



Wakatipu
HIGH SCHOOL

Newsletter

Issue 3.6 • 30 August 2019



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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 the All Blacks visit, Probality Fair, WHS Generation Give Programme fundraising and Senior Basketball Team.

Principal's Message

Kia ora and welcome to another sensational week with WHS great all-round education in peak form. Today was a multi-day, where we not only celebrated the launch of Pride Week, but also raised money for Daffodil Day. WHS signed the Pride Pledge in 2018 and it was a great opportunity to remind all students of the value of inclusion, kindness and citizenship.



Yesterday, we had the privilege of hosting five All Blacks at school, including Captain Kieran Read. After a resounding welcoming haka ([click here to view](#)), WHS rugby players and students from the primary schools across the basin, joined the All Blacks for some skills sessions in the gym, followed by Q&A in the theatre. We are extremely fortunate to have opportunities. #BackBlack



Senior Exam Reports (and Learning Engagement Reports) will be on the Portal later this evening and a reminder that we will have our very important Senior Next Steps on Thursday 12 September. See below for details on how to book an interview.

Also this week, some of our most significant Student Leadership Positions for 2020 were launched, in which a whole new range of Lead Prefect opportunities are now available for students at WHS. Students currently in Year 11 and Year 12 are eligible to apply and applications close at 4 pm on Monday 9 September. [Click here](#) for the presentation to students that outlines all the details.

Next week is our Winter Tournament Week and we have boys and girls teams competing in Football, Rugby, Ice Hockey, Hockey, Netball, Golf and Basketball throughout the South Island. All participants should have completed their '[student leave form](#)' to ensure they are keeping up with their school work. We wish all the teams the very best with their sport next week.

Alice Robinson continues her outstanding success racing at the Winter Games and recent Nationals. On Tuesday at the QRC Winter Games, Alice won the Super G, claiming the NZ National Title as well as the prestigious ANC Cup (Australia/New Zealand). Previously she claimed the National Title in the Slalom and GS. What a star!

As mentioned last week, the Emerging Creatives evening is a wonderful evening that is being launched tonight in Frankton (see below for more details), unfortunately it clashes with the Senior Boys Basketball Final vs Southland Boys down in Invercargill, which is where I will be.

Last newsletter from me, with Captain Steve Hall returning from sabbatical to steer the ship from here on in. It's been a pleasure and hope everyone has a fantastic weekend.

Oded Nathan, Acting Principal

Senior Next Steps

Senior Next Steps is on Thursday 12 September. These parent-student-subject teacher meetings are very important for students' learning, progress and achievement, and are carefully timed to follow students receiving their Exam Reports, as above.

We strongly encourage all senior students to attend this evening, and please note that if you did receive a letter expressing concerns at the end of last term we would particularly like to see you there.

School will finish at 1.50pm and buses will also run from this time for all students. Next Steps will run from 2.30pm-6.30pm.

To book your interviews please click [here](#).

Year 13 Tie 2020

Congratulations Ruby Noton! Ruby designed the winning 2020 Year 13 tie design as voted for by her Year 12 peers.



Uniform Updates

As we head into spring and the weather continues to warm up it is probably time to remind parents, caregivers and students about some of our key uniform rules:

General

From next Monday, 2nd September, puffer jackets are no longer an item of clothing that can be worn to school, from school or at school. Our school uniform policy states that they are permitted for the months of June, July and August only.

Blazers are the primary uniform item, and must be the outermost layer of the uniform. Jerseys or vests may be worn as an optional secondary item only. Blazers are compulsory for formal events such as prizegiving.

Girls

Girls may continue to wear either the blue kilt or the skirt. Navy knee high socks or tights are to be worn with the kilt, and navy ankle socks with the skirt.

The green winter kilt is to be worn during Terms 2 and 3 only (and by Y13 girls only in 2019), so should not be worn next term. From 2020 the green kilt will no longer be a part of the WHS uniform as this is its final year of being phased out.

