

# Opihi - on campus



Community - Acceptance - Respect - Excellence

Issue 16 3rd November 2016



Opihi College



Sports and Cultural Awards 2016



# OPIHI COLLEGE SPORTS AND CULTURAL AWARDS 2016 - FULL PRIZE LIST

## Cultural Award

### Ex Pupils Association Cup

Year 7 and 8 Speech

Year 7 & 8 Speech

Balden Halkett PMR

### J T Smart Rosebowl

Year 9 Speech

Year 9 Speech

Flynn Cookerie PLP

### Maslin Cup

Year 10 Poetry / Speech

Year 10 Speech / Poetry

Victor Savage OLB

### Te Piripono

Loyalty to Te Umu Kaha

Loyalty to Te Umu Kaha

Te Hero Awhina Te Rahu-Harris PQS

### Te Umu Kaha Cup

Contribution to Whānau

Contribution to Whānau

Megan Frew OSF

### Mana Wahine

Outstanding Female Student

Outstanding Female Student

Kala MacPherson RJFW

### Mana Tane

Outstanding Male Student

Outstanding Male Student

Shae Twaddle-Best RMG

### Te Manawanui

Perseverance in Taha Maori

Perseverance with Taha Maori

Levi Brookings AKR

## Temuka Choral Society Cup

Year 7 and 8 Singing

Year 7 and 8 Singing Cup

Year 7 and 8 Singing Cup

Maisie Callaghan OLB

Ava Venn PLP

## Temuka Choral Society (Junior)

Junior Singing Cup

Junior Singing Cup

Megan Calder OWS

## Temuka Choral Society (Senior)

Senior Singing Cup

Senior Singing Cup

Lydia Kinvig RHO

## Representative Awards

### Representative Award

For consistent performance, commitment and effort

Nationals - S.C. Highland Pipe Band

Brooke Thomas OSF

Nationals - S.C. Highland Pipe Band

Ashley Brown AWC

Nationals - S.C. Highland Pipe Band

Sheyanne McCarron OLB

## School Sports Award

School / Representative

### Sport Award

For consistent performance, commitment and fairplay

Netball

Rylee Harkness AGS

Netball

Kaylee Stone AKR

Netball

Scranya George AWC

Netball

Sophie Hall OSF

Basketball

Aaliyah Lovatt OWS

Basketball

Kyl Dickson PLP

Netball

Kirsty McBride PLP

Netball	Eline Warnock	PMR
Netball	Laynee McDonald	PQS
Basketball	Logan Pannett	PQS
Softball	Cameron Fikken	RHO
Special Olympics	Logan Scott-Walton	WG
Softball	Olivia Andreassen	AGS
Triathlon	Ryan Bagrie	AGS
Netball	Stella Ceter	AGS
Archery	Tyler Phamridge	AGS
Basketball	Madison Rehana	AKR
Basketball	Courtney Leonard	AWC
Netball	Courtney Leonard	AWC
Netball	Georgia Hammond	OLB
Netball	Maddy Hammond	OLB
Basketball	Takila Howell	OLB
Basketball	Fletcher Joyce	OSF
Triathlon	Fletcher Joyce	OSF
Basketball	Charlie Te Haata	OSF
Basketball	Levi Koroopa	OWS
Basketball	Jacinda Kelly	PLP
Basketball	Hailey Larsen	PLP
Basketball	Luke Smith	PLP
Basketball	Cheyenne Conley	PMR
Basketball	Balden Halkett	PMR
Netball	Balden Halkett	PMR
Basketball	Caleb Kellas-Taylor	PMR
Basketball	Natasha Pannett	PQS
Netball	Natasha Pannett	PQS
Basketball	Zac Campbell	RMG
Basketball	Benjamin Cleverley	RMG
Triathlon	Benjamin Cleverley	RMG
Softball	Sam Brown	AWC

