

# Marsden Newsletter Papa pānui rorohiko

Term 1 Week 11  
9 – 13 April 2018



SAMUEL  
MARSDEN  
COLLEGIATE SCHOOL  
WHITBY

## 2018 Term Dates

Term 1 Wednesday 31 January – Friday 13 April  
Term 2 Monday 30 April – Friday 6 July  
Term 3 Monday 30 July – Friday 28 September  
Term 4 Tuesday 16 October – Thursday 6 December

## Virtue: Purpose

Efforts and courage are not enough without purpose and direction. *John F. Kennedy*

## Forthcoming Dates

All term dates and key dates are located on the Marsden School Calendar on [Marsden Whitby Calendar](#). Please check for your activities. The Calendar will be updated weekly prior to the Newsletter coming out. Where applicable Calendar entries will show the year groups they relate to. You can choose day, week or month views.

## Forthcoming School Trips and Events

### Monday 30 April/Rāhina 30 Paenga-whāwhā

Term 2 starts

### Wednesday 2 May/Rāapa 2 Haratua

Scholars' Assembly, 1.10pm, gym

### Thursday 3 May/Rāpare 3 Haratua

Bishop Ellie visiting school, all day

### Sunday 6 May/Rātapu 6 Haratua

Open Day, 11am-1pm

### Tuesday 8/Rātu 8 May

ICAS Digital Technologies

### Wednesday/Rāapa 9 May

Fields of Remembrance Ceremony, 1.10pm, gym

### Thursday 10 & Friday 11 May/Rāpare 10 & Rāmere 11 Haratua

Y11 Duke of Edinburgh expedition

### Wednesday 16 May/Rāapa 16 Haratua

House Drama, 1.10pm, gym, all welcome

### Friday 18 May/Rāmere 18 Haratua

Pink Shirt Day – mufti in aid of anti-bullying awareness  
Cross Country, pm, all

## Message from the Director

As we head into a well-earned break, please ensure that, in the middle of some quality restorative time, winter uniform items are checked for fit and fitness and senior students get into catching up making up study notes, revising their Term 1 work and generally setting themselves up for success in Term 2. We will be going into full Winter uniform from the beginning of Term 2. In addition to the normal uniform requirements of regulation blazer, skirt and jersey, for girls this means the white long sleeved winter shirt and black tights, and for boys a white long sleeved shirt. Boys may continue to wear short trousers in Winter should they wish. If you need reminding of uniform requirements they are inside the Student Planner, page 10 (white pages).

For senior students, Term 2 marks the time when achieving at senior level begins to become a little tougher, a bit more demanding and sometimes a little overwhelming. Please remind your sons and daughters that asking for clarification, help or advice and guidance is always welcome and often prevents more issues arising further down the track. As I often say to students, life *is* tough, for everyone at times, and we all need to learn how to cope during those rough times, allowing our team (teachers, parents, friends) to help and not being afraid to say, "I don't know how to do this/make the next step." If we go through life doing all we can to avoid making mistakes, we will learn very little, and probably nothing of any worth. It is often out of adversity that our most valuable lessons will come.

"If there were no night, we would not appreciate the day, nor could we see the stars and the vastness of the heavens. We must partake of the bitter with the sweet. There is a divine purpose in the adversities we encounter every day. They prepare, they purge, they purify, and thus they bless."

James E Faust



Anne Winnall

## NCEA

### NCEA fees - financial assistance

Information regarding this can be found [here](#). Applications need to be given in to the School Office for processing by the end of Term 2, Friday 7 July.

### Internal Moderation of Internally Assessed Work for NCEA

All internally assessed standards for NCEA have to go through a rigorous 'in school' moderation process. Once the work has been submitted by students the work is marked by their teacher and some samples are selected for another teacher to mark. The outcome of this is discussed and a final grade is established; if required the rest of the work will be remarked. The other teacher that looks at this work is usually a teacher from our Karori campus, or a teacher from another school if there is not a teacher at Karori able to do the moderation. This process could take up to **one month** to complete. If it is going to be longer than this, students will be advised. When this process is completed students will then be given their grades. Students do have the opportunity to have their work remarked if they feel it deserves a different grade. If, after the work has been re-marked, they are still not happy with the outcome there is an appeals process. The form for this can be found in the Student Assessment Handbook, given to all students earlier this term.

## Career Information Evening 2018 – Karori Campus

Every year we hold a career information evening at the Karori campus for Year 10 to 13 students from Whitby and Karori. This year I surveyed the senior students to ask if there were any particular career areas that interested them. Their answers included science research, biomedical science, music, art, photography, classics, project management, international business, genetics, astronomy and veterinary science. If you think you may be able to share your knowledge of careers in any of these areas, or if you know of anyone whom you think may be able to help, please contact [susan.binns@marsden.school.nz](mailto:susan.binns@marsden.school.nz) I would also love to hear from anyone who would like to take part, or has suggestions about speakers in other fields. The evening will be on 17 May from 7.00pm-8.30pm, at Marsden Karori.

