

Let's chat.

Te Pānui o Te Kura Tuarua o Waihora

Lincoln High School Newsletter • Issue 5



Principal's Report

Kia Ora,

We have announced our new timetable structure for 2016 which will allow more flexibility for our young learners. In a separate article in the newsletter I have included some aspects of the research which helped inform our decision-making. Our student voice indicated they wanted more 1-1 time and stronger relationships with their teachers. When asked "What are your aspirations/goals for your sons/daughters when they leave Lincoln High School?" one parent responded:

"That they follow their passions and enjoy whatever path they choose. That they leave Lincoln as confident, independent young adults who have the modesty to understand they don't know it all yet, and the confidence to know that this is ok, and that they will continue to learn for the rest of their lives!"

We believe the new timetable will support these desires.

A 21st century learner is preparing to live/work in a world that is vastly different to the one their parents grew up in. It is no longer as important to learn knowledge just in case you need it but rather to seek the knowledge when you need it. Moving forward, it is knowing how to find and apply knowledge to solve complex problems, often in a collaborative manner, which is the key.

Mentoring will replace form time, which traditionally served as an administrative link for students. Mentoring will enable a "significant adult" to be part of the learning,

growth and development for each student.

We encourage you to look at our 2016 Course Booklet and work with your son or daughter to plan a course. We have a course selection afternoon planned shortly where you can come and ask questions of our curriculum leaders. Our tutors and the careers advisor are always available for students to make inquiries into any aspect of their learning.

Nāku, nā

Kathy Paterson
Principal

School Donation

Thank you to those who have paid the voluntary school donation – it is very much appreciated.

We use the school donations to provide additional support and resources for students. This includes:

- Additional teaching staff
- Additional support staff e.g. sports office, manage sick bay
- School magazine
- Course Booklet
- School Prospectus

New website

The Ministry of Education have launched a new website: [Education.govt.nz](http://education.govt.nz). This link takes you to a site which has information for parents: <http://parents.education.govt.nz/>

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General Notices

Student Representative on the Board of Trustees

This position runs from October this year until the end of Term 3 next year. Any student enrolled full-time is eligible to be nominated for this. Students will be given information about the nomination process in the next couple of weeks.

Year 10 message:

We'd like to thank Jeanette Simpson for all her hard work Deaning for the Year 10s in Terms 1 and 2; and equally to welcome back Lucy Smith into the Year 10 Dean position for the rest of the year. Please contact Lucy lsm@lincoln.school.nz if you have any queries regarding your son/daughter in Year 10. Fiona Bamford can answer any academic questions fba@lincoln.school.nz as the Year 10 Tutor. Georgina Barrett is the Head of Year 10 gba@lincoln.school.nz.

Georgina Barrett

Head of Level Year 10

Welcome

Welcome to new staff: Kerri Sullivan, Rose Robinson, Jim Li, Stephanie Fraser, Nicola Allison, Chris Littlejohn and Tihirangi Brightwell.

Congratulations Christine and Russell Fildes on the birth of Emily.

Students who become sick at school

Students who become sick at school are required to go to the office where they will be put into the sickbay. If they need to go home, the office staff will contact a parent/caregiver to arrange this.

It is not acceptable for students to make direct contact with a parent requesting they are picked up. Please remind your students of the correct process to follow.



Award Congratulations

Congratulations to Mitchell Howard and Kiri Dillon who received the huge honour of winning the Jim Campbell Excellence in Teaching Award. It recognises personal excellence in Secondary classroom teaching and support given at a regional and national level to others in enhancing their classroom teaching.

Kathy Paterson

Principal

Selecting 2016 courses

Students should have received a 2016 Course Booklet and an information sheet in preparation for choosing option subjects for next year. The sheet will explain how to access the online course selection form that needs to be completed by students/parents/caregivers before 30th August. If a student requires a course counselling interview with their year level Tutor to assist with the course selection, they can make a booking at the Tutor Hub in Student Services.

The information sheet was also emailed to parents on 7th August. If you have recently changed your email address, please notify the school office as soon as possible. If a family has complications with internet access, a hardcopy course selection form can be obtained from the school office from 7th August. The completed forms will need to be returned to the school office before 30th August. Please note that late submissions of online or hardcopy forms may result in missing out on preferred subject choices.

If a Year 9-12 student will definitely be leaving Lincoln High School at the end of this year, they need to indicate this on the online form.

NCEA information

Personalised login card

All Year 11 to 13 students should now have received their personalised NZQA login card. This card has a student's National Student Number (NSN) and instructions on how to set up a student's personal login to the NZQA website. The personal login will allow students to:

1. check their NCEA results including their exam results in January
2. request their exam papers to be sent to them early next year

3. check that their NCEA fees have been paid
 4. request a copy of their record of achievement
- Year 12 and 13 students are able to use their login details from last year.

Exam season approaching

The 2015 NCEA and New Zealand Scholarship examination timetable is available on the NZQA website ([click here](#)).

This year, the external examination period runs from Friday 6th November through until Friday 4th December. All NCEA and New Zealand Scholarship examination sessions are three hours and start at 9.30am or 2pm. The examination timetable is also available to view on smart phones at timetable.nzqa.govt.nz

Examination results will be available to candidates and schools in mid-January 2016.

Resource pages for all subjects that include past NCEA papers, past New Zealand Scholarship examination papers and exemplars of students work can also be found on the NZQA website (www.nzqa.govt.nz).

Senior Practice Exams

Exams for students in Years 11, 12 and 13 take place at the end of this term from Thursday, September 17th to Friday, September 25th. Most subjects will have an exam of up to three hours in length.

