

Let's chat.

Te Pānui o Te Kura Tuarua o Waihora

Lincoln High School Newsletter • Issue 2
2017



Principal's Report

Kia ora

Mā te mohio, ka marama; through knowledge, there is understanding.

We want to prepare our students for their future and not our past. The future is very much an unknown but what is known is that it will be very different to the world we have lived in. The present system for assessment for most schools in New Zealand including us is NCEA. Many of you will be familiar with NCEA, but some will be meeting it for the first time with their students entering Year 11 this year. In the old system students had to get at least 60% to feel confident in managing the next year in a subject. I liken this to getting a merit in NCEA – students must realise that Achieved will get the credits, but their future depends on more than just credits. The quality of the credits is also important.

At our recent Academic Awards ceremony in March we celebrated the successes of our 2016 Year 11 and Year 12 students. In particular, we acknowledged the following:

Award	Year 11 students	Year 12 students
Merit Certificate Endorsement (50 or more Merit & Excellence credits)	101	74
Colours for Excellence Certificate Endorsement (50 or more Excellence credits)	66	33
Elite Scholars (over 100 Excellence credits at Year 11 and 80 Excellence credits at Year 12)	7	6

Congratulations to all these students and to Fleur Neill and Amy Burney for gaining the Top Academic Award for Year 11 and 12 respectively.

Academic challenges increase as students move through the senior school. NCEA gives students the ability to have success with internal assessments throughout the year, as well as the ability to work under the pressure of examination conditions with external examinations at the end of the year. Both are important in preparing students for the future.



Continued over

Principal's Report

In 2016, approximately 80% of our Year 13 students were planning to do further study in 2017 – this would most likely involve doing external examinations at a tertiary institution. Students must be encouraged to be the very best they can be and merit minimum level achievements with a mix of internal and external assessments should be the aim for most students. If you aim for achieved and miss it, you will not get the credits, but if you aim for merit and miss you will most likely achieve and get the credits. Through Linc class, senior students will be encouraged to monitor their goals and credits throughout the year – together we can support all students to achieve their goals.

Many of our Year 10 students will experience NCEA assessments during the year in preparation for the senior school. We will offer further information on NCEA at our Parent Interview evenings in the near future. Please don't hesitate to contact the school if you want further information – our tutors are well equipped to help you with your queries.

Ngā mihi

Kathy Paterson
Principal

Students receive letters of congratulations for achievement from the Principal.



Page 1-2	Principal's report
Page 3-9	General Information
Page 10	Congratulations
Page 11	Art
Page 12-16	Careers and Pathways
Page 17	Digital Technologies
Page 18-19	Drama
Page 20-21	Health Education
Page 22	Languages
Page 23	Science
Page 24	Outdoor Education
Page 25-30	Sport
Page 31	Uniform
Page 32	Kathryn Berkett Seminar
Page 33	Advertising
Page 34	Key Dates 2017

Reminder: The Defensive

Driving course starts on

Tuesday 28th March at

3.13pm.



Telephone +64-3-376 4997

Mobile 027 229 8018

office@fusiontrust.co.nz

www.fusiontrust.co.nz

PO Box 19-672, Woolston,
Christchurch 8241, NZ

Uniform Shop

The uniform shop will be open this Thursday 30 March from 10.30am-6pm.

Uniform Supply

Distributorsdirect will be at the Lincoln Event Centre, Thursday 27th of April from 3:30pm until 6pm with Lincoln High School Year 10 - 12 uniform.

We would appreciate parents contacting us at the earliest with their Students' needs so we can endeavour to meet everyone's request, i.e. polar fleece, rain jackets and kilts are now only being made to order.

Full EFTPOS facilities available.

Bruce and Stephanie Watson (Directors).

distributorsdirect

Web: www.distributorsdirect.co.nz

Email: productquery@gmail.com

Cell phone: 021 559 383

Internet Banking Details

Please ensure that the reference details that show on our bank statement are updated. This includes the name of the student attending school and the reason for the payment. If necessary, you can email accounts@lincoln.school.nz with more details.

Jo Mackwell

Administration

Academic Awards Ceremonies

On March 2 we held our academic awards ceremonies to acknowledge students who achieved at a high standard in NCEA last year. Awards included those to students who achieved Merit and Excellence endorsements in Level 1 or 2, and to those who came first in a Year 11 or 12 subject.

One of the awards is for Elite Scholars. To gain this award a student has to achieve at least 100 Excellence credits at Level 1 or 80 Excellence credits at Level 2. Recipients of this award were:

Level 1 - Nicky Dachs, Kailey Hopper, Fleur Neill, Ollie Roozen, Caleb Sim, Taylin Smith, Matthew Weaver

Level 2 – Amy Burney, Jake Faulkner, Ngaio Fulton, Oliver Gwatkin, Rebecca Haisman, Theresa Matheson-Grant

Congratulations also to Fleur Neill and Amy Burney. Fleur was the top academic student in Year 11 last year and Amy for Year 12.

Thank you to the many parents, family members and friends who attended the ceremonies to celebrate the students' successes.

Open Afternoon

This takes place on Thursday May 18, and runs from 4 to 6 pm. The purpose of the afternoon is to give prospective students and their parents an opportunity to find out about what our school has to offer.

We require a large number of students to assist us. In many cases they will need parents to provide transport and your support in this is much appreciated.

We usually have about 600 people attend this evening and so we ask current students not to attend unless they are helping or accompanying younger siblings with their parents.

RYDA Programme

This is a one day programme which has been offered to our Year 11 to 13 students. It takes place on Monday May 1, and parents have been emailed information about it.

The programme focuses on attitude and awareness with the aim of equipping young people to stay safe on our roads. This programme is not just for drivers, but young people as passengers too. We strongly recommend this programme for all young people.

Stephen Rout
Deputy Principal

Swimming Sports

We recently held the annual school swimming sports which was well supported by our competitive swimmers. It was a successful day and some great results were witnessed, including a huge number of records broken. Champions for each age group will be announced soon.

Continued over

Year 10 Camps

In the final weeks of Term 1 our Year 10 cohort are experiencing camp at Wainui. This is a great way to build relationships with their peers, senior leaders and staff. We appreciate your efficient response to permission and payment, and hope that all students involved have a positive and memorable experience.

Netball fitness and conditioning

We have now completed our initial fitness testing of a large number of our players who are representing the school. I look forward to helping people set and reach new goals with their netball this season. Sessions are held every Tuesday 7 – 8am in Gym 3. This session is compulsory for our Senior A, Senior B and 9A teams and has been well supported by many other school based players.

