



# Sacred Heart Girls' College

Manawa Tapu

New Plymouth

*Excellent Education  
That Embraces  
Gospel Values*

TERM 3

NEWSLETTER

SEPTEMBER 2018

## DATES TO REMEMBER

**Mon 15 Oct:**

First day Term 4

**Mon 22 Oct:**

Labour Day

**Tues 23 Oct:**

Sports Prizegiving  
Events Centre, 6pm

**Wed 24 Oct:**

Māori/Pasifika Graduation  
Staffroom, 5.30pm

**Mon 29 Oct:**

Senior Prizegiving  
Events Centre, 7pm

**Tues 30 Oct:**

Thanksgiving Mass  
Events Centre, 10am

**Tues 30 Oct:**

Year 13 Graduation Dinner  
Devon Hotel, 6.30pm

**Wed 31 Oct:**

Final day for Year 11-13

**Wed 7 Nov:**

NCEA Exams begin

**Fri 16 Nov:**

Staff Retreat

**Fri 30 Nov:**

NCEA Exams finish

**Mon 3 Dec:**

Orientation Afternoon

**Wed 12 Dec:**

Junior Prizegiving  
Events Centre, 10am



## Principal's Peace



Kia ora whanau

Welcome to our September newsletter, and the conclusion of Term 3. It was a joy to celebrate Founder's Day on Wednesday with a wide range of stunning college events.

We began the day with a staff performance of the set we had prepared for Te Kahui Whetu, a Taranaki-wide teachers' kapa haka festival hosted by Waitara High last Friday night. Whilst some of us are still perfecting our individual talents, getting involved and doing our best in support of the kaupapa is reflective of our commitment and intent. Thank you to Whaea Kerena in doing such a great job as our tutor, and to Whaea Raewyn for accompanying us and helping us pull together on the night. It was a lot of fun, and we did really well.

Secondly, we celebrated Mass at St Joseph's Church and were delighted to have four Sisters of Our Lady of the Missions join us: Margaret, Mary, Martha and Connie. At Mass, we gave thanks to our Foundress, Euphrasie Barbier, and to all of the Mission Sisters, for the opportunities they have provided in establishing Catholic education in a legacy that now extends beyond 150 years in Aotearoa, New Zealand. We thanked them for the gift that is our charism, and for their example in being pioneering, hopeful and contemplative Wāhine Toa. It was a great privilege to have 20 students make the sacrament of First Communion at Mass, with the entire college being witness to this important step on their faith journeys. Thank you to whanau who were able to join us in the celebration.

Our gift to community on Founder's Day was by way of song. Well, Flash Mob actually! The whole school enthusiastically pumping out their favourites on Puke Ariki Landing certainly attracted some attention, and immediately brought smiles to those there in person and those connected via live streaming. Being together, being joyous and celebrating being Sacred Heart with jubilant abandon was nourishment for one's soul. Thank you girls, and thank you Mrs Hunter for the great idea! Thank you also to those who contributed to the foodbank collection, the physical gift that was also contributed to community as we walk in the footsteps of our founding order in caring for those in need.



On return to school, our Hospitality students, under the guidance of Mrs Manning, had prepared a sumptuous staff lunch in an authentic assessment opportunity. The kai was locally sourced, and celebrated our region's riches of natural resource. Thank you for extending this wonderful hospitality.

*Principal's Peace continued over page*

# School News

## Principal's Peace Cont.

Our celebrations concluded with another iconic Sacred Heart event, House Drama. The serious drama performances were confronting and thoughtful, whilst the comedy sketches contained hilarity, brilliance and some content that was somewhat ambiguous to me; perhaps an age thing? Congratulations to all houses on a brilliant afternoon, and to Lourdes who took out the event.

As I write, parents and students are visiting for GEMS (Goals Encourage Mana and Success) Conferences. Tracking learning, reflecting on progress towards achieving goals and undertaking pathways planning, including options selection, is all underway and has been incredible to see the number of caregivers attend, fully involved in meaningful conversation around what is the best course of action for each individual learner. Your attendance is greatly appreciated and hugely beneficial, ensuring strong connections and shared understandings.

Our senior students will have made the realisation that there is very little 'school time' left this year and will be finishing internal assessment and preparing for external examinations, with our Class of 2018 also adjusting to the fact that they will soon be transitioning into a new phase in their lives. Please keep an eye on our timeline of events so you can plan to join us for end of year events and celebrations.

Juniors continue to be fully engaged in their learning programmes, and have been excited about our collaborative teaching trial for four weeks in Term 4. All students in years 7-10 will be involved, and should have now selected their preferred collaborations on-line. We are looking forward to engaging in learning differently in this trial period, and will be seeking feedback from students and families around its success.

It is with regret that I announce two long-standing and valued members of staff have tendered their resignations. Our Executive Officer, **Maree Sutton**, will be departing in November. Maree has been integral to the organisation's financial and property management, and will be missed for her pragmatism, can-do attitude and delightful sense of humour. Katrina Bromell joins us in Term 4 as Business Manager. In news just to hand, much-loved, inspirational English teacher and highly efficient faculty leader, **Anne McSweeney**, will depart her position at the end of the year. Anne is a highly capable and valued teaching professional, and the announcement of her impending departure will be news to many. We will be sorry to farewell both Maree and Anne later in the year.