Students are expected to be at school if they have an exam but have study leave at other times. Students in Years 11 and 12 are to wear uniform when at school during the exam period.

These exams are an important opportunity for students to assess their progress towards the external exams at the end of the year.

The exam timetable will be made available to students shortly.

Continued over

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The importance of Practice exam results

A number of entry requirements for 2016 Year 12 and 13 courses are dependent on 2015 NCEA results, including external exam (November exams) grades. Student practice exam grades can also be used to gain pre-approval into 2016 Year 12 and 13 courses. In exceptional cases whereby a student is unable to sit external exams or their performance in the exam is impaired, a derived grade could apply. Derived grades come from practice exams grades. It is therefore important for students to realise the significance of their practice exam grades.

Tony Melton

Assistant Principal

Keeping students safe online

As a school, we often hear about the effects of comments, pictures, photographs etc. that occur in the online forum, from making comments on students' youtube channel, through to cyberbullying over snapchat or facebook. Please keep your young adults safe, and keep an eye on their social media usage. The Online Safety Advisory Group have some great information – see www.netsafe.org.nz for further information.

Prime TV have also run a recent series on bullying, including cyberbullying. The link to the programme is:

Link: <http://www.primetv.co.nz/Default.aspx?tabid=424>

Class photos from this year and previous years.

The **Year 9** class photos were taken last month. Some of the ordered photos have been delivered to school and are awaiting collection from the office.

Year 10 –13 students who would like a Year 9 photo from previous years, these

are available on the same link. This will take you to the photographer's website to view the photos from this year, and previous years. Follow the instructions on the page.

Please see the drop down menu when ordering, for all of our pricing options.

Link: www.bit.ly/LHSYr92015

password (Caps Sensitive): **K111LHS2015**

Social Media and Device Use

Recently, a group of students from the University of Canterbury's media studies programme came to do some research with two Year 9 classes about their social media and device use. The UC students did a great job of this and a summary of their findings is included. Part of the experiment was getting the kids to try and go 'cold turkey' on social media for 24 hours, which most managed, but the boys actually found it harder than the girls. It was really interesting seeing the kids reflecting on their own device and social media use.

Findings:

- ◇ Social media use on phones really negatively affects the amount of sleep kids get
- ◇ Students get more other things done (e.g. homework, reading, family time, sport) when social media use is limited
- ◇ Students report that while they find their smartphones a distraction at school, they generally do what they are supposed to be doing on their laptops/tablets
- ◇ The students feel that having a device is useful and beneficial to their learning, and often fun!
- ◇ Students are well aware of cyber-safety, and are generally good at keeping themselves safe online

Rachel Meadowcroft

Social Science

Uniform

Currently we are undergoing a Responsibility campaign with uniforms and setting clear expectations for students about what is regulation uniform at our school.

Key uniform areas are:

- ◇ **Boys socks - with shorts - fawn knee high**
- ◇ **Boys socks - with pants - fawn knee high or black**
- ◇ **Girls skirt length - green skirt - minimum length is 3cm above knee**
- ◇ **School jackets - regulation LHS jacket or plain puffer jacket**
- ◇ **School shoes - plain black leather**

As communicated to students if there is any reason they cannot come to school wearing regulation uniform they are responsible for either bringing a note from home explaining why or going to the student office to organise a replacement garment for the day.

If meeting uniform requirements is a problem we can also provide other means of support for permanent problems but communication with the school is necessary for this process to start. The best person to contact for information is the Year Level Dean.

It's also review time for our uniform. As we have finished a process of rebranding it is a great opportunity to review all aspects of the current uniform. Students have been asked to submit an expression of interest to be a representative on the review committee which will be formed. We will also undertake consultation of students and parents throughout the process. Information about this will be updated regularly on the Facebook Alerts Page and the school website.

It is important to note that this review is not a push to change the current uniform but to provide all stakeholders with a platform from which to review it. The end result from all the consultation may indeed be that no

changes to the design are warranted. However, we do have a unique opportunity to look at everything and consider all options as we move forward with the rebranding of Lincoln High School.

The uniform review committee is comprised of:

Kathy Paterson	Principal
Kylie Wissel	Assistant Principal
Heather Kay	PTA
Di Walker	Staff Rep
Callum Lyall	Student Rep
Chrizanne Kilian	Student Rep

Kylie Wissel
Assistant Principal

Lost property

Please ensure all your student's school uniform is named clearly, including the surname.

Any named clothing is stored at the school office. A note is sent to the student via form class and they are asked to collect the item at interval or lunch time. Often students do not come to collect items, so if your student has lost some named clothing, you are more than welcome to call the school office to check if it has been handed in, but not collected.

Shoes and sports shoes are often handed in to the office as well, so if at any time your student has lost these, then please call the office to see if they have been handed in.

Unnamed school clothing is held in the school office for two terms. After that time we put the clothing in a pool to use when students arrive at school with incorrect uniform on, and it is lent to them for the day.

Non uniform items are held in the office for half a year and after that time they are donated to charity.

Future-orientated Learning

NZCER (New Zealand Council for Educational Research), in 2012, identified key themes for future orientated learning systems.

“These themes include a commitment to personalising learning, a curriculum that uses knowledge to develop learning capacity, the rethinking of learners’ and teachers’ roles, and the forging of new partnerships with the wider community.”

- ◊ “It is about structuring roles and relationships between learners and teachers in ways that best support powerful learning.”
- ◊ It is about “how learners and teachers can work together in a “knowledge-building” learning environment.”
- ◊ “It is no longer possible to accurately predict exactly what knowledge people will need to draw on as they move through life. To support their ability to develop new knowledge, learners need opportunities to build their sense of identity – to become self-reliant, critical, and creative thinkers; to be team players; to learn to use initiative; and to engage in ongoing learning throughout their lives.”

