



Aparima College Newsletter

ISSUE SEVEN: AUGUST 2023



EXPLORING
Hei Tiki
Peyton Haywood
and Maya Wilson

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He kupu mai i te teepu tumuaki (a word from the Principal's desk)

Kia ora e te whānau,

As we find ourselves in the midst of winter, the colder temperatures and shorter days can sometimes make it a bit challenging to stay focused and motivated. However, maintaining a positive and productive mindset is crucial for our students' success. Here are some tips to help our students stay focused during the winter months:

1. **Establish a Consistent Routine:** Encourage your child to maintain a regular daily routine, even during the winter break. Consistency helps create a sense of structure and normalcy, which can aid in staying focused.
2. **Prioritise Sleep:** With shorter days, it's important to ensure your child is getting enough sleep. A well-rested mind is better equipped to stay attentive and engaged during school hours.
3. **Create a Dedicated Workspace:** Designate a specific area for studying and schoolwork. A tidy and organised workspace can minimise distractions and enhance concentration.
4. **Set Goals:** Help your child set achievable goals for their studies. Break down larger tasks into smaller, manageable steps. Celebrating each milestone achieved can boost motivation.
5. **Stay Active:** Encourage regular physical activity, even if it's indoors. Exercise releases endorphins that can help improve mood and focus.
6. **Healthy Diet:** Proper nutrition plays a significant role in maintaining focus. Provide nutritious meals and snacks that include fruits and vegetables, at school, lunches are designed to be nutritious.
7. **Embrace Natural Light:** Encourage your child to spend some time outdoors during daylight hours. Exposure to natural light can positively impact mood and energy levels.
8. **Practice Mindfulness:** Introduce mindfulness techniques, such as deep breathing and meditation, to help manage stress and enhance focus.
10. **Monitor Screen Time:** While technology is an essential part of learning, ensure that excessive screen time doesn't hinder focus. Encourage breaks and diversify activities.
11. **Encourage Hobbies:** Engaging in hobbies or activities your child enjoys can provide a positive outlet for stress and offer a mental break from schoolwork.

(From Healthier Together Schools)

Your support and encouragement play a vital role in helping our students navigate the challenges of the winter months.

Stay warm, stay focused, and stay positive!

