



HERETAUNGA COLLEGE

Ward Street, Upper Hutt 5018 Telephone: 939 9370
Email: info@heretaunga.school.nz Website: www.heretaunga.school.nz

Newsletter – February/March 2019

IMPORTANT DATES

11/3-12/3 – Gateway First Aid Course 2
12/3-14/3 – Shift Leadership Course
12/3 – AUT Information Talk
13/3 – CSW Futsal Champs
13/3 – CSW Tennis Open Champs
14/3 – CSW Regional Athletics
14/3 – Year 11 Holocaust Visit
15/3 – Colour Run Day
18/3-5/4 – Arts Anonymous
26/3 – Mufti Day
27/3-29/3 – Year 11 Ignite Tongariro Trip
27/3 – Year 11 Japanese trip to Featherston
27/3 – AWD Teeball
29/3 – Marine Biology Trip to Pauatahanui
1/4-2/4 – Gateway First Aid Course 3
2/4 – University of Otago Introduction Talk
9/4 – Victoria University Introduction Talk
10/4 – AWD Rippa Tournament
11/4 – NCEA Music Performance Evening
11/4 – Year 9 Sports Day

TERM DATES:

Term One:
Friday 7 February – Friday 12 April
Term Two:
Monday 29 April – Friday 5 July
Term Three:
Monday 22 July – Friday 27 September
Term Four:
Monday 14 October – Friday 6 December

BOARD OF TRUSTEES

Meet on the first Tuesday of each month at 6.30pm in the board room. All welcome to attend.

RESIGNATION OF MR HART

As announced last week our Principal Mr Bruce Hart has tendered his resignation from the college, effective Term 3 2019.

The Board is now charged with the task of replacing Mr Hart, and so the Board of Trustees is undertaking a recruitment and appointments process for a new principal to lead our school.

The Board welcomes input into this process from all members of our school and the wider community. A survey will be sent out to the school community over the next week or two.

We are interested in your ideas about what you think are the important key qualities, skills and experience that our new principal needs to have, to successfully lead our school.

Paul Munn
BOARD CHAIR

GIFT FROM YEAR 13 2018

A huge thank you to the Year 13 2018 cohort for their gift to the school. These beautiful trophy cabinets are in the main foyer as you go through to the spine. They look amazing.



HOMESTAYS REQUIRED

We would welcome applications for families willing to host student. Application forms are available from Nadine Te Pohe, Homestay Co-ordinator: tepohen@heretaunga.school.nz. A police vetting check will be obtained for all who live in the home who are 18yrs+.

ON CALL LIBRARY RELIEVER

There is a position available as a library reliever. On an as-needed basis. Hours would be between 8.30-3.30 school days.

Some experience with computers needed and an interest in working with our students with research and reading.

To request an application pack please contact Phillipa Steiner, Principal's PA via email

– steinerp@heretaunga.school.nz

Applications close **4.00pm on Friday 15th March 2019** and should be addressed to Mr Bruce Hart, Principal and emailed to: steinerp@heretaunga.school.nz

CHRISTMAS CARDS

In Term 4 last year, the Year 9 and 10 students made around three hundred personalised Christmas cards for our neighbours, the residents of the Fergusson Retirement Village. The cards, many handcrafted and containing dubious Christmas 'jokes', were placed into large envelopes and delivered by the college's 2019 Community Captains Briana Cate and Sydney Mundy.

Sydney said it was a tradition she would like to college to continue in future. "It's a fantastic way for us to reach out to our neighbours and hopefully make them feel remembered around Christmas time."

The school had received a number of emails and cards from the residents, Briana said. "It was so nice to get messages back from the village," said Brianna. "We really want to connect with them through other events in 2019, and truly value them as part of our wider school community."

With the village expanding, the challenge is on to this year's juniors to step up in Term 4 to make this happen again. Briana Cate and Sydney Mundy.