## Careers Information

Please see our [Careers Information page](#) on Ultranet which is updated weekly for the latest details and the dates of the upcoming events.

This week The University of Canterbury | Te Whare Wānanga o Waitaha (UC) invites students and their families to attend its Wellington Information Evening on Tuesday 29 May. The evening starts at 6pm at Westpac Stadium, [105 Waterloo Quay, Wellington](#)

The evening is a great opportunity for senior secondary students and their parents to learn more about the range of qualifications. Anyone considering university study in 2019 or 2020 is welcome at this free event, so register online to find out everything you need to know about life and study at UC. Register at: [www.canterbury.ac.nz/events/tours-and-events/info-evenings/](http://www.canterbury.ac.nz/events/tours-and-events/info-evenings/)

The University of Otago Open Day is Monday 7 May. More information can be found here [https://www.otago.ac.nz/about/open\\_days.html](https://www.otago.ac.nz/about/open_days.html)

The University of Auckland Open Day is Saturday 25 August. More information can be found here <https://www.auckland.ac.nz/en/study/study-options/undergraduate-study-options/courses-and-careers-open-day.html>

The University of Waikato Open Day is Friday 18 May. More information can be found here <http://www.waikato.ac.nz/events/openday/>

Victoria University has their Open Day on Friday 31 August and all year 13 students attend this. More information about this can be found here <https://www.victoria.ac.nz/study/events-visits/study-at-victoria-day>

## Lift Your Game workshops

These will start next term. They will cover Growth Mindset, time management, and strategies and techniques for improving grades. The workshop for year 12 students will happen at lunchtime for five weeks and starts on Wednesday 9 May. There are still five spaces available for this workshop so please email me if you would like your son/daughter to attend. The workshop for year 11 students will happen at lunchtime for five weeks and start Thursday 17 May. There are still 10 spaces available on this workshop so please email me if you would like your son/daughter to attend. In Term 3 the workshop focus will shift to study skills and exam techniques in preparation for the school examinations in Week 5 and NCEA examinations in Term Four. Lift Your Game workshops for Year 9 and 10 will happen in Term 4.

## Student Absences and Appointments

If your child will be absent for any reason please notify the school before 8.30am. This can be done via email [absences@marsdenwhitby.school.nz](mailto:absences@marsdenwhitby.school.nz) or by phoning our absence line 04 234 1070 and selecting 1 to leave a message. Alternatively you can notify us of an absence via the school app. If you do not already have the app, instructions on how to download it can be found under the Resources list located on the right hand side of the Weekly Update page on the Ultranet.

If your child will be in late or leaving early for an appointment please notify the office in advance.

We have had a significant number of student absences recently for non-school related events/self-interest leave. While we appreciate that you wish your son/daughter to experience events such as an extra-long holiday or a concert, please be aware that the rules surrounding any internal work missed by senior students are quite clear. All work must be completed and submitted before the absence. There is no opportunity to catch up with a missed internal assessment after the due date under those circumstances.

## Gifted and Talented Programme

In addition to the opportunities already offered, the two main extension opportunities available in Term 2 are the World Scholars' Cup and preparation for the Tournament of Minds.

### World Scholars' Cup

This is a competition held all over the world for secondary students. In teams of three, students compete in four different disciplines, the scholars bowl, collaborative writing, the scholars challenge and team debating all linked to the theme of the Entangled World. The Wellington competition will be held on 26-27 June at Scots College. It is open to students from Year 7-13. Students should come and speak to me about entering a team.

### Tournament of Minds

Tournament of Minds is an inter-school problem-solving event for students. Students work together in mixed year group teams of seven over a six-week period in Term 3 to develop their critical thinking skills to solve an open-ended challenge in the areas of Language Literature, Engineering Maths, Social Science and Science Technology. The solution must be a dramatised presentation to a panel of judges and an audience (including family and friends) on Tournament Day. There will be a meeting early next term to discuss the requirements of this tournament. It is open to students from Year 7-10.

We also love to hear about any other opportunities that are available for our students. Please do not hesitate to contact me to discuss the needs of your child.

Mrs Keenan [megan.keenan@marsdenwhitby.school.nz](mailto:megan.keenan@marsdenwhitby.school.nz)

## Debating

The Junior Certificate Year 9 Team 3, comprised of Ben Vickers, Lara Zampese and Charlotte Broomhead debated against Onslow College Team 1 this week. The moot was: Prisoners Should Be Allowed to Vote. Reverend Darnell adjudicated the debate and gave both teams very useful feedback. Onslow, a team comprised of older students, won the debate but our team performed amazingly well. They can be very proud of their attempt at a successful affirmation of the moot and will definitely be a team to be reckoned with in the future.

