



From our Principal

Tēnā koutou katoa
Nga mihi nui ki a koutou

Proverbs 31: 25: "She is clothed with Strength and Dignity and she laughs without fear of the future"
me aro ki te hā o Hineahuone

The publication of this pānui coincides with International Women's Day and what better way to acknowledge it than to honour our own young women who grace this school every day, doing things, great and small, for the benefit of others, the Church and the world. The message of our College vision is to inspire and empower our young women to be the generation who will shape our world towards justice and peace. A large part of that is the collective responsibility we have to build a gender-balanced world. We are fortunate to live in a part of the world where the right to education and the right to participate in society can be claimed. However, we also know this is not the case for all. Therefore, the empowerment of women, as we have seen through the vision of Euphrasie Barbier and her Mission Sisters today, is an essential contribution to social transformation and justice. At SHGC, we want your daughters to see, judge, act and influence the world as Women of Faith, Hope and Justice. We are always encouraged to hear where their places are 'beyond the school gates', where gender-balance can change the world: Boardrooms, Government, Politics, Media, Law, Science, Education. In these spaces and others, we notice the absence of balance and celebrate its presence; the world is a better place with poise, stability and steadiness...me aro ki te hā o Hineahuone! As the first term gathers momentum, your daughter may begin to take up opportunities at lunchtime and after school.

We have extended our lunchtimes to 50 minutes (three days a week) so that clubs and activities can take place and still allow students to have a proper break, eat well, energise and participate. Our earlier finishing time also allows for after school activities to finish at a reasonable time. We believe this contributes to a healthy environment where students can be engaged with after school clubs and sports and still be home at a suitable time. We will continue to monitor the impact of these changes and make necessary adjustments. Feedback from our students is very positive, however, the sun is out and minds may change like the weather! It is also worth noting that senior students, particularly Year 11, will start to see an increase in workload as NCEA internal assessments start to become due. This is the time when your daughter's Learning Mentor/Coach, through Ako, becomes crucial to supporting her wellness and achievement. Encourage your daughter to share her learning and coping strategies with her Mentor as well as her concerns. A good place to find additional support for NCEA is the website learncoach.co.nz. The basic plan is free and worth a look. I mentioned in the last pānui that I will be on Sabbatical Leave from March 22 until June 17. This will enable me to attend a conference in Thailand on global school improvement and leadership as well as have time at home with my whānau. While I am away, Mrs Cat Roberts (Deputy Principal) will assume the role of Acting Principal and Mrs Daisy Morris (DRS) will be Acting Deputy Principal. I am grateful for their 'Yes'.

It is now the Season of Lent, and at Ash Wednesday services all over the world, Christians pray for the humility to walk back into the open arms of our God. Although Lent has always been a time of fasting, praying and almsgiving, there is also a contemporary context for this season of personal reflection and preparation: can we 'give up' some of the things we normally indulge in to create more space in our day to honour our Faith? Instead of giving up chocolate, can we grow in compassion and kindness for our neighbours, near and far? Can we create space in our day for the Hope of contemplation in the knowledge that when we honour the presence of God, it brings light to our own life as well as to those around us?

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.**

Can we give joyfully and freely, rather than reluctantly, so that when we look into the eyes of our sisters or brothers in poverty, Justice prevails, as we seek to understand their hopes and struggles? And like most things in the contemporary world, there's an App for that! You will find it at Food for Faith (on Facebook). Pope Francis encourages us in his Lenten message this year to stand beside our sisters and brothers in need 'sharing our spiritual and material goods with them'. If you get the opportunity to support the St Vincent de Paul Society, you will be at the heart of community: Faith, Hope and Justice. Wishing our rowers and paddlers all the best on the water and in the waka this weekend.
Age Quod Agis.

CURRICULUM NEWS

ACADEMIC EXCELLENCE

Congratulations to our Top Scholars! At the first Academic Assembly we acknowledged the following students who excelled in NCEA in 2018.



Scholarship

We congratulate the following students who received individual subject scholarships:
Sophie Vosper - Accounting
Aylish Waldron - Economics

NCEA Top Scholars – The Top Scholars in each level were determined by calculating the percentage of Excellence credits the students received in 2018.

