

Whangarei Girls' High School

18 June 2021

Word from the Principal



Tēna koutou katoa

Last week I was at the Principals' Conference, along with a number of my local colleagues.

One of the workshops I attended was on 'resilience' where we were reminded that our current students will retire in 2081 and we are charged with them preparing them for their working life.

We know that many of our students start to feel overwhelmed at this time of year and some simple resilience strategies can be helpful in supporting them to get through the busy times. One such strategy was to not overload our brain's working memory eg multi tasking when it is likely to be more productive to do one thing and do it well before moving on to the next.

The workshop on not offering Level 1 as a qualification in Year 11 was crowded as more and more are planning to do the same and others are exploring it. There are many variations in the ways schools are delivering Year 11 programmes. We have started the process of reviewing ours and will incorporate feedback from the Session at Conference in our consultation with you.

I spoke about vaping in my last newsletter but principals throughout New Zealand are frustrated and worried about the explosion of vaping amongst our students. There are many mixed messages coming through to our young people at the moment - vaping is generally seen as a safer option than tobacco but the long term effects of vaping are not yet known. However, what is known is that many of these products now contain nicotine and are addictive. I encourage you to speak with your student about the fact that not only is vaping illegal for them, but putting any chemical substance into a developing brain is likely to be harmful. The tobacco companies certainly do not have the health and wellbeing of our young people at heart.

We had our second wellbeing hui for all the Kāhui Ako last week, with our facilitators

from NZ Institute of Wellbeing and Resilience and the Leadership Lab, along with Gayle Wellington, leading it. We were reminded that identity and wellbeing are totally connected and that we all have a natural capacity to develop resilience - it is not a fixed trait.

A number of our staff also went to hear Dr Melinda Webber present her research findings from all the schools in our Kāhui Ako. Unfortunately, there was not a great response from secondary students but the information still points to patterns and trends.

Some of the key results were:

- Nearly half of all primary and secondary students have an above average or excellent sense of self-efficacy and competence and it is the same for whānau's perceptions of their children's academic excellence.
- Effective teacher practices included being encouraging and hopeful, providing future-focused advice, having high expectations and providing extra learning opportunities.
- Effective whanau practices included helping their students to set, evaluate and then reset goals, Trust them, let them be independent and make mistakes and showing them that you are there no matter what
- Secondary students have a similar sense of cultural pride as the national average
- Māori secondary students have a much higher sense of cultural pride than the national average
- Pākehā cultural pride decreases as students get older
- 34% of parents of Pākehā children could not identify a positive aspect of their child's identity
- Primary aged Māori students have lower university aspirations and this gap widens as they reach secondary school
- Familial and teaching role models are powerful in the lives of students
- Students need to believe they occupy a

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Important Dates

23 June 2021

PTA Meeting, 5:30pm

9 July 2021

Last Day of Term Two

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<https://www.facebook.com/WhangareiGirlsHigh/>

central and valued position in their family, including their school family, so they develop a positive sense of self esteem

- Students need to feel belonging and connection to their environment and others in it. They thrive when they know that their culture and history is important and valued.

It has given us good food for thought and reflection as we stocktake what we do and what we can do better.

This is the time of year when attendance starts to slip for some students. Please keep an eye on your student's attendance

through the parent portal and do not hesitate to contact us (as we will you) if you have any concerns. It is important that we work together so each student can achieve their goals and experience success.

Nāu te rourou, nāku te rourou, ka ora ai te iwi.

With your food basket and my food basket the people will thrive.

Ngā manaakitanga

Anne Cooper
Principal

Head Girls

Kia Ora everyone,

This term started with the formation of our 2021 Student Council, who were named at our Term 2 assembly and awarded their badges. So far they have organised themselves into sub committees to work on various upcoming projects within our school. They are also collecting suggestions from students regarding what to spend our Work Day money on, which will be discussed for the rest of this term before we make any final decisions. This council will run from this term until the end of Term 1 2022.

