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Sports Uniform Return

Do you have an item of sports uniform currently hiding under your bed? Was it yours or an older sibling who was at school? There is currently an amnesty on the return of all sports uniform so please return these to the sports office as soon as possible. We have to spend over \$3000 per year replacing stolen items.

Peak Reports

Students are asked to submit reports for the 2008 school magazine at any time. Reports wanted now are 2007 Junior Activities week and any cultural and sports (school or TSS) reports. Reports can be given to the Arts Captain Kahlivia Russell or emailed to the school.

Textbook Amnesty

Mr Smith is currently running an amnesty on textbooks that need to be returned to school. The library has sent out invoices for missing books. The science department are missing a number of text books. Books should be left at the student office. Invoices were sent out in the holidays and should be paid as soon as possible.

From the Principal

Tēnā koutou katoa - This is an exciting time in the school for property issues as we are currently planning to embark on a number of building projects. In order of priority they are:

- Demolition of T1 (a large space in the old technology block that has been deemed beyond our entitlement by the Ministry of Education);
- Refit of the rest of T block;
- Refit of A block. In reality these last two items are a combined project. After these projects we will be concentrating on improving the administration block, the road frontage and further improvements around the school as per our property plan.

Also being planned is a purpose built facility for the Teen Parent Unit and an early childhood centre on the school site (beside our stadium). This has been many years in the offing but it looks as if it will soon become a reality.

Our architects, Ardern and Peters, are currently working with the staff to develop plans for both T and A blocks, and to design a modern administration area and the Teen Parent Unit facility.

The demolition of T1 has started already with Pretty and Webb the successful company engaged to complete the work. Various sub-contractors have been engaged to attend to asbestos removal from pipes under T1, water, and electrician work. The Board of Trustees has worked hard to ensure that all work complies with health and safety requirements.

I am always staggered by the amount of talent in the school in so many fields. The Central Rugby Club teams, our netball teams, boys and girls' soccer, the hockey teams and basketball teams have all performed with distinction this year. Many of our students take advantage of the TSSA sports activities as well in their busy lives. Our Kapa Haka group recently had a very successful workshop and performance day at Eltham Primary and the recent art exhibitions and auctions at Percy Thompson Gallery have also showcased the outstanding talent that is within the school. My thanks to all the parents, staff and students who coach, manager, support and participate in all of the sports and cultural activities that happen over the winter months. You've done a superb job.

Nā Warren Purdy
Principal

AV Technician

Do you have an electronic bent and want some part-time work. An AV technician at our school would suit someone who has good general AV knowledge and is willing to assist staff and students. Please contact Mr Cox or Mr Purdy if you are interested in this position.

Netball Raffles

The 3A/4A raffles were drawn last week and M Weydon won the Mackays Pharmacy basket while Booker was the recipient of the chocolate box. Thanks to Mackays Pharmacy for the wonderful basket of goodies.

Pinecones

French students are fundraising by selling pinecones for \$8 per bag. Ring Susie Terry at school on 765 6039 ext 741 or email ts@stratfordhigh.school.nz to put your order in.

Website update:

House leaders profiles are there to view on the guidance pages. Other information is being added to the website as it comes to hand. If you have any ideas for extra pages, information that would be useful please contact me at dl@stratfordhigh.school.nz

The senior exam timetable is on the curriculum page along with a study exemplar for students to organise their study time between now and the national exams in November.

2009 Option Selections

Year 10, 11 and 12 students have made their initial selections for next years' subjects and we are in the process of sorting out subject lines.

On Wednesday 17th September parents are invited to come into an option interview with their child to finalise their selection. A letter will be sent home later this week with a timetable of interview times and a return slip attached. Please look out for this letter and return the completed form to the student office by Friday 12th September. Please contact the school if you have questions about this process.