Ngā mihi nui,

Aloma Williams
Principal

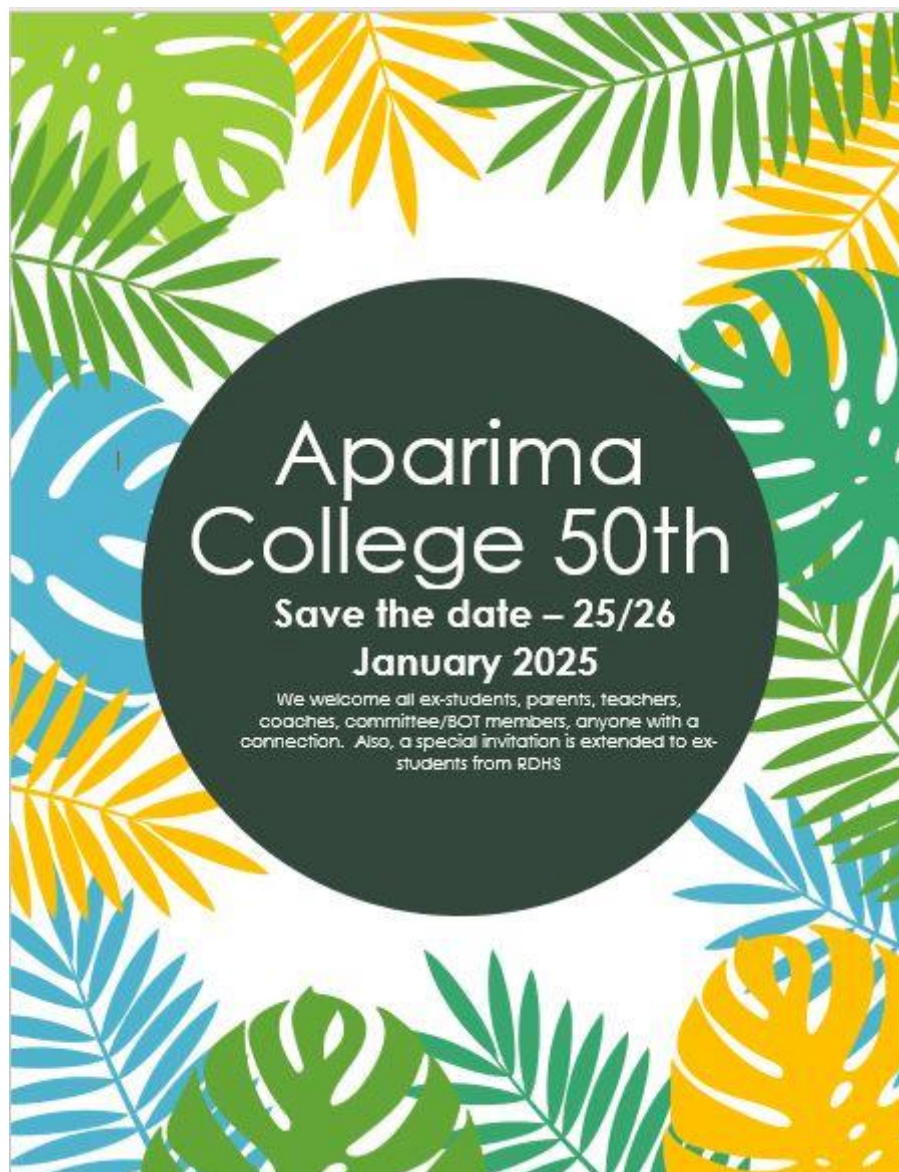
ERO Statement

School Profile Report

Te Ara Huarau is the evaluation approach that the Education Review Office (ERO) is using in our school. This a developmental approach to evaluation where ERO and our school work together over time rather than one off reviews that happened previously. Te Ara Huarau is used in most English-medium state and state-integrated schools.

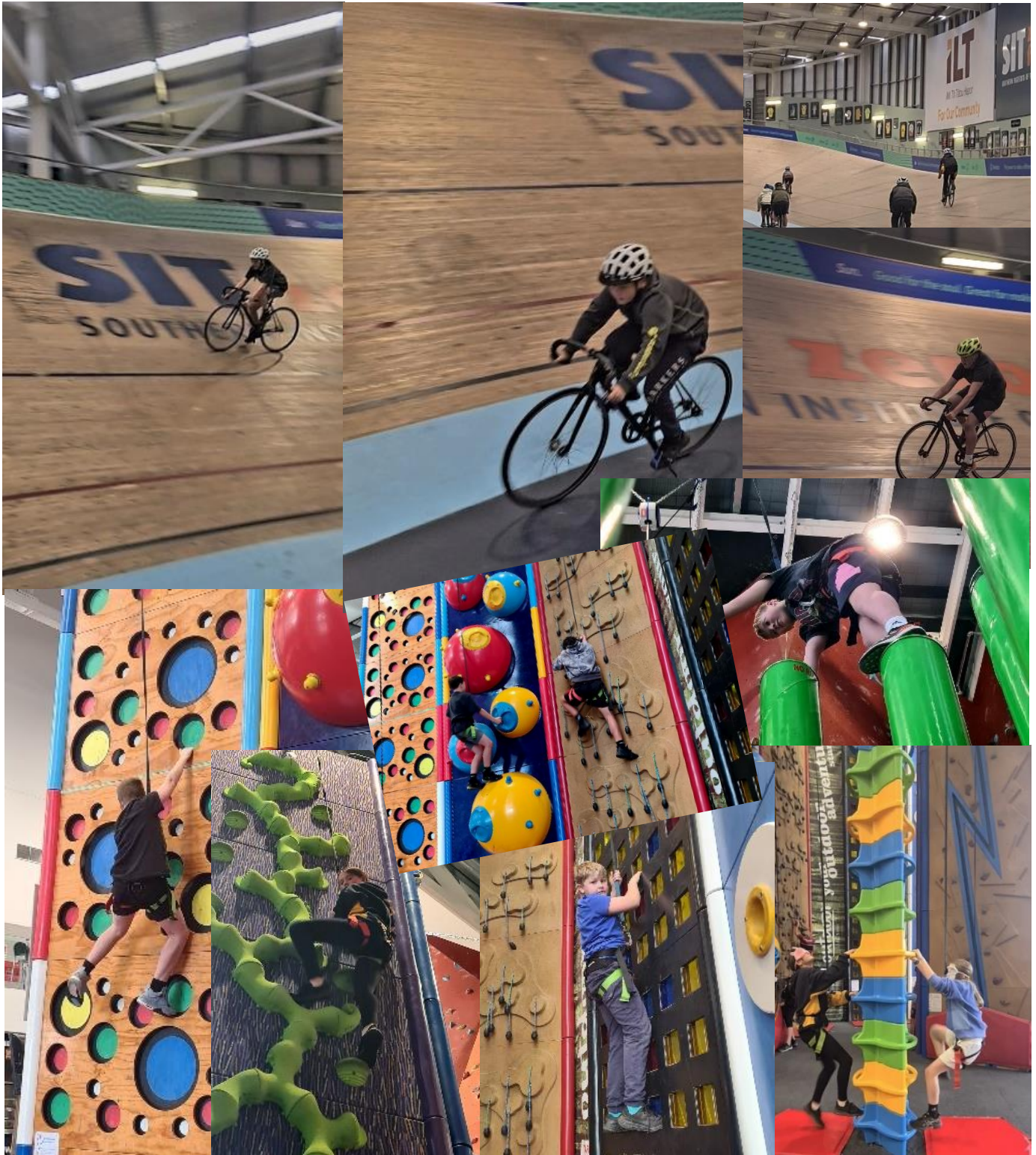
ERO maintains a regular review programme to evaluate and report on the education and care of young people in the schools. Our school worked alongside ERO to write our Profile Report. This type of report will only happen once as part of our initial engagement with Te Ara Huarau. The profile report reflects our strategic goals and a shared evaluation focus one or more areas that are important to us as we work together to improve outcomes for all our learners. ERO, like us, have a strong focus on equity and excellence. Future reporting will show our progress and achievement towards meeting the goals we have set. Public reports like the Profile Report are published on ERO's website.

