

*Issue 2nd July 2021*

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### Upcoming Events:

Thurs 8th July Inglewood High Rugby Game

Fri 9th July Last day Term 2

Mon 26th July First day Term 3

Wed 28th July Snow Sports starts



## Principal's Message

Kia ora te whānau,

He hauora te taonga — health is wealth

Earlier this week we published a quiz on vaping on our school Facebook page. The aim of doing this is to raise awareness of vaping and its place in our society. I strongly urge parents and students to check out this quiz and its host site: [www.dontgetsucked.in.co.nz](http://www.dontgetsucked.in.co.nz)

I normally avoid making provocative statements but will make an exception when it may result in preventing harm to our children and young adults. Here's my statement - there's a reason why big international cigarette companies ('Big Tobacco') are investing heavily in the production and promotion of vaping devices and liquids. They make huge money off selling addictive products. We also know that their primary concern is for profit and the wellbeing of their customers is disregarded - look at their long history of suppressing and delaying the release of information about the harmful nature of their wares. But now they are looking for an alternative nicotine delivery mechanism, one that is marketed to attract and addict an increasingly young customer base.

Vaping is not harmless. Don't wait - check out the 'Don't get sucked in' website today.

Kia pai tō rā whakatā, have a good weekend!

Jason Reid

Principal



## SISS Swimming Champs

Congratulations to Emma, Kaleb, Kaia and Molli who recently competed in the SISS Swimming Champs.

These students have done well as our local pool closed mid-March and parents have been taking them in to train each week, as well as playing their winter sports.

Boys 14 years:

Kaleb O'Neill - 6th 50m Free, 7th 100m Free, 7th 50m Fly, 8th 50m Breast, 9th 100IM

Girls 17 plus years:

Molli O'Neill - 4th 50m Back, 6th 100 IM, 6th 100m Free, 6th 50m Fly, 7th 50m Free

Girls 15 years:

Kaia McKenzie - 6th 50m Free, 6th 50m Back, 6th 100m Breast, 9th 50m Fly, 9th 50m Breast

Girls 13Yrs

Hope Herrick - 11th 50m Back, 13th 50m Fly, 15th 100m Free, 15th 50m Free, 19th 100IM







## Rural Health Sector Day



## Rugby is Back!

1st XV Rugby is back!!!

Come and support our team: **Mackenzie College 1st XV Vs Inglewood High School 1st XV (Taranaki)**

Kick-off - 1:30 pm Thursday 8th July at Mackenzie College (school field).

Friends and family welcome to attend.

We are still on the lookout for some families to host billets for two nights (7th and 8th July)

If you are able to help can you fill in the google form

<https://forms.gle/5dLfyyKKt6Xi67jT7>





# Student Planner

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*The manufacturer of your children's planners produces 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:*

Most students will experience uncomfortable times during their schooling, where they feel pressure from learning demands, relationship issues, and concerns about their own self-image. This is negative stress, called distress. It causes anxiety, anger and depression to drain emotional energy and raise self-doubts to focus on negatives. It can be overcome by encouraging students to act immediately to use coping strategies to self-calm themselves and share their concerns with one of their champions. On the other hand, there is positive stress, called eustress. This supports their emotional wellbeing through feeling frequent positive emotions. This is good stress and it supplies the energy to enjoy life, be optimistic and to be hopeful for the future.

Distress signals fall into three categories, which when combined, affect your state of wellbeing:

- Physical: trembling, dizziness/headaches, skin disorders, pounding heart, breathlessness, tiredness.
- Emotional: anxiety, anger, depression, ill temperament, panic, lack of interest/boredom.
- Behavioural: disturbed sleeping patterns, frequent distraction, forgetfulness, abnormal eating habits.

An excellent strategy, which raises self-awareness when distress is starting to creep up, is to draw an outline of your body and write in the warning signals where you feel them. When you notice them, pause, take a deep breath, and begin using self-calming approaches such as mindfulness activities and colouring in.

## **3DLE - Important Message!**

The Aoraki Principals have decided that the Accord day (Teacher Only Day) that was scheduled for Tuesday August 10th will now be held on Friday August 13th.

This does mean that our 3DLE will now run from Tuesday 10th -Thursday 12 August.





## Visual Art

Kauri started their 13 week module of Art this term. We began by learning about cartoon drawing, where they got to invent their own character and learn some drawing techniques. They have just finished 'The Mighty Mackenzie' Landscape Painting topic.

Year 9 Ake Ake and Ngaio classes recently enjoyed creating a plaster cast of their hand, which they then painted a tattoo design on.

