



Rotorua Lakes High School

"Mauria te pono - Keep steadfastly to the truth"

NEWSLETTER ISSUE No. 24 – 4 SEPTEMBER 2020

CHALKBOARD

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Kia ora Koutou,

The start of this week saw us finish our Prelim Exams for our NCEA students. These will have given both students and staff a clear picture of what they need to work on to ensure positive outcomes in the real NCEA exams to come. For some, it will have been an affirmation of the hard work being put in, for others it will affirm the need to up their game a little. With the time remaining and the support of our staff I am confident that, with renewed effort, all students can achieve their goals.

With the looming Board of Trustees Student Rep elections, students have been asked for applications. We have had a number of interested students and will therefore run an election which will take place on the 18 September, for the Board position. I will take this opportunity to thank Isidora Gonzales Diaz for her time representing a student's perspective as the student Rep on the Board. Her dedication and responsibility in the role were clear for all to see.

I would like to apologise for a delayed start to Period 5 on Friday, however, I do so with no regrets. At lunchtime we farewelled Sharon Harris, who has been our dedicated Drama Teacher for the past 12 years. She has been inspirational, nurturing and caring during her time here, developing numerous memories with staff and students. Whilst she has been diagnosed with cancer and is therefore stepping back from teaching, she, as always, is approaching this challenge with humour, humility and a staunchness which can only be admired. She will be a hard act to follow.

Nga mihi,

Jon Ward
Principal / Tumuaki



NEWS

STUDENT BOARD OF TRUSTEES REPRESENTATIVE

There have been 4 nominees for the Student BOT Rep. Elections will be held on Friday 18 September 2020.

OUTGOING BOT REPRESENTATIVE



Our thanks to the outgoing Board of Trustees Student Representative, **Isidora Gonzalez-Diaz**. **Isidora** has represented the students very well for the past year and never missed a meeting. **From the BOT, staff and students a big thank you.**

MCAT

Most students in the 3 11MSC classes will be sitting an External Achievement Standard called the MCAT on **Thursday 17 September (Week 9) in Period 1 in the Auditorium**. If your child is **NOT** sitting the MCAT then they go to their normal timetabled class for period 1.

Students need to go straight to the **Auditorium** at the **beginning of House Group** and line up in their class. They need their blue/black pens, pencils, ruler and rubber in a clear bag. Watches, calculators and phones are **NOT** allowed in the Auditorium.

If your child is **absent on Thursday 17 September** please ring Mr Shaun English as soon as possible on 34562124 ext 241.

The Maths Department are running tutorials for the MCAT every lunchtime in A2 until 17 September and also each Thursday after school in A11. All 11MSC students are welcome to these highly recommended tutorials.

FROM THE BOT

The following policies are currently up for review. If you would like to view any of these policies, we invite you to come into the school where they are available at the Principal's PA office. Alternatively, if you would like a copy emailed, please send an email to humphriesj@rotorualakes.school.nz

- **RLHS** – Policies for renewal:
Fundraising for the School Community & Refund Procedures, Career Education and Guidance, Sexual Abuse, Sports Prizegiving, New Programmes, Homework Guidelines and School Wide Assessment
- **RTLB** – Policies for renewal:
Child Protection, Cluster Finances, Information Communication Technologies (ICT) and Property & Equipment

BRIEF LOOK – TERM 3 2020

| | |
|----------------------|---|
| 11 September | Reports Issued |
| 16 September | Report Evening – 3.30 pm – 6pm |
| 18 September | Student Elections to the Board of Trustees (if required) |
| 17 September | MCAT Exam Pd. 1 |
| 24 September | Interhouse and HAKA Day |
| 25 September | LAST DAY OF TERM 3 |
| HOLIDAYS | Mon 28 September – Sun 11 October |
| Monday 12 Oct | FIRST DAY OF TERM 4 |

ASSESSMENTS

The following assessments have been set down. There may be times where, due to unforeseen circumstances, changes will need to occur. This will be done in consultation with the class(es) concerned.

| Level | Subject | Standard | Date |
|-------|-----------|----------------------------|--------------------------------|
| 1 | 11MSC | 91026 (only some students) | Wed 9 Sep in normal class time |
| 1 | Chemistry | 90930 | Week 9 |
| 1 | Science | 90930 | Week 9 |



