

TE AWAMUTU COLLEGE

NEWSLETTER AUGUST 2017



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PRINCIPAL'S MESSAGE

Greetings to the Te Awamutu College community.

Term 2 ended with a host of special events:

• Week 7

<u>The Te Awamutu Combined Schools Teacher Only Day</u> was again a "hit". Our guest speaker, Nathan Mikaere-Wallis, certainly delivered in terms of being informative, enlightening, thought-provoking and engaging, on the topic of "Brain Development and Links to Learning, Behaviour and Relationships ".

Nathan had been likewise to a great turnout the evening before in the College Hall for parents/caregivers, students and community members. Thanks to everyone who turned up and showed their support and interest.

Not only were teachers here for the Combined TOD, but also Principals, RTLBs, Learning Support Assistants/Teacher Aides, Counsellors, School Nurse and support/administration staff.

We were treated (again) to an amazing morning tea, organised, prepared and presented by our wonderful Hospitality Department (staff and students). People in attendance for the first time found it difficult to believe that it is not all done by an external professional catering company.

Huge thanks to Maree Letford and Will Cawkwell for "driving" this.

An interesting array of workshops were on offer for staff to select from, including:

- Accelerating Student Achievement
- 3 D Printing
- The role of the LSA/Teacher Aide
- Common Scenarios presenting to Frontline Office Staff
- Help! Johnny's dyslexic. What can I do?
- Improving Boys' Literacy
- Using the TaleBlazer App
- Literacy Learning across the Curriculum
- Science across the Schools
- Power of Thought

Lunch was a tantalising "rustic spread" by Radish Catering – thanks Renee Irwin and staff.

A massive thanks from me to everyone who helped with preparations; offered workshops; all who attended for your positivity and interest; and to my awesome PA, Liz Parsons for all your time, effort and support.

• Week 8

This term's **Mufti Day** raised \$1776.10 for the deserving cause: Ronald McDonald Houses. Thanks to the Service Committee for your promotion and holding of this day.

<u>Kia Tū Rangatira Day</u> – again proved to be an interesting and worthwhile day for all involved. This leadership and mentoring programme (Kia Tū) continues to be beneficial to the senior leaders/mentors and those juniors being encouraged and inspired. (Look out for an article and photos later in this newsletter). • Week 9

Battle of Waipa Sports and Cultural Tournament versus Cambridge High School.

In the third edition we won! narrowly, having success in 7/12 of the events.

Cambridge High School (staff and students) have given us great feedback about our great spirit of the day. (Check out article and photo in this newsletter).

<u>BP Business Challenge</u> – We were very fortunate to again be one of the schools selected for this valuable and challenging programme for 75 of our Year 11 students. Thank you to Mrs Rebecca Legg (Year 11 Dean) for all the time and effort put into organising this event. The outcomes for our students are vast. (Once again, see the article and photos later in the newsletter).

2017 Senior Ball: "Until Midnight"

Another elegant and enjoyable edition was held at Don Rowlands Centre, Lake Karapiro.

There was again a great turnout from parents/caregivers, siblings, extended family members and friends to watch the amazing arrivals and the first three formal dances.

I give special thanks to: Alys Bleasel and her Ball Committee for all their efforts; Mrs Robyn Taylor for her splendid tutoring of our dancers and great support, along with husband Dean, on the day and during the event; Wayne Carter for his usual sterling job as MC; Katrina Alquist (Finance Officer) for awesome knowledge and support, and Liz Parsons and Student Centre Staff for their involvement/support.

• Week 10

Junior Report Evening

A great turnout by parents/caregivers and students who kept staff busy with their questions and interest. Thanks for your support.

Inter-House Singing and Haka

Cameron triumphed narrowly in another spine-tingling, emotional and roof-lifting event. Thanks to judges: Sue Germann (Deputy Principal, Te Awamutu Intermediate School), Jan Cullen (Principal, Pirongia School) and Trudy Charman-Love (TAC School Nurse) for your tough job. A great way to end another term!

Successes

What a term! We have certainly had a great share of triumphs. Well done to all involved.

- "Displacement" <u>Stage Challenge</u> entry, won the Waikato region competition.
- 9 students were acknowledged at the <u>Waipa District Council Youth Awards.</u>
- Our school team won the North Island Secondary Schools' Show Hunter Competition against fierce competition (including St Peter's and Waikato Diocesan). Team members will all receive Sports Excellence badges for this fine accomplishment.
- <u>Battle of Waipa Sports and Cultural Tournament</u> Winners.
- We defeated Cambridge High School in rugby to take hold of the impressive <u>Battle of Waipa Cup.</u>
- <u>Leah Belfield</u> won two silver medals and one bronze medal for New Zealand at the Oceania Track and Field Championships in Suva. A day after her return home, Leah was invited to join Athletics NZ's relay development squad for next year's World Junior Champs. Congratulations!
- <u>Culinary Fare at Wintec</u> great results from our competitors (numerous gold, silver and bronze medallion winners). Your huge amount of preparation and practice certainly paid off.
 Congratulations to staff (Maree Letford and Will Cawkwell) and students. Natasha Cox was a gold medallion winner for her chicken dish. Zavier Letford, Jorja Ashmore and Morgan McKenzie were crowned winners for the Waikato region in the main challenge (2 chefs and a front of house had to prepare and serve 4 portions of entrée, main and dessert). They will now compete in the national final against the 10 best schools in New Zealand. Kia Kaha.

Winter Sports

The winter season continues. A huge thanks to all players, coaches, managers and supporters. All the best to all teams participating in NZSS Tournament Week (4 - 8 September). A future newsletter will feature end-of-season reports from the various sporting codes.

<u>Assessment Week</u> Week 3: 7 – 11 August

It is <u>vital</u> that students turn up and give their best in the "practice exams" and internal assessments on offer. This year all results from the "practice exams" will be sent to NZQA in Wellington and stored for possible use in the event of external exams not being held (e.g. earthquake, fire . . .) or if an individual student is prevented from sitting due to <u>serious</u> personal circumstances (e.g. bereavement).

So students can not just "give them a go" - they need to have revised and prepared and to stay in the Hall and "give it their best shot".

Course Selection for 2018 (for Years 9 – 12)

Weeks 4 and 5, 14 - 25 August

Students will be issued with all necessary booklets and forms and advice and guidance will be provided by Deans, subject teachers, Careers Advisor and Form Teachers.

