



HERETAUNGA COLLEGE

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

Newsletter – February 2020

Kia ora koutou

Welcome to you all. 2020 is proving to be yet another busy year. Thank you to all of you who were present at our formal welcome to our new students and staff. This was smaller than we would have liked as we currently have the Sports Centre out of action due to re-cladding work. However we managed to fit into the hall - just!

Our Year 9 students seem to be settling into the regular life of high school and their classes are running smoothly. It is a challenge for them to move to high school with all the bells and different classrooms to get to know - let alone all the teachers and support staff here. We want them all to feel like Heretaunga College is their second home. We work hard to make sure they have a sense of belonging and feel cared for at Heretaunga College.

We have had our provisional NCEA results from NZQA and we are working through them to make sure they are accurate.

We had a number of students gaining certificate endorsements. They have worked so hard to really show us what they can do.

Level 1 Merit Endorsement

Charlotte Braddock, Luke Carey, Jonathan Charles, Emma Clark, Samantha Cosgrove, Lukah Coursey, Olivia Faye, Wesley Finau, Joshua Franken, Iona Greville, Tyla Holmes, Ryan Kent, Amelia Knox, Luke Mackay, Shicaine Manaena, Liam McAlister, Zac McGowan, Rebekah Parry, Cameron Prince, Renae Pullen, Chelsea Quinn, Neve Stewart, Katrin Todd, Olivia Turner, Nicholas Votyakov, Acacia Waaka, Ashford Wallace, Ruby Weavers, Brianna Wollman

NCEA Level 1 Excellence

Merekara Below-Patara, Cassandra Bonne, Olivia Cook, Amy Dellow, Sujin Lee, Fraser McNally, Hannah Molloy, Ellen Tarr, India Thompson-Toomer, Jordyn Vlas

NCEA Level 2 Merit

Emily Aslett, Tylah Brown, Hannah Burrell, Cari du Toit, Camryn Johnson, Lauren Jones, Kayla Knox, Mia Lapslie, Aimee Leung, Baylee McCullough, John Olesen, Kyla Thompson, Carys Watson, Saint Wichman- Maxwell

NCEA Level 2 Excellence

Isla Ashby, Maia Brinkley, Sophie Burgess, Lara Cooper, Julia Corston, Eva Danha, Ashleigh Donaldson, Ruby France, Maggie McMillan-Perry, Bethany Nolan, Gracie Porter, Charlotte Rempala, Arden Robinson, Erin Rowley, Matthew Tait, Phoebe Thompson, Jessica Weston

Level 3 with Merit

Lauren Boswell, Gabrielle Bueno, Tingwei Dong, Bethany Drower, Liam Edwards, Jessica Knight, Benjamin Prince, Shajal Sonia, Andre Westmoreland

Level 3 Excellence

Iris Calangian, Briana Cate, Hayleigh Hall, Annelisa Lummis, Megan Scholtz, Abigail Schouten

Congratulations to all of these students for all their hard work, effort and self-belief.

IMPORTANT DATES

3/3 – School Photo Day
5/3-6/3 – Gateway First Aid Course 1
5/3 – Hutt Zone Athletics
6/3-7/3 – CSW Snr Volleyball Tournament
8/3 – Wellington Dragon Boat Festival
9/3 – Women's Day : Ending Period Poverty
11/3 – CSW Futsal Champs
11/3 – CSW Tennis Open Champs
12/3 – Regional Athletics
12/3 – AUT Introduction Talk 10.45am
13/3 – Attitude Talks Yr 9-13
14/3 – CSW Waka Ama
16/3 – University of Canterbury Introductory Talk 10.45am
17/3 – CSW Individual Golf Champs
19/3 – University of Otago Introductory Visit 10.45am
20/3 – Teacher Only Day – No School
23/3-24/3 – Gateway First Aid Course 2
24/3 – CSW Bowls Champs
24/3 – Mufti Day
25/3-26/3 – Belle Conference
25/3-27/3 – Yr 11 Tongariro Crossing Trip
26/3 – Snr Basketball Tournament
26/3 – AWD Teeball
30/3-31/3 – Gateway First Aid Course 3
30/3-2/4 – Waka Ama Competition
1/4 – Police Course Visit to Police Museum
2/4 – Victoria University Introduction Talk 10.45am
4/4-5/4 – Relay for Life
7/4 – Ignite Aspire Conference
8/4 – AWD Rippa Tournament

TERM DATES:

Term One:
Monday 27 January – Thursday 9 April
Term Two:
Tuesday 28 April – Friday 3 July
Term Three:
Monday 20 July – Friday 25 September
Term Four:
Monday 12 October – Friday 11 December

TEACHER ONLY DAYS 2020

Friday 20 March
Friday 29 May
Friday 21 August

PUBLIC HOLIDAYS 2020

Monday 27 April – Anzac Day
Monday 1 June – Queens Birthday
Monday 26 October – Labour Day

BOARD OF TRUSTEES

Meet on the first Tuesday of each month at 6.30pm in the board room.

