



South Otago High School

Newsletter 12th March 2020

Nga mihi mahana ki a koutou katoa
Warm greetings to you all

Dear Parents/Caregivers

Kia Ora Tatou

This week has been a little quieter than usual with half the Year 10 students being away at Tautuku along with a number of Year 13 students who are supporting them. More on the camp in this newsletter.

About school the progress on the redevelopment of the Pomahaka Block continues and we are starting to look at new furniture and equipment ready for when we move back in. I am currently consulting with staff and students as to what they would like to see the new facilities equipped with.

Special assessment conditions and dyslexia testing

Teachers are being asked to identify students who they believe may benefit from special assessment conditions (SAC) in the forthcoming NCEA assessments. I am aware that a number of families are also being proactive in gathering evidence to support SAC applications. Such assessments for learning difficulties, which may be conducted outside of school, may come at a financial cost to families. NZQA require that assessors have very specific qualification for such assessment reports to be valid and acceptable. Parents can ask assessors if the report they will be given is acceptable evidence for NZQA to confirm SAC.

Before proceeding with any sort of assessment I strongly encourage parents to contact the school to determine what information is required. Also what evidence is acceptable to NZQA who will approve or decline an application. At school please contact either:

Amanda Smith (NZQA Principal Nominee)

Keren Wright (Learning Support Teacher)

Parents may also like to read the information provided by NZQA at:

<https://www.nzqa.govt.nz/providers-partners/assessment-and-moderation-of-standards/managing-national-assessment-in-schools/special-assessment-conditions/info-for-parents-caregivers/what-are-sacs/>

Complaints procedure

Each year Mrs Bloxham visits each of the mentor groups to discuss the South Otago High School complaints procedure. During the last week she has met with about half of the mentor groups with remainder scheduled for the next week or so. In this newsletter we have provided a copy of the complaints procedure for parents to refer to in case they have any concerns that they wish to raise.

Pandemic plan

Our school staff and leadership remain well prepared for the possibility there might be a case in our

community. If that were to occur we are confident we can put our plans in place and know we will be supported by regional health authorities and the Ministry of Education.

This week I have spent time talking to students about how they can best protect themselves against infections and also what we are doing as a school to preserve their health and well being.

I am sure you are all keen to do what you can to prevent risk of infection. The best preventative steps are:

- wash your hands often with soap and water for at least 20 seconds and dry thoroughly
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid sharing anything that has come in contact with saliva, whether in your living or social environments (no sharing of drink bottles, spitting etc.)
- stay home when you are sick and seek medical attention
- cover your cough or sneeze with a tissue, then throw the tissue in the rubbish
- get adequate sleep and eat well-balanced meals to ensure a healthy immune system.

You may also be interested to know that research published by the World Health Organisation notes that children and young people under 18 account for only 2.4% of all reported cases of Covid-19. This means we are unlikely to see widespread cases in schools and early learning services in New Zealand.

The Ministry of Health's current advice is that with continued vigilance, the chance of widespread community outbreak is expected to remain low. So we all have a role here to minimise the spread of Covid-19.

Our school values continue to play an important part in all our activities. A reminder they are Respect, Excellence and Perseverance. It is so important we continue to care for and support all members of our school community, especially those who may be impacted by Covid-19 in some way.

Shave for a Cure

Each year a number of students and some staff help raise funds for Cancer Research by participating in the Shave for a Cure by having their heads shaved. Next Tuesday lunchtime a number of staff and students will be getting their heads shaved and I expect that a lot of other staff and students will be supporting them.

Continued on next page

Friday 20 March is Super Hero Day!

As part of our support for Downs Syndrome in our community, staff and students will be participating in the superhero dress up day. Students can choose to dress as a super hero for the day and pay a donation to support Downs syndrome association. The following is a message from the Dawson family from Balclutha

Ups Day - Awareness Around Down Syndrome

Friday 20th March, come dressed as a superhero whoever that may be for you: Spider Man, Batman, Superwoman, Elsa, Ana for the older kids it maybe the Silver Ferns, the All Blacks or Michael Jordan. Whoever your super hero is, come dressed as them on Friday 20th March!

Normally Down Syndrome is celebrated by wearing odd socks (for the odd number of chromosomes our kids carry) but we wanted to put a positive spin on the day, celebrate them and help people realise that, yes, our kids with Down Syndrome (or what I like to call Ups) come with some unique stuff, but they also just want to be accepted like you & me. So please join with us to celebrate! All of the donations will go to the Otago Down Syndrome Association, who do great things for bringing awareness around Down Syndrome! Happy Ups day!

