



Wakatipu
HIGH SCHOOL

Newsletter

Issue 2.9 • 28 June 2019



Principal's Message

Kia ora and welcome to the second to last week of Term 2 at Wakatipu High School. Another great week with senior music nights, Rockquest heats, Netball championships, Market Days, Matatu training and much more. A highlight for me this week was hearing our Level 3 Business Studies students pitch their business ideas to a panel. Their ideas were creative, innovative and overall very impressive. A huge thanks to the business experts from the community who were on the panel and shared their wisdom and thoughts, not to mention time.

Reports

- **LE Reports** - are now available on the WHS Portal. Please be sure to read through the report and discuss with your student(s) as to how they are engaging with their learning. As we approach the middle of the year things definitely need to be on track or action needs to be taken. A reminder for Juniors that this will be the last LE Report for the Semester 1 classes, with new options starting next term.
- **Reporting** - please see below for a piece from Mrs Hiestand regarding our upcoming Mid-Year Reports, with Senior Reports being issued at the end of next week and Junior Reports being issued early in Term 3.

Matatu Assembly - our annual Matatu (Haka-Waiata) competition is a very special event and parents are welcome to attend. It is being held from 1:45pm next Friday, 5 July in the Theatre. Seats are limited so please RSVP to Mr Rasmussen by Wednesday next week if you would like to attend. (jrasmussen@wakatipu.school.nz)

Next Term - has some important events in the first few weeks. While the events are still some time away, and more details will be available next term, I've listed them below so you can put them in your calendars as appropriate:

- **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 on Tuesday 30 July. More details will be available next term but parents are invited and able 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 & Akonga Passport Assemblies** - to recognise achievement and effort in Term 2, these will also be held on Monday 5 August. More details will be available early next term.

Only one week to go in the term and the final week is always busy, especially for Seniors who have many assessments due in - please support them to do their very best and to stay focussed on their learning until the very end of the term.

If you don't have a chance to read next week's newsletter, please do note the big rugby game against Dunstan High School that will be held on Saturday, 20 July and will be aired on Sky Television (see Week 9 Sports Report for more details).

Hope you all have a great weekend,

Oded Nathan, Acting Principal

This Issue

Reporting and Predictions
Uniform
Head Students' Address
Music Events
40 Hour Famine
Branches Trust
Sports Report
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 Thomas Hartono's selection for FEAST and recent success for our Robotics Club.

Reporting and Predictions

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 in mid-August, when parents will again meet with Kaiārahi.

Lee Hiestand, Assistant Principal

Uniform

As per last week's newsletter, on Monday we carried out a school-wide uniform audit during Ako Time. Parents of students who were not in correct uniform, or students who were absent for the audit received an email today. We hope that you will support us by ensuring that your child(ren) returns to school at the start of Term 3 in immaculate uniform. The website has been updated to provide a concise summary of what is required for all students, as well as posters to visually represent the uniform being worn correctly. Please [click here](#) for further information, including price lists for all uniform items. A reminder, too, that Wakatipu High School operates the Awhi Fund to help families who need assistance with the cost of uniform. Please contact either of our two guidance counsellors if you would like to know more. (Vicki Patton - vpatton@wakatipu.school.nz or Christopher Tweddell - ctweddell@wakatipu.school.nz).

A reminder about the uniform-wearing rules

- Students must wear the correct uniform to and from school (this includes the blazer).
- If this is not possible, students should bring a note and get a uniform pass (Mon/Wed/Fri from kaiārahi during Ako Time, Tue/Thur from Student Services).
- Uniform pass (plus note) = no consequence
- Uniform pass (no note) = 3 free and then detentions
- No uniform pass, if asked from Period 2 = detentions

Please also note we do not issue uniform passes for non-regulation items (e.g hat/hoodie).

Thanks, as always, for your support.

Justine Duncan, Assistant Principal

Head Students' Address

Hi all,

I hope everyone had a fantastic week, as yet again we have had an action-packed 5 days at WHS. The houses have been training hard for the Matatu Assembly on the last day of term.

