



# Central Southland College

## CSC Kapa Haka at Miharo Celebration



*Renee Lumsden*

The CSC Kapa Haka Roopu has been working away all year on Mondays at long form time preparing for the 10th Miharo Celebration in Invercargill.

The group have been coached by Kamoko Tamihana, an ex-CSC student, who volunteers her time to teach us some new waiata. Her continuing support of our group is much appreciated.

Our senior students Aria Blair Roberts, Tu Meeke Wirihana and Renee Lumsden were fantastic taking practices and truly leading the way for the younger group members.

We had a great day at the Stadium and were excited to be able to cheer on many of our local primary schools during their performances.

We now look forward to next year!

*Kara Boys  
Teacher in Charge*

## ***From the Principal***

Nga mihi nui ki a koutou katoa—warm greetings to you all.

New Enrolments for 2020 - I am pleased to advise that all enrolments we have received to date have been accepted and we have not yet had to enforce our enrolment zone. However, this may have to be enforced if we reach our capacity. If you have questions around this, please contact the school and discuss with me. I would advise that it is important families view the new proposed bus routes imposed by the Ministry of Education. The details of these are found on our website. If you have not already given information to McDermotts Bus Company, around your own ability to access the proposed routes, please contact them and pass on your information.



The nominations for the incoming Board of Trustees Student representative closed today. The election will be held on Monday 23rd September and announced before the end of the term.

Board of Trustees Scholarship—applications will be called for before the end of the term so that students have time over the holidays to complete their application forms. They will need to be in to the college office by Wednesday 18th October (first week of Term 4), with interviews being held the following week. The recipient will be announced at Senior Prizegiving.

Congratulations to our Kapa Haka group on their recent performance at Polyfest. This is a fantastic festival that celebrates the many cultures that make up our country. Our group once again shone on stage performing Waiata and Haka. Thank you to Kara Boys for the hours of work that go into preparing for these events.

We have had many sports teams away at tournament this month. Thanks to all teams that ventured away to take part. Special congratulations go to the Central Southland College Boys Football 1st XI who recently won the Southland High School Division 2 competition for the 2019 season. This team also placed third in the Southern Cross Cup Tournament held at Menzies College last month. Many thanks to coach Grant Catto and manager Helen McLeish who have both given outstanding support to the boys over the season.

Also of note was our Senior A Netball team who travelled to Nelson for tournament and successfully placed 12th in the A grade. Many thanks to everyone who travelled in support and also to their coach, Di Newton and manager, Andrea Dobson.

As we move to the end of this term, we trust students and their families enjoy the holiday break. For seniors—we hope that this can happen while keeping on track with their studies. Holidays are an opportunity to recharge the batteries, spend time with family and friends and come back to school refreshed.

Ka kite ano

***Grant Dick  
Principal***

## **Whakataukī** **(Māori proverb/saying)**

**Ahakoā he iti, akotia, kōrerotia tenei rā, i a rā, i a rā.**  
Although it is only a little, learn it and speak it today and every day.

*Even if you only speak a few words in te reo Māori, those words are valuable. So use those phrases and words that you know - ask each other how you are in Māori (Kei te pehea koe?) and if the only answer you have is Kei te pai that is still awesome.*



# STUDENT NEWS

## Debating

Debating - 'where teams of three go up against each other about a certain topic'. CSC had three teams competing this year in the Southland Debating Competition. The topics Year 9 and 10 students debated were "this house believes that we should ban cosmetic testing on animals" and "this house believes that we should raise the minimum wage".

The overall experience was interesting and we saw a lot of different styles of debating. The Year 10 team made it through to the semi-final debates on Sunday afternoon, which was very exciting.

On Sunday, it was the senior debating and the Year 10's finals. The Year 10 moot was "this house believes that enhancing drugs should be used in sports". We were against a very strong team from James Hargest and lost our debate.

The debating competition was a great way for us to work on our skills and confidence.

*By Charlotte White*



## Elizabeth Eckford Seminar

On Wednesday the 14th of August our Year 11 History class were lucky enough to attend an Elizabeth Eckford seminar in Dunedin, along with some Year 12 and 13 History and English students.