Originally published in the Otago Down Syndrome newsletter (6 March 2020)

Year 10 camp

This week has seen the Year 10 students travel to Tautuku for the annual camp. The first group of the week did have some very mixed weather and I enjoyed meeting students on Tuesday evening. Despite the wet weather during Tuesday all the students were in good spirits and thoroughly enjoying the activities. Special mention to the senior students who assist with this camp and do a fantastic job assisting staff and running some activities as well as balance their own studies at school.

I plan to visit the second group before the return on Friday.

Finally

As I have said in previous newsletters as the weather becomes cooler it is important that students prepare to have the correct uniform to combat the cold and wet. Once again we are seeing the trend of the navy 'Back Country' jersey's coming into school and being worn in place of the school jersey. These are not part of the uniform and should not be worn to school. Students will be asked to remove them. As parents, please support the school by maintaining a high standard of uniform and do not give in to pressure from students when they say 'It will be ok'

Have a great weekend.

Ka kite ano
Mike Wright
Principal

Upcoming Events Term 1 2020

- | | |
|---------------------------|-------------------------------------|
| • Tuesday 17th March..... | "Shave for a Cure" |
| • Friday 20th March..... | "Ups Day" Dress as a Super Hero! |
| • Monday 23rd March..... | Otago Anniversary Day School Closed |
| • Tuesday 24th March..... | Taieri Summer Interchange |
| • Tuesday 7th April..... | Swimming Sports |
| • Thursday 9th April..... | Last Day Term 1 |

Upcoming Events Term 2 2020

- | | |
|---------------------------|--|
| • Tuesday 28th April..... | Start of Term 2 |
| • Tuesday 5th May..... | Cross Country (pm) |
| • Friday 22nd May..... | Pink Shirt Day |
| • Friday 22nd May..... | SNOB |
| • Monday 5th June..... | Queen's Birthday School closed for Instruction |
| • Friday 3rd July..... | Last Day Term 2 |

'THETA' Health Presentations and Workshops for Year 10

On Friday 27th March *The THETA in Health Education Trust* will be in school giving a 50 minute presentation and then a follow up 50 minute workshop to all Year 10 students. This presentation is titled 'Sexwise' and is free of charge for our students, as it is supported by the Ministry of Health. The goal of this programme is to challenge and motivate youth to discuss, process and evaluate behaviours that affect their health and that of others, with reference to current and accurate information.

The educational objectives of the programme include:

- Promote healthy relationships.
- Identify and discuss the risks, influences and pressures relating to sexual health including informed consent and unintended pregnancy.
- Examine and challenge attitudes that reinforce stereotypes, homophobia, and all types of discrimination.
- Acknowledges and affirms sexual diversity.
- Affirms the delay of sexual activity and considers abstinence as an option.
- Encourages the practice of safer sex including practical information about sexual health services.
- Provide accurate information on STIs (sexually transmitted infections), their transmission, symptoms and prevention.

The Sexwise performance and workshop aims to initiate student recognition of, and discussion about:

- Problem solving and strategies to deal with wellbeing, related to sexual activity.
- Social interactions: friendships; building relationships; sexual attraction, influences and pressures.
- Risks and challenges; informed decision-making; safer sexual practices.
- Issues of self-worth and empowerment, individuality and accepting responsibility.
- Attitudes and stereotypes; tolerance and prejudice; diversity and sexual orientation.
- Rights and responsibilities; ethical issues.
- Health services and student support.

Programme Timetable

Because the programme is running on a Friday the timetable has been adjusted to give each class an equal 50 Minute workshop time throughout the day after the whole year group theatre performance. Teachers will work with your child's classes to ensure they still receive adequate break times.

Friday 27th March Times	Group Attending
9.35-10.25	All of Year 10 Performance in Hall
10.30- 11.20	10 U
11.30-12.20	10P
12.20-1.10	10 T
2.10-3.10	10 O

If you have any further questions regarding this programme please contact me. **If you do not wish your child to attend the programme, please let me know prior to the 27th March so an alternative programme can be arranged for your student.**

Hannah Gold

hgold@sohs.school.nz

03 418 0517 ext 263

Absences

Medicals or Appointments

Please use the Absence Line and/or the Appointment Line when contacting the school with an absence or appointment. Alternatively send your student with an appointment card/note.

