



# MENZIES COLLEGE

*we pride ourselves on being a community school big enough to match the best - small enough to care*

**1 May 2015**

## From the Principal's Desk

### Kia Ora

It was wonderful to have such a nice ANZAC Day assembly last Friday afternoon and our thanks to the parents/caregivers who attended. I would especially like to thank our students for the contribution they made to the assembly and the way in which they ensured our students understood the impact of New Zealand entering World War One. Congratulations to Rose Beker whose powerful video presentation earned second place in the Southland District Council's competition.

Last week we stood a number of students down for incidents of a reasonably serious nature. This is never an enjoyable experience for anyone involved in the process but we do want to be consistent in our stand around matters involving drugs, abuse, theft or vandalism. The stand down is just one part of the restorative process and it is generally hoped that students understand the purpose of time away from school and is able to engage in the required support necessary on returning to the classroom.

This week at assembly the Term Two PB4L focus was launched. The comedy duo of Mr Simon Wilkinson and Jamie Ranstead once again stole the show with their overview of what it means to show respect towards our environment, others and ourselves. Menzie's College is a much better place when we look after school property, be kind to and include others and respect ourselves. Mr Pete Wilkinson followed with some ideas about how respecting yourself links to integrity and attitude. This means giving your best effort, both in and out of class and not making excuses. In life and at school we all have ups and downs. What defines us is how we rise after falling. Nothing worth achieving is ever easy. If you want to be successful, work hard and earn it.

### PB4L

Congratulations to Jake Aitcheson-Marwick, Alex Henderson, Declan de Haas, Kaleb Olive and Miss Burgess-Heald for winning the achievement draw for this week. Kaleb received his for excellent spelling test results. Well done!



### Chopper Appeal

The total collected from mufti day, staff pledges and the 'clown for a day' promotion currently stands at \$780 with money still to come in from special needs students. Thank you to everyone who contributed towards this very worthy cause. All that's left is for Mr Wallace to bike from Queenstown to Invercargill on Friday 8 May. Good luck Mr Wallace! P.S. Our clowns for the day were Mr Wallace and Dr S Wilkinson.

*Gerry Ward  
Principal*

**TEXT 'follow themenziesway' to 8987 for information updates**

## Careers Department

### Health Careers

Programme Incubator are again planning a Health Careers Expo for Southland secondary schools on Tuesday 19 May in the Community Services Building, Lecture Theatre, Southland Hospital. This is offered to interested Year 10 and 11 students and any parents/caregivers that want to come along. Letters and permission forms will be sent home shortly and it would be appreciated if these could be returned promptly to the office with payment.

The intended purpose is to introduce students to the:

- Health sector and the myriad of health career possibilities;
- Required courses of study for the different health careers thus assisting with their future subject choices for their senior years at school;
- Incubator Programme and the potential opportunity to participate in the future.
- Seventeen hospital departments are represented and 32 health professionals involved.
- Timeslots are allocated (usually an hour) to provide enough time for students to talk to health professionals, have something to eat/drink and participate in a prize draw.

*Miss Katie Hall  
Careers Advisor*

## Art Department

Recently the senior art classes went to City Gallery to see the Southland senior schools art exhibition. The exhibition featured art works by the top art students from Southland schools. This was a valuable experience for students as they were able to make connections between artist models and a range of thematic approaches. The students came away with a range of ideas and techniques to try in their own work. They were amazed by the range of works and found the exhibition very inspiring and motivating.



Congratulations to Oliver Woodrow, Victoria Clark, Te Rua Fellows and Tai Tearii Tauu (pictured left) whose works were selected for the exhibition.



*Miss Bianca Burgess-Heald  
Art Teacher*

## Special Needs Department

### Entertainment Book 2015-16

This book is now available from our office at a cost of \$60 and entitles the purchaser to hundreds of valuable offers for restaurants, arts, attractions, hotel accommodation, travel and much more, in the Otago and Southland region. This year there is also a digital membership option for use on Smartphones. This is a fundraising venture for Special Needs students and your support would be greatly appreciated. These books can be used from now until June, 2016. Email enquiries are welcome.

*Mrs Toni Halliday  
Teacher in Charge - Special Needs*

## English Department

### English 101 Assessment dates

AS90854 – Form personal response to independently read texts, supported by evidence -

Response # 4 –Wednesday 13 May, period 4

Response # 5 –Wednesday 3 June, period 4

Response # 6 –Wednesday 1 July, period 4

### English 102 - Assessment date

AS 90856 - Show understanding of visual text through close viewing using supporting evidence - Friday 8 May, period 1.

*Ms Sonja Swale  
Head of Department - English*

## School Uniform

A reminder to parents/caregivers that students are required to bring a note to give to the Deputy/Assistant Principal if they are not wearing the correct uniform. If we have the correct size uniform in the office, students will be given this to wear for the day.

