

Horoeke Haemata Highlights

*He kākano i ruia mai Rangiatea.
The seed will not be lost.*



Upcoming Key Dates:

- Wednesday 7th August-Senior Learning Conversations
- Thursday 8th August-Senior Learning Conversations
- Thursday 12th September-Junior Learning Conversations
- Friday 13th September-School closed for Learning Conversations
- Friday 27th September-End of Term 3

Principal's Panui

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Principal's Panui August 2019

One of the personal challenges for any young adult is having the resilience to manage their personal development as they move from adolescence to adulthood and retain their self esteem, their mana and their self confidence. I recently read an article that outlined 10 steps that a young person could implement to ensure that they retain their sense of individual worth and confidence in themselves as an amazing and unique individual.

1. Avoid getting involved in needless drama.

Rather than being annoyed, be amused. Instead of getting angry, become curious. In place of envy, feel admiration. Life is too short to argue, fight, or be overly negative. Count your blessings, value the people who matter, and move on from the drama with your head held high.

2. Stop trying to please everyone.

When you let go of the need to impress everyone, that's when you begin to be truly impressive to the few people who actually matter.

3. Stop making excuse after excuse after excuse.

Even a tiny effort is infinitely more productive than a big, impressive excuse.

4. Trust your intuition, trust your gut.

Know that trusting your intuition is equivalent to trusting your true self; and the more you trust your true self, the more control you have of making your goals and dreams come true.

5. Stop using weak language.

If you're trying to build something or become something, own it and speak like you mean it.

6. Stop thinking 'why me.'

On the contrary, confident people think, "Why not me?"

7. You don't need to always be right.

Truly confident people don't mind being proven wrong. They know that finding out what is right is a lot more important than being right. And when they're wrong, they're secure enough to back down graciously and appreciate the lesson learned.

8. Don't talk just to hear yourself

Begging for attention by talking constantly is just another mask for insecurity. Thus, confident people are often quiet and unassuming, and they listen as much if not more than they speak

9. .Don't let success get to your head or failure get to your heart.

Create, enjoy, learn, love, experience, succeed, fail, persevere, make mistakes, make progress, take risks, and find the treasure in each day.

10. Don't hide from new experiences.

Don't let the fear of making the wrong decision prevent you from making any decision at all.

R2L Reminder



Term 3 is Underway! Reminders to help you stay in the Play Zone

- Be on time to class
- Bring a charged device and charger
- Bring a writing utensil and paper
- One device at a time
- Ask first before using any phones
- Use respectful language
- Engage in the learning
- Wear the correct uniform

****Term 3 means winter weather****

Be prepared with warm school uniform items.

Polar Fleecees now for sale!

Be punctual.

Helping My Learner



How you can help your learner succeed

- If you need to contact your learner, please call the office. We have runners to deliver messages.
- Ask to see the work they're completing
- Encourage learners to read. Even if that means putting on subtitles of their favourite shows!

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Student Representative-BOT



Rolleston College is currently seeking nominations for one student representative to join the Rolleston College Board of Trustees. Any student enrolled at Rolleston College full time in Year 9 and above, and under the age of 20, is eligible to nominate, stand for and vote in the school board elections for a student trustee. Be assured a student trustee has equal standing, voice, accountabilities and vote as other board members, but are unable to stand as board chair. So if any students are considering standing and are keen to learn more, please, check out the NZSTA Website or the NZSTA Student Trustee Handbook.

Shortly, nomination forms will be distributed to all eligible voters on our student roll via AKO classes. Candidates will need to review, complete and submit a nomination form with a statement (up to 200 words) and photograph to the returning officer via the drop boxes at Reception on or by noon, Friday 16th August 2019.

Where there are more candidate nominations than vacancies, a voting election will be held. In a voting election, all eligible student voters will receive voting papers with any candidates' statements, including any photographs, on or before Thursday 22nd August 2019. Learners are asked to familiarise themselves with and select their preferred candidate using the voting papers provided. Once completed voting papers can be returned via the drop boxes at Reception by noon on Friday, 30th August 2019.

The highest polling candidate will be elected to the board of trustees, and the election results will be declared on Friday the 6th September 2019.

If learners have any questions please email our returning officer Mrs Hooper on elections@rollestoncollege.nz.

