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From the Rector

Greetings everyone
Kia ora e hoa mā

What a week for the Performing Arts!

Last week proved to be a real highlight in our school year so far, with the performances of our students in the Performing Arts taking centre stage.

Aotearoa, the Rock Musical, was a fantastic success. The cast and crew put on three very polished performances, with everyone giving their best. Lots of singing and dancing, and some very accomplished acting as well. Having a live band added significantly to the experience, both for those on stage and for our students who performed in that band. Huge thanks to all concerned, particularly Miss Hazlett.

Then it was straight into the Smokefree Rockquest, and what a success that was for all of our students! (Hopefully you have read about it in the Ensign this week.) Like most endeavours, the skill and experience necessary to deliver such accomplished performances are not built up overnight. So, once again congratulations to all involved, and this time, particularly to Mr Hadfield for nurturing and creating this culture within our school.

Playing a Musical Instrument is great for the Brain

I often lament as to why the benefits of participation in Music and other Performing Arts are not given greater acknowledgement in New Zealand society and in our Education System. To appreciate their value is not to diminish the strengths of other interests, sport for example, but it seems obvious to me that students' overall wellbeing would benefit from a more balanced exposure to both physical and cultural pursuits.

I have written before about the Brain Science research which has been made possible since the widespread use of the MRI scanner. This is the information about human brain development which the likes of Nathan Mikaere-Wallis is making available to us.

In a TED-Ed animation which I recently viewed, Educator Anita Collins explains how playing a Musical Instrument is great for the Brain. (<https://ed.ted.com/lessons/how-playing-an-instrument-benefits-your-brain-anita-collins>)

- When reading or doing Maths, separate areas of our brain light up under an MRI.
- When listening to Music, almost all areas of our brain light up at once.
- When playing a Musical Instrument, this is enhanced even further, with the activity in our brain experiencing the equivalent of a 'fully body workout' at the gym.
- In particular, playing a musical instrument requires both halves of the brain to communicate with one another, so the connectivity between the Left hemisphere and the Right hemisphere is improved.
- This is different to any other activities that neuroscientists have studied so far, including other Arts.



Reports

As I finish this newsletter article, Year 9 and 10 reports have just been published. We expect to publish Y11, 12 and 13 reports nearer the end of the holidays.

School Holidays

The school holidays are now upon us, and I take this opportunity to wish everyone a relaxing and safe holiday. We look forward to working with you all again in the new term.

Warm Regards,
Nga mihi,
John McKinlay



COURTESY
ATAWHAITANGA



EFFORT
MANAWANUITANGA



RESPONSIBILITY
TAKOHANGA

Ngāi Tahu Students' - San Francisco Opportunity

Year 9 & 10 Ngāi Tahu students' who are passionate about STEAM (Science, Technology, Engineering, Arts & Mathematics) have an opportunity to register for a visit and work with world experts in San Francisco. Just follow the link below and complete an application form by 13 July to be eligible. For any help or more information please contact Jo Brand at: jo.brand@hokonuirunanga.org.nz

<https://ngaitahu.iwi.nz/whanau/opportunities/te-pokai-ao-to-explore-innovative-opportunities-within-our-world>

Advanced Agriculture GHS U18 Boys

A well deserved top of the table finish for the 1st XV boys after the round robin round of the competition, They have 9 wins from 9 games. The top 4 round robin starts this weekend.



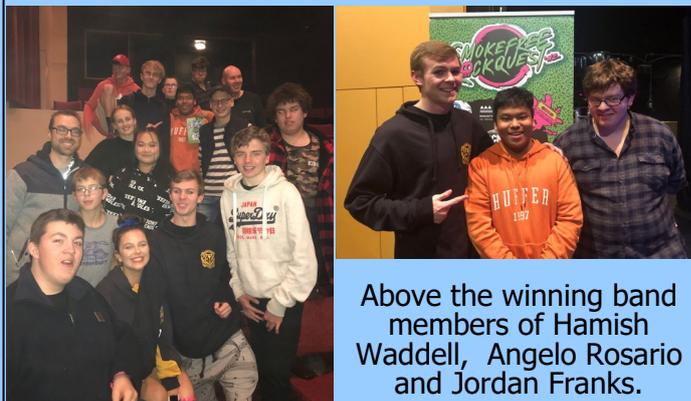
Women's' Rugby Southland

Big congratulations to Libby Miller for making the starting line-up for the Southland Women's' Rugby team who are taking on North Otago this Saturday in Dunedin at The Oval at 2.00 pm.

