



16th February 2018

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Upcoming Events:

- Mon 19th Feb Bus monitor training
- Tuesday 20th Feb School Photos
- Wed 21st Feb Athletics Day
- Thurs 22nd - Fri 23rd Feb Mobile Dental Clinic Fairlie Primary
- Sat 24th-Sun 25th Feb Rail Trail
- Sun 25th Feb Aoraki Touch Tournament Yr 9-13
- Wed 28th Feb Swimming Sports

Principal's Message

Dear Students, Parents, Staff and Community

Technology use is booming at Mackenzie College with our Year 9 & 10 students bringing their own devices and our seniors keen to voluntarily follow suit. With it brings a whole range of benefits for our students and their learning, but it also brings a wide range of challenges that can have a negative impact on our student's wellbeing.

At a recent assembly, we discussed three things to watch out for - balance, social interactions and sleep deprivation.

- * Balance: the danger of having another device on hand is that it can increase the amount of time that students can justify being glued to it. Students are encouraged to plan out and partition their device use so they build face to face social interactions and physical activity into their schedules.
- * Social interactions: the value of leaving all devices behind when engaging in social interactions was discussed. We didn't mention the word 'addiction', but did discuss that if you cannot leave a device behind when you do something with others, it is probably not a sign of healthy device use.

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Principal's Message (cont)

- * Sleep deprivation: we talked about the value of turning all devices off well before planning to go to sleep. No screen time for at least an hour before bed is recommended. The reason is that all digital devices emit frequencies of light that convince our brain that it is still daytime. Therefore our brains need a good gap between viewing the device and going to sleep. The students were encouraged to charge their devices (phones included) outside their bedrooms to discourage picking them up in the night and disrupting their sleep patterns.

It is a new world out there, and our children are having to learn new techniques to keep themselves safe and healthy. We encourage all parents and caregivers to discuss these three recommendations with their children to decide if they are relevant to your household.

Jason Reid

Principal

Lost Property

- * Yellow Tupperware drink bottle
- * Black puffer jacket
- * Navy blue bucket hat
- * Red and white Tec brand bike helmet
- * Blue & white umbrella / purple umbrella
- * Black 'Active' jacket size S
- * Yellow and white bowl left from School picnic
- * Brown leather wallet
- * Silver necklace, Maori design on a black leather cord





NCEA Information

Ordering NCEA certificates

If you want to order NCEA certificates, you can do this through your NZQA login. These certificates will not be automatically sent to you, so you need to login and order them.

Use the following process:

1. Log in to the NZQA website
2. Click 'Order Documents' on the left hand side of the page
3. Tick the certificates you want to order
4. Click 'Next'
5. Confirm your postal address and your email address
6. Choose 'Standard post' (free) or 'Courier' (\$5 / certificate)
7. Click 'Next'
8. Confirm details
9. Click 'Next'
10. Your order will now be complete and should take 10-15 days to arrive. You can print off a confirmation if you wish

NCEA Guide: Mobile App

To help parents and employers better understand NCEA, NZQA has developed an app designed for mobile devices-phones and tablets.

Called NCEA Guide, the app is for parents, whanau and employers and provides quick and easy access to key information about NCEA.

NCEA Guide includes key content about the structure of NCEA, how the qualification is used after studying, how credits work, and how endorsements are earned. Users can also choose to view the content in English or Te Reo.

Importantly, parents and whanau can also get information about how they can support family members studying towards gaining their secondary school qualification.

For employers, content focusses on what they can expect to see when job candidates show them documents detailing their qualifications and what they have studied.

The NCEA Guide App is free to download - get it now from:



Or





Senior Student Handbook

All Year 11-13 students were given their copy of this very important booklet last week. The staff went through the various parts of the booklet which includes detailed notes about how assessments are carried out and the guidelines we have to follow.

Some key points include:

- * Students making sure they know all the details about assessment. This includes the due date and any milestones along the way, the type of assessment and what they need to be able to do to be successful.
- * The importance of being present at school for assessment days. Extra time is only given in special circumstances.
- * Making use of the online information that students can access about their progress on the school portal and on the NZQA website.