## How to help anxiety

### **To help anxiety – how movement can help beat the butterflies**

From an article sent to schools by the Alliance of Girls Schools in Australasia, written by Jules Allen.

“Our children, for the most part, don’t move enough. There is no greater way to diffuse anxiety in the body than movement.

If you think back to when we were young, We walked to school, walked to the train stop or sports training, rode our bikes to our friends, walked to the beach, shops, everywhere. We had part-time jobs that got us moving and outdoor play was our main form of interaction. We were always moving.

Of course, screens have played a huge part in the minimisation of moving children but they do not need exist mutually exclusive of one another.

### **How movement helps**

One of my daughters suffered terrible anxiety at 14. We decided to get up half an hour earlier every day and get her heart rate up for 30 minutes. We walked briskly, swam, ran and did classes. I found that the added advantage was, whilst we were exercising she was also distracted from the things that caused her anxiety.

As time went on and the girls got older, we got more adventurous. Zumba, African dance and belly dancing were all great fun and because we laughed so hard, we barely knew we were exercising.

It was so effective that, now, at 21, she still does this if her anxiety levels are spiking. Just yesterday, we met for a workout. We laughed, shared stories and exercised, almost unconsciously. Having started off the day anxiously, she commented on how much better she felt.

“Every time I remember to exercise, it just works,” she remarked with relief. It’s astonishing how effective it is. In this day and age, we also have so much choice around what activities we may do.

### **Be sure to choose activities that don’t cause anxiety**

While exploring this avenue, be careful not to engage children in activities that can be anxiety provoking, such as a gym setting, which can be image focused, or sports that are too competitive. The movement needs to be, and can be free, of that. A walk, a run, a bike ride, a kick of the football, games in the park. These are all free activities that are on hand at any time we choose to use them. So much, as parents, is out of our hands these days but this isn’t.

I have been working with young people in crisis for over 20 years. Nearly all of them have suffered from anxiety. Although there have been no definitive studies carried out in Australia, I have found some in Europe supporting this argument. Also, in my own experience, and it’s been broad, I have never seen anything as effective for the reduction of anxiety than movement.”

## Discovery School X-Games



On Wednesday 11 April Y11 & Y13 Physical Education students were thrilled to be given the opportunity to attend National Biomechanics Day at Massey University Wellington campus. This was ideal timing as the Level 1 Physical Education students are working towards their 1.2 standard, which involves understanding of the body as it relates to the performance of physical activity, the main learning of which is anatomy, biomechanics and exercise physiology. After registration, students attended a lecture given by Tim Forbes, Creative Technical Director from Weta Workshop. He talked about how the study of biomechanics is essential to his job in the film industry to ensure that he and his team are making movement look accurate and realistic on the cinema screen. He showed examples of how they analyse body movements using motion capture suits and show snippets of Caesar from 'The Planet of the Apes'. The team start with the skeletal system followed by joint pivot points, muscular system and so on. To create believable on-screen characters biomechanics and the understanding of it is a huge technical component in visual effects. Our students also took part in a National Science Experiment taking motion data during three explosive power jumps. Results were relayed in real time across New Zealand. They participated in small groups in various hands-on experiential learning including ultrasound, motion sensors, pressure plates, balance tasks, measuring speed of throws along with angles of release. In one activity students put pressure pads into their shoes and measured the force applied through their feet in different tasks of running, jumping and landing from heights. The research was being used by one of the Massey students in his study on forces applied during Parkour! It was fantastic to see Old Collegian Lachlan Waugh who studies at Massey University and took one of the rotations. A special thanks to Massey University's School of Sport, Exercise and Nutrition for having us and arranging all the transportation for the event making it free for our students to attend.

*Miss Morrison*



## Uniform Shop open during the School Holidays

The uniform shop will be open in the school holidays on Thursday 26th of April from 8am - 1pm to purchase your winter uniform and sports gear.

## Health and Safety - Parking

Please make sure you enter and exit the school car park in a safe and responsible manner. We understand it is a small space, but the safety of our students is of paramount concern. It is becoming more prevalent for parents to double park or stop in the middle of the car park, or even the road, when dropping off and picking up students. This has the potential to be *extremely* dangerous so we ask that you please observe common courtesy and good manners when entering and exiting the school car park and Starboard Lane.

## Student News

Our student achievements, school activities and pictures are found on our news page at [Marsden Whitby News & Events](#).

## Community News

### **St Mary's Community Garden Movie Fundraiser – 17 April**

Please see the attached flyer for more information

### **The Jim Henson Retro-Spectacle is on during the School Holidays**

Please see the attached flyer for details.