Canterbury District Health Board

For more information, visit www.cdhb.health.nz/teendental



Free Dental Care for Teens Year 9's through 18 year olds.

Kids Matter NZ



RAISING CHILDREN IS A BALANCING ACT!

And we see things differently! Join us at an interactive event to learn new ways of helping your child become their best selves!

To register, visit <https://www.eventbrite.co.nz/e/kids-matter-nz-tickets-62908383669>

Celebrating Learners

Ryley Griffiths aged 13 set to become the youngest male recurve archer in New Zealand history to shoot at the World Youth Archery Championships in Madrid August 2019. What makes this achievement even more impressive is that Ryley is awaiting confirmation from World Archery that he is in fact the youngest in world history to qualify and shoot at this event. This event is for the best Youth Archers in the World within two divisions Cadet (U17) shooting 60m and Junior (U20) shooting 70m, Ryley has qualified two divisions higher to shoot in the Cadet Division, where he will be surrounded by 17 year olds from all over the World and to say he's excited is an understatement. This event will not only give him exposure and experience into World Archery but also his first ever World Ranking.

Ryley first picked up a bow at a "Have A Go Day" @ Ellesmere Archery just over 4.5 years ago, within 2 years he was already focused on making New Zealand Teams with that dedication paying off last year when he shot for New Zealand against Australia at the Trans-Tasman Challenge bringing home a selection of medals, then just 3 months later he was selected again for World Archery Oceania's in New Caledonia, shooting up one division to come 4th.

Ryley is now coached by Petra Baker under the Archery Coaching Institute of NZ based at Aimtru Archery in Mandeville who will also be joining Ryley on the line in Madrid as Coach of the New Zealand Team. On their return from Madrid, training will begin again immediately at 70m as Ryley prepares for both Senior World Cup and Oceania selection for 2020 another step closer to Olympic selection.

PARENT EDUCATION WORKSHOP / PRESENTED BY AMY JONES

FAMILY ZONE'S INNOVATIVE CYBER SAFETY PLATFORM

**Thursday 22 August
7 - 8pm
at Rolleston College**

Topics to be covered:

- Why parental controls are important and how to mentor children, not just monitor them to make responsible choices when using social media
- Dangers of being able to access adult content
- Cyberbullying
- The gamification of apps
- Minimizing distractions, and setting routines to ensure enough sleep is being had



This free event has been organized and funded by the Hāga peka o Teuwharekākaha Kāhui Ako



Two of our Year 11 learners have just become the latest history makers here at Rolleston College. Reuben Cassie and Kaitlyn Moore are the first two learners at the College to achieve their NCEA Level 1 Qualification. To achieve this qualification so early in the year is a great achievement and we are very proud of both of them. What is particularly interesting about these two particular individuals though is the nature of their achievement.

In 2016 when Reuben was interviewed prior to commencing secondary school he spoke about his passion for filmmaking and editing. This was an interest he had developed in his time at Clearview Primary and was keen to pursue. What Reuben has been able to do over the last two and a half years is to use Quest projects and other opportunities to continue to develop his skills in this area to the point where he has been able to attain Level 1 credits for some of his edited films. In other words he was able to gain NCEA acknowledgement as a result of being able to pursue his passion. The fact that he has already gained a Merit endorsement at Level 1 indicates that the quality of the work he has produced is very high.

Reuben has used this passion to springboard his success across all curriculum areas and so his Level 1 qualification contains breadth as well as depth.

The College is very proud of Reuben he has continued to attain at school while remaining the dignified, humble young man that joined us in 2017.

Kaitlyn also joined us from Clearview in 2017. She not only has her Level 1 but she has also just gained her Level 2, a unique achievement for a learner who is only half way through her first senior year at secondary school. Kaitlyn has a passion for the farm and the agricultural sector. It was obvious that school was a stepping stone to her, already mapped, career path. To facilitate this the school supported Kaitlyn as a dual enrolment learner, where she divided her time between her studies here and attending the National Trades Academy where she has worked on her New Zealand Certificate in Primary Industry Skills. She has excelled on this course whilst maintaining a high level of academic success in her school based programme.

Kaitlyn has used her personal drive and ambition to enable her to succeed at two quite different educational institutions and we are proud of her commitment and determination as she pursues her goals.