On the 11th of June we organised a meeting with the Head Prefects from schools around Northland. We had 8 schools attend and about 30 head prefects and it was a great success. This meeting allowed us to get to know each other as prefects and gave all of us inside perspectives into the differences and similarities between our schools. The meeting also included talks about pressing issues in our schools and in our society, which we are all passionate about making change through our roles. Such issues included junior and senior relationships within schools and restoring tuakana teina, gender diversity, lack of Maori history knowledge, mental health and wellbeing and many more. In our next meeting we plan to look closer into these ideas with hopes to work as a collective and create a project that we can all perform in our schools and make a difference in our students' lives.



Best wishes from the Head Girl team; Aimee, Chloe, Kiahna and Lucy.

Payments to WGHS

For anyone wishing to pay any costs for students by internet banking, our details are:

ASB 12-3099-0107679-00

Please use your student's name and what the payment is for as the reference.

PLEASE NOTE: This is a new bank account, the BNZ account is now closed.

Past Student Achievements

Former student and Prefect Beatrice May Holman was admitted to the Bar on Friday 28th May in the Auckland High Court by Judge Christian Whata.

Now in her 6th year at University of Canterbury, she graduated in April with a BA in Political Science and an LLB, Beatrice is now enrolled in an LLM in International Investment Law.

Beatrice is an elected member of the UC Student Association as the Post Graduate representative and a Tutor at College House Halls of Residence.

Loves-Me-Not Programme

On Monday 21st June (week 8 of this term) the Year 12 students at Whangarei Girls' High school will participate in the 'Loves-Me-Not' programme. This programme focuses on relationship abuse and will be delivered by community Police Officers, WGHS staff and other relevant community groups. This is part of our whole school approach to supporting students' wellbeing.

Below is a link to a video about the 'Loves-Me-Not' programme

<https://www.youtube.com/watch?v=c-gt7QG7GEc&feature=youtu.be>

Year 13 Psychology

As part of our positive psychology unit, we were recently fortunate enough to have Stacey Milich from Millie Me Affirmations come and speak to us. Stacey covered deep gratitude, affirmations and the implementations of these in everyday life to enhance wellbeing.

We are very appreciative of Stacey's time.

School Calendar

Whangārei Girls' High School Pathways Day - 17th May 2021

June

- 18 12ECD Placements
11PEDSS North Tec
9 Switch AH Reed
Book Enz Lit Quiz
ShowQuest Fundraiser
- 19 12ECD Placements
- 20 12ECD Placements
- 21 12ECD Placements
- 22 12ECD Placements
13OED Cape Reinga
Y10 & Y12 Drama
Trades Whangarei Trip
- 23 12ECD Placements
13OED Cape Reinga
Y10 & Y12 Drama
Midweek Football
- 24 12ECD Placements
13OED Cape Reinga
Y10 & Y12 Drama
June Enterprise in Action
Y12/13 Art History trip
Table Tennis Champs
Readers' Cup
- 25 12ECD Placements
13OED Cape Reinga
June Enterprise in Action
11ECO trip
11PEDSM Volleyball
Y9 Volleyball
12CHEZ Internal Assess
Snowplanet Training
- 26 12ECD Placements
June Enterprise in Action
- 27 12ECD Placements
June Enterprise in Action
NSSA Squash
- 28 12ECD Placements
Nga Manu Korero
Primary Industry trip
- 29 12ECD Placements
Nga Manu Korero
12OED Survival Assess
- 30 12ECD Placements
Nga Manu Korero
12OED Survival Assess
Midweek Football

On the 17th of May we held a Pathways day for our Year 10 and 11 students. We had 38 people from 21 organisations willing to share their personal career journey and current position with our students.

Our students were given a task that encouraged them to ask questions about people's careers such as the industry, key skills or strengths, subject ideas and how to pathway into different careers. On the same day our Year 10 students and a small group of Year 11's heard from Julie Raine, the current Auckland Chair of Engineering NZ about her career journey and the importance of goal setting, self affirmations, and being confident in the workplace.

