



Wakatipu
HIGH SCHOOL

Newsletter

Issue 2.10 • 5 July 2019

This Issue

Matatū (Haka/Waiata)
Senior Mid-Year Reports
WHS Foundation
Rockquest Regionals
Archie Science Selection
Spelling/Reading Success
Sports Report
Gifted and Talented
Important Dates
Community Notices

Notices

Please [click here](#) to view Wakatipu High School's Student Notice Board.

Facebook Page

Please see our [Facebook page](#) for all the latest updates from Wakatipu High School, and take a look at our [sports page](#) for news on football, rugby, snow sports and more. Recent posts include videos of our Rockquest performances and results - and this afternoon's amazing Matatū (Haka/Waiata) performances by our Houses.

Mid-Year Reports

Seniors - will be available on the Portal this evening, and you will also receive an email regarding the reports. We hope that the information in the reports is useful for students and parents, and that families take the time to go through them and be informed about their student's learning, progress and achievement. If you do have questions or concerns please contact subject teachers, Kaiārahi and/or Deans as appropriate.

As part of the reports process we will also send out our Principal's Award letters later and my congratulations to students who receive those awards. We do also send out letters to students about whom Kaiārahi or Deans have concerns.

Juniors - Reports will be available on the Portal on Monday 29 July, i.e. start of Week 2. Junior Next Steps will follow on Tuesday 13 August. More info on these next term. See below for more on Reports.

Next Term - reminders again

Course Option Afternoon - an important process which takes place early next term is students choosing their courses and subjects for 2020, and part of this is our annual Course Option Afternoon from 1:50 - 4:30pm on Tuesday 30 July. More details will be available next term but parents are welcome to attend.

Junior Mid-Year Prizegiving - will be held in the theatre on Monday 5 August. This important ceremony will recognise achievement in the first semester courses. Prizewinners will be notified in the week prior and more details regarding exact times will also be forthcoming next term.

Excellence, Ad Alta & Ākonga Passport Assemblies - to recognise achievement and effort in Term 2 will also be held in the theatre on Monday 5 August. More details will be available early next term.

It has been a big, busy and successful term at WHS and the Matatū Assembly is always a wonderful note to finish on.

We have wonderful, hard-working staff, great students and an amazingly supportive community and I hope that everyone enjoys a well-deserved break (and that the snow comes thick and fast).

Oded Nathan, Acting Principal

Principal's Message

Term 2 has been a very busy, exciting and productive term, and as I prepare to write my reflections for the week, I can't help but think how fortunate I am to be able to work at Wakatipu High School.

The week and term was beautifully wrapped up today with our amazing Matatū (Haka/Waiata) Assembly in which our school community came together to showcase our school's values of Kotahitanga (unity/inclusion), Te manawanui me tū (Resilience) and Panekiretanga (excellence). Matatū means to stand firm, to show endurance and to be proud, and needless to say everyone who was there today felt that sense of pride and unity. Although the power in the area shut off just prior to the opening, our students persevered and delivered amazing performances. A huge thanks to all the students, leaders and teachers who participated and supported this wonderful event. A special thanks to our Kaitiati (judges) - Roni Bouchier, Jackie Kukutai and Ned Webster and to our kaiako (tutors) Callum O'Connell and Sydney Wallace. See the following pages to access all of today's performances.

Prior to the start of the week, the annual Rockquest competition was held and while WHS usually performs well, the results from last Saturday night's competition were phenomenal, with WHS sweeping the top 3 in the bands and the top 2 in the solo acts. See the following page for the results as well as links to the performances that were videoed. Congratulations to all the students and teachers/instructors that supported the students along the way.

Yesterday, we watched our u14 rugby team beat Lane Cove from Australia beneath the snow-capped Remarkables and later last night, I received a phone call from an excited and exuberant group of young readers who had just been down to Southland to bring home the 2019 'Readers Cup' and qualify for nationals (see below for more details).

On Monday, I had the pleasure of attending a meeting with the trustees of the WHS Foundation. It was humbling to see and hear how so many members of the community give their time, energy and support for our school through the Foundation. These efforts do not go unnoticed and make a significant difference to both students and staff. To all the businesses and individuals who have contributed to the Foundation, or in any other way, we offer our sincere gratitude. Please see below for more information regarding the WHS Foundation.

Another great note to finish the term on is our latest Prediction of student achievement. As part of our systems to support student achievement we regularly predict senior student's NCEA achievement - which not only shows if an individual senior student is on track to achieve their academic goals, but also gives us a picture of how the school as a whole is tracking in terms of achievement. We regard our June prediction as the first strong indicator of the year and I am very pleased to report that overall we are currently tracking very well in terms of our academic goals and student achievement.



Matatū (Haka/Waiata)

An amazing effort from all of our students involved in Matatū (Haka/Waiata) today. We saw an incredible standard of performance this year! Kā Mauka Whakatipu! Unfortunately with the power outage we were unable to livestream today's performance, but we will put links to these in the next newsletter.



[Back to Top](#)

Senior Mid-Year Reports

Senior Mid-Year Reports will be available on the WHS Portal this evening.

