



## **NEWSLETTER - FRIDAY 2 DECEMBER 2011**

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

When seeking inspiration for this last newsletter for the year I came across some more analyses of information from the 2009 PISA study which compared educational success of many OECD countries (including NZ).

The following conclusion came from an article they published which is entitled "What can parents do to help their children succeed in school?" (<http://www.pisa.oecd.org/dataoecd/4/1/49012097.pdf>)

- Parent's engagement with their 15-year-olds is strongly associated with better performance in PISA.

To most this seems like an unremarkable conclusion. Obvious even.

However in this report it is backed up with data and graphs and it is proved to be statistically significant and so on. So for parents who have always believed this, it is good to have the backing of further evidence.

More reassurance comes in two other ideas from the same article:

- Students are never too old to benefit from their parent's interest in them
- It does not require a PhD or unlimited hours for parents to make a difference

Genuine interest and active engagement is the key. Parents should not be put off because they might feel a lack of subject knowledge as their child progresses through high school. It is not the parent's knowledge in a particular subject that counts – it is their interest.

Effective activities mentioned in the article include:

- Discussing political or social issues
- Discussing books, films or television programmes
- Eating main meals together around the table
- Spending time just talking

Often parents are juggling many demands at work and at home and sometimes there just doesn't seem to be enough time. I believe though, that these kinds of effective practices can be part of the routines of an ordinary day. What a pity that some families find it hard to sit around the table together, as this is where these type of conversations can take place.

The holiday season provides many opportunities to just chill out and talk to our kids. Yes I know – they won't always be in the frame of mind to talk with us. They're teenagers after all. Perhaps, as adults, if we do more listening to their ideas than trying to tell them ours, we will have more success.

It is genuine interest and active engagement that counts.

My best wishes to everyone for the holiday season. I trust you all find this family time valuable and rewarding.

Kind regards

John McKinlay

## **FAMILY SUN SAFE TIPS FOR SUMMER**

- 1. Develop a sunscreen habit** - This summer make putting on sunscreen as habitual as cleaning your teeth. Have a tube or bottle of SPF30+ water-resistant sunscreen in a visible spot near the back door, for example, and as your family prepare to head outside, it will become second nature to slop on the sunscreen.
- 2. Pick your outdoor times** - Being outside is great for the whole family in summer – but just try to avoid long periods in full sun between about 10.00 am and 3.00 pm during the hot months when the UV levels are at their most intense. Make sure wherever you are there are shady areas to retreat to.
- 3. Keep hat stashes** - Have a collection of easy-to-access hats for the whole family strategically positioned around the areas your family frequent. While caps are very fashionable, if you're going to be in the sun, a broad-brimmed hat offers the best protection.
- 4. Be UV index-savvy** - Every day, the UV index is calculated, region-by-region around New Zealand, and it's given a numerical value. Here's a rough guide to understanding what the values mean:
  - Less than 3 – this is termed 'moderate' and will result in sunburn after one hour exposed to the sun
  - Between 3 and 6 – this is 'high' and will lead to sunburn after approximately 30 minutes in the sun
  - Between 6 and 10 – called 'very high', you will sunburn after approximately 10 minutes in the sun
  - Greater than 10 – this is 'extreme' and will lead to sunburn in less than 5 minutes exposed to the sun
- 5. Wear sun-protective clothing** - Some garments now come with what's called a UPF (ultraviolet protection factor) rating, particularly those aimed at being worn in the sun, like rash vests. For example, wearing clothing with a UPF rating of 40 will reduce solar UVR exposure to the skin beneath the garment by a factor of 40. This means a UPF 40 fabric will only allow one-fortieth of the UVR to pass through it. **Tip!** Darker colours usually block more UVR than lighter colours.
- 6. Wear sunglasses** - The sun can also do some major damage to the eyes – and it starts when we're young. Buy sunglasses that protect against UVR – sunglasses rated 2 to 4 have good UV protection.
- 8. Keep hydrated** - Hot weather and running around in the great outdoors can rapidly dehydrate little bodies. Water helps keep the body's temperature stable, while also keeping the body running generally. Little kids, particularly if they're swimming, may not be aware that they're thirsty. So make sure you have drinks on hand or easy access to clean water.
- 9. Be sunscreen smart** - Applying sunscreen is just part of the process. To ensure you're getting the most out of your sunscreen, know these rules:
  - **When:** Always apply at least 20 minutes before sun exposure to give the sunscreen time to bond effectively with the skin.
  - **How much:** Apply liberally so all exposed, or potentially exposed, parts of the body have sunscreen on them. As a rule of thumb, use just under a teaspoon for each arm, leg, body front, body back and face (including neck and ears).
  - **How often:** Even if the packaging says "water-resistant for four hours", the Cancer Society recommends vigilant reapplication every two hours.

