

Opihi - on campus



Community – Acceptance – Respect – Excellence

Issue 10 6 July 2017

ROCKQUEST 2017

Twenty two Opihi College students performed at the Annual SmokeFree Rock Quest this year. As the organizer, Dan Kendrick pointed out, even if the judging didn't go our way, the process of preparing and the experience gained on the big stage should inspire our students to keep performing and writing music.

Persistence has paid off for Megan Calder. She was awarded the Pacifica Beats prize for her song.

A huge thank you to the parents who supported the students getting into Timaru and the many from Temuka who turned up to support our musicians.

Pictured:

Inset: Pacifica Beats prizewinner Megan Calder

Above: Matthew Anso, Luke Smith and Reef Brazendale

Below: Olivia Andreassend, Emily Wells, Aaliyah Lovatt, Kyal Hitchen



THE KEY TO LIFE

The recent miscommunication around Mike King's Youth Suicide presentation has caused some concern in the community.

Opihi College decided not to proceed with Mike's proposed student sessions we were however happy to host the evening sessions with both students and parents. Unfortunately this was cancelled by the promoter.

Opihi College will always remain committed to the wellbeing of our youth and will continue to keep you informed of available options to deal with these issues.

The Key to Life

You are invited

Well known comedian and mental health educator, Mike King, will be speaking to our students on 24th July. You (parents, whanau and members of the wider community) are invited to attend his presentation at 7 p.m. that evening in our school hall.



Unfortunately the promoter has cancelled this presentation but any students, parents, whanau, caregivers or community members who would like to attend his presentation are invited to do so at 7 pm at Timaru Girls High School on 26th July.

INTRODUCING OUR NEW TEACHER



Mrs Verge is our new English teacher who can also teach history and social studies. Before coming to Opihi College she was living in Christchurch and was teaching at Marian College which is an all girls school. Mrs Verge looks

forward to teaching, getting to know people and getting involved in the activities we do both within the school and the community. Outside of teaching Mrs Verge really loves hanging out with her family and friends, reading and watching the Walking Dead and Game of Thrones.

Welcome to Opihi College Mrs Verge!

TEACHER ONLY DAY

Tuesday 15th August 2017

There will be a teacher only day in Term 3, where the staff will be off site. Opihi College will be closed for instruction on this day.

FOR YOUR CALENDAR

July	9-12	SISS Yr 9-10 Netball Tournament
	13	UC Open Day
	24	<i>Start of Term 3</i>
	26	Shigakukan Visitors arrive
	27-31	Life Education Visit
August	8	Aoraki Badminton—boys
	10	Aoraki Badminton—girls
	11	Chess Tournament
	11	Year 7-8 Skate/Scooter
	15	Teacher Only Day
	18	Ski Trip (All years)

RUGBY - U16 and U18 players

The Roncalli Aoraki Combined Team plays in the University of Canterbury (UC) Rugby Competition previously known as The Press Cup Competition. This team is a great opportunity as a pathway to higher honours in rugby. This competition is rugby played at a high level. Players will enjoy the challenge and comradery they will have playing in this team. **Opihi college students are now eligible** to play in this team, along with Waimate High School, MacKenzie College, Geraldine High School, Mountainview High School and Roncalli College. The team currently is struggling with numbers due to injuries/concussion stand downs. They would love to have anyone who is interested in potentially playing this year or next year attend a few practises. If you would like to attend a couple of practises with the **Roncalli Aoraki Combined Team** that plays in the UC Competition in Christchurch, please contact Chris Tuite 027 463 0519. He will also be able to help arrange transport to practises also. If you attend these practises there is no obligation for you to play or guarantee you will get time this year, however this might be a good opportunity to have a look at how the team works in preparation for next year.

WEEKLY CARE CARD DRAW



26th June

Molly Davidson
Kaitlyn Morrison

3rd July

Tegan Robertson
Zac Campbell

WORLD VISION RAFFLE RESULTS

Results of raffle drawn under police supervision:

1st	Samantha Donehue
2nd	Mandy Poutai
3rd	Kathy Walsh

Thank you for your support of this fundraiser

ARTFULL CRAFTS HOLIDAY PROGRAMME

Flower Making and Candle Holder
- Thursday 13th July, 1:30pm - 3:30pm, \$20

Cardmaking
- Thursday 20th July, 1:30pm - 3:30pm, \$15

Bookings can be made online at www.artfullcrafts.co.nz/classes
Phone 688 8566, or email info@artfullcrafts.co.nz
Artfull Crafts, 24 George Street, Timaru

EMERGENCY SERVICES DISPLAY - Thank you to the Opihi College SADD committee for organising a very thought provoking accident display at Opihi College last week:



CARE BADGES

Congratulations to the following students:

Gold Awards

R = Tegan Robertson

Silver Awards

C = Israel Pearce,

E = Milly Keen, Ava Venn

Bronze Awards

C = Sharmeela Gaddam, Zac Campbell, Ashleigh Griffiths, Blake Morris

A = Cameron Price

R = Elise Warnock, Madison Reihana, Kye Waihape

E = Molly Davidson, Shyann Fleming, Trey Poutai, Nic Edmond



Opihi College

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



DRAMA

Kowhai House have been enjoying attending the "Finding their Voices" Drama Group in Geraldine each week. Pictured are Opihi College students Joshua Welford and Chimera Miller performing their production of "The Zoo Animals Go Home" recently.