In marking 125 years of suffrage, celebrating the gifts given to us by our founding order, the Sisters of Our Lady of the Missions and in considering the life of Diane Kawana throughout our Year of the Korowai, we are constantly holding up Wāhine Toa as strong, courageous, resilient role models. Please join me in sending Sacred Heart's best wishes to two such Wāhine Toa, **Hannah O'Connor** and **Tiana Davison** as they join the New Zealand team at the Youth Olympics in Argentina. Kia ora!

Whiria te Tangata

**Paula Wells**  
Principal

## Board of Trustees

### Board of Trustees Election 2018—Declaration of Student Election Results

Votes:

CHAN, Cornelia	193
CHOW, Frances	12
FOY, Aimee	16
JOE-WEST, Ollie	20

I hereby declare **Cornelia Chan** duly elected.

*Mrs Denise Stachurski*  
Returning Officer



# School News

## Catholic Chapter



Social Justice Week 2018 9<sup>th</sup> – 15<sup>th</sup> September

Ehara taku toa I te toa takitahi, engari he toa takitini

My achievements and strengths are not those of the individual, but those of the many.

Social Justice Week was established by the New Zealand Catholic Bishops' Conference in 1997 as an ongoing commitment in the Catholic calendar to take time to consider, reflect and take action on a particular current social justice issue in the light of Catholic social teaching. This year, the theme for Social Justice Week was: *Enabling Communities: Everyone has a part to play*. The focus was on removing obstacles that prevent those with disabilities from fully functioning in society.

*"Each of us has a part to play, a gift to share, a service to offer, for building up the Body of Christ in love."*

Pope Francis 2013

Our College theme for the year reinforces the dignity of every person. We are united by our common humanity, created in the image of God, and called to live in active love and tolerance of all who are different from ourselves. Our HEART values of Acceptance and Togetherness remind us that "whatsoever we do for one of the least of our brothers and sisters, we do for God. (Mt 25:40).

Embracing the Manawa Mission disposition of *manaakitanga* at the College will assist our students to grow through their interactions with others and cultivate meaningful, accepting relationships with each other, the staff and the community.

### The Sacrament of Baptism

Congratulations to **Tatum Kawana** and **Sophie Crewe** who were baptized at the Year 12 Retreat Mass at Our Lady Help of Christians on Monday September 24. We welcome them to the Catholic community and pray that they will continue to grow in faith with the support of those around them.

### The Sacrament of Eucharist

For Catholics, the sacrament of the Eucharist, the sacred meal whereby we break bread and share the one cup, is the paramount sign of our unity with and in Christ. It has been described as "the source and summit" of the Church's life. When we receive the Eucharist, we believe that we receive Jesus in an extraordinarily intimate way: we take him into our very beings in the form of food and drink. In doing so, we remember the way he died for us and rose again to lead us into eternal life.

Over the past six weeks, a group of twenty students have prepared to receive the Eucharist for the first time under the guidance of our Chaplain, Carole Tipler. Congratulations to: **Tyra Bell, Sophie Butters, Francesca Carthew, Gabrielle Carthew, Izabelle Collins, Amma Ellmoos, Rachael Harrison, Greer Harvey, Lucy Howarth, Jorja Jones, Tatum Kawana, Angel Ladbrook, Tori Lilley, Alice Nicholls, Jemma Quigan, Catriona Reeves, Carys Simmonds, Ellie Sole, Maia Toss**. We were delighted to celebrate this milestone in your faith journey with you and your families at our Founder's Day Mass.

**Catherine Landrigan**

Director of Religious Studies



# School News

## Donations and Property

### Donation thanks

The Mission College New Plymouth Trust Board is the Proprietor of the College, they are the owners of the school and the buildings of the College.

The Trustees would like to extend their appreciation to all those families who have paid donations through their student's school accounts. These donations help fund the special character of the college, enhancement of the religious education programme, chaplaincy and capital works to provide adequate buildings and resources for the College.

Donations to Mission College NP Trust Board **qualify for a 33% tax rebate** and annual tax donation receipts are included with the college donations and are emailed to families in April each year.

### Landscaping

Recently the Mission Trust Board has funded landscaping upgrades to the garden area to the left of the front entrance of the college which, once the planting is a bit more established, will not only be easier on the eye (i.e. not just a conifer hedge), but a lot safer now with clear vision for vehicles leaving the administration carpark. The other area that has been landscaped is the entrance to the back of the college via the railway walkway and is a much safer and accessible entrance for the girls who use it. A big thanks to the crew at Betts and Bishop for their great work in both these areas.



### Student drop off/pick up areas

The entrance to Sacred Heart Girls' College is always a very busy area and more congested before and after school.

The safety of our school community is paramount and we urge you to PLEASE drop students off at Paynters Avenue or Waiwaka Terrace and refrain from driving down Pukaka Street or into the school grounds.

We appreciate your cooperation.

