

Opihi - on campus



Community - Acceptance - Respect - Excellence

Issue 4, 19 March 2015

Opihi College Has the Best Junior Softball Team in South Canterbury!!!



The junior softball team clinched the title last Friday in a hard fought game against Timaru South School. Both teams had even records before the game and the winning team - OPIHI - brought home the trophy! Congratulations on putting in a great effort all season starting way back in September 2014. We had two Most Improved Players - **Jia Prentice** for his awesome pitching improvement and **Cody Crawshaw** for carving out his role at catcher. We also had two Most Valuable Players - **Toby Tredrea** who mainly played short stop, but could play just about anywhere and **Evan Crosse** our team captain, who could be relied on for just about anything. Well done team!

Back Row: Kayleigh Wright, Mr Lindblom (Coach), Cole Robertson, Peter Wilson, Cody Crawshaw, Evan Crosse, Hamish Fikken
Front Row: Jia Prentice, Kiarn Prentice, Kye Waihape, Mukesh Gaddam. Absent: Dominic Waihape-Barrett

HOT CROSS BUN FUNDRaiser

\$4.00 per packet

(\$1.00 per packet will be donated to our school)



Order forms have been sent home with all students. Extra order forms available from the school office. Orders and money to be returned to the school office by Monday 23rd March. Pickup Friday 27th March.

Thank you for your support





From Across the Principal's Desk

Dear Parents / Caregivers,

Kia ora tatou

The last two weeks have flown by and there has been a great deal of activity in and around school. On Monday I talked to the school about co-operation and how if we all work together we can achieve so much more. In the next month or so there are going to be numerous opportunities for students, staff and whanau to work together in order to improve the opportunities for all of our students. Currently we have a number of fund raising activities underway. The money raised will be used to fund improved computer access and new lockers for students. I hope that you will support and encourage these activities with your children.

Twilight Gala

There is not much time left now until our first Twilight Gala. Staff and students are working hard to prepare for this event. For families who have good quality goods which they are able to donate to the event, please send these to the school in clean suitable condition ready for the school to sell. I hope that you will support this initiative by attending on the night. There is an inter-house competition for the house which raises the most money. So I am sure your child will want you to support them.

Hot Cross Buns

Once we again we are fundraising with this great initiative. Please encourage family and friends to purchase their Hot Cross Buns through the student organised ordering system. Buns will be delivered prior to Easter.

Work day, 7 May 2015

Two years ago we ran our first work day for students in Year 9 to 13. The day raised nearly \$5000 which went directly towards providing improved facilities for students. Through the efforts of all the students who got involved, we were able to provide all students with wireless computer access and invest in tablet computers for student use in class.

We are going to once again be running a work day on 7 May for all of our Y9 to Y13 students. The expectation is that students will find paid employment for the day for they will be paid at least \$25. Before the end of term a letter will be sent home with all students to encourage them to find work for this day. If you would like some workers for your home or business then please contact the school office with details and we will endeavour to find suitable workers for you. This year we will be taking requests for unpaid community work and would like to extend an opportunity to our community organisations to request student help via the school office. The money raised in 2015 will be used to provide student lockers and further improve computer access and sporting opportunities for all of our students. I hope that you will support this initiative.

Late start

Whilst the Year 9 to 13 students are out on work day the teaching staff will commence at 8am with some in service training which will be conducted on site in school. The first lesson of the day will commence at 9am for our Year 7+8

students. Students who travel to school by bus will be supervised once they arrive in school until the start of their first lesson that day. School will conclude at the usual time that afternoon.

Relay for life

Last weekend 40 students accompanied by staff participated in the Relay for Life as part of the fund raising for Cancer Research. Students were walking a 500m track round Caroline Bay, starting on Saturday afternoon and continuing right through the night until 10am on Sunday. The group had set themselves the target of walking the equivalent distance of the perimeter of the South Island. Although they fell slightly short, a significant number of students completed in excess of 100 laps and so exceeded the distance required to complete a marathon. Well done to all students who took part and thanks to Ms Henderson for organising this opportunity for our students.

