



## Gore High School

"Learning, to make a difference"

Rector John McKinlay BSc, Dip. Tchg.

Private Bag 50024, Coutts Road, Gore, 9740

Telephone: 64-3-208 9130 Fax: 64-3-208 9133

Email: ghs@gore-high.school.nz

Web: www.gore-high.school.nz

### From the Rector

Greetings everyone  
Kia ora e hoa mā

### The importance of Downtime

As we head into the mid-year holidays, I have been reflecting on the benefits for staff and students of taking a break.

This theme originally came to me as I was reading Dr. Shimi Kang's book entitled 'The Dolphin Parent', a copy of which was given to each of us at the Secondary Principals' Conference earlier this year. Downtime was only one of a variety of topics covered.



Downtime can and should be part of our daily routine. Because of the extra freedom associated with a holiday period, it can be an important part of our vacation time as well.

### Youtube Clip

If you have a spare 2 min. 54 sec. then have a quick look at this youtube clip. It is well worth it. (<https://www.youtube.com/watch?v=-Thztwiyixc>). The examples given are for younger children, but down time is just as important for adolescents and adults too.

### Brain Imaging Research

Brain imaging research over the last decade or so, has now confirmed what many of us anecdotally knew. There is a good article by Ferris Jabr, in the Scientific American, October 15, 2013. Here are a few thoughts from that article.

- "Research on naps, meditation, nature walks and the habits of exceptional artists and athletes reveals how mental breaks increase productivity, replenish attention, solidify memories and encourage creativity."
- "Downtime replenishes the brain's stores of attention and motivation, encourages productivity and creativity, and is essential to both achieve our highest levels of performance and simply form stable memories in everyday life."
- "Idleness is not just a vacation, an indulgence or a vice; it is as indispensable to the brain as vitamin D is to the body, and deprived of it we suffer a mental affliction as disfiguring as rickets," essayist Tim Kreider wrote in The New York Times.
- "...far from being purposeless or unproductive, downtime is in fact essential to mental processes that affirm our identities, develop our understanding of human behaviour and instill an internal code of ethics... Downtime is an opportunity for the brain to make sense of what it has recently learned, to surface fundamental unresolved tensions in our lives and to swivel its powers of reflection away from the external world toward itself."
- "...some studies have demonstrated that the mind obliquely solves tough problems while daydreaming—an experience many people have had while taking a shower. Epiphanies may seem to come out of nowhere, but they are often the product of unconscious mental activity during downtime."

### School Holidays

Of course, down time should be part of our regular daily diet, but the holidays provide an opportunity for a bit of extra down time.'

I hope all students and staff have a wonderful holiday, with copious amounts of down time, and that you come back refreshed and motivated for Term 3.

Warm regards,  
Nga mihi,  
John McKinlay



**COURTESY**  
ATAWHAITANGA



**EFFORT**  
MANAWANUITANGA



**RESPONSIBILITY**  
TAKOHANGA

## **SWIMMING SPORTS**

Swimming Sports are back on the Gore High calendar of house events after a 4 year hiatus. It was fantastic to see 30 students compete on the 24th May for their respective houses. Congratulations to all those who competed. We are looking forward to next year's event. Thanks to the student time keepers, and the teachers who supported the event on the day.

### **Results:**

#### **Junior Female**

1- Natalia Hamilton

#### **Senior Female**

1- Sophie Stark

#### **Junior Male**

1- Finn Hurley

#### **Senior Male**

1- Jakob Harrex



### **House Points:**

1st McNab = 225

2nd Cargill = 207

3rd Anderson = 119

4th Hunter = 1

## **NETBALL**

Congratulations to the following girls who have had their commitment to netball this season rewarded with selection in the following Eastern Southland netball teams:

**U17 Eastern:** Ella Hurley, Frances Qasevakatini, Laura Graham, Ella Harrex (non-travelling reserve) For the first time in many years this team is competing in the U17 Nationals in Palmerston North from the 15th-20th of July. The team won the U17 Bush Road tournament in Dunedin at the weekend. Well done to Frances Qasevakatini who was named in the tournament team. Gore High is well represented in this team, good luck for your tournament girls.

**U15 Eastern:** Georgia Bedwell

**U14 Eastern:** Hannah Stewart, Gabby Winkel, Fiona Allan, Grace Michaels, Anikah Moody

Well done to junior students Cosima Hill, Patience Cowan, Hannah McKenzie and Georgia Milne who have passed their Centre Test bank for umpiring recently.

