Wakatipu HIGH SCHOOL Newsletter

Issue 2.3 • 1 May 2020

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Notices

Please click here to view Wakatipu High School's Student Notice Board.

Facebook

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.

Key Dates

Click here for upcoming key dates



Principal's Message

Kia ora - welcome to the newsletter on the first day of May.

Living in coronavirus times is certainly different and difficult in many ways for all of us. One area that we have been working on is what role we can play in supporting our students and families now and into the future. Next week I am going to join a meeting of the key organisations involved in the local community support efforts, including QLDC, Civil Defense, Salvation Army to hear an update on the current situation and the work that is being done. Also next week will be a meeting with the local principals to update and bring us into the loop on this work.

From the work that we have done we know that a key thing for families needing support to do is register with QLDC (see the link in the section immediately below) and we encourage those in need to do that. There is a lot of support being offered, and more will be coming - including the 'Wakatipu Greatest Need' Fund that has been established (click here for more). As always, a reminder re our Awhi (financial assistance) Fund, please contact our Guidance Counsellors for more.

Related, student wellbeing is an important matter that we continue to focus on. As we get further into lockdown it is worth saying a few words re this. As I have said to staff, we are seeing the full range of responses to the current situation in our students - from those who are absolutely fine and enjoying remote teaching and learning to those who are struggling, with the sources of stress being many and varied. We have students struggling simply with the coronavirus and lockdown, and others with remote teaching and learning and workload, while we also have students who are concerned about the potential impact on the academic goals they have set for themselves and their futures and who don't want to miss out or have their education compromised we have the full range indeed ...

In terms of perspectives that may be useful, I also said to staff this morning that we need to remember that even when we are all at school students frequently find learning and workload challenging, and that term two in particular is a demanding term for seniors, that not all stress is due to being locked down or not at school. I also made the point that students are very 'visible' to their parents at the moment - potentially much more so than in normal busy lives, and that parents may be seeing and noticing more than they would normally.

We do believe that we need to continue to do our best in the circumstances to deliver education to our students - for their learning and for their futures, as well as providing a sense of normality and routine. At the same time we acknowledge that this is different and may be difficult, and we continue to encourage students and parents to seek support from Kaiarahi, subject teachers or Guidance Counsellors as appropriate for their specific situation (see also below for a link to a good Blog on anxiety).

NCEA Parent Information Evening - while we have already run this event this year, we thought we would offer it again next week for parents (including in light of the Minister of Education's ongoing statements that NCEA will not be changed this year). Mr Nathan will lead this virtual event please see below for more.

Term One Progress and Achievement Summary (PAS) Reports - the Term One PAS reports will be available on the Portal from later this evening. You will also receive an email which explains the various elements of the Report. If you do have any questions regarding the Report please contact your student's Kaiarahi, Dean or subject teachers as appropriate.

Covid-19 / Support

Now, more than ever, we need to support our whānau and community, as well as looking after our own wellbeing. Below you will find some information which may help during this time.

QLDC Welfare Registration Form

As the COVID-19 novel coronavirus outbreak unfolds, it has become clear that a number of people in our community may need additional assistance with day-to-day costs of living, access to essential services, and basics such as food. You may request assistance from the Queenstown Lakes District Council by completing this form - a welfare response team assessor will phone you within 72 hours to evaluate and address your need.

Government Resource Hubs www.covid19.govt.nz www.qldc.govt.nz

Healthline 0800 358 5453

Wakatipu High School Remote Learning Guidelines Parent Remote Learning Guidelines

Student Remote Learning Guidelines

Guidence Councellors

Christopher Tweddell and Vicki Patton, the school Guidance Counsellors, are available by email in the first instance. They can arrange to talk to you or connect you with other resources or agencies as needed.

Blog of the Week

Six tips for keeping anxiety at bay, Dr Lucy Hone, co-director at the New Zealand Institute of Wellbeing and Resilience - click here to read.

Have a relaxing weekend - kia kaha



Senior Next Steps - are coming, but we are still sorting out when and how best to do them in the current context. We will keep you posted.

Another short week draws to a close, but in some ways they don't feel so short at the moment. As a school community we are doing well, and I know we will continue to do so in the Covid-journey that lies ahead of us.

NCEA Information Parents Evening

Next Wednesday, 6 May, at 6:30 pm there will be an NCEA information evening for parents, particularly those who are new to the NCEA system. We will cover how NCEA works, the NZQA website, and our Internal Assessment Calendar and Policies.