RELAY FOR LIFE 2019

The college is again participating in the Relay for Life. The annual event, which raises money for the Cancer Society, will take place on 6 and 7 April at Westpac Trust Stadium. It is an event that all students can take part in to support the work of the Cancer Society. Students need to register online, and then pay \$10 at the office when they submit their medical form and contact details. The \$10 covers the cost of the t-shirt that will be embellished with HC markings, and is used to record the laps run - that payment is due by Tuesday 12 April.

For further details, go to:

<https://wellington.cancernz.org.nz/how-to-get-involved/take-part/relay-for-life/wellington/>

and to check our fundraising page, go to

<https://relayforlifewellington2019.everydayhero.com/nz/heretaunga-college-r4l-2019>

It would be great to receive any donations to help this great cause. Any questions, contact Ross Douglas at douglasr@heretaunga.school.nz

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.

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.

2019 ARMOURY MEMBERSHIP

If students or parents/caregivers are wanting to sign up to the Armoury for 2019 please get in contact with Mr Max Pearson @ pearsonm@heretaunga.school.nz

It is open to the public before and after school and during the weekends. It is \$60 for half the year or \$110 until the end of Jan 2020.

CALCULATORS

Does your son/daughter have a calculator that they can bring to school everyday? If not, then they can obtain a Sharp EL-531 WH scientific calculator through the College for the low price of \$18. And we engrave the calculator with the name of your son/daughter for free! We are also selling Casio Graphics calculators for \$98! (both the cheapest prices around!) To get these essential pieces of technology, get your son/daughter to pay and order at the student office.

Help our fundraising cause!
Support us and treat yourself!

Discover the best of your city with Entertainment.

\$65 Every sale contributes to our cause

Enjoy thousands of offers for everything you love to do
2-for-1 offers, special rates and up to 50% off on activities, dining, shopping, travel and leisure.
Order your Entertainment Membership today!

90+ Contemporary Dining Offers
160+ Casual Dining Offers
170+ Takeaway and Attraction Offers
2,000+ Travel and Retail Offers

Up to 50% off Petrol, Travel, Leisure and Accommodation.

Every sale contributes to our fundraiser, so purchase your Entertainment Membership today!

Heretaunga College
Order your Memberships online today!
www.entbook.co.nz/105b359
Purchase your Membership before the 27th March and receive bonus offers valued at \$180!
Subject to availability.

ENTERTAINMENT BOOK FUNDRAISER

Heretaunga College is fundraising again! Entertainment books are available online or from the main office. They are \$65 with thousands of valuable 2-for-1 and up to 50% offers at many of the best restaurants, arts, hotels, travel, shopping and much, much more.

To order your Digital Membership or Book online visit:

www.entbook.co.nz/105b359

20% from every membership sold contributes to supporting our fundraising.

WINTER O.P.C. TRIP 2019

Our winter visit to the HILLARY OUTDOORS Centre (O.P.C.) will take place from Sunday 9th June - Friday 14th June inclusive (the 7th week of Term 2) . We are taking ten Year 12 and Year 13 students. If you would like your son or daughter to go away for a week of fun, challenge, team-building and new experiences in and around Tongariro National Park under the guidance of a qualified instructor, get them to rush their deposit to the College office as soon as possible. First in, first served! Students may obtain an information pack from Mr. Carter and are welcome to borrow the 15-minute promotional DVD overnight.

HERETAUNGA COMMUNITY GARDEN

The Healthy Food Project is underway.

If you would be interested in helping to produce food and tending to the gardens for the local community food project, then put you name down and help out!

Any age and stage welcome - if you don't know anything about gardening, but want to give it a go, and want some fresh air, then come down - we would love to meet you.

When: Every Wednesday afternoon 12.15 - 2pm at this stage.

Limited spaces.

