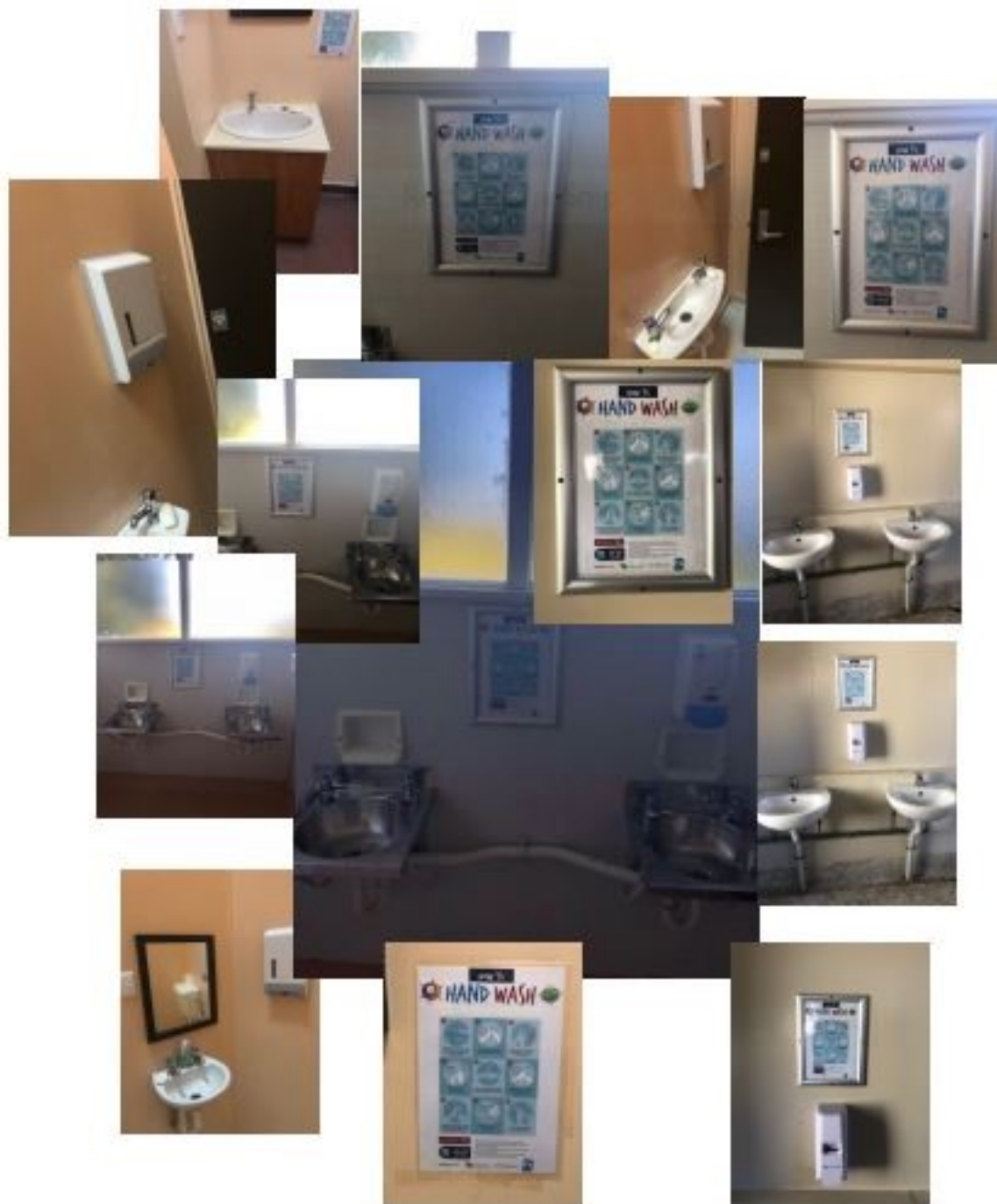




South Otago High School

Newsletter 20th March 2020

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



Just some of our student wash facilities with soap and posters advising good practice.