## School Holiday Office Hours

**Monday 1<sup>st</sup> – Wednesday 3<sup>rd</sup> October** school office will be open 9.00am – 3.00pm.

**Thursday 4<sup>th</sup> – Tuesday 9<sup>th</sup> October** school office will be closed.

**Wednesday 10<sup>th</sup> – Friday 12<sup>th</sup> October** school office will be open 9.00am – 3.00pm.



# School News

## Pastoral Care Survey

### Pastoral Care Surveys

Thank you to everyone who participated in the recent Pastoral Care survey. We had a great response and your feedback will help the pastoral team to refine our systems to better meet the needs of our community.

Some of the results are shown below for your information:

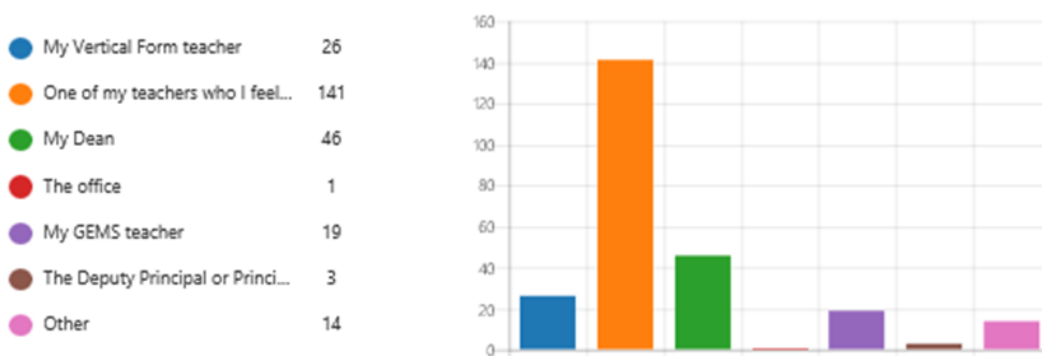
### Student Survey:

There were 251 responses with relatively even proportions from each year level.

We wanted to know who the students felt comfortable approaching when they were in need.

2. If you need to seek adult help at school, who would you ask? (choose the most likely)

[More Details](#)



It is great to see that the students are able to seek help from a teacher that they trust. Their suggestions were also helpful and can be summarised as:

- A need for more focus on wellness and mental health support
- Don't make us feel bad for asking for help
- Have more opportunities for us to be listened to by teachers
- Teachers need to show genuine care
- Have more counsellors or a way to seek help that is well understood by all
- Make sure that we have friends in class

The big sister-little sister programme was also rated:

4. Please rate the Big sister-Little Sister relationship in your Vertical form?

[More Details](#)

246  
Responses

3.15 3.15 Average Rating

A rating of 3.15 indicates that there is some room for growth with this important programme. Some suggestions from students as the best way to support Big sister Little sister are:

- Have more organised activities (this was the most common suggestion)
- Define the relationship a clearer way
- Distribute the relationship to Year 12s

# School News

## Pastoral Care Survey

### Caregiver Survey:

We had 168 responses from caregivers. Thank you for giving your feedback. Some of the results from the survey are outlined below:

#### 3. How do you usually make contact with the school

[More Details](#)

● Telephone	65
● E-mail	88
● Face to face meeting	4
● Through my daughter	1
● Other	7



#### 4. How do you rate the pastoral care at SHGC?

[More Details](#)

**164**  
Responses

**3.73** 3.73 Average Rating

A rating of 3.7 out of 5 for our pastoral care isn't bad but it does indicate that there is room for improvement. Some of the suggestions from caregivers were:

- Ban Phones – limit WIFI during the day
- Issues raised around communication of our pastoral system. There is a need to have this information more freely available and more clearly communicated
- More education about bullying and negotiating friendships
- Appreciation on the availability of Deans and DPs in dealing with issues in a timely way
- More focus on spiritual development is needed
- More feedback and communication with caregivers would be appreciated
- Relationships are important and nurtured at SHGC
- Sometimes there is a delay in getting issues resolved in a timely manner

There was a question that asked caregivers who they would seek help from at school if there was a learning concern or a personal concern. It is obvious from this feedback that the Deans and the Homeroom teacher are a vital "first point of call" for caregivers.

	<i>Learning concern</i>	<i>Personal Concern</i>
Principal or DP	5%	12%
Dean	42%	44%
GEMS	8%	6%
Vertical Form	3%	1%
Homeroom	43%	26%
Subject teacher	5%	0%
Counsellor	0	3%
Office to advise	3%	3%
Don't know	0%	4%

# School News

## Devices

As the term draws to a close and NCEA examinations loom for senior students, it is timely to revisit the topic of wellbeing, with a specific focus on use of devices. This can be a stressful time of year for families as students juggle study with other commitments, and devices can often add to this stress, providing unnecessary disruptions.

Our aim is to provide information to parents and students so that a conversation can be started. We have not got the magic answer to the global epidemic of technology dependency. We aim to support meaningful dialogue within our school community so that we can all make informed decisions as individuals, for our children and for our students.

