



# MENZIES COLLEGE

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

**14 August 2015**

## From the Principal's Desk

### Kia Ora

Next Thursday from 3.30pm we will be hosting our Open Afternoon/Night with approximately 55 families coming through the school to consider what Menzies College offers in the way of quality education. It is at this time that we can reflect on who we are as a school and consider how well we are achieving our vision for a learner at Menzies College. A number of essential characteristics make up Menzies College.

- We accept all students irrespective of their academic, cultural or behavioural background and do an outstanding job in trying to make school enjoyable, successful and consistently safe for them.
- Staff regularly enquire as to how and what they are teaching. This has led to the creation of an expanded curriculum that allows us, as a small rural school, to meet the needs of students so they are prepared for their best vocational pathway on leaving school.
- Our 2015 NCEA participation results are outstanding. They are based on genuine courses of study and those who were identified as targeted learners, got across the line through sheer hard work, from both the student and the staff involved.
- Students get to experience all the cultural, sporting or academic opportunities a school of our size could possibly provide and we have a reputation for doing remarkably well for 300 students. This demands a lot from a good number of students of all ages but in the end builds well-adjusted and skilled young citizens.
- With a modern hard materials block, recently upgraded soft materials block and revamped computer rooms, along with the community pool and gym facilities, our buildings and equipment are in pretty good shape. Students get a wide range of outdoor experiences provided by keen staff and former students, that become lasting memories.

None of the above happens working in isolation and as a school we are lucky to have wonderful community support and people who can engage or take over in order for good opportunities to be delivered. At times, our size is a drawback but the benefits of everyone knowing who everyone is, far outweigh the benefits of being a huge school. When we host an open night, have visitors or represent the school, there is no reason to not be proud of this place.

### PB4L

Congratulations to Jake Durry, Caitlin de Haas, Sonya Shortt, Tyrone Braven and Mr Scarth for winning the achievement draw this week. Caitlin received hers for Striving for Excellence by completing all set work as she works towards achieving in History. Sonya received hers by staying in at interval voluntarily to continue working and achieve success. It has been great to see the large number of seniors being rewarded with these as well as the juniors.

*Gerry Ward  
Principal*

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

## Class 8KH

Next week Miss Katie Hall is having surgery in Dunedin and Mrs Lesley Lee will be teaching her class during her absence. We are excited that Mrs Lee is able to take on this role. Mrs Lee has been working in the school since the beginning of Term Two as the teacher of our Year 903 English, Maths and Social Science classes and ESOL specialist.

We wish Miss Hall all the best and look forward to her returning to school fully recovered.

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## The Story Of Workday 2015

Workday is being held as a means to raise funds for purchasing items not covered by normal school budgets. This is being held on **Monday 7 September**. If students have difficulty finding work and have covered all possibilities, please contact the school as we MAY have some work available. A work day card has been issued to your student and this needs to be filled out by the student and the employer. The card requires the employer's details and the hourly rate agreed upon by the employer and student. The card and money needs to be returned to school before **Friday 11 September** to be eligible for House Competition. If you have any questions regarding work day please contact the school. Many thanks for your support of our major fundraising event of the year.

*Matt Cook/Mark Kerslake  
Teachers in Charge*

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## NZQA Fees and Financial Assistance for 2015

**Last day for payment Friday 21 August - 1 week to go**

### Fees for Domestic Candidates

	Fee
Entry for all NZQA standards and up to 3 Scholarship subjects	\$76.70
Additional Scholarship entries	\$30.00 per subject

Forms for financial assistance are available at the office, they reduce the fee to \$20 for one candidate or \$30 for two or more.

There will be an additional \$50 fee to be paid direct to NZQA for late payment, before results, record of learning and certificates are issued to a student.