Marama Lynch

Assistant Principal



The Duke of Edinburgh Hillary Award is a programme that incorporates Physical Recreation, Voluntary Service, Skills and an Adventurous Journey. Students work through the time commitments in their chosen pursuits and work towards getting all sections signed off. Students start on the Bronze Award, moving through to Silver and Gold. Students who complete the Gold Award receive their award from the Governor General in Wellington.

The Award is balanced - participants engage in physical activity, mental challenge, individual perseverance, teamwork and interaction with other people. The Award is non-competitive - it is a personal challenge and not a competition against others. By doing the Award, young people are encouraged to show imagination, to be able to look beyond barriers, and set and achieve goals. The challenge is for young people to make things happen, rather than waiting for things to happen for them.

At the end of the process, a young person who takes part in the Award will have developed many of the following:

- Self-confidence
- A positive and realistic self-image
- Self motivation
- Independence
- A sense of responsibility
- New friendships
- Planning skills.

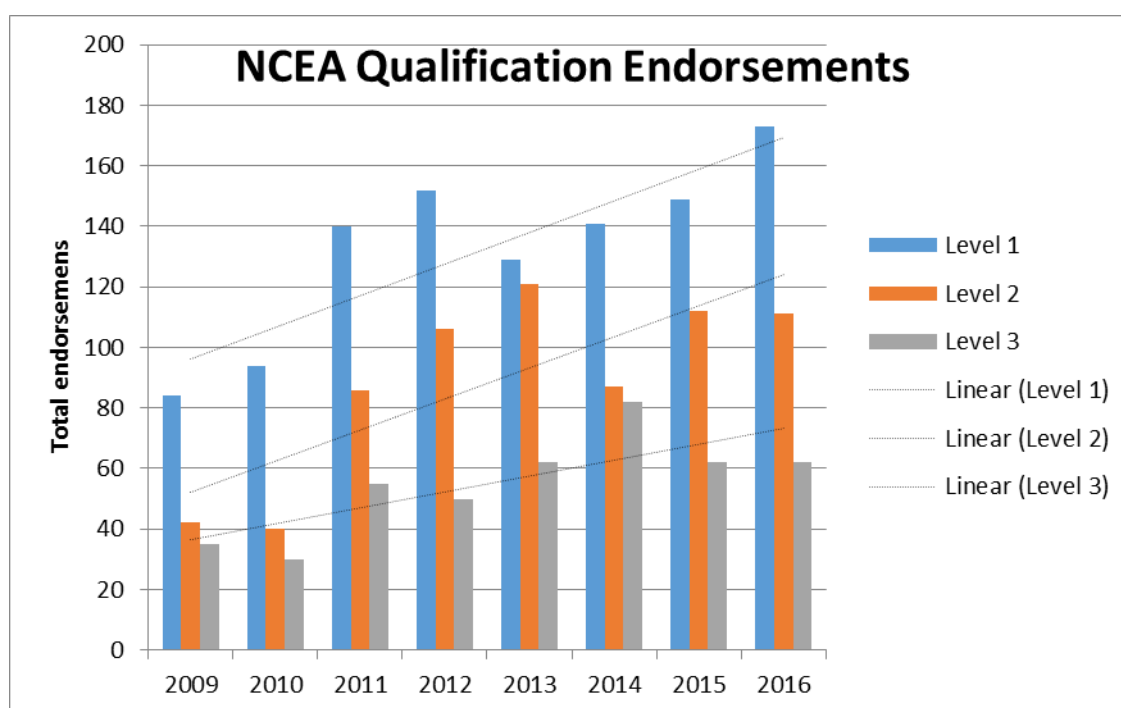
For more information, visit www.dofehillary.org.nz or email Miriam Marshall [mma@lincoln.school.nz](mailto:mmma@lincoln.school.nz)

2016 NCEA results

NZQA are in the process of finalising 2016 NCEA results following the completion of reviews and reconsiderations. Our preliminary 2016 NCEA results were particularly pleasing with regard to the Level 1 qualification endorsement rates.

We have continued with positive trends for qualification endorsements, school leaver results, overall NCEA Level 1, 2, and 3 pass rates, Level 1 Literacy and Numeracy.

Our school leaver results continue to exceed Ministry of Education expectations of 85% of all school leavers obtaining Level 2 NCEA.



NCEA information

Year 11-13 students should have received their hard copy of the NCEA Assessment Procedures booklet in their Linc class. This booklet outlines important items that include what a student must do if they miss an NCEA assessment due to medical reasons or exceptional circumstances. Parents need to be aware of this information as well. Please note that students that are absent due to a holiday during term time are not entitled to an extension or catch-up opportunity for an NCEA assessment.

The Term One NCEA Year 11-13 Assessment calendar has been published. The subjects listed in the assessment calendar are coded in accordance with student timetables.

The NCEA Assessment Procedures booklet and the Assessment calendar are available by visiting the school website and selecting the Learning and NCEA Information links and scrolling to the bottom of the page ([click here](#)).

Continued over

NCEA and Reader/Writer/Extra time assistance

New 2017 applications have been submitted to NZQA for Year 11-13 students who have appropriate documentation entitling them to reader and/or writer assistance, computer use, rest breaks or extra time for NCEA assessments. Year 12-13 students who utilised approved assistance in 2016 will have roll-over applications submitted to NZQA to enable them to receive the same assistance for 2017. If students have questions relating to reader/ writer/ extra time assistance, they should contact the Head of Learning Support, Miss Jones.

NZQA publications

The NZ qualifications authority have published the following on their website:

A summary brochure ([NZQA brochure - Understanding NCEA](#)) for parents and students that outlines what NCEA is about, how to gain NCEA and how to make use of NCEA

The 2017 external NCEA exam timetable ([2017 NCEA exam timetable](#))

Year 13 Graduation Diploma reminder

Now that the students are working on internal NCEA assessments, it is important to remember the criteria for the Year 13 Graduation Diploma, which is listed below. Students are able to track their NCEA internal success rate using the school portal and checking results in Kamar. Attendance information is available on the parent portal. Students can gain further attendance details from their Linc teacher.

To gain a Lincoln High School Graduation Diploma in Year 13, a student needs to meet all of the following criteria:

- Obtain Level 2 NCEA by the end of Term 3, 2017.
- Obtain an overall average attendance rate of 90% or more, for all 2017 timetabled periods including the Linc periods.
- Obtain a minimum of 70% of all internal NCEA credits that are assessed in 2017.

Notes:

Due to exceptional circumstances, a student that has not met all of the criteria may be eligible for Principal discretionary consideration.

