to Wairoa to compete in the Wairoa Motorcycle Sports Club Schools Motocross Event. It was like going to another world - there was no rain and mud, nothing but a perfect track for the competitors to ride on Friday. The weather switch was found and it was like a summer's day but we had all taken our winter gear!

This was Wairoa's first event they have hosted and they did really well to encourage riders to enter. I applaud our team and parents who made the trip. Everyone left with a smile on their face and a tee shirt to wear.

Our team did extremely well considering the fact that we have not been able to ride much this year due to our weather conditions. HPC came home 4th with individual trophies going to Donelle Steer (4th) and Emma McKinstry (5th) in the Women's Class. Nate Geck (1st) in the Beginners 125 class. A special mention to Nicholas Hutt who brought home the Sportsmanship Award for the day.

A huge thank you to all our parents who travelled and were so supportive of the club. Everyone said "we will go back" which shows fantastic support for this young and emerging team.



Cricket Term 4

Cricket will be starting up with the first game for the 1st XI scheduled Saturday 21st October and Junior boys Saturday 28th October. It looks as though we have enough players for both teams but we need parents to help the coaches out for the teams to function - you don't necessarily need to have experience/knowledge in cricket. Fees for both teams have been set up at \$60. Please pay this to the school

Rugby – TVSS 7's

This is taking place on Sunday 29 October at Boyd Park in Te Aroha. Couple of clarifications:
If players were eligible for 4th grade at the start of the year they can play this grade in the 7's. There is no further weigh in for the 14 year olds.
If players played 1st XV throughout the year but are eligible for U17s they can play U17's – the three game rule of playing up does not apply for the 7's.
If interested put your name down at the student centre after the holidays.

Appointment of Sports Director

Congratulations to Mr Ian Clark who has been appointed as Sports Director. Mr Clark will have responsibility for the strategic direction and policy of sports at HPC. He will work closely with the Sports Co-ordinator Cindy Berridge to ensure we continue to offer a quality sports programme for our students. Mr Clark's email is: sportdir@haurakiplains.school.nz

Call for Coaches

Summer codes will get underway after the break. We are looking for coaches and managers for cricket and touch. Please contact Cindy Berridge Sports Co-ordinator if you are able to help.

Hauraki Plains Motors Phone: 07 867 701	Hauraki Vets Phone: 07 867 7056
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Preparing for Exams

PREPARING FOR EXAMS: First Steps

There is no substitute or short cuts with study – students simply have to put the work in. Here is some important information for students to remember when preparing for exams:

1. Your short memory is not able to hold all the information it needs to for you to be able to recall everything during an exam or an assessment. In fact, most of us find it hard to remember what we learnt in a class or lesson within a few minutes of heading out the door and by the next day, we have forgotten around 80 to 90% of what we learnt. Preparing for an exam means using the long term memory function in our brains.
2. To store information in your long term memory, you have to review or go over the topic at least 3 times. Otherwise you are likely to retain only around 20% of anything you have learnt
3. Over these holidays, your main task is to do an initial review of your notes.
4. To do an initial review of your notes, you need to pay attention to the following:
 - Key words and their definitions
 - A summary of the main points of a topic
 - Important things to remember eg formulae, diagrams, skills
 - Things to watch for
 - Questions for teacher, noting the things you don't understand. Until you understand something, it is difficult to remember
5. A topic summary can be done in either of two ways - either using a topic summary chart or a mindmap
6. Keep your topic overviews in a separate notebook as you will want to refer to these again closer to exams.
7. Just by working through your notes in this way over the holidays, you are well on the way to being prepared for exams.

Tips for doing what you don't feel like doing

- Do the hardest and most boring work first
- Select some activity you enjoy doing eg practising a sport. Do not allow yourself to participate in the activity until you have finished something you have been putting off.
- Tell yourself you are going to do 10 minutes. It is then easier to do another 10 minutes and then another
- Break an assignment or topic into smaller steps or parts. Work on one at a time
- Make a list of all the good things which will happen when you do the work and all the bad things if you do not. Look at this list often.
- Just do it !

Brett Harris Electrical
Phone: 07 867 5196

Hammer Hardware
Phone: 07 867 7393

Parent Page

Although there is not a universally agreed on list of key character traits of positive childhood development, core character competencies are the foundational attitudes, skills and knowledge that are directly related to social capacity, well-being and success.