Junior softball

Last Friday night I watched the thrilling climax of the junior softball competition. In the end the Opihi College junior team triumphed and have been crowned the best junior softball team in South Canterbury. Well done to all students who contributed towards that success and a special thank you to Mr Lindblom for his coaching.

Country High School

On Thursday 12 March we hosted the Country High School Athletics which included teams from Geraldine, Waimate, Twizel and Mackenzie College. The feedback from the event was fantastic with high praise for the Opihi College students and staff for their punctuality, performance and behaviour. Personally, it was wonderful to see so many Opihi College athletes giving everything and the great praise for our catering services.

South Canterbury Primary School Triathlon

The day following the Country High School Athletics a team of Year 7+8 students took part in the South Canterbury Primary School Triathlon. Once again the Opihi College students performed well and showed that they are very competitive.

Get Ahead Ag field trip

Last Friday I had the pleasure of driving a group of senior students to Christchurch to participate in the Get Ahead Agriculture Industry experience. I learnt more

about the wide variety of opportunities for young people to move into agriculture. The students participated in presentations relating to animal health and breeding, finance and business management as well as farm maintenance and engineering. The students reported back a very positive experience following the trip. Thank you to Miss Den Baars for organising this opportunity for our students.

Mount Cook Geography trip

Whilst I was in Christchurch with the Agriculture students Miss Den Baars was with the Y12 Geography students at Mount Cook. They had a fantastic time and achieved a great deal of work. The students were presented a range of opportunities and have had a great experience of the area.

Noho Marae

This week a group of Y11 students who are studying Te Reo Maori are participating in a residential experience at Te Aitarakihi Marae where they are working towards NCEA standards. This has been a great opportunity for students to participate in an authentic learning experience as well as work with students from other schools throughout the region. Thank you Whaea Kimi for organising this opportunity

Cyber Safety

Last week all the students in the school had the opportunity to hear a presentation by the Youth and Community Police team on Cyber safety. As has been said previously, to keep our children safe the school and the family must work together to monitor what our children are viewing, downloading, doing, sending and uploading. For many adults we are the digital immigrants and it takes us more time to learn about what our students have access to, however, our students are the digital natives and do know so much. But they still need our guidance to know what is appropriate and support if things do go wrong.

Finally

As I have written this entry I am amazed at how many opportunities we, one of the smaller schools in the district, are able to offer our students. This is testament to the good support from the school community. With a number of fund raising activities scheduled in the next two months we hope to generate sufficient income to provide for the future needs of our students.

Ka kite ano

RELIEF TEACHER AIDE POSITION

We are seeking a suitable person who is able to work at short notice on an occasional basis. The position is based in our Student Learning Centre (Kowhai House) and may include working with students with physical disabilities.

Please contact Mr Wright, Principal.



FOR YOUR CALENDAR		
March	21	Temuka Family Fun Day
	23-25	Yr 11 PE trip to Castle Hill and Arthurs Pass
	24	Junior netball trial 3.30pm
	25	CPIT "Have a Go day"
	24-26	Yr 13 Biology Field Trip to Portobello
	27	THETA Presentation & Workshop
	27	South Canterbury Primary Swimming Sports
	31	Junior Netball trial 3.30pm
April	1	School Gala 5—7pm
	1	School photo orders in
	2	End of Term 1
	20	Start of Term 2
	28	Dunedin Tertiary Information Day
May	6	Opihi College Open Day
	7	Work Day
	15	Opihi College Cross Country
	19	Attitude presentation
	22	Opihi College Ball

THETA SEXWISE PRODUCTION VISIT AND WORKSHOP

Friday 27th March 2015

On Monday 2nd March students in Years 11 and 12 were given a notice regarding the Theta Sexwise Production visit and workshop. This event is due to be held on Friday 27th March and will take approximately 2 hours of student time. If you have not yet received a letter please ask your child or pick one up from the school office. If you do not wish for your child to attend this course please complete the reply slip and ensure it is returned to the office as soon as possible.

