

Opihi - on campus



Community - Acceptance - Respect - Excellence

Issue 12 8th August 2018

OPIHI COLLEGE WINTER DUATHLONS

First race this weekend!!!

Sunday 12th August 2018

**Social competition open to all adults and students
Individuals or Teams of Two**

Short Course: Run 2km, Cycle 10.8km, Run 1km
Long Course: Run 4km, Cycle 21.6km, Run 2km

Schedule:

9.00 –10.00am	Check in at Opihi College Library
10.15am	Compulsory Race Briefing
10.30am	Race Start

Parking

If dry, on school field, entry off Guild Road
If wet, park on Richard Pearse Drive and enter through main gates

Entry Fee:

Individuals and Teams, one race	\$30
Individuals and Teams, both races	\$50
Students representing a High School, one race	\$15
Students representing a High School, both races	\$30

Enter online at www.scpacers.co.nz

Entry forms available at the school office

Entries on the day accepted. Late entries will incur an additional \$5 charge per entry.

Grateful thanks to all our generous sponsors:

Frontrunner, The Cyclery Timaru, Roberts Pharmacy, Placemakers, Museum Café Fairlie, Temuka Telegraph, Eastside Butchery, Kinsman Contracting, Tyre General Temuka, Tangles on Commerce





From Across the Principal's Desk

Dear Parents/Caregivers

Tēnā koutou katoa,

We seem to have just returned to school from the mid-year holidays and it is already the end of week three. I don't mean to 'count down' but that means there are only 7 weeks left of Term 3 and for seniors that means only 10 weeks of learning time left this year!

Two of our year 12 students have been improving our student notice boards, and if you take a look at the main one on the way to the library you will find some senior study and assessment hints that could be very useful. Also included in this newsletter is a page from the latest WAVE Newsletter with exam preparation suggestions.

Providing a safe environment

I mentioned in a newsletter last term that it is important to us to provide a safe physical and emotional environment for everyone at Opihi College. As part of that, we invited drug detection dogs to visit us when they were in the area on Thursday last week. We are very pleased to report that the dogs did not detect any drugs in the areas of our school that they monitored.

In the interests of continuing to keep our site safe we have left the invitation open for the drug detection team to visit again when they are in the district.

Whanau Hui

Last week we held a very successful Whanau Hui. We really appreciated the opportunity to share kai and talk with whanau about what their aspirations are for their children's education at Opihi College. We will collate all of the input from that discussion, and the Board, senior leadership team, teachers and support staff will all have an opportunity to engage with the ideas.

We plan to hold a follow up hui in Term 4 to discuss what has been achieved and what actions we can take to meet those expectations. Thank you so much to all who attended.

Tohaina ō painga ki te ao.

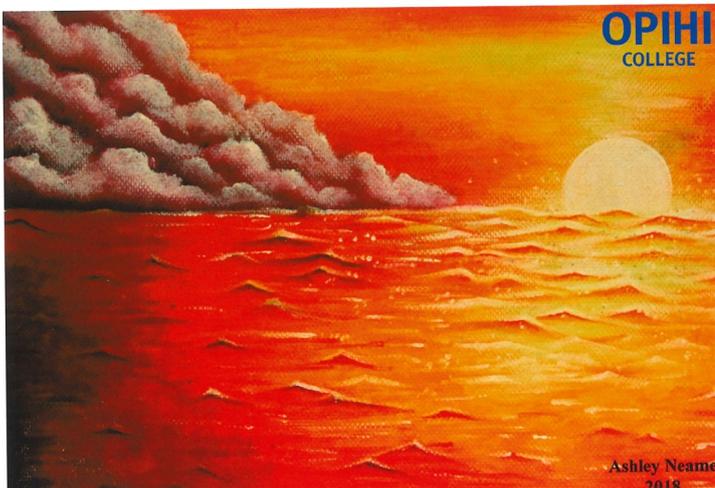
(Share your gifts with the world.)

Ka kite ano.

Tina Johnson
Principal



Students enjoying their annual visit to the Life Education mobile classroom



NEW ARTWORKS

We have just had two new student artworks printed onto our Opihi College postcards. These amazing works are original designs created by senior students Ashley Neame and Te Horo Awhina Te Rahui Harris.

BREAKFAST CLUB RAFFLE

A huge Thank You to all the families that supported the Breakfast Club raffle fundraiser.