Both of these outstanding young adults are a shining example of how learners can thrive when their learning is personalised and where they are able to pursue their passions and have their learning built around both of these concepts.



MAKING HISTORY ONE CREDIT AT A TIME

WHAT'S HAPPENING AT ROLLESTON COLLEGE



On Thursday the 25th of July the Let's Make Money business class had a special presentation and Q&A with the Mayor Sam Broughton as well as Phil Millar and Dylan Robinson who are both landscape architects working with the council on the future town project group. This was mostly about what the future will look like in terms of new and exciting public and commercial spaces and how these new spaces are being planned with the community and environment in mind and crucially how these proposed new developments will impact existing and future local businesses. It was very informative and interesting to find out the council's plan for the future of Rolleston. The class had many questions for the speakers ranging from queries about the effects on existing commercial spaces to wonderings about the general logistics of the project (how long it's going to take etc.). It was incredibly informative and interesting and we would like to thank Sam, Phil and Dylan for taking time out of their busy schedules in order to pay our class a visit and explain the future of our town to our towns future.

WHAT'S HAPPENING AT ROLLESTON COLLEGE



Saki and Daneille Galway took 7 yr 11 Pasifika and Filipino learners to Hillmorton High School to meet with some of their Pasifika learners. We watched a performance, networked, talked about what it means to be Pasifika and Filipino, and how we can support and celebrate that in school.

Scared Scriptless

Last Friday on the 26th of July we hosted a Scared Scriptless night at Rolleston College, where a bunch of hilarious adults performed without a script.

It was a huge success and we raised over \$6000 dollars from raffles, actions, mystery envelopes, tickets for the show and food and drinks!! All the money that we raised is going towards a trip in December where a group of 7 students are travelling around Europe learning about food, history and the culture.

It was a great evening and we would like to personally thank everyone that came along on the night as well as the parents that helped on the night and also the parents who helped organise the event, we would also like to thank all our sponsors especially our Gold Sponsors : Tyre General, Escape Artists, Hello World Travel, F45 Training, and The Outdoor Space



International Students

New international students welcomed to Rolleston College

This term we have welcomed our first group of international students who are studying with us for a short period. We have Wenze, Nicole, Fido, Kevin, Liam, James and Jack from China and Rin from Japan.

Most of these students are staying with local families and enjoying this insight into kiwi hospitality. The international students are all paired with student buddies and are attending lessons and taking part in sports activities and trips too.

Kevin said "the teachers here are kind and friendly and there is more free time than in my school in Hong Kong. There is much less homework here!"

Jack said "I like Maths and I am enjoying DVC, we are learning how to do grid enlargement."

Nicole said "the food is quite different here, it is nice. The Maths is easy. It is more free here and I like this school and this country. It's not that cold in winter. Everybody in my homestay is friendly to me."

Wenze said "I went on a school trip to Orana Park, it was good fun. I have made a lot of new friends. My homestay is very good; I like the food. We all have dinner together and talk about our day. On Sunday I worked on their farm planting trees."

We are looking forward to welcoming more international students in the future and we enjoy the contribution that these students bring to our school culture.

Annie Mansfield



International Students



Getting
Involved



Character Strengths in the Spotlight

Character Strength Roadshow
Learner Exhibition Night - Tuesday 24th September - 5 PM

Your character strengths are the qualities that come most naturally to you. Everyone possesses all 24 character strengths in different degrees, giving each person their uniqueness. At Rolleston College we believe in using 'strengths' as the starting point to enhance learning, manage & overcome problems and improve relationships.

Come along to our learner exhibition night this term where learners will...

- Showcase each character strength
- Help you find out what your character strengths are
- Tell how you can use your character strengths and how we use them at school

Perseverance Love
Creativity Perspective Spirituality
Forgiveness Zest Bravery Humility
Gratitude Prudence Judgement
Leadership Love of Learning
Curiosity Appreciation of Beauty & Excellence Honesty
Humour Teamwork Kindness
Self-Regulation Social Intelligence

Discover your character strengths by visiting www.via.character.org and take the free scientifically VIA survey

VIA INSTITUTE ON CHARACTER

To find out your top character strengths, visit www.via.character.org