Boys

There are a number of boys who continue to wear black socks (often with the Nike logo), rather than the regulation navy socks. A pack of 3 pairs of socks can be purchased from the school uniform shop for \$10.

Most of our students responded positively when we began a school-wide focus on uniform earlier in the term after the Term 2 audit. There are still some non-regulation items (including socks and shoes) making an appearance each day, so we would like to encourage all parents and caregivers to take the time to read our uniform requirements on the school website here. If finances are making it difficult for you to support your child to meet these requirements, please contact their kaiarahi confidentially to discuss financial assistance.

As always, we thank you for your continued support of our efforts to keep all students looking neat and tidy as they represent our school out in the community.

Justine Duncan, Assistant Principal

Student Parking

As many of you will be aware, there is limited parking available on site at the school, with demand currently exceeding supply, which will only be exacerbated as our roll continues to grow.

Next year, construction of the school's extension is to commence, which will further reduce the number of car parks available on site.

The Ministry of Education does not have a policy on the number of car parks schools should have, this is regulated via the local council building consent process. Both MoE and QLDC strongly encourage active transport modes and public transport modes.

Given this, we are currently looking at various options to manage the student parking, one of which may be to give priority to Year 13 students. However, Remarkables Park Ltd have offered a very reduced flat rate parking charge for WHS staff and students which may be of interest to some individuals and families. The charge would be \$2 a day, as opposed to the commercial rate of \$2 per hour. The \$2 a day rate is only available if you "Opt-In". If your student is likely to drive to school and is not in Year 13 in 2020, or is regularly getting to school after 8.40am then this could be of interest to you. If you are interested in knowing more about the Remarkables Park parking option - please read more within this form and complete the [Expression of Interest](#) by Monday 9 September.

Andera Wilton-Connell, Executive Officer

Emerging Creatives

The Senior Design students are about to put on the annual group exhibition of their latest Design work.

This year we are also joining forces with Mt Aspiring students, with the aim of creating an ongoing regional event.

The basis of each student's work stems from a brief that they have individually devised. On show are their posters which present a collection of ideas they initially explore, with one final larger piece as the final resolved work. The variety of ideas and styles explored is the hallmark of this exhibition displaying the wonderful creative statements made by our young people.

This year we are exhibiting the work at a new and exciting art space at the Five Mile Shopping centre. Marc Blake, the director of Queenstown Contemporary, has kindly offered his full support in providing this venue.

Our thanks also go out to Fluid Design who have very generously provided the venue in the last five years, however, due to the increasing numbers of students involved, we have needed to find a bigger space.

Queenstown Contemporary is an exciting new arts initiative that offers a lot of opportunities for the wider community. I encourage you to come along to view our exhibition and to also give your support to the development and establishment of a permanent, world class community Arts Hub.

Opening night is Friday 30 August at 6.30pm. We would love to see you there!

Leslie Koehn, Assistant Head of Arts



Wakatipu High School's Cultural Blues Awards Nominations

Nominations are now open for Wakatipu High School's Cultural Blues Awards. Cultural Blues are a celebration of the Arts which recognise Contribution, Leadership and Achievement Awards in Visual Arts (Painting, Drawing and Photography), Performing Arts (Drama, Speech and Drama, Dance and Kapa Haka) and Music.

Go to the school's website and view the nomination form and criteria on the homepage [here](#). It must be submitted no later than 4pm on Friday 6 September.

Nominees will be notified if their application has been successful or not by the start of Term 4.

This year the Cultural Blues will be held at WHS in the theatre on Wednesday 30 October. Remember to save the date. Please contact Monica Parker at mparker@wakatipu.school.nz with any further questions.

Wakatipu High School's Sporting Blues Awards Nominations

Nominations are now open for Wakatipu High School's Sporting Blues Awards. Sporting Blues are a celebration of our students excellence in achievement and contribution to sport.

You may nominate yourself or someone else to receive an award. Recipients include students from Years 9 - 13. Nominations must be submitted no later than 4pm on Friday 6 September. Please click [here](#) to view the nomination form with additional information.