DEFIBRILLATOR NOW AT INSTALLED AT OPIHI COLLEGE

In 2016 students at Opihi College were involved in a fundraiser to allow the College to purchase a Defibrillator. The raffle that was run for this cause was very well supported by members of the Temuka Community and beyond for which we are very thankful. We are very happy to advise our local community that we now have the Defibrillator mounted outside the Main Office area and it is accessible to the members of the Temuka Community if ever needed. Volunteer members of our local St John Ambulance came to the school during the last week of Term 2 to instruct the staff and all students in Year 9 – 13 on the use of the AED and training in CPR. We very much appreciate their time, assistance and advice in the purchase and setting up our Defibrillator. We would also like to acknowledge and thank Radcliffe Electrical in Timaru for donating the cabinet that our Defibrillator is housed in.

Thank you to Kathy Walsh for her passion in organising this for our community.



Pictured: Kathy Walsh and Ava Venn



OPIHI COLLEGE INTERHOUSE NETBALL COMPETITION



ASTHMA MANAGEMENT IN SCHOOLS

Public Health Nurses (school nurses) are currently undertaking an assessment of Asthma Management in schools. This includes looking at policies for management and emergency asthma kits.

Parents/caregivers of children who have asthma should ensure their child has their own inhalers at school with a spacer. Many older children carry their own inhalers, but schools still need to be aware that a student has asthma. Updating the school with your child's medical information is very important.

Younger children should have spare inhalers and a spacer, supplied to the school in a container (can use zip lock plastic bag), labelled with the child's name.

PLEASE check the expiry date on your child's inhalers and that the school has up to date emergency contact phone numbers.

The South Canterbury DHB Asthma Nurse Educators are available to assist parents develop asthma action plans for their child, or visit your doctor and ask for an asthma action plan.

Claire Neilson


PUBLIC HEALTH NURSE

Cell: 027 247 9301

First Aid

A

Assess



Mild
Short of breath, wheeze, cough, chest tightness.

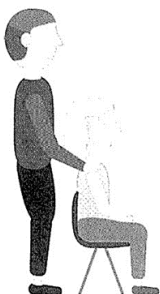
Moderate
Loud wheeze, breathing difficulty, can only speak in short sentences.

Severe
Distressed, gasping for breath, difficulty speaking two words, blueness around the mouth.

If the person has severe asthma or is frightened, call an ambulance on 111.

S

Sit




Sit the person upright and stay with them.

Mild symptoms
Treat with 2 doses of reliever inhaler.

Moderate or severe symptoms
Move on to the next step. →

T

Treat




Treat with 6 doses of any reliever inhaler.

When possible, use a spacer. Treat with 6 doses of reliever inhaler, one puff of medicine at a time, taking 6 breaths per puff.

H

Help



If not improving after 6 minutes, call an ambulance.

Continue to use the reliever inhaler - 6 doses every 6 minutes until help arrives.

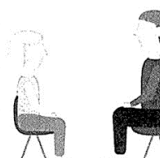
Remember

- 6 doses of medication
- 6 breaths per puff
- 6 minute wait

In this situation, you will not overdose the person by giving them the reliever every few minutes.

M

Monitor

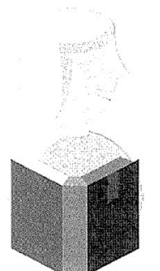


If improving after 6 minutes, keep monitoring.

If necessary, repeat doses of reliever inhaler.

A

All OK!




When free of wheeze, cough or breathlessness, return to a quiet activity.

If symptoms recur repeat treatment and rest.

Remember
It is important to always see your doctor after an asthma attack.

Download [My Asthma](#) app for asthma information, first aid, and an electronic Asthma Action Plan! Available on Google Play or Apple App Store.