Basketball	Jayden Kellas-Taylor	PMR
Athletics	Kiam Prentice	PQS
Basketball	Kiam Prentice	PQS
Softball	Kiam Prentice	PQS
Softball	Hamish Fikken	RHO
Archery	Hannah Morrison	RHO
Basketball	Colie Robertson	RHO
Basketball	Kayla Bagrie	AGS
Badminton	Shania Cochrane	AGS
Softball	Shania Cochrane	AGS
Softball	Evan Crouse	AGS
Basketball	Makesh Gaddam	AGS
Softball	Makesh Gaddam	AGS
Chess	Jessica Marshall	AWC
Basketball	Tyler Frew	OSF
Athletics	Cody Crawshaw	OWS
Softball	Cody Crawshaw	OWS
Netball	Geneva Hatt	PQS
Basketball	Jia Prentice	PQS
Softball	Jia Prentice	PQS
Basketball	Rebecca Dextley	RHO
Basketball	Jaykob Reid	RHW
Netball	Mya Stratford	RHW
Badminton	Madi Heures	AWC
Netball	Madi Heures	AWC
Badminton	Sophie Leonard	AWC
Netball	Sophie Leonard	AWC
Basketball	Abbey Keen	OLB
Netball	Sheyanne McCarron	OLB
Badminton	Liam Mulligan	OSF
Basketball	Liam Mulligan	OSF
Softball	Liam Mulligan	OSF



Opihi College



Sports and Cultural Awards 2016





## Opihi College

### Sports and Cultural Awards 2016

Athletics	Lucy Cooper	OWS
Softball	Lucy Cooper	OWS
Badminton	Tyla Smith	PLP
Basketball	Caleb Rippin	PMR
Chess	Caleb Rippin	PMR
Basketball	Louise Rippin	PMR
Basketball	Nick Morris	PQS
Softball	Nick Morris	PQS
Netball	Te Hono Awhina Te Rahui-Harris	PQS
Basketball	Shayden Campbell	RMG
Basketball	Shae Twaddle-Best	RMG
Chess	Shae Twaddle-Best	RMG
Softball	Shae Twaddle-Best	RMG
Special Olympics	Joshua Wellford	WG
Basketball	Maddison Mawhinney	OLB
Basketball	Megan Frew	OSF
Athletics	Andrew Kirkcaldie	OWS
Softball	Andrew Kirkcaldie	OWS
Basketball	Neko Prentice	PQS
Softball	Neko Prentice	PQS
Basketball	Lydia Kirvig	RHO
Netball	Lydia Kirvig	RHO
Basketball	Tegan Robertson	RHO
Netball	Tegan Robertson	RHO
Badminton	Samantha Haley	AKR
Basketball	Meghan Mulligan	OSF
Chess	Wiremu Te Haate	OSF
Softball	Wiremu Te Haate	OSF
Badminton	Emily McBride	PLP
Netball	Emily McBride	PLP
Badminton	Olivia McBride	PLP
Netball	Olivia McBride	PLP

## Opihi College

### Sports and Cultural Awards 2016

Softball	Tes' Prentice	PQS
Badminton	Emily Scannell	PQS
Netball	Emily Scannell	PQS
Basketball	Jacob O'Neill	RHO
Chess	Jacob O'Neill	RHO
Softball	Jacob O'Neill	RHO
Special Olympics	Ramahi King Reeves	WG
<b>Outstanding Captain of a School Team</b>		
Basketball	Fletcher Joyce	OSF
Basketball	Charlie Te Haate	OSF
Basketball	Jaykob Reid	RJFW
Basketball	Meghan Mulligan	OSF
Chess	Wiremu Te Haate	OSF
Netball	Olivia McBride	PLP
<b>Outstanding Contribution to a School Team</b>		
Basketball	Fletcher Joyce	OSF
Basketball	Hailey Larsen	PLP
Basketball	Kiam Prentice	PQS
Netball	Shayne McCann	OLB
Basketball Referee	Shae Twaddle-Best	RMG
<b>Outstanding Student Coach</b>		
- Gymnastics	Emily Bennett	AGS
- Gymnastics	John Reyes	PMR
- Netball	Madi Heura	AWC
- Netball	Sophie Leonard	AWC
- Hockey	Lucy Cooper	OWS
- Hockey	Rochelle Johnson	OWS
- Netball	Tegan Robertson	RHO



#### Representative Sports

for representative sport (Aorangi/SC/National/International)

