

# MACKENZIE COLLEGE

## NEWSLETTER

Issue 24th September 2021

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### Upcoming Events:

- Mon 27th Sept South  
Canterbury Anniversary
- Tues 28-Fri 1st Oct Spirit  
Week
- Thurs 30th Sept Senior Parent  
Teacher Interviews
- Fri 1st Oct End of Term 3
- Mon 18th Oct Start of Term 4



## Principal's Message

Kia ora koutou,

Welcome to our first post-lockdown newsletter! The last few weeks have seen a buzz of planning and re-organisation as we work out which events can be postponed, which get remodelled and which end up cancelled in an Alert Level 2 environment. I want to take the opportunity to thank our school community for the patience and support displayed as we make this myriad of changes.

As we continue to encounter new, unexpected challenges, it is impressive to see the diversity of ways students and staff show their strengths in helping themselves and each other. These times also bring to light those challenges that seem to be insurmountable.

Here's an excellent whakatauki to reflect upon if we're suffering under the expectation that we can excel at everything:

He riri anō tā te tawa uho, he riri anō tā te tawa parā.

The functions of the heartwood are one thing; those of the sapwood another.

Just as a tree needs strength (heartwood) and nourishment (sapwood), our community needs the diverse talents of its members. In tough times we must rely on the strengths of ourselves and the strengths of others.

Kia pai te rā whakatā  
Jason Reid



## Spirit Week

Start getting organised for Spirit Week next week!

**Tuesday 28th September**, Dobson: Theme *Tradies*; Game *Battleships*; Charity *UNICEF*.

**Wednesday 29th September**, Godley: Theme *Celebrities*; Game *4-way dodgeball*; Charity *Farmstrong*.

**Thursday 30th September**, Macaulay: Theme *Dress up as teachers*; Game *Capture the flag*; Charity *Star Jam*.

**Friday 1st October**, Tasman: Theme *70's and 80's*; Game *Waterslide*; Charity *Westpac Helicopters*.

The house leaders are working hard behind the scenes to make Spirit Week a huge success. This event is unique to Mackenzie College and we want all students to be creative and get behind the themes.

Every student is required to either bring a gold coin per day or \$4 for the week. (A family pays a maximum of \$8 no matter how many students).

The house that earns the most points from dressing up and winning lunchtime activities, collects all the week's money and it goes to their chosen charity. (These will be announced at assembly).

Sports gear will be required on all days for lunchtime activities. Tasman's day is the water slide. This is not compulsory, but most of the school takes part. Suitable clothing for this activity is expected.

## Young Gardeners' Club

A big thanks to Andrew MacDonald for spearheading the Young Gardner's Club. This week we learnt about sustainable gardening practices and had a tour of the awesome community gardens. We finished our lunchtime activities with the start of our own horticultural endeavours by planting lettuce, cabbage, fennel, beetroot, parsley and spring onion seeds.

We will keep you updated with how the project grows!







## NCEA Exams

To be ready for your digital exams you need to have done the following:

Signed into NZQA and set up your password etc. If you are not sure how to do this check with your teacher. The school does not have access to your NZQA account so it is up to you to do this and remember your password.

Checked that your device works with the NZQA software any problems with this you need to tell your teacher straightaway.

## Breakfast Club

The StartWell Breakfast Cafe has been up and running this term. We had really got into the swing of things, with many students arriving each morning for breakfast or a top up before school, then Covid unfortunately locked us down again. We're back up and open again and have a few new offerings now. We start next week with a regular 'Waffle Wednesday' and on Monday's will have barista hot chocolates available.

I'd like to thank all those who have so generously supported us, especially Charlotte Steetskamp, Pete and Steph Wakelin, Heartlands, Farmers Mill and Mackenzie College PTA. Together with the regular support from Sanitarium and Fonterra we are able to provide this for our students. I'd also like to thank the staff and Year 13 students who assist every morning.





# Mackenzie College Sports Colours

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This term, nominations are being called for the Mackenzie College Sports Colours. Students need to nominate themselves and then go through the selection process with the Awards being presented during the Final Assembly and Prize Giving. Please read the following for further information regarding the guidelines for nominations. Nomination forms are available at the school office and are due in by Friday 22nd October. No late nominations will be accepted.

## **Rationale:**

The recognition of outstanding performance and responsibility reinforces our School Values of Manaakitanga, Aspire, Grit, Integrity and Creativity.

## **Purposes:**

1. To recognise students Yr 9-13 in their achievements at the highest level.
2. To recognise personal responsibility.

## **Guidelines:**

1. Nominations for Sports Colours will be collected at the end of week 1, term 4.
2. All Colours will be awarded at the discretion of the Principal.
3. Colours are awarded in extra-curricular sporting pursuits.
4. A student must fulfil the requirements of all four criteria to be awarded Mackenzie College Sports Colours, unless there are extenuating circumstances.

**Criterion 1:** *Has represented Mackenzie College (if team available) and performed in the top team available for at least two years. Students meet the criteria specific to their sport.*

**Criterion 2:** *Takes responsibility for the development of their own ability to perform by training regularly, attending set practises and putting in a full effort at all times.*

**Criterion 3:** *At all times displays a positive and supportive spirit and is a good role model in their area of expertise.*

**Criterion 4:** *Demonstrates a very high level of skills which has where possible enabled the student to gain higher honours.*





## Senior Parent Teacher Interviews

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Due to the interruption caused by the recent lockdown we have had to re-think and re-schedule our reporting and conferencing timeline.