## ***Want to stay in the loop? Forgot it was mufti day? Sick of not knowing what time your trip leaves?***

To keep in touch with what is happening at Menzies College, simply text 'follow themenziesway' to 8987. This will allow you to receive updates by text message on your phone. You do not need to be a user of Twitter to receive these texts. Messages will be limited to things like: informing you of practice cancellations, reminders of upcoming events, meeting changes etc. If you are a Twitter user follow us! @themenziesway

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### **Year 7 Screening**

- Vision screening for all Year 7 students will take place on **Friday 8 May**. (Please Note: Your child will not be screened if he/she is under the care of a specialist and/or optometrist)
  - Colour Vision for Year 7 male students
  - Parents/caregivers will be notified if further assessment is required by an Optometrist
- If you do not wish your child to be screened, please notify the school.
- 



At the end of Term 2 (23 to 26 June) Year 9 students will be going on camp to the Tautuku Outdoor Education Centre. This camp is a good opportunity for students to experience and practise what they have learnt in class over the course of this term. The activities are undertaken in small groups and are an ideal way for them to practise working co-operatively in a small group. Some of the activities are kayaking, abseiling, confidence course, bush navigation, nature walk and a flying fox.

The cost of the camp is \$140. If you would like to come along as a parent/caregiver help could you please contact the school and leave your name and contact details and if you are able to take a vehicle or not. If you would like to set up an automatic payment to pay for the camp the details are: 03 0962 0044848 000 (Wespac Bank). Please enter the student's surname followed by their initial or first name. Payments can be made weekly, fortnightly or monthly depending on your circumstances.

Thank you for your continued support, without which camps would not be able to go ahead. If you have any questions, please contact either Matt Cook or Nicola Speakman (Year 9 and 10 Deans) at school on (03) 206 4979.

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### **Menzies College Rugby**

#### **Results - 25 April**

Preston Russell 1st XV	v	Wakatipu 59-5 win - Great start to the season
Titiroa Transport U17	v	Wakatipu 10-75 loss - Wakatipu - a very strong side
Tisbury Wools U14	v	Verdon College 69-15 win - a strong keen team

Under 13	v	Riversdale last Wednesday night 38-48 loss. Great effort and the team is building well.
Titiroa Transport U17	v	Te Anau 0-100 loss on Wednesday night. The team needs to build their confidence and work hard. Watch this team, they will improve.
Tisbury Wools Under 14	v	Te Anau 48-5 win on Wednesday night. A huge thank you to all those parents/caregivers, teachers and students who braved the chilling wind and rain to cheer us on. Your support was really uplifting for our team.

#### **Draw - 2 May**

Preston Russell 1st XV	v	Waikiwi at Menzies No. 1 at 1.15pm
Year 7 & 8		A Bye

#### **Draw - 8 May**

Preston Russell 1st XV	v	St Peters at St Peters No. 1 - 1.15pm
Titiroa Transport U16	v	St Peters at St Peters No. 2 - 1.15pm
Tisbury Wools U14	v	DLS Midlands Red at Menzies 1 - 12pm

Year 7 and 8 draw is still to be confirmed.

The coaches, managers and players have put in a lot of hard work so far. Please come along to their games and support them when you can. Players attending practise is vital to building skills and teamwork as the season progresses.

#### **Subs**

A reminder that subs are due. Please check with your managers and get any outstanding subs paid.

***Menzies Rugby would like to acknowledge the generous support we receive from the following:  
Preston Russell, Haakman Bulbs, Vetco, Titiroa Transport, Tisbury Wools,  
JJ's Gore Ltd, Aon NZ, Lees dairy, MLT, Donald Engineering, AB Lime,  
Mainland Minerals, Rodgers Garage  
Please support the businesses who support our rugby.***

The next committee meeting is 7.30pm, Thursday 14 May in the school Library.

## Menzies College Soccer

### Soccer Subs 2015

These will be \$40 per player which covers entry fee and administration costs. Other costs that could arise are transport if we do not have enough parents to help out. Students will then be asked to help with those costs.

### League Start dates

Girls 1st XI Team; Premier Competition starts 27 May

Girls Development Team; Division Two Competition starts 13 May

Boys 1st XI Team; (to be confirmed - waiting on Southland Football to get back to us)

### EOTC permission form (very important)

This form must be signed and returned to Mr Lambert as soon as possible. Payment can be made immediately with cheques payable to Menzies College. A letter has also been sent home regarding transport. If you can help out with this, please complete the details and return the form to Mr Lambert. This will help keep costs down for the players.