A recent study released in the United States, by Common Sense Media Inc., looks at the use of Social Media amongst teenagers and the effects it has on their lives. The full report can be found here <http://bit.ly/ResearchSocMedia>

Among the key findings were some alarming figures. 13-17 year olds felt Social Media more popular and less lonely, however 70% felt left out or excluded when using Social Media, based on the number of 'likes' they received or did not receive. The level of online communication has doubled over the last six years according to this study while the level of 'in-person' contact has dropped. Perhaps the most eye-opening figures, however are when the teenagers were asked how often they silenced their devices.

### YOU'RE ALMOST FALLING ASLEEP



### WAIT, LET ME PLAY YOU THE SONG OF MY PEOPLE

This is where much of our concern comes from. Our students are not taking breaks from technology. Notifications are like a digital mosquito in the night, constantly distracting us from what we need

to be doing, be that studying, eating a meal with family or having a face-to-face discussion.

At school, we have made the decision to restrict social media sites to minimize these distractions for students. We are developing resources for use in classes to help students understand why these restrictions are in place and why it is important to take breaks from technology. These conversations, however, need to take place at home also.

### Tips for Parents

- Talk to your daughter about the time she spends on her phone at home and in school
- Encourage 'unplugged' time with no devices, especially in the bedroom at night
- Encourage the use of 'Do Not Disturb' (not vibrate) on smart devices to allow deeper learning or family time
- Investigate apps such as **Our Pact** and **Forest** to support 'unplugged' time
- Follow your children on Social Media

Further information can be found of in the articles below:

### Links to Articles

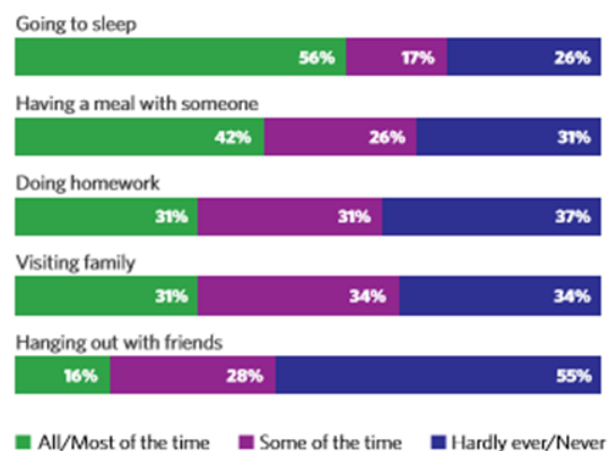
<http://bit.ly/PhonesInBedrooms>

<http://bit.ly/KidsAreBored>

<http://bit.ly/SocialMediaEffects>

### FIGURE G. Silencing Digital Devices, 2018

Among 13- to 17-year-olds with a cellphone, percent who say they turn off, silence, or put away their phones when:



Note: Segments may not add to 100 percent due to rounding.

Time Well Spent: <http://www.timewellspent.io/>

Screen Time: <http://bit.ly/2hxjN3U>

Devices at Home: <http://bit.ly/2yr10Jg>

Software Engineering: <http://bit.ly/2huRjAk>

Take Back Control: <http://bit.ly/2xEAdFR>

# School News

## PTFA Raffle

The PTFA supports the college through various fundraising activities that help fund the purchase of items not covered by the school's operations budget. Over the last two years we have helped with funds for indoor and outdoor furniture, new school banners and many new sports uniforms. Our 2017 gala raised \$17,000 that has been tagged for the astro turf project and recently we have supported the Year of the Korowai with a dinner dance raising \$13,000 towards the project.

To enable us to continue to support the college, please show your support with the 2018 PTFA raffle. You will notice it is quite different to our usual annual grocery raffle, with four great prizes up for grabs.

Also this year, for every full book that is sold, the student connected to this sale will go into the draw for a \$100 North Beach voucher! Please feel free to contact the office or email us at [ptfa@shgcnp.school.nz](mailto:ptfa@shgcnp.school.nz) to ask for more books, the more sold, the more chances to win.

Once your book is sold please return the sold ticket butt(s) and money to the school by post in the enclosed self-addressed envelope or give to the student to place in the "white box" in the student foyer by **26th October 2018**. The draw will take place on **29<sup>th</sup> October 2018** with results published via the school website, Facebook and Midweek newspaper.

The PTFA would like to acknowledge and thank the NP Operatic Society who have donated the Boogie Wonderland tickets included in the 2nd Prize.

Thank you in anticipation for your support.

**Carol Dravitzki**  
PTFA Raffle Organiser

**Paula Wells**  
Principal

Thank You for your Support!!

## GEMS

This term our continued focus has been on future pathways. Former student, Hannah MacKenzie, spoke with senior students about her study and career within a Health pathway. Hannah trained in Physiotherapy at AUT and is now working as a Physiotherapist with the Taranaki District Health Board.

Advisors from WITT spoke about their full-time programmes, learning through a Trade, and 3+2 pathways available for Year 12 and 13 students. These conversations with former students and other education providers are valuable opportunities for students to explore further study and career pathways.