SmokeFree RockQuest Southland Finals

Last Friday night an enthusiastic group of students and supporters attended the SmokeFree RockQuest held at SIT Centre Stage Invercargill. We had 15 students competing in a variety of sections. Our students performed exceptionally well with the following results:

Winner Band:	Murder on Venus
Solo/Duo 2nd:	Bella Tuffley
SmokeFree Best Vocals:	Ella Cupit
Musicianship:	Hamish Waddell (Murder on Venus)



Above the winning band members of Hamish Waddell, Angelo Rosario and Jordan Franks.

Gore High School Boys Football

A meeting is being held for all boys going to tournament and their parents on Monday 22nd July at 6.20 pm at the Wanderers Club Rooms. It is important to attend this meeting as tournament paperwork will be handed out and fundraising ideas will be discussed.

Gore High School Cricket Club

With Summer Sports Season fast approaching, student or parent/caregivers interested in playing/helping/coaching cricket in Term 4 please register your interest with the Sports Co-ordinator by the end of August (this is for both male and female students). Students can register by signing up at the Sports Co-ordinators office or by emailing haslemore@gore-high.school.nz

New Police 105 Competition

Vodafone are proud technology partners of the New Zealand Police, so we're helping to spread the word about their new 105 number for non-emergencies.

Check out their 105 song, then re-create your own version. Get your colleagues, school, community groups, friends and family involved. You can lip sync, dance or even change up the lyrics. Simply film it, and upload it before the 9th July, for the chance part of a total prize pool of \$13,000 from Vodafone.

The prize categories are as follows:
 \$2,500 for 'Best Individual'
 \$4,000 for 'Best Group (2+)'
 \$4,000 for 'Best School'
 \$2,500 for 'People's choice'

For more information please check out www.vodafone.co.nz/105/

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.

School Production

Last week our school production 'Aotearoa - The New Zealand Rock Musical' was performed at the SBS St James Theatre. Students had worked tirelessly since the beginning of Term 1 to produce a well polished performance. This production included over 60 students from every year level. They were involved in acting, singing, dancing, band, haka, and backstage. A huge thank you to all of the adults from our community who volunteered their time to help create this awesome show. Without these people, this production would not have been possible. Well done to all of our students involved; you represented our school with pride and enthusiasm.



Gore High Teen Ag Club

Recently the Gore High Teen Ag Club visited Bruce Dinnington's robotic dairy farm. They saw how the future of dairying looks, where the cows are housed for 8 months of the year and milked by robots. From there they went to Tulloch Transport to learn about the trucking industry. They learnt that it isn't an easy line of work to get in to and lots of other aspects about trucking. They finished off the day at SGT Dans. They learnt the process it takes to mix and make calf pellets. It was a great day out where a lot was learnt. Thanks to the parents who came along and taking time out of their day to support our Teen Ag club.



SHARKSQUAD
Experience the power!

July holidays Squad Camp

Come along and join in the challenge, try our R/Rookie Squad Camp.

Two fun filled days of fitness, technique and teamwork. Includes fun Laser Tag on Monday and fun pool session with inflatables on Tuesday.

Monday 8 July - Tuesday 9 July 2019
From 10.00am to 3.00pm

Only \$50 (for two days)

For more information please contact the friendly customer service team at the Gore MultiSports Complex on 03 203 9128

Small snack is included, bring our lunch, soap, towel, water bottles, gym shoes, dry bag (bring equipment) and wear something to swim in!

All fees are subject to change.

Gore Musical Theatre Presents

THE WIZARD OF OZ

2nd - 10th August

St James Theatre | ticket.co.nz

GO PLAY JULY SCHOOL HOLIDAY FUN

LASER TAG
Monday 8 July - 10.00am - 1.00pm
Tuesday 9 July - 10.00am - 1.00pm
Wednesday 10 July - 10.00am - 1.00pm
Thursday 11 July - 10.00am - 1.00pm
Friday 12 July - 10.00am - 1.00pm
Saturday 13 July - 10.00am - 1.00pm
Sunday 14 July - 10.00am - 1.00pm

PIKUL BALL
Monday 8 July - 10.00am - 11.30am
Tuesday 9 July - 10.00am - 11.30am
Wednesday 10 July - 10.00am - 11.30am
Thursday 11 July - 10.00am - 11.30am
Friday 12 July - 10.00am - 11.30am
Saturday 13 July - 10.00am - 11.30am
Sunday 14 July - 10.00am - 11.30am

LEARN TO SWIM
Monday 8 July - 10.00am - 11.30am
Tuesday 9 July - 10.00am - 11.30am
Wednesday 10 July - 10.00am - 11.30am
Thursday 11 July - 10.00am - 11.30am
Friday 12 July - 10.00am - 11.30am
Saturday 13 July - 10.00am - 11.30am
Sunday 14 July - 10.00am - 11.30am