If interested, talk to Mrs Pike

CONGRATULATIONS



Wellington Speedway racing - Wellington Mini Stock Championships

Congratulations to **Keegan Cotter** who placed 2nd and **Holly McGee** who placed 3rd equal

MONTHLY WELLBEING UPDATE

WELLBEING FOR 2019

Our Wellbeing Activator is excited to be working another year within the school for 2019.

We are thankful to the support of Sport New Zealand and Play.sport for the ongoing opportunities we are able to explore.

This year the PRIDE Council is splitting into committees – with focuses in the areas of sports, arts, culture, wellbeing, the community and the environment. Students can sign up to the committees they are most passionate about and invested in. We hope that we will see a lot more student led action from these committees throughout the year as we capitalise on a strengths based approach.

Our staffing team also has a well-established wellbeing committee, as we also understand the ever-growing importance of what being well looks and feels like within our own life balance. This year we will also have two student representatives on this committee.

We look forward to bringing our parent community alongside in our journey towards being well more often and hope that as a community we can nurture, support and grow more flourishing young people.



BE ACTIVE DAY – 27 February 2019



The results for the Pride group challenge for Be Active Day. The top Pride group win the Pizza lunch that will take place next week. Congratulations to all Pride Groups and Kaiarahi who made the top 10!

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
9AR	9SS	9WR	9HY	9PD	9VH	10DV	10MU	10MG	11LC
589 Winners	583	574	571	566	532	517	514	493	472

(Another new development this year is the Colour Run – taking place on Friday 15th March)
more details to follow.

WEEKLY EVENTS AT HERETAUNGA COLLEGE

The Art Club

Tuesday from 3.30 until 4.30 pm.

Students bring personal projects or work with senior art students on particular school wide projects. They will have access to all the tools and materials. The Art Club is open to everyone - including teachers.

Music

Monday - Phoenix Chorale Choir at 7.20am

Wednesday - Drum Line at Morning Break

Thursday – Orchestra at Morning Break

Friday - Guitar/Ukulele group at Morning Break

Vibe

Vibe are available for appointments for students each day. Appointments can be made at the Main Office.

LIBRARY/WHAREPUKAPUKA

Please follow our Facebook Page (Heretaunga College Library) to keep up to date with library events, book reviews and other updates.

NZSTA Kōrari programme - Wellington / Wairarapa



Kia ora

You will no doubt be aware that 2019 is an election year for school trustees. NZSTA has been working on ways to encourage more parents to stand for election. We understand that asking people to put their hand up and stand for election is difficult, especially if parents aren't really clear on what the role entails! We are offering a new programme, **Kōrari**, which is designed to recognise the experience of existing trustees and help to encourage potential new trustees to come and find out what it really means to serve on a school board.

Have you thought about becoming a board member for your school?

Come along to NZSTA's Kōrari Programme to find out about becoming a school trustee on a school board!

We are holding a community hui at Heretaunga College on 3 April 2019 at 6.00 pm in the lead up to this year's board of trustees' elections.

At the hui you'll hear about:

- What is a school board of trustees
- What do trustees do
- What skills do trustees need
- Who can become a trustee
- How do I become a trustee
- Who is on a board of trustees
- How is a board elected
- What help do school trustees get
- How does the board of trustees work

We look forward to seeing you and helping your school's succession planning!
RSVP to abeyer-rieger@nzsta.org.nz



Kōrari – a programme that provides you with governance training to help you understand the role of school boards of trustees

People who want to understand what school governance looks like can come along and find out more. The hui will be facilitated by a regional adviser from NZSTA who will talk about the reality of being a trustee, the support and training that is available and encourage existing trustees to tell their story. For people who are keen to consider standing for election, we can then offer a range of options to provide them with some learning opportunities so that they can prepare for election and hopefully become well prepared to serve on the board.

NZSTA will cover the cost of the hui including refreshments and will provide all resources needed.

Heretaunga College will host a hui on Wednesday 3 April at 6.00pm. This will be facilitated by Carol Murray-Brown.