Parents/Caregivers need to be interested and involved in these important discussions and decisions.

Enrolment of Year 9's 2018

We will again have a full Enrolment Programme organised. Full details will be available to all our contributing schools, along with the 2018 Prospectus. If you have any queries, please contact Wayne Carter (the Deputy Principal who will oversee this year level) 871 4199 ext. 225.

Term 3 – is another busy one, including:

- Open Days (For Year 9's 2018)
- Inter-House Basketball, Rugby, Soccer and Netball
- Māori and Pasifika Achievement and Success Day
- Senior Reports and accompanying Report Evening
- 2018 Head Student Applications
- Waipa Kapa Haka Festival
- 2017 Talent Quest

(Have a close read of the Term Calendar in this newsletter and on our website www.tac.school.nz)

Free Dental Care until you're 18!

I find it disappointing and bewildering that so many of our students do not take advantage of visiting a dentist (contracted by the DHB) in the town. (I do appreciate that not everyone enjoys the experience). Information is available at the Health Centre or at the town dentists.

Dental On Mahoe, 371 Mahoe Street, Te Awamutu	07 871 7432
Lumino Dental, 34 Market Street, Te Awamutu	07 871 7202
Paul Kay Dentist, 54 Albert Park Drive, Te Awamutu	07 871 6452
Te Awamutu Dental, 88 Teasdale Street, Te Awamutu	07 871 7712

Dropping Off and Picking Up Students on Alexandra Street

Waipa District Council has asked us to remind parents/caregivers to make sure that they do not obstruct vehicles having entry/exit to their vehicle entrance/driveways along Alexandra Street – when either dropping off or collecting students <u>or</u> parking for some reason.

Staffing

- A big thanks to Samm Bailey for 5 weeks relieving in the Health and Physical Education area.
- Hannah Farrant (HOD Dance) has left us to commit full-time to business ventures. She will be missed by her students and colleagues alike and hopefully is only a temporary loss to the teaching profession.
- We have welcomed Teupoko Natua who will take the Year 9 12 Dance classes for the remainder of the year.

First Cultural Excellence Badge Recipients

To correspond with our Sports Excellence Badges, we have now introduced Cultural Excellence Badges. To receive this prestigious award students must:

- i. Win a competition/event/festival at Waikato Secondary Schools or higher level. or
- ii. Attain at an "excellence" level in a cultural competition/event/festival which is a sanctioned secondary school event or endorsed by the school. or
- iii. Be selected into the top possible Waikato representative team/squad/group or higher.

Recipients (July 2017)

★ Half Eaten Pie

Winners of Waikato Regional Final Smokefree Rockquest 2017

- Lachlan Oosterman guitar and vocals
- Hayden McFie bass guitar
- Matthew Church drums
- ★ "Displacement"- TAC entry and winner of Waikato Region Open Division 2017 Stage Challenge.
 - Choreography:
 Tohuora Tamaki
 MJ Neethling
 Morgan Ellis
 Shanelle Gallyer
 - Choreographer and Leadership Rosie Numan
 - Concept Development and Creativity Shawna Chettleburgh Jasmine Saunders Chloe Schwass Annalisa Jolly
- ★ Waikato Culinary Fare
 - Zavier Letford, Jorja Ashmore and Morgan McKenzie Winners of the Waikato Region Main Team Challenge
 - Natasha Cox Gold medal winner in Chicken Dish section and overall winner of this class.

Congratulations and well done to all recipients!

Mental Health

The "NZ Herald" (www.nzherald.co.nz) is to be commended for its series of articles "Break the Silence", during July about "teen/youth suicide. "New Zealand has the second worst youth (25 and under) suicide rate in the developed world and the worst teen (15-19) suicide rate. The annual rates have remained largely unchanged for around two decades".

This topic is viewed as serious, controversial and sensitive by educators, mental health professionals, parents/caregivers, extended whanau and family members, and indeed, teenagers themselves.

The series has included opinion pieces and stories from:

- Mike King an advocate for raising awareness on suicide (NZ Herald 16 July)
- Kamo High School Principal, Jo Hutt (students from the school took their own lives (NZ Herald 13 July). 2012 saw an unprecedented youth suicide cluster in Northland – 19 precious young lives were lost.
- Joe Paulo who survived a "complete total meltdown" from depression and wants to use his "journey to raise mental health awareness" (NZ Herald 14 July)
- The Minister for Education, Nikki Kaye, has responded by saying she is working with fellow Ministers, including Minister of Health, Dr Jonathan Coleman, to decide how to use extra funds allocated in the 2017 Budget for Mental Health.

"She plans to improve fragmented school services to help build resilience in youth and to make young people part of the solution by involving them in reorganising services".

"I think we are definitely going to have more of a national conversation about [youth suicide]. I think the time is right". (NZ Herald 3 July)

• One of the outcomes of this discussion is that the MOE has made it clearer to schools that it is now lawful for them to use the term "suspected suicide".

Previously, schools were advised to use the term "sudden or unexpected death" as the coroner would need to make a legal ruling on the cause of death.

- Schools have in place policies, protocols and procedures for when critical incidents occur. These have largely been developed on the advice and guidance from the Ministry of Education and the Ministry of Health.
- It is likely that these ministries will be revisiting their advice and guidance; initiatives; resources etc. in the light of the robust nationwide discussion and focus.
- The Ministry of Education has asked Principals to let parents/caregivers know where to find information to support the mental health and wellbeing of their children and to let you know that they have recently updated their parents' website on this topic.

www.parents.education.govt.nz/mental-health

The College's Student Welfare Team (Principal, 3 Deputy Principals, Guidance Counsellor, HOD Special Education, Attendance Officer, School Nurse, Resource Teacher: Learning and Behaviour, Police Youth Aid Officer) meet fortnightly to discuss our most "at risk" and "in risk" students, including those with mental health issues (anxiety, stress, depression, alienation . . .)

We act with urgency but also sensitivity when we see the need for an urgent referral, for example, to a GP or CAMHS (Child and Adolescent Mental Health Service).

We work closely with them, students and their parents/caregivers towards achieving the "best way forward". (In 2016, 32,000 referrals were made nationwide to CAMHS; up 6,000 from 2012).

