

Opihi - on campus



Community - Acceptance - Respect - Excellence

Issue 12, 6 August 2015



Opihi College Badminton

The Boys Badminton Teams had a good outing to the Aoraki Badminton tournament held at the SBS Events Centre in Timaru on Wednesday.

The B grade team had a step up from the C grade and did the school proud. Game scores were 2/4, 6/0, 1/5 and 3/3, just missing the cut for the playoffs.

For the C grade boys, it was their first outing and they played very creditably having some very close games. A good first start. Congratulations to you all.

Left: Curtis Watkins & Will Johnson with seated team mates Andrew Kirkcaldie, Neko Prentice, Mukesh Gaddam, Evan Crosse, Liam Mulligan and Cody Crawshaw.

YEAR 9 SPEECH FINAL

During this term, all Year 9 students have been involved in delivering a speech to their class. The top four from each class then had to present their speech to all of their year group in front of independent judges.

The finalists were:

Aaliyah Fenton, Victor Savage, Evan Crosse, Emily Black, Megan Calder, Kayleigh Wright, Mya Stratford and Jess Marshall.

The standard this year was really high and all finalists need to be commended for their amazing effort.

The final placings for the Year 9 Speech Final were:

1st Megan Calder

2nd Kayleigh Wright

3rd = Victor Savage and Jess Marshall

NEW ZEALAND SPELLING BEE

Caleb Rippin has qualified in the New Zealand Spelling Bee as one of the top 200 spellers in NZ for Year 9 and 10. He is now off to the semi-finals next Thursday in Christchurch, where he will be competing against other students from the Upper South Island for a place in the finals. We wish him all the best as he is frantically learning how to spell unbelievably difficult words like: apocryphal, tempestuous, scythe, blancmange and nefarious.

Wanted Year 7/8 Softball players!



Come play softball for the #1 junior team in South Canterbury!

That's right Opihi College was #1 last year. This year the softball association is splitting the junior team into **7/8 Boys' Teams** and **7/8 Girls' Teams**. We still need a few more boys to sign up, but I'd especially like to encourage the girls to come out and play on our all girls' team. No experience necessary - we'll train you and get you ready for the season. Your first step is to come to the library and sign up.

*What are you waiting for?
We need **YOU!***

For more information contact Mr Lindblom at lindblome@opihicollege.school.nz.
Play ball!



From Across the Principal's Desk

Dear Parents / Caregivers,

Kia ora tatou

As this term passes, I have been impressed by the range of opportunities teachers and support staff are making available for students in the 2016 school year. In the last few weeks teachers have been considering the courses which will be made available for students of Opihi College in 2016 and how these will link to employment, further training opportunities and tertiary study. In the aspect of co-curricular we are expecting to expand the opportunities available to students. As with all schools, we have also been carrying out our predictions for the school roll in 2016. We do expect a roll growth which in turn translates to enhanced staffing and funding for the school. These changes are a reflection of the positive attitude our community has towards the school and our achievements. Read on to hear more about our planned developments:

Careers option evening

This is being held on Tuesday 18 August. Next week a letter will be sent home with students from Year 9 upwards encouraging all students and their families to attend. We are fortunate to have representatives from the Ministry of Education talk about the significance of some of the opportunities Opihi College will be presenting to students which we anticipate will improve student outcomes. It will also be an opportunity to hear about some of the long term changes the school will be looking to make which will improve the education for students in the future.

Timetable changes

With part of our review of the curriculum we are also looking to change our timetable so that we can better meet the needs of our evolving curriculum. Some information with regard to these changes will be presented during the careers option evening.

Feedback welcome

Despite the changes that are planned, we welcome feedback and the opportunity to discuss the reasons for the changes and the benefits to students and their education. We will aim to keep you well informed of the changes and developments.