A Board Assurance Report that shows how we are meeting regulatory and legislative Requirements.



Friday Leadership Group

On Friday, the 4th of August, 22 Leadership students headed to Invercargill for a day out, testing their resilience. They had a go at Clip and Climb before facing their fears and having a go at riding on the velodrome. Many were worried and doubted their abilities at the start, yet all students wanted to go on the bikes the most again by the end. After a lunch pit stop, the students braved the elements and completed an orienteering course around Invercargill with their newly learned map reading skills.



SMAC Maths

The Junior School recently had a SMAC Math class battle. Students armed with pencils, paper, and calculators took to the 50min challenge of solving various problems to earn team points. After calculating the averages, well done to 7/8W, who took out the competition.



Aparima College
Prize Giving - Cups and Trophies
Please return all Cups and Trophies
to the College office
by Friday 22 September 2023

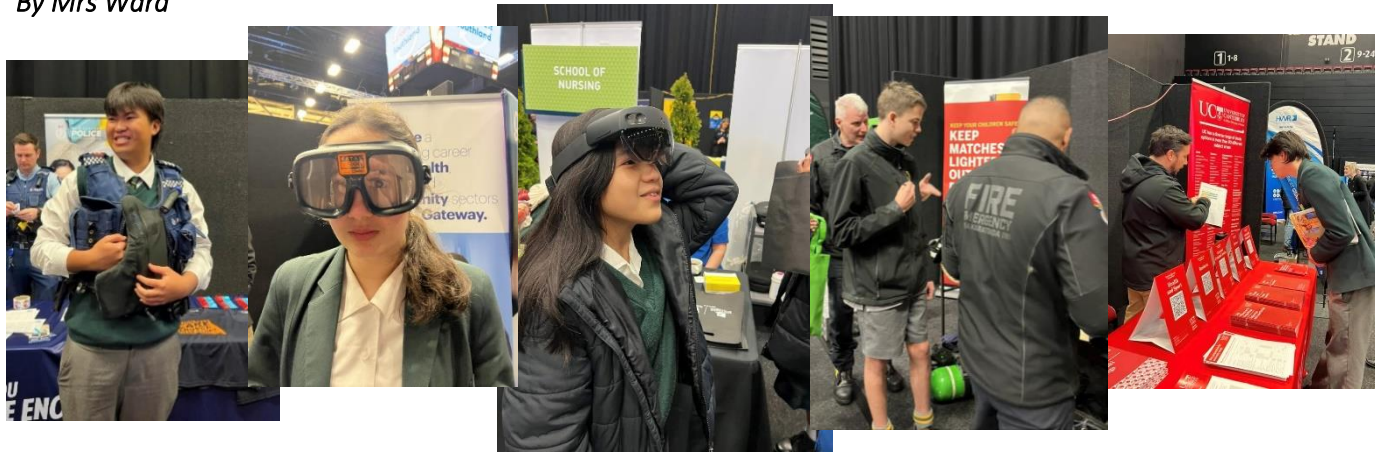
Career Fest 2023

On Thursday the 27th of July all Year 10,11, 12 and 13 students went into Southland Stadium for Career Fest 2023. This was a great opportunity for students to gain information on pathways for the future and provided students with a chance to meet specialists face-to-face and discuss what their organisations can offer.

Our students were able to engage with Education Providers, Industry Training Organisation Specialists, Corporate and Business sector people and Government Agencies.

Our students, as always were great to take out and the stop at MacDonalds on the way home was well deserved.

