



Whangarei Girls' High School

4 November 2020

Word from the Principal

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Important Dates

11 November 2020
Senior Prizegiving

13 November 2020
Orientation Day for 2021 Y9 Students

23 November 2020
Y11 Ra Whakanuia

27 November 2020
Tai Tokerau Teacher Only Day

8 December 2020
Junior Prizegiving

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Tēna koutou katoa

We have now come into that time of year when our Year 13 students are experiencing their 'last time' of school events. Earlier this term, we held our second and final whole school assembly for the year. Thanks go to the Head Girl team who ran it so smoothly and shared their closing thoughts on this most unusual year, as they addressed the whole school for the last time.

Special congratulations to Elite Sports Colours recipients:

WGHS Squash team who successfully defended their NZ Secondary Schools Champions title earlier this year – Shea Ferguson, Olivia Rhodes, Chelsea Trill, Ella Holwell, Jordyn Chapman, Amy Brown

Tara-Leigh Turner – selected to trial for Open Women's Touchblacks in November and selected into Tanya Dalton Foundation

The selection process is well underway for the 2021 Head Girl team and the presentations they made to the whole school confirmed that we do not have an easy task in front of us.

The ASB Sports Awards all fell victim to the familiar catchcry of 'we couldn't because of COVID'. However, a number of our students went to a special ceremony organised by Sport Northland and ASB to receive their awards. Congratulations to all the finalists and code winners.

Senior Academic Prize Giving is racing up fast and we warmly invite you to come and share in the celebration of the students' successes. Despite the interrupted year, many students have continued to excel and we look forward to celebrating their success.

Thank you to those who took the opportunity to come and give us valuable feedback on our pastoral care systems. We very much appreciate the time you gave to this and your feedback is most helpful. Once we have completed the student and staff consultations we will feed it back to you, along with any proposed changes.

Earlier this term, we held the last of our Kāhui Ako wellbeing hui for this year. We had over 100 staff from all the schools involved in this project in attendance and it was great to see the high levels of collaboration throughout the day. The thirteen action focus groups include topics such as: trauma response, positive emotions, mindfulness, physical wellbeing, cultural narrative and wellbeing through collaboration.

Denise Quinlan, from NZ Institute of Wellbeing and Resilience, spoke to us about the importance of positive emotions as they can shape the way we approach our lives and can help us recover from stress. One easy way we can all practise developing positive emotions is to take time each day to stop and think about what we have to be grateful for. Gratitude is strongly related to resilience and wellbeing.

He oranga nākau, he pikorangi waiora.

Positive feelings within you enhances wellbeing.

Ngā manaakitanga

Anne Cooper
Principal

CONGRATULATIONS!!

ASB Northland Secondary Schools Sports Awards

Congratulations to the finalists of the 2020 ASB Northland Secondary Schools Sports Awards and Code Winners

Bella Earl	-	Athletics
Shea Ferguson	-	Squash
Luka D'Anvers	-	Surfing
Abbey Crene	-	Football
Mia Chatterton	-	Cricket
Mahina Kukutai-Wairau	-	Basketball
Leah McRae	-	Aerobics
Kiante Beazley	-	Touch
Chloe Thomsen	-	Tennis
Alysha Donovan	-	Hockey
Chelsea Trill	-	Cricket
Brianna Kessell	-	Aerobics
Tarquala Whittaker-Stone	-	Volleyball
Rebecca Reade	-	Swimming
Mikayla Graham	-	Surfing
Chelsea Trill	-	Squash
Jenna Johnston	-	Athletics
Maya Juarez	-	Volleyball

Code Winners

Holly Rule	-	Athletics
Te Rina Cameron-Tana	-	Basketball
Shirkira Absolum	-	Shooting
Makayla Templeton	-	Cricket
Pippa Croft	-	Hockey
Bree Monaghan	-	Multisports
Kate Taylor	-	Netball
Madeline Whittam	-	Swimming
Tara-Leigh Turner	-	Touch
Caitlin Leathem	-	Tumbling
Terina Hauraki	-	Volleyball
Gemma Salvigny	-	Wakeboarding

Science Fair

We would also like to acknowledge Riana Lane for her successes in the Science Fair - receiving Best Overall Investigation, Environmental Conservation Award and Highly Commended Year 10/11.

