



South Otago High School

Newsletter 5th February 2021

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

Dear Parents/Caregivers

Kia Ora Tatou

I am excited to report that this week the Board of Trustees met for their regular monthly meeting and approved the purchase and installation of an all weather playing surface which is going to be installed on one part of the tennis courts. Whilst there are the finer details of the project to be confirmed I anticipate that the new surface will be installed and ready for students to use later this year. This will be a fantastic facility and a great upgrade for students to use and will enhance the provision of sporting facilities at South Otago High School.

Conferencing

Thank you to parents and whanau who attended the conference interviews on Wednesday and Thursday this week. The turnout was excellent. The parents I met valued the time meeting with mentors to hear about the goals that our students are going to be working towards during this year.

The partnership between the school, the student and home is essential to supporting student success. This is supported by the lifts in student achievement from Year 9 to Year 13 over the last 4 years that we have been using the mentoring programme.

Year 10 Camp

Next week the Year 10 students depart for their annual camp at Tautuku in The Catlins. It is great to see nearly every student is prepared to join this camp. For many students their experience at Tautuku is the highlight of their outdoor education at South Otago High School. I know students enjoy the experience and the learning opportunities for being in a different environment are invaluable.

Finally

Next week I am looking forward to having the classrooms from stage 2 of the Pomahaka Block upgrade returned to teachers at the end of the week. Students will be returning to classes in these refurbished rooms in a few weeks once the last of the internal work is completed.

From what I have seen these new rooms will be great and I hope much appreciated by students.

Have a good weekend

Ka kite ano
Mike Wright
Principal

Wellbeing-Student Support

Conferencing this week provided a really good time for students and whanau to meet with mentors and think about their goals and reflect on how they are going at school. Mentor teachers talked about what was going well with students and what they are involved with at school. Developing our strengths can help us to be more energised, engaged and more likely to experience positive emotions that contribute to our wellbeing. Thinking about what lights our students up and how we can find tasks/subjects/learning activities that suit them is something that our staff do frequently. In our workplaces strengths have become integral when we look at how people flourish and perform in their roles. By applying our strengths we can achieve our goals faster and build energy rather than expend it achieving higher levels of happiness and wellbeing.

Research has shown people who use their strengths are 1. Happier 2. More Confident 3. Experience higher levels of self esteem 4. Have higher energy and vitality 5. Experience less stress 6. Are more resilient 7. More likely to achieve their goals 8. Perform better at work 9. More engaged 10. More effective at growing themselves as individuals.

Some ways to find out our/young people's strengths. There are many profiles and tools online, however conversations can start with;

- What sort of everyday things do we enjoy learning?
- What makes a really good day for us?
- What is our most significant accomplishment?
- What are we doing when we are at our best?
- Where do we gain our energy from and what drains us?
- Do we have a vision for the future and what is it? What are we most looking forward to?

A free survey is available for both adults and youth
<https://www.viacharacter.org/survey/account/register>

Many of us have been experiencing challenges over the last year with Covid19. Our strengths can help us, they can play a key role in adversity helping us to manage and bounce back from issues. We have a choice in how we respond and what we can and cannot control, by thinking about our strengths we can find small moments of positivity and hope for a way forward.

Over the next few weeks students will be learning further about helps and supports that are available to them, also we have a cybersafety session planned so that students are aware of what to do when they may be experiencing unkind behavior from others. Rochelle Gordon from the Police will be speaking with all Year 9 students and Year 13 Leaders on the 24th March.

Cath Bloxham Guidance Counsellor

OTAGO SECONDARY SCHOOLS TOUCH CHAMPIONSHIPS

This tournament was held at the Alhambra Union Rugby Club on Saturday 20th February. South Otago High School touch team won Secondary Schools Mixed Grade. Great tournament.

Results:

- SOHS (6) vs Taieri (5)
- SOHS (7) vs Wakatipu (3)

Final

- SOHS (6) vs Wakatipu (5)

The Team will now take part in the South Island Secondary Schools Touch Championships in Christchurch on 19th - 21st March.

SOHS 2021 TOUCH TEAM

Back Row: Samara Soper (Coach), Falconer Smith, Maddie Deacon, Keely Hill, Wyatt Shanks, Ben Smart (captain), Ryan Soper, Sam Stratford, Sydney Marshall, Luc Thaomson (coach)

Front Row: Harlin Puna, Kairus Booth, Gemma Johnson, Emily Unahi, Aimee Johnson, Callum Maze, Jaxon Evans, Pam Hannah (manager)

Pam Hannah

Sports Coordinator



OTAGO SECONDARY SCHOOL CHAMPS
2021

MIXED SENIOR A

WINNERS

SOUTH OTAGO HIGH SCHOOL



TAIERI AND GORE SUMMER SPORTS INTERCHANGES

I am really happy to report that after no interchanges in 2020 due to COVID that we are having our two long standing Interchanges with Gore and Taieri. We are travelling for both exchanges.

Gore - Tuesday 23rd March

Taieri - Tuesday 30th March.

SPORTS

- Cricket - Boys and Girls
- Touch - Senior and Junior Mixed
- Golf
- Volleyball - Senior and Junior Girls

The cost is \$15.00 per student. This covers the cost of the busses, this is to be paid to the office along with the permission slip that you can obtain from Mrs Hannahs office or the main office.

Pam Hannah

Sports Coordinator

Upcoming Events Term1 2021

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| • Monday 8th to Friday 12th March..... | Year 10 Tautuku Camp |
| • Monday 22nd March..... | Otago Anniversary Day - School Closed |
| • Tuesday 23rd March..... | Gore Summer Interchange |
| • Tuesday 30th March..... | Taieri Summer Interchange |
| • Friday 2nd to Tuesday 6th April..... | Easter - School Closed |
| • Friday 16th April..... | Last Day Term 1 |

NETBALL

Our senior netball trials have been held and teams named.

SOHS A Team

Briana Dent
Jade Kyle
Gemma Johnson
Mack Maaka
Georgia Milne
Sophie Ruffell
Ingrid Scoon
Emily Unahi
Kasey Valli
Luana Valli
Coach - Trudy Cochrane
Manager - Michelle Odelle

SOHS B Team

Sarah Bloxham
Anna Clarke
Olivias Davidson
Jade Field
Aimee Johnson
Nataleah Marshall
Abby Ponsonby
Lily Pringle
Olivia
Coach - Cheryl Blair
Manager - Jo Jory

SOHS C Team

Emma Bennett
Madi Beveridge
Lucy Greer
Emily Johns
Annie Lawrence
Leah McLaren
Jess Sheppard
Abby Stewart
Coach - Lisa Ross

SOHS Bullets

Tayla Hayde-Bain
Ruby Budge
Bree Hale
Tayler McLaughlan
Kadys Roy
Nicole Sinclair
Devin Thomson
Jahnae Palmer
Leone Geldenhys
Coach - Gemma Mills

Our Junior Year 9/10 netball trials will be held in the week starting on Tuesday 23rd March all junior girls are asked to put their names on the sign up sheets on the student notice board outside the library.

SOHS Netball Clubs AGM is on Wednesday 24th March at 7.00pm in our library it is important that we have a good showing at this meeting as a lot of information regarding the running of South Otago Netball this year will be explained. Apologies to me please either on 0274128280, email phannah@sohs.school.nz or at school 03 4180517 ext 211

Pam Hannah

Sports Coordinator