Nominees will be notified if their application has been successful or not by the start of Term 4.

This year the Sporting Blues Awards will be held at WHS in the theatre on Friday 25 October. Remember to save the date.

Please contact Alexa Peters at apeters@wakatipu.school.nz with any further questions.

Alexa Peters, Sports Coordinator

Head Students' Address

Hi all,

The past few weeks have been hectic! We have had sporting events, university trips, mock exams, house competitions and so much more. I can also assure you that there is plenty of exciting events planned for the upcoming weeks. With both Pride and Winter Tournament weeks kicking off in the next few days, there is no shortage of activities for students to get involved with.

On Thursday, Friday and Saturday of last week many Year 13 students headed up to Wellington on the Massey & Victoria University trip. They had a great time checking out all that Wellington has to offer, as well as the different courses/halls available. This has been the last of multiple trips taken to further education facilities all over New Zealand. A very big thank you to our wonderful careers department for all the organising that went into these excursions. You have helped make our important decisions well informed.

In other news, on Monday, Patricia McLean came in to present the QLDC climate action plan. The students who were in attendance were able to hear about the goals and ambitions that the local council has around climate change in the future. This allowed them to form their own opinions on the plan and give feedback. It remains to be a working document and submissions are open until the 31st of August. It is vital that the youth have input in key issues such as this, as Queenstown makes changes into the future.

Today, the students came to school in brightly coloured clothes to celebrate the commencement of Pride Week. My fellow Whanaungatanga Council members have done an amazing job organising this week, we are excited to see all our planning and hard work take effect. Throughout the week there will be a very special speaker joining us on Monday, as well as a stall at Pride in the Park on Friday the 6th of September. We will be doing some face painting, so please feel free to stop by and say hello!

Finally, I would like to wish good luck to all of our talented athletes heading on tournament next week. Have an amazing time! I know that all of you will make Wakatipu High School very proud.

Have a restful weekend everyone, you deserve it! :)

Gracie Hansby, Head Girl



Winter Tournament Week

As we come to the end of the winter sport season, we have a number of teams preparing to head away for competitions during Winter Sports Tournament Week between the 1st and the 9th of September. We will have teams representing Wakatipu High School at the following tournaments around the South Island:

- New Zealand Secondary School Golf Finals - Cromwell
- New Zealand Secondary School Football, Jim Wishart Tournament - Blenheim
- South Island Secondary School Rural Livestock Junior Rugby Tournament - Christchurch
- South Island Secondary School Netball Tournament - Nelson
- South Island Secondary School Ice Hockey Tournament - Dunedin
- South Island Secondary School Mixed Hockey Tournament - Blenheim
- New Zealand Secondary School Basketball Schick Southern Cup - Christchurch
- Highlanders U15 Girls Rugby Festival - Dunedin

All the very best to all our athletes and teams, we look forward to following your progress!

Mountain Biking - Crankworx

Crankworx has evolved into a multi-stop international festival series, bringing together the best mountain bike athletes from around the world to compete in elite-level competitions in a variety of disciplines, as well as hosting races for amateurs. Well done to Toby Meek who travelled to Canada to compete in the Whistler round of Crankworx and won a bronze medal in the U16 Speed & Style competition. A fantastic result for an athlete who has many years ahead of him in the sport.



Basketball:

Senior boys basketball beat Verdon College 82-64 to book a place in the finals of the Southland Basketball Competition on Friday 30 August vs Southland Boys High School
Junior boys lost to Verdon 42 - 29 and finished 3rd overall in Junior A competition



Alexa Peters, Sports Coordinator

Scholarships

There are two community based scholarships available for students who intend on studying at tertiary level in 2020. Details as follows:

David Geddes Memorial Scholarship – This is a \$1,000 scholarship set up as a memorial to David Geddes. Students can collect information and application form from the Careers Hub and return completed by 3.30pm on Thursday 26 September.

