



# MENZIES COLLEGE

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

**15 June 2018**

## From the Principal's Desk

### **Kia ora**

#### **Sleep**

This week at assembly I spoke to the students about the concerns that are being raised around students spending too much time late into the night engaged on screens. This could be as simple as their cellphone or the television but the real danger is 'gaming'. Gaming is one of the reasons why we are becoming known as a sleepless society. Studies have shown that young people who participate in gaming late into the night and prior to going to sleep experience a delay in getting to sleep by up to 40 minutes. They also experience disrupted sleep and have poor quality sleep. The difference between watching a movie and gaming before attempting sleep is the level of interaction that gaming has and the additional stimulation of the brain. You may as well have a can of Red Bull or a long black coffee and then try and get to sleep. This late stimulation also impacts on the learnings of the day. Asleep, your brain compiles what you have learnt for the day and rapid stimulation before sleep of this nature, disrupts the storage process. When working with some students a common problem arising is a cause for lateness, feeling tired or disengaged, disorganised in themselves etc and their totally unrealistic level of sleep. Many are actually gaming or socially connected with each other to around midnight or later.

Research tells us it takes a toll on one's health, energy and mental abilities and although I am not asking students to stop gaming, I would like them to monitor the hours in which they participate with screens and consider trying to get more sleep during school nights in order to function better in class and with others around them.

#### **168 Hour Famine**

Someone who probably does feel like sleeping more right now is Phil Snedden. Phil has taken on the 40 Hour Famine Appeal to raise money seriously and is giving up eating food for a whole week. He's living on water and the occasional glass of milk for 168 hours. Ideally we need to applaud and thank Phil with lots of pats on the back but the best thanks would be to bring a gold coin to school in the next few days and give it to Phil so it can be passed on through World Vision for the children of the Sudan.

#### **RockQuest**

Tonight we have two bands playing in RockQuest at Centrestage in Invercargill - The Methylene Blues and EMC<sup>2</sup>. Peter Power has put a lot of his time and effort into these bands and I wish them well for this event. It would be great if students could go along and support them as well.

#### **Cross Country Success**

Recently at the Southland Secondary School's Cross-Country Championships, Reuben Wilkinson took out second place in the Under 12 Boys. This is an outstanding effort and probably our school's best result over previous years at this event. Well done Reuben and all the best for the upcoming Primary Championships at Waimumu on the 22 June.

*Gerry Ward  
Principal*

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

## Reporting at Menzies College

Thank you to all parents and caregivers who made the time either on the 30th May or at some other stage, to talk with Whanau teachers about their child's learning. These are valuable opportunities to focus on the core business of education and an opportunity to put students in the driver's seat of their education. The table below provides information about key dates for reporting in the academic year so you know what to expect. There is also a link to a brief survey about Whanau Conferences on the school website where I encourage you to have your say. You will find the survey under 'Hot Links and Downloads' on the right hand side of the homepage <http://www.menzies.school.nz/> click on 'Conference Feedback'. Thank you.

*Kath Luoni  
Deputy Principal*

### Term 1

**Week 5** 'Learning update' on Managing Self, Relating to Others and attendance generated for all students. Available on EDGE.

**Week 6** Meet the subject teachers.

**Week 10** 'Learning update' on Managing Self, Relating to Others and attendance generated for all students. Available on EDGE.

### Term 2

**Week 4** 'Learning update' on Managing Self, Relating to Others and attendance generated for all students. Available on EDGE.

**Week 5** Whanau Conferences for all students Wednesday 30 May.

**Week 8** 'Learning update' on Managing Self, Relating to Others and attendance generated for all students. Available on EDGE.

**Week 10** Academic Progress grades up to date and made available on EDGE.

### Term 3

**Week 4** Learning update' on Managing Self, Relating to Others and attendance generated for all students. Available on EDGE.

**Week 6** Whanau Conference for all students Wednesday 29 August.

**Week 8** 'Learning update' on Managing Self, Relating to Others and attendance generated for all students. Available on EDGE.

**Week 10** Academic Progress Report (grades only) available at the end of term on EDGE.

### Term 4

**Week 2** Testimonials prepared for all Y13 and Y12 leavers only. Available in written form at the end of the year.

**Week 2** 'Learning update' on Managing Self, Relating to Others and attendance generated for all students. Available on EDGE.

**Week 6** 'Learning update' on Managing Self, Relating to Others and attendance generated for all students. Available on EDGE.