Netball - S.C. Primary
Netball - S.C. Primary
Football - Aorangi Football Academy Team
Softball - Aorangi U15
Cross Country - S.C. Primary
Football - S.C. 13th grade
Cross Country - S.C. Primary
Football - S.C. 13th grade
Netball - S.C. Primary
Football - S.C. 13th grade
Basketball - S.C. Under 14
Rugby - S.C. Under 48kg
Swimming - Town and Country swim team
Triathlon - S.C.
Basketball - S.C. U13
Basketball - S.C. U15
Netball - S.C. Primary
Netball - S.C. Primary
Softball - Aorangi U15
Football - S.C. 13th grade
Rugby - S.C. Under 14
Softball - Aorangi U15
Softball - Aorangi U15
Rugby - S.C. Under 14
Football - S.C. under 13
Football - S.C. Under 17
Football - S.C. Under 17
Softball - Aorangi U15
Football - S.C. 15th grade
SISS Athletics Representative

Soraya George	AWC
Sophie Hall	OSF
Cody Keropa	OWS
Cameron Fikken	RHO
Ryan Bagrie	AGS
Ryan Bagrie	AGS
Stella Cotter	AGS
Cameron Stone	AKR
Courtney Leonard	AWC
Tane Francis	OSF
Fletcher Joyce	OSF
Fletcher Joyce	OSF
Fletcher Joyce	OSF
Fletcher Joyce	OSF
Charlie Te Haate	OSF
Charlie Te Haate	OSF
Hailey Larsen	PLP
Natasha Pannett	PQS
Sam Brown	AWC
Logan Kerslake	OLB
Jayden Kellas-Taylor	PMR
Kiam Prentice	PQS
Hamish Fikken	RHO
Toby Tredrea	RJFW
Sam McCone	RMG
Keyla Bagrie	AGS
Shania Codraine	AGS
Mukesh Gaddam	AGS
Michael Livingstone	OSF
Cody Crawshaw	OWS

#### SISS Athletics Representative

Hockey - S.C. Under 18
Inline Speed Skating - Oceania New Zealand team
Inline Speed Skating - S.C. Roller Skating National team
Softball - Aorangi U16
Hockey - S.C. Under 18

Lucy Cooper	OWS
Tyla Smith	PLP
Tyla Smith	PLP
Tyla Smith	PLP
Shae Twaddle-Best	RMG
Andrew Kirkcaldie	OWS

#### School Sports Blues

District in Sport
Athletics
Inline Speed Skating - NEW ZEALAND HONOURS
Badminton
Badminton
Badminton

Liam Mulligan	OSF
Tyla Smith	PLP
Andrew Kirkcaldie	OWS
Neko Prentice	PQS
Curtis Watkins	RMG

#### Archery

##### Archery Trophy

Achievement and Consistent Improvement in Archery  
Achievement and Consistent Improvement in Archery

Harish Morrison	RHO
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#### Athletics

##### Dave Phiskie Memorial Cup - Minor Girls' (Under 12.5) Athletics Champion

Minor Girls (Under 12.5) Champion

Hailey Larsen	PLP
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##### Dave Phiskie Memorial Cup -Minor Boys' (Under 12.5) Athletics Champion

Minor Boys (Under 12.5) Champion

Fletcher Joyce	OSF
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##### Joe Clarke Family Trophy - Under 14 Girls' Athletics Champion

Under 14 Girls Champion

## Opihi College

### Sports and Cultural Awards 2016

	Rebecca Denley	RHO
<b>Merv Davey Family Trophy - Under 14 Boys' Athletics Champion</b> Under 14 Boys Champion	Cody Crawshaw	OWS
<b>The Donehue Cup - Athletics - Junior Girl (Under 15) Athletics Champion</b> Athletics - Junior Girl (Under 15) Athletics Champion	Kayla Bagrie	AGS
<b>Keith Dippie Cup - Junior Boy (Under 15) Athletics Champion</b> Junior Boy (Under 15) Champion	Michael Livingstone Jaykob Reid	OSF RHW
<b>Henderson Cup - Intermediate Girls' Athletics Champion (Under 16)</b> Intermediate Girls Champion (Under 16)	Tyla Smith	PLP
<b>R Preston Cup - Intermediate Boys' Athletics Champion (Under 16)</b> Intermediate Boys Champion (Under 16)	Andrew Kirkcaldie	OWS
<b>The Hickey Cup - Girls' Field Events Champion</b> Girls Field Events Champion	Lydia Kirvig	RHO
<b>School Challenge Cup - Boys' Field Events Champion</b> Boys Field Events Champion	Wiremu Te Haate	OSF
<b>J L Menzies Cup - Senior Girls' Athletics Champion</b> Senior Girl Champion	Lydia Kirvig	RHO