SPORTS NEWS

CONGRATULATIONS



~ Ben Cleverley is in year 7 and last weekend he completed the [Pass 2 Pub](#) in 2hours and 28min and managed the last 6kms with seat problems (the seat eventually fell off!) Pretty impressive really. Well done.



~ To the students who went to the [TSG swimming carnival](#). Lots of 1st, 2nd and 3rd placings. Well done Fletcher Joyce, Ryan Bagrie, Ben Cleverley, Caleb Rooney, Luke Smith, Zac Campbell, Dylan Stone, Natasha Pannett, Hailey Larsen, Jacinda Kelly, Ava Venn, Peter Wilson, Cameron Doake, Kiarn Prentice, Tahlia George and Sophie Pye.

~ Last week we sent a team to the [SCPSSA Triathlon](#) competition at C Bay in Timaru. They performed very well. Well done.

Girls

Hailey Larsen 10th

Tahlia George 14th

Sophie Pye 18th Toni Wilson 20th Natasha Pannett 21st

Boys

Fletcher Joyce 3rd

Ryan Bagrie 9th



AORAKI ATHLETICS



Congratulations to the students who competed in the Aoraki Athletics met on Wednesday 18th March - Wiremu Te Haate, Liam Mulligan, Connor Brown, Marcario Bravo, Jay Ross, Kegan Armishaw, Maddison Mawhinney, Tegan Ross, Kayla Bagrie and Rebecca Denley. Although it was cold and windy you all competed very well.

Special congratulations to Rebecca Denley = 1st place Javelin Under 14 yrs

Connor Brown = 1st place Javelin & 2nd place Shotput Under 15 yrs

Jay Ross = 1st place Shotput Under 14 yrs

Thank you very much to Ray Calder and Sue Brien for your help, and also a big thanks to Rochelle Johnson and Te Horo Awhina Te Rahui-Harris for your help. You all did a splendid job.



ARCHERY SIGN UP SHEET IN THE LIBRARY

If you would like to have a go at archery we will be having a class run on Thursdays after school next term. The cost is \$65 for ten lessons. Please come and collect a notice!



RUGBY REGISTRATIONS

If you haven't already registered for rugby there are registration forms in the library. Please come and collect one.

SPECIAL OLYMPICS SOUTH CANTERBURY SS ATHLETICS EVENT

Congratulations to Joshua Welford on his First placing in the Shotput, and Second placing in the Mini Javelin.

Congratulations to Ramahi King-Reeves for his Second placing in the 100m Wheelchair Race, and Third placing in the 50 m Wheelchair Race.





SOUTH CANTERBURY PRIMARY SCHOOLS SPORTS ASSOCIATION TRIATHLON

This was held on Friday 6th March 2015 at Caroline Bay.

Opihi College was represented by Ryan Bagrie, Fletcher Joyce, Tahlia George, Sophie Pye, Toni Wilson, Natasha Pannett and Hailey Larsen.

Well done to you all for competing (especially when it was raining and cold).

SCHOOL PHOTOS

School photo envelope / order forms have been sent home with all students present on School Photo Day. Please return orders and payments in the envelope provided **by Wednesday 1st April**. Please make cheques payable to Kolourcare.

CALCULATORS

The school has a small supply of calculators available for purchase.



Scientific Calculators,
NCEA approved \$18 each.

Available from the school office with payment.

Graphics Calculators

\$89 each.

Available from Mrs Griffiths with payment.

NOTICE TO PARENTS

There has been a reported case of headlice in the school. Please check your child's hair.

2014 SCHOOL YEARBOOK / MAGAZINE

\$20 per copy

Copies still available from the School Office.

These are able to be purchased by cash or cheque only.

DEFENCE FORCES CAREERS PRESENTATION

A representative from the Defence Forces visited the college on the 9th March 2015.

Students had the opportunity to find out more about a career in either the Army, Navy or Air Force.

Some students were lucky enough to receive caps, drink bottles and arm bands.