We also had a fantastic day on Wednesday with Be Active Day. Lots of colours, participation and good fun. These are just a few of the pictures that I took during the day.



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.

SECOND-HAND UNIFORM

If you have any uniform you no longer require please consider donating this to the main office. We are looking for both **junior and senior uniforms**, together with **socks and shoes**. Good quality items are sold for a minimal fee and this money goes towards pastoral care for students and families in need. Any lesser quality items are used in emergency situations.

HERETAUNGA SCHOOL OF HOSPITALITY

The Heretaunga College School of Hospitality offers a **NZ Certificate in Hospitality (Basic Cookery Level 3)** and is currently enrolling students for 2020.

The course involves running the school cafe and catering business and covers cookery, an internationally recognised City and Guild Barista qualification through Mojo in Wellington, front of house and loads more. The fees are low (\$280) and our students are highly employable and well respected in the industry with almost all finding work during or upon completion of the course.

If you would like to find out more you can email wilsonw@heretaunga.school.nz or call into the café at Heretaunga College for a chat and to find out more information. The SOH is open to current Heretaunga College students, students from other schools and mature students. Some prior hospitality training or study is preferred but enthusiasm and a good attitude is the most important thing. Acceptance is subject to an interview and trial.

BELL TIMES

BELL TIMES	Normal	Wednesday
Staff Briefing/PL	8.25 – 8.35	8.15 – 9.15
Spell 1	8.40 – 9.40	9.20 – 10.20
Spell 2	9.45 – 10.45	10.25 – 11.25
Form Time	10.45 – 11.00	No form time
Morning Break (Lunchtime)	11.00 - 11.40	11.25 – 12.10
Spell 3	11.45 - 12.45	12.15 – 1.15
Spell 4	12.50 - 1.50	1.15 – 1.50 (PATH)
Afternoon Break	1.50 - 2.10	1.50 - 2.10
Spell 5	2.15 - 3.15	2.15 - 3.15

2020 STUDENT LEADERS

HEAD STUDENTS



Hari Below



Lara Cooper

SPORTS CAPTAIN



Nevil Singh



Madison Nukunuku

CULTURAL CAPTAINS



Jordan Knapp



Kayla Knox

COMMUNITY CAPTAINS



Isla Ashby



Ruby France

BOT REPRESENTATIVE



Euclid Papier

HOUSE CAPTAIN



Ashleigh Donaldson
Te Awa Kairangi

HOUSE CAPTAIN



Hannah Drower
Remutaka

HOUSE CAPTAIN



Hannah Burrell
Tokomaru

HOUSE CAPTAIN



Harrison Carey
Orongomai

Finance News

We would like to advise all families who are unaware of the new government \$150 donation scheme that our school opted in to. Please read the attached letter from the Principal that was sent out on the 14th of January 2020.

For many families who pay regular Automatic Payments to their student/s accounts you may like to re-consider either stopping or reducing the amount of these payments if the account is fully paid already. As there are no course material or workbook costs payable your account may be accumulating a large credit balance.

However, if your student is taking a technology course where there is a take home component and they choose to do so you may wish to leave some credit funds in the account. Likewise, if they have any future events ie. Tournament week, school ball, year 13 leaver's items.

If you would like a full or partial refund of this credit then please contact the Finance Team on the details below.

ID Cards – Student ID cards are available for purchase for \$7 and payment can be made online or at the school office. These will be delivered to the school at the end of term 1. 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.

If you have any queries or concerns please contact us on the details below.

Finance Team Contact Details –

Email address – accounts@heretaunga.school.nz

Phone number – 04 939 9370 Kirsty ext 803, Ady ext 809

Bank Details – ASB bank account number is 12 – 3478 – 0030501 – 00

Please use your student/s name and/or ID number, and the item you are paying for as reference.

Heretaunga College

20 Ward St
Upper Hutt



14 January 2020

Dear Parents and Caregivers

The Board of Trustees have opted to accept the Ministry of Education's donation scheme offer. This means the College will receive \$150 per student in exchange for not asking parents for any fees or donations. This was a difficult decision for the board to make as there were many issues to consider, but it was felt that it would benefit our community so we decided to opt in.