### Ordering Menzies College Soccer Gear

Players can order hoodies (black and green) and we also have a polo shirt that can be worn to games. There is also a warm-up jacket, black shorts and socks available. **Any orders must be given to Mr Lambert not the office.** Please remember orders must have the money attached before they will be placed.

### Training

Training will take place on Tuesdays from 3.30pm to 5pm for girls and Thursday from 3.30pm to 5pm for boys. Girls can attend the boys' training if they cannot attend on Tuesday.

### Important up coming dates

4 May	Quiz Night 7pm, Three Rivers Hotel
5 May	Training 3.30pm to 5pm
6 May	Game vs CSC (to be confirmed) (1st XI) 4pm
11 May	Quiz Night 7pm, Three Rivers Hotel
12 May	Training 3.30pm to 5pm
13 May	Development Team, 1st league match
18 May	Quiz Night 7pm, Three Rivers Hotel
19 May	7 a-side Tournament in Lumsden
20 May	Development Team, 2nd league match
	1st XI vs CSC 4pm (to be confirmed)
26 May	Training 3.30pm to 5.00pm
27 May	1st XI, 1st league match
	Development Team 3rd league match

If you need any more information please contact me here at Menzies College - Carl Lambert (03) 2064979 or email [clambert@menzies.school.nz](mailto:clambert@menzies.school.nz)

Check out our Facebook page 'MENZIES COLLEGE SOCCER' - put it into search engine on internet and it will come up!

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## Menzies College Netball

A meeting will be held on 4 May in the Menzies College staffroom at 6pm. All welcome. Apologies to Sue Shaw on 0272924412.

### Eastern Southland Netball – Week 1 Draw - 2 May

Blue Mountain A	v	Menzies A	Court 1	2.15pm
Menzies B	v	Gore High 10A	Court 2	11.30am
Menzies Dvt	v	St Peters Green	Court 3	12.25pm
Menzies Green	v	Gore High 10C	Court 2	8.45am

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## Coaching Opportunities at Menzies College

We rely hugely on our community to assist us in coaching our teams here at Menzies College. It is a big commitment, but is truly a rewarding experience. If you are interested in coaching a sport team that isn't already established this season, please get in touch so we can give our students the opportunity to get involved in a new sport. Right now we are looking for anyone who might be happy to coach table tennis and bowls. Email [tim.landreth@menzies.school.nz](mailto:tim.landreth@menzies.school.nz) if this sounds like you.

### Current coaches/managers

Please join our Facebook page 'Menzies College Coaches' to keep up to date with all the latest on coaching courses and development opportunities. You should have received your coaches booklet via email, with the appropriate forms to fill in and return. If you haven't received it yet, please email Tim - [tim.landreth@menzies.school.nz](mailto:tim.landreth@menzies.school.nz)

*Tim Landreth*  
Coaching co-ordinator



## Basketball Draw

**Junior Boys** - Monday 4.30pm Menzies College v St Peters College - Duty at 5.20pm

**Senior Boys** - Wednesday 6.10pm Menzies College v Blue Mountain College - Duty at 5.20pm

# Quiz League!

When – Monday 4th, 11th and 18th of May

Where – Three Rivers Hotel

Time – 7pm start


Cost - \$5 per person. Teams of 4 (\$20) each night.


Entry – Please register your interest to Victoria Clark 0279619840 – [victoria.clark1997@icloud.com](mailto:victoria.clark1997@icloud.com) or Carl Lambert 0278174081- [clambert@menzies.school.nz](mailto:clambert@menzies.school.nz).

At the conclusion of the quiz league an overall prize will be given to the team with the most points from the 3 nights combined generously sponsored by The Three Rivers Hotel.

Raffles will be drawn throughout the evening in between rounds and we will also have a grocery raffle for sale over the three nights as well.

**Please come along and support our 1<sup>st</sup> XI Girls soccer team so we can go to the National Tournament in Ashburton**





## Important Dates

May	6	School Cross Country (Period 5)
	13	Southland Cross Country HPV Vaccination No. 2 (Note change of date)
	19	7-a-side Health Careers Expo Year 10-11
	29	Teacher Only Day - School closed for students
June	1	Queen's Birthday observance - school closed
	3	Junior Tabloid sports
	14-16	Tautuku Pre-camp
	25	Incubator visit to hospital
	23-26	Year 9 Tautuku camp
	23-2 July	Year 7 & 8 Deep Cove camp
July	3	Haka and waiata competition
	20	Last day Term 2 First day Term 3

## Community Notices

### Wyndham Community Pool

A reminder that pool keys can be returned to the Menzies College office for a \$10 refund until 22 May. You also have the option of keeping your key until next season. The pool is now closed. A very big thank you to everyone that supported the pool this season.