Building projects

In recent newsletters I have talked about the proposed development of the Opihi College campus. This week I met with the consultants who will provide a plan for the school development projects. They have identified the first and second stages for development and also started to detail the long term plan for the school facilities. It is expected that the plan will be finalised and presented to the Board of Trustees for confirmation and submission to the Ministry of Education before the end of the school year. We can then expect to be fully engaged in the design process early in 2016 with the first signs of construction and demolition potentially by the end of the year.

This really is an exciting time for Opihi College as the work being undertaken is significant and will have a long lasting impact upon the school. In the meantime the school has two building projects scheduled before the end of the year, the first is the roof replacement for the administration block and the second is the refurbishment of the gym changing facilities. It is hoped that both of these projects will be completed for the start of the 2016 school year at the latest.

Conferencing

The second stage of conferencing for 2015 will take place on the 7th (4-8pm) and 8th (8am-4pm) of September. There will be no lessons on September 8th in order to allow staff to meet with whanau. A link is available on the school website in the 'Recent News' section of the homepage to book your session using the code 6BV3C, alternatively visit www.schoolinterviews.co.nz, or call the office. At this conference Option Choices will be confirmed and progress towards Junior Graduation (Y7-10) and NCEA (Y11-13) will be discussed.

Teacher only day

Later this term we will be having our annual Teacher Only Day on **Friday 18 September**. Once again we have liaised with Temuka Primary School to coordinate this day in an effort to alleviate some of the stress of child care at this time. This is a day when the school is closed for instruction and staff will be engaged in a whole day of professional development. Thank you for your co-operation with this important aspect of school life.

Shigakukan High School and Ikubunkan High School

Visits This term we welcome students from both Shigakukan High School and Ikubunkan High School. I would like to extend my thanks to the host families who take in these students and provide such a wonderful experience for our guests. The students always report a wonderful experience and how much they enjoy the family life of the homestay.

Finally

As I write this ready for distribution on Friday, I have just heard that thanks to Sally Mulvena we now have 20 free tickets for our students to travel to Christchurch tomorrow (Wednesday) to see the Tall Ferns play Japan. Sally has, at short notice found parents to drive our students to and from the game! Thank you to Sally for making the possibility a reality and to Michelle Pye and Anna McNoe for organising transport and volunteering to take the students. How fantastic that our small school can provide these opportunities to our students with the support of our community?

Ka kite ano
Mike Wright

FOR YOUR CALENDAR		
August	16	Aoraki Secondary Schools Ski & Snowboard Championships
	18	Careers & Options Evening 7.00 pm
	21	Mt Hutt Ski Trip
September	7	Conferencing 4-8pm
	8	Conferencing 8-4pm <i>No lessons on this day</i>
	9-11	Cardrona Ski Trip Yr 9-10
	18	Teacher Only Day <i>No lessons on this day</i>
	26	End of Term 3
October	13	Start of Term 4

MT HUTT SKI TRIP

All students will now be skiing on 21st August (weather dependent). A notice has gone home to all students registered for this trip. If your child is unable to attend, please contact the school office as there is a waiting list of students wishing to join this trip.

YEAR 9 & 10 CAMP

Reminder to all Year 9 & 10 students who would like to go on the camp to Blue Skies in Kaiapoi in November, please return your form with \$30 deposit to the school office **immediately**.



Opihi College

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



WEEKLY CARE CARD WINNERS

24th July 2015

Kye Waihape

Sharmeela Gaddam

31st July 2015

Kayleigh Wright

Tea Prentice



Students visiting from Japanese schools, Shigakukan and Ikubunkan, together with new Swedish exchange student, Matilda and many of our own students from their hosting families all enjoyed a day out at Lake Tekapo. Thank you to all the families who are hosting students in their homes.

CONGRATULATIONS

To the following students who have been selected to represent South Canterbury:

Under 65kg Rugby team:

Caleb Kellas-Taylor, Kaleb Hines, Jayden Kellas-Taylor, Shaun Edwin and Toby Tredrea

Under 48kg Rugby team:

Fletcher Joyce

Well done to you all and best of luck in your upcoming tournaments

SPELLING QUIZ

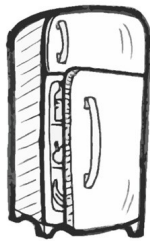
Congratulations to the Year 7 & 8 Spelling Quiz team who represented Opihi College in the Extra Magazine Year 7/8 Spelling Quiz:

Matthew Anso, Brooke Thomas, Jamie Callaghan, Issy Livingstone, Jayda McNoe and Xavier Hitchen.