For further information on this scheme please see this info sheet

<http://www.education.govt.nz/assets/Documents/School/donations/MOE-Donations-Scheme-Info-A3-FA-Web-2-DEC.PDF>

There will no longer be any charges from the College for your student for subject costs, workbooks, curriculum based trips or a general donation.

However, there will be certain items that the College can charge for under the new scheme. For some subjects, there will be a charge if your student chooses to take their item they have made home. Letters will be sent home to parents of these students at the start of the year explaining the process.

Extra curriculum activities that your student chooses to be involved in can be charged. These could include sports team membership, tournament week, enrolment at the gym, debating team fees or a visiting drama group performance.

As you can imagine the funds allocated to our school will not cover the actual costs of running our current curriculum programmes. The Board of Trustees, like other schools, by accepting this donation scheme are entering unknown territory. We will inform the community and our families during the year of how the school is progressing under the scheme, as our College will be striving to deliver the best education possible for our students within this criteria.

Please note this does not mean costs relating to 2019 and prior are exempt. Payment is still required to clear any outstanding balances.

We look forward to working with you this year to create a wonderful learning environment for our students to achieve to the best of their ability.

Yours sincerely

Fiona Craven
PRINCIPAL

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.

SCHOOL PRODUCTION "SCHOOL OF ROCK"

SCHOOL OF ROCK is coming to you this year!

Sign ups for crew (sound, lighting, stage, costume, hair/make up, set) and band will be happening in Week 6. Shows will run from Wednesday 29th July to Saturday 1st August. You will not want to miss this awesome show, so save the date now!

SCHOOL MUSIC GROUPS REHEARSAL TIMES 2020!

Phoenix Chorale choir - Monday 7.20am in the Music Room

Drumline - Tuesday 1.40pm in the Band Room

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.


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

HOW DOES IT WORK?


The SVA Award pin can be awarded by any nominated person at your school. You can also register in December if you're 16 to receive 3 award pins.




Bronze Award Pin
10 hours



Silver Award Pin
20 hours



Gold Award Pin
30 hours



Platinum Award Pin
40 hours

VOLUNTEERING IS...

—

If you're doing something to help other people and you're not doing it to make money then that's volunteering. Whether you're putting out cones at sports events, organising the school ball, caring for a sick whanau member, washing dogs at the SPCA, planting trees or picking up plastic rubbish at the beach you're making contribution to your community and that counts.

Got any questions? See Mrs Pike

CHRISTMAS CARD DELIVERY

Before Christmas Isla and I delivered the handmade Christmas cards to the residents at Fergusson Rest Home. The cards were made by the Year 9 and 10 students, the amazing TA's and other students and staff. The residents were very appreciative of all our efforts and we would like to say a huge thank you to all of you who supported, donated resources and gave up your time to help!

We also paid a visit to the Upper Hutt Food Bank to donate leftover Weetbix and milk from Breakfast Club this year, as well as donating the expired Weetbix to HUHA for the animals.

Attached are some photos from our school's three good deeds!

Ruby and Isla
@commcaps2020



YES KICKSTART | TIMATA 2020

On 19 Feb, a group of Year 13 business studies students from Hutt/Wairarapa region met at Cossie Club to discuss some awesome product ideas and to get some great advice on what it takes to be a successful entrepreneur. Students had the opportunity to meet with some local business mentors and got some feedback on how to improve on their current business ideas. Overall, it was a full-on day with great speakers, ideas, resources, and students felt confident and ready for their Enterprise course ahead this year.



CALLAGHAN INNOVATION TRIP

On 11 February six of our female senior science students went to Callaghan Innovation in Lower Hutt. This was part of the UN women in Science experience.

The girls got to experience a range of activities at various labs across the Gracefield Innovation Quarter, and met and talked with women working in STEM.



WINTER O.P.C TRIP

Open to all Year 12 and Year 13 students, our winter visit to Hillary Outdoors (O.P.C.) will take place from 9th – 14th August 2020 inclusive (week 4, Term 3). Ski or snowboard, climb a mountain, explore a cave, conquer the big swing! Join us for a week of fun, adventure, teamwork and new challenges in and around Tongariro National Park. This is a week you'll never forget! Only 10 places available, first in, first served! Students can pick up an information pack from Mr Carter in Morgan 5 and can borrow the promo DVD overnight.