SPORTS DEPARTMENT

The Heretaunga College Year 9 Athletics evening was held on Thursday 21 February. The following are the results from the evening:

Girls

Williamson	Rachel	F	9AR	29	1st girl	Orongomai
Bradley	Autumn	F	9VH	26	2nd girl	Remutaka
Adams	Rebekah	F	9PD	19	3rd girl	Orongomai
Banks	Ella	F	9WR	17	4th girl	Remutaka
Scott	Hayley	F	9HY	14	5th girl	Te Awa Kairangi
Treviranus-Tuiletufuga	Krystal	F	9HY	14	5th girl	Remutaka
Claasen	Emma	F	9SS	10	7th girl	Te Awa Kairangi
Elder	Kyra	F	9LA	10	7th girl	Orongomai
Paiti	Gem	F	9HY	10	7th girl	Remutaka
Pepping	Saskya	F	9SS	10	7th girl	Tokomaru
Salig	Bhrigette	F	9AR	10	7th girl	Te Awa Kairangi

Boys

Haines	Rhone	M	9VH	30	1st boy	Remutaka
Urwin	Eli	M	9LA	22	2nd boy	Orongomai
Blitz	Zachary	M	9HY	21	3rd boy	Orongomai
Hitaua	Pounamu	M	9AR	21	3rd boy	Te Awa Kairangi
Rapana-Andrews	Matthew	M	9SS	19	5th boy	Te Awa Kairangi
Carey	Ethan	M	9SS	18	6th boy	Orongomai
Cosslett	Archie	M	9PD	14	7th boy	Orongomai
Hodge	Kayah	M	9HY	13	8th boy	Te Awa Kairangi
Morgan	Reilly	M	9VH	12	9th boy	Orongomai



WINTER SPORT TRIALS

Sport	Trial 1	Trial 2
Hockey (boys and girls)	Monday 11 March 4.00pm to 6.00pm Maidstone Turf	Monday 18 March 4.00pm to 6.00pm Maidstone Turf
Netball Premier 1 Team (open to year 9 to 13)	Saturday 9 th March 10.00am to 12.30pm School Sport Centre	
Netball all Teams (y9 to 13)	Saturday 9 th March 1.00pm to 3.30pm	Saturday 16 th March 10.00am to 12.30pm
Football (Boys and Girls)	Wednesday 13 th March 3.30pm to 5.00pm School Field	Wednesday 20 th March 3.30pm to 5.00pm School Field
Basketball – Junior Girls ONLY	Tuesday 12 March 3.30pm to 4.30pm	None required
Basketball – Boys teams	To Be confirmed	
Badminton	None required	

Note:

- Players must attend both trials – please tell the sports office if you are unable to attend
- Players must register and pay for the sport before attending trials, a FULL refund will be made if we cannot place you in a team.
- Registration forms are available outside the sports office.

For more information talk to Claire or Debbie in the Sports Office.

Dragon Boating

The School has 2 teams entering the Wellington Secondary Schools Dragon Boating Festival on Sunday 10th March. Spectators are invited to Frank Kitts Park to watch the action throughout the day.

Hutt Zone Athletics - Thursday 7th March

Thursday 7th March permission forms are due by Wednesday.

Wellington Regional Athletics champs - Thursday 14 March

Top performing students will be invited to attend this event based on results on the day.

North Island Secondary School Athletics Champs - expression of interest are now open to anyone who would like to compete in the Wellington Team. Please see Claire or Debbie in the Sports Office for details.

Wanted Basketball Coaches for Junior A Boys and Senior B Boys.

Please contact Claire Anderson Sport Co-ordinator if you can assist. 027 5301999.

Hockey 2019

The girls and boys hockey second teams are looking for new players to join their team. Playing in a lower grade this is perfect for younger players and those new to the sport. In addition we are looking for new students to be trained as Hockey Goal Keepers, students will be given training by specialist goalkeeping coaches. No experience is required, just a positive attitude and a smile. Come and Join a great friendly team. See Claire or Debbie in the Sports Office for details.