By Mrs Ward



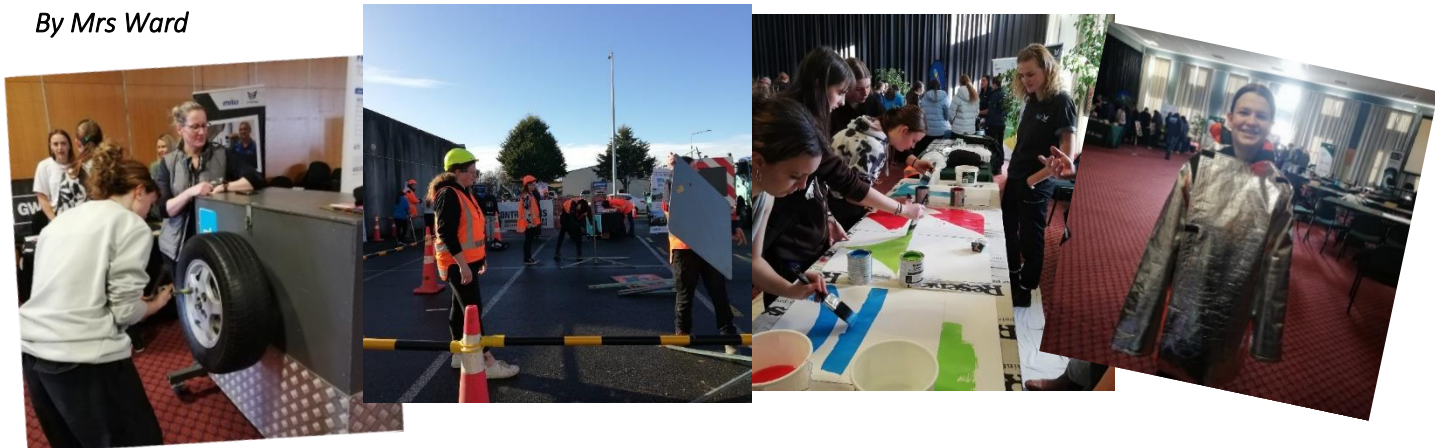
Girls In Trades

The Girls in Trades 2023 programme was an action-packed day! The schedule included:

- Guest speakers who know everything about studying, working and thriving in the trades.
- A panel of young female tradies sharing honest insights about their jobs and the workplace.
- Interactive activities hosted by tradie employers with prizes up for grabs. Give it a go with heavy machinery, tools and more!

Four of our students attended this day at the Invercargill Working Men's Club. This was an opportunity for these young women to experience some aspects of the jobs of tradies. All four girls thoroughly enjoyed this experience.

By Mrs Ward



Friday Writing Group

The Friday writers have had a visitor this week – Rosie the lamb from Mrs Burnett’s farm. Kenzie King has been Rosie’s chief carer, making sure she has enough milk and exercise. Rosie even inspired a story for our ‘Our Story’ shelf. Meanwhile, other Friday writers have been producing impressive original written works and illustrations. Feel free to check these out next time you visit the College Library.

By Mrs Grove and Mrs Burnett 



A helping hand in the Workshop

Some amazing students finishing off a chicken coop and surprised Mr O'Neill by painting his woodwork benches as well as replacing the vice blocks.



Senior Artists

Here are the 2023 ILT competition entries.

Photo by Remy "Untitled".

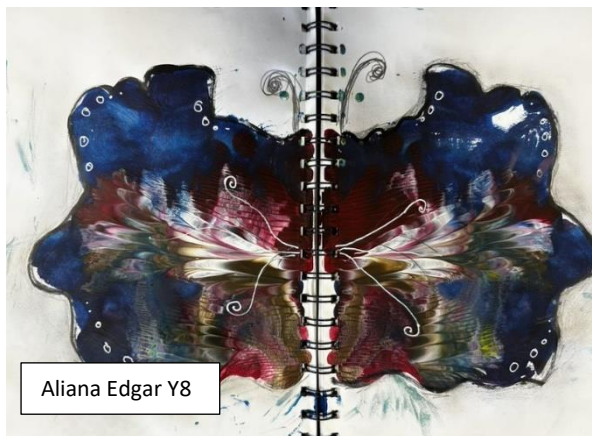


Painting by Samantha called "The Last Breath"