**Week 8** Whanau Comments based on google sites made available for all students in written form except leavers who received testimonials. Posted at the end of term.

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## PB4L - Achievement Slip Draw

Congratulations to the following students and staff:

### **Week ending 8 June**

Senior students - Olivia Wallace, Luke Goatley, Sam Smith, Sarah Andrews and Mrs Dale

### **Week ending 15 June**

Junior students - Sophie Leitch, Lewis McKelvie, Bridget Scobie, Manix Dinnan and Mrs Kennedy. Well done all, your canteen vouchers can be collected from the office. Remember to keep showing respect and keep those achievement slips coming in!

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## Social Science Department



### **Year 10 Business Studies, Foods and Resilience – Market Day**

On Monday 2nd July our classes will be having a Market Day in the school hall from 1.20-2pm. It is a cross-curriculum event primarily run through the Enterprise Studies Programme as part of a Year 10 Business Studies course.

This programme enables students to work in small groups to plan and run a short-term business enterprise. They will develop a product idea and then work co-operatively with their group to market and sell their product. There will also be a raffle available on Market Day at \$1 a ticket. If you would like to pre-order, please see Richard Ranstead, Cassidy Tahana Payne or Sidney Poole. The raffle will be drawn on the day. Please come along on the day and support our budding entrepreneurs.

*Lincoln Joyce  
Teacher in Charge*

## Board of Trustees Report

Since our last meeting the board have met with the Head of Departments and received their departmental reports. In these reports we receive information on student achievement, departmental self-review processes and also there is opportunity to showcase areas that departments feel are worth celebrating. Also, to show self-reflection of areas that may need a different strategy to allow them to continue to strive towards achieving our school wide and their departmental goals. It is always an enjoyable experience for the board to hear about the successes as well as the 'We need to try something else' ideas. The process of the reporting was reviewed at our meeting and as a result the board will also meet with the HODs at a curriculum meeting to hear their thoughts on the actual process.

We were delighted to hear that an appointment has been made for the junior school position and we look forward to welcoming another staff member next term. In the current climate of teacher shortages nationwide, to be able to attract good quality staff is a real bonus for the school. We have been very blessed in our recent appointments.

Some ongoing building maintenance matters are still being dealt with at the Ministry level and we await the outcome of these discussions, along with the combined Wyndham District and Menzies Library which is now entering a feasibility study phase around options and how that might work. It was also brought to the board's attention that the server that operates our entire computer system is in need of a major upgrade which is probably best achieved by a replacement server. The demands on the server continue to grow and the number of devices connected to our network grows also with many students having multiple devices.

The staff recently surveyed the students to gauge their feelings around the installation of cameras in corridors to monitor those spaces in response to some deliberate damage that is occurring. The board were encouraged to hear that the student body in general had the same feeling as us. This is in direct conflict with our ethos of knowing and doing the right thing. It does therefore put the onus back on students to report behaviour that they know is damaging school and/or personal property or is a safety risk. It is a school for the students first and foremost and so it is their responsibility, with our support, to get it right.

We wish the Tautuku pre-camp and Year 9 Tautuku camps that were approved at the meeting, all the very best (with our fingers crossed for fine weather). We hope the students get the best out of this unique experience in a very beautiful part of our local area.

Your board of trustees parent representatives are:

Mrs Carole Bee (carole.bee@menzies.school.nz)

Mr Allister Gauldie (allister.gauldie@menzies.school.nz)

Mrs Nardine Rhind (nardine.rhind@menzies.school.nz)

Ms Jo Brand (jo.brand@menzies.school.nz)

Mr Josh Bucknell (josh.bucknell@menzies.scholl.nz)

Mrs Carlyn Stewart (carlyn.stewart@menzies.school.nz) or we can be contacted at board@menzies.school.nz

The next scheduled meeting is postponed from 28 June to Thursday 5 July at 7pm in the transition room. There is no end of July meeting so the next meeting after this will be 30 August.

Carole Bee  
Acting Chairperson

## Community Notices

### Junior Rugby League Rams Trial

Ages: 15-17 years

Trial Game: 17th June 2018

Venue: Elles Road Grounds Invercargill  
(across from McDonalds, South City)

Time: 12.30pm-2pm

Bring your boots, mouthguard and your friends; make sure you are between 15-17 or you are turning 15-17 this year (2018) to be eligible. If you are unsure come down. Any questions please don't hesitate to contact Amanda on 027 8642571.