WEEKEND DEALS
Monday 8 July - 10.00am - 1.00pm
Tuesday 9 July - 10.00am - 1.00pm
Wednesday 10 July - 10.00am - 1.00pm
Thursday 11 July - 10.00am - 1.00pm
Friday 12 July - 10.00am - 1.00pm
Saturday 13 July - 10.00am - 1.00pm
Sunday 14 July - 10.00am - 1.00pm

PIKUL ICE SKATING SESSIONS
Monday 8 July - 10.00am - 11.30am
Tuesday 9 July - 10.00am - 11.30am
Wednesday 10 July - 10.00am - 11.30am
Thursday 11 July - 10.00am - 11.30am
Friday 12 July - 10.00am - 11.30am
Saturday 13 July - 10.00am - 11.30am
Sunday 14 July - 10.00am - 11.30am

GORE MULTISPORTS COMPLEX
03 203 9128 | multipor@gore.govt.nz

OTAGO Occupational Therapy

Do you want to make a difference in people's lives? Do you see yourself working in a community career where people come first?

Occupational Therapy - Community Learning

Occupational Therapy helps people achieve independence, meaning and satisfaction in their everyday lives.

Learn and meet about this exciting career pathway with our experts about the day to day of the job, the training and the future job opportunities and the industry.

Students, parents and whānau are all welcome.

Monday 10 July | 10.00am - 1.00pm
Tuesday 11 July | 10.00am - 1.00pm
Wednesday 12 July | 10.00am - 1.00pm
Thursday 13 July | 10.00am - 1.00pm
Friday 14 July | 10.00am - 1.00pm

COME ALONG TO SIT'S

OPEN DAY

EXPLORE YOUR STUDY OPTIONS AND OUR AMAZING FACILITIES

23rd August 2019 | 10.00am - 1.30pm | SIT Invercargill campus

BOOK YOUR OPEN DAY TOUR AT SIT with your schools career adviser on or before 12th August

SIT | www.sit.ac.nz

Key dates - Terms 2 and 3

5th July:	Student Reports issued and Last Day Term 2
22nd July:	First Day Term 3
8th August:	Careers Expo
13th August:	School Swimming Sports
15th August:	School Sports & Cultural Photos
2nd-6th September:	Secondary Schools Tournament Week
23rd September:	Sports and Cultural Blues Assembly
27th September:	Last Day Term 3

FLU — The difference between influenza and a cold

Influenza – sudden onset

Moderate to severe illness lasting 7–10 days
Fever (usually high)
Shivering
Muscle aches
Headache (may be severe)
Dry cough may become moist
Can suffer severe complications (pneumonia)
Bed rest necessary
Vaccine available

A Cold

Mild illness
Mild fever
A runny nose
Muscle pain uncommon
Mild Headache (congested sinuses)
Sometimes a cough
No Vaccine available

Treating your influenza symptoms:

- ✦ Stay at home to avoid spreading the virus to others.
- ✦ Rest to let the body fight the virus, until your temperature is normal and you are feeling well.
- ✦ Drink plenty of extra fluids.
- ✦ Control fever, aches and pains with paracetamol

When to keep your child at home:

- * Has signs of being unwell i.e. grizzly, unsettled, listless or tired.
- * Has a high temperature or appears very hot.
- * Is complaining of, or appears to have a sore tummy, throat or ears.
- * Has a continuous cough.
- * Should be at home if has had diarrhoea and vomiting within the last 48 hours.
- * Has weeping, red eyes and/or a yellow discharge around the eyes.

Preventing Illness in Schools:

Bacteria and viruses (germs) spread easily in preschools and schools, because many children and adults spend a lot of time together in confined places

The only way we can reduce the spread of germs is by staying home when we are sick and washing hands after coughing and sneezing.

Germs can travel up to 6 metres when we sneeze and 3 metres when we cough, so teach your child to sneeze and cough into their elbow.

See your doctor if your symptoms get worse. These include: increasing breathing problems, coughing up yellow or green coloured phlegm, severe headaches or dehydration. If you are unsure, call your Doctor or Healthline for free health advice 0800 611 116.

MLT Complex Netball - This Saturday (06 July 2019)

Due to a Men's Ice Hockey tournament on this weekend at the stadium this will affect us in several ways:

- Parking will be tight; give yourself plenty of time.
- Stadium changing rooms and toilet will not be accessible.
- Toilets are available in the foyer and the middle and far end of the stadium, please make an effort to keep these areas free of gear.
- No entry on first stairs, only middle and far.
- Do not walk in front of the team benches and score table on court one when you are going to toilet or up to the grandstand. There will be a walkway provided behind this area.
- Umpires will have to change in the toilet areas and there is no designated place for bags.

We appreciate everyone's understanding for us to be able to share facilities with other complex users. Thanks—Eastern Southland Netball.