



Living the Mission
through:
Ako
Manaakitanga
Wāhine Toa

Sacred Heart Girls' College

Manawa Tapu

New Plymouth

TERM THREE

NEWSLETTER

AUGUST 2019

DATES TO REMEMBER

Wed 28 Aug:

Year 13 Retreat

Thurs 29 Aug:

Pathways Evening, 6pm

Fri 30 Aug:

Year 12 & 13 Study Day

Year 11 GEMS Jumbo Day

Mon 2—Fri 6 Sept:

Winter Tournament Week

Thurs 5 Sept:

Year 7/8 Social—SHGC;

6.30—8.30pm

Year 9/10 Social—FDMC;

7.00—9.00pm

Fri 6 Sept:

Year 8 Retreat

Mon 9—13 Sept:

AIMS Games

Thurs 12—Wed 18 Sept:

Mock exams

Mon 23 Sept:

Year 12 Retreat

Wed 25 Sept:

Founders' Day Mass,

10am at St Joseph's Parish

Thurs 26 Sept:

School finishes 3pm;

GEMS INTERVIEWS -

Yr 7-8, 9am-8pm

Yr 9-13, 4-8pm

Fri 27 Sept:

GEMS INTERVIEWS -

All day Yr 7-13, 8.30—4pm

Term Three

Mon 22 July — Fri 27 Sept

Term Four

Mon 14 Oct— Wed 11 Dec



Principal's Peace



Kia ora whanau, welcome to our August newsletter

This week we hosted the Review and Development team from the Diocese of Palmerston North who conducted an external review of our Special Catholic Character. The review team are responsible for ensuring we are safeguarding our special character, reviewing our Religious Studies curriculum and for auditing our compliance to ensure we are meeting the requirements of our integration agreement.



The review was based around three strands: Encounter with Christ, Growth and Knowledge, and Christian Witness. Students, teachers and parents spent time with the reviewers answering their questions and providing voice around the experience that is belonging to this faith community. We will be provided with a written review document in due course, however emerging findings look to be most encouraging with the reviewers parting words being “the seeds of faith have been planted here, forming a foundation from which the young women can grow.”

Thank you to those caregivers who completed the survey mid-June which was linked to Principal appraisal. It contained targeted questions to help gather voice around what you are looking for in an education for your daughters. This information has been immensely helpful and has contributed to establishing priorities and shaping targeted actions for the benefit of the community we are here to serve. Here's a synthesis of your voice: **You want your daughters to be happy, engaged and challenged, achieving their goals and achieving to their potential, have a sense of belonging, are confident, risk-takers, self-motivated and self-managing. You want us to provide** supportive, encouraging teachers who promote excellence, encourage greatness, instil a desire to succeed and have clear expectations. **In a curriculum you want** core subjects ring-fenced, a refreshed curriculum with timetable flexibility, authentic learning opportunities and diverse experiences, careers and pathways education for all, safe digital learning and increased use of digital learning platforms, within a Catholic context. We are planning subtle changes from next year, including a renewed Y7-9 Technology Curriculum, and a refreshed approach to the way modules work. We will be implementing the new Digital Curriculum across learning areas and will be shifting sexuality and relationship aspect of the Health Curriculum to the Religious Studies faculty.

More information regarding these changes will be shared with you closer to implementation. We have made a conscious decision to not make any curriculum changes from Years 10-13 whilst the consequences of implementation of the NCEA change package remain uncertain at this early stage.



Openly Engage with Community

We welcome students and caregivers to Pathways Information Evening this Thursday evening, beginning at 6pm in the Events Centre. This evening will be useful for those students in Years 9-12 who are considering their subject options for 2020. Subject-selection will occur at GEMS Conferences, at the end of this term.

GEMS Jobs and GEMS Themes have been introduced this year with the intention of helping students to consider how their education prepares them for tertiary training, education and employment. GEMS Jobs sessions bring employers in to school to share information about their industry. General education to employment information is shared in GEMS Themes sessions.

