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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

Tēnā koutou

Our thoughts are with the people of Nepal as they confront the aftermath of the dreadful earthquakes which have devastated their country. It is at times like these that I turn to our strong Lincoln values and am reminded of our desire to "do good for others". Our Student Council were quick to ask if we could do a mufti day for the people of Nepal – a true testament to their desire to willingly help others.

This year our students have been participating in a Goodwill Cup where each form class selects a charity and looks at ways to support the charity. Amongst the charities being supported are the City Mission, SPCA and KidsCan. It is a tribute to the teachers and the students who have committed to these worthy causes that we have been able to reach out and help those around us.

At our Teacher Only Day at the beginning of the term we had the pleasure of having Nathan Wallace speak to us on the teenage brain – it was a very enlightening presentation and taught us much about the complexities of the adolescents we teach. The teachers also spent time learning more about Office365 and OneNote, both of which offer us engaging ways to provide more learning opportunities for our students. We encourage you to become part of your child's learning - ask them to show you what they are doing at school.

This term Mr Rout is on a sabbatical and is looking at values in other schools – we look forward to hearing what he learns from his experiences and visits to other schools. While he is away, Mr Neil Brown is managing Mr Rout's portfolio.

Nāku, nā

Kathy Paterson
Principal



Congratulations to these students who received certificates in recognition of their comic piece at the Sheilah Winn Festival, and for athletics.

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Congratulations

Canterbury Secondary Schools' Dressage Competition

Lucy Turner

Millie Thompson

Kate Fleming

Charlotte Hamilton

These students were in the Lincoln Red team who won the Interschool Dressage Trophy.

Lucy Turner won both of her classes and was awarded the Canterbury Interschool Dressage Salver for the Level 2 rider with highest combined score.

Kate Fleming received the highest combined score in the Level 1 grade and won the cup for that grade.

Annual Fashion Awards

Brittany Glassey won the secondary section and was supreme overall winner.

Congratulations

Brittany Earl and **Samantha Robertson** received gold medals for the Programme Challenge for Girls.

Alex Nash successfully participated in the Buller/ West Coast Championships swim meet on 28 March, held at the Buller Electricity Aquatic Centre (Solid Energy Centre). Alex swam in 8 individual races plus 2 relays.

He was 1st in 200m freestyle relay.

2nd in 50m breast stroke and 200m medley relay.

3rd in 100m back, breast stroke and freestyle.

The whole Selwyn Team did really well, with lots of ribbons awarded.

Tessa Collins (Y10 Kota6) was identified during the Junior (U15/U17) Nationals in Auckland as "a talented player with the potential to represent NZ in the future" and invited to attend the Touch NZ Elite Academy in Rotorua during the September school holidays.

Out of the six Canterbury teams that went to the Nationals only six players were selected for the Elite Academy. Tessa was the only one from her team.

South Island Secondary Schools Athletics

Kyle Cossey came 1st in 100m and 3rd in the Long Jump.

Nic Forster came 1st in Long Jump and 2nd in the Hurdles.

Louise Richards came 2nd in the Long Jump.

University of Otago Sheilah Winn Shakespeare Festival.

These students received the Groundlings Award for crowd pleasing belly laughs.

Gabriel Clarke

Joshua Peacock

James Bonsall

Drew Noble

Jade Farnell

Jack Booth-Scott

Courtney Clark

Jamie Swarbrick

Logan Whiting

Ellen McKenzie-Wills

Ethne Gillies

Ryan Lange



Please reduce speed to 20km/hr when passing a school bus.

We have 22 Ministry run bus routes, 2 Halswell buses and 3 Metro buses that service our school. In a review at the end of 2014 we found that 20 of these buses are known to stop in 100km zones and a further 3 are likely to stop in 100km zones. Well over 1000 students use our buses.

The following extract from the Rode Code relates to Speed Limits when meeting or overtaking school buses for the purpose of picking up or dropping off children.

