



# Whangarei Girls' High School

**February 2016**



**2016 WGHS PREFECTS**

**[www.wghs.school.nz](http://www.wghs.school.nz)**



## Dear Parents / Caregivers

Tena koutou katoa

Welcome to 2016. It has certainly been an interesting start to the year for us as our building programme is running behind schedule and we are under pressure to accommodate all our classes this term. Thankfully, this pressure will be lifted next term as the three new Health and PE classrooms on the courts will be finished and ready to use and we will have another four relocatables to use until the completion of the big block. At the moment we have classes timetabled into the Hall Theatre, Lupton and other spaces we have never used before as a classroom, so it is a relief to know it is only for one term.

The refurbishment of our Student Support, Science Labs and Administration areas is now nearing completion and we thank you for your patience and ask you to continue with that for the next few days as we continue to set ourselves up in these areas. There is still work to be completed but we have all shifted and are semi-functioning at present. The students will be pleased to have a covered walkway alongside the main block which will help to ease congestion in the corridors and keep the girls dry in wet weather. Once it is all up and running, it will be a vast improvement on what we had. We have over 360 new students this year and a number of new staff too. We welcome all of you, along with your whanau, to Whangarei Girls' High School and we look forward to working with you over the next few years. Our new students have come from 57 different schools and many different countries. A special welcome to Year Nine students, starting school for the first time and to the international students here with us from Germany, Norway, Japan, China, Argentina, France, Denmark, Switzerland, Austria, Chile and Finland. I also extend a big welcome back to all the other students and hope you have returned keen to achieve your goals and full of ideas as to what this year will hold in store for you.

Over the holidays Haggis Henderson took up a position teaching Physics across the road at Whangarei Boys' High School. We thank him for the contribution he made to our school in Physics, IT, Music, Te Reo to name but a few and we wish him all the very best for the future. Elaine Grant left at the end of 2015 and we thank her so much for all her contribution to WGHS over the years, especially to the Art Department.

Suzanne Atkins is on sick leave this term and Mrs Lang will be returning shortly from a period of sick leave.

We warmly welcome new staff to the school and it is great to see some familiar faces returning too. **Tanya Hodgson** has returned after a number of years over-

seas and is working in the Art Department; **Gabby Hopper** is also back after a couple of years overseas and is teaching PE, Health, Dance and Social Studies; **Tim Mulcare** has come from Pompallier College and is joining the Maths and Science Departments; **Christopher Ohlson** has moved up from the Waikato and is teaching European Languages, German and English; **Linda Towers** returns to the Science Department; **Leann Smedley** is the new hostel manager and **Freya Parangi** and **Frankie Hayter** have taken up positions as technicians in the Foods Department. New RTLB joining our cluster are: Sharn Coates and Susan Logue.

We congratulate our Head and Deputy Head Girls for 2016 and applaud the enthusiasm and confidence with which they have already taken up their roles. The prefects too have quickly settled into their new roles, with an exciting array of activities planned for the year. Our student leadership team for 2016 is:

Head Girls: Justice Hetaraka and Mihi Shepherd  
Deputy Head Girls: Jessica Fowler and Dani Kirby  
Ball Committee: Kacey Findlay and Gemma Turketo  
Citizenship Committee: Rhiannon Fyfe and Samantha Ley  
Cultural Committee: Samantha Calver  
Design Committee: Julia Carter-Bell  
Environmental Committee: Kaea Robinson and Sara Taylor  
Global Issues Committee: Cezanne Hamilton and Jennifer Wordsworth  
Health Committee: Emily Brunker and Renee Johnson

House Captains:  
Bell MacKenzie Johnson and Pru Rhynd  
Lovelock Katie Locke and Rebeca McKean  
Manaia Maeve Adair and Claire Fuller  
Mansfield Tia Saunders and Rozlyn Thompson  
Rutherford Carli Butturini and Adriana Harkness  
Sheppard Lisa Corston and Teale Vint