## Opihi College

### Sports and Cultural Awards 2016

<b>J M Ritchie Cup - Senior Boys' Athletics Champion</b> Senior Boys Champion	Wiremu Te Haate	OSF
<b>Basketball</b>		
<b>The Niles Family Cup - Contribution to the Game of Basketball</b> Contribution to the Game	Shaz Twaddle-Best	RMG
<b>The Colin Cottrell Cup - Contribution to the Game of Basketball</b> Most Valuable Player	Neko Prestice	PQS
<b>Cricket</b>		
<b>The Temuka Club Centennial Cup</b> Contribution to the Game for Contribution to the Game	Ritika Rautela	AKR
<b>Cross Country</b>		
<b>Bruce McCormack Memorial Cup - Minor Boys' Cross Country Champion</b> Minor Boys Champion	Fletcher Joyce	OSF
<b>Spillane Family Shield - Minor Girls' Cross Country Champion</b> Minor Girls Champion	Hailey Larsen	PLP
<b>Weavers Family Cup - Junior Boys' Cross Country Champion</b> Junior Boys Cross Country Champion		
	Cody Crawshaw	OWS
<b>Laurenson Family Cup - Junior Girls' Cross Country Champion</b> Junior Girls Cross Country Champion	Kayla Bagrie	AGS
<b>Fraser Family Trophy - Senior Boys' Cross Country Champion</b> Senior Boys Cross Country Champion	Andrew Kirkcaldie	OWS
<b>Clarkson Family Cup - Senior Girls' Cross Country Champion</b> Senior Girls Champion	Lydia Kirvig	RHO
<b>Football</b>		
<b>Temuka Football Club Trophy - For Skill &amp; Leadership</b> For Skill & Leadership	Michael Livingstone	OSF
<b>McMeikan Family Trophy - Junior Football</b> Junior Football	Levi Kereopa	OWS
<b>Hockey</b>		
<b>The Leslie Cup - Contribution to Girls' Hockey</b> Contribution to Girls' Hockey	Lucy Cooper Rochelle Johnson	OWS OWS
<b>Margaret Aitken Trophy - Junior Boy</b> Junior Boy	Cody Crawshaw	OWS

## Opihi College



### Sports and Cultural Awards 2016



**Opihi College**  
Sports and Cultural Awards 2016

<b>Temuka Hockey Club Cup - Junior Girl</b>		
Junior Girl	Nahia Crawshaw	OWS
<b>The Leslie Cup - Contribution to Boys' Hockey</b>		
Contribution to Boys' Hockey	Andrew Kirkcaldie	OWS
<b>Netball</b>		
<b>Mary Cumming Trophy_Most Valuable Player in Years 7 - 8</b>		
Most Valuable Player in Years 7 - 8	Hailey Larsen	PLP
<b>Trophy for Year 9 &amp; 10 Player of the Year</b>		
	Geneva Hati	PQS
<b>Lesley Andrew Trophy_Most Valuable Netball Player</b>		
Most Valuable Netball Player	Te Hero Awhina Te Ratu-Harris	PQS
<b>Eric Andrew Trophy for_Captain of the 'A' Netball team</b>		
Captain of the 'A' Netball team	Olivia McBride	PLP
<b>Softball</b>		
<b>Wright Family Trophy</b>		
Senior MVP	Wiremu Te Haara	OSF
Senior - Most Valuable Player		

