



MESSAGE FROM THE PRINCIPAL

Dear Parents/Caregivers

Term Four, and for our Seniors the year is rapidly coming to an end. Please put the following dates in your diary – you are cordially invited to the following, all held in our Auditorium:

- 🌿 Sports Prizegiving, 7:00pm, Thursday 02 November
- 🌿 Year 11 Prizegiving, 11:20am, Tuesday 07 November
- 🌿 Senior Prizegiving (Years 12 and 13), 7:00pm, Tuesday 07 November
- 🌿 Junior Prizegiving (Years 9 and 10), 10:00am, Thursday 14 December.

On Tuesday, the High School’s staff and students listened to the 15 Year 12 students (11 girls and 4 boys) who are putting themselves forward as 2018 Head Students, and “voting” took place today; note that the vote is used as a shortlisting tool, and doesn’t determine who gets the positions. That decision is made by myself, two of my Senior Leadership Team, and the four current Head Students – noting that the decision-making balance (3 staff, 4 students) is quite deliberate – and I am always astonished at the insight into the candidates that our Head Students have 😊.

Speaking of elections, the voting for the 2017/2018 Student Representative on the Board of Trustees is in, and appears later in this Newsletter.

I just want to acknowledge the contribution of Joseph Tunupopo, who was the Student Representative in 2016 and 2017. Joseph has always been an informed and articulate representative, whose contribution to the Board has been both valued and valuable – Thank You Joseph. The Board of Trustees has asked Joseph to remain on the Board for the remaining two meetings of 2017 to help the new Student Representative transition into his role.

On Wednesday I hosted three Ministry of Education officials and 12 “visitors” in a walk around the High School. The 12 represented firms who are considering tendering for the “Master Planning and Lead Design” contract for the High School’s redevelopment, with actual construction expected to begin in 2019 – tenders for the contract close on 07 November 2017.

What work is eventually undertaken will depend on four factors:

- 🌿 the High School’s “footprint”, which refers to the Ministry of Education’s determination of the High School’s roll, at present and into the future;
- 🌿 the High School’s Educational Brief, which represents how we want to deliver the curriculum in the future. We had been starting to review how and what we teach at the High School, and the redevelopment project has added a sense of urgency – our “vision” has to be ready for the Ministry of Education by the end of this year. Our Newsletter next week will outline where we are heading with this;

- the state of the High School's current buildings, and the Ministry of Education is currently undertaking different technical investigations;
- the funding available for the project. In July, the Government announced that they were putting aside \$12 million to redevelop the High School; but on 21 September (two days before the General Election), Jacinda Ardern spoke at the Wainuiomata Rugby Club, and pledged that if Labour was elected, they would commit \$20 million. Given New Zealand First's announcement last night, trust me we will be holding Labour to their pre-election pledge!

Finally, I recognise that this is a trying time for many of our Seniors, who are facing NZQA external examinations starting on 09 November. Following is a reprint of some valuable and important advice we gave in our Newsletter about this time last year. The exam timetable is printed on the back page.

Martin Isberg. Principal

In keeping with the advice we offer our Senior students to help them do their very best in the upcoming external exams, here are some pieces of advice given on the "Stuff" website early last week, [Handling stress at exam time: A message for all senior secondary students](#) written by Karen Boyes, who specialises in effective teaching and learning, study skills, motivation and positive thinking:

Make a plan for the next 4 weeks – do not leave it to chance. Draw up a timetable and stick to it. Place in the important features of your next weeks (meal times, sports practice, church etc) and add your study around these. If you can, you may wish to lessen your out of school activities for the next four weeks and then you can devote your time to them after the exams.

Learn what you don't know - Of all the tips the most important in the last few weeks is to concentrate on learning the information you don't know. Going over what you know is a waste of time – it might make you feel good, however learning is learning what you don't know. Pull out your old tests, assignments, practice exam papers and learn the questions you got wrong. This sounds simple and it can be hard yet is the MOST IMPORTANT tip. Ask your teachers to help clarify confusions, Google other teachers' lessons or search for study notes online to help.

Study in small segments - The best tip is to study for 20 minutes and take a 5 minute break. This is especially useful if motivation is lacking or the content is difficult. During the 5 minute break, ensure you leave the room so your brain knows you are on a break. You might choose to stretch, get some fresh air, do a few star jumps, eat some brain food, drink a glass of water and quickly check your social networking sites. To help keep you on track download the iStudyAlarm available for all smart phones.

Eat well – just as an athlete prepares for the big game or race, eating well in the weeks before your exams is imperative. Ensure you eat breakfast each day, as this will help minimise the bad stress. Eat smaller meals throughout the day, rather than big meals (that take a huge amount of energy to digest.) Decrease your sugar and caffeine intake and increase your water consumption. Research shows eating an apple gives longer sustained focus than a cup of coffee.

Relax – to manage high stress levels ensure you do something each day to relax. It may be as simple as 10 long slow breaths 2-3 times a day, some slow stretching, gentle swimming or jogging, meditation, yoga or any activity that helps you unwind and relax. Avoid screen time when relaxing as the changing images on the screen often cause your brain to go into a fight/flight state of high alert.