Margaret Templeton Tertiary Study Scholarship - closes Friday 27 September at 12 noon. The value is \$5,000 per annum paid for up to three years = \$15,000, based on satisfactory course completion/results each year. Residential normal home must be in the Wakatipu basin and proof of parent's income is required as this is a scholarship set up to support young people who would otherwise struggle to afford tertiary studies. Application forms are available from the Careers Office. Completed applications can either be handed to the Careers Hub by 12 noon on Friday 27 September and we will deliver them to Anderson Lloyd or post to: Margaret Templeton Education Trust, C/- Jenny Fitzgerald, Anderson Lloyd, Private Bag 1959, Dunedin 9054 and must be there by 27 September.

Tanya Glanfield, Careers Assistant

Noumea Information Evening

Exciting news! Noumea 2020 first information evening is on Monday 9 September from 5 to 6pm at school. During this evening we will talk about this amazing trip to New Caledonia, when it will take place, what students will do and costs associated.

This trip is open to students who will be taking senior French classes in 2020.

If you have any questions, feel free to email gcharton@wakatipu.school.nz.



M. Guillaume Charton, HoLA Languages

Branches Trust Thanks

Branches Camp Trust would like to thank all the helpers and volunteers who assisted in the success of the Branches Art Auction last Friday. \$19,000 was raised to go towards the cost of the annual Year 10 Branches Camp.

Thanks to the students: Jack Wilson for sound and visual display set-up; Alex Bailey, Nic Rooney and Alex Eastlake for the music; Annie Black for the photography; Pippa Bashford, Ruby Phelon, Amelie Saint-Pierre and Stella Joziassse for their artworks and Sydney Kay, Luke Crichton James Scoles, Oli Bailey, Sebastian Cera, Jacob Stokes, Paige Cusiell, Jasper Cusiell, Mia Burgess for service of the food.

To all the parents who gave of their time, energy and skills. It was great to have so many of you volunteer your help - special mention to Cordelia Burgess and Winnies for the catering, Ian Collin for the bar service and Andie King for coordinating the Artwork.

Thanks also to all our sponsors

Ferg and Quilly, Winnies, The Exchange, Provisions, Southern Lakes Laundries, TomTom, Bidfood, QLDC, Queenstown Art Centre, WHS, Otago Business Equipment, La Roche Design, Brandlands, Riverlea Photography, Cougar Security, HQ Events, Van Asch Wines, Speights Ale House, Fork and Tap, Provisions, ChargeAbout Queenstown Electric Bikes, Altitude Brewers and Prime.

Radio Kaos



Remember Queenstown in the '80's? Remember when people shopped in the Mall? When traffic lights were as rare as non-smoking bars? And a coffee meant instant and didn't sound like an Italian dessert? The year is 1987, Radio K.A.O.S. is an independent community station full of colourful Disc Jockers and outrageous clients and the owner Errol Spearme is the toast of the town! That is until one Black Tuesday when the stock market crashes and Giant Radio move in... Come and support WHS' very own Jake Hansen at **Radio K.A.O.S** in tonight and tomorrow at 8pm at Arrowtown Athenaeum Hall.



Special Education Work Experience

Tuesday marked the first day of work experience at Wakatipu New World for Amos, Louise, Blake and Arya. The team enjoyed receiving their uniforms which includes a polo shirt, high-vis vest and name badge. They learnt how to safely put away the trolleys and enjoyed interacting with some customers. Amos's favourite part was the people. He liked meeting Juanita who told us to be careful with the trolleys and to watch out for cars. She showed us where to put the children's trolley. Louise said "Enjoyed work experience. The trolleys". A special thank you to Juanita and the team at Wakatipu New World for this amazing opportunity.



Karen Ellis, SENCO and Special Education Teacher

WHS Magazine 2019 - Student Content

Work has begun on this year's WHS magazine and we would love to get students' input on some of the content. We are looking for 5-6 student written feature articles for the magazine. We are open to new article suggestions, but have emailed all students with a list of 14 article ideas to get the ball rolling. Please refer to the WHS Magazine 2019 email for the list of article suggestions.