The attendance rate is based on the periods attended or that have justified absences (e.g. medical absences or appointments, school events and trips, exam leave etc.). Absences that do not count towards the attendance rate include unexplained absences, truancy, holidays during term time and unjustified absences in accordance with the Ministry of Education requirements.

The graduation ceremony takes place in week three of Term 4.

Involvement in a significant behavioural issue or ongoing misconduct may result in a student not being invited to the Graduation Ceremony.

Tony Melton
Assistant Principal

2017 Student Reporting

Student reporting is the process of communicating information about student progress and achievement and supports teaching and learning by providing feedback and feedforward to students and parents. This year, we will be reporting:

Term 1 Progress Reports

The Term 1 Progress Report for your child/ren will be uploaded to the Parent Portal on Friday 7 April. This report is designed to give you feedback on the first nine weeks of Term 1. An opportunity to meet with your child/ren's teachers will be provided at the end of Term 1 and early Term 2.

Term 1 and 2 Parent-Teacher Interviews

The parent-teacher interviews for all year levels will be taking place on Wednesday 12 April and Thursday 4th May from 3 to 7pm. This is a valuable opportunity for you to meet and talk to your child/ren's teachers.

Term 2 Senior Written Reports

More detailed Senior Reports will be provided at the end of Term 2 and will provide feedback and feedforward for the remainder of the school year and in preparation for the Senior Derived Grades Examinations that take place during the last week of Term 3.

Term 3 Junior Written Reports

More detailed Junior Reports will be provided during Week 5 of Term 3. These reports will provide feedback for the year to date and feedforward for the remainder of the school year in preparation for Junior Assessments, which are used as evidence to help determine class placements for 2018.

Term 4 End of Year Reports

End of Year Senior Reports will be provided at the beginning of Week 2 and will include the results of the Practice School Examinations.

End of Year Junior Reports will be provided during Week 8.

If you have any specific questions about your child/ren's progress during the year, please do not hesitate to contact the Year Level team or teachers directly.

Blair Johnstone

Assistant Principal

Head of Level – Year 12

Student IT Helpdesk

We are pleased to announce that our new Student IT Helpdesk is now open in C-block. Students can access assistance with their BYOD devices from our friendly New Era technicians, Nate and Daniel.

The helpdesk is open every day from Monday to Thursday and until midday on Fridays. Students can go along at interval or lunchtime, or if they have an urgent issue during class, their teacher may send them along with a note.



Maia Broughton was placed 1st in the Junior Girls 200m Sprint and 2nd in the Junior Girls 100m sprint at the NZ Secondary Schools Athletics Assn. 2016 Track, Field and Road Race Championships at Trusts Stadium, Waitakere, and was a Nick Willis Scholarship winner in the South Island Colgate Games in 2017.

Maria Mendoza has been selected to be a Forward Foundation Ambassador for 2017.

Josh Brown has been selected for the NZ U17 Sox Softball team.

Samuel Vallance has achieved the Chief Scout Award from Selwyn Scouts. In the last ten years, only eight people in the Canterbury region have achieved this award.

Bradley Morgan, Millie Thompson, Josh Davidson, Tom Cochrane, Logan Crofts, Wil Gualter, Tamati Taka, Ben Fowler, Luke Fowler, Reagan Le Roux, Te Rina Keno, Ruby Keno, Shaunagh Poutoa, Nicola Bruce, Caitlin Reid, Tessa Collins defended their Canterbury Mixed Title at the Canterbury Secondary School Touch Championships held at Belfast Park and won against Burnside, Rangiora and Ellesmere. The team also defended their South Island title beating Burnside 6-2 in the final.

Cara Higinbottom competed in the 420 Sailing Nationals in Wellington and came third in the girls sailing and was 12th overall.

Josh Schoorl is a keen optimist sailor. He competed recently in the South Island Age Group Regatta (SIAG) at Charteris Bay Yacht Club, gaining a first place for his age group, and at the Timaru Age Group Regatta gaining a second place.

Elizabeth Steel won a place in the 2016 edition of Re-Draft, *The Dog Upstairs*. She has had 2 poems accepted for publication; *Politicians Like to Chew Gum* and *Textiles*.

Re-Draft is a collection of winning writing by New Zealand teenagers (aged 13-19) showcasing entries judged by James Norcliffe and Tessa Duder. This year's edition had over 300 entries, with 75 authors' entries being chosen for publication.

The Re-Draft competition is open to students throughout New Zealand; Elizabeth being the sole place-winner attending Lincoln High School.

Arnav Deb, Edgar Paterson, Carlito Shalfoon and Robert Sporke were part of the Canterbury Country Schools XI cricket team who were selected to play at the Willows Cricket club in March.

Please note: while we attempt to publish all the details that we are aware of, we are largely dependent on the wider community for information about student achievements. Please feel free to contact us if you have such information.



Georgia Gwatkin Y11 Monotype 2017
297mm x 4200mm

Ara Information Evenings

Ara Institute of Canterbury will be holding information days about their Bachelor of Nursing degree on Tuesday 28 Mar at 5.30pm and Thursday 30 March at 12pm N104, City Campus, Madras Street.

Information sessions will also be taking place for their New Zealand Broadcasting School on Thursday 15 June, Monday 26 June and Thursday 13 July. For more information, about time and location please go to nzbs.ac.nz. Please note that applications to study at Broadcasting School next year close on 30 September.

Kristen Stewart School of Makeup (KSSM) and Kristen Stewart School of Special Effects (KSFX)

Both are having an Open Day – Thursday 6 April 1.30 – 4.30pm

KSSM – at Level 3, 122 Victoria St (above the House of Travel) and KSFX – Unit 4, 75 Peterborough Street, Christchurch

For further information go to their website <http://www.kssm.co.nz/>

Each University in New Zealand has a Best Preparation for Study – Recommended and Required Subjects for their degrees and courses – the links below go to the PDF copies of these.

Auckland University

<https://cdn.auckland.ac.nz/assets/central/for/parents-and-family/Subject%20Guide%202017.pdf>

Waikato University

http://welcome.waikato.ac.nz/_data/assets/pdf_file/0012/2082/1903-Choose-Waikato_final.pdf

Massey University

<http://www.massey.ac.nz/massey/fms/About%20Massey/Student-Recruitment/publications/Recommended-and-Required-Subjects.pdf?502FF482CA3F6871FA6800A3CBC1DD93>

Victoria University

<http://www.victoria.ac.nz/study/course-planning/school-subjects/planning-ahead.pdf>

Canterbury University

<http://www.canterbury.ac.nz/media/documents/brochure/Best-preparation-for-university-study.pdf>

Lincoln University

<http://www.lincoln.ac.nz/Documents/Marketing/Publications/Brochures/LU-Best-Prep.pdf>

Continued over

Otago

<http://www.otago.ac.nz/prospectivestudents/otago117015.pdf>

Otago Polytechnic

<https://www.op.ac.nz/assets/marketing/2015/OP-School-Subject-Selection-Guide-2015.pdf>

University Open Days 2017 are included in the Upcoming Events

Please click on the links provided for further information.