## **LES MISERABLES**

Year 12 student, Madison Hamlin (on the right in the photo) performed in the West Otago Theatrical Society's production of Les Miserables. Madison plays many parts in the show but in this photo she is playing the Bishop's sister. Madison enjoys taking part in productions and intends to continue this passion when she leaves school.

Photo credit to Kirsten McIntyre Photography.



## **GORE HIGH SCHOOL P.T.A FUNDRAISER**

What: Movie night Mamma Mia – Here we go Again

When: Wednesday 18th July

Where: SBS St. James Theatre

Doors open: 7pm, movie starts 7.30pm

Cost: Adults \$20, Students (13-18yrs) \$18, includes complimentary drink and savoury/sweet treat

Tickets available from: Collective Design (Hokonui Drive) – cash only. Door sales on the night – cash only

Contact: Jo Whyte 0272859973 for more information

## **GORE HIGH SCHOOL P.T.A**

Next meeting Monday 25th July at 7pm in the meetings room at G.H.S. All welcome.

## **CRYSTAL GROWING COMPETITION**

This week the Alum crystals had a final weigh-in before being packaged off to Otago University for judging in the Chemistry Department crystal competition. We had some awesome entries, with some weighing in at 49g! There are prizes and certificates up for grabs, which will be announced in the next couple of weeks. The winning crystals will be displayed at the International Science Festival in Dunedin between 6th and 15th July. Check out the activities and events at <http://www.scifest.org.nz>



## **YOU ARE INVITED TO SHAPE THE FUTURE OF NCEA**

The government's review of NCEA is now underway, and people all over the country have started talking about, and sharing their ideas and experiences of NCEA - the challenges, the successes and what we can do better in the future.

If you would like the opportunity to get involved, find out more about the 6 Big Opportunities, and have your say, come along to one of 20 public workshops across New Zealand.

Workshops start on the 25 June and finish on the 26 July.

Book now: [conversation.education.govt.nz/events](http://conversation.education.govt.nz/events) or TXT 5811

The interactive workshop is open to everyone. We want you to share with us your ideas and thoughts about NCEA and how we can strengthen the qualification – we are listening!

We want to make it as easy as possible for everyone to participate in this conversation and invite everyone to get involved - online or on paper, at workshops or hui, or through social media – you choose.

The NCEA Review is part of our national conversation on the future of education in New Zealand. It's about building not just a better education system, but the world's best, for all our children and young people.

## **2018/2019 ENTERTAINMENT BOOK**

Your 2017 | 2018 Entertainment Membership expired on 1 June 2018. Please continue supporting our fundraising by purchasing the 2018 | 2019 Entertainment Membership from us today. Hundreds of great value offers are ready for your enjoyment, while also helping our fundraising! Be quick, the new Membership is selling fast! Follow this link to get copy now: <https://www.entertainmentbook.co.nz/orderbooks/2605o57> or contact Hayley Knapp, 03 2089130, [hknapp@gore-high.school.nz](mailto:hknapp@gore-high.school.nz)

**THANK YOU FOR YOUR SUPPORT!**



The Membership you  
can enjoy all year round!

Just  
**\$60**  
giving you over  
**\$20,000**  
of value!



## **GORE HIGH SCHOOL FOUNDATION DINNER & ART AUCTION**

A huge thank you to everyone that supported this event held at the Thomas Green Restaurant.

Students did a fantastic job providing the pre-dinner music, helping with the meal preparation, and waiting tables in the restaurant during the dinner. We are grateful to the Thomas Green staff for allowing students a real taste of the hospitality trade as part of this fundraiser. Nancy McLeod did a wonderful job of organising students amid a clash with the Gore High ball the next night!

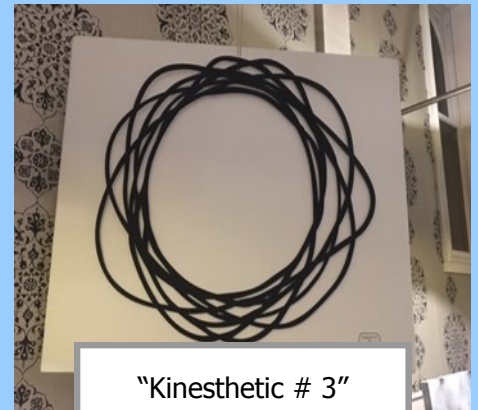
10 works of art and three donated bottles of wine (one bottle offered the first signature signed by "Sir" Bill English after his knighthood) were auctioned after the dinner.