Congratulations Riana Lane

Trades Academy Graduation

Small and simple celebrations were held in September to acknowledge the hard work of this year's Hair and Beauty Academy, Health Academy and Construction Academy students.

Special awards were also given to this year's top students:

Anika Brown (Hair and Beauty)

Amberlea Gordon (Health)

Elizabeth Howarth (Construction)

Congratulations to those top students and all graduating students from this year's Trades Academies.



Upper North Island Hockey Championship

This year the main Hockey tournament was cancelled due to Covid so the Upper North Island Championship was formed.

This hockey festival consisted of the top teams from Auckland, Northland, Hamilton and everywhere in between.

WGHS 1st XI lost to St Cuthberts 0-1 in their first pool match, but managed to win their next two pool matches, one against Rangitoto 5-1 and the other against St Kentigern 3-0.

After a tight match in the semifinals, ending in 0-0, WGHS managed to steal the win in the last 8 second shootout moving them into the top 2 teams.

WGHS played St Cuthberts again in the final and finished in second place overall.

This was a huge achievement for the team as this tournament consisted of so many top teams from last year's Federation Cup.

Equestrian Combined Training Results

Overall Team Winner - WGHS Gold - 1st place

Team Dressage - WGHS Gold - 1st place

Individual Placings

Intro Dressage

Zaria Murray - 1st place

Shanelle Rae - 2nd place

Tori Laurie - 3rd place

Intro Combined Placings

Shanelle Rae - 1st

Chloe Leggott - 2nd

Pre-Training Dressage

Chloe Leggott - 3rd

Jessi Joll - 4th

Training Dressage

Ella Johns - 1st

Charisse Harvey - 4th

Training Combined Results

Ella Johns - 1st

Elsa Buckley - 4th

Pre-Novice Dressage

Rosa Wilkinson - 3rd

Pre-Novice Combined Results

Rosa Wilkinson - 3rd

Morgan Good - 4th



National Claybird Shooting

Congratulations to Eva and Shakira for making it into the regionals for the National Claybird Shooting team. The team placed 6th.

Ron Mossop Youth Scholarship for Beekeeping

This is an opportunity for older secondary students interested in a career in beekeeping. The Ron Mossop Youth Scholarship is awarded annually to a young person starting their training in beekeeping.

The scholarship is open to students aged between 17 – 25 years studying apiculture or entering apiculture training in the new year. It is sponsored by Mossop's Honey and organised by Apiculture New Zealand. The recipient will receive:

- \$2000 for one year towards an agreed training programme or approved costs to begin a beekeeping programme (equipment, tools, educational resources) – the funds must be spent to help the recipient further their career in the apiculture sector.
- A one-year ApiNZ membership to the value of \$145 (including GST).
- Attendance at the Apiculture New Zealand national conference in the year the scholarship is awarded.
- \$200 Conference accommodation allowance.

For more about the scholarship or to download an entry form and the rules please check out our website: <https://apinz.org.nz/scholarship-in-beekeeping/>



Parents Supporting Parents

Are you a parent struggling with a child with mental illness? Would you like to connect with other parents who are living with the same awful struggle?

Our aim is to provide a forum where you can let off steam, knowing that the person/people you are talking to understand on some level. Whether this is at a group meeting, or in another way that we can support you, we hope to be able to do that.

The next meeting for the Parents Supporting Parents group is 5pm on Thursday 12 November, at the WGHS Health Rooms. Come in Gate 1 and follow the signs.

