



Sacred Heart  
Girls' College  
HAMILTON

# College News

ISSUE 7  
May 2018

AGE QUOD AGIS



## From our Principal

Tēnā koutou katoa  
Nga mihi nui ki a koutou

We have had a very successful Open Day, welcoming 155 families to tour our school and hear more about the rebuild after the fire. It was a joy to see the smiling faces of our potential students who have set their heart on Sacred Heart. Enrolments have now officially opened, and to be sure of a place for 2019, we encourage parents to submit enrolment forms before the end of June. If you know anyone considering enrolling with us, we would appreciate you passing on this message. A particular thanks to Caitlynn O'Toole, Student Well-Being Leader, who showed great initiative and service in her role of influence. We have had so much positive feedback from parents who were guided around the school by 'energetic', 'polite' and 'confident' young women. Watch out for details of further opportunities to 'Meet the Principal' and tour the school. We also appreciate the support of our Primary School colleagues, especially from our Kāhui Ako, who manage the interruption to their classes when Year 8s are attending our Open Day.

Congratulations to our Pasifika by Nature performers, who in partnership with St John's College students, did us proud last week. If you managed to get to the Fia Fia evening, you would have seen the dress rehearsal and the aiga who supported their daughters and sons throughout the preparation. Tutors, teachers, parents and friends all contributed to an outstanding performance on the day at Claudelands. Special mention of our Kiribati students who were awarded the Judges' Choice. Other outstanding achievements by individual students are mentioned in this newsletter: Nikita Raman, Deputy Head Girl, heading to Indonesia, Aylish Waldron appearing in a list of first place achievers that also includes our current Prime Minister, and Rachel Bluett, awarded District Cadet for St John's.

These students' achievements really do recreate the notion of 'success' and 'achievement' and I am pleased to see that current thinking within the Ministry of Education aligns with redefining student achievement, beyond exam results. I will be contributing to the Kōrero Mātauranga (Education Conversation) at the weekend, having been invited as a sector representative (along with many other Principals) to discuss the future values we want to see in the New Zealand education system.

May, the month of Mary, and Mother's Day this Sunday, always stirs childhood memories: my Grandmother, Mae, and my own Mother, Kay, soon to be 88, are never far from my thoughts, as I reflect on their presence and influence in shaping the person I am today. As we journey through the month of May we can reflect on the particular aspects of Mary as Mother of God: it was Mary who stood by her son Jesus in difficult and dangerous times; it was Mary who was there with Jesus in the presence of the poor, the homeless, the rejected and the oppressed; it was Mary who was the refugee who learnt a lot about welcoming and hospitality; and it was Mary who stood at the foot of the cross, enduring the greatest of suffering, the death of her son. It is no surprise then that the Mission Sisters continue to be influenced and shaped by the example of Mary in their pursuit 'to change the world'. Please continue to remember those mothers in parts of the world who face threats to their lives and to their integrity as women, in order to support their children: "May the love of mothers everywhere be an example to the world as it struggles for peace, love and unity. Thank God for mothers who give us an experience of the heart of God".

To all our Mothers, present, past and future, and to those who take on the role of 'Mother' in its many forms, thank you for your enduring commitment to shaping the lives of those who matter to us: 'Me aro ki te hā o Hineahuone-take heed the dignity and strength of women' (Proverbs 31)

Age Quod Agis  
Ngā mihi

## Our Vision

Ignite the Passion: inspiring young women to change the world - me aro ki te hā o Hineahuone.

We live the virtues of Faith, Hope and Justice.

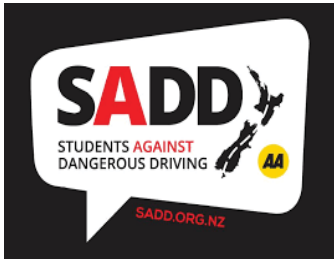
Our charism is expressed through **Communion, Contemplation, Mission.**

## ACHIEVEMENT IN CRICKET

Last week at the Regional Cricket awards, Olivia Day (Year 9) was awarded the MVP (Most Valuable Player) for U15 girls in the Hamilton Cricket Junior Division. Olivia was awarded MVP for her success in bowling throughout the season. Congratulations on this achievement Olivia.



## SADD CONFERENCE



During the first week of the past school holidays we were given the opportunity to attend a three day conference run by Students Against Drunk Driving (SADD). The purpose of the conference was to bring North Island students together to develop ideas and raise awareness about drunk driving.