International Committee: Brenna Ahrens and Rebekah Robb  
Music Committee: Claudia Cooke  
SADD Committee: Vaaniprya Diwan  
Sports Committee: Jade Litchfield and Emma Moscrip  
Visual Environment: Sarah Adam and Kate Stanley

As you will see later in the newsletter, we are very pleased with several aspects of our provisional NCEA results, particularly Level One overall and in particular, Maori achievement, which improved on last year's statistics in every aspect and also exceeded national averages. However, we were disappointed that this did not extend to Level Two and will carry out a more detailed analysis of the results at this level. However, the percentage of

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Maori achieving Merit Endorsements is encouraging and it is the same in Level Three. There was a marked increase in Maori UE achievement with 59.7% achieving it compared with 26.4% nationally and 31% in 2014.

Congratulations to the following students who were awarded Elite Academic Colours for gaining more than 100 credits at Excellence level in NCEA:

**Level One:**

Isabella Anderson  
Sarah Barnes  
Hiromi Beran  
Zahra Cherrington  
Shian Cottam  
Ella Parr

I would also like to congratulate the Scholarship winners and their dedicated teachers. This award places the student in the top 3% in NZ for that subject.

Rachael Machado	English	Mrs Northey
Emma Barnes	Chemistry	Ms Rentoul
	History	Ms Kuitert
Ala'h Musa	Chemistry	Ms Rentoul
Emma Davies	Design	Mr Beazley
Amy Dawber	Design	Mr Beazley

I would also like to congratulate all the students who achieved subject and overall Merit and Excellence endorsements. These are achievements to be truly proud of and do not come without hard work and commitment to your learning.

You will see in the Sports newsletter and further on in this newsletter that several students have achieved great results on the national stage over the holidays. Congratulations to these students for their writing, volleyball, hockey, waka ama, rowing, squash, Get2Go, athletics, basketball and cricket achievements.

This year our goals are to continue increasing our NCEA results, with a particular focus on Maori achievement. We are continuing our work on raising our levels of cultural responsiveness and moving to more student centred teaching and learning. Strong working relationships with parents and whanau are im-

portant to us and we aim to maintain and strengthen these. We will also be continuing our focus on the use of technology in the classroom. As this gains momentum, it is very likely that in 2017, we will be asking students at some year levels to bring their own device as we will be unable to provide enough to meet their needs. This will be timely as NZQA move towards online assessment for NCEA.

The Year Nine curriculum has changed this year with the students choosing nine courses to study for a trimester each throughout the year. The exciting range of subjects has met with a positive response from the students and envy from students at other year levels. This term we will begin to look at how we take this forward to Year Ten in 2017.

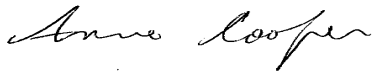
We have also changed to a five day timetable structure, with the staff PD now on a Tuesday afternoon instead of the morning and whanau time every day. This too, will be reviewed later in the year to ensure it is the best structure to deliver our curriculum.

We encourage every student to participate in at least one extracurricular activity every year and Clubs and Socs days this week give them a great opportunity to see what is on offer and to ask questions and find out more information about the ones they are interested in. Please encourage your daughter to participate in sport, culture, leadership, service or one of the many committees run by senior students. She will gain great benefits and develop important skills and qualities from this involvement.

Swimming Sports are being held next week and we ask that you recognise this as an important school day. It also contributes greatly to the building of House and school spirit. Regular classes are held in the morning. Each year we are disappointed by the large number of students who arrive with notes asking to be excused from this day. Please tell your daughter she is expected to be at school and contribute to the festive atmosphere of the House competition. It is always participation which is the critical success factor in those sought after House points. Even if your daughter is unable to swim on the day, she can still contribute to her House, encouraging and organising and cheering her peers on. We do keep a record of attendance on these days and take it into ac-

### ***Continued...***

count for things such as prefect selection. 2016 is going to be another great year for Whangarei Girls' High School and we look forward to meeting and working with you. Please do not ever hesitate to contact us if you have any queries about anything. Nga mihi



*Anne Cooper*  
**Principal**

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### **NCEA RESULTS**

Congratulations to the following students who gained Excellence endorsements in NCEA 2015.