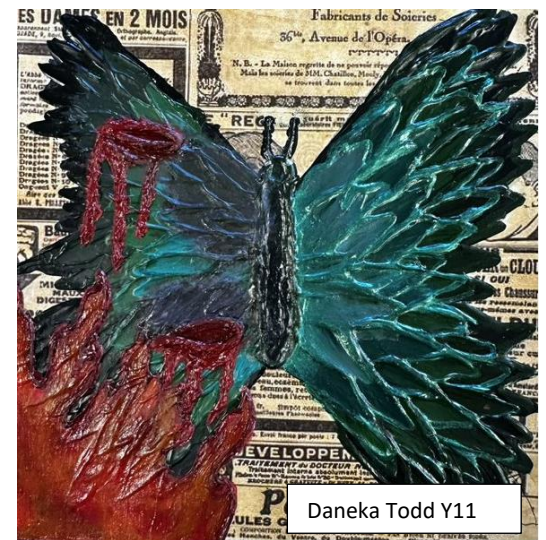


Straight from the Art Room

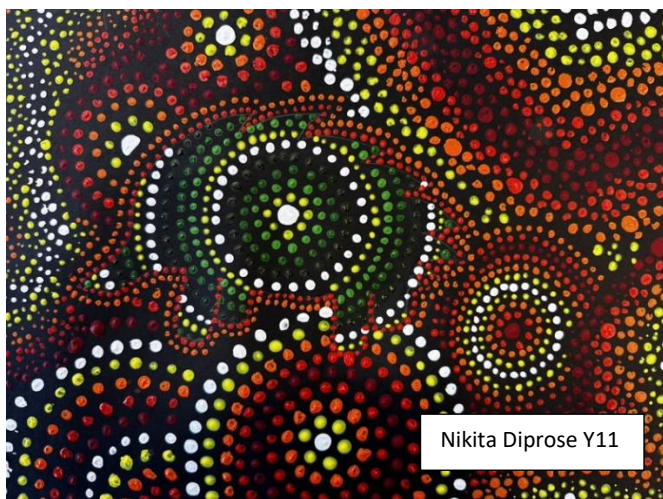
Here is a selection of the awesome work being created by students in their art classes. Techniques students have been exploring include "white on black pen", "Pos/Neg contrast", "Impasto acrylic", "watercolour", "charcoal", "Tritychs" and "oil painting"



Aliana Edgar Y8



Daneka Todd Y11



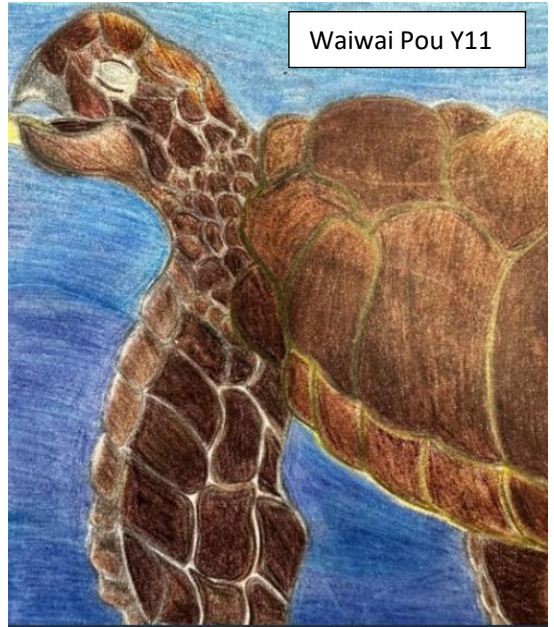
Nikita Diprose Y11



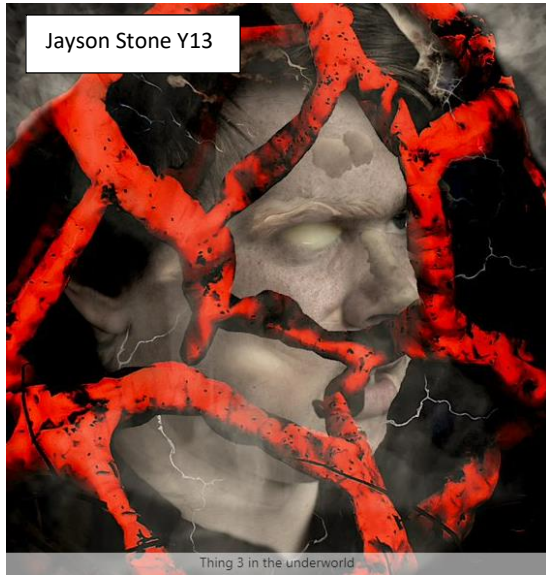
Lilly McKenzie Y9



Milyn Armstrong Y11

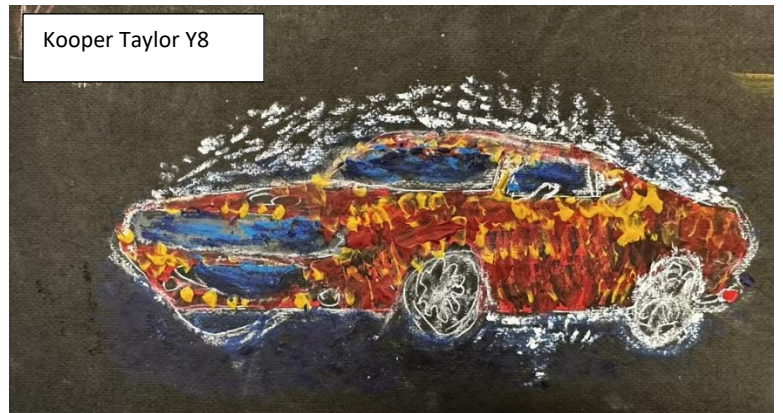


Waiwai Pou Y11

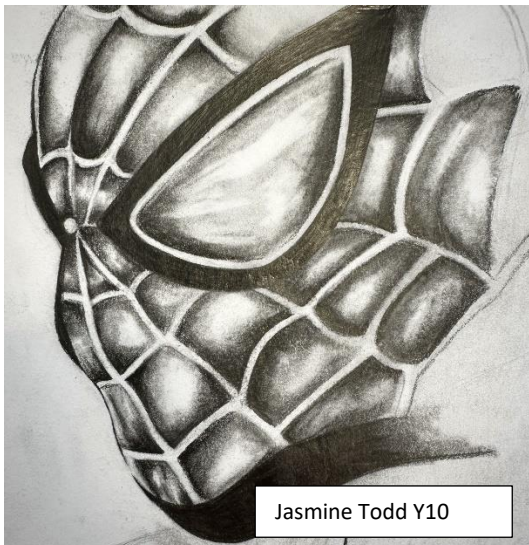


Jayson Stone Y13

Thing 3 in the underworld



Kooper Taylor Y8



Jasmine Todd Y10



Lisa Murphy Y11

Banqer

Banqer is an educational program designed to help you in the new and up and coming future, providing you with virtual CVs, careers, houses, rental properties, money and even tax.



