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29 June 2018

From the Principal's Desk

Kia ora

This will be the last newsletter for the term so it's an opportune time to thank everyone for their support over the past 9 weeks and to wish you all well during the break. As always the year seems to be moving quickly and our senior students will need to make sure that they use the next few weeks to complete due assignments and start preparing themselves for the run up to exams which comes around quicker than most expect.

On Thursday next week we are holding our Kapa Haka-Waiata competition in the school hall starting at 2.00 pm. Students have been working hard on their House performance and it's been great to see how students have taken the opportunity to lead their peers during rehearsals. Once again the standard looks really high and it should be a good afternoon. Everyone is welcome to attend.

Congratulations to our three students who participated in the Southland Primary School Cross Country last Friday at Waimumu. Reuben Wilkinson, Sophie Ferguson and Zachariah Ashman with Reuben finishing in a very credible fourth place. Well done to all three on a great effort and many thanks to the staff and senior students that assisted with the marshalling on the day.

Good luck to our netball players heading to Christchurch during week one of the holidays for the South Island Secondary Schools Junior Tournament.

Next term we have a number of staff changes. Mrs Jan Stirling will finish with the students in class 7VW and Mr David Lewis will be the new teacher of that class. Many thanks to Mrs Stirling for her wonderful contribution to the school in our hour of need and teaching these new students so well for the two terms. Mrs Barbara Cowley will return to her Year 8 class and likewise, we thank Mr Simon Cade for taking this homeroom for the term. His enthusiasm and energy will remain with us as he takes the Tokanui students for manual for the remainder of the year. Mrs Barbara Williams has been fortunate to receive a TeachNZ Sabbatical for term three and will be away on study leave. We wish Mrs Williams well for this opportunity. Her classes will be covered by Miss Egerton and the returning Ms Youngson. From week three of next term Mr Peter Holden will also be on leave for the remaining seven weeks. Mrs Lindsay will extend her hours to cover this counselling position within the school.

PB4L - Achievement Slip Draw

Congratulations to the following students and staff:

Week ending 22 June

Senior students - Brodie Wallace, Marina Ferguson, Kaitlen Yorke, Sarah Andrews and Mr Wilkinson.

Week ending 29 June

Junior students - Noah Sutton, Jacob Leith, Ryan Crump, Reuben Wilkinson and Mrs Stirling.

Well done all, your canteen vouchers can be collected from the office. Remember to keep showing respect and keep those achievement slips coming in!

*Gerry Ward
Principal*

TEXT 'follow themenziesway' to 8987 for information updates

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**.

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, Kassidy 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*

Careers/Transition Department

CareerFest – Southland

CareerFest will be held in the ILT Stadium Southland on Thursday 26 and Friday 27 July (Term 3, week One). There is also a community session on the Thursday night from 5pm – 7.30pm which is open to the public. Menzies is booked in for Thursday from 11am - 12.30 p.m. We will be leaving school at 10am arriving back at around 1.45pm. Cost: \$10 each for transport.

Exhibitors

CareerFest Southland will have a range of exhibitors from across Southland and all over New Zealand attending the expo including education providers, industry training organisations and specialists, corporate and business sector, and government agencies. All exhibitors offer a range of services and opportunities for people exploring their future career options. The expo is a fantastic opportunity for people to investigate their options further and find out just what each organisation has to offer them. Before you come along, take the opportunity to browse this year's exhibitor profiles, discover what they have to offer, visit their websites and prepare yourself to get the most out of the expo and firm up your career options. Visit careerfest.co.nz and check out their web page. This is an extended invitation to parents/caregivers to come along and experience with their child and stay informed about their options. This would be a great support for your child and we encourage you to come. A letter and permission form should have been picked up from the school office by your child.

*Stuart Clark, Barbara Williams, Katie Hall
Careers Advisors*

World Kickboxing Championships



Year 8 student Levi Smith is fundraising to attend the World Kickboxing Championships in Italy from 15-23 September this year and a \$10 portrait fundraiser has been organised.

Check out the details for this event and support Levi in his dream to get to Italy to take part in these championships.

This is an awesome opportunity and we will follow Levi's success with enthusiasm.



Sports Department

Southland Primary Cross Country

Last Friday 22 June, we had three Year 7 and 8 students compete at the Southland Primary Cross Country at Waimumu and they represented Menzies College proudly - Reuben Wilkinson who placed 4th in the Year 12 boys, Zachariah Ashman and Sophie Ferguson.



Zachariah Ashman

We also had some student helpers and want to say a big thank you to Brentyn Gardyne, Chloe Smith, Arin Read, Garoth Van der Straaten, Ben Gauldie and Anthony Heaps who spent the day helping and cleaning up. Everyone was very impressed. Also thank you to Sue Dynes who took the students in the van, Jonny Brown and Marcia Kennedy who were also there supporting our school and their own children.