From what I have seen, the performances look outstanding. Well done to all the house leaders, students and teachers who have organised/participated this year. The Matatu Assembly is a highlight for many of us, so thank you for all your hard work!

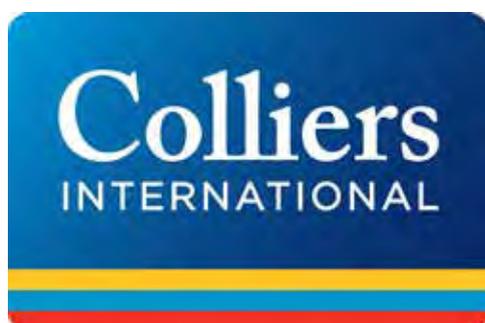
On a personal note, thanks to Colliers I am lucky enough to be attending Outward Bound next week. I have packed my thermals and tramping boots and am ready to go. Three weeks in the wilderness doing various activities is daunting, however I am excited to be pushed out of my comfort zone. One of the beauties of Outward Bound is that I have no idea what I am to expect. I'll make sure to be back with an update next term.

In other news, the Whanaungatanga Council have been meeting regularly with the Wakatipu Youth Trust. We have been busy planning activities and initiatives that will run during Pride Week. It is important to us that students feel that they can be themselves at Wakatipu High School. We hope that by showing support and pride, teenagers on the LGBTQ+ spectrum will feel safe and accepted. Keep an eye out as we have some exciting things planned.

Moving on, Livvie Thompson and I were fortunate to attend The Chamber of Commerce Women's Conference a few weeks ago. It was inspirational listening to the stories of multiple speakers. I asked Sharon Hunter, the founder of PC Direct, about key messages for girls in high school. She responded, "they are stronger than they think they are." Teenagers, both boys and girls are vulnerable at times - we are constantly learning and adapting to changes and obstacles all of the time. We grow stronger by the day and are capable of anything. Be proud of yourself. "You Learn More From Failure Than From Success. Don't Let It Stop You. Failure Builds Character."

To wrap up, good luck to all of the houses for Haka Waiata on Friday! Term 2 has flown by and I know that the final week will be busy. In these holidays remember to take time for yourselves, relax and I'll see you all refreshed and ready for next term.

Gracie Hansby, Head Girl



A massive thank you to Colliers Queenstown for their continued support of our students. Enjoy Outward Bound Gracie!



Gracie and Deputy Head Girl Livvie Thompson at the Chamber of Commerce Women's Conference

Music Events

Winterfest

Last Sunday the WHS bands performed at Earnslaw Park as part of Winterfest and had a great time. It was exceedingly cold when the sun went down so managing instruments and playing was a challenge. Well done to everyone who took part!

Upcoming Music Nights

Next week we have our Y11 and Y10 (5MUS3) Music Nights. Students showcase their skills by performing solo pieces to an audience. Both evenings start at 6.00pm and parents and friends are welcome to attend.

Rockquest

This week saw the heats for Rockquest with nine bands and four solo acts entered from WHS. For the solo/duo acts the top two from these acts across the region are the regional winners and go through to the next phase, which is at the national level.

Tyrone Henderson was the overall winner of the Solo section with Greta Balfour as the runner-up so well done to both of them - they will now head to the national event!

From the bands section, we had six bands go through to the regional finals happening in Queenstown this coming Saturday. There were also six bands from Mt Aspiring and one from Cromwell College. The bands going through are:

Haven - Ryan Connaghan, Jack Wilson, Harrison Maguire

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

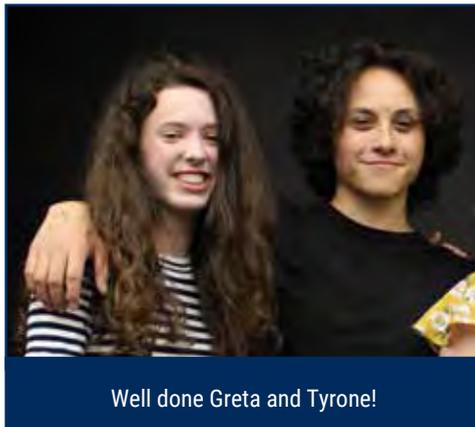
Rabbit Pilot - Alex Eastlake, Nik Rooney, Alex Bailey