What research tells us about learning

Learning is much more than acquiring new knowledge and concepts. It involves thinking, but learners need knowledge and experiences to think with.

- ◆ Learners need to be actively engaged in ways that allow them to process, interpret, and adapt an experience.
- ◆ Learners have to want to learn. They have to see a purpose to learning and how it will allow them to contribute to something beyond themselves.

- ◆ Learners have to feel in charge of their own learning and to get a sense of flow and progress, with the right amount of challenge and feedback along the way.
- ◆ Learners need to develop in-depth knowledge in some areas to help them keep learning.
- ◆ Learners need to be encouraged to search, not for the right answer (focusing on surface features) but for the right approach to solving a problem (deep structures).
- ◆ Learning involves interaction – trying out and testing ideas with others.
- ◆ Learning usually needs structure. For example, adults play an important role in young children’s development by structuring their experiences and directing their attention to certain aspects of those experiences.
- ◆ Learning needs to take place in a wide variety of settings so that learners can transfer their learning and use it in new contexts.
- ◆ Intelligence is not fixed but is expandable through learning experiences. Expanding people’s intellectual capacity – and ability to keep learning – should be the key function of a future-oriented education system.

Reference: The New Zealand Curriculum Update Issue 26: October 2012 (published by the Ministry of Education)



Rebecca Mingard gained third place in the Young Speechmaker contest, Lions Club Speech Competition.

Cameron Powell scored three tries against Marlborough Boys College, was selected for the Crusaders Junior Knights Camp, and played in the Crusaders Junior Knights team against the Junior Hurricanes. **Antonio Shalfoon** had an excellent game against Marlborough Boys College, and was selected for the Crusaders Junior Knights Camp. **Sam Cottam** also had an excellent game against Marlborough Boys College. They all worked very hard and deserved the win along with the rest of the team.

Lucy Turner, Maddie Fairbrass and **Callum McGregor** were selected for the Canterbury Under 18 representative Hockey teams and played in national tournaments in Auckland and Dunedin over the July school holidays.

Brittany Glassey being awarded \$3300 from the Inspire Foundation.



Letters of congratulation for: Youth Enviro Leaders' Forum, Smokefree Rockquest Festival, Canterbury Senior Schools' Cross Country and Under 17 A Netball.

Caelum Betteridge (Y10 Kuaka 2) won his age grade in the South Island Canterbury Squash Competition.

Olivia Gwatkin received a High Distinction Award for the second year in a row for Computational and Algorithmic Thinking exam.

SJ Agafili gained 2nd place for Y12 in the Samoan National Speech competition. He was awarded a trophy and a medal for his efforts.

Danielle Scott has been selected for a fully funded AFS Scholarship to France for six months in 2016.

Goodwill Cup

Congratulations to **Kuaka 3** and **Kahu 2** who receive the mid-year prize for great progress with community work.



Letters of congratulation for: Language Perfect World Championships, Lions Club speech competition and 1st XV Rugby.

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.



Lucy Crossen
Level 3 Photography

UNI 101

If you were unable to attend the recent information evenings at the Aurora Centre or Linwood High School, run by Lincoln University titled 'Uni 101' - an evening that was designed to be institution neutral and mainly aimed at students, parents and other influencers who had no idea about the ins and outs of university life including scholarships, support and the impacts of academic inflation, then please go to <http://uni101event.nz/> for the information provided at this event.

University Halls / Colleges of Residence Applications

This term, from 1st August to 30th September students will complete their applications online and will get email confirmation that their applications have been received. They can then log on any time to check their status. Students need to also have processed a Common Confidential Reference Form (CCRF). These can be obtained from Student Services, the top part needs to be completed by the student and a staff member needs to be nominated to complete the rest of the form. These need to be returned to Mrs Thatcher's office and she will pass them on to the nominated teacher. Please hand these back to her no later than the end of August.

Studylink Information for Students

Studylink is a service of the Ministry of Social Development, administering Student Allowances, Student Loans, and assisting students to get the finance and support they are entitled to. For more information refer to: studylink.govt.nz or phone 0800 889 900.

University Scholarships

The major University Scholarships are now open at each University in New Zealand. Please be aware that students will be asked to apply online to study at the University and identify the programme they wish to study (which can be changed later). Once

they receive confirmation of this via email and a student ID number they can apply for the appropriate scholarship. Please note that the closing dates vary across each University and students need to be aware of these.

Where to find information

Please note that students can access the Careers and Pathways Class Site on Office 365 where relevant information on upcoming events are placed in the Calendar and where you can also find any downloaded handouts.

Notices are also placed on the Noticeboard in Student Services as well as on the entrance wall to Te Wai Mātou. (A-Block 1 - 4)

Principal's References

When their Principal's reference is available for use, students will be notified individually. It is important students attend form time as this information will be passed to them during this time.

Once they know it is available, they need to see Mrs Senior, who will provide a sealed signed envelope containing a copy of the reference, should they need to post their application(s). If the reference is to be sent electronically, students need to complete a green form for every scholarship application, or other application they wish to make. If a copy of their results is needed, it needs to be printed by the students themselves, brought to Mrs Senior who will authenticate the results printout for them. Students are kindly reminded that it is their responsibility to meet all deadlines, not ours. Students need to be aware of the conditions which apply to their applications.

