

Let's chat.

Te Pānui o Te Kura Tuarua o Waihora

Lincoln High School Newsletter • Issue 3

2017



Principal's Report

Tēnā koutou

We started Term Two's Teacher Only Day with a difference. We met for the first time as a Community of Learning (CoL) where over 200 teachers enjoyed quality professional learning on **The Neuroscience of Stress – A Classroom Perspective** which was presented by Kathryn Berkett and an insight into the **Feuerstein's Instrumental Enrichment** which is designed to enhance and expand the thinking skills of all learners.

He who know others is wise. He who knows himself is enlightened – Lao Tzu.

Kathryn walked us through the stress response system, the signals to look out for in our young people and how we can develop tools to reduce stress. Outlining the roles various parts of the brain play in stress e.g. Brainstem (survival), Limbic (emotional) and Cortex (managing), reminding us of the stress state students sometimes find themselves in. Using the phrase: **Some Boys Hate Carrots** (See them; show them they Belong; tell them what is Happening; give them some Control), Kathryn explored ways we could support our students to over-ride impulsive, irrational behaviour. She was extremely entertaining, helpful and informative and in the evening parent session, one parent commented: "It was brilliant and incredibly helpful".

Feuerstein was presented by Valerie Lovegreen, via Skype from America, a trainer from Auckland, Kate de Groot and a locally trained teacher. During this session, the presenters set out to share with us the guiding principles of Feuerstein and demonstrate how it is being used in the classroom. Two of the primary schools in our CoL have implemented the Feuerstein theory and programme and are committed to the improvements they have seen in their students. The training is designed to help teachers uncover and unlock the cognitive elements necessary for efficient critical thinking and problem solving, essential skills that support all academic areas.

Our CoL which consists of Lincoln Primary, Ladbroke, Broadfield, Prebbleton, Springston, Tai Tapu, Lincoln High School and the Kidsfirst Early Childhood Centre, all thoroughly enjoyed their day.

Nāku, nā

Kathy Paterson
Principal

Wai Ora

Our new building at the Boundary Road entrance was opened on 15th May and will shortly be occupied by students and staff. The name gifted to us by Te Taumutu Rūnanga is “Wai Ora” – ‘The living waters’

The solar screen design for Wai Ora with the perforated panels was linked to the different innovations that Taumutu used historically in creating nets and catching tuna (eels).

Wai Ora – The living waters references mahinga kai (food source) which has always been a defining aspect of marae life at Taumutu, sustainability, and ties in with the connect to eeling and nets.

Lincoln High School Board of Trustees Enhancements for the building.

Our BOT have paid for a number of enhancements to the Ministry of Education Build.

Enhancement	Recommendations	Rationale/Benefit
Thermomass Cladding	Substitute architecturally finished Thermomass cladding in lieu of painted weatherboards.	Greatly improved thermal envelope performance.
Heating and ventilation	Increase heating and ventilation specifications by switching to a mechanical energy recovery heating and ventilation system.	Better control over heating and ventilation through zoning leading to improved thermal comfort.
Solar Shading	Includes solar shading device to north-eastern and north-western facades.	Better architectural outcome through building with street presence. Greatly decreased solar gain in summer = improved thermal comfort. Good environmental story/Educational benefit.
Roof Insulation	Increase roof specification from 60mm Kingspan to 100mm Kingspan.	Greatly improved thermal envelope performance.
LED Lighting	Increase lighting specifications from fluorescent tube to LED throughout.	Better control over heating and ventilation through zoning leading to improved thermal comfort.
Acoustic Performance	<ul style="list-style-type: none"> Upgrade of acoustic separation to walls Upgrade doors acoustically Increase specifications of acoustic wall linings to Autex Cube with air gap 	Much higher acoustic performance of spaces for better teaching and learning outcomes.



Page 1-2	Principal's report
Page 3-10	General
Page 11	Congratulations
Page 12	Student Council
Page 13	Art
Page 14-19	Careers and Pathways
Page 20-22	Drama
Page 23-24	Health Education
Page 25-26	Languages
Page 27-32	Sport
Page 33-34	Youth Ambassadors
Page 35	Key Dates 2017

Uniforms Needed

Calling attention to the parents of all Year 12, Year 13 and other students who have any Lincoln High School uniform that is no longer worn. The 2nd hand Uniform Shop requires more uniforms to sell.

If you would like the PTA to sell your uniform on your behalf, then each garment that is offered for sale must have a PTA label attached to it. Any garment unsold may be collected or donated to the school.

When dropping off your uniform at the school office there will be an information sheet available regarding the system. If you have any questions, please contact the 2nd hand Uniform Shop Co-ordinator: trish@gilberts.co.nz

Year 9 Formal Days – Term 2

Year 9 students are required to wear Blazers to and from school every day for Terms 2 and 3. **Ties** are required to be worn with Blazers on the following formal days:

Monday 29th May – Year 9 Photos

Monday 12th June – Year 9 Level Assembly

Wednesday 28th June – Full School Assembly

Monday 3rd July – Year 9 Level Assembly

Harmful Digital Communications Act 2015

The following ten communication principles are listed in the Harmful Digital Communications Act 2015. We feel it is important to inform our community of these principles in the hope that you will discuss these with your student. Being aware of what is acceptable and unacceptable will be beneficial for everyone. The full document can be found at: <http://www.legislation.govt.nz/act/public/2015/0063/latest/whole.html>

Students are reminded that they can report digital communication concerns to their Dean or HOL.

Reprint as at 1 March 2017



Harmful Digital Communications Act 2015

Public Act 2015 No 63

Date of Assent 2 July 2015

Commencement see section 2

Communication principles

Principle 1

A digital communication should not disclose sensitive personal facts about an individual.

Principle 2

A digital communication should not be threatening, intimidating, or menacing.

Principle 3

A digital communication should not be grossly offensive to a reasonable person in the position of the affected individual.

Continued over

Principle 4

A digital communication should not be indecent or obscene.

Principle 5

A digital communication should not be used to harass an individual.

Principle 6

A digital communication should not make a false allegation.

Principle 7

A digital communication should not contain a matter that is published in breach of confidence.

Principle 8

A digital communication should not incite or encourage anyone to send a message to an individual for the purpose of causing harm to the individual.