Upcoming Events

TERM ONE		
Event	Place	Time
Victoria University Liaison Visit	LHS	Friday 7 April, 1.15 – 2.05pm
Otago University Liaison Officer visit Year 12 & 13	LHS	Tuesday 11 April, 1.15 - 2.05pm
TERM TWO		
Event	Place	Time
Otago University and Otago Polytechnic combined Open Day	Otago University and Otago Polytechnic http://www.otago.ac.nz/about/open_days.html	Monday 8 May 2017
Canterbury Careers Expo	Horncastle Arena	11 - 13 May 2017
Waikato University Open Day	Waikato http://www.waikato.ac.nz/events/openday/	Friday 19 May 2017
NZ College of Chiropractic Open Day	Auckland – 6 Harrison Road, Mt. Wellington Booking is essential email admissions.assist@nzchiro.co.nz	Saturday 20 May, 1 – 3.30pm
Ara Institute of Canterbury	Ara – Madras Street, City	Thursday 15 June, 2 - 5pm

Continued over

TERM TWO Holidays		
Event	Place	Time
University of Canterbury UC Open Day	UC Christchurch http://www.canterbury.ac.nz/future-students/campus-tours-and-future-student-events/uc-open-day/	Thursday 13 July 2017, 9am – 5pm
Lincoln University Open Day	Lincoln http://www.lincoln.ac.nz/Lincoln-Home/News-and-Events/Open-Day/	Friday 14 July 2017
TERM THREE		
Event	Place	Time
Massey University Open Day – Manawatū Campus	Palmerston North http://www.massey.ac.nz/massey/join-us/open-days/open-days_home.cfm	Wednesday 2 August 2017, 8.30 – 2pm
Victoria University Liaison Visit – Course Planning Year 13	LHS	Friday 4 August 2017, 1.15 – 2.05pm
Massey University Open Day –Albany Campus	Auckland	Saturday 12 August 2017, 10am – 4pm
Victoria University of Wellington VUW Open Day	Wellington http://www.victoria.ac.nz/study/events-visits/study-at-victoria-day	Friday 1 September 2017
Massey University Open Day –Wellington Campus	Wellington	Friday 1 September 2017, 9am – 3.30pm
Auckland University Open Day	Auckland http://www.openday.ac.nz/en.html	Saturday 2 September 2017, 9am – 3.30pm
AUT Open Day		Saturday 2 September 2017
Massey University Liaison Visit – Course Planning Yr 13	LHS	Tuesday 12 September 1.15 – 2.05pm
TERM FOUR		
Event	Place	Time
NZ College of Chiropractic Open Day	Auckland – 6 Harrison Road, Mt. Wellington	Saturday 12 th November

Gateway

The start of 2017 has been very busy with 16 of our 24 Gateway positions being filled. One programme that has been very popular this term has been Red Shirts / Blue Shirts in Schools. Red Shirts (RSIS) is run in conjunction with The Warehouse and Blue Shirts (BSIS) is run in conjunction with Warehouse Stationary. (The Warehouse Group is New Zealand's largest retail employer).

Students spend one day a week over 10 weeks in one of the stores learning about customer service and the retail environment, while gaining valuable work experience in a retail environment. Along the way students work towards gaining 22 industry related credits.

This programme is also a great way for students to get a foot in the door to part time employment or Christmas casual work, as they know how the stores operate. I visited the students in store last week. It was wonderful to see them well presented and actively engaged in the tasks they were completing. The reports I have received back have been 110% positive at the way you have all embraced this opportunity. Well done.



In Careers and Pathways we encourage you to be proactive if you would like to find a part-time job. We are happy to help you find something and we often have jobs come in. Make sure you register for the Careers Alerts on the LHS App.

Here are some tips for finding a Part Time Job

1. Be involved! Develop skills to use in employment by joining clubs, playing sport, having a hobby and helping in the community. Being involved will develop your skills in team work, communication and organisation. When it comes time to develop your CV you will have lots of skills to put in it, even if you have not had a job before.
2. Most jobs are not advertised and most people get jobs through someone they know. Write a list of people you know – aunts, uncles, teachers, family friends, neighbours. Tell them you are looking for a part time job and ask them to get in touch if they hear of any.
3. Employers will check out your online footprint. Make your Instagram and Facebook private and delete any photos that would be unacceptable to an employer or your grandmother!

Continued over

4. Create a CV. There is a great template here <https://www.careers.govt.nz/tools/cv-builder/> Create a login, enter your details and this tool will do the rest. Ask someone to proofread your CV.
5. First impressions count. You have just seven seconds to make a great first impression, so take the time to find something appropriate to wear, polish your shoes and practice your handshake.

Counselling News

LACK of SLEEP – one of the biggest issues that affects young people

Teachers and parents often comment to us about young people being tired. We know that lack of sleep affects mood and a depressed mood can lead to lack of sleep. If necessary change this cycle and ensure that your young person gets the recommended 9+ hours sleep a night. Lack of sleep also affects concentration, learning and behaviour.

At least one hour before sleep give the body and brain signals to calm down. Set up a routine -

- remove all electronic devices (cell phones, computers, tablets) from the bedroom, the light interferes with the sleep hormone, melatonin
- have a warm bath or shower, read
- no caffeine drinks after lunch, if at all
- make sure the room is cool, quiet and dark
- get bright light in the morning, avoid it in the evening

Parents/caregivers need to make the rules. You are welcome to contact us if you are concerned. Or contact your GP if you think there may be underlying reasons why your teen does not sleep well.

Counsellors: Phone: 325 2121, if no answer please ask the office person to leave us a message

Linda Chapman lch@lincoln.school.nz

Carmen Hazlett cha@lincoln.school.nz

Bronnie King bki@lincoln.school.nz

Rob Macdonald rma@lincoln.school.nz



Digital Programming Classes meet Industry

Learning in this class is always interesting and varied. This year the senior Digital Technology classes went to visit IT companies in Christchurch to learn more about Scrum project management and to see first-hand what IT companies do.