We have two trained Guidance Counsellors in the school:

Coral Stuart 871 4199 ext. 216 Helen Morris 871 4199 ext. 217

- You can also make contact with your GP or our local mental health service ICAMHS 871 3671 or 0800 154 973
- The following free helplines operate 24/7: (source NZ Herald)

Depression Helpline	0800 111 757
Lifeline	0800 543 354
Need to Talk?	Call or text 1737
Samaritans	0800 726 666
Youthline	0800 376 633 or text 234

• The Mental Health Foundation Website also has numerous services listed that offer support, information and help.

www.mentalhealth.org.nz/get-help/in-crisis/helplines

The "s" word or topic has long been almost a taboo or off limits area for schools. (Most progressive schools however, including Te Awamutu College, have long included topics such as: Relationships, bullying, resilience, sexuality, self-esteem and personal wellness in their health curriculum). Various agencies, ministries and experts have long disagreed over the handling or reaction in the event of this amazingly sad and tragic end of a life.

Concerns about suicide "glorification" and "contagion" are valid.

But with New Zealand having such damming statistics for teen and youth suicide, there needs to be far greater awareness of mental health issues and support services readily available.

Kia Kaha.

J. Membery

Tony Membery Principal



BOT UPDATE

The BOT has had a few mammoth meetings in the past months setting up the year with the Charter, Annual Plan and Budget. We have also intensely reviewed student achievement looking at the breakdown of NCEA results and junior assessment post and pre testing for the end of last year and beginning of this year. We have also looked at the financial performance of the school having received the Auditor's Report for both the school and the Rogers Trust Farm. The Rogers Trust has had its AGM. The Trust comprises of 4 College BOT members and 2 appointed community representatives. There has also been a revision of the financial reporting provided to BOT members.

The Board is progressing towards co-opting a Māori Trustee so the BOT more accurately represents our students' cultural background. Cath Parr provided the Board a report on Māori and Pasifika Achievement and Success which showed NCEA achievement targets, planned target groups for accelerated learning, co-construction meetings, attendance and truancy targets, the Kia Tū Leadership programme, Rangatira Day and the Matariki celebration.

The MOE has been through the school and has highlighted modification of our ramps and decking to improve wheelchair access and the College facilities were also reviewed and discussed through the lens of Sport Waikato. General discussion around the need / desire for an artificial surface has been occurring over the past months and some stakeholders' opinions will be sought.

Some Board members are keen to go paper free and will receive the PDF version of the BOT pack! Currently the BOT meets 8 times a year with some meetings fully packed, potentially there could be a dedicated meeting for special topics. There is no July meeting due to school holidays and we meet again Wednesday 23 August.

Karina Belfield Board Chairperson

LATEST INDUCTEES TO TE AWAMUTU COLLEGE HALL OF FAME

Te Awamutu College added nine more inductees to its Hall of Fame last term – hosting six for a presentation and morning tea at their alma mater.

All attendees were proud and appreciative of this recognition and enjoyed being back at TAC and reminiscing. Present were:

- (Chef; Hospitality industry) _ Ben Bayly
- (Trainer: Horse racing) Graeme Sanders _
- Andrew Forsman (Trainer: Horse racing)
- Dean Brindle
- (Sprint Car racing) Nathan White (Rugby)
- Jim Mylchreest (Mayor; Local Government)

The other 3 inductees were:

- The late Prof. Alastair Scott (Statistics)
- Prof. Paul Keall (Medical Research)
- Dr Judith Aitken (Various Governance roles) _

Members of our Hall of Fame have their names listed on a display board in the Main Office and a photo on display in the Hall Foyer.

Details of their fine accomplishments and deeds are on our website <u>www.tac.school.nz</u>. Check it out!

Thanks to Wayne Carter for all his ongoing time and effort he has put into this project.



RANGATIRA DAY

Kia Tū senior students organised a Rangatira Day held on Friday 23 June. The programme for the day included a guest speaker, Marina Alefosio, a spoken word poet from Auckland. She spoke of the need to speak for oneself and not allow the media or others to define who you were. Students then did a series of exercises culminating in writing their own poem and, if they had the courage, reciting it. Students were inspired and moved by the workshops. Marina ended by speaking of the need to take responsibility for one's words as they had just seen how powerful they were.

Two workshops, Dance facilitated by Tohu Tamaki and Art facilitated by Con Emery, took place. Students learned a dance and contributed to the Kia Tū art piece to be displayed in the whare kai.

The planting of a tree to celebrate Matariki followed lunch. Mike Graham spoke of the significance of the tree planting before his karakia, delivered while the three Year 9 students who had had the courage to read their poems planted the tree.

The day ended with a round of Ki o Rahi facilitated by Ms Lunjevich. It was a great day and thanks and congratulations go to our Kia Tū student leaders and Ms Anso, Ms Lunjevich and Ms Reid for their support of the students in organising the day.





NISS SHOW HUNTER CHAMPIONS!



Breanna Young – Delvay Pegasus



Tegan Walmsley - Hogan



Georgia Young - Lynx



Georgia Young, Breanna Young, Tegan Walmsley, (Absent Tanesha Swinton)

For the College Equestrian team the final day (Day 3) of the show hunter series was a huge success coming away with the title of North Island Secondary Schools Show Hunter champions. We had six riders entered: Breanna Young, Tegan Walmsley, Tanesha Swinton and Georgia Young in the winning team and Annabelle Cox and Zoe Mason in a team with two draft riders from Otumoetai College. The team taking out the win by a very small margin of 0.3 points finishing on 61.6 points, with second place going to Waikato Dio finishing on 61.3 points. The High Points title which is the individual rider that finished with the highest total percentage of all scores accumulated over the three days was won by student Breanna Young. This was a very tight competition with Breanna only starting the day, two points ahead of a St Peter's rider to take out the win.

Show hunter is where the horse and rider combination are judged on their execution and style over an 8 to 10 fence course. Riders enter in two of the five heights depending on the capability of the combination.

Results

Breanna Young- 4th 90cm and 2nd 95cm Tegan Walmsley- 3rd 70cm and 1st 80cm Tanesha Swinton – 1st 65cm Georgia Young- 7th 90cm and 3rd 95cm Annabelle Cox- 2nd 75cm and & 7th 85cm

BATTLE OF WAIPA TOURNAMENT - 2017

Well done to all involved for our:

- Hosting skills
- Organisation
- Managing and referring
- Fair play
- Great spirit

In the 3rd year of this tournament, we triumphed (narrowly!)