Opihi College

C.A.R.E.
COMMUNITY | ACCEPTANCE | RESPECT | EXCELLENCE



WEEKLY CARE CARD WINNERS

6th March 2015

Lily Moore

Congratulations on winning a Canteen Voucher

CARE BADGES for the month of March Congratulations TO THE FOLLOWING STUDENTS

Sharmeela Gaddam ~ received her Bronze E badge
 Te Horo Awhina TeRahui-Harris ~ received her Bronze E badge
 Olivia McBride ~ received her Bronze C badge
 Keana McNoe ~ received her Bronze E badge
 Jacob Thompson ~ received his Silver C badge.
 Abigail Blay ~ received her Bronze A badge.
 Ellen Crosse ~ received her Bronze A badge.
 Lily Moore ~ received her Bronze C badge.
 Israel Pearce ~ received her Bronze C badge.
 Riki Russell-Hodgeson ~ received his Bronze E badge.
 Kayla Bagrie ~ received her Silver E badge.
 Emily Bennett ~ received her Bronze C badge.
 Rebecca Denley ~ received her Bronze E badge.
 Jayden Kellas-Taylor ~ received his Bronze E badge.
 Te Horo Awhina Te Rahui-Harris received her Bronze C badge.
 Toni Wilson ~ received her Bronze C badge.
 Shanique Guile ~ received her Silver E badge
 Jaime Gould ~ received her Bronze certificate
 Madison Martin ~ received her Bronze certificate
 Harley Cawkill ~ received his Bronze certificate
 Emily McBride ~ received her Bronze certificate
 Casey-Jayne Wilson ~ received her Bronze certificate

ATTENDANCE

A friendly reminder ...

The Ministry of Education requires all students to provide a Medical Certificate if away sick for three days or more. This is particularly important if your child is a senior studying for NCEA.

If your child is away, please notify the school as soon as possible with the reason why. You can ring the answer phone and leave a clear message with full name and reason, or text using our text service. If we have no explanation, they will be marked as truant. We need to be notified every day if they are sick, we cannot assume they are at home sick for safety reasons.

Where possible, please make appointments after school. The student should not be away all day for a physio or dental appointment.

Winter is coming and there will be the usual flu's going round. However, please do not let your child stay home with flimsy excuses. If they miss a day or two it can add up, they get behind in their classwork which can cause stress.

I am available to speak to at any time if you have concerns about your child's attendance.

Janine Murray, Attendance Officer



Students at Opihi College are encouraged to work on our CARE values.

These stand for Community, Acceptance, Respect and Excellence.

As students work towards these they can earn badges. Students have a copy of how they can earn CARE cards towards their badges in their diaries.

For the newly introduced Year 10 Graduation (which many parents of Year 10 students found out about at Conferencing) students are expected to gain **AT LEAST** one bronze badge this year.

All students at Opihi College should be working towards this goal as a minimum.

The badge system starts by earning bronze badges, then they move onto silver, finally they earn gold badges. It takes time and effort to achieve each badge at each level. Students must hand in CARE cards to the library when given by staff to work towards achieving each letter. For example; belonging to a school sports team, mentoring, involvement in organisations such as Guides, Scouts, St Johns, participating in school events such as singing cup, 100% attendance for a term and so on.

COUNTRY HIGH SCHOOL ATHLETICS MEET

12th March 2015

It was Opihi College's turn to host the Country High School Athletics Meet this year and we provided a great day for competitors and officials.

In many of the races and field events competition was tough and the best of our student athletes worked hard to ensure they produced personal best.

Stand out performances in the Discus and Shot Put showed the form that Connor Brown can produce winning both events. Jay Ross is also a student to look out for as he convincingly won the shot put event by nearly 90 cm.

Kegan Armishaw won the long jump, jumping nearly 40 cm further than his second placed competitor.

Kayla Bagrie took out the girls 200m with an impressive run beating her opponents by over 1 ½ seconds. Maddison Mahwinney ran very well to win the 100m.