#### **Level 1**

Isabella	Anderson
Sarah	Barnes
Hiromi	Beran
Zahra	Cherrington
Shian	Cottam
Ella	Parr
Alesha	Ahrens
Keely	Angelo-Jones
Genie	Blasingame
Danielle	Blud
Jorja	Broome
Abby	Buckthought
Maya	Cash
Rachel	Coenradi
Mikaela	Crawford
Ella	Donald
Holly	Donovan
Dominique	Fong
Sophie	Gilbert Keene
Monique	Gilmour
Emily-Rose	Hamilton
Iona	Hayman
Jorja	Heta
Amy	Jacobson

Megan  
Tahlia  
Grace  
Maria  
Fern  
Maggie  
Talia  
Jessica  
Macey  
Phoebe  
Meg  
Taine  
Esther  
Billie  
Rebecca  
Khaarla  
Amber  
Ella  
Monique  
Chloe  
Omari  
Kaitlyn  
Ellie

#### **Level 2**

Grace  
Mihi  
Sarah  
Brenna  
Rebecca  
Victoria  
Ann-marie  
Julia  
Frances  
Claudia  
Maddie  
Jessica  
Claire  
Adriana  
Shenae  
Justice  
Nina  
Gillian  
Dani  
Jina  
Meg  
Rebeca  
Tia

King  
Lawton  
Lockett  
Lovelace  
Manning  
McGrath  
Paul  
Pilmer  
Polwart  
Robertson  
Robinson  
Rouse  
Rowe  
Scott  
Sidford  
Tavoi  
Taylor  
Thomas  
Tobin  
Topping  
Vigille  
Watson  
Weston

Elliot  
Shepherd  
Adam  
Ahrens  
Beasley  
Cammell  
Carter  
Carter-Bell  
Christian-Farrow  
Cooke  
Doherty  
Fowler  
Fuller  
Harkness  
Heswall  
Hetaraka  
Kalkoff  
Kent-Smith  
Kirby  
Lee  
Lyon  
McKean  
Saunders

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### Level 3

Emma	Barnes
Kyla	Campbell-Kamariera
Emma	Davies
Amy	Dawber
Sophie	Duckmanton
Hayley	Green
Beatrice	Holman
Rachael	Machado
Rhianna	McGhee
Briar	Mortensen
Ala'h	Musa
Katherine	Nilson
Eva	Pearson
Kelly	Still
Katie	Woodward

been a definite dream since the beginning of our high school years. Our wish for 2016 is to positively contribute to Whangarei Girls' High School in as many ways as possible as ambassadors for the 'Fideliter Code', whilst giving back to the school which has given us so much over the past four years.

The 9<sup>th</sup> of February marked our very first day as prefects, attending the induction day for Year 9s and new students. This was a great chance to meet and address the future leaders, sportswomen, scholars and role models of our school, and welcome each and every new student into the WGHS whanau.

We have also been part of the first Powhiri and were proud to lead the first whole school assembly for 2016. Our Year 9s along with other new students and teachers to Whangarei Girls' High were officially welcomed. We received our badges along with this year's Prefects.

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## Head and Deputy Head Girls

The summer holidays have flown by and we can't believe that 2016 is already well on its way! For us, the school year began with a night up at Bland Bay for Year 13 Leadership Camp, participating in leadership orientated and team building activities such as raft making and the customary "Bland Bay's Got Talent". Camp was highly beneficial, introducing us to numerous leadership strategies to utilise in our final year at WGHS and drawing us closer as a year group after a two month holiday! We would like to thank all the teachers who played a part in the organisation and running of camp, and also acknowledge your participation in the dawn yoga class which, from the distance, appeared highly entertaining!!