Email kanderson@wakatipu.school.nz if you are interested in contributing some content, and what your suggested article is, after which I will be in touch with further information. Please send your content suggestions to by **Monday 2 September**.

Katie Anderson, Communications Officer



Reading Buddies Wanted

Wakatipu High School is looking for Reading Buddies who will help students with their reading. Training in the basic reading strategies (issued by the school) will be provided. Reading Buddies will come to the school on either a Monday or Friday from 9.00 - 10.00 once a week to hear children read one-on-one. This is a voluntary position for people that are keen to make a very important contribution to a student's success in education.

If you would like to be involved and/or want more information, then please contact ktomkins@wakatipu.school.nz.

Katie Tomkins, Head of Learning Support

Identity and Belonging of Migrant Students in New Zealand Schools - Survey

The Faculty of Education & Social Work of the University of Auckland are conducting a study entitled Identity and Belonging of Migrant Students in New Zealand Schools. Focusing on students aged 16-18 who are either first or second-generation migrants to New Zealand, the study looks at the relationship between students' ethnolinguistic identities and their proficiency in English and other languages. This study will help to better understand migrant students' process of integration into New Zealand schools, the challenges they face, and the factors that help ease the integration process. They are looking for around 300 participants from around NZ. The survey comprises of a short anonymous web-based survey and then a possible follow up interview.

More information can be found in the links below:

[English](#)
[Tongan](#)
[Tagalog](#)
[Samoan](#)
[Chinese](#)
[Hindi](#)
[Korean](#)

Penny Hearn, Languages

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Job Vacancy: Attendance and Uniform Officer

Permanent, Part Time, term-time only role. Seven hours per day from 8.30am - 4.00pm.

This key role in the support staff team is to carry out student attendance information-related data entry, management and reporting using the school's paper-based and electronic student management systems.

You will oversee Uniform Shop operations including stock control and liaison with vendors.

There will also be a general administration element to the position, including reception cover and other office duties. For more information please [click here](#).

Please email your CV and cover letter to apply@wakatipu.school.nz by 12:00pm Tuesday 10 September 2019.

Claire Colebatch, Senior Leadership Team Assistant

Measles

There has been reports of cases of measles in the region recently. If parents have any concerns regarding their family or children – immunisation status or symptoms, they should call their Medical Centres to discuss with their Practice Nurse or GP.

Further information can be found [here](#) on the Ministry of Health website.

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LOOKING FORWARD - GIVING BACK

The WHS Foundation is having a very real and positive impact in our school community, funding the school approx \$200,000 per year and raising over \$1.4 million dollars for Wakatipu High School since 2013.

FOCUS 2019



AWHI FUND

We understand that on occasion, families may need assistance in meeting the costs of various aspects of school life.

Supported by the WHS Foundation, WHS operates the Awhi Fund, named for the Maori word for 'help'. This fund is designed to assist families cover the costs of almost any aspect of school life, such as uniform, fees, 'BYOD' devices, camps and school/extra-curricular trips.

If you would like to get more information about Awhi, please contact a school Guidance Counsellor to arrange a confidential meeting.

BECOME A BUSINESS PARTNER

The success of the WHS Foundation depends on the strength of its partnerships with community and business leaders. The WHS Foundation business partnership program works with a dynamic group of local companies and professionals who recognise that an exceptional high school offering a great "all-round" education is key to retain families in the region, develop the future employees and entrepreneurs of the Wakatipu Basin and strengthen our local community. Interested in being a part of it? Contact our Executive Officer on wakatipuhfoundation@gmail.com or 022 327 9397

THANKS TO OUR BUSINESS PARTNERS!