Speed limits relating to school buses:

1. A driver must comply with the Road Code traffic regulations when meeting or overtaking a stopped school bus—

- a) that is displaying a school bus sign and is stopped for the purpose of picking up or dropping off school children; or
- b) that is displaying a specified school bus sign on which the lights are flashing.

2. The driver must—

- a) drive with due care for the safety of the children; and
- b) drive at a speed not exceeding 20 km per hour while passing any part of the school bus.

Uniform

Distributorsdirect will be at the Lincoln Event Centre on **Friday 8th of May** from 4pm until 8pm. The uniform range will be available including rain jackets, scarves, polar fleeces and puffa Jackets. Full Eftpos facilities including credit card sales will be available.

Year 9 Class photos

The Year 9 Class photos will be taken on Friday 22nd May. Orders for these photos will be done online through the photographer's website which will be advised closer to the time. The previous year's class photos will also be available on their website.

Open Evening

This takes place on Thursday, May 28, starting at 7pm. The purpose of the evening is to give prospective students and their parents an opportunity to find out about what our school has to offer.

The Principal, Head Students and two Year 9 students will give a presentation in the Hall at 7pm and 8.15pm.

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

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

Note: The following morning, **Friday May 29, classes do not begin until 9:45am.** Buses will run one hour later than normal. Any students who arrive at school at the normal time will be provided with supervision for study.

Goodwill Cup "Doing good for others"

On 2nd April the City Mission picked up 166 cans that had been collected by:

Kotare 1	Juniors	46 cans
Kotare 3	Seniors	10 cans
Kotare 5	Juniors	26 cans
	Seniors	59 cans
Kahu 1	both forms	25 cans

They were very appreciative of the effort.



Teenagers and Their Devices

PTA Evening: Tuesday 12 May 7pm

This year, for the first time, Year 9 students were asked to have a device to use at school. An increasing number of students at other year levels are also using them for their learning.

Carl Hogan, the Director of Digital Strategy at Lincoln High School, will talk about:

- the ways in which devices enhance learning
- what students are doing in the classroom
- how parents/caregivers can be involved and support their students' use of devices for learning
- student safety and security on our network
- the new parent portal.

MYOD (Managing Your Own Device)

The role that devices play in the lives of most teenagers is significant - they believe that being 'connected' 24/7 is essential. However, you can have too much of a good thing and so a healthy balance needs to be found with regard to using devices. Parents/caregivers play an important role in helping their teenagers self-manage their use of devices.

Bruce McNatty, a counsellor at Lincoln High School, will run a session on:

- deciding how much is too much
- establishing rules
- what to do if the rules are broken
- the importance of adult role modelling.

The seminar will take place in Te Puna. To get there, take the path around the edge of the field (next to the two storey block on Boundary Road) and follow the signs.

Note: The PTA will hold its AGM at the conclusion of the seminar and you are welcome to stay for that if you would like to be involved.

Ngā mihi,

Neil Brown

Assistant Principal (acting),

HOL Years 9 and 12

The Senior A Netball Team is fundraising to attend the South Island Secondary Schools netball tournament in Timaru in September.

We are offering the following products for sale:

Baking Paper 300mm wide x 100 metres	\$30.00
Food Wrap 330mm wide x 300 metres	\$23.00
Food Wrap 330mm wide x 600 metres	\$35.00
Roll Foil 440mm wide x 90 metres	\$22.00
Roll Foil 300mm wide x 150 metres	\$22.00

Please email dwa@lincoln.school.nz if you wish to order any of the products.

We are also hoping to have a family photograph session which would cost \$10 for a sitting for a family photo. If you are interested in this please email dwa@lincoln.school.nz

Diane Walker

Save Lives, Give Blood...

Where: Baylis Lounge, Lincoln Event Centre, Meijer Drive.
When: Wed 13 May 2 – 6pm. Please phone 0800 GIVE BLOOD (0800 448 325) or go onto www.nzblood.co.nz to make an appt. New donors are welcome! Please bring ID.

Thank you for your support of our vital service.