We feel so honoured to have been given this opportunity to be seen as leaders at Whangarei Girls' High for 2016. All four of us have always looked up to past Head Girls with such respect and admiration, and this position has

Clubs and Societies Day is rapidly approaching, and we would strongly recommend all girls sign up for at least 1 club/committee for the year. The range of prefect run committees is so diverse, ranging from environmental committee to the citizenship committee, and each and every committee contributes strongly to our school culture and spirit. Further into the future, House spirit is already building around the upcoming Swimming Sports and House Day, with costume planning well underway – no doubt Arthurs will be flooded by an influx of students any day soon! As Head Girls, we have also begun planning initiatives to carry out through the course of 2016.

With so much happening within Whangarei Girls' High this year, we have no doubt that 2016 will be a year to remember for all students.

**Justice Hetaraka   Mihi Shepherd**

**Jessica Fowler   Dani Kirby**



**Head Girls: Justice Hetaraka and Mihi Shepherd**  
**Deputy Head Girls: Jessica Fowler and Dani Kirby**

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### **NCEA Results**

We are particularly pleased with the improvement in our Endorsed with Excellence results in both Level One and Level Two which were both better than in 2014. In fact our Level One results improved by 5%.

The percentage of students gaining NCEA Level Three increased by 13%, similarly UE improved by 10% - again very good results.

Although we were a little disappointed with Level 2 results overall, we were pleased to reach and exceed National Statistics.

Our Literacy and Numeracy results also improved.

Results for 2015 were:

<b>Level 1</b>	<b>2015</b>	<b>National comparison</b>
Achieved	78.0	73.2
Merit	41.6	35.3
Excellence	20.4	18.8
<b>Level 2</b>	<b>2015</b>	<b>Nat</b>
Achieved	77.9	75.8
Merit	34.0	27.0
Excellence	14.7	14.7
<b>Level 3</b>	<b>2015</b>	<b>Nat</b>
Achieved	77.7	63.8
Merit	28.8	29.1
Excellence	9.4	13.8
UE	59.7	47.3
Literacy	94.3	82.5
Numeracy	87.7	82.3

Congratulations to all those who reached their goals in 2015!

### **Attendance**

Good attendance is essential for achievement. Please try to ensure that appointments for the dentist or doctor are made outside school time so that students have the maximum time in class and are eligible for 100% Attendance awards. I would also encourage you all to check the parent portal regularly and if you have any queries, please ask your daughter to check with her teachers.



## English Department Corner

Welcome to our Year 9 students, and welcome back to all returning students. We are thrilled to be launching into a new year of learning in English. Already, there are opportunities for students to extend themselves in writing and speaking competitions outside of the classroom. The following competitions are offered currently:

ANZ Cyril Bassett RSA Speech Competition- open to Year 12 and 13 students

Lions Young Speechmaker Contest- open to Year 12 and 13 students

The Liam and Frankie Davison Award for outstanding achievement in literary writing on an issue in women's health- open to Years 11, 12 and 13

Students are reminded to check the English noticeboard outside Room 11 regularly, for updates. Last year, one of our Year 13 students (Rachael Machado) won \$1000 as the national winner of The Liam and Frankie Davison Award, and three more of our students had a piece of writing selected for the national publication of NZ's best secondary writing, 'Re-Draft'. Well done to Pru Rhynd (Year 13), and two of last year's Year 13 students, Ala'h Musa and Amy Dawber.

We are thrilled with our senior students' NCEA results from 2015. In particular, we are very proud of the increased number of Excellence grades and Excellence subject endorsements in Level One. Well done to this year's Year 12 students who have lifted the bar for this year's Year 11s. A special congratulations to Rachael Machado (Year 13 2015) for her success in the Scholarship English exam. We are very proud of gaining a pass in this prestigious and challenging examination.

The most exciting upcoming events for us in the English Department revolve around one of our favourite literary figures. Yes, that's right, we have the opportunity to take Year 9 and 10 students to Auckland to be a part of the Pop Up Globe experience. Notices have been issued to

Year 9 and 10 students, inviting them to take up this opportunity. 107 Year 10 students and their English teachers will see a matinee performance of Shakespeare's "Twelfth Night" on Wednesday 2 March. Then approximately two weeks later, 107 Year 9 students and their English teachers will see a performance of Shakespeare's "Romeo and Juliet" on Tuesday 15 March. We cannot wait! These trips are offered on a first in, first served basis though, so it is important to secure a place as soon as possible.