Attendance Update for Remote Learning

Our student attendance in their remote classes continues to be extremely high. This is very encouraging as it means our students are still connecting with the school and maintaining a routine in this very difficult and different time. It also enables students to keep progressing towards achieving their academic goals.

Student's attendance can be seen on the school Portal live. Parents and guardians can check that their child is accessing the remote lessons and have a conversation if they are not. When viewing this with your child check for any patterns. There may be particular times or classes that are more difficult for them to attend. A very average weekend of weather ahead, which is rather disappointing after the great weather we have had. There will still be plenty of opportunity for Level 3 outdoor activity - I'm looking forward to my first walk around Sawpit Gully, enjoy :)

Steve Hall, Principal

To join the meeting, which will be run through Google Meet, please click on this link just prior to 6:30 pm. The presentation will be approximately 30 minutes long after which there will be an opportunity for general Q&A.

If you are having trouble accessing the Portal please email Lee Hiestand.

We realise there are a variety of reasons why a student might not attend an online class. If possible, please email attendance@wakatipu. school.nz and keep us up to date with any absences. There are different ways we can support your child's learning so please keep communicating with us.

'Guardian Emails' Class Summaries for Parents

Thanks to those parents who were in contact regarding Guardian emails after last week's newsletter, we were able to quickly solve any outstanding issues.

One thing to note is once you receive the email that is generated out of Google Classroom, you have to click the accept button to begin receiving the emails. Guardians then have an option to receive a daily or weekly email. These emails have been generated by our wonderful support staff member Meronea Nathan - thank you!

If you missed last week's article, a recap of the information about the system is outlined below, please don't hesitate to get in touch if you have any questions - contact details are at the bottom.

Google Classroom offers the ability for 'Guardians' (i.e. parents and caregivers) to receive a weekly summary of what the students are receiving in Google Classroom. Please note that the system is set up in Houses and requires students to have accepted their invitation to their House Google Classroom - if you have not received your Guardian email please check that your student has accepted their invite to their House Classroom. Following are some things re Guardian emails:

- Firstly, not all teachers are using Google Classroom in the same way and summaries may look different for some subjects.
- At the top of the summary will be any work that has had a due date allocated to it. This is labeled "Student work". If this work has not been handed in by the due date it will be headed "Missing from last week". If there is work due to be handed in the following week there will be a heading "Due next week".
- The next heading is "Class Activity", which are any announcements that your student received from the teacher for the week. This will be separated into the different subjects. It is often instructions about what learning to complete in class or links to resources to support learning.

We trust that you will find these Guardian emails useful to keep track of what learning is taking place for your student - both in this remote teaching and learning environment and when we return to normal teaching. If you have any questions about Guardian emails please contact Mr James Rasmussen, or click here to read more from Google.

WHS at Alert Level 3

A recap of Mr Hall's previous emails, setting out the system to allow students to return to school and comply with the rules and requirements that schools have to follow to ensure that students and staff are safe and that the aims of Level 3 are met. We will call for registrations weekly. Any questions please email Mr Oded Nathan.

Which students are allowed to come to school??

- 1. Only Year 9 and 10 students;
- Only students who 'need' to come to school. While this may have been unclear initially, the Prime Minister clearly stated that only students 'who need to attend' may come to school - if there is a parent or caregiver available students should stay at home; \
- Only students who are well. Any student who is unwell or has a health risk may not come to school;
- 4. Only students who have registered with us. For us to ensure we have sufficient staffing and are able to meet the requirements we need to know how many students are going to be at school - and so parents must register their student with us. Registrations will be on a weekly basis. To register for next week (ie Mon 4/5 - Fri 8/5) please click the following link to complete the Registration Form. Students not registered will not be able to come to school next week.

What will a day at school look like? (NB this is indicative only and may change).

0845	Students enter school and sign in.			
0900-1200	Supervised remote teaching and learning (ie the same online learning as students at home).			
1200-1230	Physical activity (will adhere to safe practises).			
1230-1300	Lunch.			
1300-1500	Supervised study.			