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

We have updated our opening hours this year. We are now open for all of Morning Break and at Afternoon Break which we hope will make it easier for students to get in to see us. Our student librarian team are being trained up now so you'll see them behind the issues desk as well.

To keep up to date with news, reviews and events follow us on Facebook (Heretaunga College Library). For access to our catalogue use our OPAC <https://aiscloud.nz/HRT02/#!/dashboard> and if you need to contact the library please email our librarian, Kate Leamy (leamyk@heretaunga.school.nz). We look forward to working with you in 2020.

SCHOOL PHOTOS Tuesday 3 March

	FORM CLASS	TIME			
Spell 1	9PO/Mor 5	8.40	Spell 3	LRC	12.06
	9LI/Mor 2	8.46		11LM	12.12
	9PA/Gra 7	8.52		11NY	12.18
	9MD/Gra 4	8.58		13MO	12.24
	9HN/Tay 3	9.04		13AT	12.30
	9BK/Mor 6	9.10		12LC	12.36
	9TP/Cal 3	9.16		SOH	12.42
	9YH/SC	9.22		12BL	12.50
	12ES	9.28		11LB	12.56
	12VG	9.34	Spell 4	13WD	1.02
	12MM	9.40		13MS	1.08
Spell 2	10KE/Cal 4	9.45		13DS	1.16
	10DV/Mor 5	9.51		13GL	1.22
	10PD/Mor 7	9.57		12SD	1.28
	10SS/Mor 1	10.03		12MY	1.34
	10WR/Cal 7	10.09		Internationals	1.40
	10LA/Cal 3	10.15			
	10AR/Gra 2	10.21			
	tpu	10.27			
	11AN	10.33			
	11CR	10.38			
	11VH	10.45			
	11MU	10.50			
	YEAR 13 /Peer Support/ Student Leaders/ Executive Leaders	10.55			

Travel concessions for students aged 16+ need renewing soon



Discounted Child fares for students aged 16+ need renewing soon

Child concessions for those aged 16+ who use a red Snapper card will expire on 28th February.

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

To read more about concessions, please visit our [website](#).

Children using green Snapper cards, or those who have a combined Snapper and Student ID card, do not need to apply for a child concession.

Renewing your concession online?

1. Make sure your Snapper card is registered on our [website](#)
2. Email us at concessions@snapper.co.nz including the following:
 - Your 16-digit Snapper card number (you can find this on the back of your Snapper card)
 - The email address your Snapper card is registered to
 - Proof of enrolment (one of the following):
 - A scanned copy of a valid School ID
 - A copy of a letter of enrolment including your name and date of birth for the 2020 year
 - A copy of your current timetable displaying your name and date of birth for the 2020 year

Renewing your concession in person?

Drop in to see either the Wellington or Upper Hutt i-SITE team with your Snapper card and proof of enrolment (one of the following):

- A copy of a valid School ID
- A letter of enrolment including your name and date of birth for the 2020 year
- A copy of your current timetable displaying your name and date of birth for the 2020 year

How do I know whether my child concession is working?

When you tag-on the bus, listen for the beeps: if you hear two beeps, then you have been charged a child fare, the Snapper card reader will also display the word "Child" on the screen.

You can also easily check online by logging into your Snapper account, provided the card is registered. You will see 'Concession type: child' under the card number if the concession is active.

If you've already applied for a child concession, it's been more than 2 working days and you're still being charged an adult fare, please get in touch with us so we can help sort things out for you:

1. Log into your Snapper account on our [website](#)
2. Select Get Help from the options on the right-hand side, next to your card
3. Select 'Something else' then 'Missing concession' from the options provided

What if I'm not returning to school?

If you're not returning to secondary school in the Wellington in 2020 you don't need to do anything: your child concession will expire on 28th February 2020 and you'll be charged the adult fare next time you tag-on the bus.

What if I'm off to university?

If you're enrolling in tertiary education this year, you may be eligible for a tertiary concession. Check out the [Metlink website](#) for more information and eligibility criteria.

Metlink works with approved Tertiary Education Organisations to contact students via email, to explain how to apply for a Tertiary Concession online.

If you do not receive an email, then as long as you belong to one of the above approved [Tertiary Education Organisations](#), you can simply [apply for a tertiary concession online](#).

MOBILE PHONE RECYCLING APPEAL

WELLINGTON CHILDREN'S HOSPITAL
Wellington HOSPITALS FOUNDATION
whf.org.nz/donate

Recycling for Charity has teamed up with Wellington Hospitals Foundation, Official charity of Wellington Regional Children's Hospital

Mobile phones can be dropped into the dropbox at the college office.