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## Important Dates

<b>August</b>	20	Open Afternoon/Night 3.30-7pm
	21	Last day for payment of NZQA fees
	24	HPV Vaccination
	24-31	School examinations - Year 11-13
	26	Incubator Visit No. 3
	27	Board of Trustees meeting
	28	EXCELL Dance Group
	31-4 September	Tournament week
<b>September</b>	7	<b>Workday - Teacher Only Day</b>
	13	Ski trip to Coronet Peak
	16	Sports/Committee Photos etc.
	18	Senior reports posted
	24-25	School Production
	24	Board of Trustees meeting
	25	Last day of term 3
<b>October</b>	12	First day of term 4
	26	Labour Day Observance (school closed)

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## Menzies College Gateway

Liam Parish has completed a Gateway placement at Mantell Panel and Paint in Matura. Liam was given the opportunity to work on a variety of very interesting projects, some of these have been major restorations on an older Ford Falcon sedan and an early 1970's Valiant Utility. He also had the opportunity to work on a variety of insurance projects that passed through the workshop while he was there. Through this experience he has learnt many of the basic skills of the paint and panel trade. While Liam has chosen to look at other career possibilities for his next placement, his 10 weeks at Mantell's has proven to be very valuable to him.



Liam and the Menzies College Gateway team are very appreciative of the continued support that Mantell Panel and Paint give to our programme. Without their support, and the willingness of all our employers to support Menzies College in this way, our Gateway programme would not be the success that it is.

*Mrs Barbara William & Stuart Clark  
Menzies College Gateway*

## Menzies Students Dazzle!

Year 7 students, Brock Stuart and Keegan Knapp set the bar high as they delivered their speeches in the Eastern Southland final of the Venture South Speech Competition at St Peters College in Gore yesterday. Despite a nervous wait, Brock wowed the audience and judge with his highly entertaining speech on 'his love of food'. Keegan stepped forward with style and confidently presented a detailed account of his Deep Cove camp. Speeches from the other contestants varied from the humorous to thought provoking demonstrating that the standard of public speaking at this level continues to improve. After a long deliberation the results were revealed with Keegan gaining third place and Brock being announced the winner of the competition. Brock will represent Eastern Southland on 8 September in the semi finals. Congratulations boys. You were outstanding!



Brock Stuart with a 'thumbs up' for gaining 1st place



Keegan Knapp

Mrs Barb Cowley  
Teacher in Charge/Dean

## Science Department

### Year 9 & 10 Science Enrichment Camp

Twenty six Year 9 and 10 students spent three days in Dunedin taking part in a range of awesome science activities. The first two days were based at Portabello Marine Studies Research Centre on the Otago Peninsula and an overnight on Quarantine Island where students dissected dog fish sharks, undertook investigations and looked at marine life in a real context. While on the island we had a well deserved rest and a short native bush walk. The second half included the Otago Museum where we looked at nutrients in food and visited the Egyptian section to look at the process of mummification. A night on the Discovery World floor and a visit to the butterflies concluded the camp. I was hugely impressed with attitude of the students towards their learning in a new environment and we all had a brilliant time. I look forward to next year's Year 7 and 8 science camp.

Nigel Scarth  
Head of Department - Science



Photos from left to right:

Lauren Story & Olivia Wallace dissecting a dog fish shark; Kim Heads & Erin Norman dissecting a dog fish shark but Becky McEwan just can't watch, Luke Goatley & John Moir with the teacher from the Marine Studies Centre helping investigate marine life on the beach, 'Doc' the Cookie Monster emerges, the group listening to the science of mummification after we have visited the Mummy at the Otago Museum and Miss Burgess-Heald with a butterfly

## Menzies College Netball

### Finals Day - 15 August - Go Menzies!

Congratulations to the 'A' and Green teams. 'A' Team (ranked 4th) had a great win on Saturday beating Gore B (ranked first). They play Knapdale 'A' in the final at 1.20pm this Saturday. Menzies Green play for 3rd or 4th at 8.45am. Both teams would love your support! Presentation of trophies and certificates will take place at approximately 3.30pm after the Premier Grade final at 2.30pm.

### Wednesday Secondary School League

Menzies 'A' played Blue Mountain at Tapanui on Wednesday and play Hargest next Wednesday at Gore at 5pm.

### SISS Preparation Tournament

The 'A' team will participate in the St Peters fundraiser tournament in Gore on Sunday 16 August. Games are: Fiordland 11.15am, Blue Mountain at 12.55pm and St Peters at 2.35pm.