Lastly, the English Department is currently running its annual text amnesty. Please, if you have any of our books lying around at home, we will be grateful to take them off your hands.

Nga mihi,

**Margaret Northey**  
HOD English



## Science Corner



**Finding Science a big step up this year? Ask your teacher when tutorials are available.**

Congratulations to our high achievers in Science. **Emma Barnes** and **Ala'h Musa** both gained **scholarships in Chemistry** and we congratulate them on this achievement.

We also acknowledge the following students who gained Excellence endorsements in their Science subjects.

**Level One Science:** Sarah Barnes, Hiromi Beran, Genie Blasingame, Danielle Blud, Zahra Cherrington-Irving, Shian Cottam, Mikaela Crawford, Madison Doar, Dominique Fong, Tahlia Lawton, Ella Parr.

**12 Biology:** Jessica Fowler, Mihi Shepherd, Jennifer Wordsworth.

**12 Chemistry:** Grace Elliot, Jessica Fowler, Tia Saunders, Mihi Shepherd. **12 Physics:** Grace Elliot, Jessica Fowler, Tia Saunders, Mihi Shepherd.

**13 Biology:** Emma Barnes, Ala'h Musa, Kelly Still.

**Chemistry:** Emma Barnes, Ala'h Musa. **13 Physics:** Ala'h Musa

In 2015 Emma Barnes was one of our successful Science Fair competitors. As part of her prize she was asked to participate in the **Powering Potential Forum**.

Powering Potential is a three day event held in Wellington for students who wish to pursue a career in science. The aim of the programme is to address and solve some of the greatest questions in science in New Zealand. Our team was asked, "**What role can social media play in linking the New Zealand public and scientific community over issues facing New Zealand such as freshwater and climate change?**". Through planning, research and surveying we came to the conclusion that social media can provide a 'bridge' between both parties. The skills I learnt whilst completing the project are invaluable and will no doubt be essential in tertiary study. Powering Potential was not just limited to science; we had the opportunity to explore Wellington and its vibrant culture. I highly recommend this event and hope WGHS students will attend in the future!

## Opportunity in 2016 to attend the Youth EnviroLeaders Forum

This year's week long forum will be held in and around Nelson and will focus on pest eradication, biodiversity and ocean health. With other young, up and coming youth environmental leaders, students have the opportunity to address topical environmental issues facing our country, and develop strategies to address them.

If you are interested, apply on line **via this link:**

<http://spbt.koncero.com/>

Here is an excerpt that describes what the students will be involved in:

"Our exciting programme is hands-on and student driven. We want students to feel inspired, involved, heard, and supported to learn and grow in the area of environmental leadership. Students will go on field trips and workshops, get out on the water, develop leadership skills, and do all this alongside peers who are passionate about the same things as you. Students spend time with experts, politicians, business and community leaders, staff from the Ministry for the Environment, and inspirational Sir Peter Blake Trust Alumni."

Start planning your 2016 Science Fair entry and become part of the support group run by Mrs Phillips. Science Fair covers a range of projects from investigations and research to innovative technology. For more information visit the website: <http://www.centralnorthlandsciencefair.co.nz/>



# Change in the Science Department

2015 was a year of change in the Science department and we are almost there. Renovation of the four oldest Science labs started just after the seniors left on study leave and the contractors have been hard at work. Despite the inevitable ups and downs, the rooms are taking shape and students now sit at 21<sup>st</sup> century furniture and not at the old benches some of us sat at in the 1960's.

Here are some photos showing the snapshots of the different stages of the renovations.



**Room 15**



**Physics in  
Room 18**



**Room  
16**



**Biology in  
Room 38**



Microscope cupboard for senior Biology

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## PHYSICAL EDUCATION

The Physical Education department would like to welcome everyone back and extend a welcome to all new students and families. We trust you are all ready for another exciting year of Physical Education!