Principle 9

A digital communication should not incite or encourage an individual to commit suicide.

Principle 10

A digital communication should not denigrate an individual by reason of his or her colour, race, ethnic or national origins, religion, gender, sexual orientation, or disability.

Marama Lynch

Assistant Principal & Head of Level Year 9

Lincoln High School Enrolment Scheme Effective January 2017

The boundaries of our zone changed from January 2017 which resulted in some school families no longer living in zone. These families may want a child in Year 8, or younger, to enrol at Lincoln High School in 2018 or later. In some circumstances this can happen.

Our enrolment scheme, as stated by the Ministry of Education, says the following:

Transitional arrangement for families of currently enrolled students who find themselves 'out of zone' at the commencement of this scheme.

The following addresses shall be deemed to be 'in-zone', but only for as long as they contain children who, at the time of enrolment, are the siblings of current students.

The appendix is available to view on request from the school office.

NB: *This is a very tightly defined concession. It would **not** apply to:*

Children of parents who move into any of these addresses subsequent to the adoption of the enrolment scheme boundary amendment; and

Children of parents currently living at one of the addresses who move out of the address subsequent to the adoption of the enrolment scheme boundary amendment.

Note: 'Currently enrolled' or 'current' means at the end of the **2016** school year and includes any Year 13 students who stayed until the end of the year.

The appendix referred to above is a list of addresses of students on the school roll at the end of 2016. These students lived in-zone under the previous enrolment scheme.

Any Year 8, or younger, student who has a sibling on that roll **and** is living at the same address as listed on the roll, will be classified as an in-zone enrolment for the year they want to start at Lincoln High School.

Example 1:

Jake is in Year 8 in 2017 and lives in the pre-2017 enrolment zone but does not live in the new Lincoln zone. He had a sister in Year 13 in 2016. They haven't moved house since then. Jake can attend Lincoln in 2018 as an in-zone enrolment under the transitional arrangement.

Example 2:

Samantha is in Year 6 in 2017 and wants to attend Lincoln in 2019. Her brother was at Lincoln in 2016 but he left school at the end of the first term. Samantha will not be considered as in in-zone enrolment as her brother was not at Lincoln at the end of 2016.

Example 3:

Aroha was enrolled at Lincoln High in 2016 as an out-of-zone student through the enrolment ballot. Aroha's siblings are unable to enrol at the school through the transitional enrolment arrangements as the transitional arrangement applies only to the original Lincoln High School enrolment zone.

Continued over

Bus Transport

Rolleston College is taking enrolments for one year level each year, starting in 2017 with Year 9.

The Ministry will continue to provide school bus transport for students from Rolleston to Lincoln for a period which will allow a Year 10 student at Lincoln High in 2017 to complete school at Lincoln High School through to Year 13. This will be the years 2017 through to 2020.

Stephen Rout

Deputy Principal

ParentPaperwork

We are in the process of implementing a new system called ParentPaperwork to assist with communication between school and parents.

ParentPaperwork is an online system that replaces all the paper forms we send home for you to complete and return. By moving to an online system, the school anticipates making good savings in time and cost compared with managing a paper process.

The online system is extremely easy for parents to use. Instead of paper forms coming home in your child's school bag, you will be sent an email notification, with a link to click that opens a secure web page version of the form to complete and submit. You can do this on your phone, tablet or computer. You do not need to download any apps, or register. The online system is a much more efficient way to capture all this information from you, and means teachers and the administration staff can easily keep track of who has returned their forms.

All of the data you submit in the forms is held in a secure database and is only accessible to selected school staff.

You can read more about ParentPaperwork on their web site:

<https://www.parentpaperwork.com/parents>

Carl Hogan

Director of Digital Strategy

Science Fair

Coming up this term, in Week 10, is our school Science Fair competition. Some junior classes will be putting together projects either individually or in small groups and given some class time to work on it. If your class isn't all doing Science Fair, never fear! You can still opt into it. Ask your Science teacher for more information and they will give you a booklet to help you decide on a topic and give you direction. There will be prizes for the best projects and these will then be entered into the regional Science Fair competition. For more details email tw@lincoln.school.nz or have a look at canterburysciencefair.co.nz

Tahlia Whiting

Science Teacher

“Education Perfect”:

Students learning Science in Year 9, Year 10 or Year 11 at Lincoln High School have been given a year-long subscription to the Education Perfect on-line learning programme. This is an excellent and effective programme that supports students developing strong scientific knowledge and literacy skills, allowing them to develop their strength in Science both in class and at home. A letter will be coming home shortly about this, to those students involved."

Anna Milne

Assistant HOLA Science

NCEA Information

1) Term Two NCEA internal assessment dates

Parents and students are able to access the Term Two internal NCEA assessment diary. The subjects listed in the assessment diaries are coded in accordance with student timetables.

This information is available on the school website. Please [click here](#) then scroll down to the bottom of the page.

2) Monitoring NCEA and University Entrance (UE) progress.

Students and families are able to monitor NCEA and UE progress by accessing results from Kamar on the school portal <http://portal.lincoln.school.nz/>.

Personalised student Assessment Statements are also available on the Kamar portal. These summarise the make-up of each student's NCEA courses, including credit values and approximate timing of assessments. Level 3 NCEA Assessment Statements also indicate if a course is a University Entrance approved subject. UE literacy standards are noted on Level 2 & 3 NCEA Assessment Statements. See below for further UE details.

3) University Entrance (UE)

It is important for students considering attending University that they realise:

- ♦ while UE is a minimum requirement for University in NZ, limited entry university courses focus on a student's NCEA grades as well as UE.
- ♦ preparation for University includes being experienced in adequately studying for and sitting both practice and end of year external examinations.

To gain University Entrance a student will need to obtain:

- ♦ NCEA Level 3
&
- ♦ Three subjects - at **Level 3**, made up of:
14 credits each, in three approved subjects,
&
- ♦ Literacy - 10 credits at Level 2 or above, made up of:
5 credits in reading
5 credits in writing
&
- ♦ Numeracy - 10 credits at Level 1 or above

For further details, please refer to the NZQA website by [clicking here](#).