Larisa Thatcher

Careers

Helga Senior

Tutor Y13

Course Counselling

With the deadline for course selection for 2016 coming up, students are able to make an appointment to talk about their options with a member of the Careers and Pathways team. They need to fill in a form in Student Services and they will be given an appointment time in

Upcoming Events	Location	Date
TERM THREE		
Canterbury University Liaison Visit – Course Planning	LHS	Tuesday 11 th August 2.15 - 3.05pm
CPIT Visit – Course Planning	LHS	Tuesday 18 th August 2.15 - 3.05pm
Year 10 Challenge	CPIT	Thursday 13 th August and Friday 14 th August
Massey University Open Days: Albany Campus	Auckland	Friday 15 th August
Open Day & Industry Expo	CPIT	Thursday 27 th August 2- 5pm
Massey University Open Days: Wellington Campus	Wellington	Friday 28 th August
Otago University Liaison Visit – General Course Planning	LHS	Tuesday 25 th August 2.15 - 3.05pm
Victoria University Open Day	Wellington	Friday 28 th August
Auckland University Open Day	Auckland	Saturday 29 th August
Massey Liaison visit – Course Planning	LHS	Tuesday 15 th September 2.15 - 3.05pm
TERM FOUR		
Otago University Liaison Visit – Health Science Course Planning	LHS	Tuesday 20 th October 2.15 - 3.05pm

All Right App – do more of the things that make you feel good.

We are often looking for new ways to increase resilience and happiness in young people. This app offers tips to help us feel good and do well. Encourage your teen to download it, or use it yourself.

Go to www.allright.org.nz

While there check out the section on “Is Canterbury All Right?”

Linda Chapman lch@lincoln.school.nz

Wiremu Gray wgr@lincoln.school.nz

Bruce McNatty bmy@lincoln.school.nz

Bronnie King bki@lincoln.school.nz

Carmen Hazlett cha@lincoln.school.nz

Counsellors

Save Lives, Give Blood...Where: Baylis Lounge, Lincoln Event Centre, Meijer Drive.

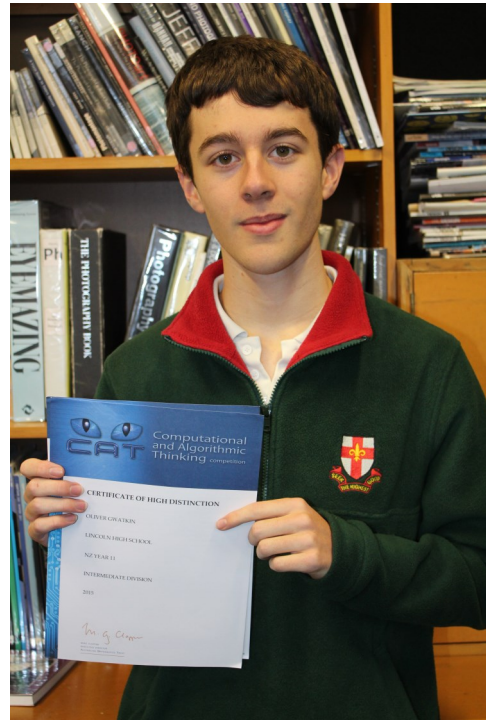
When: Wednesday 12th August 2 – 6pm.

Please phone 0800 GIVE BLOOD (0800 448 325) or go onto our website

www.nzblood.co.nz to make an appointment.

New donors are very welcome! Please bring photo ID or your donor card.

Great Informatics Competition Results



A number of students from across the school wrote the CAT (Computational and Algorithmic Thinking) Exam this year. Most received Certificates of Credit, but Oliver Gwatkin received a High Distinction award for the second year in a row. Oliver is a very good problem solver and programmer. Congratulations!

Ruth Davey

Digital Technologies Teacher



Building on our successful performance in Stage Challenge, students have taken part in a number of other dance activities in the past couple of months.

After attending the world premiere of the new dance narrative “Tiki Taane Mahuta”, Carrie Moore and Ellen Thompson were invited, under the Secondary Schools Dance Ambassadors programme, to take part in a dance workshop at the Isaac Theatre Royal with the acclaimed dancer and artistic director, Tanemahuta Gray. The art of Mau Rākau formed the content of the session and the girls felt very privileged to have had this opportunity to learn about and try out this ancient Māori martial art form. Tanemahuta was very generous with his time and spoke to us after the other participants had gone. It was fascinating to learn more about the creative journey he had undertaken in the process of bringing his latest production to the performance stage.

Also, as a part of the Secondary Schools dance Ambassadors programme, Siobhan and Olivia O’Brien were invited to a performance of the Royal New Zealand Ballet’s latest production “Salute”. Olivia said it was a very emotive and touching show and it was good to have the chance to watch it. “Salute” was a programme of works put together especially to mark the centenary of World War One.

On Thursday 28th May, a very dedicated group of students from the Year 9 Dance course, accompanied by Eve Chalklen, Minami Sugiura and Amy Buckley, helped to promote dance at Lincoln High School and gave very energetic performances throughout Open Evening. There was a large crowd all night at the dance space and many people even came back for a second round of visits!

On Tuesday 9th June, we hosted Hagley Dance Company members and their director, Candice Egan. The company performed a piece from their repertoire then conducted an hour long contemporary dance workshop for the Year 9 Dance class. A number of students from other levels in the school also participated. The pace was fast and the choreography demanding, but our students enthusiastically embraced the challenge and impressed the tutors. Hagley Dance Company offers a year long, full-time dance course to students aged 17 and over who wish to prepare for tertiary dance study. Ms Wylie has a prospectus if anyone wishes to view it.

Upcoming dance events:

“DanceStarz Challenge” -

Lunchtime Monday 14th September

In-school dance competition for soloists and duos. Details on the hall foyer wall or see Ms Wylie

“Outstanding Feet” –

Friday 25th September

Secondary Schools Dance Performance Evening.