- Mobile phones are data wiped before being shredded.
- All mobile phones that are damaged or too old are environmentally recycled in Europe, with recycled content being used in new technology.
- APPLE IPHONES: PLEASE ENSURE iCLOUD IS UNLOCKED, REMOVING YOUR PERSONAL ACCOUNT FROM YOUR APPLE DEVICE BEFORE DONATING.
- The money raised goes towards medical equipment for the new Children's Hospital
- All mobile phone batteries are environmentally recycled.
- With your support we can make a difference by helping children in need.
- We are looking for corporate, school, club, or private sponsorship. If you can help please get in touch at www.recyclingforcharity.co.nz

PROUDLY SUPPORTED BY RECYCLING FOR CHARITY

Shoe Clinic
The fitting choice

SCHOOL REWARDS PROGRAM

For every pair of school shoes sold, Shoe Clinic will give a \$10 donation to your school, helping give your child more opportunities ...

Simply nominate your school in store

18 Stores Nationwide - www.shoeclinic.co.nz

don't pick a shoe
let a shoe pick you

The perfect shoes for your feet - or your money back with our **30 Day Money Back Guarantee!**

If you're not completely satisfied with your new shoes in 30 days, you can bring them back for a replacement or a full refund.

Supporting success in your school.

If you are a parent, staff member or member of the school community and you draw down a new ASB home loan of \$250,000 or more, ASB will donate to your chosen participating school:

\$500

How to claim this offer

Mention this offer to your ASB banker when you apply for your new home loan.

Your new home loan application must be received, approved and then documented in a facility agreement, between 1 July 2018 and 30 June 2019.

Visit www.asb.co.nz/promotions/supporting-success-in-your-school for more information and eligibility criteria.

Once your loan is fully drawn down, ASB will donate \$500 to your chosen participating school.

asb.co.nz/schoolbanking

ASB
ONE STEP AHEAD

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 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**) or email **absences@heretaunga.school.nz**

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.

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.

Calculators

Does your son/daughter have a calculator that they can bring to school every day? If not, then they can obtain a Sharp EL-531 WH scientific calculator through the College for the low price of \$18. 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.

From the Finance Team

Making Payments

Cash or cheque payments can be made at the college office between 8.00am and 2.15pm daily, with 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**

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 **accounts@heretaunga.school.nz** 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 (**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 contact the school office.

Sweetcorn Fritters



Sweetcorn is in season between January – April. Try this easy recipe for sweetcorn fritters.

Ingredients (serves 4):
 4 corn cobs, cooked or 2 cans whole kernel corn, drained
 1 capsicum, finely chopped (optional)
 4 eggs
 ½ cup flour
 1 teaspoon baking powder
 Pinch of salt/pepper
 3 tablespoons oil (for cooking)



Remove the corn kernels from the cob



Place all ingredients in a bowl and mix well



Heat oil in a large frying pan. Spoon 2 tablespoons of mixture into the pan to form a fritter. Cook until browned on each side.

For more information, visit: heartfoundation.org.nz

Arts a Go Go! Performing Arts School for Kids has limited spaces available in small group singing lessons, creative writing, drama, 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 young adults. Beginners to advanced! Classes are held at The Spot, 651 Fergusson Dr. You are welcome to try a class before committing to the term!

Petone Rowing Club - have a Learn to Row programme starting Sunday 1 March at 9:00am

It's a great opportunity for year 10 and above students interested in learning more about the sport and possibly competing as novices for the 2020/21 season to come along and give rowing a go.

This 12 week programme costs \$150, you will learn the basic rowing stroke and boat handling skills.

Sessions will be held on Sunday mornings at 9:00am

Please wear comfortable athletic clothing (including a long sleeve merino top), and bring a change of clothes, towel, running shoes and a light splash jacket (pull over raincoat).

See you at the Petone Rowing Club boat shed, 160 Petone Esplanade.



FREE WORKSHOP

For parents and caregivers supporting survivors of sexual harm

Come along and meet other parents and caregivers who are supporting and parenting survivors of sexual harm.

Together we will:

- Find out what to expect - understand why people think, act and feel as they do when they've been harmed
- Explore ways to look after ourselves while supporting our children and young people
- Explore some ways to respond and support your children

5 March
6.00pm - 9.00pm

Wellington HELP
Level 7
Education House
(back building)
178 Willis Street
Te Aro, Wellington

RSVP to register:
mayson@wellingtonhelp.org.nz
04 801 6655

Snacks provided. Event limited to 20 people so book now to secure your spot.