PLATINUM PARTNERS



GOLD PARTNERS



ASSOCIATE PARTNERS



PARTNERS

- | | |
|----------------------------|-----------------------------|
| Adventure Group | Kinloch Lodge |
| Affleck O'Meara | KJet |
| Anderson Lloyd | Lakes Weekly Bulletin |
| Bridgestone Tyrecentre | Lane Neave |
| Black ZQN | McCulloch & Partners |
| Cavell Leitch | Mitre 10 Mega |
| Cookie Time | NZSKI |
| Craigs Investment Partners | Pacific Travel Planners |
| Crowne Howarth | Placemakers |
| Deloitte Queenstown | Remarkable Park Town Centre |
| Flame Bar & Grill | Trinity Development |
| Goldfields Jewellers | Westwood Group Holdings |
| Highlands Game Over | |

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

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 break-downs

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

Date	Event	Who
Thursday 12 September	Senior Next Steps	Senior Students
Wednesday 18 September	Branches Camp Information Evening	Year 10 Students and Parents

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RADIO KAOS

Remember
when
disc jocks
were hot,
and mullets
were sexy?

AN ORIGINAL
COMEDY BY
CHARLOTTE
GRAF

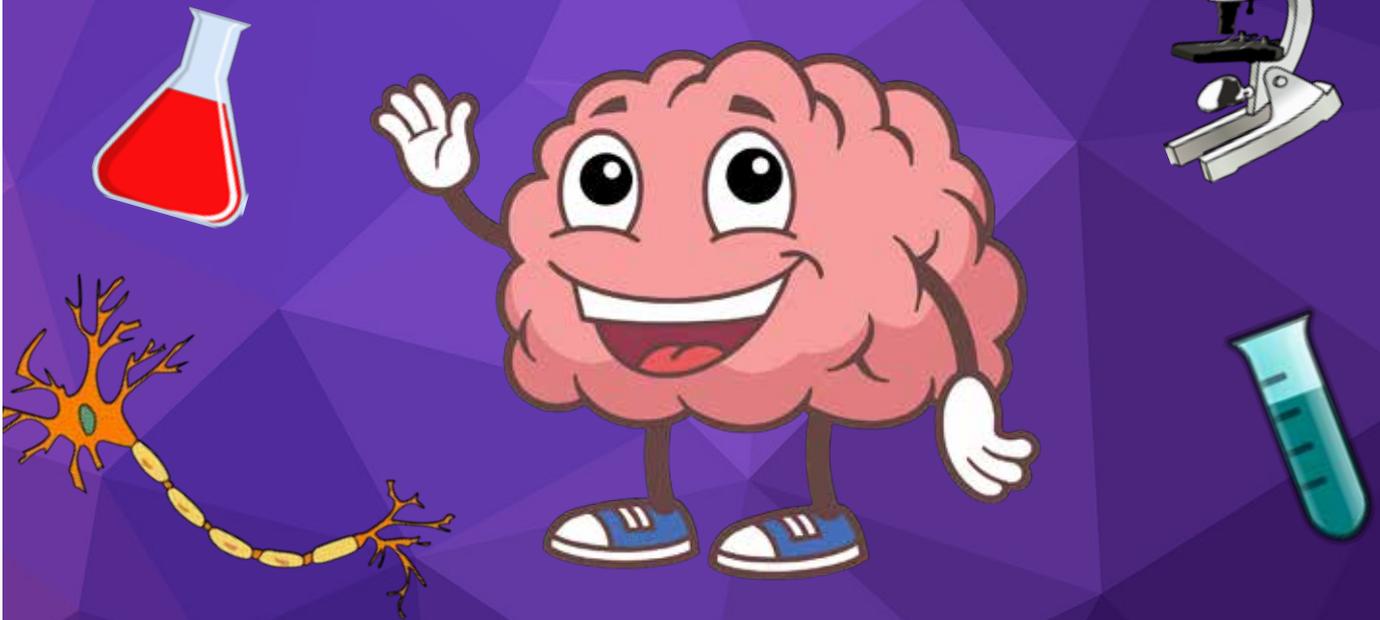
FEATURING ALL YOUR FAVOURITE MUSIC FROM THE '80s

8pm, August 28-31, 2019
Arrowtown Athenaeum Hall
Tickets available from Eventfinda