Congratulations

- **William Arnold** was selected to represent the Taranaki Country U15 Boys basketball team. He played in a tournament last month.
- **To Dylan O'Neill and Rebekah Frost** who have been elected to the Stratford District Youth Council. They join other students Laura Lambkin, Alison Matthews and Astyn Buckland on this worthwhile committee.
- To the following ex-students who have graduated from Victoria University in the past year: Mark Davidson (BCA, BSC, GDComR), Geoffrey Dingle (BT, BA); Janice Forsyth (LLB); Craig Fowles (BCA, BSC); Sonia Johnson (MA); Basil Lawrence (BA); Bryar Lovell (BSC); Katie Peters (MSC); Shisca Russell (BCA); Leanne Schneller (BA); Melanie Stevens (BA); Georgina Stuart (BA, BSC).

Fonterra Taranaki Science & Technology Fair 2008 August 4-6

The following entries from our school won prizes in the Fonterra Taranaki Science and Technology Fair, held in New Plymouth at the beginning of the month. The exhibition entries are on display in the school foyer.

Tim Stanners & Jack Espin: (Level 10)

Title: Natural Antibiotics - Merit: The Taranaki MedLab prizes for the best projects in human biology/health

Joanne McKay & Emily Paterson: (Level 10)

Title: Growing Crystals - First Prize: Taranaki Dynea award for endeavour in Chemistry

Sarah Cooper & Kate Thomas: (Level 10)

Title: The Mpemba Effect - Second Prize: Scientific Investigation, Year 10

Katey Craig & Melissa Watts: (Level 10)

Title: Warning! Blue-Green Algae – Merit: NIWA environment prize

Teresa Sou & Jessica Ross: (Level 10)

Title: Sand And Soil Drainage - Second Prize: Geological Society of NZ prize for the two best entries in the Earth Sciences.

NCEA Scholar Medals

2008 has seen the introduction of the endorsement programme with the NCEA qualification. Students who gained 50 credits at merit level were given a silver scholar badge while those who gained 50 credits at excellence level were given a gold scholar badge.

These badges were presented in assembly this term to students in Year 12 and 13.

The following students gained a Level 1 Silver Scholar badge:

Gemma Alexander, Stephanie Frost, Kasey Gavin, Alesha Hinton, Jade Honeyfield, Karen Hughes, Cory Jacobsen, Cain Knight, Louise Lang, Michael Nation, Erica Phillips, Jade Purdy, Andrew Single, Nicole Tate, Hannah Walker, Alice Walsh, Emma Wyss, Sara Hardgrave, Ryan Howatson, Karla Lawrence, Katey Mitchell, Mikaela Old, Maria Radich, Carly Theron, Rae West.

Level 2 Silver Scholar Badges: Reagan Boland, Erin Grierson, Sara Hardgrave, Rowan Hinton, Ryan Howatson, James Howatson, Martin Howatson, Louise Hunger, Kimberley Laing, Kieran Lash, Karla Lawrence, Jessica Linton, Hayden Mattock, Katey Mitchell, Mikaela Old, Sam Paterson, Simon Pitman, Maria Radich, Maggie Radich, Kahlivia Russell, Hercules Swart, Carly Theron, Jessica Tolland, Rae West.

PTA wants your help!! ☺

SHS PTA Meeting

The SHS PTA has changed its meeting date to the 2nd Wednesday of each month. We meet in the SHS staffroom at 7.30 pm and our next meeting will be September 10th. New members are always welcome. Come and join us for a cuppa and a chat even if you just want to see what we are about. Please phone or text Frosty Theron on 027 249 5811 for further information.

Term 3 fees

Families who have not paid their school fee / donation are asked to do so now so they will be entered into the draw at the end of this term. Currently we have two prizes to be drawn but if you would like to donate a prize or vouchers for draws, raffles and prizes for the student council, sports and trips fundraising or fees please speak to Miss Lithgow, Principal's PA at the school.

School Holiday Courses

Holiday courses are being run from Sept 30th to Oct 2nd by Bubble Dome.

Course 1: 3D Computer modelling, animation, games design at Samuel Marsden Collegiate, Karori

Course 2: Graphics, fashion design and wearable arts at St Catherines College, Kilbirnie.

Contact Yasmin or Rebecca on 021 607 190, 09 622 0670 or yasmin@bubbledome.co.nz

COURSE

PLANNING VISITS

Liaison staff from the following universities will visit Stratford High School to assist you with planning your degree or other tertiary level qualification –

MASSEY UNIVERSITY – P2, Tues, 16 Sept.

