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## From the Rector

Greetings everyone  
Kia ora e hoa mā

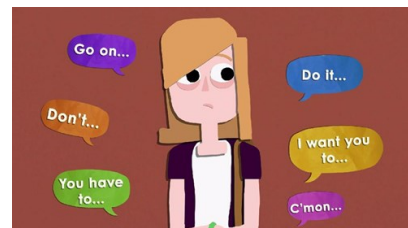


## Sports Day

A big thanks to all the Staff and Student Leaders who helped organise Sports Day. Through your efforts it was a big success. Anderson House came out on top on the day. Congratulations to them. Hunter and Cargill are neck and neck for second place, so the 3000m run next week will be really important!! Best wishes to all the participants in that event.

## Things Your Teenager Needs to Know

During the year there are a lot of articles that come across my desk, and sometimes I have to remind myself that most parents won't be receiving these, even if they did have the time to read them all! So, from time to time, I just put one in the Newsletter. I hope you find them useful. (Acknowledgement to The Principals' Digest for the following article.)



### 1. "Everyone else isn't doing it."

There's a lot of talk about all the things teens claim to be doing—drinking, using drugs, and having sex to name a few. The truth is, many of those claims aren't true. Teens who believe the popular kids are using drugs or having sex or staying out late are more likely to engage in those activities. The notion that 'everybody's doing it' can fuel poor choices in high school. Set the record straight and explain how some adolescents exaggerate and fib to be perceived as cool.

### 2. "I expect good grades from you."

While it's not healthy to put too much pressure on your teens, it's important to set your expectations high enough that you'll encourage them to do their best. Reassure them that the workload will be manageable. Stay involved in your teen's education and take steps to ensure they motivated to get good grades.

### 3. "Kindness matters."

Many teens believe their parents want them to be smart, more than they want them to be kind. Talk to your teen about healthy values. Make it clear that you want your teen to be successful, but explain that you want them to show kindness and compassion.

### 4. "You can earn freedom by showing you can make good choices."

Explain they can have more independence but extra responsibility must be earned. They can show you when they are ready for more freedom by doing well with the independence they already have.

(Amy Moran—Psychotherapist)

Warm regards, Nga mihi,  
John McKinlay



**COURTESY**  
ATAWHAITANGA



**EFFORT**  
MANAWANUITANGA

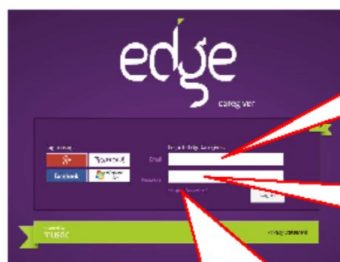


**RESPONSIBILITY**  
TAKOHANGA

## Parent Portal

Chrome appears to work best

<https://parent.musac.school.nz>



1) Enter the home email address you supplied school.

2) DO NOT enter a password the first time you use this.

3) Select: 'Forgot password?'

4) Go to your home email account.

5) Open the email from MUSAC. (If there is not an email from MUSAC, you will need to let Mrs. Knapp, the receptionist at the front desk, know your correct email address).

6) Click on the link that allows you to reset your password.

7) Click 'log in with new password'.

8) Using the above screen, enter your email address and your new password.

9) Once you have registered using the website above you can now use the Edge MUSAC app on your phone to access your child's data.



## Southland Secondary School Tennis Champs

On Tuesday students competed in the SSS Tennis Champs.

The boys team made up of Matteo Mion and Kade Wilson were runners up in Div 1 well done boys.



Givme offers access to more than 4,000 scholarships and awards for individual. This is our most widely searched tool, and is used by those seeking to pursue:

- Education, research and fellowships
- Arts, cultural and sporting activities
- Career change, professional or personal development

to use this database . . .

- go to [gorelibraries.govt.nz](http://gorelibraries.govt.nz)
- click on eBooks and eResources from the menu at the top of the page
- Click on GivMe from the drop down menu
- Click login if you have already signed up
- If you haven't YOU MUST DO THIS FIRST ON THE GORE LIBRARY COMPUTERS - the staff will help. After that you can sign in from anywhere using your login. Fill out the blanks and click sign up - an email will be sent within 15 mins.

## GORE HIGH SCHOOL PTA—AGM

Inviting Parents/Caregivers of our students to our AGM on Tuesday 26th March 2019 to be held in the school meeting room at 8.00pm after the NCEA information Evening. It would be great to see you there, any queries please phone Jo Whyte 027 285 9973

**LIONS**  
YOUTH LEADERSHIP COURSE  
**BORLAND**

13-18 APRIL 2019

If you're aged between 16 - 21 years, and looking to push your limits to build valuable skills, then get in touch!

ROCK CLIMBING  
TRAMPING  
KAYAKING  
CAVING

CONTACT MARK CRAWFORD  
weidm01@lions.org.nz / 027 285 8755

**NAVY** **NZ ARMY** **AIR FORCE**

**NZDF Scholarships**

The New Zealand Defence Force (NZDF) is committed to helping you achieve your academic goals and rewarding academic success. If you're already a graduate, then you can expect your achievement to be recognised in the opportunities, benefits and salaries that we offer. If you are yet to commit to a programme of further study, then find out how we can help. Further study can be expensive, so our financial support can make all the difference.