Hannah MacKenzie



## Sacred Heart Girls College PTFA Raffle

### 1st Prize

2 x 3 Day WOMAD Passes - Sponsored by TAFT

### 2nd Prize

1 x Night Accommodation with Breakfast at Quality Hotel Plymouth International AND 2 Tickets to Boogie Wonderland  
- Sponsored by Quality Hotel Plymouth International

### 3rd Prize

1 x Night Accommodation in a 2 Bedroom Apartment at Waldorf Stadium Auckland AND a Family Pass to Rainbows End

### 4th Prize

1 x Fitbit Charge 2 - Sponsored by HNZ Ltd

TICKETS: \$2 each

Limited to 8000 tickets numbered 1001 - 9001

Raffle closes 26th October 2018. Raffle drawn at School, 29th October 2018 under supervision. Results in the Midweek 7th November 2018. Organiser: Carol Dravitzki, Phone: 027 426 8371



# School News

## Geography

**Lucy Fastier** entered the NZBoGT Level 2 essay writing competition, her essay was chosen in the top 12. Lucy has now been invited, along with 11 others from around NZ, to Wellington on October 2<sup>nd</sup> to participate in a day long selection process to choose four students who will travel to Hong Kong in 2019 for the competition.



Year 13 Geography took the annual trip to Rotorua on 19-21<sup>st</sup> August to collect up to date data for their examinations and experience the Tourism Industry (attractions, facilities, infrastructure, regulators and marketing). We attended talks from Destination Rotorua, Rotorua Museum (History of Tourism), iSite and the newly rebranded Velocity Valley alongside experiencing the differing types of attractions available – adventure on the Luge (Mrs Brown the victor!), psychocentric at Te Puia, Maori tourism, Geothermal, trips to McD's and the new 'attraction' of K-Mart.



On Tuesday 28<sup>th</sup> August, two teams from SHGC Y11 Geography participated in the NZBoGT National Maatangi whenua (Taranaki region) competition. This year we were hosted by FDMC and had teams from NPGHS, FDMC and Hawera High School entered.

The night was lots of fun, with our teams coming 3<sup>rd</sup> (**Frances Chow, Grace Andrews and Lauren Jacquemard**) and 7<sup>th</sup> (**Kylie Aylward, Indira Clarke and Aimee Foy**).



## International

We farewell our short term students **Rina, Ayu** and **Mika** from Chiyoda in Japan, plus **Charlotte Schirmer** from Germany who was here for two terms and **Chiharu Yoshikawa**, also from Japan, who was with us for three terms.

Pictured are the girls who recently had a great time weaving a kete to take home. **Ayu, Yuki, Charlotte, Chiharu, Rina** and **Mika**.

Margie Smith  
International Students Director



# School News

## Science

A group of Year 6 students from the local Catholic primary schools visited Sacred Heart recently and spent an afternoon in the Chemistry Laboratory. They were pretty keen to “blow stuff up” and we tried to oblige with a few hydrogen bombs and other entertaining chemical reactions. Mr Taylor’s Year 12 Chemistry class also spent time with the group, mentoring them through a scientific investigation and giving them a taste of life as a Science student at SHGC.



## Taranaki Fashion Art Awards

Sacred Heart students were very involved in the participation of The Taranaki Fashion Art Awards 2018. In all, there would have been 20 or more students heavily involved in various different ways, i.e. design, modelling, dancing and singing. A number of the students gained finalist awards and 2 students were involved in the supreme awards.

Pictured are Melissa McCullough and Courtney Pierce modelling winning garments.



Melissa McCullough



Courtney Pierce

# School News



## 2018 ICAS English Results



Congratulations to all students who performed well in the recent ICAS competitions. The following are the results to date:

### SPELLING

#### Year 7

**Ana Luisa Passmore** (Credit)

#### Year 8:

**Heidi Johns** (Credit)

### WRITING

#### Year 7

**Frankie Blackburn** (Merit)

**Caitlin Fothergill** (Merit)

**Thea Irys Lacanaria** (High Distinction)

**Tori Lilley** (Distinction)

#### Year 8

**Jessica Yates** (Distinction)

#### Year 9

**Hannah Hitchcock** (Credit)

**Jorja Keller** (Credit)

#### Year 10

**Evette Albers** (Distinction)

**Nell Brown** (Merit)

**Eve Hagenon** (Merit)

**Sophie James** (Distinction)

**Ellesha Taylor** (Credit)

### GUIDELINES

High Distinction Certificate the top 1% of participants

Distinction Certificate the next 10% of participants

Credit Certificate the next 25% of participants

Merit Certificate the next 10% of participants

Participation Certificate for all remaining participants - these certificates are given out in Deans' assemblies.

