



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's Desk*

Greetings everyone  
Kia ora e hoa mā

This week at assembly we spoke about the **effort** we each make in our daily practice. This applies whether we are a student or a staff member and was based around the reflections of two successful people from quite different fields of expertise.



### **Philip Hensher - "Don't apologise; make something that you don't need to apologise for."**

Philip Hensher is a novelist, a journalist and a Professor of Creative Writing at Bath Spa University in the UK.

When he was nine years old, a comment by a student teacher changed the way he thought about the work that he handed in. It was a rebuke really. It was during a pottery lesson, in which the students were making coil pots. His was terrible, a sort of flattish thing with centimetre high sides. While waiting in the queue to present the work to the student teacher he casually remarked to his friend "Mine's awful. It's really bad." The student teacher overheard this and said to him, "Well, then, go back and do it again if it's no good."

He did go and do it again, and it was still awful. But this little lesson stuck in his mind, and he learned never to apologise for his work. He now says to his students, "Don't say sorry, it's no good. Make it your personal rule always to do work you can hand in with a smile, knowing you have done your best."

(Acknowledgement: Principal's Digest Vol.22 No. 5 and <https://www.theguardian.com/commentisfree/2015/dec/29/teachers-rebuke-stopped-apologising-philip-hensher>)

### **Michael Krzyzewski – "Everything you do has your personal signature on it."**

Mike Krzyzewski (Coach K) is one of the most successful basketball coaches in American history. He is Head Coach of Duke University and coach of the USA team which won Gold at the last three Olympic games.

In an article about Pride, he says this:

The first person to ever teach me about pride was my mom. She told me, "Michael, everything you do has your personal signature on it. You should take pride in it because it's yours."

I was struck with this idea of your personal signature. I'd never thought about it in this way before, but I like the analogy. When you sign something, it is like your personal guarantee. It is a mark of authenticity. It should mean something to you and it should not be given lightly. I think Mike Krzyzewski's mum was right; we should endeavour to apply this concept to everything we do.

In the article, Coach K goes on to discuss personal pride and also team pride. This is a very readable, one page document which can be found at this URL: <https://www.cs.ucsb.edu/~mikec/cs48/misc/quotes/pride.html>

These two examples fit perfectly with our motto **No Reward Without Effort** and our school expectations of **Courtesy, Effort and Responsibility**.

Warm regards, Nga mihi  
John McKinlay



**COURTESY**  
ATAWHAITANGA



**EFFORT**  
MANAWANUITANGA



**RESPONSIBILITY**  
TAKOHANGA

## WHAT'S HAPPENING IN OUR CLASSROOMS

### **Year 12 Biology**

Last Friday, Mrs Christie's Year 12 Biology class went to Dolamore Park to do some plant surveying. While looking at the distribution of plants in the bush, the students were practising sampling techniques using transects and quadrats for next week's fieldtrip to Waipapa lighthouse in the Catlins. An important part of Biology is to monitor and learn about organisms and their habitats. This allows us to be better informed as we protect our unique New Zealand ecology.



### **Year 9 Science**

Students from Year 9 Science were out around the school this week applying measurement to their studies.



### **BOYS' CRICKET GILLETTE CUP**

Last week, our boys' cricket team competed in the Gillette Cup. They played Central Southland College (CSC) in the morning, winning the toss and fielding. Unfortunately our boys had trouble holding their catches and CSC batted well to achieve 146 all out off their 20 overs. Aiden Waddell (Year 9) had a bowling session achieving 30 runs and 4 wickets off 4 overs. Finn Hurley (Year 9) batted well for our team, controlling the run chase. He was finally stumped for 33 runs. A couple of other small partnerships got us closer to the total. However, we ended up 95 for 9 after 20 overs.

We faced James Hargest College (JHC) next. Once again winning the toss, we decided to bat first. Our team had a great start with both openers staying in the middle for a lot longer. Hamish Waddell (Year 10) got 14 runs and Kalin Nieper (Year 12) achieved 29 not out, batting the entire 20 overs. Finn Hurley had another good hit and scored 26 quickly. They scored 95 for 4 off 20 overs. Heading out to field Eligh Chalmers (Year 9) had a tidy couple of overs for 8 runs and was unlucky not to have 2 wickets. JHC finally ended up achieving our run total with 5 overs to spare and only 1 wicket down.

## **SOUTHLAND SECONDARY SCHOOLS TENNIS TEAMS CHAMPIONSHIPS**

On Tuesday this week 2 tennis team, a mixed and a boys, travelled to Invercargill for the annual Secondary Schools Championships.