Trainsurfers - Ollie Mclean, Dillon Bouchier, Cameron Kennedy Brown

No Man's Land - Hannah White, Kira Almquist, Paige Loggenberg, Lucy Glover

Loose Ties - Harry Thomas, Toby Hart, Timo Souness

Alison Price, Head of Arts



Well done Greta and Tyrone!

40 Hour Famine

It is hard to believe that yet another 40 Hour Famine campaign has come to an end. This year the leadership team ran a successful bacon butty sale and organised an awesome staff raffle. To date we have raised over \$3000 with still more to come in. An amazing effort and a huge THANK YOU to those students who got involved with the Famine this year.

Our top fundraiser, Jack McBeth, had this to say about his 2019 Famine experience.

"For this year's 40-hour famine, I decided to spend 40 hours straight inside my one person tent without any form of entertainment. That literally meant that it was just me and the tent for 40 hours. I decided that I would set up camp down by the Glenorchy waterfront, so after finally getting permission from the QLDC, I went on to print off flyers and put them all over town. Overall, my 40 hours in that tent were probably the most boring ever..... but in saying that, I did manage to raise a massive \$780 to help the children of South Sudan. Overall, I was happy to take some time out of my weekend to help someone else in need and I am extremely happy with the end result."

Well done Jack, we are very proud of you and appreciate your effort!

As always, we are grateful to our wonderful community who supports us with prizes and vouchers to enable us to run events to raise money for World Vision. Be sure to hand in your books & money by the end of the term to make a difference to the children of South Sudan affected by conflict, drought and famine.

Penny Hearn, Teacher in Charge of 40-Hour Famine



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, 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

Gifted and Talented Field Trip - 15 & 16 August

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.

Lee Hiestand, Assistant Principal

Improving Wellbeing

As school we are undertaking a wellbeing programme with the NZ Institute of Wellbeing and Resilience. This programme is a long-term project, which will eventually include the wider student body, and at the moment a small team of staff members at WHS are working to share and promote wellbeing within our school community. As part of this - we'd like to share with you "Three Good Things" - one of the most powerful positive psychology techniques to raise your happiness levels.

After just one week, participants who completed this exercise daily were 2% happier. Their happiness levels rose 5% in one month, and 9% in six months.

Try the below exercise each night before going to sleep

Step 1: Think about anything good that happened to you today. It need not be anything big or important. It can be something small, e.g. you spent Break 3 playing basketball, or something more significant like you patched things up with a friend that you had a falling out with.

Step 2: Write down these three positive things.

Step 3: Reflect on why each good thing happened. Determining the "why" of the event is an important part of the exercise.

The "Three Good Things - a Happiness Journal" is a great little app that reminds you to complete the exercise daily and gives you streaks if you stick to it!

Should you have any questions about the project, please get in touch with Lucy Ford, English - lford@wakatipu.school.nz.

The WHS Staff Wellbeing Team

Drive to Survive

A massive, massive **thank you** to the Wakatipu Youth Trust for the recent work in organising this year's Drive to Survive event. They worked tirelessly to co-ordinate with the stall holders, speakers and liaised with the school to make it happen! We really appreciate their hard work and reliability in creating another important event for our young people. The Trust supports our school and students hugely with a number of programmes each year and we couldn't do it without them.

Thank you Wakatipu Youth Trust!

Vicki Patton, Guidance Counsellor



Sports Report - Week 9

Rugby - Sky Sport Rugby Match

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.

Netball - Southland Secondary School Netball Tournament

Our top Netball teams had some great results at the Southland Secondary School Netball tournament last weekend in Invercargill.