Kindest regards,

Atawhai

Atawhai Te Hau

Donor Recruiter - New Zealand Blood Service

t: 03 343 9082 f: 03 343 9045 m: 027 683 6243

15 Lester Lane, Christchurch | PO Box 4156, Christchurch

www.nzblood.co.nz

Saving Lives, It's In Our Blood



HPV vaccination survey – participants wanted.

Parents and caregivers of children and young people aged 9 – 23 years are invited to participate in a survey investigating knowledge and attitudes around HPV vaccination. The survey is anonymous and should take 5-10 minutes. Please access the online survey at <https://www.surveymonkey.com/s/9K657Z7parentscaregivers> or request a hard copy by calling 04 979 3106.

The researcher is a PhD candidate at the Centre of Public Health Research, Massey University. For further information please go to <http://blichealth.massey.ac.nz/home/research/recruiting-projects/hpv-human-papillomavirus-vaccination-study/> or contact k.page@massey.ac.nz

This study has ethical approval from HDEC (14/CEN/176).

Free Student Exchange Information Evening in Christchurch

Hear from returned students, find out more about discounts and scholarships available and ask questions.

Thursday, 7th May - 7.00pm

The Kiwi Family Trust
420 St Asaph Street
PHILLIPSTOWN

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia, and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants.

Visit www.studentexchange.org.au or call 1300 135 331 for more information.

NCEA Details

1) NCEA information on the school website

The following important NCEA information can be accessed on the school website. Please go to www.lincoln.school.nz and select Learning/NCEA information, then scroll down to the bottom on the page.

- a) Year 11-13 Course Summaries – the summaries that were distributed to students at the start of the year by their subject teachers, are available electronically. Some of the details in each summary include:

- what standards (topics) are being covered in a course
- the credit value for each standard
- if the standard is assessed internally or externally (end of year exam)
- if the standards count towards Level 1 literacy or numeracy, or UE literacy

The course summaries can be used by students, parents and caregivers to assist with planning and monitoring academic goals. For example:

- how many credits can I gain before the external exams
 - what subjects can I gain course endorsement in
 - what percentage of credits do I still have available this year
 - what Year 13 courses are UE approved
- b) Term Two NCEA assessment dates - Parents and students are able to access the Term Two NCEA assessment diary. The subjects listed in the assessment diaries are coded in accordance with student timetables.

2) 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.

Continued over

3) NCEA fees

The annual NCEA fees that are paid to NZQA, have now been added to Year 11 – 13 student accounts. They apply to all students working towards an NCEA qualification. The GST inclusive fees are listed below and are also included in monthly statements. They need to be paid to the school office by **14 August**. Please note that as of this year there is a new \$30 scholarship fee (per subject) for domestic students.

Fee structure for domestic candidates	
Entry for all NCEA standards	\$76.70 per candidate
All Scholarship entries	\$30.00 per subject