On Friday 30 August Year 11 girls will participate in a full day programme looking at their personal attributes and strengths and how these can align with employment opportunities. There will be a visit to Puke Ariki to hear from people in the research and curation field. Guest speakers will present at school and there will be a "next steps" session run by Mr Foy. The Mates and Dates programme is also included in the programme for this day. We look forward to welcoming students and their caregivers to our GEMS conferences at the end of this term.

Our Proprietor, The Mission College New Plymouth Trust Board, has been working with us in better understanding the demands on our buildings and infrastructure, and as such are ready to embark on a staged project to provide additional classrooms, and enhance the quality of existing learning spaces. Stage One of this project will begin this year with four new classrooms being built in a renovation of what is currently an under-utilised area of the main block, adjacent to the driveway. This is set to become a new hub for the English faculty and will also contain a new student toilet block. Stage Two is still in planning stages but will eventually comprise of new state of the art Science facilities, which will all be located on one level. Further information around how the building project will affect your daughter will be communicated closer to the time of works beginning.

This term we are holding enrolment interviews of prospective new students for 2020. We continue to be in a position of extreme roll pressure, therefore we are interviewing Preference students only at this time. Discernment around enrolment is transparent, with the application of our [Priority in Enrolment Procedures](#) occurring at the end of Term 3. It continues to be the wish of our Proprietor that we live out the intention of the Mission Sisters in providing Catholic education for those in our community who seek it. We will continue to work as hard as we can to aspire to achieving this goal for all in our community who desire Catholic education and qualify for it lawfully.

As always, so much to celebrate and acknowledge with the wonderful achievements of our Wāhine Toa throughout this newsletter. However, I would like to single out the incredible achievement of our Showquest troupe in winning the national competition. We are eagerly awaiting confirmation of when dignitaries will be visiting Sacred Heart to present this award. This student-led performance was impacting and moving, and a tribute to the life and gift of our angel Gabby Devine. We look forward to ensuring the success of the performance highlights and promotes further the wonderful work of Starlit Hope in bringing a little more kindness and a smile to those who need it the most.

You can view the performance [here](#).

Manaaki Tangata

Paula Wells
Principal



Openly Engage with Community

Uniform Additions: Trousers and Shorts

A small team of students have been working hard to introduce trousers and shorts into the Sacred Heart Girls' College uniform. The team leading this investigation have been; Ana Graham, Eve Hagenson and Lillian Brown with the help of Cath Leger.

This change has many reasons behind it. For example, a study has found that girls once entering secondary school are less likely to continue in sporting activities, and this has been put down to them then having to wear skirts, restricting their abilities. Also, not all students at the school feel secure wearing a skirt, and it is the school's duty to endeavor to make all students feel comfortable while they are learning. As it is, we are in 2019 and it is necessary that a modern approach is taken into consideration.

After over a year of hard work and a very thorough process we have selected a pair of trousers and a pair of shorts. The process started with a petition which collected over 500 signatures which told us that there was a good level of support to investigate it further. We then talked to our uniform supplier and looked at what was on offer. From this, a variety of pants and shorts were selected. We then asked our students what they thought through a survey. They told us that a more tailored look was preferred and that the pants should become part of the formal senior uniform.

With this information we narrowed the search and then asked our Year 10 students to make the final choice as they are at the end of their junior uniform wearing days and about to embark on their senior uniform.

We now have a pair of trousers and a pair of shorts ready for community feedback. We would like you to be part of the final decision. Can you please click on this [SURVEY LINK](#) and complete a very quick survey which will ask "Should these pants and shorts be included as additions to our school uniform?"



These are the pants; they are NZ made, have a smart tailored look, they are made of a navy hard wearing and easy care "poly wool", they have a zipped hidden side pocket, a wider waistband for comfort, a straight smart leg and a hidden coin pocket. The retail cost is likely to be around \$90.

These are the shorts; they are navy, and are constructed from a hardwearing material. The fit is relaxed and sits just above the knee. There are small notches at the side hem for a smart tailored look. There are side pockets but no back pockets. They look very smart when worn. They are likely to retail around \$50.



We would like to stress that these additions are **only** additions and will be **optional** items. If you and/or your daughter do not want to purchase a pair of trousers or shorts that is completely okay, your daughter can and will continue to be able to wear the skirt.