Our wins (7/12 events):

- Badminton
- Basketball
- Chess
- General Knowledge
- Master Chef
- Rugby 7s
- Volleyball

A special thanks to the 4 Head Students (Sophie, Iona, Tony, Bradley) and Mr Bain for all your time and effort.

Mr Membery (Principal)



































TE AWAMUTU COLLEGE BALL – 1 JULY 2017 "UNTIL MIDNIGHT"

Thank you all for coming tonight, I really hope that you have enjoyed yourselves and made this year's ball a memorable one. A lot of time and work has gone into tonight so I would just like to quickly thank those who have helped to make it possible.

Thank you to Mr Membery, Liz Parsons, Katrina Alquist and the wonderful Student Centre ladies for all of your help. You have all been so helpful and I really appreciate everything that you did in the months leading up to tonight.

Our Ball Committee has been great this year with providing new ideas and helping to make all of our ball tickets. In particular I would just like to thank Courtney Sinclair, Delaney Newton and Ashley Emery. You were each so supportive and always willing to help out when things became stressful and I am very lucky to have had you in this year's committee.

Thank you also to Gourmet Delicious for tonight's delicious catering, Event Smart for tonight's decorations, Clever Designs for this year's backdrops, and Langwoods for again photographing our ball and doing an amazing job of it. Thank you to everyone from the Don Rowlands Centre, and tonight's security. Also, thank you to tonight's incredible band, The Monroes, for making absolutely sure that everyone enjoyed themselves.

I'd also like to thank Mr Carter for being tonight's MC and, in doing so, making the night run smoothly.

Something that always helps to make this night so memorable and unique is our dancing. This year we were again lucky enough to have the incredible and very patient Mrs Taylor, to teach us how to dance. So thank you very much Mrs Taylor, and Mr Taylor for providing tonight's music in between The Monroes' sets.

Finally, I would like to again thank all of you for attending tonight's ball. The SADD committee would quickly like to remind those of you who will be attending tonight's after balls to stay safe and make responsible decisions.

Alys Bleasel: 2017

Ball Committee Chairperson





WAIKATO CULINARY FARE SUCCESS

Te Awamutu College has once again had success at the Waikato Culinary Fare. 25 Students participated with good results:

- Jasmine Gaskin gained a silver medal in the savoury pie section and overall winner of this class.
- Natasha Cox gained Gold overall winner for chicken dish, silver for Soup and bronze for Barista.
- Chicken dish: Silver Janaye Watts
- Barista: Silver Keita Brown
- Café cakes: Bronze Tayla West

Silver - Morgan McKenzie and Ellen Beetson

- Cold dessert: Bronze - Eriko Aoki and Jenna Bain

Silver - Morgan McKenzie

- Waikato Team Challenge Restaurant: Bronze Morgan McKenzie
- Waikato Team Challenge Kitchen: Silver Jorja Ashmore and Zavier Letford
- As winners of the Waikato region Secondary School Challenge, Jorja Ashmore and Zavier Letford are heading to Auckland on 29 August to compete in the Grand Final of the National Secondary Schools Culinary Challenge. Teachers Will Cawkwell and Maree Letford, know the competition will be fierce and say the students need to show attitude and a hunger to win.

There has been, and will be, a lot of extra hours put in to ensure the team is well organised and methodical to put up well-presented and great tasting dishes to get the judges' attention on the day.

Menu to be prepared and served within 90 minutes.

Entrée:

Pumpkin, caramelised leeks and feta quiche tart served with blue cheese cream and ash pretzels.

Main:

Roast chicken breast served with pea custard, beetroot puree, Pommes Dauphine (mashed potato folded into choux pastry and deep fried) and Jus Gras.







PRAISE POST CARDS – TERM 2 2017

PRINCIPAL'S AWARDS

These are presented to the student who receives the most Praise Postcards in their Year Level.

Year 9 Anna Jager	Year 10 Bert Downs	Year 11 Brooke Burgess	Year 12 Megan Peters	Year 13 Ally Robinson
DEANS' AWAR These are presen Class.	DS ated to the students v	who receive the mo	ost Praise Postcards	s in their Form
Year 9 9BK Crystal Br 9FT Emily But 9HY Keelan Co 9LD Leah Attw 9MR Anna Jage 9MT Riley Jame 9PL Kyle Lim 9PR Matthew J 9TH Grace Mut 9WS Brad Gree	ickland 100 tterfield 100 oyle 101 ood 108 r 101 es 101 10F 10F Fox 108 rphy 108	 L Jamie Claasen W Bert Downs CY Olivia Short O Gemma Hastie CT Teegan Gullive CD Austin Watene CH Amy Waugh CR Monique Gaml 	er 11KO 11ME 110M 110N 110N 11SM ole 11TN agne 11TR	Sterling Ward Aidan Perrett Khylan Taylor Maria Muraahi Brooke Dunn Paige Ellis Reuben Bron
Year 12 12AD Eriko Ao 12GT Anthony 1 12KA Morgan M 12KI Cameron 12KS Ruth Stok 12PY Nikita Bee 12RI Megan Pe 12SV Reese Hog 12SY Rosie Nur 12TA Jacob Dyk	ki 130 Moka 131 AcKenzie 138 Torr 138 es ck 138 ters 138 garth nan	 H Richard Yarnd RD Ashleigh Wall RS Capri Forbes- McCallum H Jasmine Gaski 	ace	

ENVIRONMENT COMMITTEE

Release of Kokako on Mount Pirongia – on 20 June three members of the Environment Committee witnessed the first release of two kokako on Mount Pirongia since they were removed in 2002 due to the many pest threats in the area. A male and female kokako were the first of 20 birds to be released on Pirongia this year by the Pirongia Te Aroaro o Kahu Restoration Society. Students were fortunate to be part of this day of celebration, which marks 15 years of hard work by the society. It is hoped that the birds will flourish in this natural environment and that eventually we will end up with 500 around the mountain.





YEAR 13 CHECKLIST – TERM 3

- \checkmark Check closing dates of the courses you are applying for.
- ✓ Decide on the Halls of Residence you are going to apply for. Apply on-line from 1 August.
- ✓ Put your name on the list, on Mrs Dickson's door, under the University you have applied for accommodation. Please do this by the end of August. Confidential Referee Reports are now done on-line.
- ✓ Attend the Course Planning meetings of the University you have chosen. This may be more than one University if you are keeping your options open. These will be at school. Keep an eye on the Daily Notices for date, time and venue.
- ✓ Apply on-line for a loan or allowance at <u>www.generosity.org.nz</u>. See Mrs Dickson if you need help.
- ✓ Check all available scholarships in the study area of choice. The school subscribes to Breakout, a scholarship website. Check Daily Notices under the Career section for instructions about this website.
- \checkmark Work hard. The Quality as well as Quantity of credits is now very important.