**Opihi College**  
Sports and Cultural Awards 2016

<b>Wright Family Trophy</b>		
Junior MVP	Kiara Prentice	PQS
Junior - Most Valuable Player		
<b>Swimming</b>		
<b>Stratford Family Trophy</b>		
Minor Girls' Champion	Natasha Pannett	PQS
Minor Girls' Champion		
<b>Max Rose Family Trophy</b>		
Minor Boys' Champion	Fletcher Joyce	OSF
Minor Boys' Champion		
<b>Segar Cup</b>		
Junior Girls' Champion	Kayla Bagrie	AOS
Junior Girls' Champion		
<b>O S Priest Cup</b>		
Junior Boys' Champion	Kye Waihape	RHW
Junior Boys' Champion		
<b>A E Smith Cup</b>		
Senior Girls' Champion	Tea Prentice	PQS
Senior Girls' Champion		
<b>W H McMillan Cup</b>		
Senior Boys' Champion	Lyndon Murray	PQS
Senior Boys' Champion		





## From Across the Principal's Desk

Dear Parents/Caregivers

Kia Ora Tatou

It's almost scary the way this school term is passing so rapidly. We have recently farewelled many of the senior students. Those students who have gained the necessary credits to attain their NCEA certificate, or who have external exams that will allow them to pass, have started their study leave. The students who still have internal assessments to complete are remaining at school until they have gained the credits that are available to them. If your student has been granted leave, and is sitting external exams, we appreciate your support in helping them to maintain a study schedule.

### Sport and Cultural Awards

On Wednesday 2nd November we held our Sport and Cultural Awards assembly. It was really pleasing to see so many parents and whanau attend. This was my first Opihi Awards Ceremony and I was impressed by the number of students who were being recognised for their achievement.

In my opening talk I pointed out that it is because of the volunteer coaches, leaders and managers that these students are able to participate in the huge range of activities that are available to them at Opihi College. The level of contribution that staff, parents and community members make towards the wide range of sporting and cultural activities we offer shows how passionate we all are about student participation. To me it sends the message that we all believe that investing time into our youth is the great way we can help ensure their positive futures. I know I said this on Wednesday afternoon, but it is well worth me repeating how much we appreciate all of the time and energy that staff and community offer to support sport and cultural activities.

It has been made clear to seniors who have departed what our expectations of them are. I expect that they will continue to behave and represent Opihi College with pride. For students who have not gained study leave, they are expected to attend school as normal, in full school uniform. They will be working to gain the final credits that are necessary for them to achieve their NCEA certificate. Any students who do have study leave but would like to have assistance from their subject teacher may attend school and arrive and depart at times that suit their needs and the availability of their teachers. However, we do ask that students make sure that they sign in at the front office so that we know that they are on site.

### NCEA Exams

NCEA Exams start next week. All students have been informed of the expectations during the exams. These expectations are set down by NZQA. We have also reminded students that Year 11's and 12's must attend exams in full uniform. Year 13's may wear appropriate mufti.

We wish all students every success in their exams and believe their results will be a reflection upon the time and effort that they have put into their studies during the school year.

### Awards Night

Wednesday 7th December is the night of our annual Awards Ceremony; our celebration of student academic success. As I advised in our last newsletter, students will attend school in the morning and then be released to go home in the afternoon.

The 'free' afternoon is in lieu of attending in the evening. All students are expected to attend the awards night unless the school receives a letter of explanation from the parent/caregiver prior to the event. Students who do not attend will be regarded as truant and will be expected to make up the time missed. Students attend in full uniform.

### Finally

We are currently preparing for our Year 7 Raincliff camp which begins on the 29th November. I am looking forward to visiting the camp, as an opportunity to see our students taking on learning and challenges in a very different environment!

He waka eke noa. Nau te rourou, naku te rourou ka ora ai te iwi.  
Nga mihi.

Tina Johnson  
Principal





### WEEKLY CARE CARD DRAW

21st October Ashley Neame  
Kaia Macpherson  
28th October Hunter McKay  
Megan Frew  
*Congratulations on winning a canteen voucher*

### MANDY'S TUCK SHOP

**Please note:** The school canteen will close for the year on Friday 25th November.  
*Thank you for your support over the year.*



### JUBILEE CELEBRATIONS

The Temuka Schools Jubilee celebrations were held to celebrate 150 years of schooling in Temuka over the holiday weekend, with hundreds of visitors visiting Opihi College and Temuka Primary School and participating in reunion functions. Thank you to all our staff and students who assisted with preparations for this.