In addition, the school procedures and expectations around senior student behaviour are also provided.

For those students leaving at the end of 2018, there is information about school testimonials and details of the scholarships available.

Sue Mitchell

3DLE

The selection sheets were sent home on Thursday and are due back at school by Tuesday 20th February.

School finishes at 1.30pm on Friday 23rd March and parents are asked to indicate on the selection sheet whether or not their student will be staying at school until 3.15pm that day.





Coast to Coast



Left to right: Amber Gallagher (Biker), Joe Mould (Kayaker), Marcia Adams (Runner).

Mackenzie College entered a mixed school team in the 2018 Coast to Coast.

After two days of biking, mountain running and kayaking 243km, the team finished in a time of 15 hours 52 minutes and 18 seconds and were placed 2nd ahead of Mt Hutt College by 10 minutes.

They had great support with training and experience from Alistair Holmes (who also competed) and Kim Jordan. A huge thank you to them and all other supporters.





Free Microsoft Software

Mackenzie College subscribes to a scheme which grants our students access to free Microsoft Office software for their computers and other mobile devices. All you need is access to the internet and your student email address.

Just follow these steps:

1. Visit Office.com/GetOffice365
2. Sign in with your Mackenzie College email address, eg. username@mackcollege.school.nz
3. Follow the instructions until you get to the installation page
4. On the installation page look for the Install Office Apps button. Follow the download and installation instructions from there.

You can also download the Microsoft apps for Android and Apple devices, then sign in using your school email address to access full editing rights.

Jason Reid

Athletics Day

Mackenzie College 2018 Athletics Day will be on Wednesday 21st February.

First events start at 9.30am and all parents are welcome attend.

Students are to wear either PE uniform or house colours for the day.





Student Planners

The manufacturer of your children's planners produce some items for parents to consider as they help their child make good use of their planner. Here is an item that relates to what's in the planners over the coming fortnight:

Parent Wellbeing: The shadow side of a strength is when you underuse, misuse or overuse it. For three of your strengths describe a time you used them on the shadow side. When students enjoy honest and caring relationships with their families and friends, they are:

- happy in themselves and able to look for the good in things they are doing
- in a position to make the most of teamwork
- socially connected and have a sense of belonging. Well-functioning families and friendship groups look for what they are doing well.

A great exercise is to do the free Character Strengths Survey at www.viacharacter.org. Then each person will know their signature and top supporting strengths. Conversations can then be about how they can use their strengths together to achieve what they set out to do. Doing this creates growth mind sets. Receiving and accepting feedback from family and friends on how they are travelling enables students to self-assess and then set process self-expectations for themselves. They need regular developmental, non-judgmental feedback. The adolescent brain is a turbulent place, with the good decision making-centre, the pre-frontal cortex, not completely wired up: As such, while they can create emotions just like adults, they don't yet have the capabilities to consistently control them. This often leads for any feedback to be seen as criticism.

"A loving heart is the truest wisdom." Charles Dickens

Peer Support



Our Year 7 & 8 students have now completed three sessions with our peer support leaders. It is great to see the relationships that are being built between our seniors and juniors. We have an incredible group of Year 13 students stepping up to help our Year 7's transition into College life.

Sam Nelson





NCEA Endorsements 2017

In 2017 34 Mackenzie College students gained a merit or excellence endorsement in NCEA. This is nearly half of all students in Year 11-13.

The Year 11 and 12 recipients are pictured here.

The Year 13 leavers who are not included in the picture are Shannae Duffield, Ben Everett, Megan Hay, Tara Marshall, Peggie Barnes, Ashley Davies and Joel Adams.



PTA AGM

Monday 12th March 7.30pm in the Soft Technology Block.

We urge you to come along and hear what we are up to and to consider joining this very positive and active group of parents.

The meeting will be followed by dessert.

Sue Mitchell

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