They showed the CARE value of Excellence by representing Opihi with pride.

WANTED

Fridge-freezer for use in the School Science Department. Please contact the school office.



COLLEGE TROPHIES

Could all College cups and trophies awarded last year please be returned to the school office



Opihi College Basketball players Toni Wilson, Tahlia George, Sophie Pye, Jayda McNoe and Brooke Thomas meet the Tall Ferns at their recent game. Thank you to Mrs Mulvena, Anna McNoe and Michelle Pye for making this opportunity possible.

Quality Sleep is an Important Factor for Effective Study – by Karen Boyes

Getting a great night sleep is essential for brain health and especially important when learning and studying. Researcher Chris Evans, believes the most important function of sleep is to allow your brain to consider the new things that have been learned that day. He suggests new learnings are filed and consolidated in the memory system during sleep.

Teenagers usually need more sleep than adults as their brains and bodies are going through significant growth and change. It is recommended that teenagers get around 9 ¼ hours of sleep to be their best. Lack of sleep affects brain function including mood, concentration, memory and problem solving ability.

To get a great night's sleep here are four tips:

1. Make your bedroom a haven for sleeping

It is essential to make your bedroom space calming and comfortable. The brain loves neat and tidy. Sleeping in an over busy and messy room can often stimulate the brain making it harder to relax, so tidy up unfinished work and clear the floor. Another tip is to turn your digital clock around so you cannot see the time. This is for two reasons; Firstly, the light shining in your room can stop the natural sleep process and secondly, you do not want to be continually checking the time and cause you stress because you are not sleeping. Ensure your room is on the cool side rather than hot. Studies show rooms 5-10 degrees lower than the average daytime temperature helps with sleep.

2. Avoid TV or screens before bed

The effects of screens on the brain, before bed is well documented. While checking your phone, or reading on a device just before bed might seem natural enough, it is not for your brain. A stream of photons from the screen tells your brain it is not time to go to sleep. In turn, this prevents the secretion of Melatonin, the chemical responsible for sleep timing and blood pressure regulation. Even just the small glow of the phone screen when you check the time at night can be enough to interrupt sleep patterns. The suggestion from the experts is to shut all electronic devices off at around 9pm or an hour before you go to bed.

3. Be mindful about what you eat or drink before bed.

Certain food can stimulate or diminish your ability to sleep. Foods to avoid before bed include spicy foods, caffeine and high fat foods. Instead choose foods that contain tryptophan such as turkey, eggs and milk which can help promote sleep. Nutritionist, Jessica Redmond, suggests it is best to avoid eating large meals in the hours leading up to bedtime. If you have to eat right before bed, eat a small meal or pre-portioned snack.

4. Start a bedtime routine

Dim the lights while you get ready for bed, or turn off bright overhead lamps and switch to a soft, bedside lamp. Your body is programmed to sleep when it's dark. Attempt to go to bed at the same time every night. Choose a time when you normally feel tired, so that you don't toss and turn. Try not to break this routine on weekends when it may be tempting to stay up late. If you want to change your bedtime, help your body adjust by making the change in small daily increments, such as 15 minutes earlier or later each day.

It can be tempting to burn the candle at both ends while studying however if you get adequate sleep it can maximise the learning you do while you are studying.

STUDY SMART & PASS... For your FREE Sleep Infographic, please email karen@spectrumeducation.com

Karen Boyes is an expert in effective teaching and learning, study skills, motivation and positive thinking. She was awarded the NSANZ Educator of the Year 2014 award and works in schools throughout Australasia teaching students how to Study Smart and teachers how to raise achievement. www.karentuiboyes.com

Interested in a rewarding career in **nursing**?

