



## Gore High School

"Learning, to make a difference"

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### **From the Rector**

Greetings everyone

Kia ora e hoa mā



### **Class Act**

This week it was a pleasure to attend the Class Act ceremony in Dunedin, where Danielle Tripp and Laura Smith were among the 55 students to be honoured for their outstanding achievements. The Prime Minister, Jacinda Ardern, presented the awards.

Ms Ardern encouraged the students to take the afternoon to celebrate and be proud of their achievements, and contrasted this with the typical kiwi way of avoiding drawing attention to ourselves.

She also encouraged the students to be optimistic about their futures and to have the courage to believe in themselves.

*"But over the years I've become absolutely convinced that the difference between what we are and what we could be is, more often than not, ourselves."*

*Jacinda Ardern*



Danielle Tripp



Laura Smith

### **Self-Control**

As I watched all of these young people walk across the stage, I began to wonder what it was that contributed to their success: family support; opportunities; genetics; attitude; effort and so on. I think that all of these things are part of the recipe. But if you could boil things down to the real crux of the matter, what would that be?

Continued overleaf .....



**COURTESY**  
ATAWHAITANGA



**EFFORT**  
MANAWANUITANGA



**RESPONSIBILITY**  
TAKOHANGA

And it is at this point that I am reminded, yet again, of the Dunedin Study and their conclusion that Self-Control is the biggest single indicator of future success.

## iGen Generation

At the Rugby Club prize-giving recently someone asked me what the latest generation were called. I am a 'baby boomer' for example, and we've heard of the 'Generation X' and the 'Millennials (Generation Y)', but what are the current cohort called. Well apparently American psychologist, Jean Twenge has just released a book where she uses the term iGen for those born between 1995 and 2012. This is because of their ever-present use of the iPhone.

Twenge is an expert in generational differences, and is attributing an 'epidemic of anguish' in the youth of today, to too much time spent on social media.

iGens "grew up with cell phones, had an Instagram page before they started high school, and do not remember a time before the Internet," writes Twenge. They spend five to six hours a day texting, chatting, gaming, web surfing, streaming and sharing videos, and hanging out online. While other observers have equivocated about the impact, Twenge is clear: More than two hours a day raises the risk for serious mental health problems.

[https://greatergood.berkeley.edu/article/item/how\\_teens\\_today\\_are\\_different\\_from\\_past\\_generations](https://greatergood.berkeley.edu/article/item/how_teens_today_are_different_from_past_generations)

## Which brings me back to .... Self-control

You may have heard in the news that France has recently banned smartphone use in schools (actually this is for under 15 year olds, and French schools will be allowed to determine if they implement the ban or not).

The radio article I listened to referred to research which concluded that in cases where smartphones had been banned, the achievement of low-achievers increased, whilst the achievement of high-achievers remained the same. The sub-text here was that high achievers were using their devices for increasing their learning opportunities and were not overly affected by social media use. To which I conclude that the high achievers had better **self-control** over how they used their devices.

I haven't asked Danielle and Laura how many hours per day they are on social media. My hypothesis would be that it would be much less than the 5-6 hours per day quoted by Twenge, and would probably be less than 2 hours per day as well.

I do believe that self-control can be taught and it can be learnt. Perhaps one place to start would be with the use of social media on smartphones?

Warm regards, Nga mihi,  
John McKinlay

### **UNIFORM SHOP**

The Uniform Shop is open from 12.30 pm to 2.00 pm every Wednesday during term time.

Any queries please email Jenny Wallis ([jennywallis@gore-high.school.nz](mailto:jennywallis@gore-high.school.nz)) or telephone 208 9130 during office hours (8.00 am - 4.15 pm).



### **WORKPLACE FIRST AID - NZQA APPROVED**

**Student rate:**  
\$100 (usually \$145)

**Dates:**  
21 September 2018  
19 October 2018  
23 November 2018

**TOURNAMENT WEEK**  
**3RD—8TH SEPTEMBER 2018**

We have five teams heading away this year:

- U15 Rugby: Queenstown
- Football (Linwood Cup): Invercargill
- Netball S.I.S.S. Tournament: Dunedin
- Mixed Hockey Tournament: Oamaru
- Senior Boys Basketball: Ashburton

GOOD LUCK!!! To our teams heading off to compete for the glory of the school at tournament week - we wish you all the very best. The spirit of the school is behind you. Remember to convey 'Courtesy', 'Effort', and 'Responsibility' in all your actions while you are away. Above all else enjoy yourselves, play hard, play fair.

**SCHOOL HEALTH**  
**NURSE CLINIC**

Public Health Nurse Maria is available for appointments at the school. If you are wishing to see her, please book an appointment at Student Reception, or telephone Maria on 027 523 7891.

**WHEN:**

1.30 – 2.00 pm  
Tuesdays and Thursdays.