"Arrowtown  
by Bike" by JK Reed



"Circle of Life"  
by Olivia Turner



"Kinesthetic # 3"  
by Sally Smith

Approximately \$5,000 was raised to add to our Foundation Fund that supports scholarships in each year level each year, and projects that fit our criteria that the Ministry of Education wouldn't fund. This was the sixth year the Foundation has had the Dinner & Art Auction raising a total of approx. \$35,000.

Gore High School students assisted at the Thomas Green Restaurant for the Foundation Dinner recently. Kitchen assistants for the Chef were Frances Qasavakatini, Y12 Hospitality, Emily Fricker, Y11 Foods, Arden Caughey, Y11 Foods, Ben Heaps, voluntary work Y11.

Front of House were— Bailey Turnball, Y13 voluntary, Luke Hillis, Y13 Voluntary (Luke has since secured part time employment at the Thomas Green!), Kalesi Natuikata, Y11 voluntary and Emma Adams, Y11 voluntary. All the students were professional in their roles on the night.



## **GORE HIGH SCHOOL FOOTBALL XI**

Our start of season games have been a great success, winning 4 out of six games. We are sitting second on the table with 12 points having scored a total of 27 goals. Due to our well-played matches we have moved up to the Boys College League Cup. In our College Cup competition we have the following teams: JHC, Verdon, CSC, SBHS, St Peters and ourselves. Feel free to come and give us some support on our home games.

We are fundraising for our Linwood Tournament by selling Bidfest Food. Please help us in our efforts by buying some food or catering supplies. Please contact Sandie Stark on 0272722846 or Helen McFadzien on 0274397423.

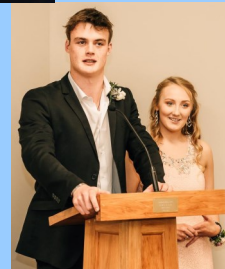
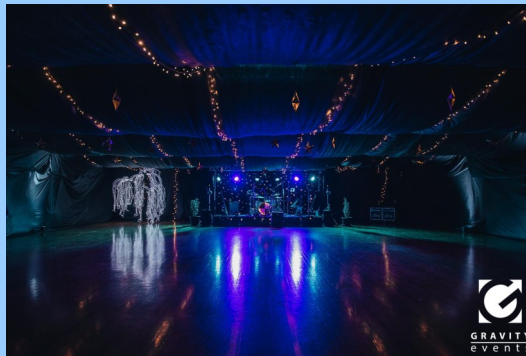
## **YEAR 9 SCIENCE**

This week 9H hosted students from Gore Main School in their science class. The students ran sessions on rockets and what features make a good rocket. Gore Main will return with the rockets they have designed using the knowledge they gained from our students and present what they have learnt.



## **SCHOOL BALL**

The School Ball was held at the James Cumming Wing in June. Year 13 students and their partners plus parents/ caregivers went to the RSA for a meal beforehand. The theme was Starry Night. Crash Course was the entertainment at the ball. The students danced the night away.



## **HIGHLANDERS RUGBY CAMP**

Congratulations to Jakob Harrex who has been selected to attend a Highlanders U18 rugby camp being held in Dunedin during the holidays.



## **SCHOOL REPORTS**

Reports for all students will be emailed home on the last day of this term. Parents that do not use email will have the report posted home.



## CAREERS

### SCHOOL LEAVER UNIVERSITY SCHOLARSHIPS

MoneyHub, a consumer finance website, has published a guide to hundreds of scholarships for any student planning to start university in 2019. The comprehensive list includes scholarships offered by every university as well as those specifically available to local students. A list of privately-funded, Maori, Pacific and International university scholarships completes the list.



Applications close throughout the year, with tens of millions of dollars available. MoneyHub has also published a list of tips for scholarship success. For more details and to find suitable scholarships, visit the MoneyHub Scholarship page

### MEDICAL IMAGING INFORMATION NIGHT

Medical Imaging, x-ray department are hosting an information night for high school students on Tuesday 10 July at 7pm in the department at Southland Hospital. Aleisha Ramage, Clinical tutor for ARA as well as ARA students will be hosting the evening and both students and support persons are welcome to attend. It is open to everyone and is independent of Programme Incubator therefore Year 12's are welcome to attend.

## NCEA FEES

### NOTICE TO PARENTS OF ALL YEAR 11, 12 AND 13 STUDENTS

NCEA fees for 2018 have now been charged to accounts for all Year 11, 12 and 13 students. A Summary of Standards, together with a Statement of Account has been posted to all parents. All students should check the Summary of Standards to make sure the information is correct.

As noted on the Summary, fees must be paid no later than Friday, 31st August 2018. The amount is \$76.70 per student. Any students sitting Scholarship exams will also need to pay an additional \$30 per Scholarship subject.