Korowai

These images show the progress with the korowai on its weaving frame, showing the exquisite pattern of the māwhitiwhiti, the hukahuka (tassles) and the huruhuru (feathers).



Openly Engage with Community

Attendance

The best way to achieve at school is to be at school.

We recently shared the following table with some of our caregivers. It shows very clearly the cumulative effect of small amounts of time absent from school. It can also be applied to time spent “without purpose” on a device. It is worth thinking about and worth having ongoing conversations with your daughter.

If you need any help or have any questions or concerns about your daughter’s wellbeing, both academically or otherwise, please feel free to contact your daughter’s Manaaki teacher or her Dean. We are here to help.

1 or 2 days a week doesn’t seem like much but...

If your child misses...	That equals...	Which is...	And over 13 years of schooling that’s...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

How about 10 minutes late a day? Surely that won’t affect my child?

He/she is only missing just...	That equals...	Which is...	And over 13 years of schooling that’s...
10 mins per day	50 mins per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 mins per day	1 hr 40 mins per week	Over 2 ½ weeks per year	Nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

EVERY DAY COUNTS

If you want your child to be successful at school then, YES, attendance does matter!

UNIFORM

We ask for your ongoing support with uniform. Can you please remind your daughter that jewellery is not part of our uniform. Could you also help us to remind your daughters that hoodies/sweatshirts are not to be worn at school – they are not jackets and they do not form part of our official uniform (even if they are sport’s hoodies). Thank you for your co-operation.

WELLBEING AT SCHOOL SURVEY

The annual wellbeing at school survey will be shared with students very soon. Please support your daughters to complete it. This survey is administered by the New Zealand Centre for Educational Research (NZCER) and provides very useful information that helps with our planning and to review our current practice. More can be found out about the survey if you click [here](#)

Openly Engage with Community

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 few years we have helped with funds for indoor and outdoor furniture, new school banners, many new sports uniforms, the Korowai Project and the Turf Project.

To enable us to continue to support the college, 2019 raffle books have been posted to all families. You will notice it is quite different to our usual annual grocery raffle, with 4 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 Marbles voucher and a \$50 Marbles Voucher! Please feel free to contact the office 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 office, or give to the student to place in the "white box" in the student foyer by **Wednesday 18 September 2019**. The draw will take place on **26 September 2019** with results published via the school website, Facebook and Midweek newspaper.

Thank you in anticipation for your support.

Carol Dravitzki
PTFA Raffle Organiser



International

We welcomed 6 girls from Dongguan Middle School in China, who are here for 4 weeks. This is now the fourth year we have had girls from Dongguan and we hope they enjoy their Kiwi experience and take back wonderful memories.



Our new international students received an official welcome to New Plymouth from His Worship the Mayor, Neil Holdom, on Friday 23 August.

Nourish Catholic Character



Catholic Character

“Mary’s life ... shows that God accomplishes great deeds through those who are the most humble.”

Pope Francis

On Thursday 15 August, we celebrated the Feast of the Assumption, one of only two remaining Holy Days of Obligation in the Catholic Church (the other one is Christmas Day). It is the patronal feast of the Catholic people in Aotearoa. On this day we recall the origins of the Catholic Church in New Zealand. Bishop Jean Baptist Pompallier arrived from France to the Hokianga in 1838 with a group of Marist priests and brothers. He learned Te Reo Māori on his way to New Zealand and became fluent in the language. This enabled him to write Mō Maria. At Sacred Heart, we gathered as a school community to celebrate the assumption of the Blessed Virgin Mary into heaven at the end of her earthly life. Our student-led liturgy honoured Mary as someone who trusted completely in God and his plan for her. “Every time you are loving, kind, compassionate, faithful, trusting and courageous, you are like Mary. You help others to see Jesus in our world.”

Receiving the Sacraments:

Our chaplain, Ms Carole Tipler, is beginning to prepare students who wish to receive the Sacrament of Eucharist. Sessions will be held during GEMS time on Tuesdays from August 27th for four weeks. The students will receive their First Holy Communion at Founders’ Day Mass on September 25th. Let us pray for these students and their families as they prepare to take this next step on their faith journey.

