



South Otago High School

Newsletter 9th April 2021

Nga mihi mahana ki a koutou katoa

Warm greetings to you all

Dear Parents/Caregivers

Kia Ora Tatou

It has been a very short week and we were so fortunate to have such warm weather over the long weekend although it was very windy! It has been an opportunity to catch up on some reading for me and I came across an article about some of the academic benefits of sports participation. Whilst the article has an emphasis on sport I believe that the same is true for students who engage in performance arts are too.

As we approaching the winter season it is worth sharing some of these insights:

Sport participation helps students become organised and self managing as they balance their studies with sporting commitments such as training and events. Organisation and self management are key skills which support students as they move from high school to tertiary study, employment or vocational training.

Sport participation demands self discipline. No one can force you to train or make you perform in a certain way. This comes from learning the sport code and what makes 'good play' in a game or event. Therefore, devoting the time to practice, mental preparation and even diet requires self discipline. This same skill is invaluable in employment and further study.

Competition is good practice to manage pressure. After spending so much time training and preparing, a competitor wants to perform at their best, not let their team down and play to win. Managing pressure is another transferable skill when we often have multiple tasks or matter that demand our attention and so place pressure on us and prepare us to know how to prioritise and be successful.

A good sports person will accept feedback. Often we think that feedback is negative and criticising. Quality feedback may be critical but will also give advice on how to improve. A good sports person will hear the 'next steps' to improvement and act upon the feedback. Feedback is to help the individual to get better and it is up to the individual to listen and act upon the feedback. Whether participating in an individual sport, such as running, or a team sport, the competitor will be part of a team. It may be a manger, support crew or coach. Being able to work as part of a team is a vital skill that we all use each day in our work life. Being a good team player demands respect and good communication.

Participation in sport also provides experience in managing disappointment. No doubt there will be a game or a race or competition that a sports person thought was their's to win only to be unsuccessful in the final result. Being a good sports person relies on the

competitor putting the defeat behind them, resolving to return and do better next time. This is resilience and is invaluable as we manage disappointments as we go through life. It is important to not just 'bounce back' after a defeat but to be humble in victory too.

The obvious benefit of participation in sport (or performance art) is the effect on health and wellbeing. Training and competing or performing provides a surge in endorphins (the feel good chemical) in the brain. It is also a sociable time too.

So, I encourage students to get involved in sport and cultural events which happen outside of the classroom time. The benefits are both significant, life changing and life long.

United Nations Youth Conference

This week I have been told of three of our students who have been accepted onto the United Nations Youth Conference in Auckland later this week. They are: Ryan Williams, Kareena Dunlop and Hamish Mills. This will be a great experience for these young people and will provide them with an insight into civics education and an opportunity to debate important issues for young people both nationally and internationally. I look forward to the three students reporting back to school on their return.

SNOB

It is that time of year once again and for many senior students they are starting to think about the Senior Night of the Ball (SNOB). As you are aware the Balclutha Memorial Hall is currently being prepared for demolition and so we are looking at alternative venues and it is very likely that this year we will be using the school hall.

As in previous years we do have high expectations for students, both past and present, who wish to attend the SNOB. Therefore, we ask that current students have demonstrated that they have a satisfactory pastoral record, good attendance rates and have no outstanding debts for co-curricular activities. Similarly for outside guests we expect that they will be suitable to attend a school function and for past students they will also have cleared any outstanding accounts to the school.

Finally

It is great to see a number of students starting to ride bikes to school. However, of concern is the students who are not wearing a helmet whilst riding on the street. This is a legal requirement. Whilst the school cannot enforce the wearing of helmets whilst riding on the road we do want our students to be safe and also set a good example to other younger riders who will be leaving their primary schools on bikes at about the same time.