CALCULATORS

We are selling the Sharp EL-531 scientific calculator for \$18 and the Casio Graphics calculator for \$98 - still the cheapest prices in town! And we engrave your child's name for free! Orders and payment through the student office.

NCEA STUDENT APP UPDATE

The NCEA Student App can now be downloaded from either the Apple App Store or Google Play Store. It is available to use in English and Te Reo Maori, is free to download and can be used from any smart device. This version displays and better supports multiple levels of NCEA and new users can simply add credits from previous years without having to also add standards information first. This means that students can track their progress towards various NCEA levels over multiple calendar years more quickly and easily. The App allows students to plan, select and set their NCEA credit goals and targets and to see how they are tracking towards NCEA Levels One, Two and Three, including Literacy, Numeracy and University Entrance.

More information can be found on the NZQA website: www.nzqa.govt.nz/audience-pages/students/ncea-app/

FROM THE FINANCE TEAM

Statements are being mailed out next week.

Thank you to everyone who has paid or are paying off their account, we appreciate your prompt payment.

Thank you also to those who have paid their donations this year. This money pays for otherwise unfunded items and events which enables us to offer a varied and rich curriculum for our students.

If you have any questions or feedback, please contact Kirsty or Ady at accounts@heretaunga.school.nz or ring 939 9370 and ask for us.

Making Payments

Cash or cheque payments can be made at the college office between 8.00am and 2.15pm daily. However, Eftpos facilities are 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

UNIFORM SHOP

The Uniform shop hours are:

Tuesday: 8.00am to 8.30am
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.

PARENT KAMAR PORTAL

[Access to School Reports and Other Information](#)

Each parent has access to the parent portal via the school internet page (www.heretaunga.school.nz). 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 send an email to Mr Reddy, reddyv@heretaunga.school.nz

GENERAL INFORMATION

[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.

[Signing In/Out of College](#)

Students are reminded to sign in at the student office if you 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).

When signing out to attend appointments students are required to present a note 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.

[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.



Holden

STREET SMART

We are pleased to share with you that in its first year, nearly 900 young drivers plus their parent or caregiver have attended the programme, rating the programme a 9 out of 10, with 99% of attendees saying they would recommend the programme to others, and 95% stating they now have a better idea of where they need to improve their driving to reduce crash risk.

We have been humbled by just some of the overwhelmingly positive feedback we have received, including the likes of:

“Such a valuable course - we had a fabulous day and learnt so much. Thanks so much I think this practical course is what is missing in the current licencing system. Well done”

“Thank you to everybody involved – you have provided a very valuable and probably injury saving and lifesaving day. It is much appreciated.”

“This course should be compulsory for every learner driver”

“Great day well worth going to. Will be recommending it to everyone I know with teenagers”

“Thanks Holden Street Smart for running this fantastic programme for our young drivers. I will be sharing this information with our local High Schools in Timaru as every young driver will benefit from learning these hands on skills. What a fabulous day”

“Thoroughly enjoyed the day- totally worth learning the skills in a controlled environment. Thanks very much. Anyone thinking of it should sign up”

“Attended with my son. What a well-run and professionally run course. Recommend it 100% for any young driver”

“Would highly recommend this for your teen driver, a lot of skills learnt for both of us. Thank you”

With the next school holiday period not far away, we hope you'll find the below information valuable to again share through your various communication channels.

Holden Street Smart is a world-class, cognitive based driver programme that aims to positively influence the lives of young kiwis across the country, and help them to become a safer and more aware driver on our roads. The Programme has been developed with the involvement of world-renowned road safety expert, Peter Sheppard. In addition, passionate road safety advocate, Greg Murphy, is our Programme Ambassador.