Sophie Ferguson



Reuben Wilkinson

Southland Indoor Bowls Centre (Inc.)

Invercargill Licensing Trust Southland Secondary & Intermediate Schools Indoor Bowls Tournaments

These tournaments are for students who have gained a level of proficiency in this sport and are being held on Thursday 9 August 2018, 9.30am-2 pm at the Indoor Bowls Centre, 50 Onslow St, Invercargill. Two players per team - no entry fee, unlimited number of teams per school. Prizes and certificates for team winners in each section, intermediate and secondary. Trophy for overall school winner in each section, intermediate and secondary. Entries on official entry forms close Tuesday 7 August 2018. Entries to: Executive/Development Officer, Southland Indoor Bowls Centre, PO Box 1075, Invercargill 9840, Phone 03 216 6191, Fax 03 216 9391. Email: sibc@xtra.co.nz Southland Indoor Bowls Centre (Inc). Further information and entry forms are available from the school office.

Community Notices

Rugby Southland Rugby Roadshow

Rugby Southland will be running Primary Girls Rugby Roadshows, the local one being held on Sunday 1st July at the Matura Rugby Club from 10.30am-12.30pm. Any girls aged 5-13 years can attend. It doesn't matter whether they play rugby on Saturdays or have never played before, all girls are welcome. Girls can attend all four weeks if they wish or whichever weeks suit. Girls will be able to pre-register or just turn up on the day. Southland's top female rugby players will be facilitating the skills and games.

Two hours will consist of approximately 40 minutes of skills and drills and then one hour of games of tackle rugby or rippa rugby. Girls will be put into their age groups and then into teams each day (this will be numbers dependent but the hope is we would be able to run three/four age groups of games - Under 7, Under 9, Under 11, Under 13). They need to bring boots, (or suitable footwear to run around on the field), mouth guard, drink bottle and sufficient clothing attire. For more information email: scott@rugbysouthland.co.nz

Winter Reading Challenge 2018

Three \$100 Paper Plus vouchers are up for grabs from each of the Southland libraries involved: Gore District, Southland District, Invercargill City libraries (one voucher per library). This is open to all students and adults! Just sign up at your local library.

July School Holiday Programme at Southland District Libraries

Entry is free, all materials are provided, but registration is required. Manu Tukutuku - 'Let's Go Fly a Kite' at Te Anau, Lumsden, Winton, Otatau, and Riverton Libraries. Children will craft a traditional Manu Tukutuku for our library. There will be an opportunity for older ones to video the construction details to learn how Vlog using YouTube. For children aged 6 and over. Younger children to be accompanied by adults. Ph 0800 732 542 to register and reserve a place.

GO RURAL CITY RE LIVING

GO PLAY JULY SCHOOL HOLIDAY FUN

STADIUM FUN
Monday, Wednesday, Friday and Sunday
between 9 and 22 July (over 2 weeks)
1.00pm - 4.00pm

- Laser Tag: \$10 per person, 30 minutes
- Soccer darts: \$3 per person, 30 minutes
- SNAG Golf driving range: \$3 per person, 30 minutes

Holiday Combos: Above activities can be purchased with a swim as a discounted holiday combo

CRAZY DAYZ
Thursday 12 July | 9.00am - 3.00pm
Tuesday 17 July | 9.00am - 3.00pm

Laser tag, stadium games, hamster ball, paddle boats, spa time, sausage sizzle
\$27 per child - registration essential

WET 'N' WILD
Tuesday 10 July | 1.00pm - 3.00pm
Thursday 19 July | 1.00pm - 3.00pm

Kidz spa, hamster ball, paddle boat, sausage sizzle
\$8 per child - registration essential

INFLATABLE FUN
Weekdays | 1.00pm - 5.00pm
Saturdays and Sundays | 1.30pm - 5.00pm

Please note: Some activities have age restrictions. Talk to our friendly staff for more information.

SHARK SQUAD
Fitness, technique, teamwork, leadership and games. Enquire for more information - registrations essential

SHARK FIT/ROOKIE CAMP:
Monday 9 July | 10.00am - 3.30pm
Tuesday 10 July | 10.00am - 3.30pm

ADVANCE AND ROOKIE TRAINING:
Wednesday 11 July, Friday 13 July,
9.00am - 11.00am & 3.00pm - 5.00pm

SKILLS CLINICS
Thursday 12 July | 10.30am - 12.00noon
\$10 per 30 minute session - registration essential
Open to main pool swimmers, all abilities welcome

- Freestyle - 10.30am - 11.00am
- Backstroke - 11.00am - 11.30am
- Breaststroke - 11.30am - 12.00noon

LEAPING FROGS SWIM SCHOOL
Week One: 9 July - 13 July
\$42.50 per child (5 lessons)

Week Two: 16 July - 20 July
\$42.50 per child (5 lessons)
Lessons: Swimming, Water & Boat Safety

Get 10% discount on second week when booking for two weeks. Includes pool entry. Book now, spaces limited

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Technology Department - Foods

Over-Consumption of Caffeine and Sugary drinks

Can you name one or more side effects of having too much caffeine?

