

### **HERETAUNGA COLLEGE**

Ward Street, Upper Hutt 5018 Telephone: 939 9370

Email: <a href="mailto:info@heretaunga.school.nz">info@heretaunga.school.nz</a>
 Website: <a href="mailto:www.heretaunga.school.nz">www.heretaunga.school.nz</a>
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## Newsletter – August 2020

**IMPORTANT DATES** 

19/8 - CSW Prem Boys Football Finals

19/8 - CSW Squash Champs

20/8 – HC Day

21/8 - CSW Badminton Open Finals

21/8 - CSW Hockey Finals

21/8 - Teacher Only Day

21/8 - Wellington Tertiary Open Day

24/8 - RSSL Netball Finals

24/8 - Smashed Year 9

25/8 - CSW Basketball Junior Finals

25/8 – Year 10-12 Pathway Day

26/8 – CSW Girls Football Finals

26/8 – Pathway Parent Evening

26/8 – Victoria University Year 10 Maori & Pasifika Day

28/8 - CSW Basketball Senior Finals

29/8 - CSW Boys Football Finals

31/8-4/9 – Winter Tournament Week

1/9 – BOT Meeting

4/9-5/9 - Careers Expo Wellington

4/9 – Senior Course Selection Final Date

7/9 – AWD Indoor Bowls

10/9 – Music Extravaganza

11/9 – University of Canterbury (10.45am) 14/9-18/9 – Senior Derived Grade Exam

Week 21/9-23/9 – Year 10 Ignite 3-day

programme

22/9 - CSW Ki-o-rahi Senior Tournament

23/9 - Hutt Valley Choral

23/9 - SONZ Have a Go Day

24/9 - CSW Year 9 & 10 Have a Go

#### **TERM DATES:**

Term Two:

Tuesday 28 April - Friday 3 July

Term Three:

Monday 20 July - Friday 25 September

Term Four:

Monday 12 October - Wednesday 9

December

TEACHER ONLY DAYS 2020

Friday 21 August

**PUBLIC HOLIDAYS 2020** 

Monday 26 October - Labour Day

**BOARD OF TRUSTEES** 

Meet on the first Tuesday of each month at 6.30pm in the Meeting Room.

Kia ora whānau

So, unfortunately, we have had to refamiliarise ourselves with Alert Level Two and have now completed one week at this level. If we all continue to do our bit then we will soon be back at a more comfortable level.

We have just the usual reminders:

- All visitors must have an appointment no drop ins please
- Log your visit with the NZ COVID 19 Tracer app or sign in at the front door
- Sanitise your hands on entry
- Keep a 2-metre physical distance in the front foyer area and please do not mix with students other than you own children on the school property
- Maintain good cough and sneeze etiquette
- · No spectators at school sports events

Hopefully, on Friday we will find out when we move to Alert Level One. While we wait for that school is still a safe place to be for our students. If you are concerned about your child's health at Alert Level Two then please make sure you seek advice from your medical practitioner. This ensures you are able to make an informed decision regarding your child's attendance at school. We are happy to discuss a plan with you so that we can support your child while at school.

Term Three is where we all look towards 2021. Students are working towards finalising assessments, preparing for exams and planning for their future pathway in 2021. This term we have Pathways planning for Years 9 - 12, after school planning for Year 13 along with practice and end of year examination preparation. Somewhere in all of that, we have to fit in Winter Tournament Week. This is a lot for our students at the best of times but this year is quite different. At school, we have many skills, contacts and programmes in place to support students. If you have any concerns please contact your Kaiarahi or Year Level Dean initially. The Senior Leadership Team is also happy to work with you - getting on top of things early is the key.

Thank you to those of you that attended our Junior Curriculum Information Evening. We had a really good turn out and some great questions. We are continuing to work on this exciting new curriculum and are happy to receive any further questions that you may have. Please forward these questions to our Deputy Principal, Jacqui Lucas via email – lucasi@heretaunga.school.nz

The School Hoodies are on their way. We are waiting for some sample sizes so that students can try for size, order and pay before we get our initial first order. We will let you know when we have the sizes so that we can begin the process of getting them out for the students to wear.

Make sure you keep yourself safe.

Ngā mihi nui Fiona Craven **Principal** 

#### CONTACT DETAILS

Have you changed your contact details?

Please advise the office of any changes to your address, phone numbers, email address or emergency contact details. Details can be changed by phone, email or through the parent portal. If you are unable to access the portal please contact the college office for assistance.

#### **EMAILS FROM SCHOOL**

Please remember to check your spam/junk box for emails from Heretaunga College. Once you say that the email from us is safe it should automatically start arriving in your inbox.