For year 11-13 students we will be holding Parent Teacher Interviews on **Thursday 30<sup>th</sup> September**. Our teachers will be available from 3.30-8pm to discuss your students' academic progress. These interviews will focus on the important next steps required by each student leading up to the end of another unusual year.

Because of the tight time frame, we will not be sending out written reports but after the interviews we will publish teacher comments from the interviews on the Kamar portal. (Please contact school if you have issues with accessing the portal. Passwords were sent out during lockdown)

To book an interview please go to [school interviews](https://schoolinterviews.co.nz) (schoolinterviews.co.nz) and use code **hkask**.

Choose the staff members and times that suit you.

If you have any issues with this, please contact the school office and we can help you make your bookings.

School practice exams for Yr 11-13 students have been scheduled for week 2 of Term 4 (October 26-29)

We are looking forward to seeing you at these interviews.

Denise Dooley

DP Curriculum

## Student Planners

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At times, all students experience tense feelings and anxious thoughts about their progress, their workload, maintaining their study performances and peer group issues. Their bodies often respond with distress signals. These include tension in their necks and backs, quickened and shallow breathing, hot facial flushes and disrupted sleep patterns.

Teaching them emotional "off ramps," self-calming breathing, and other coping strategies, enables students to reduce the intensity of such negative feelings, which boosts their wellbeing and social-emotional resilience. An effective technique for achieving this is deep breathing while concentrating on purposeful, kind and loving things. They can do it anywhere and anytime they have a spare five minutes.

Teenagers often don't act immediately when they feel their emotions strengthening, and as a consequence, find themselves extremely stressed and anxious. Prevention in these circumstances is much better than cure, so suggest acting immediately with them when they are calm and relaxed. There are two techniques for breathing described in students' planners/journals which will very quickly relax them and prompt more optimistic mindsets.

Try them yourselves. Thinking about people and things close to their hearts will distract their amygdala's from their pressing issues and put their rational minds in charge of their thinking. It also increases their oxygen intake and blood flow to the brain which promote clarity of thought.





# PB4L Assembly

Dobson A	Dobson B	Godley A	Godley B
<b>Manaakitanga</b> Cassie Anderson Phoebe Wilson Phostina Folau	<b>Manaakitanga</b> Sam Cassie	<b>Manaakitanga</b> Rekko McCambridge	<b>Manaakitanga</b> Ella Andrews Leighton Murrell
<b>Aspire</b> Cassie Anderson Phoebe Wilson Rhiley Reid Thomas Crawford	<b>Aspire</b> Marcus Wilson Stella Lang	<b>Aspire</b> Caleb Marris Eden Prosser Gus Biggs Rekko McCambridge	<b>Aspire</b> Meg Murdoch Talen Hignett
<b>Grit</b> Eshee Pasaol Hamish Johnson Jack Cassie Phoebe Wilson	<b>Grit</b> Cameron Dobbs Lenny Nicolson	<b>Grit</b> Carys Lloyd-Forrest Isaac Ryall	<b>Grit</b> Amy Hay Annabelle Gibson Courtney O'Neill Hamish Ryall Lachlan Hurst
<b>Integrity</b> Eshee Pasaol Daniel Dobbs Luke Mackay Rhiley Reid		<b>Integrity</b> Rebecca Boon Fletcher Hurst Luke Jordan	<b>Integrity</b> Amy Hay Ciaran Guiney Olivia Ineson Toby Linklater
<b>Creativity</b> Jack Cassie Katsuto Ikai	<b>Creativity</b> Brisea Lagos Kaitlyn Hawke Marcus Wilson		<b>Creativity</b> Ella Andrews Rewan Hignett







# PB4L Assembly

Macaulay A	Macaulay B	Tasman A	Tasman B
	<b>Manaakitanga</b> Riley Slade	<b>Manaakitanga</b> Byrin Mouatt Matthew Hunter	<b>Manaakitanga</b> Annabel Geary Cecilia Schaefer Charlize McKenzie
<b>Aspire</b> Johnny McCabe	<b>Aspire</b> Isabelle Lett Nick Miles Taya Livesey		<b>Aspire</b> Cecilia Schaefer Mackenzie-May Woodrow Tarn Peake
<b>Grit</b> Ben Slade Hannah Bates Isabelle Miles Johnny McCabe Stefan Gardner	<b>Grit</b> Hayden Divers Hope Herrick Kaleb O'Neill Nick Miles Taya Livesey Thomas Mehrtens	<b>Grit</b> Oliver Jones Olivia Hollows-Booth	<b>Grit</b> Charlize McKenzie Evelyn Holden Mackenzie-May Woodrow Tarn Peake
<b>Integrity</b> Molli O'Neill	<b>Integrity</b> Hope Herrick Luke Hill	<b>Integrity</b> Archie Holden Kaia McKenzie Olivia Hollows-Booth	<b>Integrity</b> Annabel Geary Brock Potter Isaac Scott
	<b>Creativity</b> Ashlynn McOsker Hope Herrick	<b>Creativity</b> Lilley Johnson	





**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**