Sue Shaw  
Secretary

## Sports Department

### Skiing

The next (and final) ski trip will be on Sunday 13 September at Coronet Peak. The cost of this trip is \$110. Permission slips and information about ski trips in general are available from the office or can be downloaded from the school website. The conditions for skiing this winter are very good – great for all abilities and ages. If anyone has any questions about these trips, please contact Brendon Wallace at school or email [brendon.wallace@menzies.school.nz](mailto:brendon.wallace@menzies.school.nz)

# Menzies College Soccer

## MLT Summer Socca 2015 is coming soon!

Summer Socca is coming back for 2015 with kids and adults leagues. Look out for the flyers which will be out next week with details on how to register your teams. Last year we had a total of 18 teams taking part and we look forward to seeing you all again. This is part of the girls fundraising for the 2016 National Tournament to help with travel costs.

### Draw - Wednesday 19 August

(Boys) Kelly Irwin First National Real Estate Menzies vs Central Southland College 4pm (at Menzies)

### 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.

### Soccer subs are now due

All students are asked to make sure their subs are paid as soon as practical please. Also if you owe for any gear purchased (hoodies, etc) can you make sure these are paid as well, as we need to have these finalised.

### Important up-coming dates

18 August (Girls) Training 3.30pm to 5pm  
19 August (Girls) MLT Menzies vs Aurora College 4pm (TBC)  
(Boys) Game Menzies 1st XI vs CSC, 4pm (at Menzies)  
20 August (Boys) Training 3.30pm to 4.30pm

Carl Lambert  
Organiser

## WELL CHILD SERVICE NEWSLETTER Term Three Issue 50

### Public Health Nurses, Vision Hearing Technicians Phone Numbers

Invercargill 03 2110012  
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



### Tools to Avoid Obesity

Around a third of NZ children are overweight or obese. This figure rises to 60% of Pacific Island children and 40% of Maori children.

#### What Causes of excess weight

The causes of excess weight are multiple. However simply put weight gain occurs when the amount of energy taken in from food and drink is more than the energy used through metabolism, growth or activity. Therefore eating too much energy (calories) no matter where they come from can lead to weight gain. Children who are also inactive are more likely to gain excess weight.

#### Problems arise because of excess weight

Research tells us that if you are overweight or obese in childhood you are three to ten times more likely to be overweight or obese as an adult. Being overweight can increase your risk of developing diabetes, heart problems and increased blood pressure. Children with excess weight tend to experience isolation bullying/teasing, and an inability to keep up with friends. Physical risks include difficulty breathing at night, type 2 diabetes, menstrual problems and early menstruation and problems with bones, joint and muscles to name a few.

Childhood is a time of rapid growth, with every child growing at different rates and at various stages. However losing weight too quickly can leave your child short of vitamins and minerals and lead to reduced growth in the long term. As a parent you have an important role in shaping your child's dietary habits. You can control what, when and how your child eats, as well as being a role model. Good family

eating patterns as well as keeping active will help your child learn healthy, lifelong habits.

#### Here are some tips on developing good habits:

- Encourage your child to be active for about an hour a day. Make it fun and being active with them will keep your child motivated.
- Walking or biking to school is a great way to be active without having to find extra time in the day and its free.
- Create a healthy environment for family by limiting time spent in front of TV, electronic games, computers to a maximum of 2 hours per day.
- Best way to cut down on energy (calories) is by eating smaller amounts. Don't try to change too many foods at once. Build small changes into your child's everyday habits.
- Eating regularly helps prevent your child from being hungry. Always start with breakfast, such as toast or cereal along with a piece of fruit and a glass of milk.



