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Te Arairā 'Seek the Strong Pathway'



Lincoln High School **Newsletter**
Te Pānui o Te Kura Tuarua o Waihora

Principal's report

Kia ora

With Term 1 almost behind us and both the Athletics and Swimming sports successfully completed, the students are settling well into their academic studies. We celebrated the NCEA academic successes of our current Year 12 and 13 students at the recent award ceremonies. One highlight of the evening was having ex-pupil Jayden van Leeuwen speak to the students and parents. Jayden outlined his pathway to success through his experiences at Lincoln High School and gave the students much to think about. Congratulations to all the students for their academic successes.

Lifelong learning is a key value for our community. With the planned early finish scheduled this year, the teachers will be working in Learning Teams to develop their knowledge of Office365 and OneNote. We believe these products will have a significant impact on student learning and engagement as students and teachers alike embrace future-focused learning.

We farewell Mrs Brigit Hopkinson at the end of the term. She will be sorely missed for her absolute enthusiasm for the Lincoln High School community, and in particular the students and their successes. Mrs Hopkinson has held a variety of positions at the school which include Science teacher, tutor, dean and assistant principal.

With over 16 years of service to Lincoln High School, Mrs Hopkinson has excelled with her dedicated and enthusiastic approach to the school house system and the Student Council. Mrs Hopkinson has touched the lives of many students and their families both inside and outside the classroom and we wish her well for her future in the Hawke's Bay.

Nāku, nā

Kathy Paterson

Principal



The Principal, Kathy Paterson, presenting letters of congratulation for achievement.

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The Form Time Goodwill Cup:

Was started this year as a House Competition to encourage our students to actively become involved in the school value of "Doing Good for Others". Each form chooses a charity and works together to raise money, donate time/goods to support a charity of their choice. These range from The City Mission, The Women's Refuge, SPCA, Dogwatch, CanTeen, supporting the victims of Cyclone Pam and a school in Tanzania. In many forms they have a "cake" day once a week and students "pay" for their piece of cake/food with a can of food, a donation or dog food for SPCA/Dogwatch.

Other forms are sponsoring form members who are shaving their heads for CanTeen and one form is having a "coin trail" to raise money to put towards buying classroom furniture and stationery for a school in Tanzania. Well done all those who have been actively involved!

Brigit Hopkinson

Congratulations

Casey Mathieson was awarded a Rotary Scholarship to attend the National Rotary Science Forum in Auckland.

Jack Thorp, Bradley Nightingale and **Edgar Paterson** were selected and played for Combined Canterbury Country Schools against the Willows on Sunday 1 March.

Louise Richards received a silver medal at the NZ Combined Events Championships in Hamilton in February.

She accumulated 4013 points in the heptathlon which earned her second place.

17.06s 100m hurdles

1.51m high jump

9.40m shot put

26.07s 200m

5.01m long jump

26.47m javelin

2:43.03min 800m



Anna Wells has just returned from representing New Zealand in the Inter-Dominion mini trots.

She had already won the NZ cup last year, becoming the top NZ driver in her age group in the country.

Last week she went to Sydney to represent NZ there and she came **SECOND!** This is even more impressive when you consider that she had to borrow a horse there!

Madison Hutton and her crew from the Avon Rowing Club won the Novice Women's 4 and they are now National Champions.

Sir Peter Blake Youth EnviroLeaders' Forum

Congratulations to **Amy Burney** who has been selected from almost 200 applications for this event to be one of 50 successful delegates. The Forum will take place in Rotorua from 11 - 17 April.

Academic Awards Ceremonies

On March 5th 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 - Rafi Clarke, Tarin Eccleston, Nilani Ekanayake, Duncan Finlayson, Elin Harris, Seong-June Her, Rachael Pickering.

Level 2 – Joshua Chuah, Rebecca Mingard, Caelan Thomas, Lauren Woollard.

Congratulations also to Elin Harris and Caelan Thomas. Elin was the top academic student in Year 11 last year and Caelan for Year 12.

Thank you to the many parents, family members and friends who attended the ceremonies in support of the students.

Neil MacKay—Parent evening

Neil Mackay is a world renowned expert on supporting children with learning difficulties.

He is an international consultant to the Dyslexia Foundation of NZ. Neil is running a Parent Evening on 12th May 7pm at the Christchurch Airport Commodore.

Cost is \$30 per head or \$50 a couple. Children are free.

Parents can listen to Neil give tips on how to help children with learning difficulties.

Pre-booking only contact 07 8821447 or peter@aquilabooks.co.nz

Rachel Saxton

Year 12 Dean and HoD Learning Support

KAMAR Web Portal

Earlier this term students were provided with a username and password allowing them to access the KAMAR web portal. This allows them to see their timetable, attendance and NCEA Results.

Caregiver login information will be sent out during Term 2. Access is either through the KAMAR tile from <http://portal.lincoln.school.nz/> or direct to <http://kamar.lincoln.school.nz>

Accidental Damage Student/ Parent liability

Our environment is important to us, but from time to time accidental damage may occur.

We ask that students look after school equipment and property so that it is handed on to future students in as good or better condition than now.

We ask that students report any damage promptly to the deputy principal. We have security cameras monitoring the school grounds which has aided us to investigate reported damage very effectively. Students who damage, deface or lose school property are liable for the cost of replacement or repair. The terms of payment for reparation may be negotiated with the school. Currently the school has an insurance excess of \$500 on such damage.

Term 1 Progress Reports

These have now been emailed or posted out to all families. They will give you a snapshot of how your son/daughter has settled into their new courses for this year. It also includes the attendance data for each class. This data will document absences from each class for a variety of reasons – illness, school trips, assemblies, sports day etc. It does not necessarily mean that these are the number of times your son/daughter has been away from school.

If you have any specific questions about your child(ren)'s progress, please do not hesitate to contact the Year Level Team or teachers directly. The opportunity for meeting the class teachers is coming up later this term.