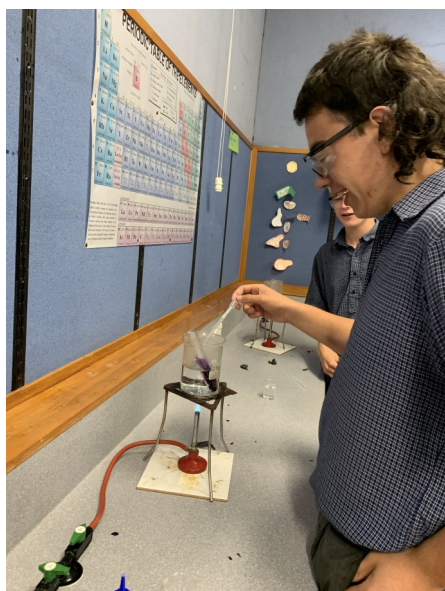
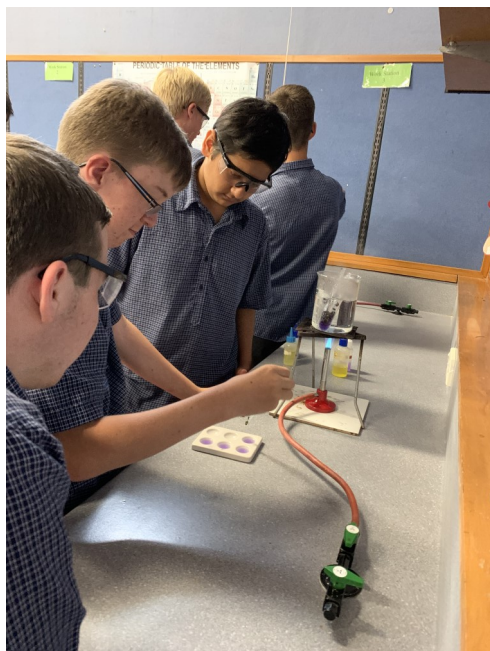
PLEASE DO NOT just tell a teacher as the information may not get back to the Attendance person.

Year 11 Science

Students in Mrs Murdoch's science class have been working hard on the current topic - Chemistry. They will be doing an internal with this topic soon as well as an external at the end of the year.

Mrs Murdoch Science

These photos show them working on an experiment looking at different types of pH indicators



Technology

Year 11 Building students are busy cutting and assembling the finger joints in their toolbox projects for Mr Doherty. Holly Richardson is leading the way and showing the boys how its done at the moment.



Year 9 students are really enjoying working on their Tie-Dye projects to apply technological modelling with Mrs Bennett while Alanah Anderson is working on the wood turning lathe to make her pen, in Mr Munro's class. Blake Evans is also pictured helping Ben Judson drill the centre hole for the clock project they are completing in Mr Munro's class.

Mr Doherty
HOD Technology



Cyber Safety/Digital Citizenship and Bullying Prevention

On Thursday 19th March as part of our Peer Support programme (9:40am in our school hall-parents/caregivers are welcome) Constable Rochelle Gordon is coming in to present a session on cyber-safety and digital citizenship. Our Year 13 leaders discuss with the Year 9 students the importance of caring about, supporting and encouraging one another. As leaders they form part of our whole school culture that works to prevent bullying and maintain a supportive culture. Like any school we sometimes have instances of students behaving inappropriately and we all have a role to play in supporting a safe environment at school. In the session next week students learn what defines bullying and some of the reasons why people may bully. Our school policy supports a school wide approach where we work together with parents and whanau members. Our Anti-Bullying Code (shared every year with the Year 9 students and displayed around the school) states that every pupil has the right to enjoy learning, free from intimidation. We encourage pupils to report instances of bullying. Students learn about talking with trusted adults at school and home as well as their Year 13 leaders. We are here to listen and support young people and help them to find the support that they may need at times of possible distress. These are links to two excellent resources for parents

Netsafe- a free call number and website for online safety and advice and reporting concerns
<https://www.netsafe.org.nz/>

Bullying Free New Zealand Website and guide for parents/whanau

<https://www.bullyingfree.nz/assets/Uploads/Tackling-Bullying-A-guide-for-parents-and-whanau.pdf>

Definition of bullying

Bullying is deliberate – harming another person intentionally. Bullying involves a misuse of power in a relationship. Bullying is usually not a one-off – the behaviour is repeated, or has the potential to be repeated, over time. Bullying involves behaviours that can cause harm – it is not a normal part of growing up.