Kade Wilson, Luke Hillis, Ryan Tutty and Hudson Moody made up the boys' team and Zoe Keenan, Millie Tremaine, Morgan Craig and Josh Highsted played in our mixed team. It was great to see Seniors playing with Juniors.

There were some very strong, hard fought games. Our boys' team came away winning against Southland Boys' High School and our mixed team played well against Central Southland College and St. Peter's College.



## **GIRLS CRICKET BATES CUP**

On Wednesday this week the Gore High School Girls' cricket team, captained by Nicole Cormack (Year 12), played in the Bates Cup at Hamilton Park. The girls have been training for the past few weeks with the help of James Carr, Development Officer, Southland Cricket. For some of the girls this was their first competitive match.

In the morning they played the experienced Blue Mountain College team. Batting first we accumulated over 50 runs, batting out the overs. Going into field our girls started slow but by the end of the innings were showing that their training had paid off with a display of technique in the field. Although they didn't come away with a win, it was a great building experience.

They faced James Hargest College in their next match. Our girls fielded first and saw Hannah Kennedy achieve our one wicket for the day with a caught and bowled. A couple of missed catches and some close bowling would have added to this tally. The team went into bat chasing over 80 runs. Our first two in to bat started strong, accumulating some risky runs between the wickets. We knew we had to take these chances to be in the hunt. Boundaries starting flowing before too long and the excitement brewed as we realised we were in with a chance at a win. Great batting, running between the wickets and support from the side line saw the girls' achieve a well earned win.



**Caught and Bowled! Well done Hannah Kennedy.**

Thanks so much for your efforts training girls. It is great to see you out there playing and so quickly seeing results. You should be very proud of yourselves. A big thank you to James Carr for all his help both with training and on the day. Thanks also to Mrs Given and Mrs Cross for their support.



**Pictured left to right -  
Back Row: Amy Egan, Nicole Cormack, Olivia Millar, Hannah Kennedy, Sophie Rutherford, Libby Pannett Miller, Ella Harrex and Zoe Keenan.  
Front Row: Ella Hurley and Ella McCall.**



**So close Olivia Millar!**

## SCHOOL HEALTH NURSE CLINIC

Public Health Nurses Stacey (Tuesday) and Maria (Thursday) will be available for appointments at the school two days a week this year. If you are wishing to see them, please book an appointment time to visit the Health Nurse with Mrs Barclay at Student Reception, or telephone Stacey on 027 445 2931.



**WHEN:** 1.30 – 2.00 pm Tuesdays and Thursdays

### SCHOOL CAFÉ PRICE LIST

#### AVAILABLE DAILY

Snacks	Prices
Fruit Kebabs	\$1.50
Fresh Fruit	\$.080
Liquorice Twists	\$0.80
RJ Liquorice Logs	\$1.20
Chocolate Bars	\$2.00
Cookie Time	\$1.50
Lolly Bags	\$1.00
Variety of Slices	\$2.50
Variety of Cakes	\$3.00
Bags of Chips	\$2.00
Interval/lunch	Prices
Toasties –Full	\$4.00
Toasties – Half	\$2.00
Savouries	\$1.50
Chicken Salad	\$5.50
Garden Salad	\$4.50
Wedges	\$3.50
Sour Cream/Relish/Sauce	\$0.50
Noodles – Beef or Chicken	\$3.00
Panini – Full	\$5.50
Panini – Half	\$3.00
Sandwiches – Full	\$4.00
Sandwiches – Half	\$2.50
Chicken Wraps	\$4.00
Pies – Chicken/Mince/Mince and Cheese	\$4.00
Chicken Rice Balls	\$4.00
Hot Chips	\$2.50

#### AVAILABLE DAILY

Drinks	Prices
Iced Tea/G-Force	\$3.80
Large Flav Milk	\$3.80
Large Water	\$3.00
Up and Go	\$3.00
Just Juice Box	\$2.50
Hot Drinks	\$3.00
Calci-Strong Milk	\$2.50
Cans	\$2.00
Ice Creams	
Paddle Pops	\$2.00
Cyclone	\$2.00
Icy Twist	\$1.50

#### SPECIALS

##### Monday

Chicken Pita Pockets	\$4.00
Riblet Sub	\$4.00

##### Tuesday

Carbonara Pasta	Full \$4.50	Half \$3.00
-----------------	-------------	-------------

##### Wednesday

Pies	\$4.00
Crispy Chicken Rice Balls	\$4.00

##### Thursday

Nachos on corn chips	Full \$4.50	Half \$3.00
----------------------	-------------	-------------

##### Friday:

Deluxe Chicken Burgers	\$4.50
------------------------	--------



**COURTESY  
ATAWHAITANGA**



**EFFORT  
MANAWANUITANGA**



**RESPONSIBILITY  
TAKOHANGA**