NCEA FEES:

Yr 11, 12 & 13 students

These fees are now due for payment (\$76.70) at the Student Centre. If you have a Community Services Card you may be eligible for a discounted NCEA fee (\$20).

To be able to get this discount you need to let the Student Centre know and pay **before 25 August**.

Mrs Dickson's study tips

Organise yourself a study timetable

- Google for examples of these.
- Divide it into half hour blocks.
- Don't plan more than one hour of study without a break. You are aiming for quality time not quantity.
- Exam time is not cram time if you hope to learn a term's work in a week, you're dreaming. Studying is • you taking responsibility for your learning and your future.
- Be realistic, if you have sports practices, after school jobs or other commitments put these in first. •
- Block out your favourite TV programmes, and any chores you have to do.
- Half an hour per subject per day (even when you have no homework) is good way of keeping up with subject content. Even reading a novel from your reading list can count if you can't think of anything else suitable to do.
- Use your exercise books/folders as a resource this is better than Google. Don't be afraid to highlight key • words, quotes, formulae, dates etc. Perhaps transfer these into a notebook if that helps you learn.
- Organise a study space that is free from distractions. Work with family to find a suitable solution.
- Advertise your study timetable on the fridge and the bedroom door, so everyone knows the times you • are unavailable.
- Try to be unavailable to your friends for these half hour blocks, eg no phone, cell phone, internet.
- Music may be helpful this is different for different people. ٠
- Treat the weekends differently I suggest one evening off in the week and one day off in the weekends. ٠ Start your timetable at 10am on the weekend.
- If you miss carrying out your study routines, don't stress, just start again. •
- A key may suit you eg colour Biology study blocks in green. •
- Look for gaps in what you've planned in the evenings eg if tea isn't ready, then you could fit a subject in there.
- Have a gap between study and bed so your brain slows down.
- Don't put off what can be done now. The key to success is good organisation.
- Attend any tutorials offered to you. Make use of the experts in the school.

Learning your notes

Everyone has a different learning style. Have plenty of scrap paper available if you're a visual learner and need to draw and make mind maps/fishbone to summarise the content from your exercise books/folders.

Exam sitting hints

- If you become very stressed during formal exams, ask to be seated at the back of the room.
- Eat! Make sure you have something to eat before you sit an exam, even if it's a Smoothie or Up and Go.
- Check batteries in calculators. Make sure you have a spare pen of each colour you need, and a sharp pencil. Do this the week before. If your pen does run out, ask!, the supervisor will get you a replacement.
- Study your exam timetable carefully. Highlight the times you need to be at the venue. For NCEA exams, if you miss an exam, it's too late, there are no second chances. If there is a clash between two subjects, notify the school as early as possible.
- Try not to leave the exam room early. It's tempting to do so when your friends are leaving early. Take a big breath, settle down, and read your answers again. This could mean the difference between pass and fail.
- Involve your family/household in your hopes and dreams, so they can encourage you on bad days, and keep you on track.









STUDENT INSTRUCTIONS TE AWAMUTU COLLEGE SENIOR ASSESSMENT WEEK

Monday August 7 - Friday August 11

STUDENT INSTRUCTIONS

- Exam leave is for ALL Year 11, 12 and 13 students Monday August 7 through Friday August 11.
- Subjects not holding exams in the hall may still have Achievement/Unit Standard Assessments or Re-sit opportunities. Students will be informed by their teachers and are expected to attend these.
- NO food may be taken into assessments. Water bottles will be allowed.
- Correct School Uniform is expected in all exams, assessments and re-sit opportunities.
- Unless in uniform and studying in the library or with a teacher, students are not to be on school grounds once they leave their exam.
- Students are expected to arrive 15 minutes before their exam (this means arriving at 8:30am or 12:00pm). Students may not leave an exam within the first hour.
- Bags will be left outside the Hall or in the front of the classroom being used.
- No pencil cases will be allowed into any exam, only clear plastic bags containing necessary equipment will be permitted.
- There is to be NO communication between students inside the exam room.
- There are NO MOBILE PHONES ALLOWED in the examinations hall.
- If students are ill or have some other crisis THEY WILL NEED TO CONTACT THE SCHOOL TO REPORT THEIR ABSENCE and make plans to use the "catch-up" day on Friday August 11 to complete missed exams.
- If students have a clash of exams, they must talk to the teachers concerned and use the "catch-up" day on the Friday August 11 to complete missed exams. Exam papers for all courses will be available in the Hall on the catch-up day.
- It is vital to do well in these exams/assessments/reassessments. Results from practice external exams may be used to provide NZQA with evidence of student ability and achievement should there be circumstances where a derived grade is required for the end of year exams. Practice exam results are also used in the calculations for school awards.
- Attendance and a satisfactory effort are expected if students are to remain entered for the external examinations.
- This week may be the only reassessment opportunity for some standards so it is important that students make the most of this.

NORMAL CLASSES WILL RESUME ON MONDAY AUGUST 14.