*Pictured: Tea Prentice and Wiremu Te Haate at the tree planting function held in the Temuka Domain.*

### FOR YOUR CALENDAR

<b>November</b>	7	NCEA External Examinations begin
	10	Aoraki Junior Volleyball
	17	Temuka Sports Group Athletics
	25	<b>Canteen closes for the year</b>
	29 to 2Dec	Year 7 Camp Raincliff
<b>December</b>	5 & 6	Activities Days
	6	SCPSSA Athletics
	7	End of Year Prizegiving Ceremony 7.00pm



### UNIFORM

Boys polo shirts are now in stock at The Warehouse, along with Blazers. The blazers can be worn by senior students during Years 11-13 (a great investment if worn for several years and then on sold).

## OPIHI COLLEGE 2016 YEARBOOKS

The hardworking Year Book committee have produced a marvellous colour 2016 Yearbook. These books contain numerous class, team and group photos, and are available for purchase at \$30 each. Pre-orders are now being taken at the school office, with books to be printed and delivered in December. To guarantee your order, please deliver the order form with payment (cash or cheque) to the school office by 7th December.

✂ .....

### Opihi College 2016 Yearbook Order

Name .....

Number of Books required .....

Contact phone number .....

Total payment enclosed .....

*Please return this form with payment to the school office by Wednesday 7th December 2016*





## "Tadaima! We're home!"

Tigerlily Doudle, Sheyanne McCarron, Hayley McLean, Liam Mulligan, Louise Rippin and teachers Eric Lindblom and Janine McIvor travelled to Japan for a two week language study trip during the Term 3 holidays. The journey began in Tokyo where they visited many places like Asakusa, Akihabara, Harajuku and Shibuya. They also took a bus ride out to Fujiyu Highland Amusement Park which is right next to Mt. Fuji. After a few days of Japanese life in the big city, they moved in with host families from Ikubunkan High School. This is the same school that Eddy Duan came from! They attended regular Year 11 classes and had some special lessons in Japanese calligraphy, tea ceremony and kendo. Then they jumped on the Shinkansen (bullet train) and travelled across the country at 260 km/h to Kanazawa and then Kyoto. From Kyoto they made day trips to the temples and shrines in Nara, to the Peace Park in Hiroshima and to a huge aquarium and shopping in Osaka. It was an amazing trip! Some new experiences for the students included navigating the Tokyo subway and Kyoto bus system, bullet trains, Japanese vending machines, karaoke, sleeping on a futon on tatami mats, computerised toilets and all of the very different, but mostly delicious food that they tried. Though it was only a short two weeks in Japan the students' lives were greatly enriched. They grew in maturity and self-confidence and improved their communication skills. We are very grateful to the Sasakawa Fellowship Fund for Japanese Language Education and also the Temuka community who generously supported our many fundraising activities.



Arigatō gozaimashita!







Megan Frew, Andrew Kirkcaldie and Toby Downie while they were completing their recent chainsaw course and assessment.



## YEAR 13 FAREWELL

As a parting gift, our graduating Year 13 students kindly redecorated parts of the school this week:

Above: Mr Sharp's office - Apparently counsellors write lots of notes

Above right: Front Office with Some of the culprits

Opposite: Mr Callow's office - Tagged!

Opposite: Miss Johnson stoically works on despite the redecoration



## PIANO EXAMINATION RESULTS Trinity College London

Jessica Marshall—Grade 3  
Pass with Merit

Issy Livingstone—Grade 3  
Pass with Distinction

Sophie Hall—Grade 1  
Pass

*Congratulations to you all*

## SINGING CUP RESULTS

**Senior:** Lydia Kinvig

**Middle:**

1st Megan Calder 28.5 marks  
2nd Aaliyah Fenton 27.5 marks

**Junior:**

1st = Maisie Callaghan  
& Ava Venn

## SCPSSA MOUNTAIN BIKE RACE RESULTS

Well done on these great results:

Hailey Larsen	1st
Natasha Pannett	3rd
Jacinda Kelly	4th
Fletcher Joyce	10th

## TEMUKA JUNIOR GOLF

MONDAY NIGHTS 4PM  
LEARN THE BASICS OF GOLF  
CLUBS AVAILABLE

All Welcome  
For any inquiries  
contact Murray Kerse 6158956

## HOMESTAYS REQUIRED

Have you ever thought of hosting an overseas student?