### **Physical Education Junior Uniform and Senior Dress Code:**

The Year 9 and 10 PE uniform can be purchased from the uniform shops. We have been excited to see most students are already sorted with their Physical Education gear and we thank you for being so organised.

The junior PE uniform is:

Black shorts with WGHS logo

White V neck t-shirt with WGHS logo

Year 9's are starting the year in the pool and the swimming dress code is one of, or a combination of, the following:

one-piece togs

tankini

board shorts (the PE uniform shorts are fine to swim in), rash vest, wetsuit.

We have some rash vests available to borrow for the lesson if needed. Any colour is fine

Senior Physical Education students are expected to be changed for all practical lessons and may wear comfortable clothing suitable for PE – such as shorts/track pants and t-shirt. However, there is no uniform.

For safety reasons no socks or school shoes are to be worn for PE, however clean, non-marking sports shoes may be worn at any year level.

### **Expectations for Participation:**

We expect all students to bring Physical Education gear (or swimming togs for Year 9's) and be ready to participate in every lesson, even if they are feeling unwell or have a cold. We ask that students talk to their PE teacher at the start of the lesson and then attempt some involvement such as modified and low level activity or perhaps participate by umpiring, even if they are ill, and therefore PE gear is required for all lessons. We understand that severe sickness will prevent them from attending school. Notes will be accepted for extreme cases, such as major injuries

or on-going illness.

Our department is about getting students active and trying their best and therefore we will endeavour to find a role for all students to be involved actively.

Year 9's at the pool – girls who do not swim with periods will need to bring a note and PE uniform for the week that their period occurs.

### **Term 1 PE Programmes:**

Year 9's are in the pool until Easter. They will be involved in fun games for the first few weeks and then focus on survival skills. Students will complete a swimming assessment, of which there are 3 choices:

Water Safety NZ Passport

Royal NZ Lifesaving Award

Diving Level 1 Award

Year 10's will be learning Interpersonal Skills. These are skills used when interacting with others, e.g. communication, tolerance, problem solving, support, etc. The students will learn these skills through a range of games and then apply them in a choice of:

Athletics

Games Based Fitness

Year 11's are beginning the year with an intensive Athletics Coaching day, from which they have four lessons to perform and record their best efforts in 5 different events. After this, they will learn Interpersonal Skills and then be split into teams for the remainder of the term. They will be in a set team for about 6 weeks, where they will decide which Invasion Games they want to train in, who they will play, when, etc. They will be assessed on how good their Interpersonal Skills are and how good they are at Invasion Games. They will have gained 7 credits by the end of this term.

Year 12's are kicking off with a unit about leadership. While we will cover a lot of the content in class, it is important to note a few trips this term which will contribute greatly to the student's knowledge of this topic. These trips are run by an expert in the field of leadership. In week four, they will be involved in a full day leadership clinic. In week five, we go on an overnight leadership camp. The final assessment – leading a group of

Year 10 students and writing a report evaluating how well they (the Year 12's) contributed to the overall functioning of the Year 10 group during the activity will be run during class time for approximately four weeks after the camp.

Year 13's are looking at life-long well-being and the role that being physically active has in this. Students are expected to participate in a range of physical activities during class time and on class trips. They will then reflect on their participation in the activities and write a report which outlines their experiences of being physically active in their past, present and future lives. The important dates for this term are the two activity days we are having. Day One – on Tuesday 23<sup>rd</sup> February will see the girls participating in paintball and activities at the beach. Day Two, Wednesday 9<sup>th</sup> March, involves a bush walk up Parahaki and an afternoon using the dive pool and hydro-slides at the Whangarei Aquatic Centre.

#### **Senior PE Textbooks**

A reminder that Senior Physical Education students need to return their text books from last year urgently. Return them to your current PE teacher otherwise to Ms Hirzel.

#### **Year 12 and 13 PE Fees**

Also, fees must be paid BEFORE students attend any class events or trips. If your fees are not paid you will not be able to come on the trip. This is especially relevant for the Year 12 Camp (Term 1, week 5) and the 13PED activity days (Term 1, weeks 4 & 6).