ASSESSMENT WEEK TIMETABLE - Week 3, Term 3 - 2017

	Monday -	Augus	t 7	Tuesday - /	Augus	st 8	Wednesday		gust 9	Thursday	- Augu	ist 10	Friday - August 11	
8.45am	1ENG	56	Hall	1DRA	33	Hall	1CHP	65	Hall	1MAS#	96	Hall	Catch-Up Exams	Hall
	1ENT	138	Hall	1EBS	54	Hall	1MRI	3	Hall	2BIO	50	Hall		
	2HLH#	- 24	Hall	2GEO#+	- 25	Hall	1SCG	60	Hall	2ECO	30	Hall		
	2ACC#	14	Hall	3BIO	25	Hall	2CHE	48	Hall	2MRI	8	Hall		
	3MAC	19	Hall	3SCI	- 34	Hall	2DRA	20	Hall	3ACC#	9	Hall		
				2DAN	16	H1	3ENG	19	Hall	3GEO+	32	Hall		
							3ENV	28	Hall	3MRI	2	Hall		
	Pract/Int A	4s/Res	it							•				
	2ELE		T4	Pract/Int A	s/Res	sit	Pract/Int As	/Resi	t	Pract/Int A	ls/Res	it	Pract/Int As/Resit	
	3APH		C3	1TEG#		T1	1APH (A)		C3	1ELE		T4	1SCG# Physics	R3
	2SCI#		A5	2APH (A)		C3	1SCP/1SCT		A2/A3/A5	2ARD/3AF	RD	C2/C3	1SCG# Chemistry	A5
11.45													2MAC/2MAS/2MAT	N7-N8
Students in Hall 251		+	171			243		+	227		3MAC/3MAS/3MAT	N7-N8		
12.15pm														
	1ACC#	19	Hall	1MAE	113	Hall	1GEO+	54	Hall	1HIS	56	Hall	Catch-Up Exams	Hall
	2EMS#	45	Hall	2HIS	43	Hall	2PHY	30	Hall	1HLH#	23	Hall		•
	2ENG	40	Hall	2MAC	44	Hall	2SCI#	65	Hall	1MPR#	3	Hall		
	2ENV	73	Hall	3HIS	27	Hall	3HLH#	14	Hall	2MAS#	79	Hall		
	3CHE	35	Hall	3MUP	7	Hall	3MAS	43	Hall	2MUP#	8	Hall		
	3EMS	23	Hall	3PHY	16	Hall			•	3DRA	8	Hall		
		•		1DAN	20	H1				3ECO#	18	Hall		
	Pract/Int A	As/Res	ĩt	Pract/Int A	s/Res	it	Pract/Int As	/Resi	t	Pract/Int A	ls/Res	it 👘	Pract/Int As/Resit	
	3ELE		T4	2VAR		C2	1SCP/1SCT		A2/A3/A5	1APH (B)		C3	2BIO	R4
							1TEC		17	1DTC - M	Г	R14	1MAE/1MAS/1MAT	N7-N8
							2APH (B)		C3	1DTC - TE)	R13		•
										1VAR		C2		
3.15pm]	
Student	s in Hall	235			250		+	206			195			
* indicates				hr exam #	indic	ates 21	hr exam, all o	ther	exams a	are 3 hrs			-	

* indicates 1 hr exam, # indicates 2 hr exam, all other exams are 3 hrs.

NB - Students are expected to arrive 15 minutes before exam.

+ indicates 2 desks each (Geo)

How parents can prevent bullying

There are many ways parents can help reduce the likelihood of bullying, or at least make their children aware of acceptable behaviour. How often do we hear that behaviour starts at home. In the ease of bullying and society's attitudes to it, these often stem from the home environment. So the parental role in preventing and reducing bullying is vital.

Some of the actions parents can take, whether bullying has impacted on you or your child's life or not, are:

Explain bullying -

Tell your children regularly how much you disapprove of bullying and why. Tell them you don't want them to take part in mistreating another student at any level, however small. Students who come from families that oppose bullying accept that bullying is wrong and are less likely to bully others because they know their parents would disapprove.

Forbid bullying -

Do not allow any type of bullying at home and deal firmly with any attempts by siblings to bully one another.

Encourage positivity -

Encourage your child to see the positive side of other students rather than expressing contempt and superiority.

Model and encourage respect -

Model and encourage respect for others as well as behaviours and values, such as compassion, cooperation, friendliness, acceptance of difference and respect.

Explain rights of others -

Emphasise seeing things from another's point of view and the rights of others not to be mistreated.

Report incidents -

Report all incidents of bullying that you are aware of, not just incidents that happen to your child. Don't continue any child's silent nightmare by saying nothing.

Encourage resilience -

Develop protective behaviours and resilient social skills in your child, such as speaking assertively, negotiating, expressing their own opinion, using a confident voice and using firm eye contact. Practise regularly using dinner conversations and social encounters with acquaintances and new people.

Respect and confidence are key -

Talk about respect and help children distinguish between people who care about their wellbeing and those who don't. Children require the confidence and skills to avoid people who don't treat them with respect.

Help build friendships -

Help your child build and maintain caring and genuine friendships. This may mean taking an active role in encouraging social activities such as after school plays and sleepovers.

Deal with fear and anger -

Assist them to develop effective ways of dealing with fear and anger instead of internalising their feelings, taking them out on others or losing face in front of the peer group by allowing them to spill over.

NetSafe advice for young people:

What can I do to prevent cyberbullying?

- Be careful who you give your mobile number to and don't pass on friends' numbers without asking them first.
- Don't respond to texts from people you don't know. These can often be sent randomly to find people to bully.
- If you witness cyberbullying try to help the victim. You can offer them support, or report the bullying anonymously if that feels safer.
- Don't post revealing pictures of yourself or others online they may get sent on and used to bully you or other people.
- Keep your online identity safe create passwords with a mix of lower and upper case letters and numbers. Pick difficult answers for your "secret question" on accounts that people who know you wouldn't easily guess.
- Don't share your passwords with anyone not even your friends.

What can I do if I am being cyberbullied?

- Tell people you trust a good friend, a parent, or a teacher. They will want to help you stop the bullying quickly and safely.
- Do not reply to the people who are bullying you, especially to text messages from numbers that are unfamiliar to you.
- Save evidence of all bullying messages and images. You can save messages on your phone and take screen shots of bullying on websites or IM (instant messenger) chats. This may be used later if you report the bullying to your school or the police.
- If the bullying is online or on your mobile involves physical threats to hurt or fight you, contact the police. Making threats of harm is criminal behaviour in New Zealand.
- Bring in any evidence you have when you meet with the police (messages stored on your phone or printouts of screenshots). If you are worried about your safety contact the police immediately.

Cyberbullying at school

• If you think the people bullying you are at your school tell the Principal or Deputy Principal as soon as possible. Schools in New Zealand want all students to be safe and teachers want to help stop bullying.

Cyberbullying on your favourite websites

• Report internet cyberbullying to the website where the bullying took place - usually there is a "Report Abuse" button or "Safety" link.

Cyberbullying on IM

- If you can, block the bullying messages coming through.
- Take screenshots of any nasty messages sent to you and save them as evidence.

Cyberbullying and your mobile

- If you are being bullied on your mobile contact your phone company.
- Report the abuse and ask them to take action.

Source: cyberbullying.org.nz (this is a NetSafe website, see more information at netsafe.org.nz)

safebook



This is our reaction to cyber-bullying. We must all play our part! Play yours - email design@fuzion.ie for a print ready file

WAIKATO UNIVERSITY

Former students who have graduated from the University of Waikato, 1 January 2017 – 31 May 2017.