Information regarding students' engagement, learning, progress and achievement is always live and available through the WHS Portal. However, a comprehensive mid-year report will be made available on the Portal for Seniors on Friday 5 July and Monday 29 July for Juniors. In addition to the information that is readily available through the Portal, the Senior Mid-Year Report will include a cover sheet that outlines the student's academic goal and current prediction. The prediction is an indicator of what the student is on track to achieve (or not), as of 21 June, assuming they maintain their current levels of achievement. Kaiārahi have been meeting with students to discuss the prediction and what changes, if any, are required to achieve their academic goal. If you have any questions regarding any general information in this report you should contact the Kaiārahi in the first instance. If you require subject specific information, please contact the relevant subject teacher. Again, Junior Mid-Year Reports will be available on the Portal from Monday 29 July, and we will have our Junior Next Steps on 13 August, when parents will again meet with Kaiārahi.

Lee Hiestand, Assistant Principal

WHS Foundation

Established in 2013, The Wakatipu High School Foundation's primary goal is to be a vehicle for the community to support the school in delivering a great all-round education for the students of the Wakatipu Basin, and it has done that job incredibly well.

The Foundation funds a range of initiatives, from supporting students who are struggling financially to encouraging high academic achievement and making many important extra-curricular activities possible. Funding primarily comes from local business partners, annual events, investments, generous donors, appeals & grants.

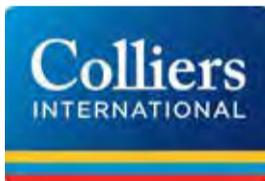
Last year, the foundation committed a massive \$173,173 for a number of crucial WHS programmes - including extra curricular coaches (\$8,000), awhi financial hardship and BYOD support (\$35,000), professional learning (\$30,000) and staff release (\$73,625) - which increases teachers' capacity to effectively teach our students.

The WHS Foundation has had a very real and positive impact in our community since it began, raising a massive \$1.4 million dollars for our school - all thanks to the tireless work by those involved.

As current WHS Foundation Chairman Richard Lauder wrote in WHSF's 2018 [impact report](#): "On behalf of the foundation, I wish to thank the many people who assisted the Foundation in achieving our goals for 2018 - from the suppliers and business that lent their support to our fundraising function to fellow Foundation Trustees and our Executive Officer. A special thank you to our previous Chairman Mark Taylor (retired September 2018) and previous trustee Chris Duffy."

Thank you WHSF!

Foundation Platinum Partners



Foundation Gold Partners



Foundation Associate Partners



Other Partners

35MM Ltd
Adventure Group
Affleck O'Meara
Anderson Lloyd
Bridgestone Tyre Centre
Black ZQN
Cavell Leitch
Cookie Time
Craigs Investment Partners
Crowe Howarth
Deloitte Queenstown
Flame Bar & Grill
Goldfields Jewellers
Highlands Game Over
Hush Spa & Salon
Kinloch Lodge
KJet
Lakes Weekly Bulletin
Lane Neave
McCulloch & Partners
Mitre 10 Mega
NZSKI
Pacific Travel Planner
Placemakers
Remarkable Park Town Centre
Trinity Development
Westwood Group Holdings

Rockquest Regional Results

Congratulations to all the bands and solo/duo acts who completed at this years Rockquest. It was an impressive evening with strong performances from the thirteen bands involved. Great results for WHS as shown below:

Bands

1st Place - **Trainsurfers** (Ollie McLean, Dillon Bouchier, Cameron Kennedy Brown)

2nd Place - **Haven** (Ryan Connaghan, Jack Wilson, Harrison Maguire)

3rd Place - No Mans Land (Hannah White, Kira Almquist, Paige Loggenberg, Lucy Glover)

Trainsurfers and Haven move through to the next stage - submitting a 12 minute performance video assessed by a panel of industry professionals.

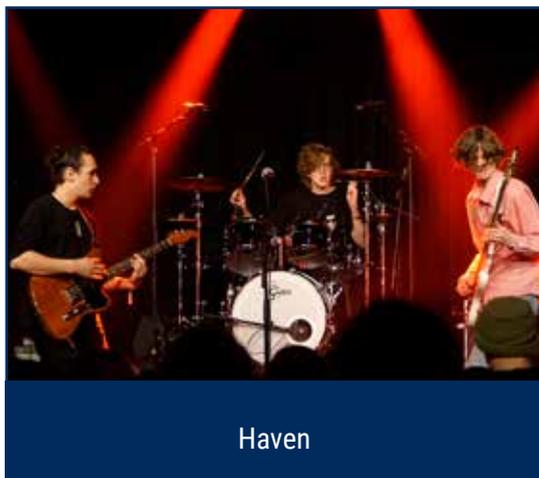
Individual Awards

Musicianship award - Hannah White

Best Song - Murphy's Law (Adriana Calabrese, Eric Sebastian, Sam Chan, Gareth Harcombe, Alfie Parvin)

Well done everyone!

Alison Price, Head of Arts



Haven



Trainsurfers

Archie to Attend International Science Event

A massive, massive congratulations to WHS Head Boy Archie Ritchie - who has been selected to attend the prestigious London International Youth Science Forum (LIYSF) later this month.