Georgina Barrett

Acting Assistant Principal

Reader/Writer Volunteers Needed

We have students at all levels, including those doing NCEA, who qualify to have special assistance with assessments due to a learning disability. This assistance takes the form of someone assisting them with their reading and/or writing.

We are looking for members of our community who are willing to volunteer their time to provide this assistance. They would need to be available during the school day and training would be provided. In terms of time involved, that is up to the volunteer as to how much they would be available. If you would be interested or know someone who might please contact Stephen Rout (sro@lincoln.school.nz or 325-2121).

Year 10 Camp

Letters were emailed and hardcopies sent home in early March. Thank you for all the responses on who's attending camp and who isn't. Those details were due on Friday 13th March.

Payment for camp is due before the Easter holiday. However, we understand that there may be some financial implications for this. As such, please feel free to contact either Marama Lynch (mly@lincoln.school.nz) or Georgina Barrett (gba@lincoln.school.nz) or phone the school – 325 2121 – and ask for either one of us to discuss options. If you have told us that your son/daughter is not attending camp but the reason is a financial one, then please also contact us. We do have full and partial scholarships to help pay these costs that you may be eligible for. Further details are below.

Hardship Scholarship

We are calling out to all Year 10 families who are sending their students on camp. Due to funding from the Red Cross Emergency Fund we are pleased to offer a number of hardship scholarships for any families that believe the full Year 10 camp cost is out of their reach. If you would like to be considered for this assistance we ask that you please send an email to the Head of Guidance – Linda Chapman (lch@lincoln.school.nz). This application needs to be made before the end of the term – Thursday 2nd April.

Georgina Barrett

Acting Assistant Principal

Head of Level – Year 10

Board games wanted

Do you have any board games that are no longer needed? The ESOL department would love to have them! Games such as Scrabble, Upwords, Guess Who etc. are great for helping students learn English and would be put to good use in our department. They can be left at the school office or in classroom J1. Many thanks,

Penny Lancaster

ESOL Department

Year 11 Parents

We are now in assessment mode throughout many Year 11 subject areas. It is crucial that students are in class as much as possible to ensure they are making the most out of their learning experiences. Recently Year 11 students were given an Assessment Procedures Student Handbook.

We are planning to run an NCEA information evening at the up-coming Parent Teacher Interview nights. On Thursday 26th March the session will run from 6pm – 6.20pm and on Wednesday 1st April the session will run from 5.45pm – 6.05pm. Parents have the opportunity to meet the class teachers at parent/teacher interviews which commence next week.

Marama Lynch

Assistant Principal

Head of Level – Year 11

Te Matatini experience

Te Matatini, the New Zealand Kapa Haka festival, is held every two years but it has been almost 30 years since it was held in Christchurch. It was, therefore, a great privilege for 53 of our International Students to join with 40 students learning Te Reo and attend this amazing cultural experience. Lincoln was one of the largest school groups there and almost certainly the most multi cultural. Our students from China, Thailand, France, Taiwan, Japan and New Zealand thoroughly enjoyed watching the stunning performances. They also enjoyed visiting the various displays, learning about Maori art and crafts, sampling healthy food and talking to reps from different tertiary institutions. Te Matatini means 'many faces' and that sums up the diversity of our experience very well! Many thanks to Mr Fraser, for all his hard work organising this amazing trip.

Penny Lancaster

ESOL Department

NCEA information

Year 11-13 students should have received their hard copy of the NCEA Assessment Procedures booklet. 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.

The Term One NCEA Year 11-13 Assessment calendar has now 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 (www.lincoln.school.nz) and selecting the Learning and NCEA Information links.

NCEA and Reader/Writer/Extra time assistance

New 2015 applications have been submitted to NZQA for Year 11-13 students who have appropriate documentation entitling them to reader/writer/extra time assistance for NCEA assessments. Year 12-13 students who utilised approved assistance in 2014 will have roll-over applications submitted to NZQA to enable them to receive the same assistance for 2015. If students have questions relating to reader/writer/extra time assistance, they should contact their year level Tutors (Yr 11 & 12 Tutor – Mrs Johnson, Yr 13 Tutor – Mrs Senior).

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 2015 external NCEA exam timetable

([2015 NCEA exam timetable](#))

A brochure outlining NCEA requirements and NCEA fees, including the new scholarship fees that will apply as of this year ([click here](#)).

Independent Study Days for Year 13 Students

In Term 2 and Term 3, there will be independent study days (ISD) scheduled for all Year 13 students. The Term 2 dates are as follows:

- Friday 15 May
- Monday 15 June
- Friday 26 June

This means that Year 13 students only, will not have any Year 13 classes on those days. They are able to be at home working on assignments or studying. Alternatively, students can arrange to have a tutorial with their class teacher during their regular class time on the ISD.

If Year 13 students have a Year 11 or 12 class on an ISD then they must attend those classes. Some trips and assessments will also be run on those days and students must attend them.

The purpose of these days is to provide time for Year 13 students to pursue independent study and to let them take an increasing amount of self-responsibility for decisions that affect their learning. These days also allow students to complete large assignments and are particularly valuable in providing time to keep on top of their workload.