It can help you buy houses therefore helping you manage your mortgage repayments and a variety of other things like your weekly budgeting goals alongside deciding how to get into a surplus, with your digital money instead of a deficit. There are helpful tips and tricks to make you successfully make new bank accounts and close them if need be. These tips and tricks may include videos to visually show you how to learn about certain topics. I think banqer is a really resourceful resource to help you learn about what comes in the near future, and I highly recommend you to try it for yourself !!!!

In my personal experience I enjoyed the ability to choose my career and check into work everyday as well as the responsibilities to pay the required bills on time. The independence in this program is really empowering and exhilarating.

By Ciara Henry



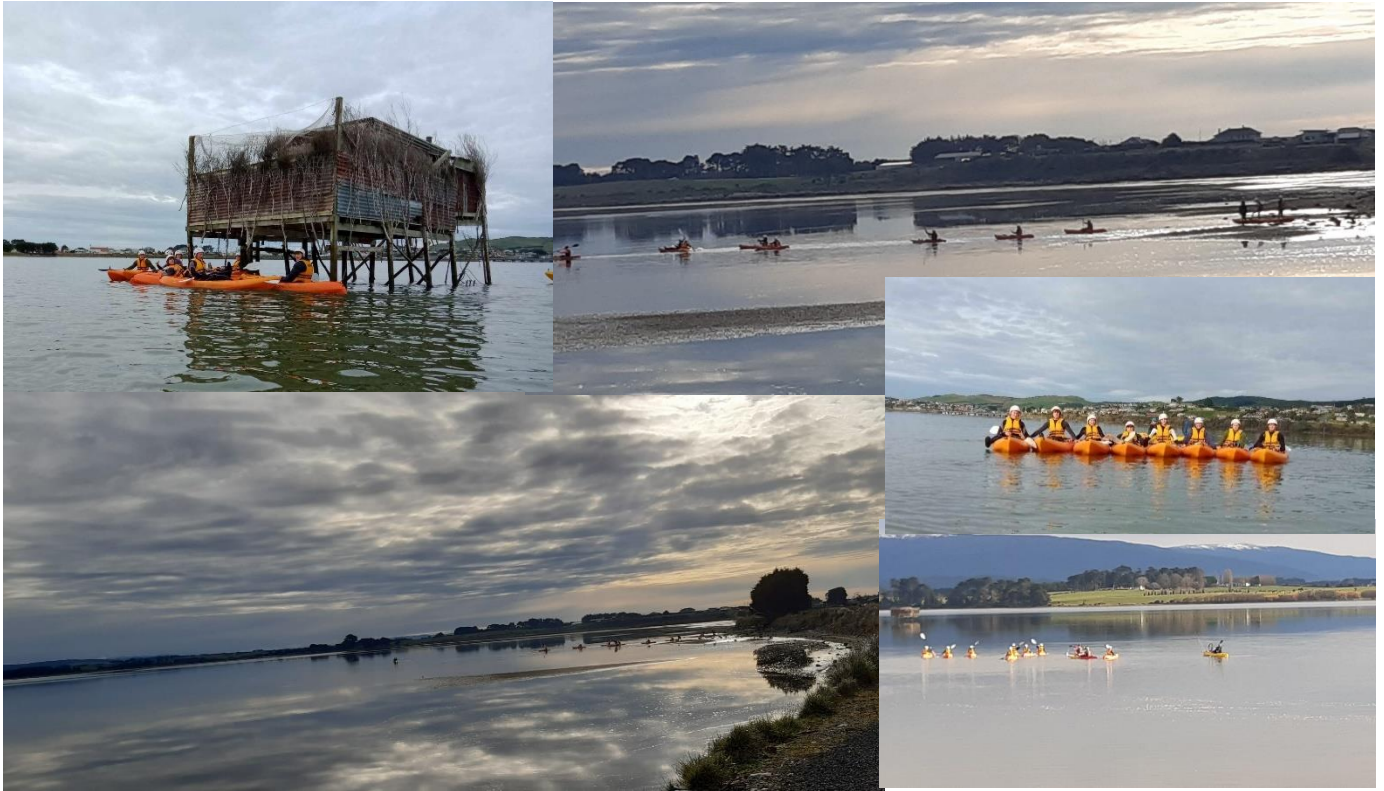
Outdoor Recreation Class – Snow Camp

I really enjoyed having many different opportunities when I joined Outdoor Recreation, for example I have tried some activities that I've never done before like snowboarding. We also tramped the Humpridge for free as well which was a great experience.