Offering a practical hands-on learning experience, Holden Street Smart is a programme that aims to add to, and compliment, the great work already undertaken by NZTA, NZ Police and others in the area of road safety.

Holden Street Smart is a one-day event providing young drivers and their parents/caregivers the opportunity to undertake supervised driving practice. There is a focus on developing good decision-making strategies for safe driving, including assessing themselves, reading the road environment, resisting peer pressure, managing or eliminating distractions and planning ahead.

The Programme takes place in safe, controlled, off-the-road environments, under the watchful eye of qualified coaches plus the parent/caregiver. This provides the parent the opportunity to also assess themselves, in order to be a better coach and mentor to their teen.

<https://www.youtube.com/watch?v=oO49nI-gCGU>

Holden Street Smart is a programme that equips young Kiwis with the tools needed to help be a safer and more aware driver on our roads.

Registrations can be completed via the easy to use pages on our website - www.holdenstreetsmart.co.nz

A Learning Environment of Opportunity and Challenge

Holden Street Smart will be delivering it's programme throughout the upcoming April School Holidays, and while some dates are already full, locations we'll be visiting along with space availability can be found at: www.holdenstreetsmart.co.nz



2019 YOUNG ACHIEVERS AWARDS Nominations open 1 - 31 March

Celebrating the achievements and successes of young people in Upper Hutt aged 13 - 18 years, with \$4700 of prize money up for grabs. Nominate yourself, friends, or whānau members for one of the 6 awards. An online nomination form will be available live from the 1 March on the Upper Hutt City Council website.

Video footage from last year's award ceremony available on the Upper Hutt Youth Facebook page.

Upper Hutt Youth Facebook page: <https://www.facebook.com/UpperHuttYouth/>

Upper Hutt City Council website: <https://upperhuttcity.com/community/our-community/young-achiever-awards/>



Travel concessions for students aged 16+ expire on 28th February

If you - or your kids - are aged 16+ and enrolled in full-time secondary education, then it's time to renew those travel concessions. The good news is you only need to do this annually by 28th February in order to enjoy discounted student travel all year round.

Renewing your concession in person?

Drop in to see either the [Wellington](#) or [Upper Hutt iSite](#) team with your Snapper card and proof of enrolment – e.g. your 2019 school ID or a letter from your school confirming your enrolment for the 2019 year.

Renewing your concession online?

Email us at concessions@snapper.co.nz and remember to include:

- your 16 digit Snapper card number (this is printed on the back of your Snapper card)
- your registered email address (from your Snapper website account)
- proof of enrolment – e.g. a scan of either your 2019 school ID or a letter from your school confirming your enrolment for the 2019 year.

How do I know whether my student travel concession is working?

When you tag on the bus, listen for the beeps: if you hear two beeps, then you have been charged the discounted fare. If you hear just one beep, it means you have been charged the adult fare. If you've set up your student travel concession and only hear one beep when you tag on, get in touch with us so we can help sort things out for you.

What if my school ID card has Snapper on it already?

If your school ID card has Snapper built in (you'll be able to tell as it will feature our Snapper fish logo), then your travel discount is ready to be used on the bus. We recommend you register your new ID/Snapper card on our website to keep your balance safe in case you ever lose it.

What if I'm not returning to school?

If you're not returning to a Wellington region school in 2019 then you don't need to do anything: your student travel concession will expire on 28th February 2019 and you'll be charged the adult fare next time you tag on the bus.

What if I'm off to uni?

If you're enrolling in tertiary education this year, then you're eligible for a different discounted rate - this is set up through your place of study. Let your current travel concession expire on 28th February and follow instructions from your tertiary education provider or [apply online here](#) to set up your new tertiary concession.

If you have any more questions please email us at concessions@snapper.co.nz.

All the best for the new academic year!

Team Snapper

MEDICATIONS FOR THE HEART

The Heart Foundation are holding FREE sessions across the region to discuss heart medications.