- Make healthy choices easier by making fresh fruit and vegetables readily available for snacks.
- Choose lite (light blue cap) and trim (green cap) milk instead of standard milk for everyone in the family over 2 years of age.
- When using cheese, choose lower fat cheese varieties such as Edam or low fat versions of cream cheese, cottage cheese and sour cream instead of Tasty, Colby or Mild cheeses.
- As a rough guide, aim to make meals up with half containing fruit or vegetables, quarter of foods such as potatoes, bread or rice and quarter with protein-rich foods such as meat, fish chicken, chickpeas. As a rule individual portion size is measured by the placing both palms together giving you the size/amount of food for your plate. Children have small palms so will therefore require smaller amounts of food compared to adults.
- Limit biscuits, crisps, fried foods and fizzy drinks as they are high in energy, fat and sugar. Try choosing the smaller option of these foods.

References: NZ Nutrition Foundation – Maintaining a healthy bodyweight for children. [www.foc.org.nz](http://www.foc.org.nz) Fight the Obesity Epidemic – Obesity the facts – Health risks

We are a Southland Wide Professional Community Based Well Child Service whose function is to empower children and their families/whanau to realise their full potential in health. Our aim is to promote and maintain well health by providing a quality client centred service that is accessible and culturally acceptable to all.



**MENZIES**  
COLLEGE

# Open Night

Thursday

3.30pm - 7.00pm

Principal's address

3.30pm and 5.00pm



Phone 03 206 4979 • [www.menzies.school.nz](http://www.menzies.school.nz)

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# Senior Exam Timetable: Term Three 2015

	<b>Monday 24th August 2015</b>	<b>Tuesday 25th August 2015</b>	<b>Wednesday 26th August 2015</b>	<b>Thursday 27th August 2015</b>	<b>Monday 31st August 2015</b>
<b>8.55 - 11.55am</b>	L3 Geography 3hrs Hall (6)  L2 Geography 3 hrs Hall (10)  L1 Geography 3 hrs Hall (13)	L2 Accounting 3 hrs Hall (2)  L1 Science 3 hrs (45) - some 1,1/2  L3 Chemistry 3 hrs Hall (1 - Baylee)	L3 History 3 hrs Hall (9)  L2 History 3 hrs Hall (6)  L1 History 3 hrs (14)	L3 Stats 3 hrs Hall (12)  L201 A Maths 3 hrs Hall (3)  L201 B Maths 3 hrs Hall (9)	Exam catch ups
<b>For those sitting a 3hr morning exam</b>	<b>Interval 11.55- 12.20 then to P4 class</b>	<b>Interval 11.55-12.20 then to P4 class</b>	<b>Interval 11.55-12.20 then to P4 class</b>	<b>Interval 11.55- 12.20 then to P4 class</b>	
<b>1.10 - 3.10pm</b>	L2 Chemistry 2hrs Hall (22)  L3 Chemistry 2 hrs Hall (8)  L1 Graphics 2 hrs Grapchics Rm (15)	L1 English 2 hrs Hall (28)  L2 English 2 hrs Hall (18)  L3 English 2 hrs Hall (9)	L2 Physics 2 hrs Hall (8)  L3 Physics 2 hrs Hall (4)  L1 Foods 2 hrs Hall (14)  L1/ L2/ L3 Art 2 hrs Art Room (18)	L1 Maths 1 hr Hall (29)  L2 Bio 2 hrs Hall (13)  L3 Bio 2 hrs Hall (7)	

ALL students will stay for the complete duration of their examination. NO ONE will be permitted to leave early. Please bring a book to read when you have completed your work. EXCEPT in the English exams  
Pens, pencils, eraser, ruler, are to be in a clear plastic bag  
No twink or correction tape is to be used

You are to be there 15min before the exam starts

Students finishing at 11.55am are to be quiet around the school while having their lunch. Then go to your P4 class at 12.20pm

Students starting exams at 1.10pm need to be at their exam by 12.55pm (please eat and toilet before this time)