Continued over

4) Recognising high achievement with endorsements

The following details are a reminder of how a student can be recognised for high achievement in their NCEA years.

Certificate endorsement

If a student gains 50 credits at Excellence, their NCEA will be endorsed with Excellence. Likewise, if a student gains 50 credits at Merit (or Merit and Excellence), their NCEA will be endorsed with Merit.

Credits earned can count towards an endorsement over more than one year and more than one level. However, they must be gained at the level of the certificate or above. For example, Level 2 credits will count towards endorsement of a Level 1 NCEA, but Level 1 credits will not count towards endorsement of a Level 2 NCEA.

Course endorsement

Course endorsement provides recognition for a student who has performed exceptionally well in an individual course.

Students will gain an endorsement for a course if, in a single school year, they achieve:

- ♦ 14 or more credits at Merit or Excellence, and
- ♦ at least 3 of these credits from externally assessed standards and 3 credits from internally assessed standards.

Further details are listed on the NZQA website. Please [click here](#)

5) Ordering results documents from NZQA

Students can order any documents they are eligible for, and for which they want a copy through their NZQA Learner Login. See [Ordering Results Documents](#).

Students can also see and pay outstanding fees on their [Learner Login](#).

6) 2017 external examination timetable

This has been published on the NZQA website and is available [here](#)

Tony Melton

Assistant Principal

Congratulations

Romeo and Juliet 5 minutes	Directed by Elizabeth Steel	Cast: Daniel Berry, Jarod Pope, Craig Pope and Emile Reiser-Patrick	Awarded Best Stage Combat	Video link: https://clickv.ie/w/lubh
A Midsummer Night's Dream	Directed by Jade Farnell Co-director: Dougal Frame	Cast: Phoebe Deal, Fleur Neill, Beth Walsh, Jarod Pope, Craig Pope, Gabriel Clarke, Dougal Frame	Awarded Best Use of Stage	Video Link: https://clickv.ie/w/mubh

Henri Rollinson (Y12, KA13) was selected into the Junior Makos team, which represents the entire South Island, to swim two events for the 2017 NZ Zonal Championships. Henri gained a 4th place in the 200m freestyle. Also, he was 1st in the Age Group relay team representing Makos, 5th in the Freestyle and 5th in the 200 Fly in the NZ National Age Group Championships in Wellington.

Taylin Smith (Y12, KA13) came 1st in the Senior Secondary for the annual "Chinese Bridge" Speech Competition, **Charlotte Walker (Y13, PA22)** came 3rd, **Eleanor Hilliard (Y10, KA33)** came 3rd in the Junior Secondary and **Kate Wallace (Y10 PA32)** came 4th. They are all going up to Wellington for the National Chinese Speech Competition in late May or early June.

Our intermediate team **Fletcher Allan (Y12 KA11)**, **Josh Cairns (Y12 IN11)**, **Fergus Frame (Y12 KA13)** and **Matt Pidcock (Y12 KU11)** did very well to finish 3rd in their grade and 4th overall out of 32 teams who competed in Cromwell for the 2017 Annual SISS Adventure Racing Championships.

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.

The amalgamation of the 2017 School Council was somewhat comparable to the early beginnings of a sports team. We came together in late January as 25 talented individuals with no goal nor objective, so, collectively we came up with our vision statement. After much reasoning and deliberation, we decided on “our vision is to **unify** our school **community**, developing a lasting sense of **pride** and **belonging**.” From this process we pulled four key words. Unity, community, pride and belonging. These words will act as guidelines for making decisions as a council throughout the year.

Now that pre-season training was complete, it was time for action. Valentine’s Day, led by the Heads of the Social Council, Cate Bruce and Tessa English, was a perfect opportunity to see what it takes to run school-wide events. Collecting the most money from a mufti day in the school’s history was something that the council is very proud of. The proceeds were donated to the two Lincoln High School families who lost their homes in the Port Hills fires.

After easing into the world of organization, management and sometimes stress, we were thrown in the deep end (or at least it felt like it), when given the task of running the first school wide assembly. The Head students, myself, Libby Trevelyan, Lucy Turner and Lincoln Roper, along with the rest of the council, and with help from the senior leadership team, compiled a game plan and set it into action.

Organizing 50+ people for the first time was certainly eye opening. In the midst of running around making last minute changes to the script that had been prepared for days, to making changes to the run list in the middle of the assembly, you forget about what you are really doing. We were speaking in front of 800+ people, which ironically was the least stressful part. Looking back at this event I think we have lots to be proud of. The coming together of the council stands us in good stead for the rest of the year.

The start of the year has been a success. However, this is just the start. The ideas are there, now it is time to put it all together. From what I’ve seen over the past eight weeks, I’m confident that we have the right people on board to achieve our goals.

Regan Kay

Head Student



Lucy Jessep Y13 Painting
Acrylic on board 2017
297mm x 420mm

Otago Law Career Event for Yr 12 and 13 Students

For Year 12 and 13 students thinking about law at Otago University. There is an Information event on Monday 22nd May from 1.30 – 2.45pm at Christ's College. This will outline the structure of a law degree and the career opportunities the degree offers. Parents are also invited to attend. Please RSVP to law.careers@otago.ac.nz

New Zealand College of Chiropractic

If you are interested in science and health, chiropractic offers a rewarding and flexible career. It also offers opportunities to work in New Zealand and around the world. Find out what is involved in studying at the New Zealand College of Chiropractic and graduating with a Bachelor of Chiropractic on Wednesday 24th May, 7pm at the Rendezvous Hotel – Boardroom, 166 Gloucester Street, Christchurch Central. Please rsvp by email to admissions.assist@nzchiro.co.nz

D&A - Design & Arts College of New Zealand

Their Open Day will be held on Thursday, 1st June from 10am – 12pm at 150 Hereford Street. For course information, please go to <http://www.dac.ac.nz/courses/>. If interested please email info@dac.ac.nz or call on 0800 50 88 50

University of Canterbury Information Evening

Considering university study? The UC invites future students along with their parents to attend an information evening. This will discuss life and study at UC – scholarships, accommodation, degree and course information.