Tony Melton

Assistant Principal

2014 NCEA results

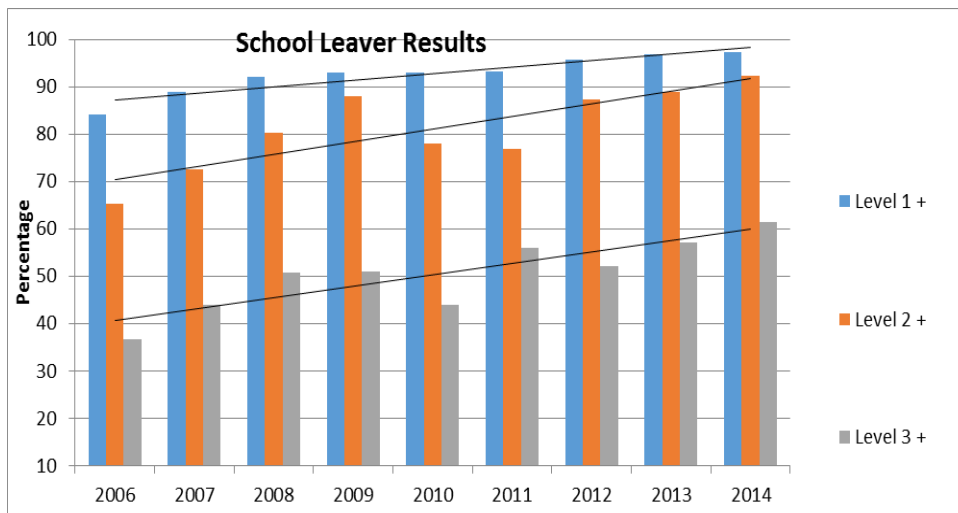
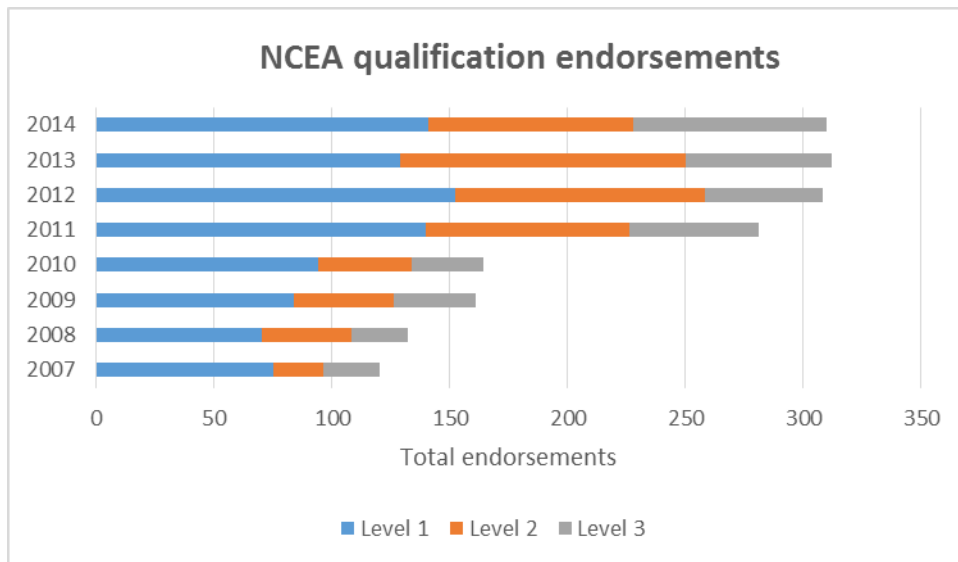
We are very pleased to report that our preliminary 2014 NCEA results continue to maintain a high standard when compared to previous years as summarised below.

Our total number of Merit and Excellence endorsements are trending positively.

The all-important school leaver results continue to show that students are finishing school with a higher level of qualification relative to previous years.

We are maintaining pleasing NCEA pass rates when compared to NZ decile 9 results.

Our students obtained 21 exam or folio Scholarships



The whole school 2014 NCEA pass rates (%).

	Lincoln HS	Decile 9 average	National average
L1 NCEA	91	90	84
L2 NCEA	91	91	88
L3 NCEA	85	85	80
L1 Literacy	94	90	84
L1 Numeracy	94	87	83

Results will be finalised by NZQA following the completion of student requested reviews and reconsiderations.



Kara Harris Y13 Photography. Found Photograph, stitching and acrylic Paint. 2014

Principal's References

Students hoping to apply for a scholarship or University place this year, need to start thinking about obtaining a Principal's reference. All applications require a school reference. To get a reference, students need to go to Students Services and collect a pink application form "*Tell us more about yourself*". Please give as much information as possible, and particularly about outside school involvement. A Principal's reference takes at least three working weeks to process, and students will need to allow plenty of time before references are needed. It is a student's own responsibility to meet any application deadlines.

A Principal's reference can also be used to apply for Polytech. courses and other further or higher training.

Appointments to see your Tutor

Tutors are making appointments to see students. It is really important that students are in form so they can receive information or appointment times. On receiving an appointment, students need to ensure they attend and are on time. If a student can't make it, either because they have an assessment or it clashes with something else they are doing, please let the Tutor know as soon as possible so that an alternative time can be arranged.

Missed Assessment Forms

These orange forms are located in Student Services and students need to complete one if they are going to miss an assessment. If absent from school due to illness, these forms should be completed immediately on return, with a medical certificate attached. Parents are kindly reminded that students cannot get an extension if the absence is the result of a family holiday.

Curriculum Vitae

Now would be a good time for senior students to ensure that they have an updated and accurate CURRICULUM VITAE. This is an essential part of a student "application pack" and is needed for applications for most courses, and certainly jobs.

The staff in the Careers area can assist you with this and ensure that your CV portrays you in the best possible light.

Work Experience

School holidays is an excellent time for students to take advantage of Work Experience opportunities. The Careers Department has a working relationship with a large number of local employers, many of whom are willing to have students on a Work Experience Programme. Please see Mrs Gard'ner if you would like an opportunity of Work Experience in the holidays.

Job Opportunities

The school has also initiated many working "Partnerships" with businesses, many of whom provide part-time and full-time employment opportunities for our students. Avail yourselves of these opportunities, rather than leaving it too late in the year.

Fiona Bamford

HOD Careers and Pathways

Update of coming events and Information

CPIT is proud to announce the launch of its brand new career quiz - www.futureme.cpit.ac.nz

The quiz is available online for all to access and connect personal interest and skills to potential study options at CPIT and future career options, plus have some fun along the way.

MedEntry

Students interested in pursuing medicine and other health courses need to sit the UMAT. MedEntry is a government accredited Registered Training Organisation specialising in UMAT preparation. For more information visit www.MedEntry.co.nz

University of Canterbury is offering a free 3-day 'taster' programme for senior high school students explaining subjects offered in the Bachelor of Arts degree on campus during the Easter holidays, 14-16 April. UC Possibilities gives students an understanding of the study opportunities in the Bachelor of Arts, as well as an experience of university life to help students transition from secondary school to university. Full details can be found on the [UC Possibilities webpage](#).

