



NEWSLETTER—FRIDAY 17TH JUNE 2011

From the Rector's Desk
Greetings everyone
Kia ora e hoa mā

THE MAKING OF AN EXPERT

Recently at assemblies, I have been talking to the students about how to improve their performance in anything they do. In particular, of course, the focus has been on their academic work, but the principles apply to any human endeavour.

Since 1985, there has been a lot of research on what it takes to turn a young person into an expert. This research began with Benjamin Bloom's book 'Developing talent in young people'. An article in the Harvard Business Review by K Anders Ericsson and others summarises the research of about 100 scientists up to 2006.

The researchers are all saying the same thing: 'Experts are always made, not born'.

This explodes the myth that you need raw talent to become an expert at anything. So often we hear people say that she/he is a 'natural'. Clearly this is not true.

It may well be that some people pick something up a little more quickly in the first instance and seem to have a natural disposition to it. However, this is NOT an indication that they will become an expert. Indeed, they are no more likely to become an expert than someone who found the task difficult to begin with.

There are two main ingredients to improving anything:

1. Invest time (wisely).
2. Engage in deliberate practice.

Many people spend a lot of time practising the same things they already know how to do. We need to spend time practising things that we can't do, by getting advice and guidance from someone who does know how to practice the skill that we want to acquire. Not everyone wants to spend the 10,000 hours or so necessary to become a real expert in anything, but my message to the students was that we can all improve our classroom results if we go about it the right way i.e. investing time in a very deliberate way. I believe that parents can help by guiding their sons and daughters in this area. We cannot let them think that just because they find something difficult, they cannot improve in it. Remember that a natural talent is not a precursor to good achievement. When we see our children struggle with something, we should encourage them to see this as a good thing. It provides an opportunity for improvement. We should assist them to seek the right advice and guidance from a teacher, or friend, or someone who knows what is necessary to practice that skill or understand that concept. We will then be helping in a very constructive way. If you are interested in finding out more about this topic, Malcolm Gladwell's book 'Outliers' has some useful insights and the Harvard Business Review mentioned above is online.

Kind regards
John McKinlay

UNIFORM

Boys - Grey Winter Shirts

As the long sleeved grey shirts are no longer part of our school uniform, we have surplus second hand stock in our Uniform Shop. If you have recently given any grey shirts to the Uniform Shop to sell, and would like them returned, please contact Paula Robertson at the school office before 15th July. After this date, any remaining stock will be donated to the Salvation Army.

Second hand Kilts wanted

If you have a second hand kilt that you no longer require, please contact Paula Robertson urgently, as our supply has been depleted.

Boys - Long Sleeved Blue Shirts

As stated above, the junior boys grey shirts are no longer part of our school uniform, the boys can wear either their short sleeved blue shirt during the winter or the new optional long sleeved blue shirt. Both blue shirts have the Gore High School label on them and can only be purchased from our Uniform Shop. Prices: Short sleeved blue shirts - \$46.00/Long sleeved blue shirts - \$56.00.

Second hand blazers

The Uniform Shop has in stock, a small number of the new style girls blazers, in a range of sizes. These are all in excellent or near new condition.

McKinlays shoes

The Uniform Shop now has a limited stock of McKinlays shoes. These will be compulsory for Year 9 students in 2012. If other students wish to purchase these shoes, they may do so. We have sourced these quality shoes at very competitive prices.

Delta (Unisex) - \$86.00

Jill (Girls) - \$86.00

Molly (Girls) - \$78.00

We will also have a McKinlays sandal available for the summer terms.

All shoes can be viewed at the Uniform Shop.

If you have any uniform queries, please contact Paula Robertson on 208 9130 ext. 866 or via email: probertson@gore-high.school.nz.

FORTHCOMING EVENTS

20th June - Teacher Only Day (pupils are not required to attend school)

24th June - Senior reports issued

29th June - Senior Parents Evening from 4.00 pm to 7.30 pm

6th July - Open Night 5.00 pm to 8.00 pm for Year 8 students wishing to enrol at Gore High School in 2012

11th-13th July - School Production - "Footloose"

WEEKLY HEALTH CLINIC/ HEALTH NURSE

Through funding from the Public Health Office, a weekly Health Clinic is being provided to students by local GP's and Nurses at lunchtime from 12.30 pm to 1.30 pm every Wednesday.

The Public Health Nurse attends the school every Tuesday from 1.30 pm to 2.00 pm.

If you have a medical query that you would like to discuss, please see Mrs. Sinclair or Mrs. Barclay in the office to make an appointment.