	1st	2nd	3rd	4th
Under 12.5 Girls				
100m	Aleisha Wilton	Christine Joubert	Hayley Larsen	Rosie Paull
200m	Aleisha Wilton	Toni Wilson	Hayley Larsen	
400m	Anna Peterson	Toni Wilson	Bridget Hussey	Katrina Guiney
800m	Toni Wilson	Bridget Hussey	Georgia Prosser	Katrina Guiney
Shot Put	Jaimee Trainor	Emilee Veldkamp	Clancy Barry	Olivia Andreassend
High Jump	Jaimee Trainor	Haylee Kereama	Emilee Veldkamp	
Long Jump	Jacinda Kelly	Christine Joubert	Laura Murphy	Emilee Veldkamp
Triple Jump	Alisha Wilton	Rosie Paul	Mahana Neho	Hanna Soper
Under 14 Girls				
100m	Tanami Sims	Kayla Bagrie	Anne Marie Benson	Ginny Kerr
200m	Kayla Bagrie	Anne Vincent	Ginny Kerr	
400m	Marcia Adams	Tanami Sims	Jodie Jolley	Kaylee Wright
800m	Emma Burbery	Brooke Dwyer	Jess Guiney	Jodie Jolley
Discus	Angel Meynell	Kayla Bagrie	Sahar Ritchie	Abigail Purdon
Shot Put	Sahar Ritchie	Rebecca Denley	Ginny Kerr	Abigail Purdon
High Jump	Emma Burbery	Lani Curtis	Aaliyah Fenton	Rebecca Denley
Long Jump	Brooke Dwyer	Angel Meynell	Bea Gorosph	Rebecca Denley
Under 16 Girls				
100m	Maddison Mawhinney	Elizabeth Tennett	Nevarna Roger	Divine Taylor
200m	Brittney Young	Maddison Mawhinney	Tyla Smith	
Discus	Tegan Ross	Nianh Summer	Brittany Armishaw	Amanda Sheehan
Javelin	Henrietta Fotofili	Lucy Cooper	Ashley Davies	Niamh Summers
Shot Put	Henrietta Fotofili	Tegan Ross	Amanda Sheehan	Lydia Kinvig
High Jump	Elizabeth Tennent	Lydia Kinvig	Tyla Smith	
Long Jump	Brittney Young	Maddison Mawhinney	Elizabeth Tennent	Georgia Young

	1st	2nd	3rd	4th
<i>Under 12.5 Boys</i>				
100m	Tummenhang Lind	Zion Lafai	Bob Rae	Fletcher Joyce
200m	Ryan McNulty	Bob Rae	Fletcher Joyce	Tom Johnson
800m	Matt Hardy	Ryan Bagrie	Brodie Wilson	
Discus	Shayden Walton	Bob Rae	Toby Treadrea	Zion Lafai
Shot Put	Sam Geurin	Toby Tredrea	Shayden Walton	Jacob Mayo
Long Jump	Fletcher Joyce	Zak Baikie	Brodie Wilson	Zion Lafai
Triple Jump	Ryan McNulty	Kiarn Prentice	Cole Robertson	Thomas Young
<i>Under 14 Boys</i>				
100m	Jaffar Nuru	Matthew Anderson	Kegan Armishaw	Bradden Lemmen
200m	Jaffar Nuru	Alex Uden	Kegan Armishaw	Zac Mills
400m	Jaffar Nuru	Jack Scully	Cody Crawshaw	Jacob McKley
Discus	Matthew Anderson	Bruce Marshall	Bradon Lemmens	Jay Ross
Shot Put	Jay Ross	Matthew Roy	Bradon Lemmens	Michael Livingstone
Triple Jump	Liam McKay	Michael Livingstone		
Long Jump	Kegan Armishaw	Jacob McKinley	Nikau Whetu	Bruce Marshall
<i>Under 16 Boys</i>				
200m	Ryan Broughton	Cody Clarke Wills	Connor Brown	Liam Fletcher
400m	Monty Nixon	Jesse Purton	Ethan Marshall	Dean Calder
800m	Stephen Harden	Thomas Clark	Dean Calder	Liam Fletcher
1500m	Cathal Guiney	Braden Ronson	Andrew Kirkcaldie	Shayden Campbell
Discus	Connor Brown	George Gallicher	Joe Mould	Ryan Boyce
Shot Put	Connor Brown	Caio Gomes	Cody Clarke	Monty Nixon
High Jump	Rhys Broughton	Marcario Bravo	GideonThompson	Liam Fletcher
Long Jump	Monty Nixon	Cody Clarke Wills	Clayton Johnson	Nick Morris
Triple Jump	George Gallichan	Liam Mulligan	Billy Powell	Marcario Bravo
<i>Under 19 Boys</i>				
100m	Roland Adams	James Abella	Reuben Fisher	Lyndon Muray
200m	Roland Adams	Jarrad Richardson	Harley Twaddle	Joshua Sheridan
Javelin	Frazer Blair	Thomas Brown	Reuben Fisher	Haze Poutai-Twaddle
Shot Put	Frazer Blair	Logan Fraser	Haze Poutai-Twaddle	Roland Adams
High Jump	Frazer Dixon	Quinn Porter	Chad Cowan	Lyndon Murray
Long Jump	F Cameron	C Chad	P Quinn	Lyndon Murray
3000m Open	Stephen Harding	Philip Knubley	Harley Twaddle	Tom Harding
<i>Relays</i>				
Under 16 Girls	Waimate	Mackenzie	Opihi	
Under 14 Girls	Mackenzie	Geraldine	Opihi	
Under 12 1/2 Girls	Geraldine	Opihi	Twizel	Waimate
Under 12 1/2 Boys	Mackenzie	Geraldine	Twizel	Opihi
Under 14 Boys	Geraldine	Mackenzie	Opihi	Waimate
Under 16 Boys	Mackenzie	Geraldine	Opihi	Twizel
Under 19 Boys	Mackenzie	Geraldine	Waimate	Opihi