NB:

- students will be required to sign-in, to meet the contact tracing requirements.
- social/physical distancing requirements will be adhered to (ie 1 metre inside, including during breaks, and 2 metres outside).
- students are required to be in 'bubbles' of 10 (which can become 20 when systems are sorted). We will allocate students to bubbles, which may not mix during the day, including lunch or breaks. Students are required to sit in the same place each day.
- PPE (personal protective equipment) will not be provided. The MoE and Ministry of Health do not require or recommend it as necessary.
- students will need to bring their own food and drink, as the cafe will not be open and students will not be able to leave school during the day.

- students do not have to wear uniform, but should wear or bring clothes suitable for the physical activity.
- while we understand school buses may be running this is not yet confirmed. Anyone intending to send their child to school should do so on the understanding that school buses may not be running.

As you can see there are many rules and restrictions that have been put in place for schools to ensure that this is safe for students and staff, but we are happy to enable this to happen to play our part in supporting the community.

Technology Girls reach Top Five in CRUX competition!

Three female Technonly students have been working on a user friendly and accessible concept for a community app/website which will have a huge positive community impact in our district.

These three committed students are Neve Short, Charlotte Muir abd Lily Adams in Year 10. They have created a solution and developed a concept for an app/website called: 'Give Time':

The idea for this app/website was born when they were encouraged to enter an annual completion for girls in Technology. Due to the virus, the competition and prizes have been postponed until 2021 but the girls still continued their work as they loved learning about technology and solving problems, perseverance at it's best!

There are lots of apps/websites/links that ask for volunteers for different events/activities/duties. However, they identified a lack of a concise, one stop shop, easily navigated app/website for people to volunteer their time/skills/energy. They have designed and produced a prototype of such an app. People log on, enter their preferences and get options of what volunteer opportunities are available. They are linked with the provider and then the magic can happen within our community!

The idea was submitted last Friday and today we found out that the panel of judges had put in the Top 5 for community voting, which closes tomorrow at 5pm. I'm am so proud of these three technology students for their continued hard work and contining to engage with thier learning via our google meet development sessions together.

Mrs Rebecca Lund



Check out our tutorials if you

Check out our tutorials if you need help.

Congrats! Your project is live. Back Check out our tutorials if you need help.

Ākonga Passport - Remote Challenge!

Kia ora everyone!

While you are at home, we have decided to give you an opportunity to continue to work towards your Ākonga Passport, whilst working on your wellbeing at the same time.

Below you will see the Remote Ākonga Passport Challenge where you get to choose from a list of activities. These activities, framed on the Mental Health Foundation's Five Ways to Wellbeing, are designed to help you keep physically and mentally well which is really important during these challenging times! Each of the challenges can earn you valuable points towards your passport. Complete any TWO activities from the table below for one Passport Point. You can complete up to a maximum of six activities during this period while we are not physically at school.

You need to take photos etc of evidence and send it through to my email (spanapa@wakatipu.school. nz) when you have completed it. Put 'Ākonga Passport' in the subject line.

Have fun! Sonia Panapa, Deputy Principal

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Our Ākonga Profile describes our aspirations for each and every student. With values at the core, it outlines the areas in which we want students to learn and develop.

CONNECT	Give	TAKE NOTICE	KEEP LEARNING	BEACTIVE
TALK & LISTEN, BE THERE, FEEL CONNECTED	Your time, your words, your presence	REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY	EXPERIENCES.	NO WHAT YOU CAN. NJOY WHAT YOU DO. NOVE YOUR MOOD
Connect Me Whakawhanaunga	Give Tukua	Take Notice Me aro tonu	Keep Learning Me ako tonu	Be Active Me kori tonu
Use this Facebook site and share a video of you and your whānau after learning one of his kapa haka routines.	Write a children's story with illustrations about COVID-19 and lockdown to help them understand and read it to a younger person (online or at home).	Write a children's story with illustrations about COVID-19 and lockdown to help them understand and read it to a younger person (online or at home). Draw/paint a picture of the view from any window in your house that your art teacher would be proud of!	Compose a song or write a poem about 'lockdown'.	Set yourself a physical challenge, make a plan and record what you do daily to achieve this. (E.g push-ups, pull-ups, flexibility challenge, walk/run/cycle etc).
Video challenge - you would have seen the staff video mash-up; create your own with friends and family around the world showing their lockdown experiences (3-4 seconds per clip) or one that thanks essential workers, ANZAC soldiers, etc.	Take responsibility for providing some kai for your whānau and show off your masterchef skills (either baking or cooking).	Go for an extended walk around your neighbourhood/local area and take photos of the things you normally don't notice in the rush of life (nature's colours, birdlife etc!). Make a video or collage using the photos.	Watch a movie from the 1990's or earlier that you have not seen (maybe get a recommendation from your parents) and write a short review for potential viewers.	Complete the fitness challenge called the 'Ladder': 50 burpees, 50 squats, 50 press ups, 40 burpees, etc. etc. until you get down until 10. Share a video and total time it takes you.
Complete a family tree/ whakapapa of at least 4 generations (Great Grandparents) by asking relatives to share their knowledge. How far back can you get?!	For those with younger siblings - plan an afternoon of activities where you are sole charge and make it creative and fun. Write a plan and take some photos of your activities.	Create a gratitude poster showing all the things in your life that you are grateful for or a poster that illustrates all of your strengths.	Te Reo Māori Kete for Kaitīmata (Beginners) & Tauiwi (Foreigners) - Make a copy of this language resource and learn some Te Reo!	Create your own new outdoor game/confidence course and play it/complete it with members of your bubble.