Join us on Facebook to connect and find out more information <https://www.facebook.com/groups/651665085170218/>

School Calendar

November

- 4 NSSSA Jnr Volleyball
- 5 11 Marine Science
Reotahi trip
12OED Sea Kayaking
- 6 11 Marine Science
Reotahi trip
12OED Sea Kayaking
11PEDSM WPS Athletics
- 9 NSSSA Y7-10 Golf
- 10 11OED Sea Kayaking
- 11 11OED Sea Kayaking
NSSSA Jnr Volleyball Final
Senior Prizegiving
- 12 11PEDSM Ripa Rugby
NSSSA Jnr Volleyball Final
Y10 Drama
- 13 Teen Ag
Y9 - Y10 Renegade
Hockey
Orientation Day for 2021
Y9 students
- 14 13 PED Maunga Mayhem
- 16 NCEA Exams Start
NSSSA Mixed Futsal 9-10
- 17 NSSSA Y9 - 10 Beach
Volleyball
Y11 Drama
10OED DOE Assessment
- 18 Y11 Drama
10OED DOE Assessment
NSSSA Tennis Doubles
- 19 10OED DOE Assessment
Y11 Drama
Y11 Music Concert
Y11SCIFM Goat Island
- 20 10OED DOE Assessment
11 GEO Field Trip
- 23 Switch Camp
NISS Jnr Volleyball
Y11 Prizegiving
- 24 Switch Camp
NISS Jnr Volleyball
Science Roadshow
- 25 Switch Camp
NISS Jnr Volleyball

7 Tips for Managing Exam Stress

(Taken from ReachOut.com. Go to <https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-school-and-education/help-my-teenager-manage-exam-stress> for more details)

School exams – and particularly Year 12 exams – can be a very stressful time for teenagers. The recent chaos caused by COVID-19 hasn't made things any easier, with students being forced to adjust to new routines and a changed style of learning. But while the world may be changing and rearranging itself daily, the importance of education, and the role that exams play in that landscape, hasn't changed. Stress around exam time can not only impact a teenager's mental health but also their physical health and general wellbeing. Having a stressed teenager in the house can also be difficult for the whole family – particularly during this time, with many families spending more time together indoors.

Here's some tips on how to deal with exam stress with your teenager.

Give them time off chores

The pressure to perform well in an exam while preparing for it under challenging conditions is tough. They'll appreciate the extra time to study or unwind, as well as the fact that you're looking out for them.

Encourage extracurricular activities

While it might sound surprising, your teen could easily slip into a routine of overindulging in study. Encourage them to step away from their desk occasionally and keep doing their regular activities, it's essential that they occasionally switch off.

Help them set up a study space

Spare a thought for students attempting to study while not being able to access classrooms, libraries or their school resources. Creating order among the chaos by helping your teen to set up a dedicated study space can help give them a sense of control.

Chat with them about life after exams

Talking about the future can seem scary, especially when things feel uncertain, but chances are your teen is more stressed about their life after the exams than you are. When your teen knows they've got your support, they'll stress less about what the future holds.

Maintain a regular sleep schedule

Disrupted sleep patterns are a sure-fire way to have a stressed-out teen on your hands. Add to that a big exam looming, and that's bad news for everyone at home.

Take study breaks and walks, cook up a storm

Distraction is often considered a dirty word when it comes to exam prep, but with everything that's going on in the world, taking the occasional break is a great way to stress less.

Let them vent

Sometimes the best way to send stress packing is to let off a little steam. If your teen has been cooped up inside with their books and needs to vent, then be a sounding board. If they're on a roll and just need to get it all out, try not to offer advice or suggestions. Nod, smile and enjoy the show! Chances are, you and your child will feel better after it's all said and done.

Lockers

Be in quick – limited lockers available

If you wish to reserve a locker for 2021 or keep your current locker, you will need to fill in an online order form at <http://www.stowawaylockers.co.nz/order-form/> as soon as possible.

If you no longer require your locker for 2021, please let us know by email info@stowawaylockers.co.nz. You will need to return your key at the end of the term, sellotaped to a piece of paper with your details on for your bond refund. Ensure the locker is left empty, as any remaining items will be disposed of at the end of the year.

Keys will need to be received within one week of term 4 ending and can be posted to: Stowaway Lockers, 220 Ngunguru Road, RD3, Whangarei 0173.

Refunds will be direct credited to your bank account in January 2021.

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

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