Elizabeth Eckford was one of the 'Little Rock 9' when Little Rock Central High was attempting to integrate in 1957. It was amazing to hear her talk to a hall full of students from all over Otago and Southland about her experiences during this time, some of which were very traumatic.

This was an amazing opportunity especially since we studied this event earlier in the year and I even wrote an internal assessment from her perspective!

We had an unforgettable experience and a great day, thanks to Mrs Cowie, Miss Kean and Miss Burgess who organised this trip.

*By Emily Thomson*



## International Sports Forum

On Thursday 22nd August, a group of 28 students travelled to the Stadium for a day of sports. There was a wide range of sport on offer including cycling, squash, badminton, basketball, futsal, volleyball & pickleball.

Each student chose two sports to participate in with the focus on trying something new, as well as meeting new and old friends.

Our students enjoyed yet another great day organised by Sport Southland and are looking forward to the next one at the beginning of 2020.



# STUDENT NEWS

## School Librarians Day

A group of Year 9 and Year 10 student librarians spent last Friday at a School Librarians Day which was held at the Invercargill Public Library, Southland Girls High School and Verdon College libraries.

They took part in fun library activities to help them become more confident librarians. They also toured through the archives and processing areas of the Public Library.

The students thought it was amazing to see what happens behind the scenes and they enjoyed seeing the other libraries and how different they were to our school library. They enjoyed the fun activities as well as learning about the paintings and other items in the archives.



## Primary Ag ITO Report

On Friday 16 August the Year 11 Primary ITO class visited the Mataura Valley Milk Plant where students visited the lab and swabbed a door handle, mobile phone and a soap dispenser to see if listeria was present and saw the whole factory in operation through viewing windows. This was a fantastic insight into what goes on behind the production of whole milk powder.



We then went on to the Daiken MDF Factory at Mataura where we were taken on a site tour and saw the process from logs through to the finished MDF board. All in all it was a great day and I think students and teachers alike learnt a lot.

*By Lynley Woodd*



## Daffodil Day Fundraising



Our irrepressible Year 13 Dean, Mrs Cowie was an amazing figurehead for the CSC Student Council who organised a mufti day for the whole school to fundraise for cancer research—a cause that is especially close to CSC.

\$716 in total was raised and there were a lot of crazy costumes being worn on the day by both staff and students.

Thank you to Mrs Ballantyne and the council students who co-ordinated this effort.

Well done!

## Staff Success



We are very proud of Mrs Van Niekerk who was recently awarded the Senior Umpire Award for Netball by the Central Southland Netball Committee. This was a well deserved accolade after an outstanding season!

Mrs Van Niekerk is pictured receiving her award.



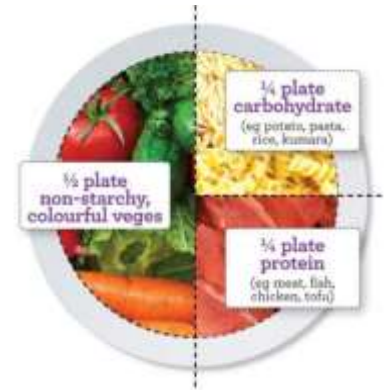
# STUDENT NEWS

## Food & Nutrition Dept

The Year 11 classes are currently learning about Nutrition and Well-being.

Their external exam looks at messages on food packaging and how it can influence our food choices, while their internal has them creating a daily food plan for a teenager. This can be a challenging topic for many adolescents as we look at serving sizes, the four food groups, number of recommended servings and what makes up a healthy diet. This can be an eye opener for some of our students.

One part of this is looking at how to serve up a meal that fits the “Ideal Plate Model” or “Healthy Plate Model” as it is also known. This model is based on a plate being half full of vegetables, a quarter of protein and a quarter of carbohydrates.



A challenge was set to turn a packet food like rice risotto or a family pasta packet into the ideal plate model.

Students had to add vegetables and protein, in sufficient quantities, to meet the plate model.

The students will tell you it was not as easy as they had predicted but was a great learning experience for them.

*By Kit Pryde  
Head of Dept.*



## Squash Competition Results

Congratulations to the College Squash team that placed 3rd in the Southland Secondary Schools Squash Competition held recently.