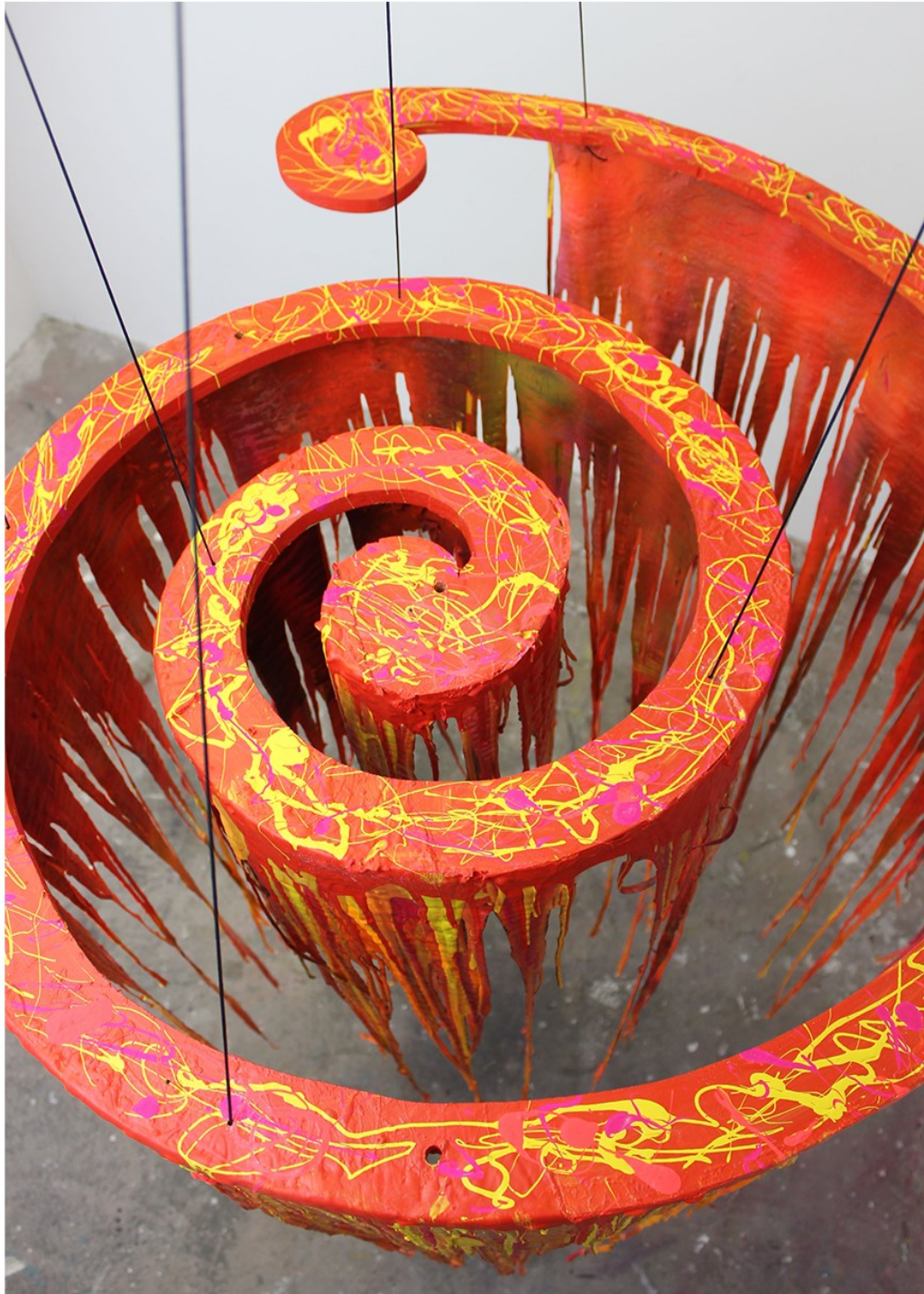
Fee structure for foreign fee paying candidates	
Entry for all NCEA standards	\$383.30 per candidate
All Scholarship entries	\$102.20 per subject

If you have any queries about the NCEA fees or financial assistance for NCEA fees, please contact the school office.

Please note that NZQA do impose a \$50 late fee.

Tony Melton

Assistant Principal



Kihere Fualili Toa'i Aumua-Jahnke Y13 Sculpture.
paper, MDF, polyester resin, enamel and acrylic paint and Polyurethane

Careers and Pathways

Gateway

We welcome Mrs Gaye Gray to the position of Gateway Co-ordinator.

Are you wondering what career path you might take? Do you have an idea of what you would like to do? Have you thought about Gateway?

Gateway provides the opportunity for students to acquire NCEA credits through structured workplace learning. Key eligibility criteria for entry onto the programme are Year 12 and Year 13 students who are committed and have the ability to positively represent the school during a work placement.

If you are interested in learning more about Gateway, please see Mrs Gray at Student Services or e-mail ggr@lincoln.school.nz

S.T.A.R.

In the recent holidays we offered a number of students places in S.T.A.R. courses. These were very successful and included First Aid, Barista, Photoshop and Police Careers. We will continue to offer courses over the year. If you are interested in completing a course, please see Mrs Gard'ner in Student Services.