If your email address has changed or you have recently obtained an address please advise the school office so your student's file can be updated.

#### **UNIFORM**

A reminder to parents that a note MUST be provided if there is an issue regarding uniform. Non-School Uniform Hoodies are not allowed to be worn as part of the school uniform.

#### SCHOOL MUSIC GROUPS REHEARSAL TIMES 2020!

Phoenix Chorale choir – Wednesday morning break in the Hall

Drumline - Will restart in Term 3

Orchestra - Thursday morning break in the Hall

Guitar ensemble - Friday morning break in the Music Room

ALL bands have a session on Thursday with our tutor. Please check the timetable on the music noticeboard for specific times.

#### FREE AFTER SCHOOL MATHS TUITION

Available every Wednesday in room Morgan 5 from 3.15 p.m. - 4.30 p.m. All welcome.

#### LIBRARY / WHARE PUKAPUKA

Follow us on https://www.facebook.com/Heretaunga-College-Library-225182564323520/

#### STUDENT VOLUNTEER ARMY

#### Collect your first badge now!!!!

Heretaunga College is a member of the Student Volunteer Army Foundation. This means that all of our students can register their volunteering hours to receive a SVA pin badge for free! So get registered and start logging your hours. This can be done retrospectively – you can log hours that you have already done. Register here:

# service.sva.org.nz



Got any questions? See Mrs Pike

#### **DUKE OF EDINBURGH**

Our Bronze Duke of Edinburgh Award Group have been very appreciative of good weather days on their Thursday sessions with Alex and Jessie from Ignite Sport.

They have been making the most of the conditions to get out and build up fitness and prepare for their November overnight tramp for the Adventurous Journey component of their award.

Tracks that have been conquered by them recently include the Te Whiti Riser, the Cannon Point Walkway and the Red Rocks walk on the Wellington south coast.

With three months to go until the overnight trip, they are well on their way to tackling the wills of a proper bush track and the adventures it will provide.

Bring it on!













#### NATIONAL SCOUT SCARF DAY

National Scout's Scarf Day was celebrated on 6 August. Students and teachers at HC proudly wore their Scout scarves.





#### "BETTER PEOPLE, BETTER COMMUNITIES, BETTER WORLD"



Heretaunga Outward Bound and Community Pathways group completed Volunteer Work for Forest and Bird. The theme was "Community and Conservation". Well done team for showing the PRIDE value Participation. Thanks to Rob Dunn, Anakiwa NZ for connecting our students to their community.

#### **CAREERS**

#### BCITO TradeSecrets Event – 8 September 2020 Boulcott Farm Golf Course, 33 Military Road, Boulcott, Lower Hutt Doors open at 6pm for 6.30pm start

To register go to <a href="https://bcito.org.nz/tradesecrets/">https://bcito.org.nz/tradesecrets/</a>

The government has announced apprenticeships are now FREE until 2023!

BCITO are holding an event for students who are keen on a career in building and construction. At BCITO TradeSecrets, your student will learn:

- How they can get an apprenticeship in building and construction
- How a BCITO apprenticeship works
- Learn about BCITO qualifications and career progression
- Find out what apprentice-life is all about from current BCITO employers and apprentices.

This event is also for parents/caregivers who are encouraged to attend with their son/daughter and hear first-hand the many valuable and rewarding career opportunities in building and construction.

#### **OPEN DAYS**

(Information is current as at 18/8/20 – please ring to confirm open times are still happening)

The Wellington Tertiary Open Day on Friday 21 August has been cancelled at some sites. The institutions which will be open are:

#### NZ Institute of Sport – 10am-3pm

Level 1, West Wing, Wellington Railway Station, Wellington For more information go to <a href="https://www.nzis.co.nz">www.nzis.co.nz</a> or call 495 8390

#### NZ College of Massage - 10am-3pm

Level 1, West Wing, Wellington Railway Station, Wellington For more information go to <a href="https://www.massagecollege.ac.nz">www.massagecollege.ac.nz</a> or call 385 8400

#### NZMA Wellington Campus - 10am-2pm

Level 1, West Wing, Wellington Railway Station, Wellington For more information go to <a href="https://www.nzma.ac.nz">www.nzma.ac.nz</a> or call 801 2890

#### Whitecliffe Fashion Tech - 10am-2pm

Level 4, Ranchhod Tower, 110 Lambton Quay, Wellington To book a visit go to <a href="https://www.whitecliffe.ac.nz">www.whitecliffe.ac.nz</a> or call 0800 800 300

#### Toi Whakaari - NZ Drama School - 9am-3pm

11 Hutchison Road, Newtown, Wellington Guided tours at 10am, 1pm and 3pm. To book a tour register on their website https://toiwhakaari.ac.nz/current-shows/open-day-2020

The following institutions are running Virtual Open Days now.