I look forward to seeing you all there.

### Mobile Dental Clinic

The mobile dental clinic is now at Wyndham until 25th June. We offer a free dental service for children from the ages of 0-18 years. If you haven't yet been contacted for an appointment or managed to book a time with us please feel free to pop in and make one. Our contact number is 027 435 4731 and we work from 8:50am to 3:30pm Monday to Friday. We try our best to get in touch with everyone on our books but in some instances contact details have changed. We also may not be able to contact parents/caregivers as they are working during our opening hours. As the bus is only here for a limited time and we run to a tight schedule, if you are unable to attend an appointment booked with us can you please call prior to the appointment so we can get another child in to fill the gap.



**OUTWARD BOUND**  
School Holiday Parent & Teen Course

Leaps & Bounds is the ultimate shared adventure for a parent/caregiver and their teenager (13 - 15 years).

“ Outward Bound provided my daughter and I with a gift of experience language/stories that we now share”

Over 8 days learn about yourself and each other in a challenging but supportive environment. Form a relationship that is real, open, honest, and based on respect while sharing the experience with other adults and teenagers in your group.

Activities include tramping, camping, kayaking, running, sailing, swimming, rock climbing and high-ropes.

**Upcoming course dates**  
Sun 15 July - Sun 22 July  
Sat 6 Oct - Sat 13 Oct

To find out more get in touch on 0800 688 9  
**outwardbound.co.nz**

Melissa Brown, Oral Health Therapist  
Wyndham Mobile Dental Clinic

## NZQA Fees

NZQA fees are \$76.70 for all Year 11-13 students and these need to be paid in order for their Level 1/2/3 results to be released by NZQA. Menzies College collects the fees on behalf of NZQA and forwards them on the due date. If a family is on a benefit or has a community services card OR would qualify for a benefit or community services card if applied for, you are eligible for financial assistance. This is a reduction in fees from \$76.70 to \$20. If you are unsure whether you are entitled to receive these discounts, please contact Judy Gould in the office.

If you would like financial assistance please complete and return the form which is available at the office. The due date for fee payment to Menzies College is **Friday 24 August**.

## Careers/Transition Department

### 'The Red Shirts Gateway Programme'

Throughout terms one and two five of the Year 12 Gateway students: Kieran Coyle, Kobie Todd, Joshua Olive, Amy Porteous and myself participated in the 'Red Shirts' programme. This is a ten week Gateway programme at 'The Warehouse' where we performed multiple activities in the world of retail. We did this to gain work experience in retail, people skills and 22 credits which go towards NCEA Level 2.



This programme is a great opportunity for anyone in Year 12 or Year 13. It gave us a clear view into what the retail world is like as we learnt about all parts of the industry. Doors have also been opened up for those of us who are looking into summer work. Management have told us they would love to have us back to work. In general this programme has been super positive for my learning in this industry and I would strongly recommend it to anyone interested in retail or if you are uncertain of your career pathway.

*L to R: William Ranstead, Kieran Coyle, Mr Ward*

We would like to thank 'The Warehouse' for hosting us, Tui (the course co-ordinator) for getting us successfully through the course and the school for giving us the opportunity to participate in this educational Gateway programme.

*William Ranstead (Year 12)*

### Discovery Foundation Inc - 'Discovery for Teens'

Thanks to this foundation's amazing sponsors, they have 60 partial scholarships for the next Discovery for Teens running in the October 2018 school holidays. There are three tiers of scholarships available starting at \$500. Applications are now open and will close on Monday 16th July. Click to apply for a scholarship: <https://www.discoveryforteens.org.nz/page/scholarships/>  
Registration can be made online at: <https://www.discoveryforteens.org.nz/page/apply-teens/>

· October School Holidays: (Sunday 7th October – Saturday 13th October) - West Auckland. We can collect teens from the airport, bus or train terminals.

The Discovery Foundation's mission is to provide young people the skills, tools and strategies that enable them to get the best out of life. Discovery has been carefully designed to inspire strong self-esteem, personal leadership and to encourage young people to reach their full potential.

93% of teens increase self-esteem and confidence  
96% report an increase in self-motivation  
88% report overall academic improvement and 99% record dramatic reading speed improvements  
96% report having better communication  
91% said leadership had improved  
99% of Discovery parents say their teens have lifted their overall attitude towards life

Discovery for Teens is 7-days/6-nights for 14-18 year olds run during school holidays.