Senior A - 3rd

Senior B - 2nd

Year 10A - 3rd

Year 9A - 2nd



We also had 4 umpires controlling finals at the Southland Secondary Schools. A Grade - Tasman Hughes, B Grade - Grace Hall, 10A - Rachel Scobie and Natalie Clearwater. Special mention to Natalie, Grace, Rachel and Tasman who all came home on Monday after 2 days of 3-4 games per day in Invercargill and then umpired in the Wakatipu Netball Club Premier and A Grade comp on Monday night. Thank you girls, congratulations on your efforts!

Weekly Results:

Hockey

A Team beat Upper Clutha 3-1 (Player of the day - Ben Wilkinson)

B Team lost to Cromwell Blue 0-3 (Player of the day - Lucy Viggers)

Basketball

Junior Boys Blue beat Verdon College 48-34

Rugby

1st XV vs OBHS lost 0-73

U14s vs Waitaki Boys lost 39-31

Girls: Match Friday against Mt Dunstan in Arrowtown

Football

Girls Default to Northern Southland College

Alexa Peters, Sports Coordinator

Indoor Plants

The biology department are currently seeking indoor plants for our laboratory spaces. If you have indoor plants or rooted cuttings that could be donated, we would be much appreciative. Thanks.

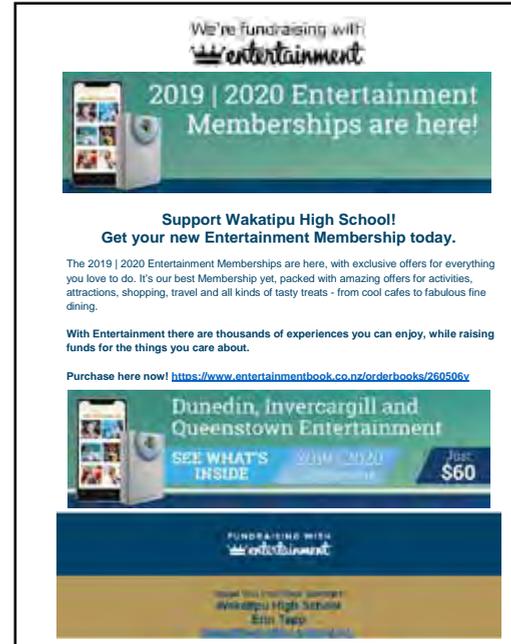
Rose Christian, Biology

Entertainment Books

Support Wakatipu High School and you'll be rewarded!

We are raising funds for our Basketball Team and you can help! Order the NEW 2019 | 2020 Entertainment Book or Entertainment Digital Membership and you will receive hundreds of exclusive offers for everything you love to do, and you will also be supporting our fundraiser.

[Click here.](#)



We're fundraising with **entertainment**

2019 | 2020 Entertainment Memberships are here!

Support Wakatipu High School!
Get your new Entertainment Membership today.

The 2019 | 2020 Entertainment Memberships are here, with exclusive offers for everything you love to do. It's our best Membership yet, packed with amazing offers for activities, attractions, shopping, travel and all kinds of tasty treats - from cool cafes to fabulous fine dining.

With Entertainment there are thousands of experiences you can enjoy, while raising funds for the things you care about.

Purchase here now! <https://www.entertainmentbook.co.nz/orderbooks/260506x>

Dunedin, Invercargill and Queenstown Entertainment

SEE WHAT'S INSIDE 2019 | 2020 Just \$60

FUNDRAISING WITH **entertainment**

Wakatipu High School
Edu Teep

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
Saturday 29 June	Rockquest Regionals (at Memorial Hall)	Rockquest Participants
Wednesday 3 July	NCEA Music Performances	Everyone
Friday 5 July	Matatu (Haka/Waiata) Assembly	Everyone
Friday 5 July	End of Semester 1	Everyone
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



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:

Chris Duffy (Trustee): chris.duffy@crowehorwath.co.nz +64 3 450 1801

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

Our Current Partner List:

35MM Ltd	Crowe Horwath	McCullough & 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.

KNOW SOMEONE WHO NEEDS SUPPORT?