University of Otago Pacific Islands Centre, is pleased to announce that applications for the Pacific On Campus Experience Programme (POCE) is now available. It's an opportunity for Year 13 students of Pacific heritage to attend Dunedin Tertiary Information Day which will assist with the planning of their degrees. Students will attend the Tertiary information day lectures, experience living in a residential college for two nights and be inspired by university staff and Pacific students on campus.

Pacific On Campus Experience Programme will be on the following days - Monday 27 April to Wednesday 29 April. **Applications will close on Thursday 26 March.** All expenses (travel, accommodation, programme activities and meals) will be paid for by the Pacific Islands Centre, University of Otago.

Update of coming events and information

TERM TWO 2015		
Otago University and Otago Polytechnic combined Open Day	Otago University and Otago Polytechnic	Tuesday 28 April
Otago University Liaison Officer visit Yr 12 & 13	LHS	Thursday 30 April 2.15 – 3.05
Canterbury Careers Expo	Horncastle Arena	7 – 9 May
Victoria University Liaison Officer Visit Yr 13	LHS	Wednesday 13 May 12.40 – 1.25
Have a Go Day	CPIT	Friday 5 June
CPIT Open Day	CPIT – Madras St & Ensors Road sites	Thursday 18 June 3 – 6pm
Victoria University Information Evening in Christchurch	Location to be advised	Thursday 25 June
University of Canterbury Open Day	University of Canterbury	Thursday 9 July
Lincoln University Open Day	Lincoln University	Wednesday 15 July
TERM THREE 2015		
Canterbury University Liaison Officer visit Yr 12	LHS	Tuesday 28 July 2.15 – 3.05
Massey University Open Day : Manawatū Campus	Palmerston North	Wednesday 5 August
Year 10 Challenge	CPIT	Thursday 13 August & Friday 14 August
Massey University Open Days: Albany Campus.	Auckland	Friday 14 August
Open Day & Industry Expo	CPIT	Thursday 27 August
Massey University Open Days: Wellington Campus	Wellington	Friday 28 August
Victoria University Open Day	Wellington	Friday 28 August
Auckland University Open Day	Auckland	Saturday 29 August

Fiona Bamford

HOD Careers and Pathways

Red Cross Funding

Our school was fortunate enough to receive funding from the Red Cross following the earthquakes. As many of you know the September earthquakes affected some families directly, and then the February earthquake and aftershocks contributed to increased anxiety for many. We have used this for funding to provide extra counselling hours to reduce stress and increase personal support, for programmes for resiliency and confidence, and some youth worker activities to engage in some fun activities in the lunch hours.

Hardship – another area of Red Cross funding is for hardship, specifically for Year 10 camps, uniforms, stationery, lunches, and other school camps. If this is an area that you think we could support you, please contact Linda Chapman lch@lincoln.school.nz

Selwyn Parenting Network

Offers parenting support, education and activities. See www.spn.org.nz

Parents/caregivers are welcome to contact us.

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

Linda Chapman lch@lincoln.school.nz

Wiremu Gray wgr@lincoln.school.nz

Bronnie King bki@lincoln.school.nz

Bruce McNatty bmy@lincoln.school.nz

Linda Chapman

Counsellor/HOD Guidance

Uniform

Distributors Direct will be at the Lincoln Events Centre Friday 27 March, 4pm–8pm for families to purchase and order Winter uniform requirements, it is important to place orders for kilts to ensure we can meet the demand for the commencement of Term 2

Our second visit to the Lincoln Events Centre will be on 16 April, 4pm–8pm with a full range of uniform requirements, including scarves, puffer jackets, rain jackets and polar fleece.



Due to the fact that Earth Hour falls on Saturday, March 28; we are observing it on Friday, March 27. To bring about awareness of environmental issues the school will observe Earth Hour by turning off the lights for about an hour in the afternoon.

On the actual Earth Hour day, Saturday, March 28, Lincoln Envirotown is celebrating Earth Hour by sponsoring a Barn Dance in candlelight. This will be held in our school hall between 7:30 to 11:00 pm. Our Envirocouncil members have volunteered to help in setting up the hall and assist in the evening's event. The Barn Dance is open to the public and tickets are available ahead of time from the Rolleston and Lincoln libraries; otherwise there will be door sales on the day.

During the holidays two of our Envirocouncil members were fortunate enough to be selected to attend the Blumine Island conservation programme funded by The Untouched World Charitable Trust. The two students are Elin Harris and Gemma Comrie. They attended a six day intensive programme focusing on the restoration of Blumine Island to its original state by developing a sanctuary for native animal and plant species at risk. Here is what Gemma Comrie had to say about her experience:

"My Name is Gemma Comrie and I am a part of our school's enviro group (Envirocouncil). At the end of last year I was accepted to go on the Untouched World Charitable Trust trip to Blumine Island in the Marlborough Sounds. There were 16 of us from the partner schools of the trust. We spent the week on Blumine doing various jobs for DOC and learning about the flora and fauna. As the public and DOC workers often use the tracks on the island, one of our main jobs was clearing and marking these tracks. We also used GPS to mark out where penguin boxes are on the island. Over the week I discovered how much work is needed to manage an island and also the importance of pest free islands, especially for our rare native species, such as the Mohua (Yellow head). For one of the days I was a leader and this involved organising the day and deciding what needed to be done such as clearing up the old man's beard. I thoroughly enjoyed this experience and I was very fortunate to be accepted. I would advise looking up the website for it to find out more, and applying if you see it in our notices."