Archie went to the Auckland Science & Technology Forum in January, thanks to generous funding from **Rotary**, and won one of the only two trips to the LIYSF on 24 July. The London Forum is a two week residential student event held at Imperial College London & The Royal Geographical Society, with lecture demonstrations from leading scientists, visits to world class laboratories and universities combined with cultural interaction, with 500 students aged 16-21 years old from 70 countries.

Archie leaves for LIYSF on 18 July and will return on 15 August - with the highlights of his trips visits to Oxford, Cambridge, Paris, Geneva and the world's largest and most respected scientific research centre - CERN.

LIYSF will aim to cover a broad range of subjects across STEM fields (Science, Technology, Engineering and Mathematics) and students will be able to tailor their programme to suit their own STEM interests, however, the 61st LIYSF will have the underlying theme of: Science at the Interface.

Archie had an incredible experience during the Auckland event, standing out during his talks with the 'Youth Advisors' who mentor and coach the students while on the Forum. He was inspired so much that he is going to sign up to be an advisor at future forums.

It'll be a busy few weeks for Archie - he is also currently away at the 4-day New Zealand Model United Nations event at Victoria University in Australia after his application was selected from thousands of applicants.

Well done Archie!



First XV Rugby Match - Live on Sky Sports

On Saturday 20 July, Sky Sport will be airing live coverage of our First XV Rugby match against Dunstan High School. Kick off is scheduled for 12:40pm on the WHS Rugby field. Come along, make some noise and support the boys! This will be an exciting opportunity to promote the Rugby at WHS and encourage our team and their efforts in what will be a competitive match up against Dunstan. Come on team WHS!

Super Spelling Success!

Can you spell 'gallimaufry', 'avarice', 'poroporoaki' or 'anachronistic'? Our nine Year 9 spelling virtuosos who attempted this year's New Zealand Spelling Bee can! They had to learn a list of 100 difficult words and then sit a spelling test on 50 of those words and 50 unstudied words. We are pleased to report that Ayla Nakayama has advanced to the Lower South Island semi-final of the competition! She will compete in Dunedin on 5 August for a spot in the final. We extend our felicitations to you Ayla, well done.

Jennifer Smart, Head of English

WHS Readers' Cup team challenges Southland and wins!

On Thursday 4 July a WHS team of five Year 9s and their teachers, Ms Rodgers and Miss Needham, headed to Invercargill to compete against eight other Southland schools for the regional Readers' Cup Competition. Reading six books in less than a month and knowing them well enough to answer difficult quiz questions is not the easiest of tasks. Following their win in the in-school competition earlier this year Sammy Fookes, Scarlett Rose, Maisie Grufferty, Megan Carr and Ellie Shuttleworth took on eight other teams in what was a tense time. In Round 1, we were trailing third, dropping further back after a series of very difficult questions. By the 5th round we had caught up to be half a point ahead. Then the announcements of the winners was called and the awesome Wakatipu High team won by 3.5 points. What a night! Congratulations to the team. A well deserved effort with a well deserved outcome. Now it's off to the Nationals. Go team!



Branches Trust Fundraiser

Save the date!!! It's coming!!!

'ART AUCTION & HORS D'OEUVRES' EVENING

Friday 9 August 2019

5.30 - 9pm, Queenstown Memorial Centre

Tickets \$20, cash bar



Kicking off our fundraising for the upcoming Year 10 Branches Camp, The Branches Trust 'Art Auction and Hors D'oeuvres' Evening will be coming in Term 3! To be held at Queenstown Memorial Centre on Friday 9 August (at the end of week 3), the night promises to be simply fantastic! For just \$20 you will be rewarded with some fabulous art, a night of yummy hors d'oeuvres and a mix and mingle evening with other parents and community members like no other!! This is always such a fantastic school social, it's fun, relaxed and all for a great cause, the upcoming BRANCHES CAMP! We would love all our Year 10 parents to attend but hey this is a whole school event, and at \$20 you'd be crazy to miss out!

Tickets are ON SALE NOW from the WHS office and the Art Centre Queenstown, so don't delay, buy today!

The Branches Trust will also be holding its AGM on Monday 22 July, 5:30pm, which is the first Monday back in Term 3. The meeting will be held at WHS foyer or library. We welcome any parents to join who are passionate about keeping the Branches Camp affordable for all. Hope to see you there.

Warm regards

The Branches Trustees

[Back to Top](#)

Sports Report - Week 10

Hockey - Central Otago Girls U15 Team

Congratulations to Sammy Fookes for her selection into the Central Otago U15 Hockey Team. Sammy was the only player selected from Queenstown and will be playing alongside teammates from Cromwell, Upper Clutha and Dunstan.

Weekly Results

Hockey

A Team beat Cromwell 3-1 (player of the day Paige Loggenberg)

Hockey B Team had a Bye

Rugby

U14: Won 56-10 against Taieri College

Won 31-10 against Lane Cove (Australia)

Girls: Won 52-19 against Mt Aspiring

First XV: Won 43-12 against South Otago High School

Netball

Year 10 Thunderbirds won their match 38-12 against the Rhinos

Football

Boys First draw 2/2 against Mt Aspiring

Basketball

Junior Boys Basketball team beat Southland B last Friday 71 - 25.

Morris Finnigan top scorer with 23 points and Dantae Murchie-Arthur scored 18 points. Feedback from the referees was that the boys attitude was outstanding and has been all year and that they are to be commended for their ability and attitude.