CENTRAL OTAGO RAINBOW HELP

QUICK TIPS

NOT YET READY TO TALK

TXT helpline to: **1737**
(Trained counselors)

Or free text **HELP (4357)**
(Lifeline)

READY TO TALK?

Connect with Outline:
Free phone counselling service
10am - 9pm weekdays
6pm - 9pm weekends
0800 688 5463

Skype counselling service (there is a fee)
call: 0800 688 5463

IN AN URGENT CRISIS?

Lifeline - if you need urgent help in a crisis
24/7 Helpline
0800 LIFELINE
(0800 54 33 54) or free text HELP (4357)

Suicide Crisis Helpline
0508 TAUTOKO
(0508 82 88 65)

WAKATIPU YOUTH TRUST

Spectrum Club safe space and support with finding support

WAKATIPUYOUTHTRUST.CO.NZ



For people who are **GAY / LESBIAN BI-SEXUAL TRANSGENDER INTERSEX ++**

For our family, whānau & friends, Central Otago.

The Spectrum Club is a local and safe space that offers support to youth. They can also help to find any extra support needed

Looking online for other support?
WWW.OUTLINE.ORG.NZ/OTHER-SERVICES/

PROUD PLEDGE AUTUMN 2019

JOIN US AND TAKE THE PLEDGE
VISIBILITY / SAFETY / INCLUSION

Enabled by **RayWhite QUEENSTOWN**, **WakatipuYouth TRUST**, **WINTER PRIDE**, **PROUD PLEDGE**

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	

SCHOLARSHIP PROGRAMME

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



Science & Technology 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.

Proud owner of **Pioneer energy**

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

BREAK THROUGH TO BETTER EXAM RESULTS!

'Passing Exams'



Patrick Sherratt
(MEd Hons, BA, Psych)
Author of *How to Pass Exams*
Public Speaker and Trainer
www.passingexams.co.nz

SCHOOL SEMINAR

WAKATIPU HIGH SCHOOL

THURSDAY 18 JULY, 7.00PM - 8.30PM

The *Passing Exams* seminar offers a five-step 'how-to-study' strategy that also provides practical solutions to many typical challenges students face. These include:

- Being distracted easily and unable to concentrate!
- Trouble remembering information quickly!
- Problems with time and stress management!

THIS SEMINAR WILL HELP!

Based on the latest research into how to learn, study and prepare for exams, this interactive and entertaining 90-minute seminar will show you how to:

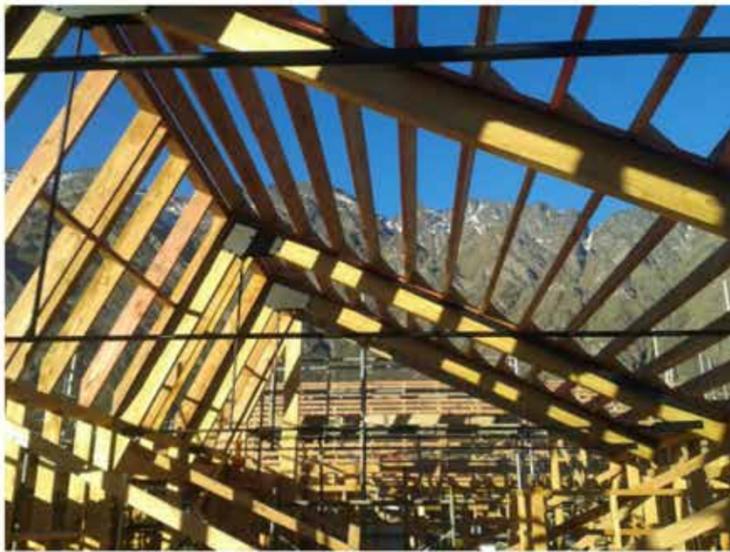
- Switch on your brain to study in ways that break through to better exam results
- Use relaxation techniques to enhance attention, concentration and reduce stress
- Quickly review and reduce folders of class-notes into new condensed study-notes
- Practice in ways that dramatically enhance your memory and ability to recall
- Build confidence by practicing recall and visualising your ideal on-the-day performance

SEMINAR COST: \$10.00 PER-PERSON

Bookings essential. Payment and registration at the school office.