Students were tasked with analysing on-road accident data and then challenged to create an activity that could be used in their school. We were very grateful to be involved in this conference and we would like to thank Mihi Bennett-Smith, who sponsored us to attend.

Leilani Gerber and Moya Fernandez

## TERM TWO UNIFORM - REMINDER

A reminder that students are now expected to be dressed in Winter uniform which includes the usual skirt, blouse and blazer but now also with the compulsory black leather shoes and black tights. A school jersey and a school scarf may also be worn but are optional pieces of uniform. Year 13 students must also wear a tie.

## CONGRATULATIONS AYLISH WALDRON



Aylish Waldron, Year 13, represented the College at the recent United Nations Waikato Region Speech Contest. The topic was "How should we balance climate change issues versus economic growth in New Zealand. Are they mutually exclusive?"

From a field of strong speakers, Aylish was announced the winner and will represent Waikato at the National final in Wellington on 18th May. We congratulate Aylish on winning the regional competition with her well-researched and presented speech. We also wish her well in the National competition.

## CAR PARKING

Thank you for your continued patience with the ongoing parking shortage as the school continues to undergo building work.

Please use the designated parking area behind the Chapel (opposite the school on Clyde Street) for visitor parking if required. Access is via Notre Dame Court.



## WHANAU DINNER

Please note that the He Ngākau Noa whānau dinner is scheduled to be held during June. A date for this event will be confirmed after the Maori & Pasifika Hui (16th of May). Further details to follow.

## HOMEWORK CLUB



Our after school homework club has commenced this term providing a quiet, warm and cosy place to work on school tasks, read or access computers. Please feel free to come along to Room 225 on Wednesday's from 3.15 to 4.15pm. Drinks and bikkies provided!

Ms Morriss

## ATHLETICS - TERM ONE ROUND UP

During Term 1 a number of our students did our school proud in athletics.

We had 29 girls compete at the Central Zone champs at Porritt Stadium where we achieved 8 firsts, 6 seconds and 3 thirds. We also had 11 top 5 finishes and 4 zone records broken.

Krystie Solomon broke the Intermediate girls 800m record, Kayla Goodwin broke the senior girls 100m hurdles, the senior girls triple jump record and our junior girls 4x100m relay team (Kiana Pohe-Bright, Zoe Keenan, Zara Ludbrook, Sophia Wenceslao) also broke the record.

We had a total of 17 girls qualify for the Waikato Bay of Plenty Secondary School champs in Tauranga and once again Sacred Heart did extremely well gaining 7 firsts, 4 seconds and 1 third. As a result we had 6 girls qualify to represent Waikato Bay of Plenty at the North Island Secondary Schools in Whanganui; Kayla Goodwin, Krystie Solomon, Kiana Pohe-Bright, Zoe Keenan, Ruby Sinclair and Alana Oliver.

From this group Krystie won the intermediate girls 800m and Kayla won the senior girls triple jump and the 100m hurdles. Kayla also placed second in the long jump and third in the high jump. On top of this we had Kiana and Zoe place third in the 4x100m relay. This just goes to show that all the hard work and dedication put in by these girls has paid off. You've really done Sacred Heart proud!

## UPCOMING DATES TO DIARY

- 16th May - Maori & Pasifika Hui
- 18th May - University of Waikato Open Day
- 20th May - Pentecost Sunday
- 25th May - Wintec Open Day
- 27th May - Trinity Sunday - Parish Mass
- 28th May - Board of Trustees Meeting
- 29th May - Mission Trust Board AGM
- 30th May - Haka/Waiata House Competition
- 31st May - Full School Mass - Feast of the Visitation

## SCHOOL BUS CHANGES - FURTHER REMINDER

The Ministry have advised that the Cambridge school bus service will be discontinued as of the end of Term 2, 2018 and the Morrinsville service will continue until the end of the year with a review date of July 2019. Apologies to students this may affect.

## SCHOLARSHIP SUCCESS



Congratulations to Nikita Raman for being selected by Royal Society Te Apārangi to attend The Asia Science Camp (ASC) in Manado, Indonesia on 3 - 9th August.

Nikita is one of only 5 New Zealand students selected by Royal Society to attend this annual event that aims to enlighten science-talented youths through discussions and dialogues with top scholars and technologists from around the world.

The ASC also promotes international friendship and cooperation and will include plenary sessions, parallel discussion sessions, social activities and excursions.