Year 10 Thunderbirds in action



Year 10 Thunderbirds in action

[Back to Top](#)

Preparations are well under way for Pride Week 2019, and the Wakatipu Youth Trust is hosting Parents, Caregivers, and Whanau informing evening on Tuesday 6 August 2019, 6:30 - 8:00pm.

Check out the [facebook event](#) for more info or see our Community Notices.

Gifted and Talented

Otago Trip: Have you registered your interest yet?

We have an upcoming field trip to Otago University for high-achieving students in Year 10 and 11. It's planned for 15/16 August, and the aim of the trip is to extend our students' horizons by experiencing learning and research that they would otherwise be unaware of. So far we are confirmed at the Genetics Lab, Business School and Geology Lab at the University.

To complete the planning for this trip, we would like expressions of interest from students. The cost is likely to be around \$100 per student. To indicate you would like to be included, please log in to the Curious Minds [Google Classroom](#) with the class code fvyhtiz and complete the form. You may also like to take a look at the other opportunities through the Curious Minds classroom while you are there! A reminder too that our Awhi Fund is available for those who need financial support. Please contact either of our two guidance counsellors (Vicki Patton - vpatton@wakatipu.school.nz or Christopher Tweddell - ctweddell@wakatipu.school.nz), if you would like to know more.

ICAS Registrations are due by 1 August. ICAS Assessments are online assessments, designed to recognise and reward academic excellence. The assessments are based on the curricula for the relevant year. Students are asked to demonstrate a deeper, integrated, and thorough level of learning. New ICAS assessments are developed annually for each subject in every year level.

WHS are providing the opportunity to enter in:

- Digital Technologies
- Science
- Spelling
- Writing
- English
- Mathematics

Register before 1 August, using [this form](#) (dates for each assessment are provided on the form).

Women in Engineering Residential Programme 19 - 23 January 2020

WiE CAN stands for Women in Engineering at Canterbury. It is a 5 day/4 night residential programme featuring a range of interactive workshops, inspiring presentations and fun social activities. You will be immersed in student life and experience the range of engineering subjects on offer at UC. [Click here](#) to find out more and to access the application form.

NZ Maths Olympiad 2019 has begun - See flyer below for information on how to enter. First round of questions are now available and need to be submitted by 29 July.

Accelerated students Excelling in Mathematics

Wakatipu High School provides students with the opportunity to accelerate in a range of subjects. The Mathematics and Statistics Learning Area has been accelerating students for many years and this year there are five students who are completing their Stage 1 University Maths through the University of Canterbury. Mid-year progress reports have just been released and all students are on track to achieve an A grade.

The students are: Raven Almquist, Gareth Harcombe, Thomas Hartono, Jack McCorkindale and Archie Ritchie. Congratulations to all five students and keep up the great work!



Library Books

We will be charging students for their overdue books in the 2nd week of next term. Please check the school portal to see if you have any overdue books and return them as soon as possible. Once you have been charged for a book it no longer appears on your overdue list and; if you return a book for which you have been charged, the charge will be reversed. If you have any problems or questions come and speak to us in the library, we are always happy to listen to a good story!

Paula Bell, Librarian

Vacancy at WHS

We are currently looking for a new Food Technology Technician to start in Term 3. The role is designed to support the Teacher in Charge of Food Technology in preparing the kitchen for classes, including set up for practical lessons, clearing, tidying and light cleaning.

Duties will likely include unpacking food deliveries, ordering of ingredients, oversight of dry store (including stock rotation and restocking of frequently used ingredients), classroom preparation and maintaining high standards of food hygiene in the handling, preparation and storage of food, laundry and other tasks as reasonably required by the Teacher in Charge Food Technology.

The role is fixed-term, part-time, term-time only. Normally 3 hours per day only when Food Technology classes are operating, however the hours may be flexible.

Please send applications to apply@wakatipu.school.nz by 9am on Monday 22 July.

WHS Mobile App

Upcoming events and important dates
now available on the WHS App Calendar



You can now get information on our important upcoming events on the 'Calendar' section of our WHS App. It's free to download and use for iOS and Android devices. Once you have the app on your smartphone or tablet, simply hit 'Calendar' to view important upcoming events. You can also tap on the three bars in the top left to bring up the menu, then use the 'Alert Subscriptions' option to select what groups, years, or subjects apply to you. The WHS App is recommended for both students and parents.

Push Notifications

The app allows you to select alert groups so that you only get notifications relevant to you such as:

- Whole School information alerts
- Sports and activities reminders
- Year level events
- House announcements
- Buses updates, such as lateness or breakdowns

This feature will help ensure that you receive only messages that are applicable to you.

Other Features

The app also gives you quick links to:

- Report your child's absence
- Log into the WHS Portal
- Access the school notices
- Read the latest newsletter
- Quick link to the school website
- Check upcoming calendar events
- Contact the school

Date	Event	Who
Monday 22 July	Start of Term 3 (Semester 2)	Everyone
Tuesday 30 July	Course Option Afternoon	Everyone
Monday 5 August	Year Level Assemblies (Excellence/Ad Alta/Junior Prizegivings Semester 1)	Everyone (Parents by invite)
Thursday 8 August	Senior Exams Begin	Seniors
Friday 9 August	Pupil Free Day (Exams still on)	Everyone
Tuesday 13 August	Junior Next Steps	Junior Students



Wakatipu High School Foundation Business Partnership Programme

The success of Wakatipu High School Foundation depends on the strength of its partnerships – with our schools, our community and business leaders. The WHSF Business Partnership Program is comprised of a dynamic group of local companies and professionals who, through their financial support, share in its success. Partnering with WHSF is a great way to invest in our schools and promote your business. Outstanding schools help strengthen the entire community including the business community.