NCEA Level One

		% of Excellence Credits
1	Sophie Young	82.8
2	Lucy Muldowney	78
3	Erin Tickelpenny	77.3
4	Clarice Bitac	69.9
5	Zoie Virtudazo	65.9
6	Gloria Dutiyabodhi	61.6
7	Alisha Jacob	60.5
8	Myella Abulencia	60
9	Pippa Johns	59.7
10	Nina Anderson	59

NCEA Level Two

		% of Excellence Credits
1	Angela Glover	88.9
2	Jasmina Singh	79.2
3	Isla Allen	75
4	Claudia Fransen	73.5
5	Elise Eaton	73.4
6	Priya Thomas	73.3
7	Natalie Teng	72.9
8	Charlotte Chatwin	72.6
9	Shania Bonenkamp	68.7
10	Nina-Rose Campbell	67

NCEA Level Three

		% of Excellence Credits
1	Katie Sullivan	89.2
2	Nikita Raman	79.4
3	Aylish Waldron	71.4
4	Sophie Vosper	71.3
5	Divya Jose	71.2
6	Jamie Nobilo	69.2
7	Jazmine Fomotor	68.8
8	Phoebe Wadham	67.3
9	Caselle Hutt	66.2
10	Petrina van Bysterveldt	65.3

We also recognized top academic performance that is repeated throughout a student's time at Sacred Heart.

Silver Academic Excellence awards made to students who have been Top Scholars for two years, and Gold Academic Excellence awards are made to those students who have been a top scholar for all three years.

Academic Excellence – Silver Award

The following students have been in our Top Ten for two years:

	Level 2 2018	Level 1 2017
Shania Bonenkamp	9	4
Priya Thomas	6	3
Claudia Fransen	4	1
Jasmina Singh	2	2
	Level 3 2018	Level 1 2016
Aylish Waldron	3	7

Academic Excellence – Gold Award

The following students have been in our Top Ten for three years:

	Level 3 2018	Level 2 2017	Level 1 2016
Divya Jose	5	1	2
Nikita Raman	2	4	3
Katie Sullivan	1	3	1



NCEA INFORMATION

Students in Year 11-13 have been given information regarding assessment requirements for NCEA. Alternatively, you can access this information from our school website. You are asked to read this information carefully, and then sign the Authenticity Agreement and ask your daughter to return it to her CCM Companion. I would like to emphasise the paragraph that relates to authenticity and reiterate that students who copy the work of another student, allow their work to be copied, or pass off the work of another as their own, will receive a Not Achieved grade and will not have a further assessment opportunity.

Cushla Jackson
Deputy Principal - Curriculum

SPORTS ACHIEVEMENTS

Water skiing

A big congratulations to Paige Arnott a Year 9 student at our College. Paige has been selected to represent NZ in Water Ski Racing. She is in the Under 20 NZ Water Ski Racing Team and will be travelling to Metung, Victoria, Australia in the April school holidays to compete in the Trans Tasman Challenge. Paige recently skied at the Blue Lake, Rotorua and placed 3rd overall in the 30-mile race open class, she was the 1st Under 19's, 1st Under 16's and 1st Under 13's. She heads to the North Island Champs in Wellington next week. What an amazing commitment and such an achievement - so inspiring!



Futsal

A group of enthusiastic footballers took part in the Senior Girls Futsal tournament last Saturday. They were by far the youngest team there, with all the girls, except one, being Year 9. They played against much older girls and placed 4th out of 5 teams, after the round robin. They then played off for 4th and 5th place, which ended in a 2 all draw, this took them into a penalty shoot-out which they won to proceed to play for 3rd and 4th place. They lost this game to place 4th overall. Thanks to all the parents for supporting the girls and to Geordie Humby's Dad for coaching them.

If you are keen to play football for the season, make sure to come to the trials next week; Tuesday 12th and Thursday 14th March, 4pm, Flynn Park. Wear suitable clothing, including socks, shin pads and football boots.



Athletics

In recent months, Krystie Solomon has participated in senior/open "classic" track meets throughout NZ. These events are for high performing athletes and comprise some of the best athletes from New Zealand and overseas. She has also been invited to participate in several other meets and has twice been asked to 'pace' over shorter distances for two NZ Olympians in their quest to qualify for world competitions.

Recent 800m Results (Open Womens grade):
Wellington Capital classic - 5th (2.14)
Hastings Potts classic - 3rd (PB of 2:10.82)



At only 15 years of age, Krystie is the current NZ U18 800m champion and has a ranking of 8th fastest female athlete over this distance this year. She is also ranked in the top 5 in the U18 age group for the 400m (1st in her age). This week she aims to defend her NZU18 title at the Jennian Homes NZ Track and Field Championship in Christchurch. We wish her all the very best.