One third of Discovery focuses on academic skills: study skills, speed reading and exam strategies. Two thirds focusing on life skills. The life skills components include: communication, relationships, leadership, goal setting/planning and team work. Discovery is also designed to give teens increased confidence and a toolbox of strategies to help them overcome challenges and navigate the difficult teen years. Teens come out with improved self-confidence, motivation and commitment. Discovery is full of activity-based experiences and includes a parent's day workshop on the final day of Discovery. We have a minimum ratio of one staff member for every four teenagers, ensuring that the teens are fully supported through their Discovery journey. We are also able to accommodate special dietary requirements e.g. gluten free, dairy free etc.

## Library News

### Reading Challenge

The HELL Pizza Reading Challenge is running again until 3 December 2018. Focused on Primary and Intermediate school aged children, the HELL Reading Challenge offers to those who need it, a small incentive to approach, explore and build a relationship with books. Children receive a stamp on their pizza wheel for each book they read, and once seven books have been read they can redeem their pizza wheel for a free 333 kids pizza at HELL.

For more information and to register, visit

[www.nzbookawards.nz/hell-reading-challenge/](http://www.nzbookawards.nz/hell-reading-challenge/) or alternatively email [readingchallenge@nzbookawards.org.nz](mailto:readingchallenge@nzbookawards.org.nz).

### Book Review by Emma McEwan 8BY

#### Adventure Section - *Escape from Shangri La* by Michael Morpurgo

I enjoyed the book because it was full of adventure and sorrow. When a man shows up he says he is Cessie's grandfather. Cessie's life is about to get more exciting than she bargained for. It was set around World War 2.

Emma McEwan



## Technology Department

### Year 13 Foods - Can you name one or more side effects of having too much caffeine?

The Year 13 Home Economics (Foods) class have surveyed a variety of students throughout the school and we found that only 31 out of 83 students knew the side effects of too much caffeine. Caffeine is a psychoactive stimulant drug that acts on the central nervous system, alters brain function, acts as a diuretic and elevates blood pressure and metabolic rates. Caffeine can be found in coffee, tea, energy drinks etc. People react to caffeine in different ways. High intake levels can result in headaches, irritability, nausea, increase in heart rate and insomnia. These are just some of the known effects.

Katie Keil  
Teacher

## Music Department



This week our musicians have had the pleasure of working with Jed Parsons. Jed has been with us for two days working with bands and singers, focusing on writing songs, composition of music and performance. Each band has written a song and has been practicing it.

Jed is an extremely accomplished musician having toured internationally and extensively throughout New Zealand. He is releasing his new album in July. Jed has been excellent with our students. He is very motivated, driven and has related well to the students' musical needs and abilities.

L to R: Jed Parsons, Brittany Tiller, Sophie Kingdon (obscured)  
Kendal Wallace & Erin Norman

Alice Cade  
Organiser

## Important Dates

<b>June</b>	17-19	Year 9 Tautuku pre-camp (senior students)
	21-25	Green week (week of no interruptions)
	26-29	Year 9 Tautuku camp
<b>July</b>	5	Board of Trustees meeting Mana Maori Competition Period 5
	6	<b>Last day - Term 2</b>
	23	<b>First day - Term 3</b>
	26-27	Career Fest
<b>August</b>	5-7	ADEX Alpine Camp
	9	St Peter's College & Gore High Career Expo (Year 10-13)
	13-17	Green week (interruption free week)
	15	<b>Open Day</b>
	19-20	Three Rivers Girls Football Tournament
	22	Attitude Programme
29	Whanau Conference Day	

A poster for a Career Expo. The main text 'CAREER EXPO' is in large, bold, blue letters. Below it, 'Attention Years 10 - 13' is written in blue. Underneath, 'St Peter's College and Gore High School' and 'Combined Careers Expo' are listed in blue. At the bottom, there is a word cloud with 'Work', 'Occupations', 'Career', and 'Technology' visible. A dark orange box at the bottom contains the date and time: 'Thursday 9 August 2018', '5.30 pm - 8 pm', and the location: 'Gore Town and Country Club, Bury Street, Gore'.

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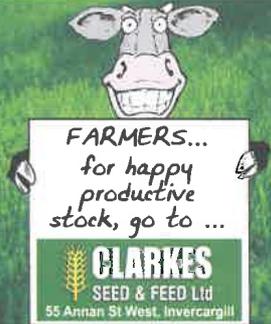
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