The educational opportunities in the Defence Force are hard to beat and the qualification you earn will be yours for life, helping you progress wherever your future takes you. We offer University scholarships to selected candidates who know they want to join us after graduation—this is a great way of avoiding the burden of a student loan. We can also help pay your fees and give you a living allowance. You'll pay us back by joining as a highly trained and committed member of a team. During your NZDF career, if you are keen to do some part time study, we'll be right behind you.

NEW ZEALAND DEFENCE FORCE  
NEW ZEALAND DEFENCE FORCE  
NEW ZEALAND DEFENCE FORCE

NZDF Defence Recruiting  
0800 1 FORCE (0800 136 726)  
specialists@defencecareers.mil.nz

**DEFENCE FORCE**

**THINKING ABOUT A CAREER IN THE NZ DEFENCE FORCE?**

Come along to our free Force Information sessions and find out more about careers in the NZ Army, Navy and Air Force

**INVERCARGILL**  
Invercargill Army Centre  
1c Fox Street

12 March 5-6 pm  
The sessions are informal and you are welcome to leave at any point.

**FORCE INFO**  
This is a great opportunity to ask questions and hear from our Defence Careers staff and other NZ Defence Force personnel.

We offer a wide range of trades across air, land and sea. Whether you're looking to start your first career or wanting a change, come along to discuss your interests and we can help you find a career to match.

These sessions are open to everyone - Parents, caregivers, partners, friends and teachers are all welcome!

For further info or to register your interest to attend please contact your local Defence Careers office

064 2 194 1237  
also, price@defencecareers.mil.nz  
NZDF Defence Careers

A FORCE FOR NEW ZEALAND



## Academic Blues and Investiture Ceremony

On Monday 4 March at 1.00 pm the school is investing leaders and honouring our student's NCEA achievements. The Academic Blues and Investiture Ceremony will be held in the Gore High School hall and should be completed by 1.30 pm. Everyone is welcome to attend the ceremony and join us in acknowledging our student's achievements. Please enter the hall using the side doors; we would appreciate if you could be seated by 12.50 pm.

## Career Department Calender

1st March	Murihiku Pathways Begins	
4th March	University of Auckland Liaison Visit (St Peters joining us)	11.45-12.45 pm
6th March	Otago University Liaison Visit	11.20 am
7th March	Health and Safety/Safety Mater Course	
18th March	Otago Polytechnic Liaison Visit	10.30 am
27th March	Defence Force Visit	12.30 pm
28th March	Year 13 Parents Evening	
29th March	Pacific International Hotel Management School Open Day	12.30-1.30 pm

## GORE HIGH SCHOOL PTA—FUNDRAISER

The PTA is running an Easter Raffle, this will be an inter-house competition. Could each child provide 1 item (Easter theme) for the raffle and bring to their house class on **Tuesday 28th March**. On this day students will be sent home with a raffle card of 10 tickets @ \$2 per ticket to sell. (Extra cards may be collected from your house teacher). Can the raffle cards and money please be returned to your house teacher at house time on **Tuesday 2nd April**. The raffle will be drawn on **Monday 8th April**. Thank you very much for supporting the PTA.

## Health Incubator

The purpose of Health Incubator is to allow students to explore career options in health. This is a fantastic opportunity for Year 12 and 13 students, allowing them to go on separate dates/days in order to cater to their appropriate year levels and interests. Sound like you? If so, please pick up a registration form from the table outside Careers, and return asap

## New Zealand Cadet Forces

The New Zealand Cadet Forces are recruiting now! Every Wednesday 7-9pm at Roundtable Hall, Mersey Street. For more info email Lindsay at [28sqn@cadetforces.org.nz](mailto:28sqn@cadetforces.org.nz)



### ORIGINAL MOA FLAT TRAIL RIDE

2nd & 3rd March 2019

521 Wilden School Road, Moa Flat  
Signed past from Edendale off State Highway 90, Ross Junction to Tapuahi

WHAT: 2 x 45km loops, suitable for ATV PLUS ADDED EXTREME SECTIONS

15-20km Pee Wee track **NEW**

Car Park Pee-Wee track

ENTRY: ON THE DAY ONLY

TIME: Sign in from 8.00am. Gates open at 9.00am. Last rider out at 3.00pm

COST: \$45 Senior one day \$70 two days

\$25 Junior under 16 - must be accompanied by an adult - \$40 two days

BIKE: Spark arresster required, mechanically safe and sound

RIDER: Helmet, suitable footwear required, own fuel

great Family Fun

**\*\*Your welcome to camp\*\***  
bring own provisions

**Food is available to purchase both days**

This is a fundraiser for West Otago Swimming Pool



## Unravelling the adolescent brain



### Adolescent Seminar

Host: Southland Education  
Date: 7-9pm Tuesday 12 March 2019  
Venue: Pacific Island Advisory & Cultural Trust Building  
RSVP: To Southland Education by Friday 8 March 2019  
Ph: 03 238 9380 or Email: [www.southland.co.nz](mailto:www.southland.co.nz)  
Cost: FREE