Central Zone Athletics

On Tuesday 5th March, I had the pleasure and privilege to take the SHGC Athletics Team to the Waikato Central Zones Athletic Championships. Whilst we were blessed with the dry weather, it was extremely hot and made competing at a high level challenging. However, this did not deter our young women from giving it their best, competing against some very formidable competition and achieving some outstanding results. From this Central Zones Competition, if placed in the top six for their chosen discipline, students qualify to advance to the Waikato/Bay of Plenty Championships on Saturday 23rd March at Porritt Stadium.



Overall we had 22 of our 40 strong team qualify for Waikato/BOP Champs, which is an outstanding effort. Our results on the day were outstanding and can be viewed on the following link: <https://wsss.org.nz/athletics/track-field>

A special congratulations must go to Kayla Goodwin who broke the long standing triple jump record from 1989 of 11.42 by 80cm, jumping 12.22!

If you can, get along to Porritt Stadium for the Waikato/BOP Championships and support our superb athletes.

INTERNATIONAL NEWS

Marketing our wonderful school is a great privilege. Here I am in Thailand with Donald Stark (Dean of International Students, St John's College). Whilst travelling we meet with agents as well as visiting parents and prospective students. I am looking forward to meeting agents in Taiwan and Cambodia, two new markets we are visiting. Our diverse international business is definitely growing.

We welcomed three German exchange students this week and all our students are settling in very quickly to life at Sacred Heart. Many thanks to the School community for supporting our girls.

Julie Radice

Director of International Student Marketing



BOT ELECTIONS

If you can share your skills you can be a trustee

YOUR RETURNING OFFICER IS:
W McLeod
Sacred Heart Girls' College
52 Clyde Street
Hamilton East
Hamilton 3247
07 856 7874
wmcleod@shgcham.school.nz



For more information follow the link below.
Link: [School Trustee Elections](#)

Becoming a school trustee could be one of the most rewarding roles you have.

Being a school trustee is an important role that needs people with a range of skills and experiences, who believe in making a positive difference to our children's learning. Step forward and nominate yourself or someone you know by filling out a nomination form available from your school. Learn more at www.trustee-election.co.nz

BOARD ELECTIONS

Board elections are being held on Friday 24 May, 2019. The Board of Trustees is hosting a drop in session for anyone considering putting their names forward for Parent Representative positions on the Board. This is also the ideal opportunity to find out what is involved in becoming a Parent Representative.

The session will be on Monday 8th April 2019, between 6-7pm, in the St Catherine's room, located in our main Administration block, entry off Clyde Street. Parking is also available behind the Chapel across the road (entry via Notre Dame Court). If you have any queries please contact the Board Secretary, Mrs Vivienne Leddy on 07 856-7874 ext 2856.

NZ UNIFORM



Sacred Heart PE Tops have arrived and are available for purchase.

LOGOS

At the end of January, a group of girls from Sacred Heart, along with a few boys from St John's College were invited to attend the 2019 LOGOS Salt and Light Retreat. The LOGOS Project, who organised and ran the retreat, are a Marist Youth Development group based in Auckland. The retreat was held in the Kauaeranga Valley, near Thames, and there were about 30 other year 13 student participants from many Catholic secondary schools in Auckland. The theme of the retreat was 'Salt and Light' and we were encouraged to embody these things for others. The salt represents how each of us brings our own flavour, while the light symbolises our ability to be a light for others. This was especially pertinent to us as we embark on the new school year as Year 13 student leaders. The retreat was an incredible experience for all of us, as we not only learnt more about what it means to be a true servant leader, but we also met some amazing students from the other schools. We were also fortunate to attend the Auckland Diocese Youth Mass on the 24th of February, where we received a blessing. We would like to thank the LOGOS team for being so accommodating, and Sacred Heart and Mrs Brebner for enabling us to go on this retreat.