**COMMUNITY OF LEARNING**

Do you want to find out more about the Community of Learning? If you do, please check out the Facebook page by following this link:

<https://www.facebook.com/Eastern-Southland-Community-of-Learning-1061105010733057>

**Key dates**  
**for the remainder of Term 3**

**Enrolment interviews:**

11th and 12th September

**Netsafe LIVE:**

18th September

**Board of Trustees meeting:**

19th September

**Cultural and Sporting Blues ceremony:**

24th September


**End of Term 3:**

28th September

# THE HUB

GORE HIGH SCHOOL

*proudly presents the pre-release of*



## Disney Christopher Robin

**SUNDAY**

**16TH SEPTEMBER**

**2.30PM**

**SBS ST JAMES THEATRE**

**ADULTS     \$20**

**CHILDREN   \$12**

*TICKETS COME WITH A FREE  
DRINK AND BAG OF DELICIOUS,  
TASTY TREATS!*

**SPOT PRIZES FOR THE BEST  
DRESSED POOH CHARACTERS.  
RAISING MONEY FOR THE HUB  
STUDENTS TO GET TO CAMP  
2019.**

TICKETS AVAILABLE FROM GORE HIGH SCHOOL MAIN OFFICE  
OR CONTACT LOU DICKSON ON 027 208 8119



## **YEAR 10 AGRICULTURE** **INNOVATION CHALLENGE**

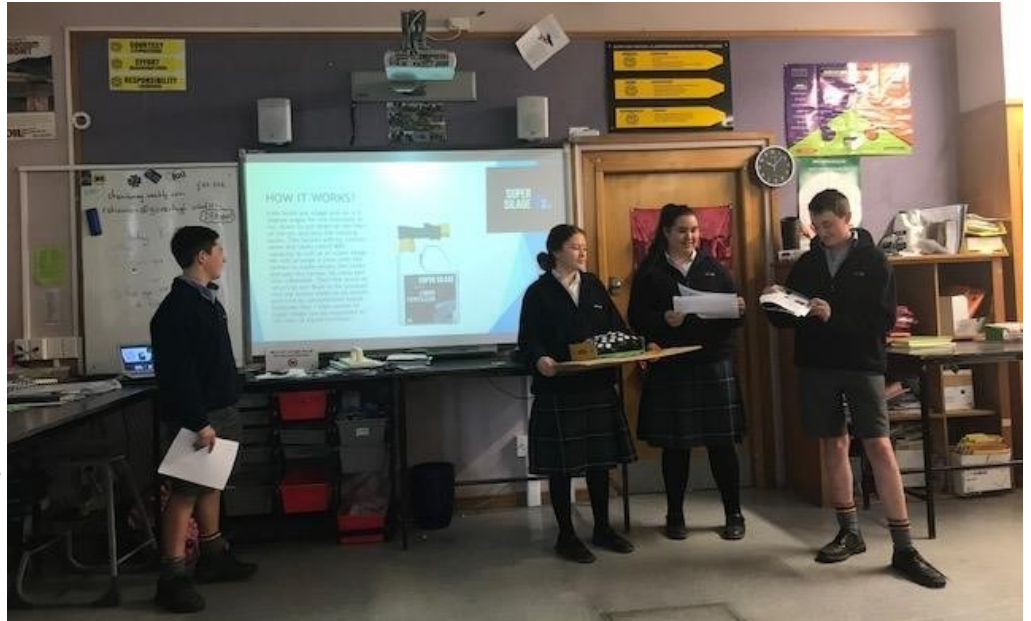
This year, both Year 10 Agriculture classes undertook to research and find a solution to a number of current issues/problems facing primary production today and in the future.

These issues ranged from protection from pests, maintaining water supplies to on-farm biosecurity and keeping cows cool. The classes worked mostly in groups, and they spent time researching the problem, and brainstorming solutions, before deciding on one and using modern enablers, like robots, nanotechnology, smart machines, and drones to produce a presentation and models to explain their solution.

The ultimate winners of this challenge solved the issue of silage leaching, by coming up with the idea of collecting the discharge and selling it as fertiliser; the winning team comprised of Ben Hargest, Ryan Currie, Goldey Edwards-Whangapirita and Georgia Milne; second place to Samuel Simmons.

The Challenge was sponsored by Farmlands, McDonalds, and the St. James Theatre.

The Agriculture department of Gore High school was very grateful to these businesses for their support. It was a great learning experience.





# Join the Gear Up program

Our Gear Up program is Kathmandu's exclusive offer for school groups – designed to help your students and teachers get the right outdoor, camping and travel gear. It's not just about exclusive discounts across our entire range, it's a tailored program to give you the right preparation, expert advice and information sessions before any camping trip or study tour.

Gear Up can give your school:

- A tailored product information session in your local Kathmandu store with our expert team members
- 45-65% off Kathmandu branded full-priced outdoor and travel gear with a private in-store event – with the option to extend the offer by 48 hours after the event
- A personalised invitation to invite students, parents and staff members to the event
- Free Summit Club Membership for everyone who purchases during the event.



 **Gore**  
18 September 2018 – Gore High School

Netsafe LIVE is a free event for parents and whānau about keeping young people safe online. Netsafe's Education Advisors Anjie Webster and Pauline Spence will be talking about the risks, challenges and opportunities of digital technology, and the practical ways we can all help young people to be safe online. The session will look at how parents/ whānau can support and enable children and young people to navigate online opportunities, challenges and complexities.

**Time: 6:30pm – 7:30pm**

**For more info and to register visit [netsafe.org.nz/netsafe-live](https://netsafe.org.nz/netsafe-live)**