Wednesday 7th June – Doors open at 6.15pm. Presentations start at 6.30pm at the Central Lecture Theatre Block, UC, Arts Road, Ilam, Christchurch – free parking

For more information go to www.canterbury.ac.nz/liaison or phone 0800 VARSITY (0800 827 748)

Otago University Information Evening

This will be held on Wednesday 21st June from 6.30pm at Addington Events Centre, Christchurch.

Victoria University Information Evening

This will be held on 27th June 6.00 – 8.00pm at Rydges Latimer Christchurch, 30 Latimer Square, Christchurch Central. For more information contact Hayley Whalen hayley.whalen@vuw.ac.nz or 04 463 7442

Female Defence Careers Experience (DCE)

Year 11 to 13 females who are interested in the Army, Navy or Airforce - there is a week-long experience at Woodbourne (Palmerston North) from the 10 – 14th July. To apply you need to go online through the Female Defence Careers Experience Event on the Christchurch Defence Careers Facebook page. <https://www.facebook.com/events/363333084068513/>

Applications Close - Thursday 9th June 2017 For further enquiries regarding the DCE, please email DefenceCareersSouthern@nzdf.mil.nz

PWC Scholarships

PWC (Pricewaterhouse Cooper) 2017 Scholarships will open on **12th June** and close on the 28th June at Midnight – for more information go to <http://choose.pwc.co.nz/school-scholarships/>

Avonmore Open Day

Will be held at 150 Hereford Street at 10am-12pm on Thursday 1st June 2017. For more information about courses please go to <http://www.avonmore.ac.nz/courses/> or to register your interest please get in touch via [email](#) or call us toll free on 0800 4 AVONMORE
Please note D&A will also be part of this Open Day as they are sharing our facilities

Ara Open Day and Information Evenings

Ara Open Day will be on Thursday 15th June from 2pm – 5pm at the Madras Street Campus. The New Zealand Broadcasting School Information Evenings will be held on the 15th June, 26th June and 13th July please go to <http://www.ara.ac.nz/study-options/our-study-interest-areas/new-zealand-broadcasting-school/information-session-registration> for more information.

Your Toolkit for Success – making career decisions

It is important that students plan for their futures even when this may mean that what they plan for can change. It sometimes is about a student understanding who they are, that can lead to their success. It should not be a rushed process either – make sure you spend time with your son or daughter discussing what their future ideas are and allow them to explore options that they are keen on, or passionate about.

Making decisions can mean knowing enough about various possibilities. Being organised and willing to spend time on researching your options is important. One of the key things is finding out more about 'you' – what are your strengths, weaknesses, passions and beliefs. What are your talents – what skills do you already have. What is your purpose; what do you want to be doing in 1, 5 or 10 years and how are you going to get there.

Writing these things down is an important part of the decision-making process. Use a paper and pen or your computer to consider these. Some useful sites that can guide students through this process are listed below. These are interactive, offer ideas around linking subjects students enjoy with possible study and career options and are free to use.

Please explore your options – start planning for your futures now!

www.nomajordrama.co.nz

www.schoolconnect.co.nz

www.careers.govt.nz

TERM TWO		
Event	Place	Time
Waikato University Open Day	Waikato	Friday 19 th May
University of Canterbury Liaison Officer visit Year 12 & 13	LHS – J12	Mon 22nd May 1.15 – 2.05pm
NZ College of Chiropractic Information Evening	Rendezvous Hotel – Boardroom, 166 Gloucester Street, Christchurch Central	Wed 24 th May 7pm
Otago University Liaison Officer visit Year 12 & 13	LHS – J12	Friday 16th June 1.15 – 2.05pm
TERM TWO Holidays		
Event	Place	Time
Ara Institute of Canterbury Open Day	Ara – Madras Street, City	Thursday 15 th June 2 - 5pm
University of Canterbury UC Open Day	UC Christchurch	Thursday 13 th July
Lincoln University Open Day	Lincoln	Friday 14 th July
TERM THREE		
Event	Place	Time
Massey University Open Day – Manawātū Campus	Palmerston North	Wednesday 2 nd August 8.30 – 2pm
Victoria University Liaison Visit – Course Planning Year 13	LHS	Friday 4th August 1.15 – 2.05pm
Massey University Open Day – Albany Campus	Auckland	Saturday 12 th August 10am – 4pm
Victoria University of Wellington VUW Open Day	Wellington	Friday 1 st September
Massey University Open Day – Wellington Campus	Wellington	Friday 1 st September 9am – 3.30pm

Larisa Thatcher
Careers Advisor

Entering the winter months, this is a timely reminder for Year 11, 12 & 13 students: if you are away sick,

- Let the school know of any absences
- Get a medical certificate
- Complete an orange Missed Assessment form so you can request an extension

It is important that Year 13s are aware that their attendance needs to be at 90% or above for Graduation purposes. It is also important to meet that 70% success rate too.

If you haven't already done so, it is time for Year 13 students to start thinking about their future pathways. We are already more than a third of the way through the school year (yes, hard to believe I know) and soon it will be time to think about scholarship and tertiary education applications. Alternatively, start looking at the job-seekers' websites to see what is available and the sort of work you might want to do when you leave school. Appointments can be made with either the Year 13 Tutor, Mrs Senior or with the Careers Advisor, Mrs Thatcher.

Work experience can be arranged, or you might feel a short STAR course of some kind might be useful. Mrs Gray and Ms Mackintosh can assist you with these as well as helping you to create a CV, find part time work and prepare you for interviews.

This term will whiz past! Being organised, so you can meet deadlines or think about your future, is really important. If you need some assistance with this, you will find a really useful revision / time management guide available in Student Services. Check the school's notices for important up-coming dates regarding University / Tertiary speakers, open days or other opportunities.

10 Reasons to go on Work Experience

ONE...

Young people are more likely to be successful in their [job hunt](#) if they have done some good work experience.

TWO...

If you haven't got a clue [what career you want to do](#), work experience is a perfect way to sample all the [career options](#) out there. It's a way of exploring different jobs without actually committing to anything.

THREE...

It's the best way to get a real sense of your chosen industry. You'll get to speak to employees and ask them questions. You won't know what it's like until you get closer to the action.

FOUR...

Doing work experience shows passion and interest. Evidence that you have done work experience shows the employer that you are motivated to get into a chosen career and that you've done your homework.