If you wish to get involved, make a difference and have opportunities like Gemma has described above, you are most welcome to join the Envirocouncil. We meet every Tuesday, during lunchtime in E4. For further information you may contact Ms Littern (sl@lincoln.school.nz) or Ms Hamburg (sha@lincoln.school.nz)

Sharyn Littern and Santhia Hamburg

Teachers In Charge of LHS Envirocouncil

Drama

Drama Update

It has already been a busy term with students from all levels experiencing live theatre, as 'The Importance of Being Earnest' was performed in our school hall. Multirolling and puppetry was used by the three actors to play over nine parts with dexterity and many memorable lines from the play were converted into song, most notably 'cucumber sandwiches'. Students also saw the Ugly Shakespeare Company's rendition of 'A Midsummer Night's Dream' with students working with the cast after the show on making plays contemporary and energising deliveries. Finally, 'Crash Bash' performed their piece in assembly, in the style of an interactive 'talk show', using multimedia and audience participation to alert students to the dangers of being a distracted driver alongside other road safety advice.

Sheilah Winn

This year the Regionals will see 19 schools showcasing performances from the Bard's plays. Lincoln will be entering the Shakespeare festival (SGCNZ UOSWSF) with a 15 minutes extract from 'A Midsummer Night's Dream'. The festival is being held at Middleton Grange over three nights and we are performing Wednesday the 25th March. The festival starts at 7pm. Tickets are door sales only and are \$10 for adults, \$5 for students.

Major Production 'A Midsummer Night's Dream'- the abridged version

Diarise the 5th May 7:30pm in your diary now! The Year 13 Drama students have been rehearsing alongside 20 students from various levels to put on their very own production of this famous comedy.



The play is set in Elizabethan times and the actors have not changed the original language. However, there are many 'adaptations' to accommodate a large cast and the play is only showcasing for one night, so don't miss out. Tickets will be sold at the office, and door sales subject to availability - \$5 per person.

Auditions coming up soon

Year 12 students opting to do extension credits in Directing will soon be looking to find performers for their plays. If you are interested in auditioning, read the notices and look at the notice boards outside PA1.

Devising workshop

Lizzie Tollemache will be visiting the senior Drama class to present a physical theatre workshop on 7th May. Lizzie Tollemache has been performing internationally since she was selected from high school to train at London's Globe Theatre. She now tours New Zealand, Australia and Canada as an actor and variety entertainer. Most recently she performed at The World Buskers Festival.

Senior Field Trips

'Tiki Taane Mahuta'

'Tiki Taane Mahuta' depicts the story of two New Zealand families across two generations and the tragedy, hope and joy that connect them. The narrative is reflected in three distinct time periods, 1996, 2013 and the ancestral realm that oversees them. This realm stars Christchurch based Uekaha Taane Tinorau (Tiki's father) and is created using sweeping film projections by the World of Wearable Art Design Team. The majority of the cast, crew and production team also perform in WOW. The story emerges from Tiki Taane's albums "Past, Present, Future" and "In the World of Light" and will be presented at the Isaac Theatre Royal in Christchurch with Lincoln High School senior Drama students watching the matinee on May 9th.

Continued on Page 12



Scenes from 'A Midsummer Night's Dream'



'Romeo and Juliet'

'For the first time ever William Shakespeare's classic tale of romance and tragedy comes to The Court's stage, as two star-crossed lovers following their hearts succumb to their forbidden love.' Senior Drama students will be watching the matinee on the **16th June**, followed by a director's Question and Answer session.

Festival of Community Theatre 1st and 2nd August

This is a National competition open to all schools in the country. This year we are aiming to submit at least one student-directed short play between 15 to 50 minutes in length, with no fewer than two performers. For each level of the competition, the organising body provides an adjudicator who will judge each play and select one or more entries to proceed to the next level of the competition, as well as making special awards to deserving entries. Regionals are from August 2015.

We trust that you will get involved and be inspired, whether it be as a performer, technical assistant or audience member. If you have any further questions or ideas, please do not hesitate to email or visit the Performing Arts areas. The Drama room is located in PA1 next to the hall.

Mrs Sandra McLean

HOD Drama

smc@lincoln.school.nz

Dance Ambassadors

Lincoln High School has appointed two passionate dancers to take part in the 2015 Christchurch Secondary Schools Dance Ambassadors Programme. The programme offers a Year 12 and a Year 13 student the opportunity to meet with like-minded dancers from other schools, to take part in workshops and performances, and to promote and give assistance to the running of professional dance events during the Christchurch Body festival. Our Year 13 representative is Olivia O'Brien who reprises the role she filled last year. Olivia is an accomplished dancer, training in various styles, and is one of the student leaders in this year's Stage Challenge campaign. Our Year 12 representative is Lincoln High School newcomer, Carrie Moore, who has previously been a high performing dancer in competitions and examinations but has recently had to cut back on her practical dance involvement due to injury. Her experience will ensure she can make a valuable contribution to the Dance Ambassadors Programme. Congratulations to both girls on their selection.

Ms Robyn Wylie

Dance Teacher

Stage Challenge

Auditions were held at the start of the term and an enthusiastic group of eighty five students was selected to take part in this year's Stage Challenge. Schools from around the country take part in the regional competitive events which showcase the talents of students in a Dance drama performance. This year Lincoln has entered the RAW category, where emphasis is put on Choreography and Drama in a six minute performance centred on a chosen theme. The fantastic student leaders (Siobhan O'Brien, Olivia O'Brien, Ellen Thompson, Devon Bolger and Jade Farnell) have been working hard behind the scenes to source props, costumes and music, create a soundtrack and develop the dance sequences before teaching them to the cast. Weekly practices are being held at lunchtime on Mondays and Wednesdays and after school on Thursdays.



Our thanks go to those students and parents who have rearranged after-school commitments to accommodate these practices. Please note there will be an additional rehearsal in the school hall from 1.30pm–5.00pm on Sunday 3rd May and full attendance is expected. Students will need to arrange their own transport to that rehearsal. Lincoln High School will be performing their piece at the Horncastle Arena on Thursday 14th May. Stage Challenge students will spend the day rehearsing at the venue and the competition will take place at night. The wider Lincoln High School community is most welcome to come and give our fabulous students support in the evening. Details regarding ticket sales will be given out when they become available. Any additional queries may be directed to the Lincoln High School Stage Challenge staff: Danielle Millar (Liaison teacher), Robyn Wylie (Dance teacher).