Scholarships

As the year goes on students will learn of more and more scholarships they can apply for, for tertiary study. Lincoln High School has a number of scholarships and many of the universities also offer scholarships. Part of the application process involves students getting a Principal's reference. Application forms as well as more information on scholarships are readily available in Student Services.

Pathways for the future

Students in all year levels are encouraged to start thinking about their future. Resources are available in Student Services with information about tertiary providers and courses available. If students would like to talk to a member of the Careers Team, they can make an appointment in Student Services. We can also help with CV writing and access to CareerQuest. It is important to consider entry requirements for all courses, as this may impact on a student's successful application.

Auckland University Information Seminar

Auckland University will be holding an Information Seminar for parents of students interested in attending Auckland University on 11 May from 7:30–9:00pm in Legends Lounge at Addington raceway.

Fiona Bamford

HOD Careers and Pathways

Counselling News

Sleep

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

One hour before sleep give the body and brain signals to calm down. Set up a routine:

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

You are welcome to contact us if you are concerned. Or contact your GP if you think there may be underlying reasons why your teen does not sleep well.

Spirit of Adventure Sailing Ship

Year 13 students who wish to go on a voyage should enrol now so they do not miss out. There is some funding available for hardship. All other students are welcome to enquire and plan for a voyage. The voyages are for 15–18 year olds. See Linda Chapman or email me lch@lincoln.school.nz

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

HOD Counselling

CodeworX Challenge gets off to a Great Start!

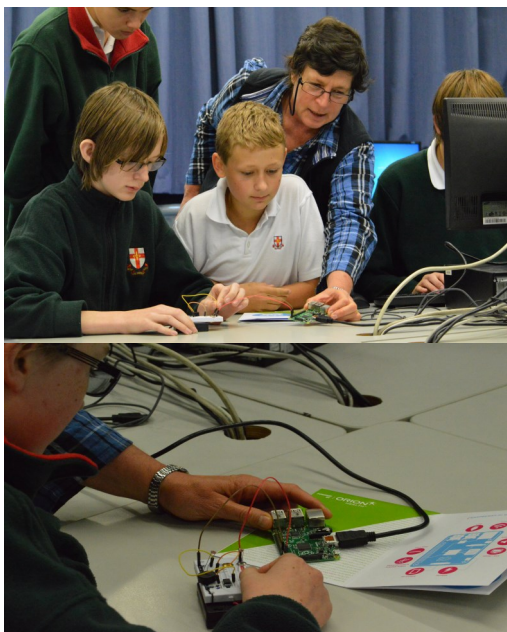
Every year Orion Health sponsors the CodeworX Challenge, a national competition. At the heart of it is the Raspberry Pi, a small credit-card sized computer that plugs into your TV and a keyboard. Students are required to create a solution to a real world problem or something that is useful in someone's everyday life, using the Raspberry Pi. There are wonderful prizes for winners and for the winning school. (Google the CodeworX website and see for yourself! It's not too late to sign up)

The Raspberry Pi is a very versatile small computer that can be programmed in either Scratch or Python and can also run other useful programs (it has internet connection capabilities). This makes it ideal to include in projects.

A number of our students have already registered for this challenge and were very excited at the end of last term when four Raspberry Pi's arrived at Lincoln High School. These are for students to use in their projects. The students have some very good ideas for useful applications they want to develop. Senior students can even use one for their assessment projects and earn NCEA credits, as well as a challenge entry.

Students learn so many useful skills doing these challenges which is why Mrs Davey encourages their participation. Often projects involve hardware as well as software solutions, so help from other experts is required. Working on real problems that the student is passionate about means that the learning is focused, relevant and remembered.

Here are some of them having a look at the new Raspberry Pi.



We support our teams in the development of their projects and hope to report good results later in the year.

PC4G – Raising the profile of Programmers

These days everyone has a device and our children can't imagine a world without the internet. When the network is down they feel deprived and punished. All of these devices have apps and programs, but the sad fact is that there are not enough programmers to create this great software, or digital designers to create great looking apps and websites. IT companies are so short of good personnel that they are often forced to look overseas for talented individuals. This is a real pity, as we have a number of very bright, able, creative and talented young people, but they don't know that there is a rewarding career path in this growth sector.