Run by registered pharmacists, we will talk about all of the various groups of medications, what they do, common side effects, etc.

Whānau are encouraged to come along and learn more about your heart condition.

UPPER HUTT:	Wednesday 6 March, 5.30pm-7.00pm Hapai Club, 879-881 Fergusson Drive Speaker: Mara Coler, Clinical Pharmacist, HVDHB
PARAPARAUMU:	Tuesday 12 March, 5.30 – 7.00pm Te Newhanga Kāpiti Community Centre, 15a Ngahina St Speaker: James Westbury, Community Pharmacist
TAITA:	Tuesday 26 March, 5.30 – 7.00pm Walter Nash Centre, 20-22 Taine St Speaker: Mara Coler, Clinical Pharmacist, HVDHB
WAINUIOMATA:	Tues 2 April, 5.30 – 7.00pm Wainuiomata Community Hub, 1a Queen St Speaker: Mara Coler, Clinical Pharmacist, HVDHB

Please register at medheart.eventbrite.co.nz or by contacting Annette on 04 472 2780 or annettes@heartfoundation.org.nz



Arts a Go Go! Performing Arts School for Kids Upper Hutt still has limited spaces available in some of our popular drama, dance, singing, pre-school music, Irish Dancing and musical theatre classes. For more details, please see www.artsagogo.co.nz, contact rachel@artsagogo.co.nz or ph 0211441641. We have classes for babies right through to older teenagers. Beginners to advanced! Classes are held at The Spot, 651 Fergusson Dr. Try a class before committing to the term! *(Waitlists apply to some classes.)*

LEARN TO ROW – PETONE ROWING CLUB

Our Learn to Row programme for 2019 kicks off on Sunday 4 March.

Athletes will learn about safety, both on and off the water, be able to identify boats and equipment, and most importantly learn good rowing technique. Once athletes have the basic skills they can choose what to do next. This might be more serious rowing like joining our men's or women's novice squads for the 2019/20 season.

Date: Sunday mornings starting Sunday, 4 March (we train rain or shine).

Time: Please arrive at 8:30am for an 8:45am start.

Costs: \$150 (Learn to Row is a 12 week programme). To be paid at the start of the programme.

Where: Petone Rowing Club, 160 The Esplanade, Petone

Bring: a towel, change of clothes, warm layers, hat, sunscreen, running shoes, and a drink bottle.

Caroline Robertson
President, Petone Rowing Club
0210723000

YMCA'S CHILDREN'S DAY SPECIAL WEEK!

We celebrate Mother's Day and Father's Day, now it's time to put our Tamariki first with Children's Day! The YMCA will run taster sessions of Kia Kahe Ake, Dance and Mums & Bubs for your little ones. Raise up, basketball and gym time for our youth!

Times and Details:

YMCA's values Family and so why not get fit together?

Sunday 3rd March - Friday 8th March, children from 9yrs and up can come in the gym for free when accompanied by an adult!

Tuesdays @ 1pm – Mums and Bubs Taster Session - Bring your babies along for a low impact workout!

Tuesdays @ 3.45pm Y-Dance 5-7yrs

Tuesdays @ 4.30pm Y-Dance 8yrs+

Wednesdays @ 4pm Raise Up Youth Leadership Programme

Thursdays @ 10.30am – 12pm Kia Kahe Ake – 'Give it a go' Free play for under 5's in a safe and encouraging environment.

Fridays @ 3-7pm – Free court time for under 14's.

*Kia Kahe Ake will officially start 10.30am on Thursday 14th March

*Mums and Bubs – Currently trialling times and membership

Did you know that we run a youth group every Wednesday for 12-18yr olds?

<https://www.raiseup.co.nz/raiseup-crews/wellington-coming-soon/upper-hutt/>



31 Maclean Street, Upper Hutt. Right next to Wallaceville Train Station, with plenty of parking



We have Junior Squash every Friday night during school terms from 5pm to 7pm – any Junior (under 18) is welcome to come along for free and we have rackets available, just need to wear comfortable clothes and non-making shoes.