**Any students with exam clashes are to see Mrs Cade ASAP**

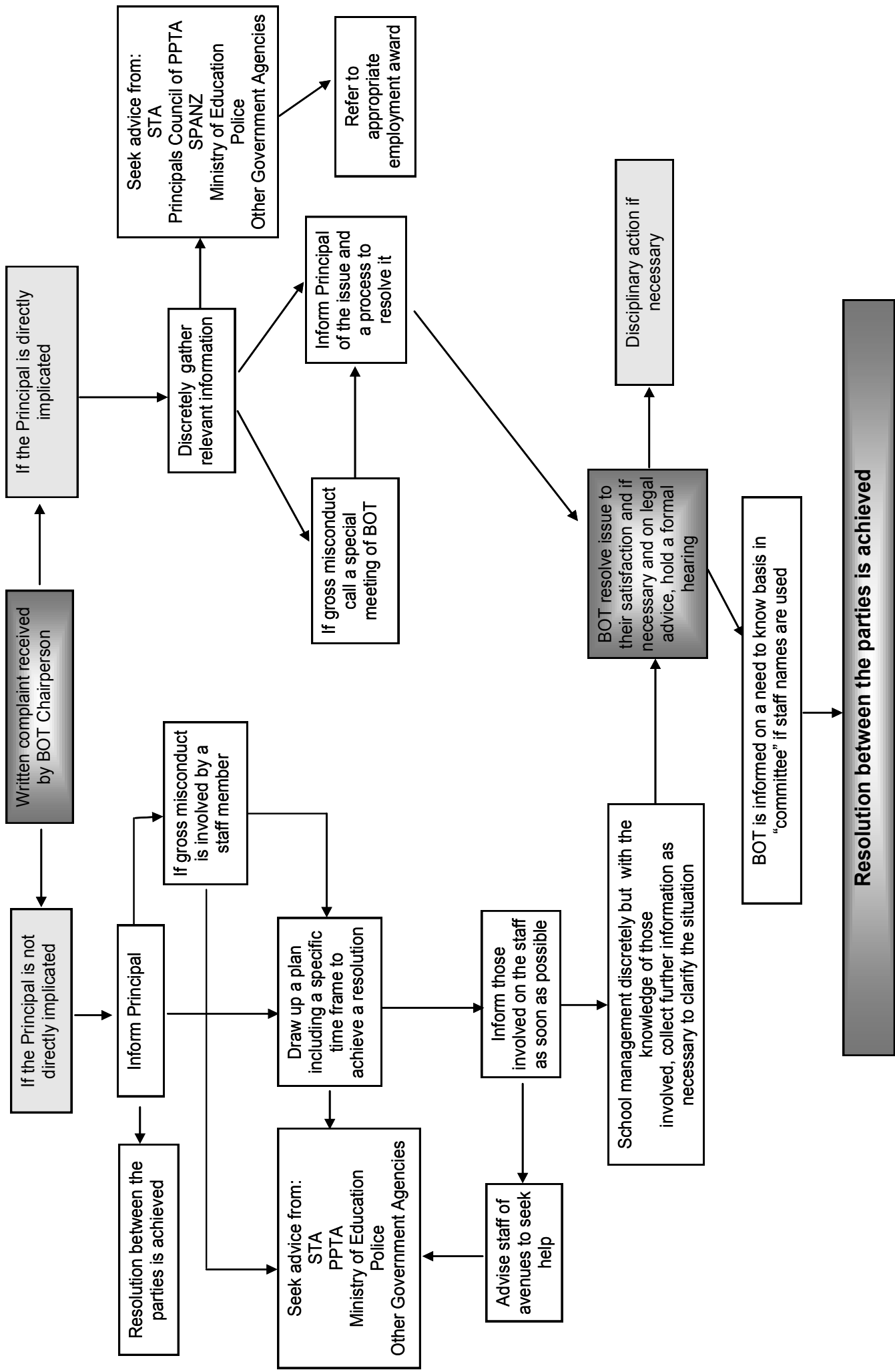
**if you are not in an exam you are to be in class**

## Community Notice

### Wyndham Netball Club - Junior Prizegiving 2015

Our junior prizegiving will be held on Friday 21 August at 3.30pm at the Wyndham Primary School. Please bring a plate for afternoon tea - drinks will be provided. All players and families are welcome. Enquiries to Nicky Wallace (03) 2064127 or [jinwallace@velocitynet.co.nz](mailto:jinwallace@velocitynet.co.nz)

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