Catherine Landrigan
DRS

Annual Whole Parish Mass and St Joseph’s Church 50th Jubilee

An evening Mass will be celebrated at Our Lady Help of Christians at 6pm on this day for those who cannot attend the 10am Parish Mass.

Please note there will be NO other Masses this weekend.

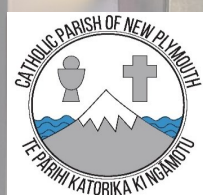
WHOLE PARISH MASS

SUNDAY 1 SEPTEMBER 10AM

ST JOSEPH’S CATHOLIC CHURCH

PLEASE COME AND JOIN IN OUR ANNUAL CELEBRATION!

ALL PARISHIONERS WILL BE CELEBRATING AT THIS ONE MASS



Nourish Catholic Character

When in Rome!

[A Warm Welcome in Rome](#)

We had the privilege of recently staying at the RNDM Generalate (mother house) in Rome with the Sisters of Our Lady of the Missions. They warmly welcomed and included us in their community. It was a truly positive experience sharing stories, ethnic food and faith.

Sisters Crescencia, Joyce and Smitha are from different areas of India, Bich and Phan from Vietnam and Lucy from Kenya. Sister Josephine who is the congregation leader, is from Petone and we met briefly with her before she left with Lucy to visit Kenya. Sister Carmel, from Australia, was in London, continuing vital work in completing the next stage in the process of the Cause of Beatification of Euphrasie Barbier.

The sisters were generous in service and taught us a great deal about their charism through service in action. One of the worldwide initiatives the sisters support is the sale of articles made by women freed from people trafficking, young marginalised single women and those from low income regions. Our Foundress, had as a cornerstone of her mission, the empowerment of young women and these labours demonstrated to us a living example of our Manawa Tapu New Plymouth values of supporting Wahine Toa and truly living our Mission values. We are very fortunate to have these wonderful women working globally and living the mission of our College's foundress, Euphrasie Barbier.

We definitely formed friendships during our stay, and hope to encourage the relationship between our school and the sisters both here in our Taranaki community and with those in mission overseas. Sisters Crescencia and Joyce were awesome guides and the master of buses in Rome!

Nicky Hill (Teacher)

Stephen Hill (BOT Chairperson)



Congratulations

Congratulations to **Sr Martha Szymanski (RNDM)** who celebrated her 90th birthday on 1 August this year. Sister Martha has been a Sister of Our Lady of the Missions for 67 years. Also belated congratulations to **Sr Mary Philippa Reed (RNDM)** from Hamilton who also turned 90 earlier this year.

Pictured left; Sr Martha in her late 20s.

Pictured right; Sr Martha with her beloved dogs.



Strengthen Learning and Teaching

NCEA Review Package

The NCEA changes announced on Monday 13 May looked at the following:

- Wellbeing of students and teachers
- Inclusion and equity
- Curriculum coherence
- Pathways through and beyond school
- Credibility of the qualification



The elimination of fees will make a good contribution to improving equity for students nationwide. This will ensure that students get proper recognition for what they have achieved and are not deprived of that recognition by their families' inability to pay fees.

The shift to fewer and larger standards and a return to about half the standards being externally assessed will mean that all students will access the key knowledge and skills of the subjects they take. Currently, the excess of standards available in many subjects, most of these internally assessed, means that teachers can design courses to maximise credits earned rather than to ensure that all their students access the important knowledge of the subject. With less choice of standards, and standards that cover a broader scope, all students should access the core elements of the curriculum in future.

There are important improvements for Māori-medium education. New suites of standards for both English and Māori Medium will be created as part of the same process.

There will also be significant reductions in both teacher and student assessment workload, once the new standards have bedded in. Half the credits will be externally assessed. The external standard will be a different type of assessment, e.g. exam, an investigation, a portfolio, a performance, etc.

Resubmissions will only be allowed if they would get a student from Not Achieved to Achieved. Resubmissions are not the same as what we currently call Further Opportunities, which is where there is another assessment event or task that assesses the same standard, giving a student another shot at showing what they can do. These Further Opportunities will still be allowed for all grades, but, given the size of the new internal standards, it is likely that achievement of these will come from a series of learning opportunities from which the teacher will be able to judge the student's best level of achievement, rather than a specific assessment event that is a further opportunity. So, for example, in Science there might be a standard that is about scientific investigation, and students would do a few investigations across the year in different contexts. The grade would come from an overall judgement of what they had achieved in that area across the year.