If you hold a current Community Services Card, you are eligible for Financial Assistance which will reduce the cost of the NCEA fees to \$20 per student or \$30 per family. Please see Mrs Barclay in the school office to fill in the required form. You will need to present your Community Services Card as verification.

If these fees are not paid by the due date, payment will then need to be made directly to NZ Qualifications Authority. In this case, a late payment fee of \$50 will also be added.

Non-payment of the fee will result in credits/exam results not being available on the student's Record of Achievement until such payment is made.

**Construction > ITAB Apprenticeships**

Are you interested in working in the building industry as a carpenter, building project manager or self-employed builder?  
Do you want to know more about being a building apprentice?

**Building Industry Seminar 2018**

Otago Polytechnic, the Otago Master Builders, Certified Builders and the Industry Training Association Building (ITAB) will profile a range of different careers that are available in the growing building industry – with a focus on building apprenticeships.

Presentations and workshops will cover:

- What the building industry is and where it can take you
- What an apprenticeship is really like
- The role of ITAB (Industry Training Association Building) advisors/assessors
- What it is like to be a tradesman
- The skills building contractors are looking for

You will also have the opportunity to talk to tradesmen about their work and visit an industry site to see first-hand what a career in the building industry is like.

**Date: Tuesday 4 September 2018**  
**Time: 9.15am to 2.30pm**  
**Venue: Otago University Rugby Football Clubrooms, Logan Park Drive, Dunedin**

**Entry is FREE** – numbers are limited to 5-6 students from Year 12 or 13 from each school. Bookings are essential. A waitlist will be kept if further spaces become available. Lunch will be provided (please confirm any dietary requirements).  
 To ensure safety please wear sensible shoes (no sandals or sandals). Normal school shoes would be suitable.

**RSVP by Friday 14 August**

College of Engineering, Construction and Living Sciences  
 Phone 0800 762 786  
 Email: [ECLEdmin@op.ac.nz](mailto:ECLEdmin@op.ac.nz)

College of Engineering, Construction and Living Sciences  
 South Street, Private Bag 1010  
 Dunedin 9054, New Zealand  
 Phone 0800 762 786  
 www.op.ac.nz

**Engineering Technology > Engineering and Automotive Trades**

Are you looking for a hands-on career?  
Do you enjoy finding practical solutions and solving problems?

Our programmes in the engineering and automotive trades will give you the qualification you need to pursue a career that will allow you to do the things you enjoy!

**Information Day – Engineering and Automotive Trades**

We invite you to spend a morning with our staff and students where you will learn all about engineering and automotive and the opportunities open to you when you graduate with an Otago Polytechnic qualification in Level 3 Engineering or Automotive, or Level 2 Automotive and Mechanical Engineering.

<p><b>Engineering and automotive as a career</b></p> <p>A chance for you to get an overview of engineering and automotive, and their specialised areas.</p> <p>Listen to staff and students about working in the engineering and automotive industries, including:</p> <ul style="list-style-type: none"> <li>• Steel construction</li> <li>• Tool-making</li> <li>• Welding</li> <li>• Maintenance and diagnostics</li> <li>• Paint and diesel systems</li> <li>• Engine repair</li> </ul>	<p><b>Wrap-up</b></p> <p>A chance to ask any questions you have about a career in engineering and automotive and the Certificate programmes.</p>
---	--

**Date: Tuesday 7 August**  
**Time: 9.00am to 1.00pm**  
**Venue: Please meet at the Otago Polytechnic A Block Automotive workshops, South Street, Dunedin**

**Entry is FREE** – numbers are limited to three students from each school. Bookings are essential. A waitlist will be kept if further spaces become available. Lunch will be provided.  
 To ensure your safety please wear sensible shoes (no sandals or sandals).

**RSVP by Friday 27 July**

College of Engineering, Construction and Living Sciences  
 Phone 0800 762 786  
 Email: [ECLEdmin@op.ac.nz](mailto:ECLEdmin@op.ac.nz)

College of Engineering, Construction and Living Sciences  
 South Street, Private Bag 1010  
 Dunedin 9054, New Zealand  
 Phone 0800 762 786  
 www.op.ac.nz

**Engineering Technologies**

**Careers in engineering technology**  
 Civil, Mechanical and Electrical (including Mechatronics) – Degree and Diploma

- Do you want to turn your interest in planning and problem-solving into a successful career?
- Have you thought about studying engineering at a degree or diploma level?

Our programmes in Civil, Electrical and Mechanical Engineering will give you the qualification you need to pursue a career that will allow you to do the things you enjoy!