Otago Polytechnic's renowned **Bachelor of Nursing** programme aims to educate students to the highest professional standards in nursing and prepare them to be part of a healthcare team.

The School of Nursing is currently accepting applications for the 2016 Timaru-based cohort.

If you are interested in studying towards a career in nursing, and would like to find out more information or talk to one of our staff members, we invite you to attend:

School of Nursing Information Session

Date: Thursday 3 September

Time: 5.00pm to 6.00pm

Venue: Education Centre – Timaru Hospital

0800 762 786 www.op.ac.nz



Nursing

NCEA FEES

Please note that these fees need to be paid by **1st September 2015** in order for students to be eligible for NCEA.

Forms for financial assistance are available from the school office or downloadable from the school website.

How much does it cost?

Fees for Domestic Students

Any standards and up to 3 Scholarship subjects	\$76.70 per candidate
Each additional Scholarship subject	\$76.70 per subject

Fees for International Fee Paying Students

Any standards	\$383.30 per candidate
Each Scholarship subject	\$102.20 per subject

Can I get help to pay?

If you are a Domestic Student you can apply for Financial Assistance if your family cannot afford to pay your fees. To get this help your parents or caregivers must meet one of the following conditions:

- be receiving a Work and Income or StudyLink benefit or have a Community Services Card
- have joint family income that qualifies for a Community Services Card
- have two or more children entered as candidates with fees more than \$200.



National SCOUT Scarf Day
– Friday 7 August 2015

When you see your school teacher or mates on Friday 7 August, you may be surprised to find that they're wearing a Scout scarf. It's the 2nd annual National SCOUT Scarf Day for SCOUTS New Zealand.

All past and present members are being encouraged to wear their scarf for the day to school (or work) to promote Scouting and the adventure that girls and boys aged 6-26 can experience. For more information and to find a Scout group near you, go to www.scouts.org.nz or call **0800 SCOUTS**.

LIAISON
AT OTAGO



Information Evening

What's it like to study at the University of Otago?

Tuesday 11 August, 6.30pm – 8.00pm
ASB Pavilion, Benvenue Avenue, Timaru

HEAR ABOUT

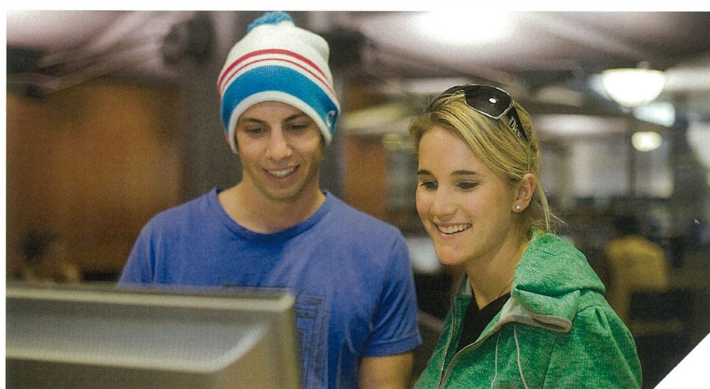
Entrance | Accommodation at Otago | Courses available
Degree structure | Being a successful student | Support services
Scholarships | Transition from school to university | Fees

INFORMATION EVENING ENQUIRIES

liaison@otago.ac.nz | (03) 479 8247

0800 80 80 98 | otago.ac.nz | txt 866 | university@otago.ac.nz

YOUR place
in the world





Good Day All,

Timaru

- **Time & Date:** 2nd of September 2015
- **Session 1:** 4pm- 6:30pm
- **Venue:** Bridge Club ,63 Wilson Street ,Seaview ,Timaru

Christchurch

- **Time & Date:** 3rd of September 2015
- **Session 1:** 2:30pm – 4pm
- **Session 2:** 6pm – 7:30pm
- **Venue:** Addington Raceway, Legends Lounge, 75 Jack Hinton Drive, Addington.