Asthma + Respiratory
FOUNDATION NZ
asthmaandrespiratory.org.nz

Alpine ENERGY 2017 Model Railway Expo



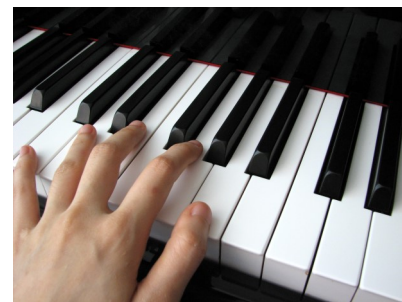
Family \$15 **Saturday 15th July**
Adult \$8 **10am - 5pm**
Child \$3 **Sunday 16th July**
10am - 4pm

Roncalli College Gym
Craigie Avenue, Timaru



Proceeds to Hospice South Canterbury

Piano and Keyboard lessons at Opihi College



We have 3 or 4 slots left in our piano teacher's timetable at Opihi College .

Keyboard skills are essential for those wanting to have a career in music and are also valuable for those who are looking at being in bands or productions.

We are looking for students who enjoy music and who are motivated to practice. Costs are \$20 per week (half hour lessons).

Please see Mr Fleming or contact the school office for information

Rugby Skills for Girls

Alpine Energy Stadium
 Friday 21st of July 10.30am -12.30pm
 Girls 8 - 12 years old.

Join us at Alpine for a morning of Rugby fun. Skills and drills followed by a game of Ripper.

Please contact me Caro Rhodes at Alpine
caro@scrfu.co.nz or 021 399 465 if you're interested.



Rugby Festival for Girls

Year 4, 5, 6, 7 & 8 Girls

(8 to 12 year olds)

At Alpine Energy Stadium

On the 4th August from 12.30 - 2.30pm

Note: No Rugby experience necessary.

Each school must have either a teacher/parent present for the session.

Details

2.30 - 1.30pm

Rugby Skills and Drills

The first hour we will have experienced coaches available to teach these keen girls skills and drills in a fun safe environment. ie: catching/passing/tackling/running with the ball/kicking.

1.30 - 2.30pm

Game of Tackle or Quick Rip

The second hour we will come together and have a game of tackle for those girls keen with an option of Quick Rip for those not so keen on the contact.

Gear

Mouth guards Drink Bottle

Gym shoes (can bring rugby boots if they have them)

Clothes fit for running around and getting dirty

Please contact me if you have girls keen to take part in this afternoon of Rugby.

Note: I am available to come to your school and run a session before this event.

Caro Rhodes

caro@scrfu.co.nz





BOOKS & GIFTS DIRECT



Opihi College



SCHOOL FUNDRAISER

Grab a bargain and earn your school some money. Open an Account at www.booksgiftsdirect.co.nz and place an order over the school holidays and I will donate **10%** of your order value to the school

3 easy steps,

- 1, click the Login/Register words (top right of the screen)
- 2, create an account and select Opihi College as your work-place.
- 3, make your selections from the array of products that are up to 70% off RRP and I will deliver **free of charge** in the new term.



Donation will be made for all purchases made between the 10/07/2017 and the 24/07/2017.

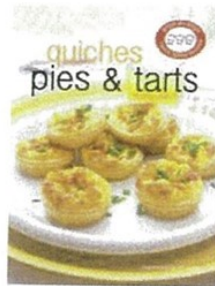


Some of the many items available

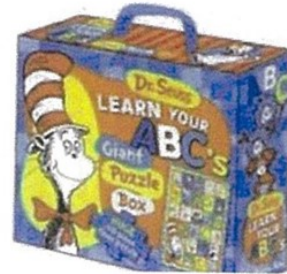
Great gifts, start getting you Christmas list sorted



Box of 50 cards \$20



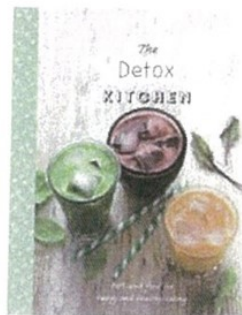
Pies & Tarts \$5



Dr Seuss Floor Puzzle \$12



Eco Friendly Mugs 2 Pack \$12



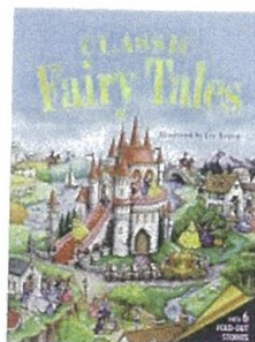
The Detox Kitchen \$5



Salad to Go \$10



Shopkins Pencil Set \$12



Fairytales Foldout \$10



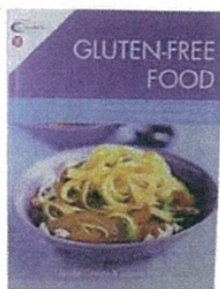
Helicopter Set \$15



Notebook Set \$10



Childrens Books Set of 10 \$15



Gluten Free Cookbook \$8



Dog Training in a Weekend \$8



Scented Crvstal Candle \$10