 **whirlwind**
productions

All similarities to persons dead or living is just purely coincidental

BRAIN LAB FOR KIDS



OCTOBER 3RD
10AM – 3PM

ALEXANDRA I-SITE
VISITOR INFORMATION CENTRE

Learn about the amazing things your brain can do
Meet real life brain scientists
Try brain games and experiments



Brain Research
NEW ZEALAND
Rangahau Roro Aotearoa





Pilot career evening

Looking for a career that will really take you places?
If you have a passion for aviation, we'd love to talk with you.
Meet our pilots and Preferred Flight Training Organisations (PFTO) to learn what it's like to fly for one of the world's most innovative airlines.

BE IN TO WIN A TRIAL FLIGHT*

Air New Zealand Academy of Learning

7 Rennie Drive, Mangere, Auckland
Tuesday 27 August 2019
4:00 – 7:30pm
Air New Zealand Presentation at 5:00pm and 6:00pm

International Aviation Academy of New Zealand (IAANZ)

25 Aviation Drive, Harewood, Christchurch
Thursday 5 September 2019
4:00 – 7:30pm
Air New Zealand Presentation at 5:30pm

Limited free off-street parking

Register at: Eventbrite.co.nz - Air New Zealand Pilot Career Evening

*Trial flight provided by a nominated Preferred Flight Training Organisation (PFTO). Prize-winners will be responsible for transport to and from the flight provider.

PILOT CAREERS

A STAR ALLIANCE MEMBER 



TEENAGE GIRLS DAY OUT



Sustainable Confidence from the Inside Out

This course is designed to help create confidence from within, learn techniques to help make the most of yourself, build self-esteem and confidence from the inside.

This course also incorporates our Crew Stylists workshop with their fabulous styling skills. Our dedicated and talented team of hair and makeup specialists bring fresh ideas and new techniques.

"Looking great and feeling fantastic is what we are all about!"

Proudly supporting local Wakatipu Youth Trust

Limited tickets available online at www.collectivecourses.co.nz

\$180 includes hairstyle, makeup and photography.

Hair - Makeup - Photography - Confidence

For more information contact Deborah Coburn.

P 027 620 8888 • info@collectivecourses.co.nz • www.collectivecourses.co.nz

SKYCITY MEETING ROOM, STRATTON HOUSE
9.30am to 4.30pm, Monday 30 September 2019





EXCITING . EVOCATIVE . EXPRESSIVE

THE KUGELS PLAY KLEZMER

SUNDAY 8 SEPTEMBER | 7.30PM

Type to enter text

**ARROWTOWN COMMUNITY CENTRE
JACK REID PARK**

TICKETS AVAILABLE FROM WWW.EVENTFINDA.CO.NZ

**\$30 pp (ACAS members \$25)
SAVOURY SNACKS INCLUDED AND CASH BAR AVAILABLE**

WWW.ACAS.NZ



Arrowtown Creative Arts Society

Evogue Cafe n Bar

ANY SIZE

COFFEE OR HOT CHOCOLATE

\$3



Terms and Conditions applies: Valid for Wakatipu High School Staffs and Students only. To claim please present ID prior to order. Not valid in conjunction to any other on going promotions, discounts and vouchers. Not valid on public holidays. Valid until further notice.



"Dr Stress" Presents...

RESILIENCE UNDER PRESSURE

(Learn Skills for Everyday Life)

 Monday 9 SEPTEMBER

 7pm - 8.30pm

 **FREE OF CHARGE**

 **Copthorne Hotel**
Cnr Frankton Road &
Adelaide Street
QUEENSTOWN

Understand why we cannot stop anxious thoughts, or depressive spirals with words.

Discover strategies to lift the pressure from your mind and body.

Re-boot your life with tricks and tools to help your system deal with "Fight and Flight" responses.