If you have further questions, contact the school office or me directly.

Mr Andrew Murray
Deputy Principal/Principal's Nominee

ICAS

SHGC has, in the past, offered ICAS (International Competitions and Assessments for Schools) to students who wish to participate. This year, Leaders of Learning questioned the increased cost of this competition and re-evaluated its usefulness to our students. It is administered by the University of New South Wales and the test questions are focussed on the Australian curriculum which does not always align with the New Zealand curriculum. This puts our students at an immediate disadvantage. Our Leaders of Learning are comfortable with other enrichment opportunities that are offered to our students through a variety of other means. We will therefore not be offering the ICAS competition to our students in 2019.

Strengthen Learning and Teaching

Science

The WITT Taranaki Science and Technology Fair was held last week and once again Sacred Heart Girls' College had a large number of entries. We had prize winners across all the major categories and a special mention should go to **Olivia Pennington, Tessa Honeyfield** and **Nicayla Brophy** who took away multiple awards for their Scientific Investigations. Congratulations to all the girls who put in the effort to submit an entry and a big thanks to parents and the staff of the Science Department who had a hand in helping the girls prepare their entries. A special thanks to Jane Sanfelieu and the Science Fair Committee for the work they put in to ensuring that a successful event takes place.

The following entries won prizes in the WITT Taranaki Science and Technology Fair:

Sahara Cameron	Photographic Section, Merit, Year 7
Claudia Chan	Observational Drawing, Year 10; Third Prize Advertising Poster, Year 10; Third Prize
Nevaeh Christensen-Johnston	Photographic Section, Year 7; Merit
SHGC Y10 Team	Year 10 Quiz; Third Prize
Erina Gilchrist	Robotics Sumo Robotics Years 7 & 8; First Prize
Charlotte Graham	Robotics Sumo Robotics Years 7 & 8; Second Prize
Juliet Hitchcock	Photographic Section, Year 7; First Prize

Tessa Honeyfield & Nicayla Brophy

Level 11-13 Entry: Scientific Investigation "Riparian Nitrate"

- Scientific Investigation; Second Prize
- Massey University Special Award for demonstrating the best solution to a significant global issue.
- Special Prize DairyNZ prizes for Agricultural projects
- Special Prize Independent Petroleum Laboratories prizes for Outstanding Experimental Technique
- Special Prize Armatec Environmental Ltd Prize for the best scientific or technological project investigating ways to protect and/or clean our water or air.

Sasha Maclean	Journalism Scientific Journalism, Year 7; Merit
Yashitha Murugaiyen	Photographic Section, Year 9; Third Prize, Scientific Investigation "A Blind Spot", Year 9; Merit, Taranaki MedLab prize; Special Prize
Florence Parker	Photographic Section, Year 8; Merit
Olivia Pennington	Scientific Investigation "Milk best before - good after?" - Scientific Investigation, Year 8; First Prize, Giles Chocolatier prize for the most innovative food idea - (Product Pack): Special Prize, Fonterra Trophy for the Best Exhibit in Years 7 & 8; Special Prize, DairyNZ prizes for Agricultural projects; Special Prize, NZIFST Award - Excellence in principles of food science and technology; Special Prize
Abby Rios	Observational Drawing, Year 8; Second Prize
Tara Stevens	Scientific Investigation "Instantly Cold", Dairy NZ Scientific Endeavour; Special Prize
Freya Stolte	Photographic Section, Year 7; Second Prize
Keira Taylor	Photographic Section, Year 8; Merit



Tara Stevens and Hannah Hitchcock in action at the Year 10 Science Quiz



Erina Gilchrist and Charlotte Graham preparing to Sumo battle.



Olivia Pennington and her haul of awards

Strengthen Learning and Teaching

Science



The Wonder Project is Engineering New Zealand's free programme for schools, designed to get young Kiwis excited about science, technology, engineering and maths (STEM). During Term Two all Year 7 students participated in the Wonder Project Rocket Challenge. Students had an immersive STEM experience by designing, building and launching a water rocket of their own with a little help from their teacher and a local STEM professional. They learnt about Newton's laws, the engineering design process, and working as a team. A big thanks to our STEM Ambassadors Victoria, Ingrid, Yusuf and Sudipta.