Suzanne Branford	Master of Science (Research)	First Class Honours
Steve Warburton	Bachelor of Science	
Pearson Tukua	Bachelor of Science	
Shaun Sanders	Bachelor of Science	
Wai Grant	Bachelor of Media and Creative Technologies	

ENROLMENT PROGRAMME (YEAR 9'S 2018)

ENROLMENT PROGRAMME (YEAR 9's 2018)

WEEK	14 August	15 August	16 August	17 August	18 August
WEEK 4 INFORMATON VISITS TO CONTRIBUTING SCHOOLS					9.00am TAI Info Visit
WEEK 5 INFORMATON VISITS TO CONTRIBUTING SCHOOLS	21 August	22 August 9.30am St Patrick's 1.30pm Paterangi	23 August 9.30am Pirongia Ngahinapouri 1.30pm Pukeatua	24 August 9.30am Korakonui 1.30pm Te Pahu	25 August 9.30am Ohaupo
WEEK 6 OPEN DAYS	28 August	29 August	30 August OPEN DAY 1: Te Awamutu Intermediate 9.10 am - 1 st Tour 10.10 am - 2 nd Tour 11.30 am - 3 rd Tour	31 August OPEN DAY 2: Country Schools, Kihikihi, St Patrick's and Waipa Christian School (9.00 – 11.00 am)	1 September
WEEK 7 Parent / Caregiver Information Evening	4 September	5 September	6 September	7 September Parent / Caregiver Information Evening (Staffroom 7.30 pm)	8 September

	11 September	12 September	13 September	14 September	15 September
WEEK 8		ENROLMENTS: Country Schools, Kihikihi,	ENROLMENTS: Te Awamutu Intermediate	ENROLMENTS: Te Awamutu Intermediate	
Enrolment Programme		St Patrick's and Waipa Christian School 3.30-7.00p.m. (Library)	3.30-7.00p.m. (Library)	3.30-7.00p.m. (Library)	
WEEK	18 September	19 September	20 September	21 September	22 September
9 ENTRY TESTING ALL WEEK AT CONTRIBUTING	9.30am Kihikihi	1.00pm Te Pahu (TBC)	9.30am Paterangi 11.00am Pukeatua	9.30am Korakonui	9.00am Te Awamutu Intermediate Testing
CONTRIBUTING SCHOOLS (Two 35 min tests in English and Maths)	12.00pm Ohaupo (TBC)		3.15pm – 5.30pm Catch Up Enrolments (For TAI). TAC Library. (No appt needed)	1.00pm Ngahinapouri (TBC)	9.30am Kihikihi (TBC)
WEEK	25 September	26 September	27 September	28 September	29 September
10 ENTRY TESTING ALL WEEK AT CONTRIBUTING SCHOOLS (Two 35 min tests in English and Maths)	9.30am Pirongia		9.30am St Patrick's		

TERMS / DATES 2017

Term 3:	Monday 24 July – Friday 29 September (10 weeks)
Term 4:	Monday 16 October – Friday 8 December (8 weeks)
Labour Day	Monday 23 October (Term 4)

UNIFORM SHOP

Uniform Shop Hours

Tuesday and Thursday 1.30 – 2.10pm

Wednesday 11 – 11.30am

TERM 3 CALENDAR 2017

WEEK 2

Tuesday 1 August Wednesday 2 August

Thursday 3 August

WEEK 3 Monday 7 August – Friday 11 August Wednesday 9 August Thursday 10 August Friday 11 August

<u>WEEK 4</u> Monday 14 August - Friday 18 August Tuesday 15 August Wednesday 16 August

Sunday 20 August

WEEK 5 Monday 21 August

Tuesday 22 August

Wednesday 23 August

Thursday 24 August Friday 25 August ICAS English WSS Duathlon-individual Junior Assembly Senior Deans' Assemblies TAC Yr 9 Options Expo (at TAI)

Assessment Week 9OEE(b) Adrenaline Forest 9OEE(a) Adrenaline Forest 10SCI Rainbows End 6 classes

Course Selection Week ICAS Maths Senior Assembly Junior Deans' Assemblies 3OED Alpine (3 days)

3OED Alpine 3TEC Practical (4 days) 3DRA Devising Camp (3 days) 10SPE Leadership Coaching Inter-House Basketball 3OED Alpine Junior Assembly Senior Deans' Assemblies BOT Meeting 6.30pm 10OED MTB WSS Snowsports Course Selection Forms (Yr 9-12 due to Form Teacher) 10OED MTB 3SSC Tough Guy/Girl Rotorua WEEK 6 Monday 28 August Tuesday 29 August Wednesday 30 August

Thursday 31 August

WEEK 7 Monday 4 September

Wednesday 6 September

Thursday 7 September Sunday 10 September

WEEK 8 Monday 11 September Tuesday 12 September Wednesday 13 September Friday 15 September

<u>WEEK 9</u> Monday 18 September Wednesday 20 September

Thursday 21 September

Friday 22 September Sunday 24 September

WEEK 10 Monday 25 September Tuesday 26 September

Wednesday 27 September

Thursday 28 September Friday 29 September Pd 5 Testimonial Assembly 2OED MTB 2OED MTB Senior Assembly Junior Deans' Assemblies OPEN DAY 1 (TAI) 2SSC Ski Trip (2 days) OPEN DAY 2 (Country Schools, Kihikihi, St Patrick's, Waipa Christian School)

Golf-Lunden Links WSS Indoor Rock Climbing 1OED Tramp (3 days) Winter Tournament Week Junior Assembly Senior Deans' Assemblies Yr 9 2018 Parent/Caregiver Info Evening 7.30pm Staffroom 1OED Tramp (3 days

1OED Tramp 1OED Tramp Inter-House Rugby, Soccer, Netball Senior Reports Issued

NISS Ski (3 days) Senior Assembly Junior Deans' Assemblies 1SSC Surfing/Orienteering Head Student 2018 Applications due 3.30pm 1SSC Surfing/Orienteering Senior Report Evening 4.00 -7.00pm Maori & Pasifika Achievement & Success Celebration Day 3OED MTB (3 days)

3OED MTB 3OED MTB 10BUS Market Day 3BIO Auckland Museum Junior Assembly Senior Deans' Assemblies Waipa Kapa Haka Festival (Events Centre) 1.50 Talent Quest Term 3 ends