#### Victoria University of Wellington Virtual Open Day

Victoria University of Wellington has cancelled their Campus Open Day on Friday 21st August and replaced it with an online Study at Wellington 2021 online information series.

Interested students should register at: www.wgtn.ac.nz/open-day

#### **University of Canterbury**

Thursday 27th August

For more information go to https://www.canterbury.ac.nz/events/tours-and-events/open-days/

#### The University of Auckland Virtual Open Days

The University of Auckland is holding a virtual open day on Tuesday 25th to Thursday 27th August, 6pm-9pm To register for any of these sessions go to <a href="https://www.opendayonline.ac.nz/Register?S=WAUG&C=OPENDAY">https://www.opendayonline.ac.nz/Register?S=WAUG&C=OPENDAY</a>

#### **Massey University Virtual Open Days**

Massey University will be holding virtual open days on the 4th & 5th September. To register go to www.massey.ac.nz/opendays

#### **University of Otago Virtual Open Day**

To register go to <a href="https://www.otago.ac.nz/open-days/virtual2020/">https://www.otago.ac.nz/open-days/virtual2020/</a>

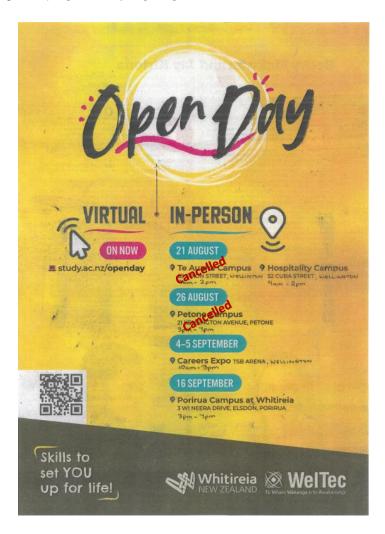
#### Whitireia and WelTec Virtual Open Day

For more information go to <a href="https://openday.whitireiaweltec.ac.nz/">https://openday.whitireiaweltec.ac.nz/</a>

#### SCHOLARSHIP INFORMATION

Check out the Tertiary providers websites for scholarship information.

MoneyHub website also has links to lots of scholarships. <a href="https://www.moneyhub.co.nz/scholarships-nz.html">https://www.moneyhub.co.nz/scholarships-nz.html</a>
The Generosity GivMe website offers access to more than 4000 scholarships, awards and grants. This is free to use at Heretaunga College. <a href="http://generosity.org.nz/giv-me">http://generosity.org.nz/giv-me</a>



#### RIDING FOR THE DISABLED

Huntar Sammons 9BK attends RDA on a Thursday as part of his wellbeing - His horse, Beauty, is approximately 15h and is a beautiful black mare. The RDA are well supportive of our students and we enjoy our regular Thursday visits.



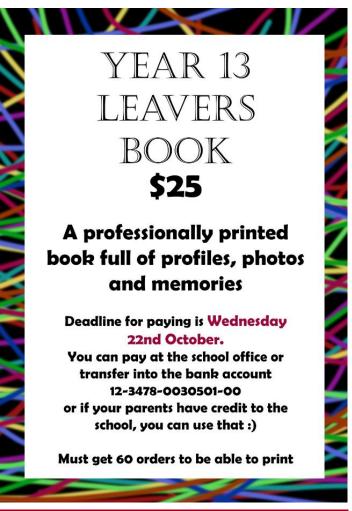






#### **SENIOR BALL DEADLINES**

Second payment: \$35 due on Monday 31 August
Third payment: \$35 due on Friday 18 September



#### **SPORTS**

# Traditional Sports Exchange vs Upper Hutt College 22 September 2020

Time	Event	Location	Ref
8.45am	Welcome for all Teams	Upper Hutt College	
9.30am	Basketball – Senior A Boys	GYM	UHC
10.30am	Basketball – Girls Senior A	GYM	UHC
11.30am	Rugby Select team (Year 9 - 11)	Field	UHC
10.00am	Hockey - Girls 1st XI	Maidstone Turf	Liam Abel Sam Woolcott
11.30am	Hockey - Boys 1 <sup>st</sup> XI	Maidstone Turf	Alexandra Manukau TBC
11.00am	Football - Girls 1 <sup>st</sup> XI	Field	UHC
1.00pm	Football - Boys U19	Field	UHC
1.30pm	Netball Premier 1	Gym	UHC
2.30pm	Finish		

This is a NORMAL school day for all students who are not participating in these events. No student is permitted to go to Upper Hutt College or Maidstone Turf to spectate. It is expected that they attend their classes.