Dear Parents/Caregivers

Kia Ora Tatou

I am writing this weeks contribution to the newsletter on Thursday afternoon knowing that by the time you receive this some of the information may quite possibly be out of date. Such is the rapidity of change of our environment in such a short space of time.

Last weekend with the announcement of 14 days self isolation for all travellers into New Zealand has forced the re-consideration of forthcoming overseas trips for students organised by South Otago High School. It has also signalled the possibility of further curtailment of activities for students. Already a number of sport codes have suspended their practices and competitions. We have ceased assemblies in school and are reviewing whether some of our expected Education Outside the Classroom (EOTC) activities will continue. The Ministry of Education has issued new guidelines for such trips and we are following these and also considering the venues of some of our future trips.

There is still the possibility that the Ministry of Education and the Ministry of Health may direct schools to close even for 48 hours. Whilst in the last few weeks I have been reassuring our community that we are planning for a pandemic, now we are moving to look at what education may be like if a school closure becomes a reality.

Our thoughts are with Logan Park High School staff, students and in particular the families who have tested positive for the Covid-19 virus. It is pleasing to note that all 150 students who have been tested have been cleared of Covid-19 infection.

Here at South Otago High School we have put up signs advising that anyone with symptoms of Covid-19 do not come into school. Where students are reporting as being unwell we are asking families to pick up students and we are, as far as possible, keeping them separated. This is following the advice from health officials. The reasoning behind this is not the ability of students (or staff) to work and do their job BUT it is about bringing infections into a place of work and spreading these to other members of our work community. The result can be that someone vulnerable then picks up an infection and needs medical care and assistance. This is an added pressure on the health service when they are already at a potential pressure situation.

Please do use your judgement wisely.

Learning to continue if the school does need to close
A letter will accompany this newsletter regarding the specific plans for distance education in the event of the school closing. Parents will play an important part

in supporting students with their education should the closure become essential.

Parents can support students with their learning by: ensuring that distractions are minimised
providing a quiet place for students to work
checking in with the work which has been asked of them and the work which has been completed
raising questions with mentor teachers early so that support can be provided if necessary.

For now: ***South Otago High School remains open.***

Your child will continue to receive a first class education by a team of teachers who want the best for your child.

Separating fact from fiction

Please be aware that there is a lot of stories out in the media. Make no mistake that this is a very serious health risk but choose where you gather your information from. For advice please refer to:

<https://covid19.govt.nz/>

And

<https://www.health.govt.nz/>

Shave for a Cure

This years Shave for a Cure sadly had to be cancelled at this time. Like school assemblies we could not guarantee that we could maintain 'social distancing'. Unlike a classroom situation, students would be mobile and we would have limited records of where students were sitting. Also this was not an essential learning experience.

Managing disappointment

In the last few weeks we have seen a significant change to our normal school activities. This includes the cancellation of the Taieri Interchange, the postponement of both the Australian Rugby Tour and New York trip. The postponement of many sports and cultural events as well as some of our EOTC trips.

As principal, I am well aware of the enjoyment that students gain from these activities. I know how much our students look forward to the experiences that we offer. I do appreciate the disappointment that our young people are facing. I myself miss the opportunity to address the whole school to reassure them that this will end and we will return to normal and we will work really hard to provide these opportunities as soon as we are able.

As parents please be aware that your child may be upset and please do reassure them. Our school Guidance Counsellor, Cath Bloxham is available for support by contacting the school.

(Continued on next page)

Some good news

Some good news

Normally in an assembly this week we would have celebrated the success of students as we do normally. So this week, rather than shaking hands I bumped elbows with Hamish Mills as I presented him with his badge and certificate for being awarded the Silver Duke of Edinburgh Award. Well done Hamish, I look forward to hearing your progress as you work towards the Gold Award.