What we aim to do at South Otago High School

- Encourage a school wide approach to supporting student and staff well-being.
- Complete regular surveys- (students will complete a survey after the session that allows them to request support if they would like some)
- Identify areas for improvement and develop our strategies for preventing bullying
- Regularly promote our expectations for behaviour
- Support professional development requests for staff to support the promotion of positive behaviour in our students and wellbeing
- Promote a respectful environment through a range of student, staff and community activities
- Provide guidance and counselling where appropriate for students and staff.
- Use a range of activities including curriculum based programmes to develop the ability of students and/or staff to relate to each other (Peer Support, Health programmes).
- Promote digital citizenship and safe use of technology.

Please talk with your child's Mentor, Teacher, Head of Department, Dean, myself or any member of the schools' Senior Leadership Team if you have a concern.

We are here to help. The session with Rochelle also forms a great follow up to the 'Connected' session that Year 9 students received as part of their Health programme on 4 March with 'Attitude'

Year level Deans

Mr Thomas Year 9 dthomas@sohs.school.nz

Mr Palmer Year 10 jpalmer@sohs.school.nz

Mr Deverson Year 11 rdeverson@sohs.school.nz

Mr Douglas Year 12 jdouglas@sohs.school.nz

Cath Bloxham

Guidance Counsellor

Year 13 Dean cbloxham@sohs.school.nz

Tertiary Open Day

Tertiary Open Day in Dunedin takes place this year on Sunday May 3rd and Monday May 4th. Pam Cullen (Careers) and I take Year 13 students through to Dunedin on Monday the 4th. We leave early from school at 7:30am sharp (students will need to be at school by 7:20am) and return by 5pm. A notice will come out to parents/caregivers in the next few weeks. Please mark this date on your calendar as parents/caregivers of Year 12/13 students may be interested in attending the day in Dunedin on the Sunday as well. This is a great opportunity to visit halls of residence and tertiary institutions that students may be interested in. After Tertiary Open Day Year 13 students will receive information about planning for scholarships and 2021 accommodation and entries. Parents/caregivers can go to the University of Otago website for further information on the day. https://www.otago.ac.nz/about/open_days.html
Students receive a hard copy of the Open Day booklet the week before they go to plan their day, familiarise themselves with the maps and locations and the booklet is also available online closer to the day.

Cath Bloxham

Year 13 Dean

Rugby

Training is pretty much all under way for all teams with the U15 team kicking off next week. Please see below for days and times.

- U14 (Thursday @ 4.00pm)
- U15 (Thursday @ 4.00pm)
- Colts (Tuesday and Thursday @ 4.00pm)
- First XV wider training squad (Tuesday and Thursday @ 4.00pm)

This First XV had their first trial on Thursday down at the Clutha grounds. They have a number of upcoming pre-season games which will determine the team make up.

I have now charged subs to the account of all players. I have changed this around slightly for the 2020 season. In the past, students have paid \$60 in subs and then \$10 cash every time they travelled. This was difficult for the coaches and myself to manage, especially trying to chase boys up who had not paid. Over the past two years, each team has travelled away approximately 8 times. Therefore this season I will be charging the initial sub of \$60 as well as \$80 for transport making a total of \$140 for the season. For those players who do not go to South Otago High School, you will need to pay into the school bank account (02 0918 0160198 00) with your son's name and 'rugby subs' as the reference.

For new to school players, mainly U14 players, you will need to purchase shorts and socks from Stirling Sports. I will email them in the next couple of days and order this gear in. All players (apart from the First XV) will require red shorts as well as plain blue socks with red tops. Only the First XV wear different socks which are blue and red striped as well as blue shorts. In the past we have supplied blue shorts, however, we seem to lose 10 pairs per year which gets very expensive. This year, First XV students will be required to purchase their own shorts from Stirling Sports. I do have a small supply of SOHS branded shorts which I will sell to students should they require them.

If you require financial assistance then please let me know as soon as possible. We are able to access the Sporting Chance Grant through Sport Otago which will help pay for subs and uniform. Please do not leave this till the last minute, let me know via email ASAP.

Currently there are only two pre-season games planned. The First XV will be playing St Peters in Clinton on Friday evening the 20th of March and Taieri on the 28th on March in Mosgiel. I am meeting with all coaches next Wednesday where we will organise further pre-season games for the other teams.

Students will also need to register through the SPORTY app. For students who have previously played for South Otago High School, I will be able to role you over from 2019. For new players, your parents will be required to fill out an online form which I will send in a later email. If you want to be super organised then you can click on this link and register now <https://www.sporty.co.nz/viewform/104462>

Jason Palmer – TIC Rugby