### **KEY DATES TO REMEMBER**

Seniors return to check out - 5 December  
Senior Prize Giving - Tuesday 6 December 7 pm  
Teacher Only Day - 8 December  
JGP and Junior Prize Giving Ceremony - Wednesday  
7 December commencing at 1.30 pm (**Please note  
change of date**)

Graduation Ceremony - Thursday 8 December  
5.30 pm **Note: Change of start time**

### **2012**

Friday, 27 January - Senior Students Interviews  
Monday, 30 January - Teachers Only  
Tuesday, 31 January - Year 9's start  
Wednesday, 1 February - All students start

### **NEW HOSTEL PREFECTS**

New hostel prefects have been appointed and they are:  
Head Boy - James Bell  
Deputy Head - Logan McKee  
Head Girl - Kelly Whitten  
Deputy Head - Olivia Grant

### **CAREERS CATCHUP**

This week the Careers Advisors' have been working with Year 9 and 10 House classes introducing students to the Careers website and looking how interests connect with career pathways.

The Careers website is a great resource and students should check in often as it is constantly updated. There is also sections that parents will find useful. Check it out at [www.careers.govt.nz](http://www.careers.govt.nz)

## **TALENT DEVELOPMENT GROUP**

Recently the writers from the Talent Development Group travelled to Mosgiel to have a workshop with Karen Treblecock, who writes for teenagers under the name of Ella West.

The students watched a documentary about children with XP syndrome, and then wrote under the direction of their tutor. Top photo Morgan Skerrett (on left) and Riley McKewen-Smith watching documentary. They learned how a story can take shape from an exercise like this.

Later, the students learned how to create a scenario from which a novel can evolve. Bottom photo Madi Hasselman on left, Rebekah McGregor in the middle and Laura Gardyne on the right working on their stories.



## **SCHOOL MEMORABILIA**

The school is currently collating school memorabilia and wondered if anyone has any of the old school magazines or any other items that they would like to donate?

Any queries, please contact Mrs Hutchins 208 9130 ext. 850 or email: [jhutchins@gore-high.school.nz](mailto:jhutchins@gore-high.school.nz)

## **STATIONERY PURCHASE 2012**

**Note to all parents:** When purchasing stationery for students in January for 2012, the list of subject requirements will be available as usual from Paper Plus in January. However, from this year orders can be made online by going to the Paper Plus website and placing your order. These will then be available to collect already made up from Paper Plus.

## **SPORTS NEXT YEAR**

Are you interested in Coaching or Managing a Gore High School sports team next year.

Please contact: Dawn Ross on 208 9130 Ext 4

**OR**

Email: [dross@gore-high.school.nz](mailto:dross@gore-high.school.nz)

## **UNIFORM SHOP**

**All Year 10 students should now be thinking about their senior uniform for next year.**

### Year 10 Girls

If you require a new senior summer skirt for next year please call at the uniform shop and pre-order for pick up in January or alternatively we do have these in stock now.

### Year 10 Boys

We have new navy blue shorts, ties and white socks in stock now.

The Uniform Shop will be open every Wednesday 12.00 - 1.30 pm until the end of term.

## **GIRLS JUNIOR (Year 9 and 10) UNIFORM FOR 2012**

Please remember if your student is wearing sandals as part of their summer uniform then socks are not required. If they are wearing school shoes then white socks are required to be worn. These should be white ankle socks. No other colour or styles of socks are acceptable.

## **HOLIDAY OPENING HOURS**

The Uniform Shop will be open during January before the start of school on the following days:

Tuesday 17 Jan – 11.00 - 3.00 pm  
Wednesday 18 Jan – 11.00 - 3.00 pm  
Thursday 19 Jan – 11.00 - 3.00 pm

Wednesday 25 Jan – 12.00 - 2.00 pm  
Thursday 26 Jan – 12.00 - 2.00 pm

## **PRE-ORDERED UNIFORM FOR 2012**

If you have pre-ordered uniform for your Year 9 student and have received a phone call, these will be ready for pick up and payment now. Some stock is still arriving, so if you have not been contacted, you will be very soon.