If you would like more information on how your business can participate in this vital programme, please contact:

Mia McGregor (Executive Officer): wakatipuhfoundation@gmail.com + 64 22 037 8993

Our Current Partner List:

35MM Ltd	Crowe Horwath	McCullouch & Partners
Adventure Group	Deloitte Queenstown	Mitre 10 Mega
Affleck O'Meara	Flame Bar & Grill	New World Wakatipu
AJ Hackett Bungy NZ	Goldfields Jewellers	NZSki
Anderson Lloyd	Highlands Game Over	Pacific Travel Planners
Bridgetone Tyre Centre	Hush Spa & Salon	Pak 'n' Save
Black ZQN	Jacks Point Clubhouse	Placemakers
Cavell Leitch	Kinloch Lodge	Queenstown Resort College
Colliers	KJet	Remarkables Park Town
Cookie Time	Lakes Weekly Bulletin	Centre
Craigs Investment Partners	Lane Neave	Trinity Development
		Westwood Group Holdings

Please support these businesses as they are investing in our students and school.

SCHOLARSHIP PROGRAMME



Central Lakes
TRUST

Scholarships to the value of \$2,500 are available to eligible Year 13 students entering tertiary education in 2020

APPLICATIONS OPEN: 1ST JULY 2019

APPLICATIONS CLOSE: 5PM, 2ND AUGUST 2019



Tertiary Education Scholarships

Eligibility is restricted to the following five high schools within the Central Lakes region: Roxburgh Area School, Dunstan High School, Cromwell College, Mt Aspiring College, Wakatipu High School.

Please contact your local high school for full details, further eligibility requirements and an application form.



Science & Technology Scholarships

Proud owner of **Pioneer energy**

03 445 9958 | 0800 00 11 37 | info@clt.net.nz

YOOBEE
COLLEGES

JULY HOLIDAY PROGRAMMES

Code Camp

3 Days | \$210 | 9am-3pm
6-8 July

Filming Techniques

2 Days | \$140 | 9am-3pm
10-11 July

Game Design

2 Days | \$140 | 9am-3pm
13-14 July & 20-21 July

Influence your Instagram

3 Days | \$210 | 9am-3pm
15-17 July

Film Making

4 Days | \$280 | 9am-3pm
6-9 July

Character Design

2 Days | \$140 | 9am-3pm
10-11 July

1 Minute Movies

2 Days | \$140 | 9am-3pm
13-14 July

Fine Art Photography

2 Days | \$140 | 9am-3pm
15-16 July

3D Character Concepts

2 Days | \$140 | 9am-3pm
6-7 July

Photography A&P

2 Days | \$140 | 9am-3pm
10-11 July

3D Modeling for 3D Printing

2 Days | \$140 | 9am-3pm
13-14 July

B/W & Street Photography

2 Days | \$140 | 9am-3pm
17-18 July

2D Animation

3 Days | \$210 | 9am-3pm
6-8 July

Lightroom

2 Days | \$140 | 9am-3pm
10-11 July & 15-16 July

Photography Advanced

2 Days | \$140 | 9am-3pm
13-14 July

Photoshop

2 Days | \$140 | 9am-3pm
17-18 July

Visual Design

3 Days | \$210 | 9am-3pm
6-8 July & 19-21 July

Beauty Make-Up

2 Days | \$140 | 9am-3pm
10-11 July

Clay Modeling

2 Days | \$140 | 9am-3pm
13-14 July

Film Editing

3 Days | \$210 | 9am-3pm
19-21 July

Photography Techniques

2 Days | \$140 | 9am-3pm
8-9 July

Digital Illustration

3 Days | \$210 | 9am-3pm
13-15 July

3D Modeling

3 Days | \$210 | 9am-3pm
15-17 July

3D Animation

3 Days | \$210 | 9am-3pm
19-21 July

Pen & Paint

2 Days | \$140 | 9am-3pm
8-9 July & 18-19 July

Digital Illustration Advanced

3 Days | \$210 | 9am-3pm
19-21 July

Students interested in enrolling in a programme can do so at the Careers Hub – there is support with the course fee and travel cost available

TERTIARY EDUCATION SCHOLARSHIP PROGRAMME 2019
FOR 2020 ACADEMIC YEAR



A Scholarship to the **value of \$3,000** is available to students aged between 16 – 19 years of age who come from the Central Otago/Lakes District who are planning to undertake tertiary education in **Structural/Civil Engineering** at the **University of Canterbury** in 2020.

Applications can be submitted from 1st July 2019 and close at 5pm on the 31st July 2019.

For full details, eligibility requirements and an application form, please visit www.mcengineering.co.nz or contact your school Careers Advisor.