### ENGLISH

#### Year 7

**Frankie Blackburn** (Distinction)

**Madison Day** (Merit)

**Imogen Hodge** (Credit)

**Florence Parker** (Credit)

**Ana Luisa Passmore** (Distinction)

#### Year 8

**Lucy Howarth** (Credit)

**Heidi Johns** (Credit)

**Angel Lepasana** (Credit)

**Bethanie Luke** (Merit)

**Aimee O'Connor** (Credit)

**Iris Pease** (Credit)

**Emily Shelver** (Distinction)

#### Year 9

**Teahgan Broadhurst** (Credit)

**Claudia Chan** (Distinction)

**Hannah Hitchcock** (Distinction)

**Jorja Keller** (Credit)

**Sarah Mulligan** (Merit)

**Maria Christina Passmore** (Credit)

**Natalie Shaw** (Credit)

**Sophie Steenson** (Merit)

**Nicole Taylor** (Credit)

**Isabella Vollmer** (Merit)

#### Year 10

**Evette Albers** (Credit)

**Anya Darling** (Merit)

**Eve Hagenon** (Distinction)

**Sophie James** (Merit)

**Ellesha Taylor** (Merit)

**Ann-Mariya Tomy** (Credit)

#### Year 11

**Frances Chow**  
(Distinction)



# School News

## Music

### MUSICAL SHOWCASE

This evening, a first at SHGC in a number of years, was held on Thursday 6<sup>th</sup> September in the Events Centre. It was a chance for family, friends and the school community to see the Bands and Choirs of SHGC and FDMC in action. The Jazz bands, Fusion Concert Band, Junior and Senior choirs can be very proud of the work they have done, and the results they have achieved in 2018.



Frances Chow playing the Bassoon



In Harmony



The Trebles

### SHGC Trebles

The Trebles have continued their busy year with an awesome musical weekend.

On Saturday 22<sup>nd</sup> September they were invited to sing with the Taranaki Youth Orchestra in the Theatre Royal, in a concert celebrating the support given to local musicians by the Dame Malvina Major Foundation. It was a unique experience to sing with an Orchestra, and the girls can be very proud of themselves. Then on Sunday 23<sup>rd</sup> September, they performed at a 'High Tea' put on by the Catholic Women's League to raise funds for the Motor Neurone Disease Association. Again they were fabulous.

A huge thanks to their director, Philippa Drinkwater.

Our Award-winning Shakespeare Drama Group also performed at the High Tea – what a treat!



# School News

## Music

### HEART BEAT: SHGC Year 7 Rockband

**Gabrielle Carthew, Abigail Churches, Edie Birnie, Patricia Malapit, Charley Butler, Isabelle Fabish, Katrina Casey, Bella Neale, Olivia Williams and Imogen Hodge.**

A huge Congratulations to our Year 7 Rockband – Heart Beat. They entered BandQuest – the junior RockQuest, and won several awards.

They took 2<sup>nd</sup> place overall in the Online section of this competition.



**Katrina Casey** also won Best Keyboardist, and **Isabelle Fabish** won the top Musicianship award, for her wonderful violin playing.

Well done ladies on a great achievement – a lovely reward for your hard work and dedication.

## WITT Hospitality Programme

Our proud Graduates from the WITT 3 t 2 2018 Hospitality Programme - **Maaike Young, Gabrielle Cameron-Kemp and Megan Richards.**

Congratulations ladies - very well done.



**Megan Richards**



**Maaike Young**



**Gabrielle  
Cameron-  
Kemp**

# Sports News

## Sports Contact

There are many girls from our school who achieve some fantastic results in their chosen sports however these results are not always relayed to the Sports Department. We want to be able to acknowledge these achievements in the school newsletter, social media or in assemblies and need everyone's help to ensure we don't miss anyone out. Please let Ms Aroha Lynch, the Sports Co-ordinator, know by emailing her at [sport@shgcnp.school.nz](mailto:sport@shgcnp.school.nz), leaving a note with the details on it at the sports office or messaging through the Facebook page SHGC Manawa New Plymouth.



**Aroha Lynch**  
Sports  
Co-ordinator

## Cardio Equipment wanted

The Physical Education and Sports Department are looking for the donation of cardio equipment for a fitness studio. This includes such items as a treadmill, stationary bike, rowing erg, stepper, spin bike, hand weights or any suitable equipment for a studio.

It must be modern and in excellent working order. Please contact either [roy@shgcnp.school.nz](mailto:roy@shgcnp.school.nz) or [mse@shgcnp.school.nz](mailto:mse@shgcnp.school.nz) should you be able to help us out. Thank you.

**WE  
NEED  
YOUR  
HELP  
PLEASE**

## TSSSA Junior Volleyball

This event was held on Wednesday September 12<sup>th</sup> at the TSB Stadium. Congratulations to the three Sacred Heart teams who performed well on the day.

Our best results were seen in the Division 2 Girls' competition where SHGC White finished second in pool B, only losing one game all day to NPGHS 2. And SHGC Red finished 1<sup>st</sup> in Pool A, moving onto the finals against Pool A winners NPGHS 2.

The final was an excellent game of volleyball, with Sacred Heart never really troubled in winning 2 sets to love. This team also managed to secure the prized McKean Shield, which is to be defended at a future TSSSA event.



*From left; Ellen Crowley, Sarah Allen, Kalsta Sofeni, Alex Shearman and Dariah Hoeta-Williamson.*

*Front holding the trophy; Sophia Hodson*

We have set up specific Facebook page for the PE/SPORTS Department called *SHGC Manawa New Plymouth*. Please add us as a friend so we can keep you in the loop on what's happening in this area of the school.