Congratulations to the following:

Halkett Family	Trailer load of wood
Debs Reihana	V Long Board
Kathy Walsh	Small table & Cheese basket
Caroline **	Small table & Coffee box
Dianne Jones	Gift basket

** If anyone knows who Caroline might be, can you please ring the office as we are having no luck contacting her with the number supplied.

Thank you to everyone that sold and supported our raffle. We raised \$740 which will buy food for Breakfast Club.

WELCOME

Last week we welcomed another new student:
Zyanna Uerata

Welcome -we hope you enjoy your time here

WEEKLY CARE CARD DRAW

3rd August 2018
Bryett Taylor



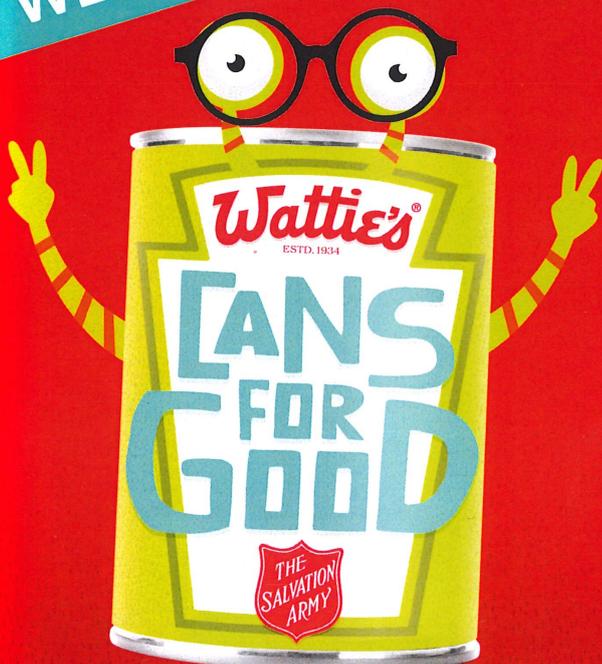
FOR YOUR CALENDAR

August	12	Winter Duathlon - Race 1 <i>Opihi College fundraiser</i>
	14	Aoraki Badminton (boys)
	16	Aoraki Badminton (girls)
	17	FLAVA Festival
	24	'Cans for Good' Mufti Day
	24	SCPSSA Skate / Scooter
	27	Employment Expo -Yr11
	28	Science Fair Evening
	29	Ski Trip to Mt Hutt
	29	Board of Trustees Meeting 6.30pm Opihi College
September	2	Winter Duathlon - Race 2 <i>Opihi College fundraiser</i>
	7	SCPSSA Gym Festival
	7	Senior Reports issued

2018 TERM DATES

Term 3 Mon 23rd July—Fri 28th Sept 2018
Term 4 Mon 15th Oct—Wed 12th Dec 2018

WE'RE BACK!



Bring a can of food for MUFTI DAY - 24 AUGUST 2018



Celebrating 25 years of partnership

COLLECT. EDUCATE. CREATE. DONATE.

Collecting cans to help fill Salvation Army foodbanks.

13TH-24TH AUGUST 2018

See watties.co.nz/cansforgood for details and to register.



6 Training TIPS for a MENTAL MARATHON



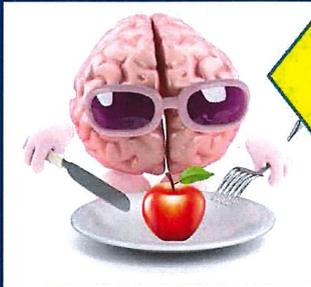
Heather Allington Nutrition Anna Reihana Mental Wellbeing



Preparing for exams is like running a mental marathon and **NOW** is the time to start training. Our brain needs exercise, nutrition, hydration, sleep, relaxation and oxygen to **ACHIEVE PEAK MENTAL PERFORMANCE**, just like our body. Building brain Stamina and Fitness can help increase mental sharpness, mental resilience and academic achievement.

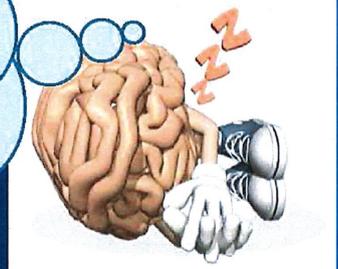
1: BRAIN FOOD

Oily fish, eggs, nuts and seeds may help memory and mood. Lean meats, lentils, beans and dairy help send messages around the brain. Veg and fruit repair damaged cells. Wholegrains release energy slowly keeping us alert longer. Great study snacks: yoghurt and fruit or banana and peanut butter on toast.



