



QUEEN CHARLOTTE COLLEGE

Newsletter to Parents, Caregivers & Friends of the School • 28 August 2008

Principal's Comment...

Another very wet week for Picton meant that on Monday night the College was once again called upon to host 20 evacuees from Alexander Motor Camp. Thank you to all those who helped in any way, and especially the fine volunteers from the Red Cross.

Sickness: Some of you will have read the article in the Marlborough Express regarding higher than usual absences due to flu bugs. We would like to thank all those parents who have phoned regarding their child's absence. It certainly makes our job easier when this is done promptly and is very much appreciated by our Attendance Officer, Mrs Gardiner. Due to the nature of the illness we recommend keeping your child at home until all signs of the illness have disappeared.

Mr Parsons will be visiting schools in Germany during the next two weeks, where he will be gaining an insight into the school year for German students and promoting Queen Charlotte College for overseas students. He would like to remind Senior Students of the importance of Term 3 and to encourage them to work hard and stay on task. ❖

Welcome to Girls' World: Marlborough Girls' College welcomes Dr Donna Swift social anthropologist, researcher and educator of Social Change to Marlborough to present a workshop to teachers, parents and students. Dr Swift's recent work focuses on girls' anti social behaviour. The parent presentation will be held at the Marlborough Girls' College Hall on Tuesday 2nd September from 7.00pm to 9.00pm. The Topic is Welcome to Girls' World "Sugar and Spice and Not so Nice".

Reminder - Extended Weekend: There is no school tomorrow. In 2008 Queen Charlotte College has arranged to coincide the school calendar with Marlborough Boys' and Girls' Colleges. As we started school very early this year we meet the legal opening requirements of the 380 half days even with the two extended weekends this month. Enjoy the break.

Wearable Designz News: Once again we have had the honour of being asked to present some of our amazing Wearable Designz costumes to the public in the form of a fashion show. The Havelock Preschool is holding a fundraiser fashion show entitled "Kiwi Clothesline" on the Saturday 13th September at 7.00pm in the Havelock Town Hall. If any of our students would like to present their costume on stage or be a model then please collect the form from Mrs Strawbridge in the school office. We now have a new secure container to store all of our superb WD costumes. Those in our archives have been properly catalogued and stored securely for future shows. We do still have several costumes that have not been returned after the Rural Women's show. If you still have your costume at home and you would like us to protect it for future use then either bring it to school or contact Jann Hook



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on 5734089. We understand that some of you prefer to keep your costume at home, that is fine, but please keep in mind how easily they do get ruined if not packaged and stored correctly. We can now offer that service for you.

Thank you, Jann Hook, Wearable Designz Committee. ❖

Student Achievement

QCC 8-Aside Hockey Team: Well done to the following members of the Queen Charlotte College 8-Aside Hockey Team who came first in their grade for the season: Gemma Lewis, Stephanie Lewis, Hannah O'Brien, Nick Ivamy, Brett McGlashin, Arthur Spatz (also Joel O'Brien and Justin Lewis from Picton School).

Marlborough Junior Cross Country Championships: 12 Yr7 & 8 cross country runners represented Queen Charlotte College, with Connor Dunford coming in 3rd and Taylor Burn coming in 4th both in the Year 8 boys competition. Well done to both boys.

Wellington Badminton Championships: Blair Timms was winner in the U12 singles, doubles, mixed doubles and runner up in U14 doubles. Joseph Timms was runner up in U14 singles, doubles and was semifinalist with Olive Butcher in the mixed doubles. Joseph and Nyomi Timms were runners up in the U16 mixed doubles. ❖

Notices

Waitohi JAB Rugby Club Prizegiving: Prizegiving this year is being held at the clubrooms on September 7th at 3.00pm. All players and families are welcome to attend. The prizegiving is being followed by the Annual General Meeting for the 2008-2009 season. All parents and interested persons are urged to attend to ensure the continuation of junior rugby in Picton.

Picton Youth Group Don't forget the GUYS vs GIRLS competition. Current score Guys 90pts, Girls 40pts. Also remember to bring your membership cards. For more information txt Lee-ann on 021 1542369.

Cats The Marlborough Theatre Company is proud to present a 2 week season of *Cats*, – one of the most successful musicals ever written. 11 – 25 October 2008. Tickets from the Marlborough Civic Theatre foyer, Ticket Direct 03 5208560 or www.tdtasman.co.nz

School Uniform Just a reminder, that you are able to purchase a range of our school uniform garments from Postie Plus. As we are registered on their SchoolTex Rewards Programme, every time a SchoolTex garment is purchased and the sale is nominated to our school, we receive a 10% cash back. This can help enormously with our fundraising projects. Please ensure the Queen Charlotte College is recorded as the registered school as there have been a few cases where a mistake has given the benefits to another school.

Water is essential for life - the human body can only survive a few days without it. Around 50 - 60% of our body weight is water; leaner people having a higher percentage than those with greater levels of body fat. The body's water content can fluctuate by only small amounts and dehydration can occur very easily. A drop of even 4% can affect physical performance and body processes while a loss of 5 - 10% of the body's water produces fatigue, mental confusion and apathy. If more than 20% of the body's water is lost the person will die. **Sources of Water** **In drinks** - We need approximately 6 - 10 cups of fluid a day. Water is the best fluid in most circumstances, but milk, fruit juices, soups, tea or coffee all count as fluid. The caffeine found in coffee, tea and cola drinks has a dehydrating effect therefore it is not a good idea to rely on these drinks as a major fluid source. **In food** - About half the water we need each day comes from food especially fruit and vegetables which are about 80 - 95% water. Cooked meat is about 60% water while bread is around 40%. **From metabolism** - As energy is released from fats, carbohydrates and protein, water is released along with carbon dioxide. ❖ Water (information provided by Crown Public Health)

Coming Events...

29th August
1st September to
5th September

3rd September
performing at the Kids for Kids Festival
8th September to
12th September

Extended Weekend

SISS Netball
Competition
Year 7 & 8s

Festival Week

9th September
12th September

26th September
13th October
20th October to
24th October
27th October
3rd November

1st December

College Social
Student BOT
Election
Last day of Term 3
First day of Term 4

Year 9 Camp
Labour Day
Marlborough
Anniversary
Year 10 Camp