Here is some student feedback from the day:

"This was an awesome opportunity to get to know more about all the different career pathways in depth and ask questions."

"There are so many different pathways you can take inside of each industry. There are so many jobs and courses out there. You get paid in an apprenticeship – earn and learn."

"It was fun but it also opened my eyes to what Northland has to offer and the fun jobs."

Year 12/13 parents keep reminding your child to look at the CareerWise website (<https://wghs.careerwise.school.nz/>) for scholarship opportunities and tertiary information events.

Career Focus

Do you know about the FREE Direct Career Guidance Services you can now access in Tai Tokerau under a Tertiary Education Commission initiative to support New Zealanders affected by Covid?

Who is it for: All New Zealanders, of any age, whose jobs, training or study pathway have been affected by COVID-19 including youth. Let's face it, that's all of us.

Support with: Career goals and pathway development post high school, information about amazing opportunities to study for free through TTAF. Also understanding the job market, CV, cover letter and interview coaching, tips about the job market and what skills employers are looking for. We also support job seekers, career changers and professionals looking for career advancement.

Muriel Willem, experienced careers practitioner in Whangarei, offers personalised career guidance that is right for YOU and your whanau: on the phone, Zoom or face to face in Tai Tokerau.

Don't delay: This service runs until 25th June.

Ring TEC on 0800 601 301 to book a consultation with Muriel Willem so we can support you to develop your career pathway, help you back into employment or retraining as quickly as possible.

That is our mission.

Focus. Act. Grow

Career Focus NZ

www.careerfocus.nz

0276334171



Check out our Facebook Page for photos and regular updates on news and events around the school

<https://www.facebook.com/WhangareiGirlsHigh/>

Te Manawa o Whangārei Pānui #1 Term 2 2021

Kia ora koutou,

Welcome to our first community pānui for our Kāhui Ako - Te Manawa o Whangārei. It has been a busy start to the year with lots of fantastic initiatives happening in our schools.

Kāhui Ako | Communities of Learning are groups of education and training providers that come together, along with their communities, to raise achievement for all tamariki and young people – by supporting each other and sharing expertise in teaching and learning (ako).

Te Manawa o Whangārei

Schools

- Whangārei Girls High School
- Pompallier Catholic College
- Maungatapere School
- Matarau School
- Ngunguru School
- Whangārei Heads School
- Parua Bay School
- St Francis Xavier Catholic School
- St Joseph's School Dargaville

Early Childhood Centres

- Best Start Regent Kindy
- Comrie Park Kindergarten
- Kensington Educare
- Manaia Kindergarten
- Parua Bay Childcare
- Parua Bay Playcentre
- Pipi's Childcare and Preschool
- St John's Progressive Childcare

Te Manawa o Whangārei is led by Anne Cooper (WGHS) and Craig McKernan (St Francis Xavier).

Across School Teacher Team

Kate Fortune (Pompallier)

Christine Dean (WGHS)

Adam Crump (Matarau)

Sharon Wendt (St Francis Xavier)

Within each of our schools are dedicated Within School Teachers who work around the Achievement Challenges in their own kura.

WELLBEING

To improve the wellbeing / hauora of students across the community.

Responding holistically to all aspects of student needs, including their physical, social, emotional, academic and spiritual (ERO wellbeing for Success) so that children have a sense of wellness and resilience, understanding their own mana atuaanga – uniqueness and spiritual connectedness (Te Whariki).

OUR ACHIEVEMENT CHALLENGES

LITERACY

To improve oral and written language skills.

Written Language
85% of students confidently and competently working at the required curriculum level in writing for Year 1, Year 7, and Year 9.

STEAM

To improve student engagement through the STEAM approach.

STEAM is an acronym of science, technology, engineering, and maths but also introduces arts.

To inspire students by giving them real life experiences of science and encourage creative thinking and 21st Century skills for the modern world.

WHANGĀREI WELLBEING HUB

All 5 Kāhui Ako across Whangārei have joined together around the Wellbeing Achievement Challenge. This group reaches across 41 schools and over 13,471 students.