**Engineering Technologies – INFORMATION DAY**

We invite you to spend a day with our staff, students, graduates and employers, to learn about engineering and the opportunities open to you after graduation with an Otago Polytechnic degree or diploma qualification.

You will enjoy an exciting day based at the Forsyth Barr Stadium, which will include:

<p><b>Engineering technology and its various branches as a career</b></p> <p>A chance for you to get an overview of engineering, our degree and diploma programmes and the areas you can specialise in. Learn about the differences between Polytechnic degree and diploma and University degrees and understand their unique places in the engineering sector.</p> <p>How does the people who really make our workplaces and graduates</p> <p>Presentations and discussion with employers of our graduates from across the range of specialist areas covered by our degree and diploma programmes. You can also talk with recent graduates about their experiences studying engineering at Otago Polytechnic.</p>	<p><b>EXCLUSIVE Tour of the Forsyth Barr Stadium</b></p> <p>The opportunity for an exclusive guided tour of Forsyth Barr Stadium – you will get to go where the public are not allowed! The Stadium is a building where all specialisations of engineering are represented. You will see the Stadium's structural steel work, its electrical systems, its mechanical services, and learn about the construction that was undertaken.</p> <p>A chance to ask any questions about your future career in engineering and the degree and diploma programmes are offer.</p>
--	--

**Date: Monday 13 August**  
**Time: 10.00am to 5.00pm**  
**Venue: In the L Block foyer, School of Architecture, Building and Engineering, Arzac Avenue, Dunedin**

**Entry is FREE** – however, numbers are limited to three students per school, so please book your place ASAP! A waitlist will be kept if further spaces become available. Lunch will be provided.  
 To ensure your safety at the Forsyth Barr Stadium please wear sensible footwear (no sandals or sandals) and no knee-sliding.

**RSVP by Wednesday 1 August**

College of Engineering, Construction and Living Sciences  
 Phone 0800 762 786  
 Email: [ECLEdmin@op.ac.nz](mailto:ECLEdmin@op.ac.nz)

College of Engineering, Construction and Living Sciences  
 South Street, Private Bag 1010  
 Dunedin 9054, New Zealand  
 Phone 0800 762 786  
 www.op.ac.nz

# CAREER EXPO

Attention Years 10 – 13

St Peter's College and Gore High School

Combined Careers Expo



Thursday 9 August 2018

5.30 pm – 8 pm

Gore Town and Country Club

Bury Street, Gore



# KA PAI KAI

Gluten free on request

Vegetarian options

**ORDER PANINIS AT INTERVAL**

## DRINKS

Iced Tea/ G Force	\$4
Large Flav Milk	\$4
Large Water	\$3
Up & Go	\$3
Just Juice Box	\$2.50
Calci-Strong Flav Milk	\$2.50
Cans	\$2

## HOT DRINKS

Hot Choc w Marshmallows	\$3
Carmel Latte	\$3
Mocha	\$3

## SNACKS

Fooze Balls/Nuts	\$3
Fruit Kebabs	\$1.50
Fresh Fruit	\$1
Grapes	\$1.50
Liquorice Twists	\$1
RJ Liquorice Logs	\$1.50
Chocolate Bars	\$2
Cookie Time - Salted Caramel	\$2.50
- Original/Triple Choc	\$2
Lollies - Bag	\$1
Slices	\$2.50
Muffins	\$3.50
Bags of Chips	\$2.50

## ICE CREAMS

Lemonade Ice Blocks	\$1.50
Paddle Pop/Cyclones	\$2
Choc Bar/Jelly Tip	\$2.50
Cookie Crumble/Frujus	\$2

## INTERVAL OR LUNCH OPTIONS

### HOT

Toasties - Full	\$4
- Half	\$2
Wedges (extras 50c)	\$3.50
Hot Chips	\$2.50
Noodles - Beef or Chicken	\$3
Chicken Panini - Full	\$5.50
- Half	\$3
Jimmys Pie	\$4
Irvines Red Stripe Pie	\$3
Irvines Chicken Pie	\$3.50
Irvines Potato Top Pie	\$3.50
Sausage Rolls	\$2.50
Chicken Rice Balls (extras 50c)	\$4.50
BBQ Pork Riblet Subs	\$4
Pizza	\$3.50
Chicken Burger	\$4.50
Cheese Burger	\$4

### SALADS

Chicken Salad	\$5.50
Pasta Salad	\$5.50
Garden Salad	\$4.50

### SANDWICHES/WRAPS

Sandwiches - Full	\$4
- Half	\$2.50
Wraps	\$4