One of the problems is the perception that teenagers have of programmers. They see them as uncool people who live in a grey, windowless office where they do nothing but write code, alone, all day. This could not be further from the truth. Working environments at IT companies include team space, game stations for relaxation, a coffee bar with free food, as well as excellent gyms and sometimes even swimming pools for working out. IT companies know that they need to keep their personnel happy and healthy so that they can be productive. They are well paid, work reasonable hours and are well looked after. They do a lot more than only writing programs or looking at screens all day.

To help students, particularly girls, to see how much fun programming can be, PC4G (Programming Challenge for Girls) runs an annual challenge for Year 10 girls. This happens in November and no previous experience is required. The girls spend the day at the University of Canterbury where they learn some Computer Science as well as how to code. They then create a project and their efforts are judged. Most girls enjoy this tremendously and often choose to study Digital Technologies as a consequence.

In 2013, the Lincoln High team (Brittany Earl and Samantha Robertson) brought home a gold medal from the challenge. Both chose to do DTP101 the following year where they also learned programming and got to create websites, using their own images. They were pleasantly surprised to receive further prizes this year which Mrs Paterson presented to them. These were to compensate for the code camp that they should have attended. It was unfortunately cancelled due to lack of funding.



Continued over

Digital Technology

Continued from page 10

Well done Brittany and Samantha! Girls certainly add value to the IT industry. There are jobs waiting for students of both genders who choose qualifications in this field. For tertiary study right here in Christchurch, Lincoln University offers Commerce, Environment and Science degree in Information Technology, while UC offers Computer Science, Computer Engineering and Software Engineering. Then there are the many IT qualification offered at CPIT. There are also several IT companies right here in Christchurch, eagerly waiting for new talented students!

We live in an IT rich world. It is up to the interested and inspired individual to have the prerogative and the initiative to take advantage of the opportunities presented to them and to surge ahead to a successful IT career.

Ruth Davey

Digital Technology

Lincoln Cluster TechFest

The Lincoln Cluster is running its second TechFest this term with an exciting range of interesting and challenging experiences for Year 9 students.

Each student picks one workshop from the eleven on offer to focus on for two days, providing a unique opportunity to get fully immersed in something new. Workshops include making music with GarageBand, 3D printing, robotics, animation and more!

The two-day workshop has a cost of \$75 which includes a special TechFest t-shirt. Due to limited places only ten students can be selected. Information will be given to students to bring home shortly.

Neil Brown

*Acting Assistant Principal
Head of Level—Year 9*

Sports Department

Canterbury Secondary Dressage Competition 2015

The Canterbury Secondary Schools' Dressage competition was held at the National Equestrian Centre at McLeans Island on Monday 30th March. Three teams of four riders were entered. These teams were made up of riders from all year levels and the teams are listed below:

Lincoln Red

Lucy Turner
Millie Thompson
Kate Fleming
Charlotte Hamilton

Lincoln Green

Megan Haylock
Danni Gubb
Tessa English
Jamie Atkinson

Lincoln White

Kayla James
Lily Peters
Alana Maxwell
Myami Oswell

Each team had to have two riders competing at Level 2 and two at Level 1 with each team member riding two dressage tests. All eight scores were counted and the team with the highest overall score won.

The Red team rode some of the best tests of the day with Lucy placing first in her Level 2 arena, Millie second in the other Level 2 arena, Kate first in her Level 1 class and Charlotte seventh in hers. They scored 563.57 overall winning the competition. Darfield was second on 560 and Craighead third on 556.60.

Lucy was awarded the Canterbury Interschool Dressage Salver for the Level 2 rider with the highest combined score and Kate won the Canterbury Interschool Cup for the Level 1 rider with the highest combined score. Well done, girls!

The Green team also rode good tests and were placed 14th overall. Their teams' most notable result was Danni scoring over 66% in both of her tests and placing third in her arena. Well done, Danni!