Ring Nicki Hirzel if you have any questions or concerns about meeting payment deadlines or returning overdue textbooks.

**Janna Dearnley, HOD Physical Education**  
**Nicki Hirzel, Assistant HOD Physical Education**

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#### **HETTANZ Fashion Awards**

Congratulations to YouBin Kim who won the wearable arts section of the HETTANZ fashion awards after school had finished in 2015.

YouBin has spent hours creating this outfit, which consists of a huge amount of hand beading and embroidery over screen printing and felted and hand painted details. The inspiration for her garment came from the culture shock of her move to Whangarei from Korea. YouBin won a sewing machine from the key sponsor of the awards Bernina, this was presented to her by Sandy, our local Bernina Proprietor in December.

The HETTANZ fashion awards are an annual event open to all schools in New Zealand. A selection process takes place at each school then the best student work is sent in for each section. Last year there were approximately 90 entries across the 3 categories. I am very proud of YouBin's work and success and will be watching her tertiary training and future career with interest.

**Rachael Pedersen**

**Textiles and Fashion Teacher**





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## **PTA**

Second Hand Uniform Sale. The PTA would like to thank all who donated uniforms to the recent second hand uniform sale. These donations allow the PTA to provide a second hand uniform service to our school community. There are still a number of Lastrite sandals available (\$15 each) - small and large sizes. Also a supply of blouses. If your daughter has outgrown any item of uniform or is moving from WGHS, please consider donating your daughter's uniform to the PTA. Thank you

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## **Student Support Centre**

The Public Health Nurse, Amy Erceg, will be at the Student Support Centre on Mondays to see any students – please make an appointment with Karen at the SSC. She will also be available at lunchtimes on a Monday if anyone wants to come in their break – just drop in – no appointment necessary.

Fizeoworks run a clinic two days a week at the SSC for anyone requiring Physiotherapy treatment – please make an appointment with Karen at the SSC.

Dr Cheryl Bollen (GP) runs a clinic at the SSC on a Wednesday morning between 9.00am – 11.00am – please make an appointment with Karen at the SSC.

The SSC is open from 8.30am – 3.00pm for any First Aid requirements. If any student is not well they must go to the SSC before going home as a parent / caregiver must be contacted before the student is to leave the school grounds. If the SSC is closed the student must then go to Neddy who will contact the parent / caregiver.

The SSC have tampons and sanitary pads to purchase at .30cents each.

**Karen Horscroft**  
**Student Support Centre**

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## **Photos from Powhiri—February 2016**



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## International Student Letter

*“How lucky I am having something that makes saying ‘goodbye’ so hard”*(Winnie the Pooh)

Yes, I am lucky. I am more than just lucky, I am so happy and thankful for everyone who made my 5 months here in Whangarei so incredibly wonderful and unforgettable! In this time I have had so many new experiences and made some awesome friends, I wouldn't leave if I didn't have to.

When I came to Whangarei Girls' High School I first thought it would be weird to wear the same uniform everyday and having no boys around but from the very first day on I enjoyed it. What it means to be a good leader, how you can design art to wear what is just so awesome, lots of good cooking skills and how much easier it can be to express feelings with movements than words sometimes are only a few things I learnt in school.

Hanging out with my friends at lunchtimes was so much fun and something I am really going to miss. I will miss you all I am really thankful that I met you. Kelly, you were so nice to cook with me, one of the new girls. In Hospitality after the first practical lesson you took me with you to all your friends, I can call my friends now as well. Thank you for this.

On the day I arrived in Whangarei I realised how beautiful this country and its people are. I came on a sunny day so I had a spectacular view out of my window in the little plane and a nice person sitting next to me asking where I came from, what I would do alone so far away from home and if I liked rugby!