Nikita's selection is a remarkable achievement, well done!

## NCEA FEES

If your daughter is sitting NCEA this year you will have received an invoice of \$76.70 for fees that are due no later than August 30th. If you believe you qualify for financial assistance in regards to NZQA fees please contact the Accounts office on ext 2827 for an Application form to be sent out.

## ROWING - TERM 1 ROUND UP

The SHGC rowing programme prize giving took place on Sunday April 8th to celebrate the end of a great season of rowing and to recognise the effort and commitment that all the girls put into the season. The following girls received awards:

- Novice Rower of the Year – Brooke Pitchford
- Junior Rower of the Year – Sinead Cooper
- Intermediate Rower of the Year – Quinn Tierney
- Senior Rower of the Year – Milla Bell
- Dedication to Rowing – Caroline Maggof
- Coxswain of the Year – Niamh Cooper
- Most Improved for the Year – Madeline Stephens
- Crew of the Year – U16 4 (Sinead Cooper, Quinn Tierney, Milla Bell, Louise Goodwin)
- Captain's Trophy – Niamh Cooper

Olivia Ikinofu, Caroline Maggof and Niamh Cooper each received an oar rowing pin for their 4 years of commitment to SHGC rowing.

We would like to acknowledge and thank those who gave a significant amount of time and energy to the rowing programme.

## ENTERTAINMENT BOOK - FUNDRAISING

We are fundraising for the College and you can help! Order the 2018/2019 Entertainment Book OR Entertainment Digital Membership and you will receive hundreds of valuable offers for everything you love to do. For further details please contact: Gina Marcum: gmarcum@shgcham.school.nz or phone 07 856 7874



Waikato  
and Bay of Plenty  
Entertainment  
2018 | 2019  
SEE WHAT'S INSIDE...

## IMPORTANT DATES

### Wednesday, 23rd May

The Post Primary Teachers' Association has notified the Board and the school that they are holding a regional paid union meeting on Wednesday 23rd May. All staff members who are members of PPTA are required to attend this meeting.

Normal timetabled classes will not be able to take place from 12.30pm. To minimise disruption, if students wish to remain at school after 12.30pm, there will be a limited number of non-union staff available to supervise students.

In order to plan for sufficient supervision, please contact the Student Centre on 856 7874 ext 2852 if your daughter requires supervision for this afternoon.

Buses:

The Te Awamutu bus will collect students from school at 12.30pm.

The Te Aroha, Morrinsville and Melville-Pirongia-Te Pahu bus will collect students from school at 12.30pm.

The Ngaruawahia-Huntly bus pick-up time is yet to be confirmed. We will contact student families affected, when details are known.

All other buses (including: Tamahere-Matangi, Cambridge and Gordonton-Taupiri buses) will run at their normal time.

### Friday 15th June

This is a Student by appointment only day. If your daughter wishes to arrange an appointment with her Dean, a Teacher or a Deputy Principal, she can do so by contacting the appropriate staff member.

## PARENTS CORNER

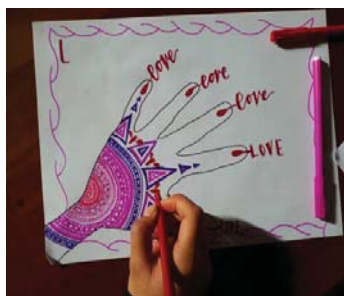
The role of parent is the most important, most challenging and most rewarding we can experience, a role for which there is little training. We've included a guideline to support parents in nurturing their child's mental health. If there are any issues that you wish to discuss, you are welcome to contact our counsellors on Ext 2809.

### How to nurture a child's mental health

1. Actively listen before offering your advice
2. Be patient
3. Share your feelings and validate theirs
4. Tell the truth
5. Model healthy behavior
6. Surround them with healthy adults
7. Be consistent and follow through with what you promise
8. Teach them how to be safe
9. Believe them and in them
10. Use open ended questions
11. Practice relaxation exercises together
12. Have scheduled family time
13. Limit electronic time for everyone
14. Reach out and hug them
15. Model forgiveness
16. Respond calmly when their emotions are elevated
17. View their behavior as a window to their needs and feelings
18. Make play and exercise a requirement
19. Be present
20. Recognize positive choices
21. Set and respect boundaries

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## YEAR 9 RETREAT



On Friday, 4th May the Year 9's had a Retreat. To start off the day, each house said a prayer. While the prayer was being said, two people from each house brought up a candle and placed it on the prayer table. We did many activities during the day, including: hand art, colouring in, learning about our House Patrons and much more. We also

attended mid-day Mass and had a shared lunch. Overall it was a really fun day and we learnt what it means to be a part of Sacred Heart.