We have a group of Chinese students arriving at the beginning of 2017 for approximately one week. We are always looking for families who would like to host a student long term as well. There is a weekly re-imbursement for hosting and your family will benefit from this cultural experience. If you are interested, please contact Mrs Murray.



# 27TH NOVEMBER OBSTACLE/MUD RUN 2016 PLEASANT POINTS



The Rural Rough and Rugged Obstacle Course in Pleasant Point Starts at the Pleasant Point Domain and finishes at the Pleasant Point Domain. You will have a choice of 5km or 10km.

This event caters for all of average fitness.

The Rural Rough and rugged will challenge your walking and running skills along river banks, through forests of twisting paths, through water, mud with added challenging Obstacles on the way! Pick up your entry form at the Get to Point Day or go to the website and enter online.

**Are you up to it!**

GET A TEAM TOGETHER  
AND DRESS UP  
KIDS FUN OBSTACLE /MUD  
COURSE 5YRS UP

AGE CATEGORIES: 13YRS  
TO 18YRS , 20YRS TO  
30YRS, 30YRS TO 50YR,  
50YR +

PREPARE TO GET WET AND  
DIRTY!

ENTER AS A INDIVIDUAL  
OR A TEAM OF 4, A TEAM  
OF FEMALE OR MALE, A  
MIXED TEAM OF 2  
FEMALES & 2 MALES

\$30 - INDIVIDUAL  
\$100 - TEAM

## POINT OF FITNESS

Contact Kathy Wilkins  
0411603333

Facebook: Pleasant Points  
Rural Rough and Rugged

Event  
11/27/2016 10:00am - 12:00pm

Website: [www.pleasantpoints.co.nz](http://www.pleasantpoints.co.nz)  
(Website: [www.pleasantpoints.co.nz](http://www.pleasantpoints.co.nz))

Te Rūnanga o Arowhenua, and Environment Canterbury invite you to a

## Community planting day at Awarua Wetland

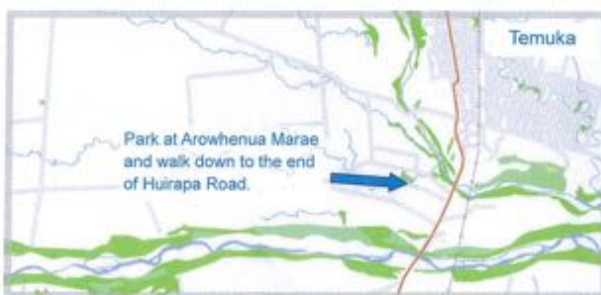
9-1pm  
Saturday 5th Nov

The Awarua wetland restoration is part of an ongoing project by Arowhenua to restore the natural flax-pukio wetland opposite the Marae.

The Environment Canterbury Tuia and IMS programmes are supporting Arowhenua in this project allocated by the Orari-Opihi-Pareora Zone Committee.

This is a great opportunity to speak with rūnanga about their plans for the site. The restoration of Awarua wetland is aiming to protect mahinga kai values as well as promote education opportunities around traditional harvest and rongoa.

We will supply: BBQ at  
1pm, water & juice,  
spades.



For more information phone: Gwen Bower 036158646 or Robert Carson-lies 0274756287

## HAIR DRESSING CLIENTS WANTED

Level One hairdressers at Ara Institute of Canterbury are looking for clients for blow waves, colours, hairups/braids.

Blow waves and Hair ups are Free of Charge.

Small cost for colours:

Half head of cap highlights	\$10
Full head of cap highlights	\$20
10 Foils	\$10
Midway (short to long)	\$10
Permanent tint (retouch)	\$15
Permanent tint—full head	\$25

Longer hair or additional foils will be charged at \$1 per gram of product.

If you get a colour, you are required to get a skin test.

Please contact Lauren on 022 155 9269.

**Irlen Syndrome** is not an optical problem. It is a problem with the brain processing visual information. Irlen lenses improve concentration, reading speed and helps those with light sensitivity and behaviour difficulties.

Contact Sally McKerchar – qualified Irlen Screener  
Ph. 036939101 or 0272224835