In Year 13 Home Economics (Foods) class we surveyed a variety of students throughout the school, 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 rate. 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 effects known.

Sophielee Richardson

Risks of too much sugar

The worst possible things that could happen to your body because you're having too much sugar.

- Can cause weight gain
- Can increase your risk of heart disease
- Has been linked to acne
- Increases your risk of diabetes
- May increase your risk of cancer
- May increase your risk of depression
- May accelerate the skin aging process
- Will cause TOOTH DECAY

The winners of the colouring in competition sent out at whanau time were:

Seniors: Samantha Cahill

Juniors: Emma Pope

Congratulations, everyone that entered received an achievement slip.

Michael McKay

The most popular drug in the world

A drug that is found in over 60 plants and goes by the name of 'Caffeine'. People all over the world use Caffeine in different ways to wake themselves in the morning. What people don't understand is that Caffeine cannot replace sleep. It can make you take longer to fall asleep and slows down your body clock which can really muck up your sleeping pattern. Consuming Caffeine 6 hours before bedtime can reduce total sleep time by 1 hour. If you think you're not getting enough sleep may be think twice before consuming caffeine.

Buddy Gutsell



These measurements are per 100ml so each drink can be compared. Reading the label on the back of drinks and looking for how much caffeine and sugar is in each can or bottle will also help with your decision. I just read that one 500ml can of Mother has 160mg of Caffeine and 51 grams of sugar which is roughly 10 teaspoons.

Hannah Wallis

Nutritional Information			
Serving/pack: 1 Serving size: 500ml			
Nutrient	Per 100g	% Daily Intake Per Serving	Per Serving
Energy	190kJ	11%	952kJ
Protein	0g	0%	0g
Fat - Total	0g	0%	0g
Saturated	0g	0%	0g
Carbohydrate	10.1g	16%	51g
Sugars	10.1g	50%	51g
Sodium	48mg	10%	240mg
Caffeine	32mg		160mg
Niacin (B3)	1.8mg		9mg
Pantothenic Acid (B5)	0.7mg		3.3mg



NZQA

Senior students are able to log in to NZQA at <http://www.nzqa.govt.nz/login/> to view all information about their credits entered and earned. Students need their NSN number which can be found on the Edge App, Edge Parent Portal, and Edge Student Portal. Next week students will receive their NZQA student identification cards that have name, address and NSN numbers on them as well as instructions on how to register online. Students new to NCEA need to register. If a student has registered in the past and cannot remember their password then there are instructions below the login window to gain access (phone help desk or email them - you will need your NSN and full name and date of birth).

Remember - Edge portal information is live data. This is only sent to NZQA on the first of each month. If you do not see credits on NZQA that are on Edge it may be because they were entered after the latest data upload. If you believe you have earned credits that are not on Edge see your subject teacher in the first instance.



Mid Year Reports

We will publish Year 7-10 Mid Year Reports on Monday 9 July. These are grades only and are available for viewing through the Edge parent and student portals. Senior student NCEA grades are visible on the parent portal as well. 'Attitude to Learning' grades (Managing Self and Relating to Others) for June will be visible on the Edge portals from 9 July.

More in depth information can be received from viewing your child's learning log. You should also be receiving regular emails from your child's subject teachers giving information about progress. You are welcome to make contact with subject teachers if you would like more information - either by emailing the teacher or contacting the school office. If you don't have portal access please contact the office.

*Pete Wilkinson
Assistant Principal
NZQA Liaison Person*

Important Dates

July	5	Board of Trustees meeting
		Mana Maori Competition Period 5
	6	Last day - Term 2
	23	First day - Term 3
	26-27	Career Fest
August	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	Open Day
	19-20	Three Rivers Girls Football Tournament
	22	Attitude Programme
	29	Whanau Conference Day
September	3-7	Tournament week
	10-14	Green week (interruption free week)
	11-18	Practice exams
	18	HPV Vaccinations
	24	SIT Liaison visit
	26	Sports & Cultural photos
	28	Last day - Term 3
October	15	First Day - Term 4
	15-19	Green week (interruption free week)
	22	Labour Day

CAREER EXPO
Attention Years 10 - 13
St Peter's College and Gore High School
Combined Careers Expo

Work
Occupations
Career
Technology

Thursday 9 August 2018
5.30 pm - 8 pm
Gore Town and Country Club
Bury Street, Gore

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