# Sports News

## Taranaki Secondary School Titles

**1<sup>st</sup> X1 Football:** Central Football Girls' High School League Division 1 Winners



**1<sup>st</sup> X1 Hockey:** Taranaki Hockey Girls' High School Premier Winners



**Senior A Basketball:** BTi Senior Secondary School Winners

**9A Netball:** TSSSA Champions; Netball Taranaki Senior 7 Winners

**9B Netball:** Netball Taranaki Senior 8 Winners

**9 Red Netball:** Netball Taranaki Senior 12 Winners

**9 Silver Netball:** Netball Taranaki Youth 3 Winners



## Winter Tournament

Winter tournament week 2018 was another success for teams within the College.

The Junior A Basketballers placed 4<sup>th</sup> in the Zone 3 Premiership held in Hawkes Bay, the 1<sup>st</sup> X1 Football girls placed 18<sup>th</sup> in the National Premier Girls' Tournament held in Taupo, along with our 1<sup>st</sup> X1 Hockey team placing 30<sup>th</sup> in their National Federation Cup tournament in Whangarei. The Senior A Netball girls placed 25<sup>th</sup> in the Lower North Island Secondary Schools Tournament held in Palmerston North. Last but not least our Senior A Basketball team won their regional qualifier in the AA Zone 3 Premiership, they have now qualified for New Zealand Secondary Schools Basketball Championships which will be held in Palmerston North at the beginning of October.

*From left, back row;* **Linda Wichman (Manager), Teghan Omelvena-Ngatai, Emilie Back, Emily Poole, Tiaan Owen, Mariska Ludlow, Madeline Shearman and Seb Cowie (Coach).**

*From left, front row;* **Caitlin O'Connell, Lania Hancock, Raquel Sampson, Gemma Walsh and Alix Blyde.**



# Sports News

## AIMS Games Summary

During week 8, we had numerous SHGC teams and individuals competing at the International AIMS Games competition in Tauranga. SHGC students represented the school with courage and sportsmanship. Some exceptional results were achieved. Our 8A Netball team ended up 70<sup>th</sup> after some well fought close games. Our Hockey team came 14<sup>th</sup> after finishing 4<sup>th</sup> in Section A. **Tara Shotter** represented SHGC in six swimming races with her best placing of 15<sup>th</sup> in the 100m Freestyle, with a number of personal bests. **Heidi Johns** was the sole competitor in the Cross-Country race finishing 52<sup>nd</sup> and running a personal best time over the hilly Waipuna Course. In Artistic Gymnastics we received Team Bronze with **Brooke Jorgensen, Piper Smith** and **Jessica Yates**. **Piper** was also placed 3<sup>rd</sup> individually in the Vault. The Basketball team had a well fought battle eventually winning their last game in the play offs for 3<sup>rd</sup> and 4<sup>th</sup>, 21-18 against Rotorua Intermediate. Well done to all these girls who participated and especially those who placed in their events.



Hockey Team



Netball Team

## Whanganui Round the Lakes Relay

On Monday September 10<sup>th</sup>, five teams travelled to Whanganui to compete in this annual team's running event. Congratulations to all girls who ran around the 2km picturesque lake circuit, representing Sacred Heart with pride.

Our Senior Girls A team of **Hannah O'Connor, Tessa Honeyfield, Mia MacGregor, and Anna Waayer**, achieved an outstanding result of 2<sup>nd</sup> place. Congratulations especially to **Hannah O'Connor** who has competed in this event every year since starting at Sacred Heart Girls' College in 2012. In 2018, her final year, she retained her 'Fastest Girl record' by running the course in 6mins 41s, narrowly missing out on beating the course record she set in 2017 of 6mins 38s.





# Sports News

## Taranaki Year 7/8 Rugby Sevens

On Tuesday August 28<sup>th</sup>, the Sacred Heart team of **Maddison Davison, Cinnamon Danger, Kyla Emeny, Louise Blyde, Eva Martin, Eva Niedermayr, Ruby Newton, Kate McQuaig, Nicole Kestle, Hannah Lobb, Claudia Read, Isla Robinson, Charlotte Seddon and Ella Stephens** performed admirably in this tournament, placing 2<sup>nd</sup> in Pool A. Considering they had only just been formed, had had only 3 practices together, and had never played a game before the day, they did extremely well! Well done girls!



## Basketball Representatives

Basketball New Zealand has named the talented young athletes that will attend their Under 15 and Under 17 National Team Selection Camps, to be held at the Pulman Park in South Auckland over Labour Day weekend, 20–22 October. Congratulations to **Gemma Walsh (U15), Raquel Sampson, Caitlin O'Connell and Alix Blyde (U17)**.



**Gemma Walsh**



**Raquel Sampson**



**Caitlin O'Connell**



**Alix Blyde**

## Central Football

Congratulations to **Jana Niedermayr** who was named Junior Female Footballer of the Year for the Taranaki region at the Central Football September Prize Giving.



## Football Representatives

Congratulations to **Jana Niedermayr, Sophie Crewe and Carina Flannagan** who have been selected into the NZSS Girls Football U19 team to tour USA in April 2019. An awesome achievement girls, well done.



**Jana Niedermayr**



**Sophie Crewe**



**Carina Flannagan**

# Sports News

## Taranaki Intermediate Gymsports Festival

On Thursday September 20<sup>th</sup>, our successful Aims Games gymnasts were again competing in their favoured routines at the Taranaki Primary Schools Gymnastics Champs.