Our extra-curricular lyrical and jazz dance groups will be performing. Further details regarding tickets and venue are still to be confirmed.

Robyn Wylie

Dance Teacher

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. Elizabeth Neill and Jade Farnell have now got a cast for their plays. Thanks to all those who auditioned.

Musical Production—2016 Auditions

Come and be a part of next year's exciting Musical Production. Auditions start this Term and students who are cast in the Musical are expected to rehearse in their AKO slot. This will require senior students to come back on the two allocated AKO days after their exams finish. Production dates: 27th- 30th June 2016.

Details of the production will be revealed at the assembly on the 14th August.

Key Dates:

17th August: Pre-auditions for the movement/dance in the hall at lunch

18th August: Pre-auditions for Music in the hall at lunch

24th August: Auditions at lunch and from 3-5pm

25th August: Auditions at lunch and from 3-5pm

26th August: Call backs at lunch and from 2:15-4pm

27th August: Call backs at lunch and from 3:10-5pm

1 September: cast list out

Senior Field Trips

'Once on Chunuk Bair'

This New Zealand play will be performed at Wigram Air Force Museum on Friday 15th August 7:30-9:30pm. For those students attending, arriving 15 minutes before the start of the show is recommended.

An evening of Theatre

On the 10th September, 7:30pm, all Year 12 Directors will be showcasing their play extracts/ one act plays. Tickets will be \$5 door sales. This will be an exciting evening of a range of plays, so put this date in your diaries now.

Devising evening

Senior Drama students will showcase their own plays on the 8th September, 7:30pm in the hall.

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

Over our last two week break the Envirocouncil members assisted in running the Lincoln Envirotown Kids' Fest. The Kids' Fest took place at the Lincoln Event Centre on the morning of Friday 10th July. It started at 10.30am.

The members, however, were at the Event Centre from 8:30am onwards, busy setting up their activities. They had been hard at work creating the activities for the Kids' Fest weeks prior to this day. The theme this year was "The Living World of Water". Kids between ages 3 and 12 attended the Kids' Fest.

Gemma Comrie was in charge of creating a "river box tunnel". The children enjoyed crawling through the "river tunnel" to view things that are good and bad for our water. Gemma said it took her and her friends 6 hours to assemble this tunnel. She said lots of children seemed to enjoy crawling through the tunnel. Nicholas Jacobs was there to assist Gemma with her activity.

Maddy Creasy, Joel Longworth, Finn Strange and John Elliot were in charge of making food chain mobiles involving native species found in our nearby waterways. They said that the children enjoyed learning about the different species whilst making the mobile. Finn also assisted Amy Burney with her water cress seed garden activity. Amy used recycled egg cartons and damp cotton wool to sow the water cress seeds. Kids were able to take home their sowed seeds. Rebecca Booth assisted children in turning clothes pegs into "fish pegs". She was impressed with the children's initiative.

One of the more popular activities was the diorama on the theme of water world. Jessica Fitch was pleased that the children used a range of materials to create their diorama which was to a high standard. Elin Harris said, "Loads of children came to our station and they were all enthusiastic about the activity".

Other activities were making masks, colouring in pictures and observing invertebrates that live in water. Many thanks to Ruby Longworth and James Daly for assisting in these activities.

If you wish to get involved, make a difference and contribute to the community, you are most welcome to join the Envirocouncil. We meet every Tuesday, during lunchtime in E4. For further information you may contact:


Mrs Litten (sli@lincoln.school.nz)
or Mrs Hamburg (sha@lincoln.school.nz)


Sharyn Litten and Santhia Hamburg
LHS Envirocouncil




"A spoonful of sugar helps the medicine go down...."

The high rates of sugar consumption has been identified in New Zealand as a health issue. A small group from our HED 301 class and our HED 201 class have been developing more understanding around this issue. HED 201 students have been undertaking health promotion actions to target the over consumption of sugar within our Lincoln community. Through this they are now aware that the daily intake for sugar should be **7 teaspoons (35g), the average New Zealander is consuming 38 teaspoons (190g) of sugar daily!** HED 201 students believed that it was important for LHS and Lincoln Primary School students to be informed due to the many **health problems such as tooth decay, diabetes and obesity** which over consumption can lead to. HED 201 students have promoted information through a variety of actions:

 A trip to the 'Sugar Movie' with the aim to educate HED 101 and HED 201 Health Education students on the negative effects of sugar to all areas of wellbeing.

 An interactive classroom session with two Lincoln Primary School classes. They chose this target group in the belief that nutrition education at this age should help them to make healthy choices, when given freedom to do so in later life.

 Creating informative posters.

 Healthy, low sugar meal creation competitions, which have run through some Year 9 health classes and nutrition demonstrations during form time.

HED 201 students have learned lots along the

way and are beginning to shift attitudes around food choices, and make healthier decisions.

What can you do to reduce sugar consumption in your daily intake?

Yikes! That's a lot of sugar! A teaspoon sugar = approx. 5 grams of sugar.