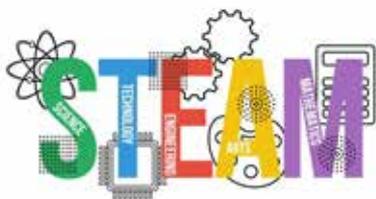
Initially the focus was on teacher wellbeing, the hub has now turned the focus to student wellbeing.

The Hub gather together once a term to strengthen knowledge, practice, and develop initiatives around wellbeing.

Some of the action groups as a result of this work are:

- Cultural Narratives
- Trauma Responsiveness
- Physical Wellbeing
- Transitions

There will be a Hub Website launched soon where you can follow the mahi of the wellbeing initiatives in our community.



What is STEAM?

STEAM based programmes take an integrated approach to learning and teaching, which requires an intentional connection between curriculum learning objectives, standards, assessments, and lesson design/implementation.

STEAM learning applies meaningful maths, science, and technology content to solve real-world problems through hands-on learning activities and creative design.

Benefits of STEAM learning

Students who participate in STEAM learning:

- think outside the box
- feel safe to express innovative and creative ideas
- feel comfortable doing hands-on learning
- take ownership over their learning
- work collaboratively with others
- understand the ways that science, maths, the arts, and technology work together
- become increasingly curious about the world around them and feel empowered to change it

Professional Learning Partner for STEAM

Tracey Kinloch Jones—Digital Circus

www.digitalcircus.org.nz



Tracey enjoys working alongside teachers to develop fresh localised programmes, especially using Science and STEAM. These programmes empower teachers and students with both confidence and competence to accelerate their learning journey. Tracey received the Royal Society Alumni award for her work with Science education in 2014.



Write That Essay (WTE) was developed by Dr Ian Hunter. The system is based on the explicit teaching of specific writing skills—taught year-by-year—from Year 1 to Year 12. WTE teaches students HOW to write—using a proven approach of sentence styles, paragraph models, and writing rules.

The system is measurable, teachable, and supports writing in any subject area. Dense grammar jargon is removed, instead teachers and students learn the rules of great writing. Sentences are taught as 12 distinct sentence styles. Equally, paragraphs are taught successively, so that the student learns a range of eight paragraph styles which mirror the cognitive and writing demands of their respective year level.

TAHU TE AHI Ignite the Fire

Dr Melinda Webber



PURPOSE:

- To discuss the data collected from the survey conducted in 2019 and 2020, including a number of schools involved in the Hub
- Survey and research undertaken in relation to her Kia tū rangatira ai: Learning, succeeding, and thriving in education project
- Melinda has some recommendations for all students and especially our Māori tamariki

2020/21 STUDY— A strengths-based research project about how students, particularly Māori students, learn, succeed and thrive at school.

For over 25 years I have worked in education as a primary school teacher, teacher educator and researcher. I am doing this study as I was passionate about improving outcomes for young people. I want to find out more about how students in Aotearoa New Zealand, particularly Māori students, develop attitudes, engagement, aspirations towards school. I am also interested in finding out who their role-models for success are. For the overall study I want to find out more about the personal, teacher, whānau and community factors that positively impact on students learning and success at school.

Professional Learning Partners for Wellbeing The Leadership Lab

www.leadershiplab.co.nz



Denise Quinlin



Chris Jansen



Greg Jansen



Gail Wellington

Ehara taku toa i te toa takitahi, he toa takitini

Our strength is not as individuals, but as a collective

The Leadership Lab team is a vibrant and diverse mix of people bringing experience, knowledge and a real passion to life and leading.

Leadership Lab operates as a collective with a wide range of individuals teaming up to contribute in a range of projects while also supporting and developing each other in the process. allows us all to contribute our gifts and thrive together.



Ehara taku toa i te toa takitahi engari te toa takitini

I come not with my own strengths but bring with me the gifts, talents and strengths of my whanau, iwi and tupuna (family, tribe and ancestors).