OPIHI COLLEGE HOODIES FOR SALE \$50

I will be sending another order away at the end of the term.
 Please get your orders in to Sally in the Library.
 You must pay when you order them.
 Come and try one on, the sizes are very hard to work out.

SCHOLASTIC BOOK CLUB ORDERS

MUST BE IN THE BOX IN THE LIBRARY BY 27TH MARCH.
 Money and order form in an envelope please!



LOST PROPERTY

We have several items of uniform that have been found and handed in to the office, including a brand new PE top (un-named), several jerseys, white PE shirts, shorts and socks. Our lost property box is filling fast! Please contact the office.

A reminder to name all uniform items please.



OPIHI COLLEGE UNIFORMS

Second Hand Uniform

The school has a small supply of second hand uniform which can be viewed and purchased at the school office. The school office is now able to accept donations of unwanted uniform items, or alternatively to sell on your behalf. Uniforms must be clean and in saleable condition, kilts to have been dry cleaned please. Items which are stained, ripped or torn will not be accepted for sale. School retains 20% commission.

We need donations for our Twilight Gala.

Please send donations to the library, students get house points for donations.

TWILIGHT GALA
1st April ~ 5 – 7pm

Plants

Books

Cakes

Hot chips

White elephant

Games

Cans of drink

Food

Toys

Sausage Sizzle

Relay for Life 2015



Last weekend the yearly event of the Relay for Life was held at Caroline Bay. This year saw our largest team entered with 46 participants from Opihi College. The theme this year was "Crusade". The word crusade implies a campaign for a cause. You can never do this without a team to support you. Cancer is the same. It is not a crusade that you complete by yourself. You need a team of supporters with you and that was exactly what Relay for Life is about.



Throughout the night, our team walked continuously keeping our baton always moving. We kept a count of our laps so that we could track the distance we walked as a team. We walked an astounding 1687 km! That's the distance from Timaru to Blenheim, Nelson, Westport, Haast, Invercargill and half way to Dunedin. If we add in our supporters laps too, we made it back to Timaru. What an awesome crusade.

The Relay for Life is a chance to fundraise for the South Canterbury Cancer Society. Any money that is raised stays to support individuals and their families in South Canterbury. Our team raised \$3800!! The whole Relay for Life raised \$170 000!!

I would like to extend my thanks to everyone who supported this event and donated. It is extremely humbling to know that we live in such a caring community. I would also like to thank Tracy Wilson and Fiona Frew who gave up their time and stayed with us for the entire Relay. Bring on Relay for Life in 2016!