- * **Coca Cola** (one can) - 7 teaspoons of sugar
- * **Red Bull** (one can) - 7.5 teaspoons of sugar
- * **Snickers bar** (57g) - 7 teaspoons of sugar
- * **Marshmallows** (100g) - 14.5 teaspoons of sugar
- * **M & Ms packet** (45 grams) - 5.75 teaspoons of sugar
- * **Boiled sweets bag** (100 grams) - 11.5 teaspoons of sugar
- * **Muffin** (one chocolate chip muffin) - 4.75 teaspoons of sugar
- * **Ice cream** (1 scoop) - 3 teaspoons of sugar
- * **Honey Nut Cheerios** - 8.25 teaspoons of sugar
- * **Nutri-Grain Cereal Bars** (all flavors): 1 bar = 12 grams sugar, 130 calories
- * **Weight Watchers Mint Chocolate Chip Ice Cream Cups** (and other flavors): 1 small cup = 22 grams sugar, 140 calories

Some good links to help understanding around sugar, added sugar and hidden sugar:

<http://www.medicalnewstoday.com/articles/262978.php?page=2>

<http://www.webmd.com/food-recipes/sugar-shockers-foods-surprisingly-high-in-sugar?page=3>



Lincoln High School offers 24 places in our Gateway Programme. We currently have 20 students taking advantage of this amazing programme. We have students placed in a variety of vocational pathways. These include the Red Shirts in Schools Programme, building and construction, childcare, aviation, aeronautical engineering, plumbing, electrical, NZ Fire Service, painting and decorating, IT, agriculture and sports turf.

We have a lot of students on Gateway. They are all showing that they are very reliable, have good communication skills, are keen to learn new skills and are earning credits towards their NCEA. The feedback I have had back from their Gateway employers has all been very positive.

If you would like some more information on Gateway or would like to be considered for one of the four remaining places, please see Mrs Gray at Student Services.

Fiona Bamford

HOD Careers and Pathways

Social Action

During Term Two, three Level One Social Science classes were working on various assessments involving the community and social actions. During their time they had to organise and plan a social action of their own. A field trip into the city centre of Christchurch got them thinking about various services they could provide for people in need. Visiting various gap fillers was a starting point for some of the students. After visiting the city mission and the rebuild section at the Canterbury Museum, our Year 11 students created and crafted some brilliant ideas.

Over \$1800 donated to various charities including The City Mission, KidsCan, The Salvation Army and also hundreds of non-perishable food items donated, along with blankets, clothes, toys and also a lunch service provided for the homeless throughout Christchurch. Various groups made visits to the Christchurch Hospital Children's Haematology Oncology Centre ward, pre-schools and primary schools throughout the area, promoting their social actions and showing the involvement Lincoln High School has with the community.

Lincoln High School should be very proud of the awareness, promotion and actions that took place from the Year 11s.

Below - One of our students paying for a ladies lunch.



Lana Aitcheson, Rachel Meadowcroft and Steven Packer
Social Science

NCEA Japan Day

On the 16th of June students learning Japanese from 17 Secondary Schools took part in the NCEA Japan Day held at Canterbury University. Students were mixed up and put into workshops working alongside students from other schools, and were taught by teachers from other Canterbury Schools that teach Japanese. The day started with an inspirational plenary session from Mr Jonathan Hendriksen, Founder and CEO of a visual marketing software company, Shuttlerock, based in Christchurch, with offices in USA and Japan. The day finished with a drum display by Takumi Drummers and spot prizes. Yookai Taisoo Dance, a dance students had been practicing, was then performed by all 300 people in the lecture theatre. A great way to finish the day.



Year 10 Cultural Afternoon at Villa Maria College



A group of Year 10 students joined other students from eight Canterbury Schools to enjoy a Japanese Cultural afternoon held at Villa Maria College. Students were able to watch a Kendo demonstration and try out calligraphy. A number of ladies from the Japanese Friendship Society brought an array of beautiful kimonos for the girls to try on. The afternoon finished off with a Cultural Quiz and a dance off with the famous Youkai Taisoo Dance, which also featured during the NCEA Japan day.

Visits from Mukogawa High School

This week many classes have enjoyed cultural exchanges with the students who have been here on a short term visit from Mukogawa High School. For students learning Japanese, this has been an excellent opportunity to learn about students from Japan and use language they have been studying in class.

Rachel Austen

Head of Learning Area: Languages

Year 10 French Day

The annual Year 10 French Day with St Andrews College took place on Friday 26th June. The day started out at the Irish Society Club rooms, where students had a French breakfast of a croissant and a pain au chocolat. This was followed by some indoor activities including a French cultural quiz, a competition to make something with a French theme out of newspaper, all the while communicating in French. Lunch was served soon after this, a quiche and a mille feuilles pastry for each student. After lunch we headed to the theatre at St Andrews, where we watched a French film, *Belle et Sebastian*. It was a great day, with lots of new language learnt and friendships made.

Fiona Bamford

*HOD Careers and Pathways, Junior Tutor,
TIC French*



Into the Finals—Smokefreerockquest

Alternative rock band Altero, consisting of Bede Barrie, Jared Whiting, Miceal Wilson and Min-Young Her, of Lincoln High School, were the winners of the 2015 Canterbury regional final of the Smokefree rockquest at the Isaac Theatre Royal on 26th June.

Lead vocalist Min-Young Her says the band have been together for several years but she just joined a few months ago. "It was an interesting experience being able to craft music, despite not being together for long," she says. "We don't plan our music that much - I write the lyrics and they are very much attached to my life experiences."

The winners' prizes include musical gear from associate sponsors NZ Rockshops, and the opportunity to gain selection for the national final at Auckland's Raye Freedman Centre on Friday, 11th September.

Smokefreerockquest Founder and director Glenn Common says there are more bands than ever before reaching the high standard required from national finalists.

"They have to capture 15 minutes of their original material on video in a process that demands creativity and musical ability, being able to work together as a group and having good organisational skills," Common says. "What separates them out is perseverance – industry success seldom happens overnight."

Acknowledgement to ChCh Press –Stuff

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: ccw@lincoln.school.nz
021 325 611,
or Lyn Elley: lel@lincoln.school.nz
or phone 325 2121 Ext 255.