### Gore Multisports Complex

The Gore Multisports Complex invites interested people/teams to participate in a 9 week canoe polo programme starting 6 May till 1 July from 7.30-9pm. All equipment is provided. To register, email [grassroots@invercargillcanoepolo.org.nz](mailto:grassroots@invercargillcanoepolo.org.nz) (Registration is required as the programme will not run without a minimum of 30 people). Cost is \$30 plus pool entry.

### Wyndham Town & Country Club Bowls

Anyone interested in playing indoor bowls in the area are welcome to attend on a Thursday night, 7pm start, at the Wyndham Town and Country Club. All ages welcome, coaching provided on the night. Don't be afraid to have a go and bring a friend.

### Duck Shooter Widows Shopping Day

Christian Activity Centre, George Street, Edendale (note change of venue due to unforeseen circumstances) Saturday 2 May, 10 am to 2pm. With over 15 stalls offering something for everyone. Don't let the men have all the fun on opening day!

### Central Southland College Reunion

Central Southland College will be celebrating its **50<sup>th</sup> Jubilee at Labour Weekend 2015**.

Pre-Registration Forms are now available on our Jubilee Website [www.csc50thjubilee.co.nz](http://www.csc50thjubilee.co.nz) or from the College office.

Further information can be obtained by emailing [csc50thjubilee@gmail.com](mailto:csc50thjubilee@gmail.com) or contacting the College.

**Reminder – Registrations after 1 June will have an additional late fee of \$25.**

# WELL CHILD SERVICE NEWSLETTER

Term Two 2015

Issue 49

## Public Health Nurses and Vision Hearing Technicians

### Phone Numbers

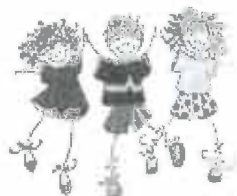
Invercargill 03 211 0012

Gore 03 208 7015

Te Anau 03 249 7717

Lumsden 03 248 7997

Queenstown 03 450 9162



*For further information and/or access to previous newsletters please contact the Invercargill office*

## **COLD AND FLU SEASON – how to be prepared.**

There are many different options for treating cold and flu symptoms. Cold and flu tablets are a great first stop for many people. The paracetamol helps with aches, pains, chills and fevers whilst the decongestant helps unblock the nose and sinuses. The night-time tablet also contains a sedating antihistamine which offers further decongestant action while helping you get a good night's sleep. Some of the formulation contains products to help with a cough so ask pharmacy staff which is the best for you. Most people choose an all-in-one day night tablet, however there are a number of really good natural remedies available – talk to a pharmacist or visit a natural health shop/professional.



**Note:** You cannot take cold and flu tablets if you have any heart problems or high blood pressure.

**Buccaline** – Tried and true! Helps prevent the bacterial complications of a cold. This is not a substitute though for the flu vaccine.



**Otrivin nasal spray** – is the safest decongestant for people with high blood pressure or heart problems and women who are pregnant.

**Cough mixtures** – coughs fall into two different categories: Dry or Chesty. A *dry cough* is tickly and irritating and usually non-stop for which a cough suppressant is the best. A *chesty cough* rattles down in your chest and is productive (coughing up mucous) and for this a expectorant and mucolytic (this breaks down the mucous and helps you clear it off your chest).



**Vitamin C** – a strong anti-bacterial and anti-viral, is an excellent preventative and cure for the common cold. It is good to take daily over the winter season and if you do get a cold you can increase the dose temporarily to help your body recover quicker.



**Olive leaf** – boosts the body's natural immune response to winter ills and chills. Olive leaf has strong anti-microbial properties to help slow the growth of bacteria and prevent the replication of viruses. Therefore, it helps the body fight infections and improves the body's natural immunity to infections.

**Echinacea** – is a natural antibiotic and infection fighter.

**Garlic and Zinc** – also worth considering. Garlic is effective in combating bacteria, viruses and fungi and Zinc possesses anti-viral properties.

**Flu immunisation** – available from your family doctor and is free for over 65 yr olds, pregnant woman and those with long term health conditions – check with your doctor or midwife.

**Well Child Services:** a Southland wide community based health service whose function is to empower children and their families/whanau to realise their full potential in health and well being. Our aim is to promote and maintain well health by providing a quality client centred service that is accessible and culturally acceptable to all.

# Help raise money for our local chopper



including  
Mr. Wallace

On Friday 8th May, 60 Southerners will cycle 250km from Queenstown to Invercargill (via Nightcaps) to raise funds for our local Chopper trusts. Please support our riders by pledging or donating at [fundraiseonline.co.nz/WestpacSouthlandBikeRide/](http://fundraiseonline.co.nz/WestpacSouthlandBikeRide/)

All funds raised by **MENZIES COLLEGE** will benefit our local rescue chopper services.





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