Focus on the goal - Four weeks is such a short time in your life so focus on the big picture – the reason you are sitting the exams; to get yourself ahead in life, to get into the course you want next year or whatever your goal is. A helpful activity is to visualise yourself being successful in your exams.

BOARD OF TRUSTEES UPDATE

Following the election process for the Student Trustee on the Board of Trustees, Timothy Heremaia-Waru (11TJD) has been elected to the position for the remainder of 2017 and 2018. Elections are held at the end of Term Three each year and the entire student body vote for their preferred candidate.

Timothy (pictured right) will represent student voice on the Board of Trustees and we welcome him and look forward to his valuable contribution on the Board. Congratulations Timothy. The official results are as follows:



Timothy Heremaia-Waru

Declaration of Student Representative Election Results 2017

VOTES:

Alice Denmark.....	95
Timothy Heremaia-Waru.....	203
Callum Lawrence.....	53
Yasmine Weston.....	41
Kaia Williams.....	18
Invalid Votes.....	1

I hereby declare Timothy Heremaia-Waru duly elected.

Hayley Lawrence, Returning Officer

UPCOMING EVENTS

Monday 23 October	Labour Weekend
Monday 30 October	Board of Trustees Meeting
Thursday 02 November	Sports Prizegiving
Tuesday 07 November	Year 11 and Senior Prizegivings
Thursday 09 November	NCEA Examinations begin

ROTARY CLUB OF WELLINGTON NORTH SCHOLARSHIP AWARDS 2017-2018



The Rotary Club of Wellington North Inc is seeking applicants for Scholarships. Applications will be received from individuals to assist with cost of tertiary education, vocational training or development of life-skills. Grants are available to students of any age who come from the Greater Wellington area and who can demonstrate financial need.

The amount awarded varies but typically is in the range of \$1,000 to \$5,000. Further information and application forms can be obtained from our website: www.wellingtonnorth.org.nz.

Enquiries to: Dr Margaret Emerre, Chair of the Candidate Selection Committee

margaret.emerre@paradise.net.nz

Applications close 31 October 2017

2017 Examination Timetable						
Day	Date/Time		Level 1	Level 2	Level 3	Scholarship
Day 1	Thurs 9 Nov	9.30am				Drama
		2.00pm	Drama	Japanese	Te Reo Rangatira	Chinese
Day 2	Fri 10 Nov	9.30am	Economics	Media Studies	Business Studies	Calculus
		2.00pm	Music	Health / Physics	Accounting	Te Reo Rangatira
Weekend						
Day 3	Mon 13 Nov	9.30am	English		French / Te Reo Māori	
		2.00pm		Business Studies	Health / Japanese	English
Day 4	Tues 14 Nov	9.30am	Chemistry	Dance / Latin	Making Music	Geography
		2.00pm	Japanese	History	English	
Day 5	Wed 15 Nov	9.30am	Science		Media Studies	Music
		2.00pm	Chinese	Geography	Chemistry	History
Day 6	Thurs 16 Nov	9.30am	Biology	Music	Biology	Art History
		2.00pm	Social Studies	Chemistry	Home Economics	Media Studies
Canterbury Anniversary Day						
Weekend						
Day 7	Mon 20 Nov	9.30am	Mathematics and Statistics			Biology
		2.00pm		Economics	Physics	Te Reo Māori
Day 8	Tues 21 Nov	9.30am	Accounting	Te Reo Māori	Music Studies	Economics
		2.00pm	Home Economics	English		Statistics
Day 9	Wed 22 Nov	9.30am	Agricultural and Horticultural Science	Home Economics	Classical Studies	Physics
		2.00pm	German	Biology	Geography	French
Day 10	Thurs 23 Nov	9.30am	Geography	Accounting / German	Calculus	
		2.00pm	Dance	Classical Studies	Spanish	Classical Studies
Day 11	Fri 24 Nov	9.30am	History	Education for Sustainability	History	Chemistry
		2.00pm	Business Studies	Mathematics and Statistics	Social Studies	Spanish
Weekend						
Day 12	Mon 27 Nov	9.30am	Sāmoan / Te Reo Rangatira	Drama	Statistics	
		2.00pm	French	Chinese	Earth and Space Science	Accounting
Day 13	Tues 28 Nov	9.30am	Physics	Art History	Drama	Agricultural and Horticultural Science
		2.00pm	Latin	Spanish	Art History	
Day 14	Wed 29 Nov	9.30am	Health	Agricultural and Horticultural Science	Agricultural and Horticultural Science	Latin
		2.00pm	Art History	French	Economics	
Day 15	Thurs 30 Nov	9.30am	Te Reo Māori	Earth and Space Science	Sāmoan	Earth and Space Science
		2.00pm	Classical Studies	Social Studies	Chinese	Sāmoan
Day 16	Fri 1 Dec	9.30am	Media Studies	Sāmoan / Te Reo Rangatira	Dance / Latin	German
		2.00pm	Spanish		German	Japanese

L1 MCAT: 19 and 21 September