Competitions

The school has 6 teams heading off to Secondary Sport Winter Tournaments in Week 7 of Term Three:

U15 Rugby in Nelson, Senior A Netball in Timaru, Boys Football in Christchurch, Girls Football in Ashburton, Boys Hockey in Oamaru & Girls Hockey in Invercargill.

The teams are currently fundraising and seeking sponsors to help cover costs. Please support where you can.

Volleyball and Touch

Our Volleyball and Touch squads are currently forming to get ready for the Term Four competition. Anyone interested should make themselves known to the Sports Office.

Development:

LHS Sport Dev Zone - Term 4

Coming up in Term 4 we have a new initiative to give opportunities for our sports people to develop their skills in our Dev Zone Programmes. Learn how to improve your game no matter what stage you are at.

Enrolment for these programmes will be available in Week 8 and 9 of Term 3.

For more information contact Craig Crawford: ccw@lincoln.school.nz 021 325 611.

Rugby Development Programme

(Boys + Girls)

When: Tuesday for 6 weeks from 13th Oct

Time: Session 1 from 3.30pm

Limited to: 20 per session

Where: Lincoln High School Fields

Cost: \$70

Delivered by: Wiremu Gray (LHS Rugby)

Supported by / guest coaches: Canterbury Rugby

Sevens Development Programme

(Boys + Girls)

When: Thursday for 6 weeks from 15th Oct

Time: Session 1 from 3.30pm

Limited to: 20 per session

Where: Lincoln High School Fields

Cost: \$70

Delivered by: Wiremu Gray (LHS Rugby)

Supported by / guest coaches: Canterbury Rugby

Netball Development Programme

When: Wednesday for 6 weeks from 14th Oct

Time: Session 1 from 2.30pm; if needed,

Session 2 from 3.30pm

Limited to: 20 per session

Where: Lincoln High School Gym

Cost: \$70

Delivered by: Anna and Hayley

(Canterbury Tactix's Netballers)

Football Development Programme

(Boys + Girls)

When: Wednesday for 6 weeks from 14th Oct

Time: Session 1 from 2.30pm

Limited to: 20 per session

Where: Lincoln High School Fields

Cost: \$70

Delivered by: NZF Qualified Coaches

Support by: Mainland Football

Basketball Development Programme

(Boys + Girls)

When: Wednesday for 6 weeks from 14th Oct

Time: Session 1 from 2.30pm; If needed,

Session 2 from 4.00pm

Limited to: 20 per session

Where: Lincoln High School Gym

Cost: \$70

Delivered by: Nathan Holt (LHS Basketball Coach)

Supported by Canterbury Rams

Cricket Development Programme

(Boys + Girls)

When: Wednesday for 6 weeks from 14th Oct

Time: Session 1 from 2.30pm

Limited to: 20 per session

Where: Lincoln High School Cricket Nets

Cost: \$70

Delivered by: Canterbury Country Cricket

Futsal Development Programme

When: Friday for 6 weeks from 16th Oct

Time: Session 1 from 3.30pm.

Limited to: 20 players per session

Where: Lincoln High School Gym

Cost: \$70

Delivered by: Mainland Futsal

Athletics Development

(Boys + Girls)

Covering all events.

When: Tuesday for 6 weeks from 13th Oct

Time: Session 1 from 3.15pm-4.30pm.

Limited to: 20 athletes

Where: Lincoln High School Gym/Fields

Cost: \$40

Delivered by: Selwyn Athletics

Golf Programme

(Boys + Girls)

When: Friday for 6 weeks from 16th Oct

Time: Tee-off from 3.30pm

Where: Lincoln Golf Course

Cost: Free

There is also likely to be Surfing, Archery and Bowls options for Term 4 sport.

Results

Clay Target Shooting

The South Island Clay Target Championships were held in Timaru on the 4th July.

97 shooters participated, representing many of the South Island Secondary Schools.

Lincoln High school had some great results at the event as follows:

South Island Skeet Championship

South Island Champion - Benjamin Tyson

3rd Place - James Crafts

South Island Skeet Teams Championship

South Island Champions - Benjamin Tyson & James Crafts

South Island Single Rise Championship

3rd Place - James Crafts

South Island Fish & Game Trophy Match

3rd Place - James Crafts



Badminton Team Members were:

Book Ratanathawamat
Kanami Fukomoto
Ayumi Ebinuma
Prue Talapnak

Richard James
Year 11 Dean
Physical Education Teacher

1st XV Training

Our first 1st XV training with the Crusader players (Andy Ellis and Luke Romano). We acknowledge the University of Canterbury supporting Lincoln High through its partnership with the Crusaders.

Our 1st XV are participating in the UC Cup which is being sponsored by the University of Canterbury.



Canterbury Secondary Schools Badminton Team Championships

This took place on Sunday 28 June at Badminton Hall. Lincoln HS competed with five other school teams in an attempt to retain the trophy that they won for the first time in 2014. The team beat St Margaret's 6-0, Cashmere HS 3-3 (7-6 win on games) and ultimately defeated Burnside HS 4-2 in the final to win the title and retain the cup.

Well done!



South Island Secondary Schools Swimming Competition.

Emily Newell, Hannah Newell, Amelia Prusas, Callum Sutherland, Caitlin McKenzie and Cerys Clayden travelled to Greymouth during the first weekend of the school holidays to swim at the South Island Secondary Schools Swimming Competition. All swimmers had personal best times. Cerys, Caitlin, Hannah and Callum were all finalists. The most notable swim was Caitlin getting second in the under 14 girls 100 m breast stroke. Well done, and thank you to these fantastic swimmers for representing LHS proudly, and to their parents for volunteering to take them and assist at the meet.