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS. Mental Health Foundation of New Zealand

Head Student Address

Happy Friday Everyone!

It is important that we stay patient at this time. At this point, the longing to see our friends and loved ones is stronger than ever. Many were hoping that Level 3 meant we could finally see our friends and it may seem that the reasons to stay home seem to get blurred between the lines of the reasons you want to go out. It's okay to feel this way but it is also important to remember why we stay at home. We stay at home to save lives. We stay at home so that we can leave home as soon as possible. Patience now is imperative as it will mean less patience in the future. It is a team effort that depends on us all to be successful. And means you can go out and support your favourite local eateries that have finally opened up!

Trust me when I say that I understand how difficult it is to stay motivated at home. Sometimes understanding what the teachers are saying is difficult or you may not want to ask a question about your work in front of the whole class. There are many hindrances from not being in a classroom and teachers know this. That's why communication is key. If you don't understand a task at hand or are having trouble finding motivation communicate this to your teachers, to your friends and to your parents. This is a time where everyone will be extra understanding but this can become difficult if there is a lack of communication about how you're feeling. A few ways of staying on top of your school work and minimising distraction:

- Don't sleep beside your phone and avoid looking at it until after school time. It is a lot easier to zone out in class if you're playing Candy Crush on your phone. Having your phone out of sight will mean you don't impulsively grab it every time your interest starts to fade.
- Make a schedule or routine. If you write it down it becomes official. It's hard to avoid those big letters staring at you reading "SCHOOL WORK 2-3PM". This will help you stay on top of not only your school work but also other things such as exercise and hobbies. Remember to schedule some free time too though because if your schedule is too grueling you'll be more inclined to give it up.
- Make goals. Goals will help you stay positive inside. If you feel as if you're accomplishing things it will make time pass faster and give you some purpose. Goals don't have to be extremely life changing. Start small. A goal could be something as simple as learning 3 new phrases in a new language.

On a brighter note here are some highlights and things to look out for in the following weeks:

- The number of active cases is declining steadily in New Zealand and our future is looking optimistic! There have been no new Covid-19 cases in our region in almost 2 weeks!
- We had a lovely ANZAC Day in which many families paid respect to those who fought by standing at the end of their driveways.
- Next week is sign language week so it is a great opportunity to practice or learn some new signing skills.
- The Maori Council have begun a "Maori Word of the Day" initiative that will be shared with the student body on the @wakatipustudents instagram page! Follow the page for announcements and fun daily challenges brought to you by the student leadership team and the school councils.



Juliana Rossi Macaes - Academic Lead Prefect

Family TIK TOK Challenge

Calling all you Movers and Shakers! Who is ready for a Dance off? We want to see your best moves and crazy costumes!

Create a quick TikTok of the whole family or your designated dancers and email it to Jake Hansen. We will collate these and share them back with the Best Dances taking the prime time slot.



So get creative with your location, costumes and make up. (Send your videos through by Friday the 1st of May)

Itinerant Music Lessons

The Itinerant lessons are underway and will continue in remote mode for the next few weeks. Most of the sessions are going well with the odd hiccup as systems were put in place. Students who did not attend lessons have been sent emails and if we didn't get a reply we have removed the students from those sessions for now. Any questions, please email Alison Price.

Arts in Lockdown!

