



# QUEEN CHARLOTTE COLLEGE



Newsletter to Parents, Caregivers & Friends of the School • 30 May 2008

## Principal's Comment...

The term continues apace. My congratulations to the Formal Committee and to all parents, staff and students who assisted in so many ways to make this year's formal an occasion to remember. We are indeed fortunate to have such a mature and sensible student body that really rises to the occasion when required.



I am currently in the process of interviewing all Yr13 and Yr12 students regarding their attendance, aspirations and career pathways. It is a very rewarding process.

Workday, our major fundraiser, was held yesterday. Our sincere thanks to those in our community who make this day a possibility in assisting our students and providing them with work experience. We will have more information regarding work day at a later date.

Work day presented the College with an opportunity for the cast of "The Amazing Mr. Fitz" to rehearse the "complete" show. For the first time all the parts have been put together. The production crew will have another opportunity next Tuesday when the Garin Sports exchange occurs, and we visit Garin College. It is always heartening to see that the amount of work and effort that goes into a production is so rewarding for a large number of students who have real talent in this area and often don't get the chance to display their creativity. Keep the 26th, 27th and 28th of June free for the performance. I am sure you will enjoy the fruits of their labour.

**Student Achievement** Congratulations to **Mitchell Luscombe Gale** and **Taylor Burn**. These two boys have been selected to play in the Marlborough Rugby Under 52kg Rep Team. Well done to you both.

**Bradley O'Rourke** has been accepted to attend the International Youth Camp 2008. He will be sponsored by The Lions Club of Picton. Bradley leaves on the 26th December to travel to Rotorua for 10 days where he will be joined by other youth leaders from New Zealand and the world. Well done Bradley. We look forward to hearing how you get on.



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**Workday** A big thank you to all those who took part in making Queen Charlotte College Workday the success it was. I would particularly like to thank the community of Picton for the part they played in providing the necessary jobs for our students. Thanks also to our parents for supporting the school and their children, and to our staff and volunteers whose organisational skills made Workday 2008 a resounding success.

Once the results have been collated we will inform you of the total funds raised for our school. Fundraisers like this help keep our school fees as low as possible.

**Wearable Designz** A special thank you to all those students who participated in the show held at the Clubs of Marlborough. Thanks also go to the staff and parents who assisted with the show. It was very rewarding it was to see all the costumes out on display again and to see how well the students performed. The rural women of New Zealand certainly were truly delighted with the event.

## Notices

**Reminder** A reminder that our school dentist, Mr Ed Durham, is available at Queen Charlotte College Dental Clinic for appointments and treatment on Fridays. If you require an appointment please contact his Blenheim Practice on 5785843.

**Laughton King Presentation** Laughton King is a New Zealand Psychologist who has worked with children and parents in schools and homes over the last 30 years. He has published in parenting magazines all over the world and is well known as a public speaker/trainer. Mr King will be speaking at Waikawa Bay School on Thursday 5th June at 7.00pm. The topic is Strategies to help children with Learning Difficulties (including Dyslexia). Entry is by gold coin donation at the door and a light supper will be provided afterwards.

**Tertiary Evening** Students and parents are invited to attend a Tertiary Evening to be held at Stadium 2000 on Monday June 23rd from 7.00pm to 9.00pm. Polytechnics, Universities, Armed Forces and Student Services (Loans & Allowances) are just some of the institutes that will be available to talk to.

**Have you considered a career in Trades?** Trade Link Marlborough together with Queen Charlotte College Careers Department is offering students in Year 10 through to Year 13 the chance to spend a day examining the opportunities within a specific trade. Spend the day visiting various workplaces and training facilities that are involved in any of the nine specific industry days being offered. The intent of the programme is to give the opportunity for first-hand experience so that students can make an educated decision on a career path they may like to follow and possibly explore an apprenticeship in that field. You are welcome to attend more than one of the days if you have an interest in more than one of the industries on offer.

Industry Days for June are already scheduled. To be able to attend, you must register in advance through Ms Wood and the Careers Office. Registration is limited to seven on each of the days. ❖

## Coming Events...

**Monday 2nd June**

**Tuesday 3rd June**

**Friday 6th June**

**Thursday 12th June**

**Friday 20th June**

**Friday 20th June**

**July 2nd**

**July 4th**

**July 21st**

**(The College production The Amazing Mr Fitz will run from 25th June (matinee) until Saturday. 28th June.**

**Queen's Birthday**

**Community Consultation - Health/Sexuality**

**Manu Korero Regional Competition**

**ICAS Writing Competition**

**Teacher only day**

**Reports posted**

**Parent/Teacher Report Evening**

**Last day of Term 2**

**First day of Term 3**

# HEALTH DEPARTMENT HAPPENINGS

## SENIOR HEALTH DAY

Our Senior Health Day for year 11, 12 and 13 students was a great success.