SWIMMING SPORTS
HOUSE POINTS

Anderson	:	1,418
Cargill	:	511
Hunter	:	492
McNab	:	295

SWIMMING RECORDS BROKEN

Congratulations to the following students who broke the existing records: Bradley Catto (50m Freestyle and 3 Stroke Medley); April Miller (50m Freestyle) and Lisa Catto (25m Butterfly, 50m Backstroke and 3 Stroke Medley).

GORE HIGH TRAPSHOOTING

The Gore High School teams dominated South Otago High School in the sports exchange at Maitua last Wednesday, to retain the trophy. In the 10 shot eye openers, there were 4 possibles shot, Matt Paterson, Reagan Dodd, Lachlan Johnstone and Chris McIntyre.

The main event was a 4 man team, 20 target point score out of 60 points each, totalling 240. South Otago shot 169/240, the first Gore team replied with 190/240, Bevan Ross and Andrew Jackson both shot 52, Samantha Dickie shot 42 and Chris McIntyre shot 44. The last squad shot 217 to easily win the event. Matt shot 51, Mark Gow shot 57, Reagan top scored with 59 and Lachlan shot 50.

Its fundraising time of year again and once again, we are collecting old disused batteries to fund the trip to Hamilton in October. If you have a car, truck, tractor or bike battery, we would be grateful for your donation. As an extra incentive there will be a monthly draw to win an MLT beverage box, one entry for each battery donated. All enquiries to Matt Paterson on 208 9540 (work)/027 431 8141 (cellphone)/2080438 (home) for your batteries to be collected.

SWIMMING SPORTS - 1ST PLACE RESULTS

25m Back Stroke Championship	00:17:20	Barclay Krystee
25m Breast Stroke Championship	00:20:64	Barclay Krystee
50m Back stroke Championship	00:36:11	Barclay Krystee
50m Breast stroke Championship	00:43:69	Barclay Krystee
25m Butterfly Championship	00:15:10	Miller April
25m Doggie Paddle	00:22:22	Miller April
25m Free Style Final Championship	00:14:18	Miller April
25m Freestyle Championship	00:13:47	Miller April
25m Li Lo	00:22:70	Miller April
50m Freestyle Championship	00:29:33	Miller April
75m 3 stroke medley Championship	00:52:81	Miller April
25m Back Stroke Championship	00:16:67	Catto Lisa
25m Breast stroke Championship	00:17:56	Catto Lisa
25m Butterfly Championship	00:14:78	Catto Lisa
25m Freestyle Championship	00:13:91	Catto Lisa
50m Back stroke Championship	00:33:09	Catto Lisa
50m Breast stroke Championship	00:37:66	Catto Lisa
50m Freestyle Championship	00:28:81	Catto Lisa
75m 3 stroke medley Championship	00:50:56	Catto Lisa
25m Li Lo	00:22:84	Hall Kelsi
25m Doggie Paddle	00:27:15	Hall Kelsi
25m Back Stroke Championship	00:15:94	Catto Bradley
25m Back Stroke Final Championship	00:16:49	Catto Bradley
25m Breast Stroke Championship	00:16:00	Catto Bradley
25m Breast Stroke Final Championship	00:17:08	Catto Bradley
25m Butterfly Championship	00:14:52	Catto Bradley
25m Freestyle Championship	00:13:25	Catto Bradley
25m Freestyle Final Championship	00:13:16	Catto Bradley
50m Back stroke Championship	00:34:02	Catto Bradley
50m Breast stoke Championship	00:35:11	Catto Bradley
50m Freestyle Championship	00:26:89	Catto Bradley
75m 3 stroke medley Championship	00:44:63	Catto Bradley
25m Doggie Paddle	00:23:43	Stevenson Caleb
25m Li Lo	00:20:19	Shirley Blake
25m Butterfly Championship	00:14:16	Highsted David
25m Back Stroke Championship	00:15:22	Highsted David
25m Freestyle Championship	00:12:72	Highsted David
75m 3 stroke medley Championship	00:51:17	Highsted David
25m Back Stroke Final Championship	00:15:70	Morrison Lochie
25m Breast Stroke Championship	00:17:25	Morrison Lochie
25m Breast Stroke Final Championship	00:16:91	Morrison Lochie
25m Li Lo	00:19:13	Morrison Lochie
50m Back stroke Championship	00:34:01	Morrison Lochie
50m Breast stroke Championship	00:37:09	Morrison Lochie
25m Doggie Paddle	00:19:84	Stephen Hayden
25m Free Style Final championship	00:13:11	Morrison Dirk
50m Freestyle Championship	00:27:47	Morrison Dirk