The team fought hard throughout the day, with some extremely tough games where they often competed above their grade.

Well done to Dallas Wilton Yr 11, Boston Wilton Yr 9 and Logan Stearne Yr 12 for their fantastic effort.



*Pictured left to right:  
Logan Stearne Boston Wilton and Dallas Wilton*

# CAREERS NEWS

*By Lynley Woodd, Sue Ballantyne, Cherie Taylor*



## **Programme Incubator**

The last visit to Kew Hospital was on 12th August. This visit was all about teeth, our students even got to practice brushing their classmates teeth!

## **Gateway 2020**

Gateway is a chance for students to gain experience in the workplace to have an insight into a career they may be interested in. Students gain Level 2 Unit Standard credits for this. For Year 12 students, Gateway is taken as a subject. For Year 13 students, Gateway may be taken instead of a study period.

Gateway information will be given to seniors at a Level assembly on Monday 16th September. Applications will need to be returned to the Careers Office by Friday 27th September 2019. These applications will then be considered and students will be notified early in Term 4. All Gateway students are required to attend a First Aid Course that will be held in late January, prior to the commencement of the 2020 school year.

## **Year 9 and Year 10 Career Workshops**

All juniors are taking part in a Careers Workshop this term. The aim of these workshops is to get students thinking about making good choices around subject selection for next year. The students will all be issued with Resources to help them with their decision making. Ask them to show you their booklet or folder.

## **Subject Selection for 2020 – Help is available on CareersNZ Website**

**Choosing school subjects: a step-by-step guide. This guide will help you decide which subjects to take in your next school year.**

### **Step 1: Work out what subjects you enjoy.**

Which subjects do I like doing now?

Which subjects am I interested in doing next year that I haven't already studied?

What do I like doing outside school eg, playing music, helping people, thinking creatively? Which subjects include these activities?

### **Step 2: Work out what subjects you are good at**

Which subjects am I strongest in? What subjects do others say I am good at?

### **Step 3: Find out what subjects you need for your career ideas**

Already have some career ideas? Explore the Jobs database on the Careers New Zealand website to find out what subjects you need for your career ideas.

### **Looking for career ideas?**

Use the interactive tools on the Careers New Zealand website to help you get some career ideas:

**Subject Matcher** – job ideas based on subjects you enjoy.

**Jobs by Interest** – jobs that relate to areas of work you are interested in.

**CareerQuest** – job ideas based on your interests.

**Skill Matcher** – job ideas based on your skills.

### **Still unsure about what career would suit you?**

It's OK if you don't know what you want to do in the future. Studying a broad range of subjects will keep your career options open. Keeping up with English, maths and at least one science subject is a good place to start.

## **Year 13 University Enrolment 2020**

With closing dates looming, students wanting to head off to University next year are busy collating information for their applications. Any one needing help/advice with this, Careers staff are happy to help.

## SPORTS NEWS

### Southland Secondary Schools Rock Climbing Champs



*Left to Right: Maisie McGregor, Amedee Wilson, Ella Bryan, Sadie Wech*

CSC took six teams to the Southland Secondary Schools' Rock Climbing Championships held at the YMCA in Invercargill recently. The experience levels of our climbers varied from those new to the sport, with little prior experience, right through to more seasoned campaigners.

Each climber completed a number of different climbs in order to earn points. The climbs were of varying difficulty, some were quite easy and others were very difficult to even attempt without having a reasonable degree of technique.

CSC earned three individual placings:

Senior Girls Individual: Gold - Ella Bryan; Silver - Amedee Wilson; Bronze - Maisie McGregor

We also placed with five of our teams too:

Senior Girls' Team: Gold, Senior Boys' Team: Silver, Junior, Girls' Team: Bronze, Senior Mixed Team: Silver, Junior Mixed Team: Bronze

Well done to our new climbers in Year 9, things are looking very good for the future for this sport.

*By Aran Jagoutz  
TIC*

### CSC Boys Hockey Report for 2019



Every Monday night the CSC Boys 1st XI Hockey team played at the Invercargill turf against other teams in the Southland Secondary Schools competition.