For further information please contact:
Katie Lindsay
 Meyer Cruden Engineering Limited
 Phone: (03) 445 0670
 Email: accounts@mcengineering.co.nz



PRODIGY CLASSES AVAILABLE AT F45 QUEENSTOWN



FUNCTIONAL HIIT

Prodigy focuses on function, using natural movement patterns to design workouts that deliver real world results. Members will boost their energy levels, increase cardiovascular fitness, build stronger bones and muscles, and improve concentration.



TEAM TRAINING

We believe that every young adult should be part of a supportive and supportive community – a place where they can make friends and build self-esteem while creating health and fitness habits that will last a lifetime.



45 MINUTES

With young adults being busier than ever, we've packed all the benefits of Prodigy into 45 minutes of safe, high-intensity fun. Members will love every sweaty second.

📧 queenstown.admin@f45training.co.nz

☎ 027 642 1056

🕒 Monday-Friday 3.45pm

<https://f45training.com.au/queenstown/prodigy/trial/>



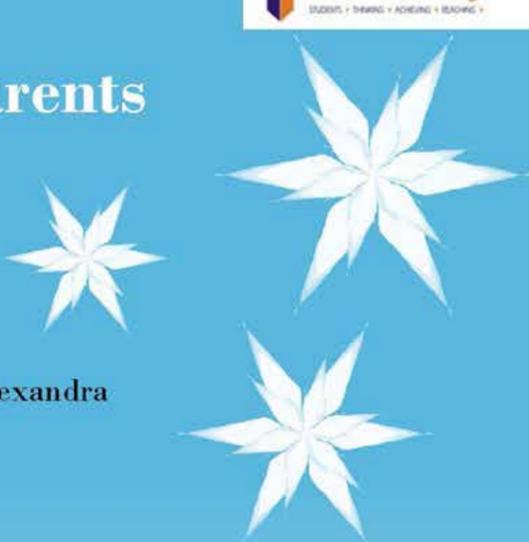
Gifted Awareness Information Evening for Parents and Teachers.



7th August, 5pm

Room A, Community House

14—20 Centennial Avenue, Alexandra



What is Giftedness? How do we know?

- Learn about our STAR Gifted Programmes in Central Otago.
- Identification of gifted students.
- An opportunity to share and discuss.

Brought to you by Central Otago REAP

Speaker—Jen Chamberlain. One Day School Teacher.

Refreshments provided

RSVP by Friday, 2nd August to mandy@coreap.org.nz or admin@coreap.org.nz

SNOW FARM NEW ZEALAND

Get your child's ski season started with a BANG
at our

DEVELOPMENT CAMP

**WEDNESDAY 10TH JULY
THURSDAY 11TH JULY
& FRIDAY 12TH JULY**

We ski 10am - 12am & 1pm - 3pm

**FOR CHILDREN AGES 11 - 17 YEARS
\$180 PER PERSON**

Three days / six sessions of cross-country ski training

As well as improving your ski technique, you'll learn
from our international coaches about ski waxing and
preparation, goal setting and off-snow exercises

Contact Snow Farm to find out more:

info@snowfarmnz.com

03-443 7542

www.snowfarmnz.com

Harcourts

PRESENTS

CASINO ROYALE

QUEENSTOWN **Plunket** FUNDRAISER

Supported by:



PROUDLY SUPPORTED BY **HARCOURTS HIGHLAND REAL ESTATE GROUP QUEENSTOWN**
(IN CONJUNCTION WITH QUEENSTOWN PLUNKET AND QUEENSTOWN LIONS CLUB)

QUEENSTOWN MEMORIAL CENTRE
SATURDAY 27TH JULY 2019 7:30PM

THEME: **BLACK AND GOLD** TICKET COST: \$40

(Includes Welcome drink, "funny money", nibbles & entertainment)
"All funds raised stay in the Queenstown Community"

Tickets available to purchase from:

Harcourts 39 Shotover St, Queenstown 03 4410777 | Queenstown Plunket 8 Henry Street, Queenstown 03 4427380

AA New Zealand Defensive Driving Course in Queenstown on July 8,10,15 & 17 from 7.00-9.00pm.

Why attend a course: Whether you are on your learner or restricted licence you can reduce the time it takes to get your full licence by six months. The AA Defensive Driving Course will give you the skills, knowledge and confidence to be a smarter and safer driver. You'll learn important defensive driving skills, such as assessing and identifying hazards, so you can reduce the risk of being in a crash. People who attend a defensive driving course are more likely to pass their driving tests the first time.

The course takes **9 hours to complete** and includes:

4 classroom sessions 1 in-your car session

Access to "The Online Driver Training System"

Who can attend?