Squash is about having fun, playing with friends and being active and most Friday there is coaching available.

If you want to play friends at other times and take part in competitions, it's only \$101 for the year. Junior competitions are scheduled regularly across the Wellington and Wairarapa region.

For more details:

www.squashupperhutt.co.nz

uhjuniorsquash@gmail.com

Text 028 421 5685

TRY IT. PLAY IT. LOVE IT.

SATURDAY 2ND MARCH 2019

KIWI KIDS ON SKATES

COME ALONG & GET SOME SKATES ON

LOOK US UP ON FACEBOOK

SkateNZ
NEW ZEALAND FEDERATION OF ROLLER SPORTS INC.

WHERE
UPPER HUTT SKATING RINK
4A MAIDSTONE AVENUE
UPPER HUTT

TIME
10AM - 6PM

FUN • FITNESS • FRIENDSHIP • FREEDOM

PHOTOGRAPHY: ARTISTIC ROLLER AND SPORTS PHOTOGRAPHY, JESSIE BARNWELL, RYAN KILPATRICK, JORDAN TAYLOR, JANE HILL, CRYSTIAN CLARE, JESSIE BARNWELL AND SPORTS PHOTOGRAPHY

OUTWARD BOUND

COURSE PROGRAMMES – APRIL SCHOOL HOLIDAYS

Outward Bound is one of New Zealand's leading organisations for showing people their full potential through outdoor challenge and adventure.

All courses are delivered from our school in **Anakiwa** based in the beautiful **Queen Charlotte Sound**.



SCHOOL LEADERS

16-18 year olds

8-28 April - 21 days

For students transitioning to or in a leadership role in year 12 or 13.

Understand what it means to become a leader and work as part of a team. Learn how to inspire others and be a great role model, form life-long friendships and networks with other young leaders from schools across New Zealand.

Key Outcomes:

- Explore and build on your leadership strengths
- Learn how to be part of a high performing team
- Communication skills including inspiring, coaching and understanding others perspectives
- Develop new networks and relationships with other young leaders across NZ
- Gain an understanding of how your personal values influence you as a leader

LEAPS & BOUNDS

13-15 year olds & parent/caregiver

11-18 April - 8 days

Leaps & Bounds is the ultimate parent/teen bonding experience.

Leave devices at home and reconnect with your teen over 8 days of outdoor challenge and adventure. Together you will problem solve, overcome challenges and celebrate each other's strengths.

Key Outcomes:

- Gain trust, respect and a more meaningful connection with each other
- Experience working in a partnership and as part of a wider team
- Push your own self-imposed boundaries and support your teen as they push theirs
- Develop an understanding of each other's strengths and capabilities
- Gain a better understanding and appreciation for the outdoors

To find out more go to outwardbound.co.nz or talk with our friendly team on 0800 688 927



We are running an event called the **Plunket Fun Run/Walk (supported by Pak 'n' Save)** on the 13th April at the **Rimutaka Rail Trail in Upper Hutt** and we thought you and your members might be interested in hearing about it!

It's a fun run or walk which supports families nationwide. There are 4 distances you can enter and the cost is very affordable – with 100% of funds being put towards funding Plunket's Community Services. This event is for everyone – no matter your fitness level or age! There is a distance to suit everyone:

- 3km distance (great choice for buggies and youngies!)
- 6km distance (suitable for everyone)
- 10km – (go further)
- 24km (supporting our '24' cause and putting yourself in the shoes of a hardworking 24hr parent)

The course is great, with a gradual incline and good conditions for buggies and young children – as well as the pro's!

Feel free to check out the [Facebook page](#) or [website here](#) for registration.

REGISTER HERE: www.funrun.plunket.org.nz

A Learning Environment of Opportunity and Challenge