Ambassador Victoria with the Rocket Challenge winning team.

Practice Exams

Practice Exams for senior students will be held in Week 8 and 9 (Thursday 12 September—Wednesday 18 September). The exams have been split over the weekend to give students the opportunity to rest, refresh and continue to revise in preparation for the Monday and Tuesday exams. These exams should be treated with importance. The results from the exams can be used as a Derived Grade and will help the student and their teacher to identify areas of strength and areas to work on in preparation for the end of year NCEA external exams.

A Derived Grade is a grade reported by a school based on pre-existing evidence. Students can apply for a derived grade if:

- they believe their preparation for, or performance in, an external exam was impaired, or
- they were unable to sit an exam for reasons beyond their control. Please take the time to talk to your daughter about preparing for the Practice Exams. Support her to prepare a study timetable with allocated times for study each day (between one and two hours of study each day is a good benchmark).

Although it seems early in the term, your daughter should start to go over her study notes and begin to work through past tests, quizzes and/or practice papers that have been handed out in class and/or returned to her during the term. Please contact your daughter's Manaaki Teacher or Dean regarding advice on this.

GEMS Conferences

Year 7-13 GEMS Conferences — Student led three-way conversations are scheduled for the last week of this term. Refer to the front page of this newsletter for dates and times. This is an excellent opportunity for you and your daughter to discuss progress with her GEMS teacher. We encourage parents/caregivers to bring their daughters to the conferences so that progress information and goal setting can be discussed in a positive, inclusive and proactive way. Another focus of these conferences will be subject selection for 2020 for students in Years 9-12. Information pertaining to the booking of interviews will be sent out closer to the date via the School App and other school links. Please contact me at school if you require any support.

Andrew Murray—amu@shgcnp.school.nz

Strengthen Learning and Teaching

Geography

The Year 11 Geography Taranaki regional Maatangi Whenua competition was hosted by FDMC.

Two teams were entered;

- **Hannah Sutton, Reese Churstain and Monica Stena.**
- **Ryley Forde, Emma Le Breton and Daisy Goodin.**



The Duke of Edinburgh

The Duke of Edinburgh's Hillary Award comes to Sacred Heart

Not all learning happens in the classroom. Young people need experiences outside the classroom to become committed, responsible and fulfilled citizens of the world.

The Award is open to all 14-24 year olds regardless of their background, culture, physical ability, skills and interests and is the world's leading youth achievement award. Doing the Award is a personal challenge and not a competition against others; it pushes young people to their personal limits and recognises their achievements.

The Award has three levels, each progressively more challenging: Bronze; Silver and Gold. Participants are required to complete four sections at each level: Voluntary Service; Skills; Physical Recreation and Adventurous Journey.

Having your Duke of Ed Award looks great on tertiary study applications, scholarships, CVs and resumes. Whether applying for tertiary study or about to enter the work force, The Award shows commitment and achievement, as well as dedication to a variety of activities. It also gives young people an opportunity to talk about themselves and their passions outside of their formal education.

With help from TOPEC, Sacred Heart Girls' College is now offering the Award and we already have two groups planning their Adventurous Journeys for Bronze and two Silver / Gold participants looking for more adventurous students to join them in their training.

If you or someone you know is 14 years or over this year, seeking adventure and recognition of hard work and community spirit, then contact Mr Evans at rev@shgcnp.school.nz or check out <https://dofehillary.org.nz/> for more details.

Proud to deliver



Strengthen Learning and Teaching



Claudia Chan



Spelling Bee

NZ Spelling Bee Competition

Congratulations to Year 10 students **Claudia Chan** and **Teahgan Broadhurst**, who qualified for the second year in a row as two of the top 200 spellers in NZ!

Claudia participated in the Central North Island Regional Final in Hamilton on Tuesday 13 August.