Scrum is a popular project management methodology used by software development companies to make sure they deliver products the user wants to use, on time and within budget. Level 3 students will be using this method, or a method of their own choice to manage their major project this year. They participated in two short sprints while building a Lego house to gain personal experience of Scrum processes. They enjoyed the task and you can see the results in the photos.

Level 2 students visited an eCommerce company to see why relational databases are important. Later this year they will be learning about SQL, a language used a lot in databases, and will be manipulating their database data using Python. They learned that IT has many career opportunities, great working environments and requires a variety of skills and knowledge. The most important thing is communication.

Level 1 classes were visited by two Tech Ambassadors from FutureInTech who informed them about game creation and future transport options. Level 1 students will be creating a game this year, so meeting a real-life game developer was informative. They learned that not every idea ends up as a successful game. The most important detail is that the game must be fun to play. The transport engineer showed them some amazing futuristic vehicles and discussed how GIS works. Perhaps they could use some of these ideas in their game. They came away knowing that engineering was more interesting than most of them had previously suspected.

Digital Technologies is certainly helping to prepare our students for life in the 21st Century. The project based learning and hands-on approach assists students to develop useful IT skills and knowledge. This class is always a busy, happy learning place – a good place to be.

Ruth Davey

TIC Digital Technologies



What's On in Drama?

Term 1

1 -8 April	Sheilah Winn Festival of Shakespeare
4 April	Year 11 Devising Evening- School Hall
6 April	Year 12 Major Production Evening- Hall
11 April	Year 13 Major Production Evening- Hall
28 April (holidays)	Children's Theatre for preschools- fundraising for KIDSCAN

Sheilah Winn Festival of Shakespeare

This festival is a Nation-wide Shakespeare festival, celebrating the Bard's work in five or 15 minute segments. We currently have one student directing the 15 minute entry, directed by Jade Farnell and Dougal Frame as well as one five minute entry directed by Elizabeth Steel. Both performances will run on the 1 April at Villa Maria alongside the rest of Christchurch wide schools. Do come and support LHS for what will be a jam-packed day of performances.

LHS Tech crew

Lincoln High School has a committed technical crew who run all aspects of the technical side of productions and performances in the school hall. If you are interested in being part of a team dealing with lighting, sound, projection, video, backstage etc., join this exciting and proactive team. Meetings are every second Wednesday afternoon and Thursday lunch times in the hall. Join the tech crew on the School's App for up-to-date notices.

Children's Theatre Holiday programme

This group is well underway with two main fairy tales, namely *Peter Pan* and *Sleeping Beauty*, which are being showcased on the 28 April at 9:30am and 10:30am. Anyone with pre-schoolers is welcome to be an audience, with \$4 tickets on sale at the door. All profits will be donated to KIDSCAN. For anyone else wanting to get involved either this term or next term, see Mrs McLean in PA1 and follow the Schools App for Children's Theatre.

Musical Theatre Club

Able run by senior students, this is an exciting undertaking, where students learn how to not only tackle auditions, but work through concrete choreography and skills each week. The vision being to run a showcase evening of singing, dancing and acting at the end of year. It is wonderful to see student leadership at its best and so many people interested in this club already. If you are not already involved, see notices outside PA1 or join the Schools App for further details.

Continued over

The Curious Incident of the Dog in the Night time

This is the first field trip for over 70 senior Drama students this term. We will be taking the bus to the matinee and stay for the Court Theatre's Q and A afterwards. If any students are unable to attend due to other commitments, they are strongly encouraged to watch this performance in their own time, as one of their externals at the end of the year is based on this play.

Senior Drama evenings Term 1

Put these in your diaries now! Tickets are on sale now from the school office. Door sales subject to availability.

Year 11's will be performing their own work around the topic 'in Excess'.

Year 11 Devising Evening 4 April 7:30pm - gold coin

Year 11's will be performing their own work around the topic 'in Excess'.

Year 12 Major Production: *Fear and Misery of the Third Reich*—6 April, 6pm and 8pm shows—\$5

The Year 12s will tackle Brecht's 'Fear and Misery of the Third Reich' - whilst a mouthful, this confronting play deals with Germany in the lead up to World War II from the perspective of ordinary citizens of Germany. "Brecht's picture of the breakdown of normal relationships under the Nazis is not only of historical interest, but continues to have relevance for all times."

Year 13 Major Production: *Children of the Poor*—11 April, 6pm and 8 pm shows—\$5

Year 13s will be performing Mervyn Thompson's 'Children of the Poor', another thought-provoking play set in New Zealand which has been described as 'an emotional tale of poverty and hardship'; whilst also being one of the most widely performed plays on the New Zealand senior Drama curriculum to date.

Congratulations

To Dougal Frame, who has just completed his role as Launce at the Open Air Summer Shakespeare performance of *Two Gentlemen of Verona*. Joshua Peacock also performed as part of the ensemble. Congratulations must also go to Daniel Mathers for his performance in the MUSOC Season of the musical *Rent*. It is extremely exciting to see senior Drama students performing in great productions outside of school.

We trust that you will find this year exciting, stimulating and providing new opportunities to nurture skills, discover hidden talents and make new friends along the way.

For any questions related to the performing arts, do not hesitate to email me directly or to see me in the Drama office inside PA1.

Sandra McLean

HOD Drama

smc@lincoln.school.nz

Vicktor Frankl, who survived three years in Nazi Concentration camps including Auschwitz, wrote in his book "Man's searching for Meaning" that while we may have little control over the events on our lives, **what we do have is paramount control how we respond**. Our Year 12s have been focusing on this during this first term. They have been studying events in people's lives and recognising what individuals, others and what is in the society to support.

Resiliency has been a key word heard over the last few years particularly since the Earthquakes. Resilience and strategies have been the focus for our Year 12s during this first term. Resilience is about developing flexibility and acceptance when it comes to life events, **it's not just about what happens to you at the time but how you can respond and bounce forward**. Lincoln High School has a diverse culture, upbringings, families. Experiences are all different, but at times life does not just go to plan. In particular for adolescents it just doesn't seem fair sometimes. Therefore two clear messages that our Year 12s will conclude with will be "accepting what we can and cannot change" and that resilience isn't just gained from going through something negative as such. Students have explored that they can create strength by experiencing positive tough situations, tough doesn't always mean bad, terrible or pain.