Continued over

FIVE...

If you're floundering about and frankly aren't that bothered about your career, work experience might just be the motivation you need. If you do a variety of different [work placements](#), you might find something you are passionate about and get motivated.

SIX...

Work experience gently introduces you to the world of work. You get to learn the do's and don'ts, get work place savvy and learn to navigate your way through the jungle of office politics. Vitally, it'll give you an idea of the skills you might need to thrive in the workplace.

SEVEN...

It will help you identify your own skills and perhaps even highlight the areas that you might want to work on. It will definitely give you a good understanding of your strengths and weakness.

EIGHT...

You might wow them so much that you'll manage to wrangle yourself a job!

NINE...

It's all about [networking](#). It will help you build up contacts and, you never know, they might even give you a heads up about a future job or recommend you to another company.

TEN...

And yes, work experience does give you something to put on your CV!

If you would like to give Work Experience a go, please see Mrs Gray at Student Services.

Obtaining your Learners Licence

Many jobs require prospective employees to have their drivers licence and most students should be preparing to sit their Learners Licence as soon as they turn 16. This will ensure they will have their Restricted or Full Licence by the time they leave school for further training or employment. Here are some simple ways to prepare for sitting the Learners Licence theory test.

- Grab a copy of the Road Code and study. There are copies available at the school library or at the Selwyn Library in Lincoln or Rolleston.
- Study online. <https://drive.govt.nz/get-your-learners/interactive-road-code/>
- Register and practice at this site <https://www.pathwaysawarua.com/>
- Download the App!
- Take a free quiz <http://www.aa.co.nz/drivers/learn-to-drive-the-aa-way/road-code-quiz/>
- Sit some practice tests <http://www.roadcodepractice.co.nz/> There is a small cost involved.

The Careers and Pathways Team.

Using your adult brain when in conflict with your young person.

The SOBER acronym may be helpful

STOP

Observe – what is going on with me, and my young person. Are either of us tired, hungry, stressed from another situation?

Breathe

Expand – pull back and ask what are the possibilities here given the situation, what is the valued goal I am trying to achieve? e.g. are we having the kind of evening we want to have as a family, is this helpful, am I behaving like the kind of person I want to be?

Respond – with more of a response and less of a reaction, and sometimes that means saying we cannot discuss this while we are angry. We will talk later when we are calm.

“13 reasons why”

Thank you to those of you who responded regarding this Netflix programme. Keep alert to this and other programmes online, apparently there are other similar programmes which can be challenging for young people. Keep talking.

Please contact one of us if you have concerns

Linda Chapman lch@lincoln.school.nz
Carmen Hazlett cha@lincoln.school.nz

Bronnie King bki@lincoln.school.nz
Rob Macdonald rma@lincoln.school.nz

Counsellors

What's On in Drama?**Term 2**

18 May	Stage Challenge
25 May	Australia Circus Company - Year 9 and 10 Drama - work shop and after school optional course
4 July	Year 9 Performing Arts evening 7pm
6 July	Year 12/13 Devising evening 7pm
10 July (holidays)	Children's Theatre for preschools

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 is a fundraising group for KIDSCAN Charity, with the next series of performances on the 10th July 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 school's app for further details.

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

Stage Challenge

We are just under a week away from the final performance that takes place on the 18th May 2017 at Horncastle Arena.

Please be aware of the following things:

Tickets

Tickets are available through Ticketek general public sale.

Adults \$33.00 (including GST)

Children \$27.00 (under 12 years old)

N.B. Your student performer does not need to purchase a ticket for themselves.

Transport

Students will be taken to the arena via a bus, which will depart from the Lincoln High School Hall promptly at **7:15 am**. Our registration is at **8.00am** at Horncastle Arena.

The student's bus fare to the arena has already been paid through previous entry fee.

Please make sure your student arrives at Lincoln High School at **7.05 am** so the bus can get away by **7:15 am**. **Please note the bus will leave at this time: if you miss the bus you will need to get to Horncastle Arena using your own transport. You can send a text to this number if there are problems – 021 1416430**

Students will need to find their own transport home from the performance. We strongly suggest sharing transport with other cast members where possible to minimise disruption. The evening should be finished approximately at 10:30 pm, if everything keeps to schedule.

Final Weekend rehearsal

Final weekend rehearsal is this Sunday 14th of May at Lincoln High School hall from **2pm – 5pm**.

This is a compulsory rehearsal for all cast members.

Thank you for your continued support with this event.

Lisa Crawford

Liaison Teacher

lcd@lincoln.school.nz

Dance News

The Lincoln High School Dance Ambassadors for 2017 are Ellen Thompson (Year 13) and Annabelle Barrowclough (Year 12). Dance ambassadors have the opportunity to attend rehearsals, performances, workshops and talks delivered by dance practitioners and professional companies, free of charge. They meet and work with like-minded students from other schools. In addition, they take the lead in organising, choreographing or promoting one, or more, dance items. These items will be presented at the Secondary School's dance evening "Outstanding Feet" later in the year.

Year 9 Dance students have been studying a genre of their own choosing and they recently presented their research and choreography to the class. Some very good performances were given in styles such as Contemporary, Modern Jazz and Rock'n'Roll dance, and it was pleasing to see the students growing in confidence through the choreographic process. A number of these students will be demonstrating their pieces at the LHS Open Evening event.

Several Lincoln High School students took part in performing arts competitions over the recent school holidays, representing various local studios. These students included Mia Williams, Abby Prusas, Amelia Prusas, Shanna Bullion, Sophie Wise and Zara Doyle. Congratulations go to these girls, for delivering polished and confident performances to the general public.

Jessica McMillan and Ellen Thompson have been busy producing choreography for the upcoming Lincoln High School Stage Challenge campaign. Our performance will take place at the Horncastle Arena on the evening of Thursday 18th May. Additional information regarding Stage Challenge can be found elsewhere in this newsletter.

Robyn Wylie

Dance Teacher



This term we are fortunate to be able to welcome professional health experts into our HED 301 classes. We are lucky to have the pleasure and professionalism of Mark Webster from Stay Well Pharmacy in Hornby, Angela Thomas - Acupuncturist, Simone Reddington - Herbalist from the Apothecary, based at the Tannery and Robyn Woodham who practices NLP (neurolinguistics programming, which is an approach to communication, personal development and psychotherapy). They are helping our HED 301 students understand how these practices actually work and can benefit overall health and well being. Their wealth of expertise is greatly appreciated.