Claudia Chan with supporter, **Skye Collier**



7H on the Most FM

As part of our "Let Your Voice Be Heard" oral language topic this term, students from 7H are visiting the Most FM radio station to have a go at announcing, sharing news, reading the weather and honing their speaking skills live on the radio!



2019 LEAD Conference

Recently a group of Year 7 and 8 students were lucky enough to be randomly selected to attend the 2019 New Plymouth LEAD conference. We had a sensational day gaining all sorts of advice from motivational speakers, Paul Rangiwahia, William Young, Erica Perry and many more inspiring guests. The theme this year was, "It's what's on the inside that counts" and each speaker based their points around this topics.

We felt that this meant more than what it actually says, because people these days are getting more, and more judgmental from what they see on the outside. Overall, the group had an amazing experience, taking in advice, watching Mr Howarth in a dance battle, and sitting down and having a heavenly pizza from Hell pizza. I know that all the girls took something away from the conference that we will be able to apply in our everyday lives.

By **Lucy Forsyth**
Year 7



Nurture Hauora

Measles Information



There has been a second case of measles confirmed in Taranaki, and parents and caregivers are being urged to be aware of the signs and symptoms of the illness.

Your child may have measles if they have not been vaccinated and have:

- A high fever
- A runny nose, sore red eyes or a cough
- A rash 3-5 days later which usually starts on the head and spreads down the body

If you think you or your child might have measles, **you need to keep them home from school and away from public places and other people.** Measles is highly contagious from before symptoms start until 5 days after the rash has appeared.

Please contact your doctor or **Healthline on 0800 611116 for more advice** and let your school or early childhood centre know that your child may have measles.

Vaccination is the best protection against measles.

Children are routinely immunised with the MMR vaccine at age 15 months and 4 years.

Children are considered 'fully immunised' against measles when they have two documented measles or MMR vaccinations.

Please contact your doctor to make sure you and your family are protected.

For more information about measles please visit: <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles>

Zara Barrett, Jordyn Ridings and Mary-Edith Sullivan were busy washing cars on Thursday 15 August, raising money for the Upside Downs Education Trust. This charity was established in 2003 by parents of kids with Down syndrome. It provides funding for speech language therapy for kids with Down syndrome. For children with Down syndrome, learning to speak can be a real challenge.



CAR WASH

From left; **Jordyn, Zara and Mary-Edith** hard at work.



"We're giving a voice to kids with Down Syndrome all over New Zealand and equipping them with the skills to talk, read, and write. By funding their speech language therapy, we're ensuring these kids have the best possible start to life".

Nurture Hauora

Whilst we enjoy sharing in our students' successes, we are currently streamlining our newsletter in response to community feedback. We will not be replicating the sharing of some sports results and achievements if they have already been published in other medium, such as Facebook.

If you have any queries regarding sport at the college, please contact Ms Aroha Lynch, our Sports Co-ordinator, by emailing her at: sport@shgcnp.school.nz

TSSSA Events

The first Wednesday of Term 3, saw **Jessica Yates** and **Piper Smith** competing in TSSSA Gymnastics, at Gymnastics Waitara. Although only a small competition, with NPGHS the only team with artistic gymnasts, both girls competed very well. **Jessica** finished 3rd in the overall Senior Girls' event and 2nd in the Tumbling, while **Piper** finished 2nd in the Junior Girls' competition. Well done girls and good luck for upcoming NZSS Champs In Auckland.



YEAR 7 & 8 SPORT

The highlight of Week Two for 150 Year 7/8 sports stars was to attend the annual Highlands & FDMC Sport Exchange at Highlands Intermediate on July 31st.

We were very lucky with the unexpected good weather and in the outside sports - the girls managed to get through 10 netball games, a football game, mountain biking, basketball game, and a 6aside hockey game.



Thea Irys Lacanaria
makes her next move.

Then for the first time for the exchange, we went indoors and had girls competing in badminton, table tennis, indoor bowls, debating, and chess.

The girls all performed exceptionally well as many of the encounters were up against the Highlands teams selected to go to Aims Games. The highlights for Sacred Heart were taking out the netball games (9 wins, 2 draws, 1 loss); drawing a tight match in the football 0-0; and only narrowly losing the debating.

Well done to the girls who also managed to win some games in table tennis, chess and indoor bowls.