Learner

Restricted

Full licence holders

To register: Lakes Driving School on www.lakesdrivingschool.nz;

Or email kaye@lakesdrivingschool.nz or txt 027 623 3534

DAVE UPFOLD

**Comedy
Stage
Hypnotist**

Show

Fun
**Family
show**



Tickets
only
\$ 25.00

"Energetic, engaging and enthralling"

Queenstown Memorial Events Centre

Queenstown Gymnastics Club Fundraiser

Saturday 13th & Sunday 14th - July 7.00pm

****Food and drinks on sale plus Raffles and Adventure Auction Items****

Doors open at 6.00pm

Tickets available from fundraising members or online @ Eventfinda.co.nz

Show info call or text Jenny 021 929 481

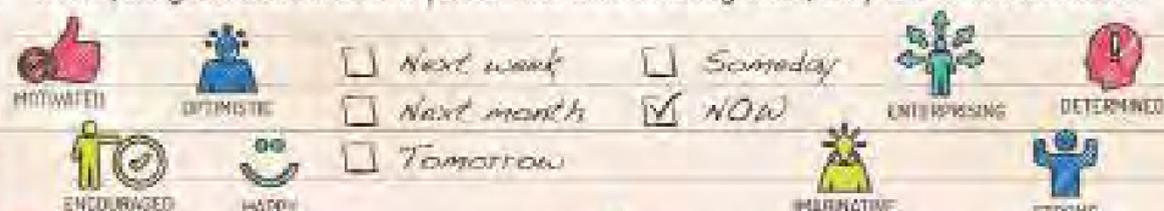
www.not1but2.com



TIPS FOR SELF-MOTIVATION

Motivation sounds simple, and generally comes from within. It's the reason, behind our desire, knowing what we truly want. It's what inspires us to get things done and take ownership. Set goals... remember goals are really just dreams with deadlines.

Write your goals down... even if you are not fond of doing them, they still need to be done!



Once you have set your goals you can then visualise the achieving, which will give you a feeling of what it may look like to help stay focused and motivated.

Write down your 'why' if you ask yourself what it would mean to you to achieve your goal this allows you to uncover and provide you with further motivation. If you stop, you can revisit the why.

Don't forget to research on what you are about to do. Know why you are doing something, as it is always harder to get something done if you don't have this clarity and a good reason to do it. The right amount of sleep goes a long way to keep you focused, up-beat and motivated.

Do the toughest task first, this will ease a lot of your worries and boost your self-confidence for the rest of the day.

Strive for progress... not necessarily perfection.

Don't focus on the 'bad feeling' eliminate negative mental chat - have positive affirmations all around you. Learn to think more positively most of the time and let go of the negative thoughts before they have a chance to take control of you and influence your mood and motivation.

Rather than jumping into something at full speed, start slower. Small successful steps are often easier to achieve and more successful in completing and achieving the bigger picture.

Start... sometimes you don't need to have all of the details figured out before you get started.

Don't fear failure, learn from your mistakes and go forward... this is a natural part of a successful life.

Have faith in your abilities to succeed.

Compare yourself with yourself. If you compare your results and what others have this can really knock your motivation. There are always people ahead of you or behind you, what does matter is staying focused on your direction and results.

Celebrate the little wins... reward yourself and give yourself recognition. Every time you complete a task, give yourself a treat. This could be time to yourself at the shops, a pat on the back, have your hair done, an hour or so in the garden, or a walk along the beach etc... this can help keep you motivated.

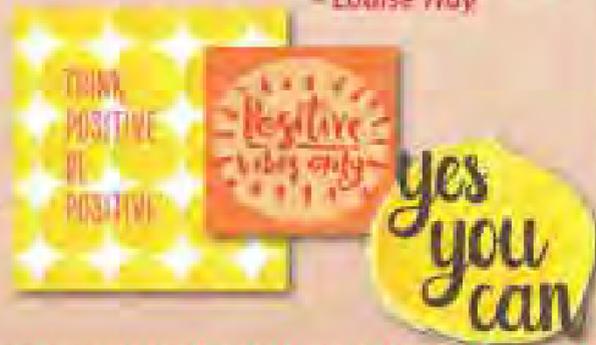
Work on your success, not someone else's.

Review... it is important to see where you have gone wrong in the past to avoid similar actions in the future. This is a great motivator to see how much you have improved and how far you have come. Often you can be pleasantly surprised when you review where you have come from.

Remember to have fun along the way.

Take control of yourself, you must be in control of your life. There are many things outside of your control, of which you must accept. But there are many things which you do have control over and sometimes you may just need a little push in the right direction. EAP Professionals can assist in these areas.

“ Today is the future, I created yesterday. ”
- Louise Hay



Greater Inequality, Weaker Democracy?

There are perhaps three fundamental questions about inequality. What are its impacts, why should we care and what can we – as a country – do about it?

Wealth inequality is accompanied by negative consequences for both individuals and society, including the erosion of democracy. Concentrated wealth can generate unequal political influence that in turn leads to policies reinforcing both economic and political inequality. Although so far spared the worst of these effects, New Zealand is by no means immune.

Max Rashbrooke – an author, journalist and academic who has written extensively on both subjects – will set out the challenges to equality and democracy and how they might be countered. He argues a much deeper democracy could deliver us the kind of government we need in the 21st century.

Monday, July 29, 6-7.30 PM, The Hilton Hotel (room TBC), \$5 koha at door. Please register as seating will be limited, with tickets available through Catalyst Trust's [Eventbrite page](#) from one month prior. Please bring your tickets (printed, emailed or Eventbrite app).

Further bio info...

Max Rashbrooke has written and edited several works on income and wealth inequality in New Zealand, to help shape the growing debate on economic imbalances in this country. *Inequality: a New Zealand Crisis*, which he edited in 2013, was updated and republished late 2018. His most recent book - *Government for the Public Good: the Surprising Science of Large-Scale Collective Action* - looks at the privatisation and outsourcing of recent decades and suggests changes that might serve New Zealanders better. Both published by Bridget Williams Books (BWB) in late 2018.