-Zach Robertson



Outdoor Recreation Class – Kayaking



Congratulations

Raine Ashbrook won the 7/8 G woodwork key ring challenge. She sanded a piece of driftwood with a very high standard.



UNIFORM WANTED

Are there any Aparima College Skirts and Blazers out there that are no longer required - we have families arriving and H & J Smiths have advised that they will not have any new skirts or Blazers in for 6 months and what they have in stock is limited in sizes.

Please phone 03 2348900 if you can help. We are happy to pass on your details if wish to sell items or if you wish to donate items please drop them off to the office.

(We will take any uniform items as there are always families we can help.)



Exploring Hei Tiki

Students at Ngā Toi working with clay.



HOKONUI MĀORI ENDOWMENT FUND

LAINA NIHA • SECRETARY • 87 BURROWS STREET, BLUFF 9814 • Telephone (03) 212 8962

1 July 2023

Applications are invited from tertiary and secondary school students Year 9 onwards for the Hokonui Endowment Fund. The Hokonui Endowment Fund is an education fund for applicants who can trace their whakapapa to the original Māori Owners of Rakiura/Stewart Island. Applicants **must** be a Southland resident. For more information contact either:

Christian Fife – 027 225 0086

Laina Niha – (03) 212 8962

Ricky Topi – (03) 212 8556

Louise Fowler – (03) 212 8577

A copy of the Application Form for the **current 2023 academic year** is attached. All applications received must use this form and need to have all relevant sections completed, including verified bank account details, whakapapa and an original piece of writing for the essay. Also refer to the Application Information and Checklist details to ensure all sections and information is submitted.

A hardcopy of the completed application form needs to be received for processing by **Saturday, 30 September 2023**. Applications received after this date will not be accepted. Failure to comply with complete form filling and relevant documentation could result in your application not being actioned and/or delay in processing.

For further information, a Facebook page has been set up via the following link:

<https://www.facebook.com/foveauxstrait/>

**APPLICATION FORMS
CAN BE COLLECTED
FROM THE COLLEGE
OFFICE**

APARIMA COLLEGE SCHOOL BALL 2023





LEE'S CATERING TERM 3 MENU

Ka Ora Ka Ako Programme

MONDAY

Week 1:
Southern Chicken Drums
with Mash, Gravy + Coleslaw

Week 2:
Teriyaki Chicken Drums
with Stir Fry Vege on Rice

THURSDAY

Week 1:
Loaded Mac Cheese

Week 2:
Mince Pasta Bake

TUESDAY

Week 1: Chili Con Carne on Rice
with Fruit Yoghurt

Week 2: Spaghetti Bolognaise
with Fruit Yoghurt

FRIDAY

Week 1:
Honey Soy Chicken Bento

Week 2:
Chicken Rolls + Winter Soup

WEDNESDAY

Week 1: Lee's Venison Curry on Rice

Week 2: Lee's Butter Chicken on Rice

DIETARY

All dietary meals are
provided similar to
daily meal

UP AND COMING EVENTS

14 – 16 August 2023	Life Education Bus Year 7-8
16 August 2023	APARIMA COLLEGE OPEN DAY
18 August 2023	7-Aside Tournament at Northern Southland College
21 August 2023	Polyfest Years 7 to 10
25 August 2023	SIT Open Day 11-13
28 – 31 August 2023	South Island Secondary Schools Netball Tournament Invercargill
1 September 2023	Science Fair 12:30pm – 4:00pm
1 September 2023	Dan Davin Literacy Awards
2 – 9 September 2023	NZ Aims Games in Tauranga Year 7/8 Team
8 September 2023	Art Auction
12 September 2023	HPV Round Two
20 September 2023	SMAC Math
22 September 2023	Last Day of Term 3
9 October 2023	First Day of Term 4
10 October 2023	Options Evening for Year 10 – 12 Students/Parents and Caregiver
13 October 2023	Health and Safety Course Part 1– all Year 11
16 – 18 October 2023	Derived Exams for Year 11 – 13
19 October 2023	Part 1 of OREC Ropes Course
20 October 2023	DCAT Exam – Level 1, 2 & 3
20 October 2023	Health and Safety Course Part 2– all Year 11
23 October 2023	Labour Day
24 – 25 October 2023	First Aid Course for Year 12
27 October 2023	Part 2 of OREC Ropes Course
6 November –	
1 December 2023	NCEA Exams for Year 11 – 13
13 – 16 November 2023	Year 8 Camp

COMMUNITY EVENTS



Funding options available now



Funding options available for community projects:

Southland District Council has a variety of funding options available to assist community projects and initiatives.