Listening to them in the past it is clear that we can help ourselves maintain good health. In the last newsletter I reflected upon different models of wellbeing. As we are embarking upon winter it is probably timely to reflect on what we can do to prevent catching or spreading bugs. I hope you enjoy the tips below:



Staying Healthy this winter

Boost immunity

It's important to take care of our health throughout the year but during the winter months it becomes even more essential. Eating well, getting enough sleep and staying active are all important during winter to help keep you and your family healthy and to support your immune systems. Supplements containing herbs and nutrients such as echinacea, garlic, vitamin C, and zinc will help to support healthy immune function.

Keep moving

While it's a little harder to find the motivation to exercise when it is cold outside, remember that keeping active during winter is essential to support our health and wellbeing. Moving your exercise indoors during winter will help to keep you warm as well as fit and healthy. Be sure to spend time warming up before you start your exercise as it can take a little longer for your joints to loosen up in the cold weather.

Eating well

As winter sets in it can be tempting to start eating more of those warm comfort foods that are often high in fat, salt and sugar. Instead, find comfort in foods such as warming and nourishing soups and stews full of flavour and healthy vegetables. Be sure your diet includes winter fruit and vegetables packed with vitamins and minerals such as sweet potato, green leafy vegetables, beetroot, kiwi fruit, mandarins, bananas, garlic and ginger.

Sleeping well

Proper sleep (eight hours for an adult) can help keep the body's immune system healthy and fight off colds. Avoid alcohol, caffeine and cigarettes as these substances can affect the quality of your sleep. Regular, moderate exercise, relaxation techniques and establishing a regular sleep routine may help to promote improved sleep.

Continued over

Skin health

The cold weather can affect our skin and contribute to conditions such as dry, itchy skin, chill blains and eczema. This may be due to the reduced humidity, drinking less water than you would during summer or possibly due to reduced circulation which may decrease the flow of blood and nutrients to the skin. Using moisturisers daily may help to keep the skin moist and supple whilst supplements containing vitamin E or garlic help assist blood circulation. If any of your family suffers psoriasis or eczema, try taking fish oils. These provide omega-3 which can help manage these itchy skin conditions. And don't forget the sunscreen, it is important to remember we can still get sunburnt when the weather is cold!

Keeping bugs at bay

Although we can do a lot to support our health and immunity during winter it is not always possible to avoid catching a cold or flu. The viruses that cause colds are spread by sneezing, coughing and hand contact. Wash or sanitise your hands regularly and avoid close contact with someone who has a cold. Keep household surfaces clean as well as kids' toys when someone in the family has a cold. If you are ill, be sure to drink plenty of fluids, including water, hot tea and soup. Avoid alcohol and caffeine and get plenty of sleep. Supplements such as vitamin C, zinc and echinacea may help relieve the symptoms and reduce the duration of a cold.

Stay hydrated

Don't forget to keep drinking water! As the weather cools down and our thirst decreases it is easy to forget to drink enough water. You still need to aim for about two litres/day of water during winter as it is essential for our body to function. If you struggle with plain water (like we do sometimes) try herbal tea. There are so many flavours available now that you're sure to find some you enjoy.

Stay Connected! Check in on your neighbours, friends and yourself. Use a not so good weather day to plan goals, trips, read, self-reflect!



From <<https://www.google.co.nz/blank.html>>

As always, if you think you could add in any way to our Health Education Programmes, please get in touch.

Debbie Jones

Assistant HOLA Health & Physical Education

On Saturday 1st April 2017, the annual “Chinese Bridge” Speech Competition for secondary students was held at Lincoln High School. The event was organised by the Confucius Institute at UC. There were over thirty contestants in the contest. Mrs Austen hosted the event and it went very well from 8:30am —2:15pm. His excellency Zhijian JIN, Chinese Consul General in Christchurch, addressed the audience and congratulated and encouraged students in learning Chinese. After the competition between upper Canterbury for students, there was also the South Island competition. Our students have done very well indeed.

The following students entered the

Senior secondary: Charlotte Walker Y13

Taylin Smith Y12

Nikita Smith Y11

Junior secondary: Kate Wallace Y10

Eleanor Hilliard Y10

Sophie Wise Y9

The result for the first and second round on 1st April were as follows:

Upper South Island Chinese Speech competition:

Senior: Taylin Smith (1st place), Charlotte Walker (3rd place, she also gained best talent for performing the nunchucks), Nikita Smith (Distinction).

Junior: Kate Wallace (3rd place) Eleanor Hilliard (4th Place), Sophie Wise (Distinction).

South Island Final Chinese Speech Competition:

Senior: Taylin Smith (1st place, she was also awarded this for her Chinese dance), Charlotte Walker (3rd place)

Junior: Eleanor Hilliard (3rd place), Kate Wallace (4th Place)

We are very proud of our Lincoln High students, it was a successful event. Charlotte, Taylin, Kate and Eleanor and other winners will represent South Island to go up to Wellington for the National Chinese Speech Competition in late May. We are very proud of our students. Congratulations to all the students who participated for this annual event, they did us proud! Best wishes for their next endeavour!

Terina Yee

Chinese Language Teacher



Trip to New Caledonia

Fifteen students of French in Years 11, 12 and 13 and two French teachers, Madame Johnson and Madame Bamford, left Christchurch at 6am on Saturday 22 April for an eleven day trip to New Caledonia. The trip had been planned since late 2016 and a number of fundraising events were held to support students and make this dream into a reality.



We arrived into Nouméa around 11:30am on Saturday morning into a day of around 25 degrees, a temperature we quickly adjusted to.

The first day was spent familiarising ourselves with the Anse Vata area of Nouméa, practising key French phrases, looking around the beach, shops and cafes and getting to know each other, as we would be spending a lot of time together over the next week and a half. The following morning we were picked up by the school bus from our host school, and began our trip 6 hours north to Poindimié. We had a few stops along the way as today was essentially our only possible day to do any shopping. We visited the Nouméa market, Carrefour supermarket and shopping centre and then stopped to take in the NZ cemetery in Bourrail, where more than 500 New Zealand soldiers were buried during World War II. We had a picnic in Poé and then continued on to Poindimié, arriving around 6pm, where we were met by the principal, English teachers and host families. The next six nights were spent in host families, where students were able to put the French they had learnt to the test.