Finally

Please do encourage students to keep safe and follow the advice given by the health professionals. Take every opportunity to remind students of good hygiene practices. All of our student wash facilities have:

- Hot water
- Liquid soap

We are adding more soap dispensers to all facilities

We are preparing to deploy hand sanitiser stations but are trying to be strategic as we are aware of the national shortage of these supplies.

We are taking this seriously and we are doing all that we can to limit and prevent the spread of any infection.

This long weekend may be a good time to settle in at home, read a good book or catch up on watching a movie as a family. I know I will be!

I look forward to seeing all students return to school next Tuesday, 24 March 2020.

**Ka kite ano
Mike Wright
Principal**

Ups Day - Awareness Around Down Syndrome

Our staff dressed as Superheroes today to raise awareness for Down Syndrome



Student Support

I have been making my way around mentor groups over the last couple of weeks speaking with students about the support that they have at school when they might have a concern or worry that they need some help to resolve. Our staff work really hard to support students; teachers, mentors, deans, heads of department, senior leaders and support staff all have different roles and we try to help students and parents to resolve concerns. At the moment with the coronavirus uncertainties it has been a difficult time for students, many experiencing heightened anxiety about what may happen. Students who are active in sports and activities gain added mental health benefits and with many sports practices/prize givings/tournaments and interchanges postponed until next term for many students and families it has been a difficult time. It is important to be cautious but also try and maintain as normal a life as possible with normal routines. Students still need to be able to get out and be active and for many of us we are thinking about how we can do things differently. Dealing with disappointment is hard for all of us, so how do we cope? There is a huge amount of information on line and for many of us this can at times be overwhelming; with guidance and updates changing daily at the moment.

For further information for students and parents on wellbeing at home and school these links have a range of different information:

<https://parents.education.govt.nz/secondary-school/wellbeing/mental-health/#youthmentalhealth>

Let's continue to look out for one another and support each other through this difficult time. Things will get better eventually, this is a strange situation that none of us have been through before.

Kia kaha

Cath Bloxham

Guidance Counsellor

Dr Lucy Hone & Dr Denise Quinlan,
Conference Convenors of WENZ and Co-Directors of the
New Zealand Institute of Wellbeing and Resilience



NEW ZEALAND INSTITUTE OF
**WELLBEING &
RESILIENCE™**

Real-time Resilience Strategies for Coping with Coronavirus.

We have entered challenging times, requiring us all to consider how our thoughts and actions might help or hinder our own resilience and that of those around us.

Here is our brief guide to coping in the days ahead, based on the best of science, but also our own (reasonably broad) lived experiences of working in emergency management and resilience training programmes for over a decade. We hope these practical strategies help you, your whānau and colleagues - feel free to share them through your personal, professional and social channels.

Dr Denise Quinlan and Dr Lucy Hone will also be hosting a webinar on Real-time Resilience Strategies for Coping with Coronavirus on Friday 20th March 12.30pm - 1.30pm NZT. Please email our office if you'd like to join us and we will send the zoom link to you. We will also record this webinar and share it early next week for general distribution. Both of them have extensive experience in resilience training and coping with adversity. "From being part of the Penn Resilience Program and living through earthquakes, terrorist attacks and parental bereavement, we've got a good handle on what helps people navigate extreme adversities such as this. The webinar will focus on strategies for yourself, your teams and your families," says Lucy.

Click here to download a copy of our guide.

For further information:

Visti: www.nziwr.co.nz, Email: info@nziwr.co.nz

Pokeer Run and Bottle Auction CANCELLED

The Poker Run and Bottle Auction due to be held on Sunday 22 March 2020 due to lack of interest and numbers has been cancelled..

Jenene Lloyd

On behalf of the Poker Run Committee.

Lost Property

The Lost Property box at the office will be emptied at the end of the term. There are jackets, sleeping bags and many other clothing items in lost property. Please feel free to come and have a look for your student's lost items before we dispose of them.