FROM OUR DEPARTMENTS

GREAT PROJECT FOR YR 9S3



As part of 9S3's project day, students created a piece of wearable art and held a showcase last week. Each group had to introduce their item with information about what their theme was, why they chose their materials, what worked and what didn't throughout the process, why the associated music was chosen and name their piece. The winning item was called A Pop of Colour in a Black and White World and was created by **Mehek, Grace, Eden and Tina**. The ATM by **Kaspa** received a special mention for stage presence dispersing money along the runway and awards were presented for Symbolism (the poverty and wealth entry) and Thematic Ideas (the hand sanitiser entry).

Great efforts by everyone over a short time frame.

MATHS HOMEWORK CENTRE



Each Thursday from 3.30 – 4.15 pm in A11

All welcome Please bring some questions, a snack and a smile 🍌

FROM OUR SCHOOL NURSE

Coughs, Colds and Influenza There are still a few bugs going around, bring on the warmer weather! The best way to help your body recover from a viral infection is:

- **Rest:** A warm comfortable environment will help your immune system fight off viruses that cause colds and flu. **Stay at home** as this will avoid spreading the infection to others.
- **Drink plenty of fluids.**
- **Pain relief as required:** Paracetamol, ibuprofen, pharmacy products can be used to relieve aches and pains. Ask your doctor or pharmacist about the most appropriate medicine and its dose. Children should not be given Aspirin-based products.
- **Steam inhalations, nasal rinses or nasal spray:** Breathing in steam during a hot shower can help you clear mucus from blocked sinuses, relieve nasal congestion and chest tightness. Nasal sprays can also be very effective, ask your pharmacist for advice on products.
- **A decongestant:** Tablets or nasal sprays as mentioned above can be effective to relieve congestion as well as antihistamines can reduce sneezing, watery eyes etc. associated with hay fever.

- **Throat gargle or lozenges:** Antiseptic throat lozenges or gargling with warm salted water (1/4 teaspoon in large glass of warm water), or a dispersible aspirin may help to relieve a sore throat. (Most people aged **16 and over** can safely take aspirin, if unsure check with doctor or pharmacist).
- **Prevent the spread of infection:** cough or sneeze into your elbow or a clean tissue. Wash your hands after blowing your nose.

If you have a viral infection of the ear, nose, throat, sinuses and/or chest, antibiotics aren't effective. However, to be sure, do not put off getting a throat swab for a sore throat. There are no instant cures for viral colds and flu but some of the above suggestions may make you more comfortable while your body fights it.

If you or your child develop any RED FLAG SYMPTOMS you should contact your doctor immediately:

| | |
|--------------------------------|-----------------------------|
| • Severe headache or neck pain | <u>In children</u> |
| • Non blanching skin rash | Floppy or Drowsy |
| • Eyes intolerant to light | Unable to tolerate fluids |
| • Persistent vomiting | Unusual or high pitched cry |
| • Very high fever | |



SPORTS

HOCKEY 2ND XI



This week's game against JPC was our performance of the season so far. In our last round we lost 3-1 so we were prepared for a tough game. The score stayed at 0-0 through 3 quarters, with a number of chances going just wide, but **Sam Reid** finally broke through with a goal midway through the 4th Qtr . There were standout performances from a number of our players today, as everyone lifted their game this week. **Player of the day went to Rebecca Martin**, for putting some newly learned skills to excellent use in a defensive position.



CAREERS & GATEWAY



Trainee Line Mechanic with Northpower, Rotorua

For information on this role:



Contact the Careers Department for further info: Mrs Walker 3456124 x 235

walkerb2@rotorualakes.school.nz



Te Hunga Tiaki Taiao

Te Arawa Lakes Trust is expanding their mahi through the protection and restoration of our Taiao. Two months ago, they were successful in securing \$2.5m from DOC to support environmental restoration and economic recovery through the Jobs for Nature.

This will involve building capability and capacity across hapū and Iwi to deliver a range of wetland, pest management and weed control work around our Lakes and across the rohe. To do this, we are searching for eight hard working people to help us realise our vision! Preference will be given to those who have been impacted by COVID.