(Parents Welcome! Organising Teacher: Sonia Panapa)

**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



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).

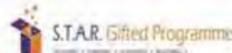
Further bio info...

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.

The following are some signs of giftedness:

- Early interest in surroundings
- Super-sensitivity to surroundings
- Strong curiosity and powers of observation
- An extensive vocabulary
- An exceptional memory
- May talk early and fluently
- The ability to read early - often self-taught
- Can choose to concentrate for long periods
- The propensity to ask shrewd/unusual questions
- The ability to grasp ideas quickly
- A "quirky" sense of humour



Central Otago REAP
C/- Alexandra Community House
14-20 Centennial Ave, Alexandra 9320

03 448-6115
0800 267-327

mandy@coreap.org.nz



What is Gifted?



Giftedness is involuntary – a natural gift



What is Gifted?

A gifted child is one who has the **potential** of exceptional performance (top 5%) compared with what other children of the same age can do. It is involuntary, they are born gifted. Performance, however brilliant, is essentially an outward manifestation of an inner reality – the distinctive way in which the gifted child perceives and responds to what he or she observes, experiences, discovers, is told or taught.

What makes the inner reality of a gifted child so different is the intensity with which he or she perceives experience, the lens through which he or she sees the world. What makes another child happy can fill a gifted child with joy, what makes another child angry can make a gifted child shake with rage, what is seen by a gifted child as outrageously unjust may leave another child indifferent. And the gifted child may master what takes most children many repetitions to master virtually straightaway, while what utterly bores other children may hold the gifted child's attention with complete absorption for hours or even weeks.

To further complicate matters, gifted children often have asynchronous development where uneven intellectual, physical, and emotional development occurs. (All of this has implications on how a child learns). Such intensities have implications on how the child relates to peers and adults.



Giftedness is involuntary – a natural gift. It gives no cause for claims of elitism. Out of every hundred children, approximately five can be classified as "gifted", yet only a small proportion may be identified as such in school.

Some may be very lonely because their interests do not match those of their peers. They may have difficulties at school because of their unconventional behaviour and questioning attitude. They can become distressed through frustration and boredom, or through imbalance between their intellectual and emotional development.

They may deny their intelligence and underachieve so as to become more acceptable to their peers.



The environment within which they learn best is often different from the typical child. Therefore, the teaching often needs to be too. It is essential that while they navigate the world around them they have people around them that understand these differences and can assist them to work through life.

It is vital that we work hard to first identify these children so as to provide an environment that ensures they have the opportunity to grow and reach their potential as people – to build a positive self-identity, and to find personal fulfillment to lead a satisfying adult life role.

The Central Otago STAR Gifted Programme seeks to do this by connecting like minds one day a week with a teacher who has extensive knowledge and experience working with these children. The programme is designed to meet the child's social, emotional, ethical and intellectual needs, providing a unique environment designed to encourage self-awareness, challenge and whole child development.



Remember when The Mall was Queenstown Central, traffic lights were as rare as non-smoking bars and a coffee was instant and bottomless? 1987. Radio K.A.O.S. is an independent community station full of colourful Disc Jocks and outrageous clients and the owner Errol Spearmee is the toast of the town! That is until one Black Tuesday when the stock market crashes and Giant Radio move in...

Whirlwind Productions ('The Chain', 'La Nuit d'Extraordinaire!', 'Crazy') will take you on a hilarious trip back through Queenstown's memory lane, written by Charlotte Graf and Directed by Margaret O'Hanlon. With a brilliant cast of local singers and comedians; Mark Ferguson, Danika Ciullo, Andy Bell, Fee Stephenson-Smith, Alex Littlewood, Tiffany Menzies, Jake Hansen, Mike Legge, Miki Brown, Zelia Horral, Lana Cruikshank, Charlotte Graf, Kane O'Donnell, Marty Grounds and Katy Anderson.