Taieri Interchange Cancelled

Any payments made for the Taieri Interchange have been put into credit on your student's account.

Acting HOD Chris Sly checking out the refurbishment of one of the science labs in the Pomahaka re-build.



News from the Sports Coordinator

My job at SOHS is to provide support for students playing sport at South Otago High School. Otago Secondary Schools Sports Association runs a lot of these sports and this week have taken an unprecedented stance by either cancelling, suspending or postponing all sports including practices, workshops and meetings. While this is temporary and a difficult time I encourage all students to do their own training. Go for a walk, run or bike ride get some fresh air and Keep Calm and Carry On!

Pam Hannah
Sports Coordinator

Upcoming Events Term 1 2020

- | | |
|-----------------------------------|-------------------------------------|
| • <i>Monday 23rd March</i> | Otago Anniversary Day School Closed |
| • <i>Tuesday 24th March</i> | Taieri Summer Interchange CANCELLED |
| • <i>Tuesday 7th April</i> | Swimming Sports CANCELLED |
| • <i>Thursday 9th April</i> | Last Day Term 1 |

Upcoming Events Term 2 2020

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

Netball

All of our 2020 Netball Teams have been chosen, coaches are sorted, gear is being given out BUT now Netball is on hold until Saturday 2nd May. South Otago Netball Centre and Dunedin Netball Centre were given a clear directive from Netball New Zealand to postpone our season and Cease trainings, umpire workshops and practices. While this is disappointing for all involved I know that netballers at SOHS will be doing their best to keep themselves fit and fresh while we wait.

SOHS 2020 Netball Teams

A Team

Maddie Deacon
Briana Dent
Kaya Laban
Gemma Johnson
Jade Kyle
Amber Mowat
Cassidy Robertson
Brooke Storer
Sophie Ruffell
Luana Valli
Coach: Trudy Cochrane
Manager: Michelle Odell

C Team

Emily Johns
Jess Sheppard
Ruby Budge
Jessica Davidson
Alexa Dovey
Leea Kearon
Tayler McLaughlan
Kadys Roy
Leah McLaren
Coach: Lisa Ross

Beta

Devin Thomson
Annie Lawrence
Nataleah Marshall
Tiffany Heads
Emma McKinney
Aaliyah Rooney
Lilly Campbell
AJ Afato
Pinky Promsuwan
Coach: Amy Lawrence

Green

Jacklyn Wakeham
Cosine Chacapna
Holly Davidson
Amber James
Emily Smith
Jasmine Van Asperen
Daikoyta Weir
Leticia Cochrane
Coach: Christine Davidson

B Team

Olivia Davidson
Jade Field
Mack Maaka
Lily Pringle
Keeley Puna
Holly Storer
Kasey Valli
Emily Unahi
Brooke Walsh
Coach: Cheryl Blair
Manager: Jo Jory

Alpha

Aimee Johnson
Emma Bennett
Latoya Hewitt
Olivia Soper
Sarah Bloxham
Jahnae Palmer
Madison Beveridge
Lucy Greer
Georgia Milne
Ingrid Scoon
Coaches: Amy Morrison and Jemaig White

Blue

Imogen Barlow
Zoe Hyslop
Greta Luke
Sydney Marshall
Leah Stephens
Kayley Strachan
Darrian Sutton
Zara Upston
Georgia Woodward
Coaches: Meisha Cochrane and Samara Soper

Red

Sam Affleck
Maddie Bielski
Bella Brown
Mia Cable
Paige King
Emily Jenkinson
Millie McNab
Coach: Deborah Ward

Thanks to our returning and new coaches for 2020.