Claudia Fransen

DUKE OF EDINBURGH GOLD

Duke of Ed Gold has arrived already. Our training started off after school, and the whole ambience of it was very relaxing and to some extent contemplative. We tramped the Nikau Walk in Mt Pirongia for



45 minutes and arrived at our beautiful campground. We set up our tents and started organising for dinner. All through the day, we had talks about various aspects of safe tramping such as what kind of food to bring, to be cautious when cooking and also learning about the Maori tales behind Pirongia and noticing the unique flora and fauna that surrounded us. We were a small group of 4 girls this year and because of that, we had the opportunity to have some late night adventures with our teachers, Mrs Cooper and Mrs Wolff. We attempted eeling in the stream nearby, but alas came back empty handed! Then later, we went into the Kaniwhaniwha Caves and for everyone that was the highlight of our tramp. The caves were very narrow, pitch dark and water was streaming under our feet. But it was an experience that was thrilling and definitely unforgettable. We came back to our tents, enjoyed the surreal starry sky and went to sleep.

On our last day, we practiced some First Aid and some bivvy building, and got a sign of approval from one of New Zealand's foremost orienteering experts. To end off our training before heading back home, we did some off track navigation which included practising river crossing techniques. We tramped



back to our van, all content with what we had recapped over the weekend. The girls and I are grateful for Mrs Cooper, Mrs Wolff and Ms Mac who have played a huge part in making us the confident young women we are today. We thank you.

Alisha Jacob

OUTWARD BOUND

Before I went to Outward Bound, I didn't know what to expect. I was clueless, excited and scared because not only was it my first time being on a plane, and leaving my family for a long period of time, but because of the journey I was about to embark on.



On the flights to Picton the suspense was building. I had not realised that I was going to a place where every aspect of my well-being would be challenged. I have no words to describe my feelings of my remarkable journey that you had to experience it in person.

Cobham Watch 649 was my home, where I spent all my time with people that became my brothers and sisters, where I learnt that it is okay to open up to people who were strangers and from all over the world, where I felt safe. Cobham Watch 649, a group of people who have become close to me, they have seen me at my best and worst. They are my family. Outward Bound offers a home where no one is judged, where love and positivity is in the air, where Marcel the chef cooks delicious food, where instructors become your parents.

Outward Bound challenges every aspect of your well-being. It is how you respond to situations that will determine what kind of person you are. This place that was unknown to me became my home for three weeks of my life. Home, far away from home. Outward Bound has helped me in so many ways and there is no way to show my gratitude, other than to continue what I have learned and to apply it to my everyday life. Thank you Outward Bound, Cobham Watch 649 and my instructors Jo and Andy, you have truly left your mark in my life.

Tietie Kaninteang

Outward Bound is an amazing experience that will help you grow and develop as an individual and with others. I went into Outward Bound not knowing what I would be doing for the next 21 days. Every day is a different experience. You are always challenged physically but most of all mentally. My highlight from Outward Bound was the food. Every night for dinner we had a different meal and a new dessert. The things I took away from Outward Bound was my mind-set towards things, instead of being fixed on a certain thing or way of doing something. I have a deeper understanding about how other people live their lives compared to how I live mine and the different challenges they face every day. I believe Outward Bound has changed me for the better. I am much more confident speaking to large groups and have definitely started to give new things a go, with the help of the new friends I made on my journey.

Janaya Kaho



ENTERTAINMENT BOOKS

We are fundraising for a set of 16x Laptops – for full-school use. Pre-order your 2019/2020 Digital Entertainment Book Membership, or Entertainment Book, and you will receive hundreds of valuable offers for everything you love to do. By ordering now you will also take advantage of the bonus Early Bird Offers, while they last.



HURRY! Bonus Early Bird Offers. Limited Time Only.

Click on the link below to order your membership NOW!!

Link: Entertainment Books

For further details please contact Nic Davis: hearts@shgcham.school.nz or phone: 856 7874 ext 2801

GATEWAY



Thank you to New World, Hillcrest and the butchery team, for providing Ella-Mary Playle with a wonderful opportunity and supportive environment to explore butchery through the Gateway programme.



WE NEED YOU!



We are seeking Coaches and Managers for the following codes: Netball, Hockey, Football, Touch and Lacrosse. If you would like more information, have any questions or are keen to assist, please contact Mark McAlley, Director of Sport Development – 856 7874 ext 2837.

STUDENT ABSENCES

For all Student Absentees, including away from school, appointments or late to school, please report to the following:

Email: absences@shgcham.school.nz

Phone: 07 856 7874 ext 2852

FREE PARENTING
HELPLINE
0800 568 856

all issues – all ages
9am – 5pm, 7 days a week
www.parenthelp.org.nz



EOTC PERMISSION FORMS

As a College we are moving towards emailing request forms to receive Education Outside of the Classroom (EOTC) parental/caregiver permission instead of sending forms home. This reduces the use of paper and we do believe this will be a more efficient option going forward. Feedback indicates that in some instances the Google Doc request form is finding its way into your Spam folder. Please check Spam to ensure you do not miss any important communication, particularly if you know your daughter is seeking permission to take part in an EOTC activity. Thanks for your patience as we implement this initiative.