These eight vacancies on offer are all two-year fixed term positions (September 2020 – August 2022)

[Click on the link for more information](#)

Applications close **Friday 11 September 2020, 4pm**



Apprenticeships

GET IN. GO FAR

The following apprenticeship opportunities are currently available for interested students:

- Timber Machinist
- Saw Doctor
- Female Plumbing Apprenticeship
- Construction Cadetship
- There are also some labouring roles within the timber industry with the prospect of an apprenticeship being offered in the future.
- Auto Electrician Apprenticeship - available next year with a well-known Rotorua Company. If you are interested please come and see Mrs E Hingston in the Gateway office for more information. (students genuinely interested in this field only please). Mrs Hingston 3456124 x 258 hingstonev@rotorualakes.school.nz

For information on any of these roles:



Contact the Careers Department for further info: Mrs Walker 3456124 x 235

walkerb2@rotorualakes.school.nz

CAREER

KEY DATES FOR YOUR CAREER CALENDAR

The following UNIVERSITIES will come in / virtually talk to interested students on these dates:

- Fri 4th & Sat 5th September – **Massey Uni** Virtual Open Day
- Mon 7th September – **Canterbury** University Course Planning – 1.30pm in L1
- Tues 8th September – **Lincoln** Uni Virtual Open Day
- Sat 12th September – **Massey** Uni Aviation Open Day
- Wed 16 September – **Otago** Uni Course Planning – 1.30 pm in L1
- Sat 19th September – **Canterbury** Open Day
- Tues 22 September – **Lincoln** Uni Open Evening
- Thurs – 1st October – University Applications to Study Open



Contact the Careers Department for further info: Barbara Walker 3456124 x 235

walkerb2@rotorualakes.school.nz

FANTASTIC SCHOLARSHIP OPPORTUNITY FOR OUR MĀORI STUDENTS

GHA are currently accepting applications for the GHA Scholarship. Consistent with our kaupapa-Maori focus, this scholarship aims to support greater Māori representation within the business community by proactively fostering and encouraging Māori into the accounting profession or wider business environment. They are seeking applications from Māori students who are keen to enter the accounting profession and are committed to the Chartered Accountants Australia New Zealand (CAANZ) pathway. In addition to this, they have extended their

criteria to allow for applications from Māori students who are studying business with the intention of becoming Māori business professionals. Please follow this link for further information: <http://gha.co.nz/gha-scholarship-2021/>



University Scholarships for Year 13 Students

MoneyHub, a consumer finance website, has updated its directory of hundreds of scholarships for any student planning to start university in 2021. The comprehensive list includes scholarships offered by every university as well as those specifically available

to local students. A list of privately-funded, Maori, Pacific and International university scholarships completes the list. Applications close throughout the year, with tens of millions of dollars available. MoneyHub has also published a list of tips for scholarship success. **For more details and to find suitable scholarships, visit <https://www.moneyhub.co.nz/scholarships-nz.html>**



NOTICE BOARD

NOW AT ROTORUA LAKES HIGH SCHOOL

Lunch Orders

CLICK & COLLECT!

HEALTHY, NUTRITIOUS & AFFORDABLE
SCHOOL LUNCHES ORDERED ONLINE

WWW.LUNCHORDERS.CO.NZ



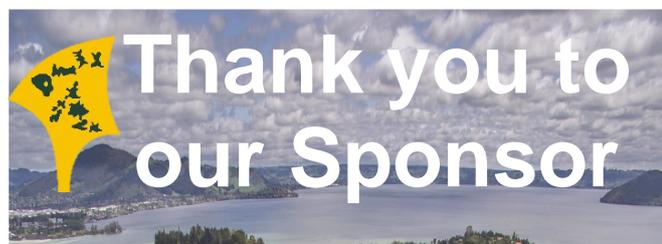
CONTACT US



Phone: 07-345 6124

Email: office@rotorualakes.school.nz

Web: www.rotorualakes.school.nz



ARE YOU WORRIED ABOUT

- NCEA Subject Selection?
- Defining a Career Path?
- Planning Tertiary Study?

WE CAN HELP!

- Career Counselling
- Interview Coaching
- Tertiary Study Plans
- CV Writing

GOAL digger
CAREER SOLUTIONS

PH: 07 393 2424
info@goaldigger.co.nz
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