Pam Hannah
Netball

Tautuku 2020



Results Athletics**Boys U14**

Event	First	Second	Third
100m	Kaleb Marshall	Regan Macdonald	J P Human
200m	Shaun Bennett	Kaleb Marshall	JP Human
400m	Regan Macdonald	Liam O'Riordan Lawlor	Kairus Booth
800m	Liam O'Riordan Lawlor	Jesse Willis	Jack Soper
1500m	Liam O'Riordan Lawlor	JP Human	Tyler Lornie
Long Jump	Wyatt Shanks	Troy Apiti	Trey Stapleforth
Triple Jump	Liam O'Riordan Lawlor	Trey Stapleforth	Nate Robertson
High Jump	Liam O'Riordan Lawlor	Trey Stapleforth	Wyatt Shanks
Shot Put	Blake Henderson	Chase Te Moananui Currie	Kaleb MarshallC
Javelin	J P Human	Jack Soper	Nic Ramsay
Discus	Blake Henderson	Chase Te Moananui Currie	Regan MacDonald

Girls U14

Event	First	Second	Third
100m	Emily Smith	Jessie O'Hara	Megan Park
200m	Greta Luke	Zara Upston	Zoe Hyslop
400m	Greta Luke	Letitia Cochrane	Jorja Woodward
800m	Greta Luke	Emily Jenkinson	Millie McNab
1500m	Zara Upston	Sydney Marshall	Jorja Woodward
Long Jump	Greta Luke	Sydney Marshall	Claudia Mardon
High Jump	Greta Luke	Claudia Mardon	Daikoyta Weir
Shot Put	Alize Camp	Mauasamoa Fatialofa	Ashlee Anderson
Javelin	Jorja Woodward	Madeline Dickie	Samantha Affleck
Discus	Ashlee Anderson	Samantha Affleck	Mia Cable

Boys U15

Event	First	Second	Third
100m	Mathew Hannagan	Koen Robson	Cassius Rodwell
200m	Mathew Hannagan	T-Jae Valli	Nicholas Roy
1500m	T-Jae Valli	Israel McRae	Luis Smales
Long Jump	T-Jae Valli	Falconer Smith	Jethro Ware
Triple Jump	T-Jae Valli	Jethro Ware	Luis Smales
High Jump	T-Jae Valli	Tiare Rubay-Brown	Israel McRae
Shot Put	Jethro Ware	Nicholas Roy	Ali Wynyard
Javelin	Taison Iyer	Mathew Hannagan	T-Jae Valli
Discus	Luis Smales	Nicholas Roy	Koen Robson

Girls U15

Event	First	Second	Third
100m	Katy Gilder	Madison Beveridge	Aimee Johnson
200m	Tameka McClure	Katy Gilder	Bridee Lumb
400m	Aimee Johnson	Emma Bennett	Devin Thomson
800m	Aimee Johnson	Charlotte Benington	Gemma Johnson
1500m	Chloe McKenzie	Aimee Johnson	Charlotte Benington
Long Jump	Chloe McKenzie	Aimee Johnson	Katy Gilder
Triple Jump	Charlotte Benington	Aimee Johnson	Aimee Johnson
High Jump	Nataleah Marshall	Chloe McKenzie	Lilly Gooch
Shot Put	Lilly Campbell	Jahnae Palmer	Anna Lloyd
Javelin	Breanna Uren	Evie Copland	Olivia Soper
Discus	Lilly Gooch	Zara-Lee Tuhura	

Boys U16

Event	First	Second	Third
100m	Josh Dent	Josiah Goodwin	Logan Mosley
200m	Lachie Judson	Aiden Upston	Blake Macdonald
400m	Blake Macdonald	Nathan Peoples	Jarred Andrews
800m	Blake Macdonald	Lachie Judson	Nathan Peoples
1500m	Blake Macdonald	Nathan Peoples	Hayden Sheppard
Long Jump	Angus Findlay	Josh Dent	Jomhel Gonzales
Triple Jump	Josiah Goodwin	Oliver Hunter	Hayden Sheppard
High Jump	Angus Findlay	Robbie Sneddon	Mathew Dreaver
Shot Put	Mathew Dreaver	Nick Barnett	Jomhel Gonzales
Javelin	Noah Stratford	Callum Maze	Sam Stratford