He is a senior associate of the Institute for Governance and Policy Studies at Victoria University of Wellington. As a journalist, he has written for outlets in Britain and New Zealand including *The Guardian*, *National Business Review* and *Metro*. He has twice been the recipient of the Bruce Jesson Senior Journalism Award and was a 2015 Winston Churchill Fellow.



Could New Zealand Provide Global Leadership?

Can our small Pacific nation have an impact on global issues? And if so – how, in what areas and based on what values or principles?

These are some of the questions we will discuss as part of a community workshop co-hosted by Catalyst Trust and independent think tank, the New Zealand Alternative.

“There is a pressing need for progressive leadership on many fronts in the world and we believe New Zealand could provide it,” says NZA co-director Thomas Nash, who led the global campaign to ban cluster bombs and served on the board of the Nobel Prizewinning International Campaign to Abolish Nuclear Weapons.

“Or should we just determine our foreign policy in terms of support for allies and its impact on trade?”

Catalyst Trust’s August 7 workshop is part of a nationwide conversation NZA will lead on how we could contribute to our quickly changing and interconnected world. Feedback will help inform NZA’s resultant publication.

The event will begin with a presentation from Mr Nash and his co-director, Dr Evelyn Marsters, a freelance Pacific research specialist. Dinner will be provided between their talk and the facilitated workshop for those who register for the event on Catalyst Trust’s [Eventbrite page](#)

Wednesday, August 7, 6-8.30 PM, The Rees Hotel Queenstown conference room, \$5 koha at door. Please register (as seating and dinner will be limited to those who have done so) through Catalyst Trust’s [Eventbrite page](#) from one month prior. Please bring your tickets (printed, emailed or Eventbrite app).



US ALLIANCES IN THE TRUMP ERA

Can America’s traditional alliances survive the Trump era? That is the question US – Asian alliances specialist Dr Shirley Smith will tackle for Catalyst Trust in Queenstown on July 22.

Dr Smith is the fifth annual Sir Howard Kippenberger Chair at the Centre for Strategic Studies, Victoria University of Wellington, that Catalyst Trust has had the honour of hosting. She is a senior fellow for Japan studies at the Council on Foreign Relations in Washington D.C.

Three years into the presidency of Donald Trump, US foreign policy seems transformed, Dr Smith says. “Reversals on international agreements have left allies unsure of the durability of US global commitments. Even allied assumptions about trade and defence cooperation have been upended, as an impulsive and contrarian president insists on putting ‘America first’.”



Doctor Smith is the author of several books (including *Japan Rearmed: the Politics of Military Power* and *Intimate Rivals: Japanese Domestic Politics and a Rising China*), a regular contributor to the CFR blog Asia Unbound and to major media outlets in the United States and Asia.

Monday, July 22, 6-7.30 PM, The Rees Hotel Queenstown conference room, \$5 koha at door. Please register as seating will be limited, with tickets available through Catalyst Trust’s [Eventbrite page](#) from one month prior. Please bring your tickets (printed, emailed what or Eventbrite app).

Let's EAT!

by baskets of blessing

Let's Eat collects quality surplus food from supermarkets that our volunteer team cooks into delicious, nutritious frozen meals. These meals are being distributed to those in the community that are going through a difficult time.

Let's Eat! is on a mission in Queenstown to reduce the amount of good quality surplus food being wasted and feed people who are needing support (for whatever reason). We also bring people together by organising events and sharing food.



baskets of blessing

Baskets of Blessing is a Queenstown community group that provides practical support and gifts of love for individuals and families going through difficult times, such as the loss of a loved one, sickness, separation, depression, financial stress etc.

Each month, beautiful baskets are delivered to those nominated by the community. The Baskets of Blessing contain homemade treats, hand-made goodies and surprises and are put together once a month by our volunteers.

www.basketsofblessing.co.nz/lets-eat

Branding, design & website donated by **whitelaw.mitchell**



Kia Ora, students of Wakatipu!

Are you ready to
escape the winter?



Download on the
App Store


camp leaders

www.campleaders.com

**mountain
scene**
Voice of Queenstown

Otago Daily Times

Advertising Sales Representative

Allied Press, the South Island's leading print media company, is looking for a motivated salesperson to be a part of our fun-loving and award-winning team. This is a full-time position, based in central Queenstown. As we are looking for committed locals, we will also consider experienced applicants on a part-time, job-sharing basis.

This position requires you to deliver exceptional customer service and media purchasing advice to local businesses. Our sales representatives are supported by an experienced team, in a well-established company, and have tremendous growth and earnings potential with uncapped commission.

The successful applicant will possess:

- Strong time-management and organisational skills
- A highly motivated and positive attitude
- Experience in B2B sales
- Exceptional spoken and written communications skills
- The ability to work to deadlines under pressure.
- Local knowledge and a commitment to Queenstown

Applicants must have the right to work in NZ and hold a current NZ driver's licence.

Please send your cover letter and CV to
martin.cheifetz@alliedpress.co.nz

[Back to Top](#)

Kā Mauka Whakatipu