#### **PAST STUDENT UNIVERSITY GRADUATES**

Congratulations to the following ex-students for graduating with the following qualifications.

Name	Institutional Honours		Major 1	Major 2
Abby Gillman	BSC - Bachelor of Science		Biology	Psychology
Alana Peek	LLB - Bachelor of Laws			
Amanda Hutton	BSC - Bachelor of Science		Environmental Science	Physical Geography
Catherine Bland	MTCHLP - Master of TchLrn (Primary)	Passed with Distinction		
Charlotte Hamilton	BBMSHO - Bachelor of Biomed Sci (Hons)	Second Class Hons (Div1)		
Cherie Balls	MSC - Master of Science	First Class Honours	Ecology & Biodiversity	
Georgina Booth	BBMEDS - Bachelor of Biomedical Science		Human Genetics	Molecular Pathology
Guy Sartorelli	MSWDEV - Master of Software Development	Passed with Distinction		
Jessica Kelly	MIS - Master of Information Studies	Passed with Merit	Library Science	
Jessica Thompson	BAHONS - Bachelor of Arts with Honours	First Class Honours	Political Science	
Jiawen Chua	PHD - Doctor of Philosophy		Engineering	
Kathleen Morales	BBMEDS - Bachelor of Biomedical Science		Human Genetics	Molecular Pathology

#### GENERAL INFORMATION

#### Parking at Heretaunga College

Please do not park on the lawn at any time. If there are no parking spaces within the college car parks then please park on the street.

#### Signing In/Out of College

Students are reminded to sign in at the student office if they are late to school.

All students should have a note explaining their lateness or parents should ring the College absence line (939 9370 Ext 814) or email absences@heretaunga.school.nz

When signing out to attend appointments students are required to present a note/text to the office.

If a student is unwell they are required to come to the student office where office staff will call a parent.

#### Uniform

A reminder to parents that a note MUST be provided if there is an issue regarding uniform.

Please name your students uniform. We can return lost items quicker if they are named.

#### Absences Email Address

In addition to the phone line for absences (939 9370 press 1) there is now an absences email address absences@heretaunga.school.nz

This email address will be cleared by the Attendance Officer.

#### Panadol

We do NOT supply students with Panadol. If your son/daughter requires pain relief whilst at school they must bring it from home. The Student Office will store this for your son/daughter in a locked medical box.

#### From the Finance Team

#### **ID Cards**

Student ID cards are available for purchase for \$7 and payment can be made online or at the school office. This is a voluntary item which can be used for identification.

#### Printing

Printing credits can be purchased for personal use. Students can choose their top up amount from \$5.

#### Making Payments

Cash or cheque payments can be made at the college office between 8.00am and 2.15pm daily, with Eftpos facilities available until 3.15pm. Students can make payments before school starts each morning and during school break times only. Alternatively, payments can be made online.

The schools bank account is: Heretaunga College Board of Trustees ASB: 12 – 3478 – 0030501 – 00

Please ensure that if your payment is for anything other than fees, please advise i.e. Netball and, if known, your student ID number.

If you have any questions or feedback, please contact Kirsty or Ady at <a href="mailto:accounts@heretaunga.school.nz">accounts@heretaunga.school.nz</a> or ring 939 9370 and ask for the finance team.

#### **Uniform Shop**

The Uniform shop hours are: Tuesday: 8.00am to 8.30am and Friday: 3.20pm to 4.20pm

Payment is to be made at the time of uniform purchase. If you have an account with the school, prior approval from the finance team is required before uniform can be put on your child's account.

#### Fizz-free School

Heretaunga College is a fizz-free school. Please remind your son/daughter of this rule. Fizzy drinks will be confiscated from students.

#### Parent KAMAR Portal

#### Access to School Reports and Other Information

Each parent has access to the parent portal via the school internet page (<a href="www.heretaunga.school.nz">www.heretaunga.school.nz</a>). You find the link in the top right hand corner. Here you can access all of your children's academic data such as attendance, school reports, current results and teachers' comments as well as pastoral entries. Alternatively, you can download the Kamar app from the Apple Store or Google Play store. Access details were emailed out but if you have misplaced your user name and password, please contact the school office or email: <a href="mailto:info@heretaunga.school.nz">info@heretaunga.school.nz</a>







#### ENJOY THE SIMPLE THINGS WHIST SUPPORTING OUR SCHOOL!

Heretaunga College are selling Entertainment Digital Memberships as part of this year's fundraising initiative and we would love your support. 20% of all sales will go fund our Junior Enrichment Programme for 2020. Get out and enjoy what your local community has to offer!