Year 10 Miro are just finishing up a Photography unit where they were introduced to Photoshop techniques and got to experiment with the DSLR cameras.

Our senior class is a close-knit, super talented group of enthusiastic young artists! They are working in a number of fields: painting, print-making and photography, and are all working hard towards completing their NCEA folios.

# *The Arts* **@ Mack College**



## Performing Arts

Rimu have just finished working on perfecting the technique of chorus as part of their basic skills training and are about to move on to masks and mask making.

Ngaio are working towards a group performance piece. They have been randomly put into groups to work on effective communication while linking their work back to the 9 key elements of drama.

One of these performances is a 'whodunit', while in the other the group works together to take over the world.



## Music

Year 7 & 8's have been working hard on ukulele. So much grit has been shown in the learning of difficult chords. The improvements being made are a direct reflection of this.

Year 9 & 10's have formed a band, and we are working at putting together a performance set.

Each Music class begins with a listening exercise that gives students the ability to learn multiple elements of music in an analytical context.





## Effort Grades Term 2 Weeks 7-8

Dobson	Cassie Anderson Sam Cassie Cameron Dobbs Emily Foote Briannah Hadfield-Broatch Katsuto Ikai Stella Lang Rhiley Reid Phoebe Wilson	Danielle Ball Nathan Clarke Daniel Dobbs Christopher Guiney Kaitlyn Hawkes Hamish Johnson Eshaa Pasaol Xarnie Reihana	Jack Cassie Thomas Crawford Phostina Folau Emma Guiney Maggie Holtham Brisea Lagos Eshee Pasaol Marcus Wilson
Godley	Gus Biggs Ciaran Guiney William Heap Fletcher Hurst Ben Jordan Carys Lloyd-Forrest Meg Murdoch Hamish Ryall Akeila Tong	Josh Boon Katrina Guiney Rewan Hignett Jack Ineson Blake Jordan Caleb Marris Courtney O'Neill Jessica Ryall Carter Wakelin	Rebecca Boon Amy Hay Talen Hignett Olivia Ineson Luke Jordan Abbigail Murdoch Eden Prosser Zak Smith
Macaulay	Elizabeth Bates Hayden Divers Maya Edmondson Hope Herrick Ashlynn McOsker Te Mighty Mita Dequila Peaks	Hannah Bates Avis Dutt Declan Gardner Millie Howat Isabelle Miles Courtney O'Leary	Hudson Berge Isamu Edmondson Patrick Hargreaves Johnny McCabe Nick Miles Molli O'Neill
Tasman	Liam Brown Jamela Gorospe Mac Holmwood Oliver Jones Kaia McKenzie Payton Raj Archie Waymouth	Ethan Fallen Evelyn Holden Lilley Johnson Sophie Kerr Willow Peake Cecilia Schaefer George Waymouth	Annabel Geary James Hollows-Booth Oscar Johnson Charlize McKenzie Brock Potter Breanna Scott Mackenzie-May Woodrow

Congratulations to Emma Guiney, Dobson; Caleb Marris, Godley; Hannah Bates, Macaulay; Ethan Fallen, Tasman; who won vouchers.







## Dental Care during the School Holidays

The Community Dental Service will be providing dental care for children enrolled with our service during the upcoming school holidays. The clinics will offer check-ups, treatment and relief of pain sessions by appointment only. To make an appointment please call/email our Contact Centre which operates between the hours of 8am and 4.30pm, Monday to Friday throughout the holidays.

The following Dental Clinics will be open during these school holidays:

- Aranui Clinic, 240 Breezes Road, Aranui,
- Burnside Clinic, 96A Memorial Avenue, Burnside,
- Timaru Clinic, Level 1, 18 Woollcombe Street, Timaru

The clinics will offer appointments between 8.15am and 4.45pm for school-age and preschool children. If your child has dental pain because of an accident, please contact your dentist in the first instance.

To book an appointment at one of our clinics please: call 0800 846 983

Or email [commndental@cdhb.health.nz](mailto:commndental@cdhb.health.nz)





**MACKENZIE COLLEGE**

ARA O TE TIKI - THE PATHWAY TO WISDOM



**MĀNĀAKITĀNGA**

KINDNESS AND RESPECT



**ASPIRE**

WAWATA



**GRIT**

NIWHA



**INTEGRITY**

TIKA



**CREATIVITY**

AUAHA

**MANAAKITANGA - ASPIRE - GRIT - INTEGRITY - CREATIVITY**