OTAGO UNIVERSITY – 10.30am to 11.30am, Tues, 14 October.

NCEA Fees - IMPORTANT

We have extended the DUE DATE for NCEA fees and financial assistance applications until Wednesday 10th September. This fee is an ANNUAL fee and it has to be paid by ALL Yr 11, 12 and 13 students irrespective of how many internals or externals students are doing and irrespective of how many Unit Standards or Achievement Standards students are doing. If the fee is paid late, payments have to be made directly to NZQA and they incur a late fee of \$50.00. If fees are not paid, students still sit exams, but they will not receive their NCEA Certificate or their Record of Achievement. These are the documents employers, tertiary providers, scholarship providers, etc .. usually want to see. Any concerns or queries – phone Mr Smith at school on 765 6039.

Wayne Smith (Principal's Nominee)

Rugby Finals

Stratford High School students played this year under the colours of the Central Sports Club. The club has had a very successful first season with the Under 19 Premier 3 team (made up of all Stratford High School students) winning their division. The under 15 B team played in their final again a very large Boys High team but unfortunately lost.

The Under 15 A team were knocked out in their semi-final which made them the 3rd best out of 20 under 15 teams. A great effort by them. The Under 19 A Team finished a very creditable 5th in Taranaki. Rugby is alive and well in the Stratford area. The encouragement of the community for the Central Sports Club with involvement of all boys who live in the Central Area is also welcome. We look forward to



your support next year.

ART AUCTION

A very warm thank you to the Stratford art community who gave their works so generously for auction. Thank you to Sue Morton from the Percy Thomson Gallery for allowing us to use her gallery, to Polli Marriner, Stratford New World, Peter McDonald of McDonalds Real Estate, and to Mike Radich for his great French wine. The raffle for a cell phone was won by Tom Larkin with ticket number 321.

Items not sold on the night will be on display in the school foyer for parents and the community to view and make an offer on. Some items have been listed on Trademe for the next week.

Cool Parents – Teenagers.

This course aims to help parents create and maintain a positive and healthy relationship with their teenager. Material for this programme has been developed through 12 years research at University of Queensland and at other research centres and it is a nationally recognised programme.

The teenage years offer challenges for both teenagers and parents. Parents are supported to maintain a positive and healthy relationship with their teenage children

Cool Parents, teenagers includes the discussion of strategies around:

- management of good communication
- problem solving among family members
- siblings
- peer relationships
- eating habits
- drug use, smoking and other common challenges for parents of teenagers

Stratford Seminar details

Venue: Family Works, 88 Celia Street, Stratford.

Dates: 12th September 2008, 19th September 2008 from 1pm to 3pm each day

Facilitator: Sandi Cummings

Registration: Phone Rae Lyons on 06 765 0531 or 06 758 5037

Daffodil Day

A big thank you to all the students who participated in the Daffodil Day activities on Friday. The students were wonderful ambassadors for our school and we have received great feedback from members of the community who were at the luncheon or in the main street on Friday.

Year 11 Wood Technology

Year 11 Student Te Rangimaire Eru has recently completed a cabinet for audio visual needs. This cabinet shows thought in placement of individual elements and design including space for DVD storage and access for cables. Well done.



Several other year 11 students have completed their major project and photos of these items will be placed on the school website under the Year 11 Technology on the curriculum page.

New Caledonia Products Night

Thank you to all who supported this evening! We currently are running a raffle of Prenzel products which were donated after the evening to the group. If you would like a ticket they are available from the main office for \$1. The raffles on the evening were drawn and the winners are:

Groceries
Cheese Board
Avon
Liquorice
Rally NZ shirt

Mr Keenan
Mrs Dana Haszard
L. Gardiner
Lorraine McSweeney
Suzie Terry

Poutama Update

“Our Inspiration” is progressing well and form classes are busy working on their presentations. These will be judged at the end of the term and the winning form class will receive morning tea.

Shane Ardern Visits

The current Poutama Challenge is to create a presentation about an inspirational person of the form’s choice. His students invited Mr Shane Ardern to talk to them about his goals and achievements. They had planned several questions for him about tractors and steps, latest goals, greatest achievements... Mr Ardern encouraged students to set goals and work hard.