There are several models of health and wellbeing, the main model used across all our health programmes is the Mason Durie (1982) model. This explores the physical, emotional, social and spiritual aspects of well-being. Our students are encouraged in all our HPE programmes to reflect on their overall wellbeing and to ensure that they are managing their health state. Our Year 11s are at present setting nutritional goals to enhance their wellbeing, the Year 10 cohort is exploring the importance of being able to communicate and make good decisions around social situations, and the Year 9 classes are exploring their own identity.

I was fortunate enough to attend a Positive Education conference over the week-end. This again demonstrated the importance of a balanced state of wellbeing. To help us all achieve the things we want to **it is important to remember all parts of our health, not just our food intake or exercise regime** (the physical). Having a good social support network, goals, being able to make decisions that fit with you and have down time are all just equally important. To help you explore this further the five ways to wellbeing link is useful.



5 Ways to Wellbeing

From <<https://www.google.co.nz/search?q=5+ways+to+wellbeing+image&safe=strict&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwi1wLW9-tbSAhUJipQKHRYriB-kQ7AkIQw&biw=1093&bih=498>>

Continued over

Whatever is going on in your life at the moment we hope this can help. We hope you are well wherever you are!



Debbie Jones

Assistant HOLA Health & Physical Education

Six great free health lectures for you to attend.

[View this email in your browser](#)



You are warmly invited to our 2017 Health Lecture Series. The lectures are every Tuesday night at 7pm from March 28 to May 9, with the exception of Anzac Day.

This year we're doing things a little differently, with two speakers per lecture talking on the same theme.

Please share this email with any friends or networks who might be interested. We think it's a really exciting line-up.

[Tuesday March 28: Quake brain](#)

[Tuesday April 4: Healthy ageing](#)

[Tuesday April 11 : A healthier Pacific](#)

[Tuesday April 18: Educating our future doctors - have your say.](#)

Tuesday April 25: No lecture - it's Anzac Day.

[Tuesday May 2: Vitamin C in cancer and infection.](#)

[Tuesday May 9: The wonderful world of 3D-bioprinting](#)

**University of Otago, Christchurch · 2 Riccarton Ave · Christchurch City ·
Christchurch, Canterbury 8051 · New Zealand**

We are lucky to welcome a number of Language Assistants from China this year, working both at Lincoln High School and with schools in the Selwyn area that are learning Mandarin as part of the ALLiS (Asian Language Learning in Schools) programme that is running here on site at Lincoln High School this year. We thank the Confucius Institute for their ongoing support in the placements of our Language Assistants. This year we welcome Ms Faye Zhou, Ms Emily Pei and Ms Emma Pu.



Yang Pei (Emily)- She is from Wuhan, China. She has been in New Zealand for a few weeks and finds everything here so fresh and new. Emily loves sports and life itself. She hopes to make many new friends. Emily thinks she really is lucky to be teaching students Chinese Mandarin at Lincoln, with such a nice environment.



Fan Yi Zhou (Faye) –She is from Si Chuan, China where the pandas come from. Faye is very happy to be able to work with teachers and students at Lincoln. If anyone has a question about China or Chinese culture, she is more than happy to help.



Ruo Yi Pu (Emma)-She is from the city well known for pottery in China—Jing De Zhen. She graduated from Su Zhou University with a Master degree in teaching Chinese to foreigners. She loves drawing, calligraphy, music and travel. She has been in New Zealand for six months; she likes teaching, and her students here.



Mathilde Caër joins us as a French Language Assistant on Mondays this year. She comes from Brest, in Brittany, France, and she has a passion for literature. She is working with many of the French classes and we look forward to lots of opportunities to practise our French and learn about aspects of the French and Breton culture.

New Caledonia trip – Bon Voyage

15 students of French in Years 11, 12 and 13, along with Madame Bamford and Madame Johnson are preparing for a trip to New Caledonia, leaving during the April school holidays. The trip will involve three days in Nouméa and six nights in homestays in Poindimié, in the North of New Caledonia, where students will attend school and experience local culture. They will visit a tribe and prepare and eat a bougna, a local meal cooked in stones, with them. They will also visit the island of Tibarama and have the opportunity to kayak in the lagoon. This experience will give students the opportunity to immerse themselves in the French language and to experience the local culture. We have been involved in a number of fundraising initiatives and the final fundraiser is A Night at the Races, at Addington Raceway on Friday 31 March. Tickets for this are \$45 and include a buffet meal. If you would like to purchase a ticket to this to support the trip please email Fiona Bamford at fba@lincoln.school.nz.

Fiona Bamford

HOD Careers and Pathways, Junior Tutor, TIC French

Science Department Health and Safety Update.

The Health and Safety at Work Act was updated in 2005, which has had some impact on the legal requirements that we need to follow in our Science Laboratories. Each Science class has had information on this, but to summarise this table has been pulled directly from the Code of Practice.

The main points have been discussed with each class. Although some of these are regulations have always been in place, there are some changes. Legally;

Students shall not be in a Science Laboratory without a person in charge being present.

Students shall be dressed appropriately – including hair tied back and non-slip, closed in shoes.

Jandals are forbidden.

Students must follow teacher guidelines on protective equipment – e.g. eye wear.

Students **shall not bring food or drink, including sipper bottles, into a Science Laboratory.**

Students may find themselves transferred from Laboratories should they consistently flout these regulations. In addition, in extreme cases, students may be part of a Work Safe investigation and could possibly face large fines (up to \$100,000) for contempt of this law.



CURIOUS
MINDS

MINISTRY OF EDUCATION
TE TĀHURU O TE KĀTAURANGA



7. Students (Other)

Students undertaking science courses may, from time to time, handle hazardous substances such as dilute acids and solvents. To keep safe, students shall observe the following responsibilities and requirements.

Responsibilities The Technician:		Skills & Knowledge requirements or Examples
a	shall not be present in a laboratory containing hazardous substances unless under direct supervision of a person in charge.	
b	shall be dressed appropriately for hazardous substance being handled.	<ul style="list-style-type: none"> » Shoes must be non-slip and closed, i.e. protect the top of the foot, and must not allow any part of the foot to come into contact with the floor. <i>Jandals are forbidden</i> » Long hair must be tied back. » Head coverings are permitted but should be of cotton or flame-resistant material. The head covering must be secured so that the material cannot come into contact with any part of the bench or science apparatus. » Teacher's guidance on use of personal protective equipment must be followed.
c	shall not bring food or drink (including sipper bottles) into laboratories where hazardous substances are handled.	

If you have any questions about this, please do not hesitate to contact Georgina Barrett, HOLA Science. gba@lincoln.school.nz

Omahu Bush project

The Outdoor Education Department has joined forces with the Summit Road Society to help manage and preserve the native plants and animals in Omahu Bush, on the Port Hills behind Tai Tapu.