Special Education continues to be a major priority for the Ministry of Education. While much has been achieved in recent years in inclusive education, there is more to be done. We invite you to attend a Special Education Update forum to learn about our direction and discuss improvement ideas.

We want to reduce fragmentation of services, simplify access to extra learning support and increase the consistency of services across the country, so children and young people who need extra support can progress and achieve.

Our Special Education Update is looking at the whole education system including the Ministry's responsibilities - from early childhood, through primary, secondary and tertiary education.

We want a range of views to inform decisions about improvements. So far we've worked with representative groups, professionals and some individuals (including parents) in forums to discuss priority improvements.

We understand more people want to contribute so we've decided to hold extra forums – mainly for parents but others are also welcome.

These additional forums are being held from mid August to 4 September. We are using the same format as earlier forums and will include all contributions into the analysis and decisions about priority improvements.

Please RSVP to aletta.reyneke@education.govt.nz so we know how many people plan to attend - and let us know if you have any special requirements. If background reading isn't attached to this invitation please be sure to ask for it when you RSVP.

We want all learners to achieve and succeed. Everyone's contribution to this work is important, no matter where you live or work – in schools, kura, early learning centres families/whānau and communities right around New Zealand.

Kindest Regards

Coralanne Child – Director of Education for Canterbury
Lukas Swart – District Manager for Canterbury



Special Education Update – Pre-Reading

In recent years, there have been many significant improvements to the special education system. For example, we know the majority of mainstream schools are meeting standards of inclusive practice. However there's a clear message that more must be done.

Our next step is to ensure children and young people with special education needs progress and achieve their full potential throughout their education, from early childhood through to tertiary level. We're interested in the whole of the education system – not just the Ministry of Education's responsibilities.

It's also important to note that a very diverse range of special education needs are expected to be met by our education system. These encompass additional support relevant to physical and intellectual ability as well as behavioural issues.

On top of that, the duration of need will vary – some will be temporary e.g. resulting from a temporary health issue, some will be enduring and other needs will be intermittent.

What issues will the Update address?

For children and young people with special education needs, parents and whānau, and everyone involved in their education:

- Support for these children and young people (and their parents and whānau) is highly fragmented, leading to barriers at key points, such as moving from early childhood education to primary school.
- The funding system is compartmentalised, complicated, highly inefficient and inflexible – funding is ring-fenced for particular services or categories of support and cannot be transferred.
- Access to services and decision-making about assistance are unnecessarily complicated for everyone involved. This hampers prompt intervention being put in place.
- Too many children are waiting too long for service – the earlier support is provided, the better the long-term outcomes.
- There is no one point of contact and coordination for everyone involved in the education of a child or young person with special education needs.
- Education pathways for children and young people with special education needs are not always adequately planned or managed – children are proceeding through the system with unmet or exacerbated needs.
- Assessment of progress and achievement is not appropriate for many children and young people with special education needs.
- There is insufficient coordination between the education, health and welfare systems which causes inefficiencies and confusion.
- There is a lack of coordination between professionals working in special education.

What is proposed?

This Update aims to put achievement at the heart of support for children and young people; remove barriers throughout the education pathway and provide certainty for parents and whānau.

Soliciting a range of views is important

We are engaging with Ministry of Education staff, parents, whānau, schools and education and disability sector partners during April and May 2015 to gather representative views on the work planned in the Update.

This engagement will inform the high-level design of future improvements to the Special Education system that will be presented to Cabinet in July 2015.

The focus of the engagement

The ways in which additional support is provided, how these fit together and the workforce that supports these is at the core of the improvements we're thinking about. We're keen to hear your views about four areas of proposed improvement.

These are:

1. Improve early identification of the need for additional support and early response.
2. Place parents and education providers at the centre of making decisions and coordinating additional support the child requires.
3. Provide a single point of contact, for as long as it's needed for everyone involved in the child's education.
4. Provide a managed education pathway that supports the child to achieve – from assessment of need through to completion of their education.

We look forward to working with you on this progressive piece of work.