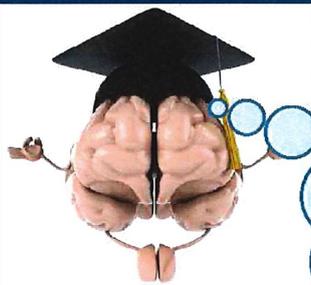
4: SLEEP

When sleeping our brain sifts through the day's events consolidating memories and mentally practising skills. Develop and maintain a regular healthy sleep pattern.



2: OXYGEN

Deep breathing supports brain clarity and helps us to keep calm. Try 478 Breathing: Breathe IN for 4 seconds, HOLD for 7 seconds and OUT for 8 seconds.



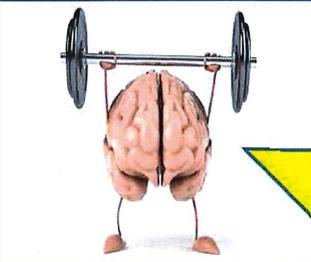
5: HYDRATION

Water aids concentration. Water is crucial for our brain to function efficiently, for memory, for clarity and to maintain concentration. Drink WATER when you wake up and 6-8 cups over the day.



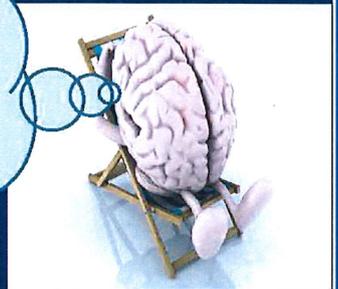
3: EXERCISE

Regular aerobic exercise, the kind that gets your heart pumping, appears to boost the size of the hippocampus, the area involved in verbal memory and learning.



6: TIME OUT

Timeout from study helps brain rest and recovery. Schedule regular short breaks during your study and regular days off for fun activities.



Better Health
Greater Learning
Brighter Futures



DAFFODIL DAY

Shania Cochrane, Kayla Bagrie and Megan Calder were recently thanked by the Cancer Society for their hard work when they volunteered to assist at the Temuka Daffodil Day Breakfast fundraiser held in Temuka.

Well done for representing our school with pride.



JUNIOR CHALLENGE AND STRETCH DAY AT ST ANDREWS COLLEGE

Students got to listen to awesome lectures and debate topics like “Do animals feel pain? Is it right to eat them?” and “Is it ever right to kill a person?”. Lots to think about.

Pictured: Aaliyah Lovatt, Mitchell Brookland, Amelia Holland, Hailey Larsen and Emily Wells



CONGRATULATIONS

Opihi College were the lucky winners in a recent Stihl Shop promotion where customers nominated a deserving school to win their choice of power tool. The College received many nominations, with Dylan Donehue’s nomination the winning entry.

Pictured are our hardworking maintenance staff Clarrie O’Neill and Bruce Mattingly with their chosen prize.



Pictured are some of our junior students enjoying their morning tea break and a game of ‘8 Square’.

**WANTED
Clean tin cans**

for use in
Hard Materials projects



Donations of washed empty cans of all sizes would be welcome (baby milk powder cans, baked bean cans, and so on). Please deliver to Ms Ellis or to the school office.

*Many thanks
Ms Ellis*

SCIENCE FAIR EXHIBITION NIGHT

Opihi College Science departments would like to invite all
Community and Whanau members to the
2018 SCIENCE FAIR EXHIBITION.

When: Tuesday 28th August, 6-7pm

Where: Opihi College Science Department

What is going on?

Our year 7 and 8 students have started focussing on Scientific Investigations this term.

- During the evening you will get to see their experiments and displays.
- The students will be there to talk you through the science.
- You can ask them questions about the process they have been through to get to exhibition night.
- This year the Science Fair investigations will be judged two ways. First a Blind Judging by senior students. Second Judging by an ex-science teacher of Opihi College.
- The top four groups will automatically be entered into the Sanford Science Fair 2018.
- All other groups can enter the Sanford Science Fair if they choose to.



*Sanford Science Fair will be held Wednesday 12th September and
Prizegiving will be Thursday 13th September down at Caroline Bay Hall.*