Entertainment Digital Memberships are convenient, easy to use and packed full of valuable 2 for 1 and up to 50% off offers for you to use over 12 months from activation. Enjoy offers from your local hospitality favourites and much, much more!

Buy online to support us today by clicking the below link

https://www.entertainmentbook.co.nz/orderbooks/105b359

Thank you for your support!











# WHAT'S GOING ON? Navigating the Adolescent Years

The adolescent years are an incredible time for change. So much is going on for our youth as they transition from children to adults. This session will outline the main changes that are physically happening in their brains and in their bodies. You will be amazed at what is going on, and it will make so much sense!

Understanding the changes, and how they affect our adolescents, will give you and increased ability to deal with the behaviour that results from them. Adolescence is an important time for increasing resilience, so this information will help you support them in this area too. The beauty of this session is that you can take the information and immediately apply it to your world. Reports of 'you have changed our household' and 'I get it now' are very common feedbacks from those who attend this session. Come along and hear how it can help you too.

Kathryn is a mother of two adolescents, with a Masters in Educational Psychology. She will explain what is going on in simple, real language. You will leave her session with practical tips you can use IMMEDIATELY.

Kathryn has been working in this area and training international audiences for over twenty years; working with groups such as Police, Teachers, Parents, Social Workers, NZRugby and many more. She also has a TEDx talk online — "Neuroscience of Device Zombies"

Come along to this unique, local opportunity to hear what might be the most useful information of your life! IN THAT MOMENT OF CONFLICT

STRATEGIES

IDEAL FOR THOSE WITH AGES 10+

> EASY TO UNDERSTAND EXAMPLES

#### Tues, 8<sup>th</sup> Sept 7.30pm

St Brendans School Hall 56 Palmer Crescent Heretaunga

#### Entry \$12

(Includes a cuppa and a sweet treat)

to book or find us on Eventfinds.

This is a ticketiess event and your name will be at the door. There will be limited door sales, subject to availability.

Payments can be made to the school via internet banking to PTF: 13-2478-0032988-00 Please use name and 'workshop' as your reference.



## Six ways with roast vegetables

Make the most of your roast vegetables by using them in different ways.

Simply dice 2 kumara, ½ a pumpkin, 4 carrots (or any seasonal vegetables) and add to a roasting dish. Mix together with ¼ cup of oil. Roast for 40 minutes at 225°C



Use vegetables in a wrap with chickpeas and salad



Make a soup with vegetables



Add vegetables to a salad with canned tuna



Mix vegetables with eggs to whip up a frittata



Serve vegetables with roast meat and salad



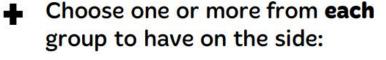
Wrap vegetables inside an omelette

For these 6 recipes, check out <a href="https://www.youtube.com/watch?v=acuZ1P1XNEk">https://www.youtube.com/watch?v=acuZ1P1XNEk</a>



# Winter lunchbox

Wholemeal toastie: wholemeal bread, baked beans and cheese







broccoli and/or pumpkin





apple and/or kiwifruit





egg and/or yoghurt



nuts and/or grainy crackers

For more information, visit www.heartfoundation.org.nz



# Winter lunchbox

Pasta salad: tuna, broccoli, sweetcorn and light dressing



Choose one or more from each group to have on the side:



kūmara and/or carrot



apple and/or orange



cheese and/or yoghurt



popcorn and/or nuts

For more information, visit www.heartfoundation.org.nz

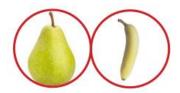


# Winter lunchbox

Egg frittata: potato, pumpkin and silverbeet Choose one or more from each group to have on the side:



broccoli and/or



pear and/or banana

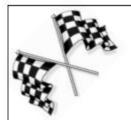


cheese and/or yoghurt



popcorn and/or grainy crackers

For more information, visit www.heartfoundation.org.nz







# "The Way Out Wacky Races" Trolley Derby

Saturday 26th September 2020

Rain off date 27th September 2020

Twin Lakes Road, Te Marua, Upper Hutt Event will start at 9.00am

ENTRY FEES

\$2 PER RIDE ON A ROTARY KART \$5 FOR AN OUTSIDE ENTRY PLUS \$1 PER TRIP DOWN THE HILL

A Fun Day out for the whole family Come and test your skill down the hill

(Min. age for entry 5 years)



Presented by The Rotary Club of Upper Hutt