The White team had to ride as a team of three on the day due to illness, so unfortunately could not be competitive. However, the three remaining team members rode credible tests all scoring around 60%. Lily Peters rode two very good tests both over 63% and was placed 8th overall in her arena. Well done, Lily!

Our Equestrian Team has now won both Interschool Competitions so far this year, with only one more to go (the One Day Event in August). We are aiming for the trifecta!

*Angela Frampton
TIC Equestrian*

Double Bill

The Year 12 class is performing two one-act plays on the **11th June at 7pm** in the school hall. *Follow, Follow, Follow* is a New Zealand play written by Angie Farrow, exploring the transition from childhood to adulthood, but set in a future time where the teenagers are trapped in a child's playroom. The second play, *Living with Lady Macbeth*, by Rob John, looks at some of the issues of power and ambition. Lily is tired of always being behind the scenes, of being ordinary and reliable, and decides to audition for the school play, much to the discomfort of those around her. \$5 tickets - door sales.

An evening of Melodrama

The Year 11 Drama class will be performing in the hall on the **18th June at 7pm**. Come and be entertained by the usual villains, sidekicks, heroes and heroines. Plot twists and happy resolutions guaranteed!

Sheilah Winn

Students can be really proud of their performance at the recent Sheilah Winn festival, gaining recognition for their comic piece and receiving "The Groundling Award for crowd pleasing belly laughs".

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 the 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**.

'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.

[Sandra McLean](#)

[HOD Drama](#)

smc@lincoln.school.nz



During Term 1 our Year 13 students were researching Health Practices available in New Zealand.

We invited a variety of visiting specialists to class so students could experience and learn about some alternative approaches to treating or maintaining a variety of conditions. We would like to thank Simone Reddington (Herbalist), Angela Thomas (Acupuncturist) Emma Jackson (Reflexologist) and Robyn Woodham (NLP) for visiting our HED301 class and sharing their valuable knowledge and experiences around these Complementary Medicines.

The students have found this of great interest. If you would like any more information around these practices, their contact details are below. They would be happy to hear from you.

<http://the-apothecary.co.nz/> - Simone Reddington

<http://www.theacupuncturist.co.nz/The%20Acupuncturist> - Angela Thomas

<http://wholebody.co.nz/> - Emma Jackson, Robyn Woodham

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



Autumn is here and winter is dawning. Families working together can create healthy households. Give each other a job/duty or responsibility to encourage implementing some of the following (or more of!) to help fight off the winter bugs:

Vitamin C - Eat plenty of berries, citrus, kiwifruit, feijoas, capsicum and dark green vegetables like broccoli or kale.

Zinc - This is an important mineral to help fight off bacteria and viruses. It's found in pumpkin seeds, lean beef, eggs, nuts, leafy greens and oysters but taking a good quality zinc supplement is best. Andrea can carry out a simple taste test to see if you're low in zinc and need a boost.

Selenium - Like Zinc, our soils are deficient in selenium which we need to protect our body from damage. It's also found in Brazil nuts – just one a day provides all you need.

Omega 3 - Foods like almonds, linseeds, walnuts, sunflower seeds, coconut oil, flaxseed oil and fatty fish like salmon or mackerel all contain omega 3 which has anti-inflammatory properties. Also great for heart health, keeping our joints moving and overall well-being.

Herbs & spices - Cook with onions, garlic, ginger, turmeric, cayenne pepper, curry, thyme, sage, lime flowers and all spice. Garlic is a super food for our immune system. When it's cooked, its potency is reduced so chop it up and swallow with water or scatter it on top of your food if you're trying to fight off a cold.

Eat your greens - Mum was right, your greens are good for you, so pile your plate high! Colorful salads are loaded with flu-fighting phytonutrients.

Get some sunshine - Vitamin D is another key factor. Get outdoors for about 30 minutes a day, several times a week. Ideally you don't want to be covered in sunscreen, so avoid the hottest parts of the day.

Get some sleep - Your body repairs itself while you're asleep so get at least 7- 8 hours a night or take a 20 minute cat-nap during the day if you're falling short of this target.