8A Netball Team

BASKETBALL

Congratulations to **Raquel Sampson** who was selected to participate in the Steven Adams High School Invitational Camp during the recent holidays. This week-long camp was for the 48 most talented senior high school players in New Zealand.



Nurture Hauora

AEROBICS

At the beginning of the month, **Ashlee Newman** competed in the Southland Aerobic Championships in Invercargill, placing 1st in the international age group 2 category (15-17 year olds).

Ashlee also received qualifications for NZ Nationals, which she will attend in Auckland, August 24/25th. Well done.



Congratulations to **Courtney Pierce**, Year 11, who has won the prestigious “Miss Teenager Universe Oceania” Crown at the Miss Teenager Universe pageant held in Guatemala. She also won the “Best in National Costume” section of the pageant.

Courtney is currently Miss Teen Taranaki 2019 and Miss Teenager New Zealand 2019.

EQUESTRIAN

Congratulations to **Mikey Wildermoth** (Year 8) being selected to represent New Zealand in the NZ youth team at the Australian Arabian Youth Nationals in Sydney during October.



GYMNASTICS

Congratulations to **Jessica Yates**. She competed in the North Island Tumbling Championships during the Term 2 holidays and won a Gold medal in the 13-14 year old girls.



RUGBY

Congratulations to the following girls selected in the First Gas Taranaki U16 girls' team for 2019:

Aaliyah Kere-Rako
Jorja Simpson

Campbell Smith
Keighley Simpson

Catherine Butler
Lucy Blyde

Danielle Muggeridge
Olivia Hesseltine



The team travelled to Hamilton on the 18th – 19th of July to compete in the Northern Regions competition. Congratulations also to **Danielle Muggeridge** and **Tyla Henderson** for being named in the Taranaki U18 Girls'.

HOCKEY

Congratulations to the following girls named in hockey representative teams for this season:



U13A (Collier Trophy)

Eva Martin
Bella McEwan
Olivia Pennington

U13B (Rawleigh team)

Grace Coronno
Kayla Hodson
Amelia Howatson
Olivia Perry

U15A team

Brooklyn Burton
Briana Elder
Riley Grylls
Emily Shelver
Ella Stephens
Sophie Steenson

U15 Development team

Briar Atkinson
Kahlia Beck
Astyn Douglas
Georgia Scott

PE/SPORTS Facebook page

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.

Nurture Hauora

SKATING

Niamh Quinn, Olivia Bernet and **Bryah Edwin** represented the New Plymouth Artistic Skating Club at the National Championships which were held in New Plymouth in the recent school holidays.



Niamh was 4th in Junior International Solo dance and 5th in Junior International figures and advanced loops. **Niamh** has also been selected to represent New Zealand at the Oceania's in Melbourne later this year.

Olivia placed 3rd in Youth Freeskating and 4th in open quartets.

This was **Bryah's** first time competing at Nationals and she placed 3rd in dance, 3rd in quartets and 7th in figures.

TOUCH

Congratulations to **Finn Whalen** who has been named in NZ Touch U20 Mixed team, 2020 Youth Trans-Tasman wider Squad. The final team will be announced following the next training camp.



HIP HOP

Congratulations to **Hannah Liggett** (Year 11).

During the last weekend of the school holidays **Hannah**, with her MADAM street hip hop crew, placed first in the NZ Battlegrounds Young Guns division and they are off to Sydney to compete in the Worlds Battleground comp in October.

Good luck.



Roses and Principal Awards were presented at assembly on Monday 19 August. Congratulations to the following students:

Roses recipients:

Hannah Liggett—Hip Hop NZ Team

Niamh Quinn—Artistic Skating NZ Team

Isabella Vollmer—selection for Royal Ballet School in Hong Kong

Mikey Wildermoth—NZ Youth Team to Australian Arabian Youth Nationals



Principal Award recipients:

Kaleigh Morris—Hockey

Jana Niedermayr—Futsal

India Ralph—Hockey

Back left; Niamh Quinn, Mrs Wells, Kaleigh Morris, Jana Niedermayr.

Front left; Hannah Liggett, India Ralph, Isabella Vollmer and Mikey Wildermoth.