2017 NZOA EXAMINATION TIMETABLE

		2017 E	Examination Timeta	idle	
Date /		Level 1	Level 2	Level 3	Scholarship
Thurs 9 Nov	9.30 am		-		Drama
91101	2.00 pm	Drama	Japanese	Te Reo Rangatira	Chinese
Fri	9.30 am	Economics	Media Studies	Business Studies	Calculus
10 Nov	2.00 pm	Music	Health / Physics	Accounting	Te Reo Rangatira
			WEEKEND		
Mon 13	9.30 am	English		French / Te Reo Māori	
Nov	2.00 pm		Business Studies	Health / Japanese	English
Tues 14	9.30 am	Chemistry	Dance / Latin	Making Music	Geography
Nov	2.00 pm	Japanese	History	English	
Wed	9.30 am	Science		Media Studies	Music
15 Nov	2.00 pm	Chinese	Geography	Chemistry	History
Thurs 16	9.30 am	Biology	Music	Biology	Art History
Nov	2.00 pm	Social Studies	Chemistry	Home Economics	Media Studies
		Ca	anterbury Anniversary Day Wee	kend	
Mon 20	9.30 am	Mathematics and Statistics			Biology
Nov	2.00 pm	Statistics	Economics	Physics	Te Reo Māori
T 21	9.30 am	Accounting	Te Reo Māori	Music Studies	Economics
Tues 21 Nov	2.00 pm	Home Economics	English		Statistics
Wed	9.30 am	Agricultural and Horticultural Science	Home Economics	Classical Studies	Physics
22 Nov	2.00 pm	German	Biology	Geography	French
Thurs 23	9.30 am	Geography	Accounting / German	Calculus	
Nov	2.00 pm	Dance	Classical Studies	Spanish	Classical Studies
Fri	9.30 am	History	Education for Sustainability	History	Chemistry
24 Nov	2.00 pm	Business Studies	Mathematics and Statistics	Social Studies	Spanish
			WEEKEND		
Mon 27	9.30 am	Sāmoan / Te Reo Rangatira	Drama	Statistics	
Nov	2.00 pm	French	Chinese	Earth and Space Science	Accounting
Tues 28	9.30 am	Physics	Art History	Drama	Agricultural and Horticultural Science
Nov	2.00 pm	Latin	Spanish	Art History	
Wed	9.30 am	Health	Agricultural and Horticultural Science	Agricultural and Horticultural Science	Latin
29 Nov	2.00 pm	Art History	French	Economics	
Thurs 30	9.30 am	Te Reo Māori	Earth and Space Science	Sāmoan	Earth and Space Science
Nov	2.00 pm	Classical Studies	Social Studies	Chinese	Sāmoan
Friday 1	9.30 am	Media Studies	Sāmoan / Te Reo Rangatira	Dance / Latin	German
Dec	2.00 pm	Spanish	-	German	Japanese
	rams start a	-	A 6 4 a mm a a m a	xams start at 2.00 pm	-

2017 Examination Timetable

Morning exams start at 9.30 am.

Afternoon exams start at 2.00 pm.



TE AWAMUTU COLLEGE CANTEEN

"THE SNACK SHACK" 2017

HOT FOOD

Mince & Cheese Pie Mince Pie Steak & Cheese Pie Bacon & Egg pie

TOASTIES

Ham & cheese\$1.50Ham pineapple & cheese\$1.70American Hotdog\$2.00Fish Burger\$2.00Chicken Burger\$2.50Texas BBQ Riblet Burger\$3.00Nachos- mince, sour cream,\$3.50and cheese.\$3.50

WINTER WARMERS

Hot chocolate	\$1.50	
Mochaccino (s	\$1.50	
Noodles		\$2.00
Garlic bread		\$1.00
Sushi	From	\$3.90

	COLD FOOD	
\$1.90	Filled Rolls (Chick/Ham)	\$2.20
\$1.90	Sandwiches	\$2.20
\$1.90		
\$1.90	CONFECTIONERY	
	Raspberry Super Twist	\$0.90
	Peanut Slab	\$1.50
\$1.50	Fresh Fruit – seasonal	\$0.50
\$1.70	selection	
\$2.00		
\$2.00	ICEBLOCKS	
\$2.50	Juicies	\$1.00
\$3.00	Moosies	\$1.20
\$3.50	Jelly Shots	\$0.20
·		
	Contoon will be onen	
	Canteen will be open	
\$1.50	for business from	
\$1.50	8:00am daily.	
\$2.00	A good time to order	
\$1.00	your lunch & have a	
\$3.90	hot chocolate to start	
	your day.	

BAKED GOODS	5
Cookies	\$1.00
Donuts plain/chocolate	\$1.30
Donuts creamed	\$1.60
	-
DRINKS	
Mineral Water	\$1.50
Primo- choc,straw,ban 350ml	\$2.30
Primo-choc,straw,lime 600ml	\$3.30
Fresh up- 4 flavours 1LT	\$3.20
Ribena 1LT	\$3.20
Ribena 250ml	\$1.50
Pams Diet Cola 1.5LT	\$2.00
Pams Diet Lemonade 1.5LT	\$2.00
Coke Zero cans	\$1.50
Pepsi Max cans	\$1.50
Classic diet Cola cans	\$1.20
Spree diet lemonade cans	\$1.20
Charles Sugar Free Lemon	\$2.00
or Mango/Orange	\$2.00
Lunches: noodles, garlic bread,	
burgers, toasties, nachos,	
hotdogs, need to be ordered no	
later than 11:20am - so you	

won't miss out

COMMUNITY NOTICES

WAIKIDS (Waikato Child and Youth Health) are holding a FREE EAR CLINIC SERVICE FOR CHILDREN in Term 3 – 9.00 - 2.30pm on Thursday 31 August and Thursday 14 September 2017 at St Patrick's School (the Rewi Street entrance).

All children must be accompanied by a parent or caregiver.

Visit the ear nurse for advice on:

- Glue ear assessment and management
- Wax/foreign body removal
- Grommet checks
- Treatment of discharging ears

For enquiries regarding this service please phone (07) 838 3565. (Please note clinics may be cancelled without notice due to unforeseen circumstances).

Parenting Helpline

get support, advice and practical strategies we can help with your parenting concerns

Call 0800 568 856

9am - 11pm Monday to Sunday



www.parenthelp.org.nz