It is what you do
EVERY DAY
that impacts on your
HEALTH,
not what you do
SOMETIMES.
♥ Dr. Lily

Health Education is taught to all students for one term only in Year 9 and then again in Year 10. After this, Health Education becomes an optional NCEA subject at Level 1, Level 2 and Level 3. This year the following senior courses are running at LHS: x1 HED 101, x1 HED 201 and x1 HED 301. We also run a two period a week course for Year 11 students which offers some credits at Level 1.

Already this term all of our courses have been providing a real mixture of interesting content and visitors to our classes. We have been fortunate enough to have made connections with the PEO (Police Education Officer) Mairie Fraud. Mairie has joined some of our Year 9 classes to try and convey the importance of being safe around technology use. The content covered in the class was thought provoking for our students as they realised the impact misuse of technology can have on individuals and others. We hope our students discussed this with you and if you want to find out more about being safe around technology here is a reliable network for your interest.

<http://www.netsafe.org.nz/content/resources/>



Some of our Year 10 classes managed to confirm their ideas around the misuse of Alcohol and drug use in our communities and about the laws of using, possessing and trafficking drugs. The highlight of this visit was allowing students to use simulation goggles which demonstrated how misuse of alcohol can impair judgement. Below are some good links for you to discuss with your children. Some teachers may have already used these in class. We hope these are useful for you in particular to keep up with the new changes around alcohol laws.

<http://www.police.govt.nz/advice/drugs-and-alcohol/alcohol-laws-and-penalties>

<http://www.alcohol.org.nz/alcohol-you/whats-standard-drink/guide-standard-drinks>

<http://www.steerclear.co.nz/experience/title-screen>

Aviva (formerly Women's Refuge) also visited one of our Year 10 classes. Their main aim was to help students understand healthy and unhealthy relationships and to identify different kinds of abuse or violence in relationships. This created an opportunity to understand and explore stereotypes, gender expectations and influences. Students responded well to this and began to challenge some of their thinking, which was great to see and hear. The contacts for Aviva are below.

<http://www.avivafamilies.org.nz/>

0800 AVIVA NOW

(0800 28482 669) - **Free 24 hour support line**

Debbie Jones

TIC Health Education

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EAT

Less Sugar

(You are sweet enough already)

Our Year 11 students have been preparing to set individual goals around healthy food options. Some of the discussions in classes have been really in-depth and our teachers are really pleased to see students wanting to make healthier changes to their diets or lifestyles. The main message we are trying to convey is that one small change can make a difference to their overall health in the short and long term. The goal setting process is a valuable one for our students to work through even if they don't reach their goal. We hope in the future that they can apply this process to other facets in life not just around healthy options. Being able to step back from something and evaluate what was good, not so good, what helped or didn't is a lesson in itself. We encourage our Year 11 students to share the information with you and that you can help support them in their goal setting process. We thank Lucy Burrows our visiting Nutritionist who visited our Year 11 classes to share her knowledge around Health and Nutrition. Below is a 15min interesting clip around the intake of sugar which our students also viewed in class. If you get the chance to watch it with them again we are sure it will provide some "food for thought!"

<http://tvnz.co.nz/sunday-news/bittersweet-video-6250138>

Do You KNOW how much sugar is in your breakfast cereal?

***(per 100 grams)**

Fruit Loops are said to contain 106 times more sugar than Shredded Wheat.

- **Cheerios** - 1.1 teaspoons of sugar
- **Corn Flakes** - 2.4 teaspoons of sugar
- **Rice Krispies** - 2.5 teaspoons of sugar
- **Special K** - 3 teaspoons of sugar
- **Honey Nut Cheerios** - 8.25 teaspoons of sugar
- **Cocoa Puffs** - 9.3 teaspoons of sugar



Coca Cola

12 oz (355 ml) Can

Sugars, total:	39g
Calories, total:	140
Calories from sugar:	140*

20 oz (590 ml) Bottle

Sugars, total:	65g
Calories, total:	240
Calories from sugar:	240

1 Litre (34 oz) Bottle

Sugars, total:	108g
Calories, total:	400
Calories from sugar:	400



Mountain Dew

20 oz (590 ml) Bottle

Sugars, total:	77g
Calories, total:	290
Calories from sugar:	290

1 L (34 oz) Bottle

Sugars, total:	124g
Calories, total:	440
Calories from sugar:	440

If you have questions surrounding anything in the Health Curriculum or feel you can offer our community further health knowledge please contact me on djo@lincoln.school.nz

Debbie Jones

TIC Health Education

Language Department News

We would like to welcome our two Foreign Language Assistants who will be working here at Lincoln High School this year.

Ms Lea Benoist



Ms Lea Benoist will be working as a French Language Assistant both at Lincoln High School and Rangī Ruru Girls' High School. She has been working for several weeks already with all of the French classes. Students are really enjoying the experience of speaking with a native speaker and learning about the culture and customs of France. Lea comes from Mouzeuil St Martin, in the Loire region in Brittany. She has already spent a year in New Zealand and is interested in discovering more of the country while she is here. Last year she spent some time helping out in a primary school in Auckland. She is interested in dancing and she is also interested in learning more about the Māori culture.

Ms Gai Xiang Liu



Ms Gai Xiang Liu is a Mandarin Language Assistant at the Confucius Institute at the University of Canterbury and will be based at Lincoln High School this year. She will also be working with primary school students from the following schools, Lincoln Primary, Springston, Ladbrooks and Broadfields. Gai Xiang is from Henan Province in China. Gai Xiang tells us she is looking forward to teaching Tai Chi, Calligraphy and Paper cutting.

Congratulations to the following students who have gained an Excellence Award from the New Zealand Association of Language teachers for gaining over 14 credits at Excellence Level in NCEA in 2014.