Thank you to my Outdoor Ed girls that included me in their group, OPC, Great Barrier with you was such a great experience when I think about it I think I can call it the best week of my life! I also want to thank my Dance Class, you were my favourite class, I just liked how everyone is just friends with almost everyone else in the class and helped each other especially with me arriving only a few days before the dance concert. Thank you to all my teachers, I never had teachers like you in Germany that were not looking for blaming students but rather help them as much as they can. Thank you to everyone who helped me when I

got lost in school:D or talked to me in my first days. Thank you to all my friends, I will miss you all so much and I just hope you won't forget me. Thank you Courtney for being a great hostsister I hope you will miss the times I made you try recipes and DIY's from the internet with me. I am waiting for you to come to Germany. Lastly I want to thank Jill, you are the person who made my stay here possible. You were always giving your best to make all of your international students completely happy and every trip we had was organised so lovely by you, I really appreciate this. I don't want this letter to get too long so I just want you to know, I enjoyed the time here so much that it is making me sad that I have to leave soon but also I am happy that I have something that makes it so hard to say 'goodbye'. However, I will never say 'goodbye' because saying 'goodbye' means going away and going away means forgetting. (Peter Pan) Well, I might be going away, but I will come back for sure!

**Marina Dermatidis**





## School Calendar

Feb	19	Clubs & Socs. Day #2 Yrs 12 & 13 O'Ed Kayak NSSSA Surfing
	22	12ESC/12AGI Hatea Study. 12PED Coaching
	23	Intl Students Trip to Cape Reinga 13PED PA trip
	24	P5 Prefect training YES E-Day
	25	NSSSA Swimming 11O'Ed Snorkel-Reotahi
	26	WGHS Swimming Sports NSSSA ind. Triathlon
	28	ODE-Equestrian-Dargaville Beach 2 Basin
	29	11AGH Farm visit Swimming sports pp
Mar	1	Leaf Cup Cricket
	2	Leaf Cup Cricket Yr10 English. Pop Up Globe trip U15s Croquet
	3	11AGH Farm visit pp 13PAI Art Gallery trip Yr13 PED Camp to Fri 4th Year 9 SPT NSSSA Volleyball Indoor First Aid– SIA & 12ECS
	4	13PHO Lighting workshop ARC—Ad. Racing to 6th Mar 7's Open WGHS Surfing Training Yr13 O'Ed kayak
	6	NSSSA Surfing #1
	7	First Aid-Yr12 ECS
	8	NSSSA 7's Open 11&12PAD Quarry workshop Yr12 O'Ed Kayak to 11th Mar ASS Softball
	9	13PED PA NSSSA Mountain Biking WGHS Athletics Pry Industries Big Day Out
	10	International Students– surfing NSSSA 7s U15 NSSSA Tennis Open singles NSSSA Futsal First Aid– Yr 12 ECS
	11	NSSSA Bowls NSSSA Touch senior
	12	Cyril Bassett Speech Comp. NSSSA Waka Ama NSSSA Yachting—BOI
	15	Yr9 English Pop Up Globe trip NSSSA 7's U15 finals
	16	First Aid-Yrs 12 & 13 ECS

17	Art Trip– Gibbs Farm Academy Trip– Sky City NI Rowing NSSSA Track & Field Yr11 O'ed trip to Goat Island
18	12BIO 01 Rocky Shore trip 11GEO Porr Knights trip 13 Art Exhibition trip 7's Open finals Lunchtime Music Concert NZ Touch
19	Clay Target Shooting #1 Kaeo NZ Touch Zone 1—Auckland
20	Rogaine—Whangarei

## LOCKERS

Lockers are available again this year, \$50 per year plus a refundable \$10 bond. If you would like a locker for 2016, you will need to fill in an online order form at [www.stowawaylockers.co.nz](http://www.stowawaylockers.co.nz). GET IN QUICK as they are going fast!

## stowaway Lockers



### ***"Northland Kenpo Karate Self Defence School"***

*Classes for 2016 begin at Maunu Primary School Hall on Tuesday 9 February 2016 at 6pm (juniors)*

*(and thereafter each Tuesday – excluding school holidays)*

*separate classes available for primary, secondary and adult students.*

*For further information please phone us on 021 567 507 or 09 439 5011"*