Female

Event	First	Second	Third
100m	Lily Pringle	Luana Valli	Kasey Valli
200m	Lily Pringle		
800m	Emily Unahi		
1500m	Emily Unahi		
Long Jump	Kasey Valli	Lily Pringle	Emily Unahi
Triple Jump	Kasey Valli	Emily Unahi	Luana Valli
High Jump	Emily Unahi	Petra Anderson	Olivia Davidson
Shot Put	Petra Anderson	Jade Kyle	Mhyna Bacud
Javelin	Caitlin Scherp	Mhyna Bacud	Lily Pringle
Discus	Emily Unahi	Caitlin Scherp	Lily Pringle

Results Athletics

Boys 16 & Over

Event	First	Second	Third
100m	Blake Mosley	Jack Murray	Sam Stratford
200m	Blake Mosley	Sam Stratford	Jack Murray
400m	Blake Mosley	Danyon Benington	Ben Smart
800m	Blake Mosley	Danyon Benington	Ben Smart
1500m	Blake Mosley	Tyler Foster	Lane Illing
Long Jump	Tyler Foster	Ryan Soper	Lewis Hill
Triple Jump	Tyler Foster	Noah Stratford	Jack Murray
High Jump	Tyler Foster	Tate Colley	Ethyn Shanks
Shot Put	Ethyn Shanks	Kael Merrett	Jack Murray
Javelin	Lewis Hill	Kobe Thomson	Kael Merrett
Discus	Ethyn Shanks	Dallas Kupa-Pickering	Kobe Thomson

Girls 16 & Over

Event	First	Second	Third
100m	Keely Hill	Grace Jessop	Carla Jessop
200m	Keely Hill	Grace Jessop	Carla Jessop
400m	Grace Jessop	Gemma Johnson	Carla Jessop
800m	Grace Jessop	Gemma Johnson	
1500m	Grace Jessop	Gemma Johnson	Annie Schofield
Long Jump	Grace Jessop	Sophie Ruffell	Carla Jessop
Triple Jump	Sophie Ruffell	Maddie Deacon	Carla Jessop
High Jump	Kaya Laban	Grace Jessop	Sophie Ruffell
Shot Put	Sophie Ruffell	Akira Baxter	Petrina Scherp
Javelin	Petrina Scherp	Olivia Davidson	Kaya Laban
Discus	Mack Maaka	Akira Baxter	Sophie Ruffell

Sutherland	165
Somerville	217
Blakie	212
Macdonald	133

SOHS Girls' Rugby

This season we have 34 Girls signed up to play. 25 of them are Year 9 girls so this is awesome for Girls Rugby at SOHS. Otago Secondary Schools Sports Association, who run the Secondary Schools Girls Rugby competition, have gone with the directive from NZ Rugby and that is no contact. This is to be reviewed and I expect more rules to be enforced around this.

Tony Pringle and Daniel Marshall are our coaches for the season and I thank them for giving the girls their knowledge and expertise. We are having a meeting/fitness session/get together on Tuesday 24th March at our grounds I want to enforce there will be no contact training. Girls please bring a drink bottle and rugby boots along. At this stage our season starts on Wednesday 29th April (the first week of Term two) with 4 weeks of Junior and Sevens then we move on to 15's. Our subs are \$200 again this year which covers travel each week. We take vans through and from time to time I require a driver - sometimes at short notice. So if you would be able to do this please get in touch.

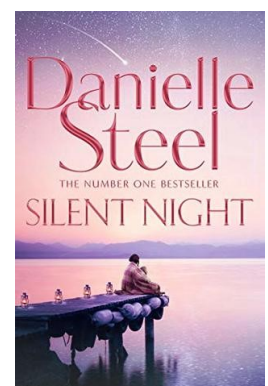
Pam Hannah
Girls' Rugby

Library News

This week in the Library our students are continuing with their Chess Comp and it is coming along nicely with some very keen players who are showing great sportsmanship. It is also nice to see some of the year nine students coming in and starting to play chess as well.