1. *Social Connectedness (Positive Social Skills)* – knows how to develop and maintain strong, supportive and healthy relationships.
2. *Managing Ambiguity (Positive Coping Skills)* – An ability to cope with stressful situations or experiences in positive ways.
3. *Adaptability (Positive Adaptability)* – Has good problem solving skills and knows that making mistakes is part of life and a way to learn.
4. *Sense of Agency (Positive Group Membership Skills)* – Knows the importance of being responsible and committed in positive ways when part of a group or social situation (eg member of a school, family or group of friends, etc).
5. *Moral directedness (Positive Values and Principles)* – Knows that there are basic values of ‘right’ and ‘wrong’ and uses them in their decision-making and coping behaviour.
6. *Strengths-Based Aptitude (Positive Self-Esteem)* – Has a positive view of the future and a clear understanding of what their strengths are as well as how to use them in purposeful ways.
7. *Emotional Connectedness (Positive Emotional Awareness)* – Knows how to accurately identify, understand and express emotions in constructive ways.
8. *Persistence (Positive Hardiness)* – Has the steadfastness, courage and motivation to do the hard, strategic work of turning challenging or stressful situations into growth opportunities.
9. *Passion (Positive Spark)* – Have a clear sense and understanding of what motivates them to achieve and to accomplish their goals.
10. *Spiritual Eagerness (Positive Spiritual Awareness)* – Is engaged in a curious exploration of their spiritual sense of self and its implications for one’s purpose and meaning in life.

Don't worry that children never listen to you; worry that they are always watching you.

Robert Fulghum

Insight Legal

Phone: 07 867 7014

Ngatea Milking Machines

Phone: 07 867 7360

Guidance

Stress

To be *Flat Out & Loving It* you must be prepared to push yourself, try new things, give things a go and move outside of our comfort zone. In doing so we run the risk of pushing ourselves to far, over extending or committing ourselves or getting stressed out.



In modern society we usually view stress as a negative but often placing yourself in a stressful environment with the pressures that accompany it can produce great results – remember “to make diamonds you’ve got to apply pressure”.

Sometimes the best results come when we apply ourselves or push ourselves beyond a level that we are comfortable, some people say that they only work well when they have a deadline looming. How do you feel if you achieve a personal best or manage something that you haven’t been able to before – if you think back on experiences like this would you be able extend yourself without stress.

What is stress?

Stress is simply a fact of nature – forces from the outside world affecting the individual to one degree or another. Stress describes a person’s physical &/or emotional response to demands or pressures that they may experience from time to time. Common sources of stress include work, money, relationships, illness.

Stress can be a positive thing – helping an individual to grow, develop, be stimulated and take action. However, if stress exceeds a person’s ability to cope it can impact on their mental and physical health in a range of ways.

Good Stress and Bad Stress

Our response to stress is critical during emergency situations, such as when a driver has to break to avoid a crash. It can also be activated in a milder form at a time when the pressure’s on but there’s no actual danger – like stepping up to take a shot at goal that could win the game, getting ready for the school ball or walking into an NCEA exam.



A little of this stress can help keep you on your toes, ready to rise to a challenge. And the nervous system quickly returns to its normal state, standing by to respond again when needed.

But stress doesn’t always happen in response to things that are immediate or that are over quickly. Ongoing or long-term events, like coping with a family crisis or moving to a new school, can cause stress, too. Long-term stressful situations can produce a lasting, low-level stress that’s hard on people. The nervous system senses continued pressure and may remain slightly activated and continue to pump out extra stress hormones over an extended period. This can wear out the body’s reserves, leave a person feeling depleted or overwhelmed, weaken the body’s immune system, and cause other problems.

Therefore it is important to identify when you are stressed, what stresses you, what effect different forms of stress have on you, how you can get relief from stress and what you can do to avoid getting too stressed out.

An advertisement for Turua Scouts. It features a purple background with white and yellow text. The text includes "Turua Scouts", "JOIN NOW!", "accepting ages 5 to 14", "Contact Judy 027 3341132", "o.j.j.hughes@gmail.com", "ADVENTURE PLUS!", and the Scouts New Zealand logo. A photograph shows a group of children and an adult in a field with a tent.

Purnell Jenkinson Oliver Lawyers – Hayley Green

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