Learn the Five "P's" and many more tools to defeat anxiety and depression over time. Relax and celebrate life!

PRESENTED BY DR JOHN MCEWAN
WWW.DRSTRESS.CO.NZ

You MUST register for this session, please phone Southern REAP on 0800 111 117 or email enquiries@reap.co.nz



Southern REAP Inc



"Dr Stress" Presents...

BUILDING RESILIENCE IN YOUR WORKPLACE

(Survival Guide for Professionals)

 Monday 9 SEPTEMBER

 9.30am - 12.30pm

 \$20 per person

 **Copthorne Hotel**
Cnr Frankton Road &
Adelaide Street
QUEENSTOWN

This workshop focuses on resilience building strategies that can be applied in the workplace and within your team.

Learn basic "things to do" to keep ourselves as safe as possible from the impact of pressure on our health and our relationships.

Stress Management means application of the "S P's" - learn how to apply these in the workplace and to cope better with our daily work pressures.

Build resilience before you implode!

PRESENTED BY DR JOHN MCEWAN
WWW.DRSTRESS.CO.NZ

You MUST register for either of these sessions, please phone Southern REAP on 0800 111 117 or email enquiries@reap.co.nz



Southern REAP Inc



WALK FOR THE ONES YOU LOVE

Pink Star Walk
Breast Cancer Foundation NZ

13 October 2019
Botanic Gardens,
Queenstown
5km, 10km

Early bird
tickets from
\$35
offer ends 06 Sep.

Major Sponsor

ESTÉE
LAUDER
COMPANIES

Radio
Sponsor

FM 95.5

Supporting
Partner

100%

Sign up at
pinkstarwalk.co.nz

Queenstown Primary School
Annual Quiz Night

RUGBY WORLD CUP FEVER

**\$150
FOR A
TABLE
OF SIX**

FRIDAY 20 SEPTEMBER
7:00 - 11:00PM
QPS SCHOOL HALL

COME DRESSED AS YOUR
FAVOURITE TEAM FROM
ANY SPORT AND TEST
YOUR GENERAL KNOWLEDGE
(NOT JUST SPORTING QUESTIONS!)

Tickets available from the
QPS School Office OR
QPS SCHOOL SHOP



DSO
Dunedin Symphony Orchestra



SYMPHONIC SPECTACULAR

Free Open Rehearsal

**Wednesday 31 August, 2 - 3 pm,
Waiwiti High School Theatre**

Experience the Dunedin Symphony Orchestra live in rehearsal for the first time in Queenstown!

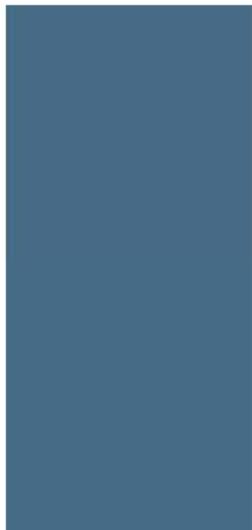
**Simon Over
Conductor**

**Luca Manghi
Flute**



Turn Up the Music and Queenstown Airport are pleased to provide the opportunity for you to experience the DSO during a free open rehearsal from 2.00 pm on Saturday 31 August. Please be seated by 1.45 pm to enjoy the performance.

Free entry
open to all



SECONDARY SCHOOLS CROSS COUNTRY SKI CHAMPS

RACE START 10.00 AM

SAT 14TH SEP



FOR MORE INFORMATION, CONTACT PIP@SNOWFARMNZ.COM



**The perfect gift
for a super Dad**

FUNDRAISING WITH
 **entertainment**



Make his day and support Wakatipu High School!

It's smart, dynamic and fun, just like Dad. The Entertainment Digital Membership is more useful than a tool kit, fits neatly in Dad's smartphone and has great offers for dining, movies, activities and travel - all the things he loves to do with you :)



Get your 19/20
Membership today
for a chance to
WIN 2 tickets to



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