All girls performed well, gaining numerous placing in the various disciplines.

### Piper Smith -

2nd Trampoline  
2nd Vault  
3rd Beam  
6th Overall

### Brooke Jorgenson -

2nd Bar  
3rd Floor  
3rd= Overall

### Jessica Yates -

1st Trampoline  
1st Vault  
1st Beam  
1st Floor  
1st Overall



In addition, we had a very talented young group called the "Hip Hop Honeys" who competed in the dance group performances, and finished a well-deserved second place.

Congratulations to **Ava Hale, Ava Carswell, Ella Temple, Amayah Smithson, Kaitlyn Haigh** and **Keira Taylor**. I am sure the Year 7/8 students treated to an impromptu performance at the junior social, were also amazed with their professional performance.



## Sports Prizegiving

This is scheduled to take place on **Tuesday 23<sup>rd</sup> October at 6.00pm.**  
Please put this date in your diary now.

# Sports News

## Rose Ceremony



A rose ceremony was held on Thursday 20 September to celebrate the following achievements:

**Tiana Davison**—selected for the New Zealand Youth Olympic Team for Rugby Sevens.

**Hannah O'Connor**—selected for the New Zealand Youth Olympic Team for Athletics.

**Mikey Wildermoth**—competed in the Australian Arabian Youth Championships.

Results for **Mikey**;

Highest score purebred Arabian Dressage.

Won Arabian Mare Under Saddle.

Bronze Champion Purebred Under Saddle.

Runner up in Age Group Rider Class in Australia.

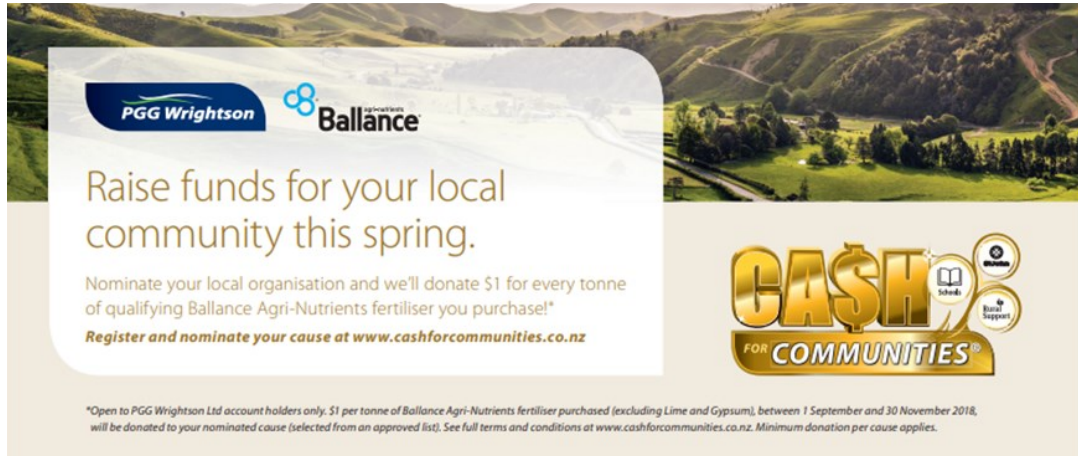


From left; **Mikey Wildermoth**, **Tiana Davison**, **Ms Leger** and **Hannah O'Connor**.

## Are we there yet? celebrating 125 years of women's suffrage



# School News



**PGG Wrightson** **Ballance**

Raise funds for your local community this spring.

Nominate your local organisation and we'll donate \$1 for every tonne of qualifying Ballance Agri-Nutrients fertiliser you purchase!<sup>1</sup>

**Register and nominate your cause at [www.cashforcommunities.co.nz](http://www.cashforcommunities.co.nz)**

**CASH FOR COMMUNITIES**

<sup>1</sup>Open to PGG Wrightson Ltd account holders only. \$1 per tonne of Ballance Agri-Nutrients fertiliser purchased (excluding Lime and Gypsum), between 1 September and 30 November 2018, will be donated to your nominated cause (selected from an approved list). See full terms and conditions at [www.cashforcommunities.co.nz](http://www.cashforcommunities.co.nz). Minimum donation per cause applies.



**TEAM UP**  
for the  
**ONES YOU LOVE**  
12 & 13  
**October 2018**

**Volunteer at**  
[pinkribbonvolunteer.co.nz](http://pinkribbonvolunteer.co.nz)  
[pinkribbon@bcf.org.nz](mailto:pinkribbon@bcf.org.nz)  
0508 105 105

**PINK RIBBON APPEAL**  
Breast Cancer Foundation NZ



**TSBTOPEC**  
TARANAKI OUTDOOR PURSUITS & EDUCATION CENTRE

**OPEN DAY!!!!**

**Oct 27th 2018**

**10.00am—3.00pm**

An opportunity to check out the Centre including our activities, gear, new cabins & our Eco Lodge.

Have a go on the \*high ropes course, fun games & other activities.

Sausage sizzle & refreshments available

<sup>1</sup>(Spaces limited and conditions apply—requires parent / caregiver consent and in attendance)