Katelyn Holmes and Jade Luxton

## PINK SHIRT DAY



Pink Shirt Day is coming up on Friday 18th May as part of Anti-Bullying Week (Week 3, Term 2). This is a day that many New Zealanders participate in to represent taking a stand - speaking up and standing together to stop bullying.

We too will join with other schools to support this initiative. So how can you get involved? Please come to school in PINK on Friday of Week 3 to show your support. During CCM times students will be involved in activities that focus on being kind to one another, as well as talking about and extending our understanding of what bullying looks like. Students will also be encouraged to consider what roles they can take-up in support of anti-bullying. Our student well-being team and well-being leader are committed to promoting this initiative within our school community in order to engage students to think, learn and talk about working together to take a stand against bullying.

## OPEN DAYS



May 18th - Waikato University Open Day:

We would encourage Year 13s to take advantage of this opportunity. Even if they are not planning on attending Waikato, it is still worthwhile going and

getting a feel for how universities work.

This is a great chance for Year 13 students to gain firsthand experience of university life, spending a day on campus and exploring study options. Opportunities include information sessions, attending mini lectures and workshops, talking to current students and taking guided tours.

A Google form will be sent out to Year 13 parents this week to confirm student attendance on the day. We have registered as a school so students DO NOT need to register individually.

<https://events.waikato.ac.nz/events/open-day-2018>

May 25th – Wintec Open day 9am-1pm

This is a great opportunity for Year 12 and 13 to explore the vibrant Wintec campus and hear about courses on offer, their facilities and to meet graduates of Wintec who are working out in the industry. If your daughter is attending this day, please contact the school directly to explain her attendance.

<https://www.wintec.ac.nz/about-wintec/events/event/2018/05/24/default-calendar/open-day-2018>

## WINTEC VISITS:

Joseph Monise, our Wintec liaison advisor, visits Sacred Heart twice a term on a Friday lunchtime for students to drop in and ask any questions they may have about courses, pre-requisites, entry requirements etc.

Term 2	Week 2	11th May
	Week 8	22nd June
Term 3	Week 2	3rd August
	Week 8	14th September

## OTHER UNIVERSITY INFORMATION



We've had visits from many of our tertiary providers already in Term 1. Now is the chance for students to attend specific open days to visit campuses and get a feel for the university and city they are considering going to.

## OPEN DAYS 2018

7 May	Otago University and Polytech
18 May	Waikato University
25 May	WINTEC
12 July	Canterbury University
1ST August	Massey University (Palmerston North)
11TH August	Massey University (Auckland)
25TH August	Auckland University and AUT
31ST August	Victoria University and Massey University (Wellington)

## UNIVERSITY INFORMATION EVENINGS

This is the opportunity for students and parents to find out more about the universities and ask any questions they may regarding courses, facilities, halls of residence, scholarships etc.

UNIVERSITY	VENUE	DATE AND TIME
Canterbury	Claudlands Events Centre	6pm, May 23rd
Massey	St Paul's Collegiate	6pm-7.30pm, June 7th
Victoria	Claudlands Events Centre	6-8pm, July 4th
Auckland	TBC	August 1st

Otago University only have an information evening in Auckland on Tuesday 19th June.

Please register to attend these events on the universities' websites. Many of the universities and other tertiary providers will be at the Careers Expo and we encourage students and parents to attend this too. For more details regarding the Careers Expo visit: <https://www.careersexpo.org.nz/>

## ST JOHN'S CADET OF THE YEAR



Congratulations to Rachel Bluett who was awarded District Cadet of the Year for Waikato district and also recently competed in the National Youth Festival in Nelson, placing 3rd in her individual test and 1st in her teams trauma test. An outstanding achievement Rachel, well done.

## INTERNATIONAL NEWS IN BRIEF

Please join the International Department in welcoming Jiawen Luo from China. Jiawen has settled in very quickly and is enjoying her experience of Sacred Heart Girls'. Ms Mellsop is attending the SIEBA Hui later this month and Mrs Radice will be travelling to China to promote our school and engage more international students.