Anna Knowles

South Island Senior Schools Junior Netball Tournament - Christchurch

The Lincoln High School Year 9 A and Year 9/10 Combined Netball teams competed admirably at the SISS Junior Netball tournament in the holidays. Both teams played extremely well, with some nail-biter games particularly for the Year 9 A team, who had a narrow loss against Christchurch Girls High School on the first day (who went on to place 2nd overall). Both teams can be congratulated on how well they played, and also how they supported each other both on and off the court.

Many thanks to the parents and supporters who braved the freezing conditions to watch games. A huge thank you to Julie Scott and Carolyn Corbett for coaching their teams and also to Greg Hill for being Manager for the Year 9 A team.

Year 9 Team

Monday

v Taieri	(Lost) 27-43
v Geraldine	(Won) 24-17
v Christchurch Girls	(Lost) 26-33 NB: goal for goal until end of last quarter

Tuesday

v Otago Girls	(Won) 22-20
v Avonside	(Lost) 29-32
v James Hargest	(Lost) 27-28

Wednesday - Semi-Final Placings 21-24

v Burnside	(Lost) 20-28
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Wednesday - Final Placings 23-24

v Cashmere	(Draw) 0 - 0 NB: Cancelled due to weather
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Overall Result 23rd/32 Teams

Year 10 & 9 Combined Team

Monday

v John Paul	(Won) 49-3
v Hillmorton	(Lost) 11-34
v Waimate	(Won) 39-12

Tuesday

v Hillview	(Lost) 10-26
v Mt Hutt	(Lost) 24-27
v Mackenzie	(Lost) 18-19

Wednesday - Semi-Final Placings 13-16

v Garin	(Lost) 18-29
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Wednesday - Final Placings 15-16

v Opihi	(Won) 31-8
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Overall Result 15th/24 Teams

Julie Scott
Coach



Cycling

A group of 10 students competed in the Term 2 cycling events held as part of the Wednesday Town Sport Competition. The Lincoln High School team is comprised of Heath Angel, Henrietta Christie, Stephanie Emms, Jesse Gordon, Scott McGregor, Jared Pidcock, Matthew Pidcock, Lachlan Quaid-Weiss, Taia Ruri and Jack Webley. Each week, there are different disciplines to compete in, such as time trials, hill climbs and graded scratch races in which the cyclists ride in grades with competitors of similar ability. Having a variety of races enables the riders to learn different skills such as bunch riding, racing against themselves and pushing themselves when the going gets hard (especially up the hill climb of Kennedy's Bush Road). The cyclists have had varying results each week and hope to improve this term.

Jared, Matt, Taia and Henrietta continued their weekly successes by competing in the South Island Schools Cycling Championships held at Mike Pero Motorsport Park over the July holidays.

Henrietta

Under 14 Individual Time Trial (3.4km)

A race against the clock saw Henrietta finish in 4th place – a very creditable effort as the top four places were within 14 seconds of each other and Henrietta was two seconds off 3rd place.

Road Race (9.9km)

A bunch sprint finish with the five competitors crossing the line together placed Henrietta 5th.

Taia

Under 14 Individual Time Trial (3.4km) and Road Race (9.9km)

Taia finished 10th in both of his races. In the road race, Taia came across the line with two other competitors.

Matt

Under 16 Individual Time Trial (3.4km)

Matt was unable to cycle regularly last term but still managed to race well and finish in the top 20 in his race with 12 seconds covering places 11th to 20th.

Jared

Under 16 Individual Time Trial (3.4km)

Jared finished in 8th place – 13 seconds behind 1st place.

Road Race (19.8km)

A close race saw Jared finish in 9th place – the winner finishing in a time of 31.31 and Jared a wheel behind in 32.05.

Matt and Jared also combined with two other riders to compete in the Under 16 teams' race (9.9km) and easily won this event but unfortunately as it was a composite team, the points did not count.

Congratulations to these students for the impressive results achieved into a head wind on the finish straight. After this experience, the riders can work towards achieving personal goals in the second half of the racing season.

Craig Crawford

Sports Co-ordinator

NCEA Top Art

Three 2014 Year 13 students were selected for the NCEA Top Art national touring exhibition. Last year's Year 13 sculptors Kihere Aumua-Jahnke and Tom Hendrikz were in this exhibition, alongside Jaime Spencer who did Year 13 Printmaking with us. Their folios were fantastic and our students held up really well within this elite group of young artists. This was a huge honour for these students and our school.

Sam Eng
HOD Art

Congratulations to: Ben Smylie, the former 1st XV captain last year, now at Lincoln University, who was selected for the Crusaders Junior Knights team.

Wiremu Gray
Rugby



Term 3 : 2015	
Thursday 20 August	School finishes at 2.15pm Parent-Teacher interviews 3.00-6.45pm
Tuesday 25 August	Parent-Teacher interviews 4.00-7.30pm
Wednesday 26 August	Townsport ends
Monday 31 August	School finishes at 1.10pm (buses will run at this time)
Tuesday 8 September	Year 12 and 13 Drama Evening, 7.30pm in the hall
Wednesday 9 September	Sports photographs
Thursday 10 September	Year 12 Director's Productions, 7.30pm in the hall
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 (buses will still run due to NCEA exams)
Friday 13 November	Show Day
Wednesday 18 November	Townsport ends
Friday 4 December	NCEA exams end Y13 Graduation Ceremony
Monday 7 December	Year 9 and 10 Awards Ceremony
Wednesday 9 December - Thursday 10 December	AKO
Friday 11 December	End of Term 4