With a pretty young team we were seeded fifth for the semi finals. This meant we had to play SBHS Hostel team and James Hargest to get to the final. SBHS wanted to repeat their previous win. However, we proved to be stronger on the day and they were unsuccessful. We then played JHC and we were real contenders but in the end JHC won. The team were to play off for 3rd and 4th against the SBHS Hostel team. However, SBHS defaulted the game to us leaving CSC placed 3rd after a hard fought season.

Congratulations to our Year 9 players who stepped up and developed over the season. Ben, our goalie, did a great job in front of the net. The senior players were all so supportive of the juniors and always worked hard on the field. What great role models you are. Coach and Captain, Shaun gave great advice to all the players and gave the juniors encouragement and support. You were a great leader and role model for your team.

A big shout out to the parents for getting the players to the turf and staying around in the cold to support the team. It was fantastic for the players to have this support on the sideline, particularly in the difficult games.

Sadly we farewell Shaun Woodd from the team this year as he moves on to tertiary study. He has played hockey at CSC since year 9 and been the captain for the last 3 years.

*by Mrs Lynley Wood  
Manager*



# TOURNAMENT WEEK

## CSC A Netball Report

The CSC A Netball team had a great week in Nelson competing at the annual South Island Secondary Schools Netball Tournament.

With the team's goal of achieving a higher placing than in 2018, many hours of training were put in by the team and coaching staff to try to achieve this year's goal of a top 16 placing. By the end of day two the girls had played some awesome netball and had cemented their place in the top 16 with wins over Marian College and Avonside Girls.

The girls had a "come from behind" win against Rangiora on the morning of day three to confirm a spot in the top 12 but the Nelson Girls High game in the afternoon stopped them from progressing any further in the tournament, finishing a creditable 12th out of 32 teams in A grade and 74 schools competing across all grades.

The girls had an outstanding week of netball on and off the court, - thank you to Andrea Dobson and Diane Newton for the hours of work they have put into senior netball this year.



Huge congratulations to Jaime Anderson, Karlee Cruickshank and Della-Mae McDermott (pictured left) on being recognised as talented players of the future in a presentation after the finals.

A great achievement for these girls and also for CSC netball, as only 18 girls were selected in the talented pool and three were from CSC.

More exciting news was that Della-Mae had been selected into the Southern Steel Netball team as a training partner in 2020. This is an amazing achievement and well-deserved reward for her outstanding dedication and hard work.



## U15 Girls Highlanders Region Tournament

On the 6th of September, a number of Year 9 & 10 girls travelled to Dunedin for the Highlanders Region Tournament. CSC entered two 10 aside Rugby teams and one Rippa team. The weather conditions throughout the whole day were horrible but the girls all battled through the weather and finished with some positive results.

The Tigers team won every game in pool A and placed 1<sup>st</sup>, qualifying for semi-finals. Sadly, they lost their semi-final against Central Otago Girls and finished 3<sup>rd</sup> for the tournament. This was an amazing effort from the whole team.

The Sharks team did not do as well but came out of the tournament with an awesome experience. The Rippa team placed 5th in their division.



Congratulations to Maddie Wech and Renae Lindsay for being awarded MVP's in their respective teams.

Also, a huge thank you to the coaches Heath Thomson, Chris Wech and Kody Hunt for taking time to support and coach the girls. Thanks also to Mrs Kean and Mr Brinkworth for organising our transport and accommodation.

*By Ella Bennie*



# TOURNAMENT WEEK

## Colts 'A' Basketball



After an epic 10 hour journey to Greymouth, the Colts 'A' basketball team had a fabulous tournament up against very strong teams from around the South Island.

Our first pool game was against Catholic Cathedral College (eventual finalists) and it was a hard fought battle, only going down by 12 points. The remaining games were also closely contested (causing severely high blood pressure rates for the coaching team!).



Two losses to Hillmorton and Greymouth High along with two wins against Bishop John Paul and Westland High saw the team come out in 7th place at the end of the tournament.

Some outstanding skills were on display and great teamwork all made for a fantastic week. Overall, the week can be summed up as "not bad - good size!"

Special thanks to Coach, Thomas Beggs; Manager, Jane Cowie and Camp Dad, Brent Wallace.