SCIENCE CAMP

In December last year, I travelled to the University of Canterbury for the UC Science Summer Camp. UC is focused on geology and geography, especially since the earthquakes. I spent a little under a week on campus at the Rochester and Rutherford Hall attending field trips and lectures with 59 other Year 11 students from all over New Zealand.



We went on a two hour trip out to a field station known as CASS in the middle of nowhere where we learnt about the surrounding mountains and the effects of different environments on plants. These mountains were about 200 million years old and used to be covered in ice. We went to different labs looking through microscopes at bacteria and algae. We looked at the samples we took from CASS and tried to identify bugs that we got from the waterways. We also extracted DNA from a strawberry with everyday equipment. On the last day we talked about psychology, learning about sleep patterns and designer drugs. We learnt that scientists conducted an experiment which led to them to discover that you only need 9 hours and 15 minutes of sleep exactly. We also learnt about the different effects of drugs on human brains and how many cause long lasting pathological damage.

After lectures we went out around the city and had movie nights on campus. When we went around the city we saw how the earthquakes impacted the land. We also visited the West Melton CAS (Canterbury Astronomical Society) unfortunately it was raining so we weren't able to see the stars!

It was one of the best experiences of my life, I've met people that I possibly never would have and I've made friends that I'm so grateful to have. Going to the University of Canterbury has shown me an opportunity for the future that I never would have thought of.

Angelique Delpont

SHGC SCHOLARSHIPS

The Board of Trustees is pleased to announce the following scholarships available for 2019. The scholarships require a Letter of Application, from the student, and endorsement as outlined. Please provide evidence to support your application: eg certificates, school reports, results etc. Applications must be submitted through this form.

Link: [Scholarship Application form](#)

Applications must be received by 31st March 2019.

FROM THE ARCHIVES

Alumnus, Jessica Cliff (nee Kelmere) was a SHGC student from 2003 to 2007, and in this Year of Hope and Contemplation, where anything is possible, she is a shining success story. Jess says that her time at SHGC helped her develop the anything is possible attitude by 'allowing me to be an individual and following the paths I was interested in, rather than only offering the one size fits all approach.' After Year 13, Jess went on to study at the University of Waikato, completing a Masters of Behavioural Psychology with First Class Honours and a Post-Graduate Diploma focused in Industrial and Organisational Psychology. She is now the Human Resources Manager for Kinleith Mill with Oji Fibre Solutions. 'This keeps me very busy as there are 500 employees at Kinleith that fall under my area of responsibility. I manage multimillion dollar strategic projects and am on the executive leadership team for Kinleith Mill – the youngest person and only female.' Jess is also an invited member of the Golden Key International Honours Society, placing her among the top 15% of international scholars. Whatever Jess does, she does it to the best of her ability, fulfilling the SHGC ethos – Age Quod Agis. 'I think if you are going to do something you should fully commit or not invest your time at all.' The friendships Jess made at SHGC have also had a lasting impact on her life. 'I met my best friend in Year 10,' she says, 'and we have carried that friendship through university together and into our work careers.' If you have any stories, photos, or memories that you'd like to share, then please do get in touch with me, Kirsten Elliot, by calling the school library on 8567874 ext. 2813 or emailing kelliot@shgcham.schol.nz

Kirsten Elliot, College Archivist & Alumni Administrator

Jessica (back row, centre) in 2003, Year 9



Basketball U16B

Back Row: Orini-Lee O'Brien, Jessica Kelmere, Nicole Nooyen
Front Row: Whitney Meagher, Jade Maikuku, Maggie Rolton, Kyrstene Te Moni, Sarah Anne Corr

UPCOMING DATES TO DIARY

13th March	PTFA Meeting
21st March	Swimming Sports Waterworld Te Rapa
25th March	Summer Tournament week
29th March	Students by Appointment only Day
4th April	Junior Meet the Teacher Evening - Hall (5.00-7.00pm)
8th April	Junior Meet the Teacher Evening - Hall (3.30-5.30pm)