All students were placed in families with a host brother or sister of approximately the same age and they really made the most of the opportunities to communicate with them. Each day we met as a group (at 7am each day!) and did a range of activities organised by our hosts. The first day started with a welcome for us and we wowed the whole school with our singing of Tūtira Mai Ngā Iwi. We had two mornings at school attending classes; an afternoon kayaking; a day at Tibarama Island where we had a snorkelling tour; visits to two tribes where we learnt to weave hats and crowns and learn about the local land; and a day trip to Hienghène and the Cascade de Tao. All students made the most of every opportunity to immerse themselves in the language and culture and they developed friendships which will last forever.

Leaving Poindimié on Saturday 29 April was really sad and many tears were shed as we waved goodbye to our new friends and headed south to Nouméa. The last few days were spent together as a group. We visited Amédée Island, where we saw turtles swimming around the shore; had a tour of Nouméa on the Tchou Tchou train and spent some time at Kuendu beach. We were fortunate to have warm, sunny weather for our whole trip and we have fantastic memories of the incredible experiences we had together. Un voyage inoubliable!

Fiona Bamford

HOD Careers and pathways, TIC French and Junior Tutor

2017 SISSARC – Newsletter

Three teams travelled south to Cromwell to take part in the annual South Island Secondary Schools Adventure Racing Championships on the 25th March. The race started at 6am with a cycle leg, followed by a hill trek then more mountain biking, orienteering, abseiling, kayaking and running.

Our intermediate team; Fletcher Allan, Josh Cairns, Fergus Frame and Matt Pidcock did very well to finish 3rd in their grade and 4th overall out of 32 teams.

Next home somewhere in the top 10 were our junior boys; Lui Arnold, Oscar Fossey, Sam Singleton, Jesse Waswo. They incurred some penalties, which will affect their final placing.

The senior team of Ngaio Fulton, Zander Wager, Flynn Marshall and Anton Phillipson finished in the middle around 18th overall, but higher placed amongst the mixed teams.

The juniors at the start



The intermediate team at the second transition



The seniors on the kayak leg



George Elliott
TIC Adventure Racing

2017 CSS Athletics

The Canterbury Secondary School Athletics took place over two days on the 7th and 11th March with preliminaries on the Tuesday followed by finals on the Saturday for those who qualified. This year's preliminaries were struck by wet and windy weather, which caused the meet to be abandoned after the morning session. Some of the morning session events were re-scheduled for the Saturday.

When Saturday came the weather was worse and the whole day was cancelled. This made selection for the South Island Competition a little tricky to complete, but based on completed events from the Tuesday and performance at other meets we were able to put together a team to travel to Dunedin at the end of March.

The following made it through to the South Island competition; Ryan Bellamy, Maia Broughton, Tayla Clarke, Josh Forster, Nic Forster, Thomas Gilchrist, Jordyn Kennedy, Mikayla Lowrey, Ashleigh Lowrey, Haydee Krisinic-Middlewood, Aliya Mottus, Caroline Richards and Lexi Richards.

George Elliott

Manager

2017 Canterbury Secondary Schools Road Race Results

The road race was held at the Canterbury Agricultural Park in cool, but improving conditions. The field in all age groups was large and competitive. Finishing in the top 10% is a major achievement in such large fields, Reece Rush did just that with a determined run and close finish.

Y9 Girls (57)

7th Zoe McMeeken

Y9 Boys (49)

33rd Bailey O'Keefe,

34th Tyler O'Keefe

Under 16 Girls (86)

79th Mackenzie Whittington

Under 16 Boys (65)

5th Reece Rush,

32nd Oscar Fossey,

34th George McNaughton,

63rd Jack Ifield

2017 SISS Athletics

This year the South Island Secondary Schools Athletics Championships was held in Dunedin. Thirteen Lincoln High School students went south to represent the school and contest twenty four events. The team was made up of four boys and nine girls. By the close of competition on Sunday, we had won five events, got four 2nd places, one 3rd. The best performing athletes were;

Nic Forster (U19): 1st 110m Hurdles
1st Long Jump
5th 100m



Nic

Haidee Middlewood-Krsinic (U16):
1st Hammer
2nd Shot Put
3rd Discus



Haidee

Lexi Richards (U16): 1st Pole Vault
2nd Javelin
4th Long Jump

Maia Broughton (U15):
1st 400m

Tayla Clarke (U19) 2nd Shot
2nd Discus
5th Javelin

The team: Ryan Bellamy, Tayla Clarke, Nic Forster, Josh Forster, Haidee Middlewood-Krsinic, Jordyn Kennedy, Colby Le Roux, Ashleigh Lowrey, Mikayla Lowrey, Aliya Mottus, Lexi Richards, Caroline Richards, Maia Broughton.



Maia



Lexi



Ashleigh

The Senior A netball team are fundraising for the SISS Netball Tournament.

We are selling foodwrap products

Foodwrap

330 mm x 300 metres \$22

330 mm x 600 metres \$35

Foil

300 mm x 300 metres \$22

440 mm x 150 metres \$22

Baking Paper

300 mm x 100 metres \$30

If you wish to order please contact Di Walker—Email dwa@lincoln.school.nz

Entertainment Books 2017

The NEW 2017 Entertainment™ Books and Entertainment™ Digital Memberships are available now! Discover hundreds of valuable up to 50% off and 2-for-1 offers while helping to support community fund-raising.

These are again being sold for \$65 and include many local places of business. This is a fundraiser for the Lincoln High School Senior A Netball Team. Every book sold generates \$13 towards fundraising.

There are two main ways to order:

- Order online by selecting the following link: <https://www.entertainmentbook.co.nz/orderbooks/134r565>. If you have paid online, please bring in your proof of purchase receipt.
- Pick up will be from the Lincoln High School Office.

Alternatively, you will be able to buy these from the Lincoln High School office with a cheque/cash/eftpos payment of \$65.