Move - Regular exercise will increase your immune function, improve your sleep quality and make your body stronger.

Stress less - Stress is a big reason why we get sick. Make time to relax, smile and laugh each day. Try breathing exercises, yoga or massage if you need help to unwind. Your immune system will thank you for it.

Debbie Jones

TIC of Health Education

Youth Enviro-Leaders Forum 2015

For the last week of the holiday I had the most amazing opportunity to meet likeminded people as passionate about protecting the environment as I am. The 13th Annual Youth Enviro-Leaders Forum (YELF) run by the Sir Peter Blake Trust was aimed at helping young environmental leaders build their knowledge of the environment and learn some great leadership skills. This year over 200 youth aged 14-19 from all around the country applied to be a part of the forum, of those only 52 were chosen to attend. At the start of the week we all arrived at Auckland, where we were greeted by our chaperones and a double decker bus. We had been told we were heading off to Rotorua for the week, however as we set off we started to have suspicions on the direction we were travelling. A Naval officer hopped aboard and all of our phones were confiscated. We had no idea what was going on. Finally we arrived at a naval base north of Auckland which would be our home for the next 24 hours. During that time we ran around in gigantic overalls, had a hostage situation, searched dark tunnels in the dead of night, woke up early for a P.T. session and learnt all about leadership. We had a great time getting to know a whole pile of strangers through team building activities.

The next day we made our way to our intended destination, Rotorua Boys High School, where the rest of the week was action packed. We did zip lining, went to the hot pools, swam in the lake, had the best buffet hangi ever after a sweet opening ceremony at the Marae and listened to inspirational speeches by people from the local area. We all ended the forum one big family after the week of a lifetime, making some friends for life. On the day before everyone left we all got together to do our final speeches in front of invited guests before heading back to our home, the Boys High School hostel, where we all had fun at a farewell party. The next day we all had a hard time saying goodbye. The connections made between us in that one short week were amazing and we will never forget the experience we had. And all of the knowledge we gained will hopefully be shared throughout the country. I certainly can't wait to tell everyone what I've learnt. The spirit of the forum certainly didn't conclude at the end of the week we have already had discussions of funding traps at a nature reserve we visited. The only question now is when is the reunion?



Amy Burney

Library happenings



A display honouring the ANZAC centenary has been a popular talking point in the library. One of our Library Assistants, who has military connections, put together an interesting display including medals, uniform items, military weapon components and archive photos.



Our International students are learning about the significance of ANZAC and made some beautiful poppies to contribute to the display.

Bronwyn Rickerby
Library Manager

Key Dates 2015	
Term 2 : 2015	
Monday 11 May - Friday 22 May	Year 10 camps
Tuesday 12 May	PTA AGM and IT presentations
Wednesday 13 May	Townsport starts
Thursday 14 May	Stage Challenge
Friday 15 May	Year 13 Independent Study Day
Friday 22 May	Year 9 Photos
Thursday 28 May	Open night 7.00pm
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 this 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
Tuesday 4 August	Nathan Wallis parent seminar (evening)
Monday 10 August	Ashburton Sports Exchange (at Ashburton)
Wednesday 26 August	Townsport ends
Thursday 17 September – Friday 25 September	Senior practice exams
Friday 25 September	End of Term 3
Term 4 : 2015	
Monday 12 October	Start of Term 4
Wednesday 14 October	Townsport starts
Friday 16 October	Cross Country
Monday 26 October	Labour Day
Tuesday 27 October	Sports Awards Ceremony (evening)
Friday 30 October	Last Day – Year 12
Monday 2 November	Last Day – Year 13
Tuesday 3 November	Last day – Year 11
Wednesday 4 November - Friday 6 November	Year 10 exams
Monday 9 November	NCEA exams begin
Thursday 12 November	Teacher Only Day
Friday 13 November	Show Day
Wednesday 18 November	Townsport ends
Tuesday 1 December	Year 9 and 10 Awards Ceremony
Friday 4 December	NCEA exams end Year 13 Graduation Ceremony
Friday 11 December	End of Term 4