Arts Department

The Arts department has put together a Site for people to access which has links to resources for "Creativity", "Skills" and "Inspiration". A great place to go if you are needing some Arts time.

To acess the site click here.

Music Groups and Events

<u>Key dates</u>							
May 7	Rockquest Entries due						
June 12/13	Rockquest Heats						
June 20	Rockquest final						
July 2	Play it Strange songwriting Foundation)	(Lion					
TBC	Big Break						
TBC	Musical						

A Guide to Alert Level 3

SPORT NEW ZEALAND

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Sports News, Results and Information

Information

Online Fitness Sessions for Sports Teams

It has been great to see a large number of students accessing and participating in the live online fitness sessions being run for the WHS sports teams while training is unable to take place.

Weekly schedule of sessions:

Monday	12:45pm	F45 (cardio)
Tuesday	12:45pm	HIIT (high intensity interval training) with Matua Brad
Wednesday	12:45pm	F45 (resistance)
Friday	12:45pm	F45 (cardio)

Level 3 Sport NZ Guideline

Please check out the guidelines from Sport NZ with regards to sport and physical activity at Level 3. More information has been released by Sport NZ and the government regarding guidelines for Level 2, please check out https://sportnz.org.nz/ for more information.



Follow Us on Facebook

The WHS Sports Facebook page is the best place to stay up to date with the latest news and results of our students.

School Key Dates

1 May Junior and Senior Progress and Achievement Summary (PAS)Reports - available on the Portal

NCEA Information Parents 6 May Evening



General Recreation

 Train at home; personal trainers can work from home but cannot enter other bubbles · Walk, cycle and run in your regions - ideally close to home • You can drive to open spaces like beaches in your region Mountain bike on known trails if you are an experienced mountain bike Take short walks (up to 3 hours total) on easy trails • Hunting only allowed on private land that you have permission to and can cess in your region without a vehicle (DOC lands are closed) No long, backcountry tramping or overnight hiking · Don't share equipment / balls outside your bubble You can ride your horse or pony

Facilities

Playgrounds and school playgrounds Public aquatic facilities Clubhouses Toilets • Gyms

Organised Sport

General advice must be followed:

- No team training outside bubbles
- No congregating of people outside of bubbles • Do not share equipment outside of bubbles • Participate in low-risk activities only: care must be taken not to be

injured and require medical care

- Common touch points must be minimised e.g. gates, benches, nets

Do not use water fountains or share food and drink
Outdoor sports where 2 metre physical distancing is possible can operate e.g. golf, tennis, bowls with no public use of shared facilities such as clubhouses and toilets. Hygiene measures and contact tracing must be in place.



Watersports

wing **are permitted** within close range of shore (no more than 200m away) swimming, surfing, kayaking, canoeing, rowing, single waka-ama, windsurfing and paddle boarding. In all cases you must maintain physical distancing of 2 metres with anyone outside of your bubble

Not permitted because activities expose participants or other users to ed danger and may require complex search and rescue servi ail boats, scuba diving, kite boarding, diving from rocks or bridges, all forms of motorised craft or equipment.

Fishing from a wharf, kayak or surfcasting from the beach is permitted. Fishing from rocks is not permitted



In 2020, we're helping WHS deliver the best all round education to the students of WHS by funding:



Find out how you can support the students in your school community by visiting www.wakatipuhsfoundation.co.nz



JOIN OUR BUSINESS PARTNERSHIP PROGRAMME

It is only because of the generous contributions from businesses like yours that we are able to deliver the best all round education, fund a variety of educational, co and extra curricular activities as well as the much needed Awhi Fund providing support to families in hardship.

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WWW.WAKATIPUHSFOUNDATION.CO.NZ



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JEVOS

DANCE EVOLUTION STUDIOS

Dance Evolution Studios bring dance classes for your child direct to your bubble.

Online DEVOS is a solution to keep dance fit and continue excellent dance tuition until such time as Queenstown and Damaru dance studios get back up and running.

Our classes use the online platform Zoom. They have been planned for dance tuition in a small physical space and with internal assessments so students have goals and will continue to progress and improve.

DEVDS is offering Fusion classes in Hip Hop, Jazz, Ballet and Contemporary Dance. Fees - \$40 for the remainder of Term 2. Don't miss out!

> For further information please contact Anna Stuart - anna@devos.co.nz / O21 860 060

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14 months Membership when you buy in April and you have 6 months to activate from the date of purchase[^]

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