Featuring iconic songs of the 80's from

THE DANCE EXPONENTS * DAVE DOBBYN * SPLIT ENZ * CROWDED HOUSE * SHARON O'NEILL * FALCO * PEKING MAN * JOAN JETT * PAT BENATAR * PHIL COLLINS * THE PRETENDERS * SOFT CELL * DEVO * DEAD OR ALIVE * DEXYS MIDNIGHT RUNNERS * AUSTRALIAN CRAWL *

Early Bird tickets available NOW!

RESERVED G.A. SEAT GROUP BOOKINGS (4+) = \$50/each

Offer ends 1st July.

EVENTFINDA GENERAL ADMISSION = \$55.00 + booking fees

EARLY BIRD TABLE FOR 6 = \$360 (\$60p/p)

Offer ends 1st July.

EVENTFINDA TABLES OF 6 = \$390.00 + booking fees

CHEESY EARLY BIRD TABLE FOR 6 = \$420 (\$70p/p)

Complimentary programme & cheese board.

Offer ends 1st July.

NOT AVAILABLE ON EVENTFINDA

Secure a PREMIUM Table

and help us continue to bring quality original theatre to our community!

PREMIUM TABLE FOR 10 = \$1250 (\$125p/p)

Complimentary programme signed by the cast, 3 bottles of wine & a deluxe cheese platter.

Plus a 30second personalised commercial (your choice of content) to play each night during interval.

Offer ends 1st July.

NOT AVAILABLE ON EVENTFINDA

For all Early bird offers please contact Charlotte Graf 0211789109 charlottegraf7@gmail.com

SPEND A WEEK IN RARO

on our Pacific Student Leaders Programme



WHERE

Avarua, Raro

WHEN

6 - 13 October

WHO

Year 12 & 13

PRICE

\$3,000 pp

Are you in a leadership role, or would you like to be?

- Combine leadership training with an unforgettable cultural experience
- Network with aspiring leaders from across both NZ & the Cook Islands
- Develop skills like effective communication, collaboration & strategic thinking
- Put leadership theory & tool-sets into practice, leading a team multiple times
- Learn to lead in varied scenarios, from business to community to environment
- Enjoy beautiful scenery, sandy beaches, and delicious authentic food
- Leave with new life-long friends, incredible memories and valuable skills

For more info or to apply, check out our website or call us.

Applications close Friday 5 July and there are
only 20 spaces, so get in quick!

Cost covers all food, course materials, international travel, insurance and accommodation.

0800 FUTURE (388 873)

www.futureleaders.co.nz



FUTURE
LEADERS
Rangatira mō āpōpō

Harcourts

PRESENTS



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

How do I access EAP Services?

To request a confidential in-person, phone, video or e-counselling appointment, scan the QR code, phone or visit our website.



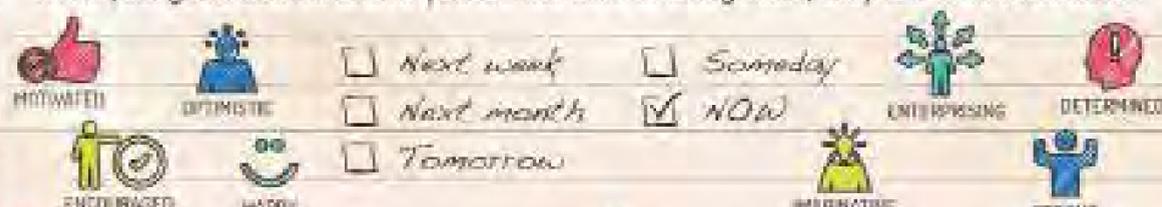
NZ 0800 327 669
AU 1800 726 474

Intl +64 9 353 0906
eap services.co.nz

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



2019 #Five No.33



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 second.

queenstown.admin@f45training.co.nz
027 642 1056
Monday-Friday 3.45pm

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



TRAINING FOR WOMEN & YOUNG ADULTS



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