Books are already selling well so get in fast to avoid disappointment. Any questions or queries please contact me.

Diane Walker

Manager, Senior A Netball



Swimming

Our swimmers have been busy this year. Below are some highlights from Canterbury Secondary Schools Swimming Championships, NZ Age Group Championships and the NZ Division II Championships.

The Canterbury Secondary Schools Swimming Championships (CSS) were held on Thursday 4th May at Jellie Park. We had 20 swimmers representing Lincoln from Year 9 through to 13. Many swimmers swam personal best times and it is great that, with the event now having full officials on pool deck and touch pad timing, all times are counted for registered swimmers.

Placings from the CSS event are:

Dylan Booyens	15 YO Male 100 Freestyle –	3 rd
Ryan Gibbs	15 YO Male 50 Butterfly –	3 rd
Kate Herman	12-13 YO Female 50 Freestyle –	2 nd
Lochlan McKenzie	14 YO Male 50 Breaststroke –	2 nd
Brittany Moir	16-18 YO Female 50 Butterfly –	2 nd
Alex Nash	14 YO Male 100 Freestyle –	3 rd
Emily Newell	15 YO Female 50 Butterfly –	3 rd
Hannah Newell	15 YO Female 50 Backstroke –	2 nd
Amelia Prusas	14 YO Female 100 Freestyle –	1 st
Henri Rollinson	OPEN Male 200 Freestyle –	3 rd
	15 YO Male 50 Butterfly –	2 nd
Callum Sutherland	15 YO Male 50 Backstroke –	2 nd
Ella Thyne	14 YO Female 50 Breaststroke –	1 st
Miki Tiltman	14 YO Female 50 Freestyle –	2 nd

Relays CSS:

14 YO Female Freestyle Relay (Amelia, Miki, Olivia, Ella) –	2 nd
15 YO Male Freestyle Relay (Henri, Dylan, Callum and Ryan) –	2 nd
OPEN Female Medley Relay (Ella, Olivia, Miki, Cerys) –	3 rd

During Term 1 we had 10 swimmers attend the NZ Division II Championships in Rotorua. Some outstanding results were achieved setting swimmers up for attending the NZ Age Group Championships in the future. A summary of these results is:

Alex Nash 14 YO Male –	a gold, three silver and a bronze
Amelia Prusas 14 YO Female –	a bronze and a silver
Finn Manners 15 YO Male –	a bronze
Dylan Booyens 15 YO Male –	a gold and a bronze
Cerys Clayden 15 YO Female –	gold and two bronze
Ryan Gibbs 15 YO Male –	a bronze

About two weeks later, we had seven swimmers attend the NZ Age Group Championships (12-16 YO) in Wellington. I believe there were no medal placings, however all swimmers had personal successes. Henri Rollinson had an outstanding event, being placed in the top 10 in NZ for seven events, two of those being 5th placings. To achieve success like this takes many hours of training and commitment.

Continued over



Upcoming events are the South Island Secondary Schools event in Blenheim and the NZ Secondary Schools event in Hamilton.

Speaking of commitment to his sport, old boy of Lincoln Matt Hutchins who is currently living in America and attending university there, competed in the NZ Open Championships earlier this year. He is a freestyle middle distance swimmer and in this area cleaned up; taking home gold in 200, 400, 800 and 1500 events. His 800 swim was also a record breaker with him now holding the NZ long course record for this event!

Anna Knowles
Swimming Co-ordinator



Canterbury Model United Nations – March 20-21, 2017

This year, fourteen students from Lincoln High School attended the two day Canterbury Model United Nations conference, held at the Canterbury Horticultural Centre. This year's theme was 'Represented', which explored groups in society that struggle for an equal voice in governmental systems around the world. Women's representation in governance, and freedom of the media were a focus in particular.

The event was based around a mock United Nations General Assembly, at which each student was assigned a country which views they represented over the two days while the event focus topics were discussed. Both days were full of great debates and discussions, and meeting lots of fellow Cantabrian high school students. We were also thrilled to have guest speaker Lianne Dalziel talk about her view of equality and female representation in politics in New Zealand and globally, as well as Dr Pascale Hatcher, Senior Lecturer in the Department of Political Science and International Relations at University of Canterbury. We also took part in a press engagement workshop, and had a social evening on the first day.



Continued over

This event will be available to all Lincoln High Students in 2018, as well as the Model European Union, later on this year. The Model European Union is a great event for learning about and discussing important global issues, as well as meeting lots of interesting people. If you are interested in attending the Model United Nations next year or European Union later this year, keep an eye on the notices, contact the teacher in charge: Mrs Maria Connolly mco@lincoln.school.nz, or chat to either of us around school.

Claire Broughton and Nicky Dachs

United Nations High School Youth Ambassadors

Key Dates 2017

Term 2: 2017	
Thursday 18 May	Open Day 4–6pm. School finishes at 1:15pm (buses will run at this time) Stage Challenge
Tuesday 30 May	2017 Science ICAS test
Monday 5 June	QUEENS BIRTHDAY (public holiday)
Tuesday 13 June	School finishes at 1:15pm (buses will run at this
Tuesday 4 July	Year 9 Performing Arts Evening 7.00pm
Thursday 6 July	Senior Drama Devising Evening
Friday 7 July	End of Term 2
Saturday 8 July	School Ball
Term 3: 2017	
Monday 24th July	Start of Term 3
Tuesday 8 August	School finishes at 1.15pm (buses will run at this time)
Thursday 10 August	Ashburton Sports Exchange (held in Ashburton)
Friday 1 September	Drama Fest 6:30pm in hall
Monday 4 – Friday 8 September	Winter Tournament Week
Thursday 7 September	School finishes at 1:15pm (buses will run at this
Thursday 14 September	Year 10 Drama Evening 6:30pm
Friday 15 September	Cross Country
Tuesday 19 September	Year 11 Melodrama Evening 7:30pm
Wednesday 20 September	CANTEEN Mufti Day
Thursday 21 September	Senior derived grade exams start
Friday 29 September	Senior derived grade exams end
Friday 29 September	End of Term 3
Term 4: 2017	
Monday 16 October	Start of Term 4
Tuesday 24 October	Sports Award Ceremony