Vicki Henderson



ALL PROCEEDS GO TO THE
TEMUKA ST JOHN & VOLUNTEER FIRE BRIGADE

**FREE
ENTRY**

TEMUKA FAMILY FUN DAY

**SATURDAY
21 MARCH
10.30am-2.30pm
TEMUKA DOMAIN**
(Stadium if wet)

FREE ENTERTAINMENT
FREE BOUNCY CASTLE
FACE PAINTING
BUNGY RACE
HEAPS OF PRIZES
THE GLADIATOR
FREE WATER SLIDE
PONY RIDES
MINI GOLF
FOOD & REFRESHMENTS
GREAT STALLS

11.15AM

SCUBA SUZIE ^{THE} CLOWN

12.30PM

MULLET MAN

1.45PM

EASTER EGG HUNT

EASTER BUNNY

AWESOME BALLOONS

EMERGENCY SERVICE DISPLAY

**LIVE MUSIC
BY JAZ PATERSON**

**DONUT
EATING
CONTEST**

MILLAR
ENGINEERING
LIMITED
PROUD TO BE THE
MAJOR SPONSOR

tkafamilyfunday@hotmail.co.nz

Supported and promoted by TEMUKA PROMOTIONS

JOIN
US ON





Sport Canterbury
Active Kids Holiday Programme
 13-17 April 2015

Planning the school holidays? Sport Canterbury is pleased to offer our April holiday programme. Active Kids is a fun, safe and affordable holiday option that combines sport, fundamental skills and a mixture of offsite visits and creative activities for children aged 5-13 years



Monday 13 – Friday 17th April 2015
The Southern Trust Events Centre,
Aorangi Park
TIMARU

Morning, full day and full week options, OSCAR approved programme. Register on line www.sportcanterbury.org.nz for more information phone 03 686 0751 or email lee-anne@sportcanterbury.org.nz

SportWaimate's ANNUAL
 TRIATHLON / DUATHLON

SUNDAY
MARCH 22ND

SWIM THE NORMAN KIRK POOL

BIKE THE WHS BLOCK

RUN BOLAND PARK & SEDDON SQUARE

REGISTER ONLINE NOW AT

www.sportsgound.co.nz/
 SportWaimate



Brendon
Charles
Baling
Ltd



WAIMATE
OUTDOORS



NOT JUST WEDDINGS

AN EXPO FOR LIFE'S SPECIAL OCCASIONS

12TH APRIL, 12-5 PM, MT HUTT MEMORIAL HALL

- BRIDE & BALL DRESSES & OTHER FORMALWEAR
- MAKEUP ARTISTS
- CATERERS & CAKE DECORATORS
- MARQUEE & LINEN HIRE
- BRIDAL & FORMALWEAR FASHION SHOW

\$10 ENTRY
 UNDER 14 YRS. FREE

www.facebook.com/NOTJUSTWEDDINGSExPO

FACTSHEET

NEGOTIATING THE MINEFIELD
 Parenting Teenagers Programme

Negotiating the Minefield is an educational programme that helps parents/caregivers to communicate and connect with their teens more effectively, essentially building a healthier, more loving relationship whilst managing negative behaviours appropriately.

We offer both morning and evening programmes for parents/caregivers and/or other significant adults in the teen's life e.g. step parents, grandparents, over six, 3 hour sessions. Both parents/caregivers are encouraged to attend.

The programme covers the following:

- Adolescent brain development and developmental stages.
- Parental styles and roles, support systems, boundaries and self care.
- Effective communication tips and tools to encourage your teen to talk, to feel heard and engage their co-operation.
- Explore consequences and choices and utilise tools to help your teen learn from both.
- Explore ways of having difficult conversations about sex and drugs.
- Actively parenting and feeling good about your role.

Cost: Negotiating the Minefield Programme is free.

26 North Street, Timaru, Phone (03) 688 5029, Fax (03) 688 5026
 Email: familyworks@pscc.co.nz, www.southcanterbury.familyworks.org.nz

Strong Families Build Strong Communities