Elin Harris
Rafi Clarke
Tarin Eccleston
Audrey Phillips
Kensuke Ito
leuan van der Peet
Emily Craddock
Jilada Eccleston
Samantha Lu
Xiang Zhang
Sara Tanaka
Futa Toyoda
Yuri Yamaguchi
Yuto Kobayashi

Canterbury Secondary Schools Show Jumping Competition

On Wednesday 25th February three teams of four riders went to the Canterbury Secondary Schools Show Jumping Competition. We have won the cup for the last two years so hoped we could do it again – and we did! First and second, in fact. Each rider had to ride two rounds and got team points based on if they had a clear round and their placing in their class. Each team had to have one rider jumping at each of the following heights, 85cm, 95cm and 105cm and then a fourth rider at any height.

The winning team was:

LINCOLN GREEN with 94 points. The team members were Lucy Turner (Yr 11), Steffi Whittaker (Yr 11), Luke Whittaker (Yr 11) and Jamie Atkinson (Yr 9) – a fantastic effort, as they were one of the youngest teams in the competition. In their respective height classes Lucy got a 1st and 2nd placing, Steffi a 1st and 5th, Luke a 5th and Jamie two clear rounds.

The second placed team was:

LINCOLN RED on 90 points. The team members were Josh Whittaker (Yr 13), Kayla James (Yr13), Charlotte Hamilton (Yr10) and Kate Fleming (Yr11) – an awesome effort as well. In their respective classes Kate got two 2nd placing's, Charlotte got two 4th's and Josh (8th) and Kayla (2nd) were each placed in one of their two rounds (both jumping at 1.05m).

The LINCOLN WHITE team finished a very credible 13th out of 25 teams, the team included:

Danni Gubb (Yr 12) who rode two clear rounds, Megan Haylock (Yr 13) placed 7th in one round, Ellie Brown (Yr 11) and Georgia Hendry (Yr 11) both rode two clear rounds.

I feel very privileged to be able support our very talented



Team Lincoln

group of riders and look forward to the next competition – Canterbury Secondary Schools Dressage, with an eye on that trophy too!

Angela Frampton

TIC Equestrian

Mixed Touch at Canterbury Secondary Schools Touch Championships

Our Mixed Touch team went into this tournament as defending champion and even with a largely new squad from 2014, the expectation was for a third straight title. Things started well with a 5-2 victory over Rangiora High School and a resounding 12-0 thrashing of Middleton Grange. The semi-final pitted Lincoln up against Kaiapoi High School. A strong first half in which Lincoln totally dominated was let down by an average second half with Kaiapoi edging the game 6-5. In the other semi-final, our traditional rivals, St Andrew's College, were upset by Rangiora. In the 3rd/4th play-off against STAC Lincoln again dominated the first half before falling away once more and losing 4-5.

Whilst the 4th place result was disappointing the team did achieve the important goal of qualifying for the South Island Secondary Schools Tournament in late March. Once again, Lincoln will be looking to defend their title and most importantly achieve qualification for the national tournament in December. It will be an excellent chance for the team to really play to their potential and get a measure of payback against Kaiapoi, STAC and also eventual Canterbury champion, Rangiora High School.

Stu Gilpin

TIC Touch

All information is now regularly posted on our sport specific Facebook page:

<https://www.facebook.com/LHS.Sport>. Please like and correspond with us through the page.

WANTED: Coaches/Managers/Supervisors

To be able to provide SPORTING OPPORTUNITIES for students we must work together as a team. It involves the Students, the Parents, our Teachers and local Sporting Communities. We want to see our students grow, enjoy and succeed in sport.

If you are able to assist in any way, we would love to hear from you.

Please contact either Craig Crawford:

cw@lincoln.school.nz, or Lyn Elley: lel@lincoln.school.nz or phone 325 2121 Ext 255.

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Summer Town Sport

Summer Sport is now finished. We had many teams in action across 16 sports.

IMPORTANT: All summer sport uniforms must be returned to the sports office ASAP.

Results can be found on the School Sport Canterbury website www.canterbury.schoolsport.org.nz

Winter Town Sport

We are making our normal preparations for the winter sport season with a number of codes well under way or in preparation. **Students need to pay particular attention to the daily notices with information about each of the sports.** Students are able to form their social sports teams if they wish. In the near future winter sports contracts will be distributed.

Mr Craig Crawford

Sports Coordinator

Mrs Lyn Elley

Sports Administrator

Service to Sport Award

A recently retired, long-serving member of staff, Mrs Judy Langford, was recently presented with a Service to Sport Award by The Principal, Mrs Kathy Paterson, on behalf of Canterbury School Sport.

Judy's award was in recognition of her 30 years' service to Secondary School Sport in Canterbury. During this time Judy was involved as a Coach/Manager in: Tennis, Life-saving, Swimming, Cricket, Ten Pin Bowling, Lawn Bowls, Hockey, Netball, Squash, Volleyball, Basketball, Table Tennis and sometimes other sports as well. In the last four years Judy has been one of our court controllers on Friday night for Basketball.

An amazing contribution to sport. Congratulations and thank you Judy!



The music department is a constant buzz throughout the school day. Lessons are now fairly settled into a weekly routine and students are well focused on gaining and developing their music skills. We also have a weekly booking sheet up for students to book practice rooms for an interval or lunchtime. I encourage all music students to use this and to book slots where they can use the music equipment for personal and/or group practice.

Jazz Band is every Tuesday after school and features a full line-up of instruments, including our very talented Min-Young Her singing a few vocal numbers. This is led by our saxophone tutor.

Choir is every Thursday after school, led by our vocal tutor. This group is rehearsing for upcoming competitions and is already sounding tight. We are always keen for more singers and especially male vocals to boost this section.

We have the string ensemble and the wind ensemble working towards the Chamber music competition.

Orchestra is on a Monday lunchtime. It has been three or more years since Lincoln High School has had an orchestra. We have a group of very keen students and are looking to increase numbers to create a large and exciting group.

I encourage all students interested in the performance groups to get involved and push themselves to new challenges. Creating music as a group is a hugely rewarding experience and creates opportunity to share your talent with others.

On a Thursday lunchtime we have a **Music Theory Club**. This is for students to increase their knowledge and understanding of the language of music and to work towards external, international music exams. This will also help with knowledge for students' NCEA music exams and build a wider understanding and appreciation of music. This is open to all students.