More information can be found in the Council or the Community & facilities section on our website www.southlanddc.govt.nz

The Community Partnership Fund is administered by our nine community boards. Applications closing on 31 August are for the Northern, Oraka Aparima, Tuatapere Te Waewae and Wallace Takitimu community board areas. Applications closing on 30 September 2023 are for the Oreti, Ardlussa and Fiordland community board areas. Applications for the Waihopai Toetoe community board close 15 September with Stewart Island/Rakura community board applications closing on 31 October.

Applications for the following funding options all close on 30 September,

- » For projects of a larger scale which benefit for the whole region, or at least two community board areas, the District Initiatives Fund supports the development and implementation of initiatives.
- » Local arts initiatives can benefit from Creative Communities funding, while the Ohai Railway Fund provides grants and loans for the benefit of the residents of the former board area.
- » Junior school and club sports teams (children age 5-18) could be eligible for the Sport NZ Rural Travel Fund to help subsidise transport costs to games when competing regularly in a local competition.

Nominations now open!



Nominations are now open for the annual Southland District Council community service awards.

Designed to recognise outstanding contributions, it's a fantastic opportunity to honour and celebrate those people in our communities who truly go the extra mile to make a difference.

Community members may nominate an individual or group who have provided a significant contribution to their community board area through leadership, volunteering, or community service.

Nominees contributions could be in the education, youth, health, sport, heritage, art, culture, environment.

Nominations close on 30 September 2023. Southland's nine community boards will then consider any nominations received and allocate up to two community service awards from their respective areas.

Nomination forms are available from SDC offices or online at: www.southlanddc.govt.nz/community-and-facilities/community-service-awards/

Application forms and criteria are available at www.southlanddc.govt.nz/cpf

Unichem

UNICHEM RIVERTON PHARMACY

168 Palmerston Street
Riverton 9822
03 2348515

Community Pharmacy Health Conditions Service

Unichem Riverton Pharmacy is excited to introduce the Minor Health Conditions Service to our community

This service is provided by selected community pharmacies to consult on a range of minor health conditions and supply funded medicines and treatment aids if clinically indicated. This initiative aims to improve access for people who are unable to access or afford care for these minor conditions.

We will provide a FREE comprehensive consultation by our friendly and experienced pharmacists, and we will also provide FREE treatments for approved conditions if indicated.

Who is eligible to receive this service?

- Children under 14 years of age
- Whanau members (any age) of a child under 14 years of age, with the same symptoms
- A community service card holder
- Maori or Pacific Islanders

What conditions are covered under this service?

- Pain & fever
- Acute diarrhoea
- Dehydration
- Minor eye inflammation and infections including conjunctivitis (only eligible for over 2 years of age)
- Scabies
- Headlice
- Eczema/ dermatitis
- Minor skin infections

Come in and chat with our experienced and friendly team at Unichem Riverton Pharmacy. If you cannot come in to the pharmacy then please call us as we can provide a phone consultation

Lisa Beatson



**SAIL ON A LEGENDARY
ROUND THE WORLD MAXI YACHT**

Steinlager ② LION  NEW ZEALAND

Tikapa Moana - Adventurous Journey

Tikapa Moana youth explorer is a 5 days of sailing and kayaking. Two nights sailing on the internationally renowned maxi yachts, Lion NZ or Steinlager2. Everybody on board has the opportunity to learn to sail the boats, help with the preparation of meals and sleep aboard. Two nights are spent on the water with Auckland Sea Kayaks, where students learn how to kayak and camp in a safe, fun and supportive environment.

DUKE OF EDINBURGH (OPTIONAL)

The programme is structured in a way that allows the participants to participate and complete components of the Duke of Edinburgh Hillary Award (DOE). The programme components meet the requirements for the Adventurous Journey and as such, any participants who are interested in using this programme for DOE can do so.

For further information check out www.nzsailingtrust.com/sail-kayak



**SAIL ON A LEGENDARY
ROUND THE WORLD MAXI YACHT**

Steinlager ② LION  NEW ZEALAND

HINEMOANA

Our female-specific youth development programme is delivered over 5 days of sailing and kayaking.

Two nights sailing on the internationally renowned maxi yachts, Lion NZ or Steinlager2. Everybody on board has the opportunity to learn to sail the boats, help with the preparation of meals and sleep aboard.

Two nights are spent on the water with Auckland Sea Kayaks, where students learn how to kayak and camp in a safe, fun and supportive environment.

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For further information check out www.nzsailingtrust.com/hine-moana

**RED OR YELLOW
BIN THIS WEEK?**

Stay informed with Antenna
It's a fast and easy way to get things fixed in your community.

Get alerts straight to your phone about places & things you care about - water shutdowns, road works, rubbish/recycling & more. You choose the area/s you want to hear about.

Get up-to-date, relevant information about your places and topics. Add your home, work, rental property or school address and you'll get notifications specific to that area.

You can also use the app to tell us about things that need fixing, or to give us feedback.



SOUTHLAND DISTRICT COUNCIL
ONLINE SERVICES

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SCAN ME



Download Antenna free today from the App Store or Google Play.