The aims of the project are teaching the students about Kaitiakitanga and our school value of 'Our Environment'.

Year 11, 12 and 13 Outdoor Education classes will visit the reserve several times during the year. The first phase of the project has been installing ten 'Good Nature' multi-kill possum and rat traps. These traps, provided by the Summit Road Society, are powered by a CO₂ canister and lure the pests in with a sweet tasting bait.

Later this year we are planning on planting native trees and cutting gorse bushes from the paths. Also we will make information signs to attach to common native trees, which will provide learning for the students and the public that visit the reserve.



Photo: **Ben McCarthy** and **Jacob Jones** (Year 11) after installing a 'Good Nature' possum trap.

Doug Aitken

TIC Outdoor Education

Absolute Wilderness Adventure Race - March 11th 2017



(L to R) **Hamish Sadler, Reece Rush and Lui Arnold**, (all Year 10 students).

These boys entered and won their category in this year's Absolute Wilderness Adventure Race, which was held in the Nelson Lakes National Park on Saturday 11 March. The event involved Rafting, Navigation and Mountain biking. From the smiles on their faces it was effort well spent.

Maia Broughton won three individual gold medals at the National Track and Field Championships in Hamilton in March. She was a triple winner in the Under 14 Girls grade with a race record in the 400m (57.10sec) to go with her 200m and long jump titles.

Stuff.co.nz



Lincoln Girls' Cricket

The LHS Girls' Cricket Team competed in the annual NZCT Girls' Secondary Schools Tournament at Hagley Park last week (15-16 March). Each game was a 20:20 with nine players per team.

In the first game against Villa Maria College the Lincoln team amassed a tournament high score of 162 without the loss of a wicket! Emma Kench came close to scoring a century with 91 not out, ably supported by Missy Banks with a half century. Unfortunately, Emma was unavailable for the other games due to a football commitment in Auckland.

In the second game, Lincoln played Rangi Ruru and again the score-line was one-sided. Missy Banks led the run chase with 68 not out.

The two wins put Lincoln into the finals against Christchurch Girls' High School. Girls' High were too strong in both batting and bowling and although the team batted out its overs, they were unable to reach the target in 20 overs.

Therefore, the team came a very creditable 2nd in the tournament. Considering most players were juniors this augurs well for the future. Lincoln came a pleasing 4th in the same tournament last year.

There was strong parental support over the two days, which was most appreciated.

During the five weeks' beforehand Canterbury Metro ran a Thursday twilight tournament to encourage more girls to be involved in the sport. This was a new initiative.

What was notable during both tournaments was the support from players in both the Canterbury Magicians and New Zealand squads. The younger players rubbed shoulders with some of the country's top female cricketers.

Gary Kennett
Manager



Canterbury Rugby League Secondary Schools 9s Senior Tournament

On Thursday 16 March, Miss Eaton and Mr Roughan took a group of 15 senior boys to the Canterbury Rugby League Senior 9s Tournament in Kaiapoi. We arrived to the venue with plenty of time to warm up, and there were a few nerves as they saw their competition. Lincoln won their first game against Catholic Cathedral College which put them in the top four. The second game Lincoln went down to Greymouth High School which meant we came up against St Thomas' of Canterbury College, who were the reigning champions. Although Lincoln lost, we were the first team to put points against St Thomas', which the boys were stoked about. The last game we were playing off for 3rd and 4th and narrowly lost to Hornby High School in a well fought match. At prize giving, Lincoln were awarded the 'Be a Sport' award for showing great sportsmanship during the tournament. Overall, the team did amazingly, considering they hadn't trained beforehand and majority of the boys hadn't played league before. The team is looking forward to another tournament in Term 4.

Craig Crawford

Sports Co-ordinator



2017 CSS Triathlon – Tuesday March 21st

This year's race was held at Scarborough with a 350m swim, 9km cycle and 3km run. The conditions were overcast and still, with a flat sea. Lincoln HS was represented by Reece Rush and a girls team of Annalyse Welford (swim), Henrietta Christie (cycle) and Sophie Hill (run).

Reece finished 3rd out of 20 in the U16 race and 9th overall in a time of 35:43.

The girls put in a great team effort to finish 4th in 45:08.

George Elliott

Manager

Fergus Frame, (Year 12) was placed 4th in the Farr 3.7 National Championship (sailing) and was 2nd under 21yrs. They had eight races over three days at Waitangi weekend on Lyttleton Harbour with 23 entries.

A great achievement, given he spent 3 months unable to sail with his C-spine injury before the regatta, and broke his mast two days before the regatta started.

He is the centre boat in the photo below.



Brooke Whitman was part of the NZU18 Women's Team that had a historic win in at the 2017 International Ice Hockey Federation Challenge Cup of Asia.

This is the very first tournament the U18 Women's team have ever entered and to win it unbeaten over six games is a history-making result on the world stage that has rarely been seen in NZ Ice Hockey.

To make this even more significant is the fact that the six other nations competing were all senior women teams. NZ was the only U18 team. The teams competing with NZ at the Cup were: Singapore, Malaysia, Thailand, India, Philippines and the UAE.

We are proud to share this with you and hope that Lincoln High & the students enjoy and celebrate this success for Brooke and her team as much as we are.

Howard Whitman



Canterbury Secondary Schools Mountain Bike Championships

Flynn Marshall was 1st in the 16 years boy's race held recently at Halswell Quarry. Well done to the other Lincoln High students who competed, full results to come.



Flynn also placed 3rd in the 16-18 years Motatapu 47km Mountain Bike race in Wanaka. Fergus Frame was 5th in the same race.

Karen Urbahn

Sports Administrator

School Athletics Day

Students who broke records

Girls Under 14 (Year 9)

400m Caroline Richards 1:06.19

Girls Under 16 (Year 11)

100m Maia Broughton 12.35

200m Maia Broughton 26.19

400m Maia Broughton 1:00.47

Long Jump Maia Broughton 5.10m

Girls Over 16 (Year 12/13)

Discus Tayla Clarke 38.68m

Boys Over 16 (Year 12/13)

100m Nic Forster 11.25

Long Jump Nic Forster 6.43m



Year 9 Winter Uniform Update

As the weather is changeable and colder weather seems imminent I thought it would be a great opportunity to discuss the uniform options available for your student to help them stay warm. I have had many discussions with students who seem to be feeling the cold already.