This week I have just read one of *Danielle Steels'* new stories called *Silent Night* which is published by Delacorte Press. This is a story that tugs on the heartstrings. Paige Watts a failed actress and daughter of a famous mother has a second chance of fame with her own young daughter Emma. She puts her heart and soul into being the best stage mother she can until one day Paige and Emma are involved in a terrible accident and everything changes. Emma is left to adjust to a new life with her Aunt Whitney who was nothing like her mother and was never interested in acting or fame. The accident has left Emma so traumatised she is unable to speak or hear so her future is uncertain. How does it end for Emma? Read it to find out more. A lovely story about hope, courage and total selflessness.

Katrina Pudney - Librarian



Touch

Otago Secondary Schools Mixed Champions 2020

Our team attended this on February 29th on Dunedin and came away the victors with wins over

Taieri	7-1
Wakatipu	6-3
Cromwell	10-3

Final

Taieri	7-3
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Next weekend we were competing in the South Island Secondary Schools Championship but this like so many other events has been put on hold. We welcomed three new players into our team Sydney Marshall, Jaxon Evans and Emily Unahi. Thanks to Alan Thomson again this year for his efforts with our team.

Pam Hannah

Touch



OTAGO SECONDARY SCHOOL 2020 CHAMPIONS



SOUTH OTAGO HIGH SCHOOL

Surf Life Saving

This last weekend Kaka Point Surf Life Saving Club took 16 competitors /4 teams to Gisborne to compete in the New Zealand Surf Life Saving Nationals.

Senior Boys:

Tom Stephens, Trent Dickie*, AJ Kell*, Jayden Cochrane

Senior Girls:

Keely Hill, Kayla Dent*, Olivia Richardson*, Olivia Van Asperen

Junior Boys:

Layton Lornie, Morgan Greer, Lachlan Stoddard, Strewen Campbell*

Junior Girls:

Briana Dent, Maia Pryde, Lucy Kell and Isla Hastie

All of these teams competed well at NZ level. The Junior team of Layton, Morgan, Lachlan and Strewen gained a bronze and silver medal.

Pam Hannah

Sports Coordinator

***Not attending SOHS**



Tertiary Open Day

Tertiary Open Day previously advertised on 3rd and 4th May has now been postponed. All parents of Year 13 students have been sent an email. Mr Greg Heller liaison officer will be in the Library next Thursday at lunchtime and students who would like further information about Otago University should attend this meeting. Otago Polytech liaison will be here next Wednesday at lunchtime. Year 12 and 13 students are welcome to attend these sessions coordinated by Mrs Cullen (Careers).

Mrs Cath Bloxham

Year 13 Dean



Help with essential costs

Work and Income may be able to help if you're on a low income or not working.

If you've lost your job or can't work at the moment you may be able to get a benefit or some other financial help from us. We can also help you look for work.

You might have been affected by COVID-19, drought, floods or other events outside your control.

If you're struggling to meet your living costs or had an unexpected bill we might be able to help you, even if you're working.

We can help with urgent costs like:



food



accommodation costs (rent, mortgage, board)



power, gas and water bills or heating



clothing



medical and dental costs



bedding

We have different types of support and payments available depending on your situation.

Find out more

Even if you don't think you qualify, call us to talk about your situation.

You can also visit workandincome.govt.nz and click on **Check what you might get**.

For more information



Go to workandincome.govt.nz



Call us on **0800 559 009**, 7am to 6pm Monday to Friday and 8am to 1pm, Saturday.



MINISTRY OF SOCIAL
DEVELOPMENT
TE MANATŌ WHAKAHĀTO ORA

March 2020

WORK AND INCOME
TE HIRANGA TANGATA

Photos from the Year 12 Outdoor Education Trip to Manapouri