Ka kite ano
Mike Wright
Principal

Below: Year 11 students working on their toolbox projects which incorporate finger joints, dovetail joints and housing joints.
Owen Doherty
HOD Technology



**Health and Physical Education Department
 Uniform and Participation**

This notice is a reminder that at Year 9 and 10, students are required to wear navy blue shorts and the SOHS navy blue PE top. In winter students can wear navy blue track pants and their school jersey. If students are not able to bring their correct PE clothing to class, they require a note from home and a change of clothes to participate in. Parents/caregivers will be advised of any ongoing issues with PE clothing and these issues will also be dealt with by the HOD.

If students are not able to participate due to illness or injury they are required to bring a note from home. Long term injury or illness that prevents a student from participating in PE for a period longer than two weeks will require a medical certificate. Where appropriate, students who are not participating in the full lesson are still required to change into their PE clothing and help where possible.

Nathan King
Acting HOD Physical Education and Health

Upcoming Events Term 1 2021

- *Friday 16th April*..... Last Day Term 1

Upcoming Events Term 2 2021

- *Monday 3rd May*..... Start of Term 2
- *Tuesday 11th May*..... Teacher Only Day
- *Friday 21st May*..... Pink Shirt Day
- *Friday 28th May*..... SNOB
- *Monday 7th June*..... Queen’s Birthday School Closed
- *Thursday 10th June*..... Parent/Teacher Interviews

NETBALL

South Otago Netball Centre have confirmed that 2021 will be a split competition with games on Friday nights and Saturday afternoons. Below is the information.

Friday

- SOHS A
- SOHS B
- SOHS C
- SOHS Alpha

Competition starts on Friday 23rd April (First Friday of the holidays)

Saturday

- SOHS C
- SOHS Bullets
- SOHS Beta
- SOHS Blue
- SOHS Green
- SOHS Red

Competition starts on Saturday 1st May (last Saturday of the holidays)

The draw will be posted in next week's newsletter and on our facebook group. Thank you to our coaches and managers for taking on this roll in 2021.

Pam Hannah

Sports Coordinator

Rugby

Next week, the U14 team will start training on Tuesday and Thursday at 4.00pm. I am aware that some players also play Hockey, this is great, and we encourage students to play more than one sport. If you are going to play both sports, then it would be good if you could please ensure Jason Gilder knows this. This also applies if you are unable to make practice, I will now ask you to contact him on 0274522679.

Last night I put the U15 team through a Bronco fitness test. I was very impressed with how hard players were willing to push themselves. On Tuesday night these will be a trial at 4.00pm. This trial will be conducted by Adam Wyber, Tony Mallon, Marty Hurring and myself. If you are unable to make this trial, please let me know. Thank you to the students and parents who have already contacted me. The U15 A team will be announced on Thursday. Next week we will be changing the Colts training to Tuesday evening at 5.30pm. This is so that we can get the Colts and the First XV training alongside each other. These two teams need to work closely together throughout the season as they will be travelling together and often First XV players will need to drop to the Colts and Colts players will need to jump up to the First XV. I apologise for the inconvenience; however, we do plan to do this once a month. If you are unable to make training, please contact Nathan on 0278040592.

A reminder that subs are due by the end of the first week of term 1. They have been added to the accounts of all students and accounts will soon be emailed out. Subs have been set at \$120 and much of this covers travel. As per previous years, I do take a hard line with this and if subs are not paid by the first game of the season, players will not be able to take the field. If you will struggle to pay subs, I am happy to work out a fortnightly payment plan for you. We also have support available through Sporting Chance, however, I need to know if you would like support by the end of this term.

Due to the popularity of the mouthguards, I am extending the due date for the money to be returned. I will now be accepting payments up until next Friday the 16th of April. A reminder that if you pay for a mouthguard, you must email me and let me know.

Please remember to keep the 8th of May free as this is the SOHS club day. Game times will be released closer to the time.

Finally, a reminder that students must have an attendance rate of 80% or more to be able to take the field and train. This was a decision made by SOHS TIC's of sport as well as senior leadership. This also aligns with NZ School Rugby policy of students maintaining a satisfactory attendance decided by the school.

1. Attendance; Students need to be in class and learning in their courses of study. As a minimum students are expected to maintain an 80% or better attendance rate.

Jason Palmer (TIC Rugby)