#### Seminar Content

In this seminar our content will cover:

- Adolescence is a time of transition from childhood to adulthood that involves intellectual, physical, social, emotional and hormonal changes
- Recognising and enhancing adolescents' strengths
- The important role of parents and other adults in providing guidance and support through this transition
- The increased importance of peers
- Positive and negative aspects of risk-taking
- Changes in sleep patterns
- Exploring the potential influence of alcohol use
- Benefits and risks associated with social media use

About Brainwave

Every childhood matters. That's why we speak up about the importance of brain development in the early years. Brainwave's vision is that all children in Aotearoa New Zealand are valued and nurtured so they can reach their full potential.

[www.brainwave.org.nz](http://www.brainwave.org.nz)

## OUTWARD BOUND

### COURSE PROGRAMMES—APRIL SCHOOL HOLIDAYS

Outward Bound is one of New Zealand's leading organisations showing people their full potential through outdoor challenge and adventure.

All courses are delivered from our school in Arahua based in the beautiful Queen Charlotte Sound.

### SCHOOL LEADERS

16-18 year olds

8-28 April - 21 days

For students transitioning to or in a leadership role in year 12 or 13.

Understand what it means to become a leader and work as part of a team. Learn how to inspire others and be a great role model. Form life-long friendships and networks with other young leaders from schools across New Zealand.

#### Key Outcomes:

- Explore and build on your leadership strengths
- Learn how to be part of a high performing team
- Communication skills including inspiring, coaching and understanding others perspectives
- Develop new networks and relationships with other young leaders across NZ
- Gain an understanding of how your personal values influence you as a leader

### LEAPS & BOUNDS

13-15 year olds & parent/caregiver

11-18 April - 8 days

Leaps & Bounds is the ultimate parent/teen bonding experience.

Leave devices at home and reconnect with your teen over 8 days of outdoor challenge and adventure. Together you will problem solve, overcome challenges and celebrate each other's strengths.

#### Key Outcomes:

- Gain trust, respect and a more meaningful connection with each other
- Experience working as a partnership and as part of a wider team
- Push your own self beyond boundaries and support your teen as they push theirs
- Develop an understanding of each other's strengths and capabilities
- Gain a better understanding and appreciation for the outdoors

To find out more go to [outwardbound.co.nz](http://outwardbound.co.nz) or talk with our friendly team on 0800 688 917

## Key dates - Term 1

4 March:	Leadership Investiture/Academic Blues ceremony
15 March:	Southland Athletics—Invercargill
26 March:	NCEA information Evening—7.30 pm
29 March:	Work Day/TOD
02 April:	Multi Day
4 April:	SOHS Sports Exchange
10 April:	School Cross Country
10-11 April:	Prefects' Variety Concert
12 April:	End of Term 1

## **Reminder to Parents and Caregivers of Year 9 Students Student Verification Documents**

In accordance with the Ministry of Education's guidelines we are required to obtain a copy of a student's birth certificate or passport to hold on file at the school. We are also required to obtain a copy of immunisation certificates for our school records under the Health (Immunisation) Regulation Act 1995.

If you have not already provided us with these documents we shall be grateful if you could please bring this documentation into the school office as soon as possible; we are happy to make copies of the documents for you.



## **Rotary International Youth Exchange Programme**

Rotary Youth Exchange is an official programme of Rotary and we are now seeking applications from motivated secondary school students interested in spending a year overseas as part of this long established successful educational and cultural exchange.

**This is your chance to obtain a Study Abroad "Scholarship" worth \$30,000.00 and it immerse yourself in the culture and become fluent in a foreign language in a supportive exchange programme, become fluent in Swedish, Mandarin, German, French or Spanish.:**

- Students must be aged between 16 and 18 ½ at departure in January 2020.
- Exchange partners for 2020 are: Sweden, France, Germany, Switzerland, Austria, Chile and Taiwan.
- No family Rotary affiliation required.
- Applications close 30 April 2019.

If you are ready for a life changing experience and for the rewarding challenge and the unique and life long rewards that come from living in another country as a RYE student, the check out [www.rotaryyouthexchange9980.wordpress.com](http://www.rotaryyouthexchange9980.wordpress.com) or contact us for more information and an initial-application form:

Contact: Gary Williams—Chair RYE District 9980 (lower South Island)  
Mobile: 0274 326 296 Email: [gmtwilliams@xtra.co.nz](mailto:gmtwilliams@xtra.co.nz)

## **Gore High School Music Students**

Gore High School hosted a song writers day at Longford function centre where three other schools also attended. The session was run by Matt Barus from Christchurch and he has a vast knowledge of songwriting, have charted some top ten songs with his band "The Dukes". He has also toured with Blondie and The Pretenders. The students were inspired by the day and felt they got a lot out of it.