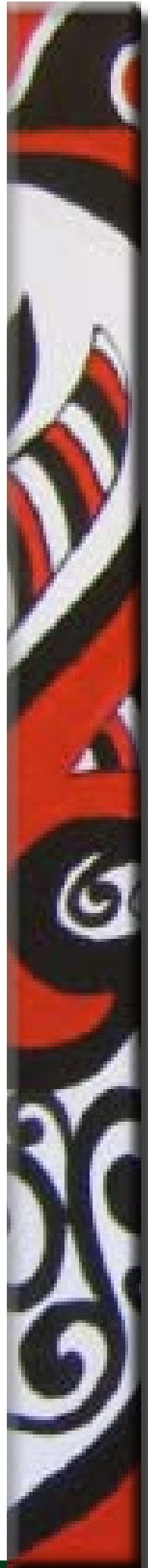
The workshops involved were

1. **Sexuality and Diversity** (Nathan Brown - Out There)
2. **Sexually Transmitted Infections and Contraception** (Helen McLean – PHU)
3. **Physical Health:** Nutrition, Physical Activity, Hygiene, Eating disorders (Barbara Ryan PHU & Kim Willesme SPARC)
4. **Mental Health:** Stress and coping strategies, positive relationships, bullying, assertiveness (Hira Ryan - Child and Youth TeWaiha, Anaru Wilke, Klem )
5. **Smoke free;** Smoke free lifestyle, effects on the body (Sue Campbell PHU, Amoroa Katu from Ngatirarua – smoking cessation program, Ngaro Aldridge -Maataa Waka Health Services)
6. **Keeping Safe:** Text bullying, drugs and the law, alcohol and the effect on the body Safe partying, looking after yourself and your mates when partying (Karen Davies – Life education trust & Paul McKenzie – Police, Picton community constable – Stuart Phillips – Police, Maori Youth advocate)

Queen Charlotte College would officially like to thank the above people and organisations for giving their time and expertise to enhance the learning and add value to our senior students through meaningful, well planned, interactive and engaging sessions. By working with PHU

and other organisations this has enhanced our school's relationship and links within the community. It has formed a foundation for future contact with these groups for both our students and the school.

As a result of the day, QCC senior students have taken their own initiative to form a Hauora/Health Committee on the Student Council with 8 members opting into it. This will help in QCC carving a pathway to becoming a Health Promoting School.



Hauora/Health Committee members: Katie Keir (Chairperson), Amy Jansen, Indigo Greenlaw, Cloe Vining, Thuja Johnson, Tahirih McLaren-Brown, Zoe Chappell, Annie Keir, Hayden Gaudin and Stefan Roguski.

Objectives the committee would like to tackle first: Smokefree School, Push Play/Get Active, Nutrition and Healthy Eating, Sexual Health Information and Promotion.

## NEW ZEALAND ENDOMETRIOSIS FOUNDATION

On **Friday 30 May**, during DEAR time and part of period 1, The Endometriosis Foundation are delivering the 'ME' (Menstrual Health and Endometriosis) programme to year 11, 12 and 13 girls. This will take place in the Hall.

The prevalence rate for this condition is 1 in 5 girls and women with a 300% increase in presentation of symptoms for young women under 19 during 2001 and 2004 and 90% being diagnosed at a laparoscopy.

This information session is delivered to raise the awareness of this condition amongst teenage girls.

### SEXUALITY AND RELATIONSHIPS – Year 9 & 10

### CHANGING BODIES / CHANGING EMOTIONS – Year 7 & 8

Junior students will soon be moving onto their next topic in Health which is Sexuality and Relationships. Health staff and Rose Taylor from the Family Planning Association are giving parents and caregivers the opportunity to discuss the content covered during this topic in more detail.

**Topic:** Sexuality and Relationships

**Information for:** parents/caregivers of Year 7/8/9/10 health students

**When:** Tuesday 3 June – 5.30pm

**Where:** QCC staffroom

Junior students should have received a letter in health classes outlining the content which will be covered from week 6, term 2 until week 2 of term 3 (Years 8, 9 & 10) and week 6, Term 3 for Year 7.