All of the above groups are open to all students with a passion for music, not just music class students. The more you get involved the greater your learning and the wider the experiences you will leave school with.

Darren Weber

HOD Music

Ex Pupils Achievement

Jonathon Glassey

- ◇ won an internship opportunity at the Kyushu Rail Company in Japan
- ◇ won a special mention of message of hope in the Video Matsuri Contest (Japan Foundation, Sydney)



Jonathon Glassey has won a 6-week observational internship opportunity at the Kyushu Rail Company in Fukuoka, Japan. This internship, supported by the Asia New Zealand Foundation, is designed to give Japanese-speaking commerce or engineering graduates an opportunity to gain an insider's view of the KRC's operations, and the chance to polish their Japanese language skills. The KRC will tailor a programme that fits the academic background and aspirations of the intern.

A video on Christchurch created by a pair of 300 level students, Jonathon Glassey and Nic Coomber has won a Special Mention for **Message of Hope** in the Tertiary Division in the Video Matsuri Contest by Japan Foundation, Sydney. They were the only tertiary students from New Zealand to receive an award at this event.

Rachel Austen

Head of Learning Area: Languages

Japanese Experience

It was a pleasure to welcome **Jonathan Mingard** back to Lincoln High School 2 weeks ago to speak about his experience in Japan last year to the Year 11 Japanese Class.

Jonathan was a student at Lincoln High School from 2008–2012, studying Japanese for five years. Jonathan is a very talented student and was quick to pick up language concepts.

His Japanese language achievement has been outstanding. He participated in the Konnichi Wa regional Senior Japanese Speech competitions and was the co-winner for Canterbury in 2012. He also was interested in making short films and his entry came 1st in the Junior National Jetta competition and his Senior Entry came 3rd. In Year 11 Jonathan went on the Nikaho Exchange for 2 weeks.



This visit encouraged him even more to study Japanese to a greater depth and in 2013 Jonathan began studying at Victoria University, working toward a conjoint BA/BSc degree in Computer Science and Japanese.

Jonathan's teachers at Victoria University put his name forward for the Prime Minister's scholarship to Asia last year and this was successful. He won \$10,000 for the scholarship which helped support his time at Gakushuin University in Japan in 2014. This was an amazing opportunity to experience Japanese culture and lifestyle, and prepared him to take more advanced courses in Japanese literature and mythology this year. Jonathan is also looking forward to studying more advanced computer programming, and hopes to return to Japan and find work as a software designer in the future.

Rachel Austen

Head of Learning Area: Languages

Ex pupils Achievement

Bridget Malcolm started her secondary education at Lincoln High School back in 2007, and she studied Chinese for five years. She was an able and diligent language learner and a very competent student.

Her Chinese language achievement was outstanding. She participated in Speech Competitions and won the regional Chinese Language Speech Competition and went to the National Competition in 2011. Bridget came second and she went to Chongqing with the top winners that year. She also achieved all excellences in her Level 3 Chinese internal and external examinations the same year, including Writing when it was an external standard. Consequently she gained entry to Otago



University in 300 level Chinese language in 2012 and continued her pursuit in Commerce and language study. Bridget was accepted into the Otago university student exchange programme last year to go on exchange to Dalian University of Foreign Languages for a semester (5 months) in 2015. She was also successful in applying for a Prime Minister's Scholarship to Asia, and was awarded \$3200 to help fund her studies in China. She left for China on the 20th Feb 2015. Congratulations! We wish Bridget all the best in her time in China. She is an outstanding young ambassador from our school.

Rachel Austen

Head of Learning Area: Languages

Dr Angela Wanhalla

Of Ngai Tahu descent (Taumutu and Otakou), Angela Wanhalla attended Lincoln High School from 1990-1994 where she showed an interest in History. At the University of Canterbury, she completed a BA in History and Sociology, followed by a BA with First Class Honours in History and an MA. Her PhD was examined in 2004, allowing her to take up a post-doctoral fellowship at the University of Saskatchewan in Canada where she researched Native-Newcomer Relations. Returning to New Zealand 10 years ago, she assumed a lectureship in the Department of History and Art History at the University of Otago. Angela's work focuses on the intersection between politics, race, and private life. She was awarded the Royal Society of NZ Marsden Grant and a Rutherford Discovery Fellowship and has written several books. Angela's recent book "Matters of the Heart: A History of Interracial Marriage in New Zealand" (Auckland University Press 2013) won her the Ernest Scott Prize for best book in Australian and New Zealand history.

Robyn Wylie

TIC Dance

Key Dates 2015	
Term 1 : 2015	
Thursday 26 March	Parent/Teacher interviews 4.00 -7.40pm
	PTA 2nd Hand Uniform Sale in E2 5.00 -7.45pm
Saturday 28 March	Candlelight Earth Hour Barn Dance 7.30–11.00pm
Wednesday 1 April	Parent/Teacher interviews 3.00 - 6.40pm
Thursday 2 April	End of Term
Term 2 : 2015	
Monday 20 April	Teacher Only Day
Tuesday 21 April	Start of Term 2
Monday 27 April	ANZAC Day
Monday 11 May - Friday 22 May	Year 10 camps
Wednesday 13 May	Townsport starts
Friday 15 May	Year 13 Independent Study Day
Thursday 28 May	Open night 7pm
Friday 29 May	School starts at 9.45am
Monday 1 June	Queen's Birthday
Monday 15 June	School finishes at 1.10pm (buses will run at that time) Year 13 Independent Study Day
Friday 26 June	Year 13 Independent Study Day
Friday 3 July	End of Term 2
Saturday 4 July	School Ball
Term 3 : 2015	
Monday 20 July	Start of Term 3
Friday 25 September	End of Term 3
Term 4 : 2015	
Monday 12 October	Start of Term 4
Monday 26 October	Labour Day
Thursday 12 November	Teacher Only Day
Friday 13 November	Show Day
Friday 11 December	End of Term 4