The following uniform items have been approved for winter – skirt, pinafore, shorts, pants, tights, knee high socks, long sleeved shirt, jersey and blazer. A reminder that raincoats for Year 9 students must be the approved black showerproof jacket sold at our uniform shop. Puffer jackets and other black jackets are not part of the Year 9 uniform. All of these uniform items can be purchased from our uniform shop Tuesdays and Thursdays from 10.30am—2.00pm.

If students wish to wear a thermal layer this must be black in colour and completely covered by a uniform shirt –i.e. a short-sleeved shirt must have a short-sleeved thermal.

It is timely to also remind you that Blazers are compulsory during Term 2 and 3. Ties will only be required on formal days.

The remaining formal days for Term 1 are:

Monday 3 April	Level Assembly (Blazer and Tie)
Wednesday 12 April	Full-School Assembly (Blazer and Tie)

As the new uniform is dark in colour we have been informed that it is harder to see on our cyclists. Please ensure that your student rides safely in designated cycle areas around our region. If they are cycling longer distances, although not compulsory, I would recommend a **high visibility vest** to help keep them safe.

If you have further queries relating to our uniform, please let me know.

Marama Lynch

Assistant Principal; Head of Level – Year 9

Uniform Shop Update

With some cooler days over the past couple of weeks, the shop is fully stocked with all new uniform items including: Tailored - long trousers, wool shorts, long sleeve shirts and long merino socks, fitted - tunics, skirts, long sleeve blouses and Unisex - raincoats, knitwear - jerseys, vests, scarfs. We have also ordered girls black knee high socks and tights with delivery expected by mid April.

Year 10-12 students are welcome to purchase the new uniform if they wish. Please contact Lyn Elley by email: lel@lincoln.school.nz or phone: 325-2121 to make an appointment time for a full fitting.

Please be reminded - all new uniform items must be paid for at the shop either by cash, cheque or eftpos and charges are unable to be put on students' accounts.

Shop Opening Hours: Tuesday and Thursday's between 10:30am and 2pm

(Location - beside the hall entrance from North Belt)

Lyn Elley

Uniform Shop - Manager



@ LHS

IS YOUR CHILD MOODY? ARGUING? SHUTTING DOWN

Come along and hear KATHRYN BERKETT explain many of the reasons for this type of behaviour. And even better, we will talk about WHAT TO DO!!

We all struggle at times, getting the kids to school, bedtime, getting them to help around the house. A certain amount of 'discussion' can always be expected in a busy household. But when the times become more stressed than fun, we really need to consider what is going on.

This session will give you incredible insight, in such a short time, into the stress response and the effect it can have on us and those around us. You can take this information and immediately apply it to your world. Reports of 'you have changed our household' and 'I get it now' are very common feedbacks from those who attend this session. Why wouldn't you come along??

Kathryn is a mother of two and has her Masters in Educational Psychology. She will explain what is going on in simple, real language. You will leave her session with practical tips that you can use IMMEDIATELY.

Kathryn has been working in this area and training audiences for over fifteen years; working with groups such as Police, Teachers, Parents, Social Workers, NZRugby and many more audiences throughout New Zealand.

Come along to this unique, local opportunity to hear what might be the most useful information of your life!

CONFLICT

REAL 'TAKE HOME' STRATEGIES

IDEAL FOR THOSE WITH AGES 10+

EASY TO UNDERSTAND EXAMPLES

Monday 1st May
7:00 – 8:30pm

Where: Lincoln High
School Hall off North
Belt

Excellent presentation, loved the examples, easy to understand. Have heard some of the info many times before however the way you explained things CLICKED for me! – Parent (Whangarei)

Entertainment Books Available

The Senior A Netball team is once again selling the Entertainment books. You are able to pre-order these either by emailing dwa@lincoln.school.nz or clicking on the link below. Many thanks for your support. <http://www.entertainmentbook.co.nz/orderbooks/134r565>

We are fundraising with the Entertainment Book again this year!

See Diane Walker to order yours today! Or order from the link below

<http://www.entbook.co.nz/134r565>

Still just **\$65** giving you over **\$20,000** of value!



Christchurch, Canterbury and Nelson



Lincoln High School
Te Kura Tuarua o Waihora



West Melton COUNTRY FETE
11am - 4pm

Sunday 2 April 2017

GOLD COIN ENTRY

WEST MELTON SCHOOL
743 Weedons Ross Rd

Over 60 stalls
20+ Food stalls
All day Entertainment on our Stage & plenty of activities for the kids

A GREAT FAMILY DAY OUT

The Fete is to raise funds for new play areas and items like shade sails and seating to complete our new buildings.

www.westmeltonfete.co.nz

McLennaghan **Ray White** **WILFIELD** **yoursection.nz**

Bus Drivers

We are looking for people who are interested in joining Red Bus as a school bus driver.

You will get paid to take the kids to school in the morning then home again in the evening.

If it suits you and us there may also be other work available through the day.

School holidays off, unless you make yourself available for extra work.

Preferably you will already have a Class 2 licence and P endorsement, but we are still interested to hear from you if you think this might suit your lifestyle.

Please contact anne.paterlini@redbus.co.nz or phone 379 4260 ext 807

Anne Paterlini

Transport Co-ordinator



THE CHRISTCHURCH REBUILD TOUR

0800 500 929
redbus.co.nz

Canterbury Museum
redbus

Key Dates 2017

Term 1: 2017

Monday 27 March—Friday 7 April	Yr 10 Camps
Tuesday 4 April	Devising Evening 7:30pm in the hall
Thursday 6 April	Year 12 Major Production 6pm and 8pm in the hall
Tuesday 11 April	Year 13 Major Production 6pm and 8pm in the hall
Thursday 13 April	End of Term 1
Thursday 27 April	Distributorsdirect Uniform sale—Lincoln Events Centre 3.30-6.00pm

Term 2: 2017

Monday 1 May	Teacher Only Day Kathryn Berkett Seminar 7-8:30pm school hall RYDA driving programme at Lincoln Event Centre
Tuesday 2nd May	Start of Term 2—Students
Thursday 4 May	Canterbury Secondary Schools Swimming School finishes at 2:15pm (Buses will run at this time)
Thursday 18 May	Open Day 4pm–6pm. School finishes at 1.15pm (buses will run at this time)
Monday 5 June	Queens Birthday (public holiday)
Tuesday 13 June	School at 1.15pm (buses will run at this time)
Tuesday 4 July	Year 9 Performing Arts Evening 7.00pm in the Hall
Friday 7th July	End of Term 2
Saturday 8 July	School Ball

Term 3: 2017

Monday 24th July	Start of Term 3
------------------	-----------------