MP Shane Ardern spoke to students in His form class on Friday 29 August.

Making Mistakes And Learning From Them...

By Karen Boyes

Making mistakes is a great way to learn. Think about how a baby learns to walk. They pull themselves up, take that fantastic first step and... fall down. They pull themselves back up again and fall again. This learning process applies to all other tasks—reading, writing, maths, learning to ride a bike, roller skate or drive a car.

There are many fantastic examples from history that show how mistakes and failures can lead to success.

Did you know..?

- Michael Jordan failed to make his secondary school's basketball team'
- Walt Disney was fired from a newspaper, because he lacked "good creative ideas"
- Einstein could not speak until he was four and did not learn to read until he was seven.
- Beethoven's music teacher told him he was 'hopeless as a composer'

High achievers are made not born. They make mistakes and learn from them. Babe Ruth, world famous baseball player holds the world record for number of home runs hit in his lifetime 714. He also holds the world record for number of strike-outs. 1330. He has struck out nearly twice as many times as he has hit home runs, and he's the most successful at both.

When making a movie, a director will shoot as many 'takes' as necessary to get the best shot. Each time the scene is not correct the director calls it a mis-take and asks the crew to do it again, giving them a correction. This is a major key to learning from mistakes. To recognise where you went wrong and correct it. A six year old once explained this to me as a maze. 'When you come to a dead end, you go back and find out where you went wrong and take another path.'

Fear of Failure:

Many people are scared of failing and do not attempt new tasks and activities for fear of not getting it right. This is crazy. You can learn from making mistakes. Often people use excuses to stop them experiencing failure. Have you ever heard yourself (or people around you) saying something like this?

"Why should I study, I'm going to fail anyway"

"That teacher doesn't like me. He'll fail me no matter what I do"

"Why should I do anything my Mum wants? She thinks everything I do is wrong no matter what."

"Of course I'm not good at Maths, my Mum wasn't"

This negative self talk is not success talk. People who talk like this often sound tough and act as though they have everything under control. On the inside, their self confidence is usually really low.

In Mark Victor Hansen's Book *The One Minute Millionaire* he discusses a SNAP technique for eliminating negative self talk. Simply put a rubber band around your wrist. Every time you catch yourself having a negative thought, simply snap the rubber band. Ouch! He suggests you wear the band for 30 days, 24 hours a day. Give it a go. It works.

FEAR stands for False Expectations Appearing Real. It is when you think forward to a situation in your mind and see a negative outcome and bring this image back to the present and worry or get fearful about what might happen. It is a false expectation that you created in your head and then have made it seem real.

Anthony Robbins says "The past does not equal the future." Just because you failed last year, yesterday, or two minutes ago does not mean you will fail today, tomorrow or on your next attempt.

Fear of Success

Sometimes people fear being successful. What will people think? What if my friends don't like or respect me anymore. It's called the Tall Poppy Syndrome and is very common in New Zealand and Australia. Americans do not have this syndrome. Here's an example of how it works...

The American poppy grower goes out to his poppy fields one day and sees a single poppy standing one meter tall among all the other 30 cm poppies. The farmer is excited and rushes over to the poppy and thinks 'how can I get all my poppies to grow this tall?' The New Zealand poppy farmer goes out to his poppy fields one day and sees a single poppy standing one meter tall among all the other 30 cm poppies. The farmer rushes over to the poppy and taking a pair of scissors from his pocket cuts it down. Success is risky and it's also very exciting.

Home Application:

- Encourage your child to learn from their mistakes. When your child gets a test paper back, invite them to celebrate the correct answers and go back to learn the questions they answered incorrectly.
- Share examples from your own life and people students may know or have heard of that have made mistakes, overcome obstacles and fear to be successful.
- Create an environment in your home where it is OK to make mistakes and celebrate new learning.
- Practice positive self talk and spend twice as much time praising your child rather than reprimanding.
- Rename mistakes to Mis -takes or learning experiences.
- Remind your child of how the learning process works - with small and often subtle improvements. Positive results are not always instant.
- Continue to believe in the ability of your child no matter how many times they have failed or been in trouble.

Check out our website at www.spectrumeducation.com and shop online for books and educational resources.