*By Mrs Jane Cowie*

## U15 Rugby Report



The CSC U15 Rugby team departed for Christchurch on Sunday 1st September after a bruising pre- season game versus the SBHS U15. Monday morning saw a tour of the Crusaders and Canterbury rugby setups at Rugby Park in Christchurch followed by multiple photos of the boys with the Super 15 Rugby Championship Trophy.

A sunny day greeted the boys at Lincoln Rugby Club and Greymouth College were the first of many teams to falter against CSC. After a slow start by CSC, the final score was 21-17. This win lead CSC into their second game with confidence and they easily rolled Opihi College 40-7.

Tuesday saw the first real challenge - Mount Aspiring came out firing and quickly put 10 points on CSC, however CSC settled into their work and eventually held on to win 19-14.

After a long lunch break, they had a hard fought battle with Wakatipu. 40 minutes just wasn't quite long enough for CSC - the final score being 28-26 to Wakatipu. A hometown derby against Menzies for 5th place in Division Two took place on Wednesday morning. Again slow to start, CSC eventually started the engines to take the win 31-21.

MVP of the tournament went to McKenzie Hunter - he showed outstanding leadership both on and off the field and played extremely well. Special thanks to Mr Tree and Jackson Hunter for their coaching, Miss Dickie and Regan Wilson for their assistance on and off the field.

*By Ms Carly Anderson*



# TOURNAMENT WEEK

## Southland Girls Football Tournament

Central Southland College joined in with Aurora College, Verdon College and Waiau Area School, to enter a team into this tournament.

On the back of just two training runs, day one saw the team push Villa Maria all the way before losing 3-2 and they fought hard in a 4-nil loss to Mt Aspiring. A massive match against SGHS on day two ended with a 2-1 win and the girls grinning from ear to ear. Day three found the going tough against a good Queens team, losing 4-nil. Kate Schuurmans kept the team in the game with some great keeping.

The team then played in a rematch against SGHS in a tough rematch. Aurora Combined had the first lead of the game after a great pressure goal from Jacabeth McBride. Girls' High levelled the score at 1-all and would go on to win on penalties.

CSC student Jamie Hudson was named MVP for the team at the tournament. It was a good week for the 6 CSC girls and a great initiative that the girls thoroughly enjoyed being a part of.

*By Shontelle Gentle*



## Boys Football Report

Three CSC students were invited to join the St Peters College Football team to compete in Tournament Week in Dunedin recently.



Oliver Wakelin, Nicholas McLeish and Sam Davidson played with the team for six games resulting in 3 wins and 3 losses. They played Massey (the eventual winners) Waitaki, Roncalli, Kavanagh, Menzies and Rangiora.

The team finished 11th out of 20 teams which was very good considering the team had never player together before.

The boys had a great experience and look forward to next year.



## STOP PRESS:

**Our congratulations to Karlee Cruickshank, Year 13 for her selection into the New Zealand U18 Maori Rugby team. An amazing achievement, Karlee!**



## From the Office



### Uniform Change

Due to the improving temperatures, female students are now able to make their own choice about wearing a summer skirt or winter kilt to school.

### Junior Workday Payments are now Overdue

### Farmstay Family Wanted



CSC are looking for a homestay family for January to July 2020. You will be paid \$250 per week to host. John is a 15 year old German student who dreams of living on a big farm with lots of animals! He enjoys horse riding for fun.

If you are interested in hosting please contact Emma at CSC on 236 7646 or [emmab@csc.school.nz](mailto:emmab@csc.school.nz)

### CSC CUPS & TROPHIES

If you were awarded a cup and/or trophy at last year's annual prizegiving, we are now wanting these returned to the college office urgently. Thank you.

### Student Accounts

There are still a number of accounts unpaid. Please ensure that your student/s accounts are paid as soon as possible or contact the school office to make arrangements.

Winter sports have now finished and all subs should have been paid.

This is now urgent.

### Community Notices

#### Winton Football 5 aside Summer League

Team registrations are now being called for the Term 4 competitions.

When: Thursdays from 17 October - 5 December for juniors but if needed seniors may finish on 12 December.

Times: Seniors 2 x games each night 6.30pm and 7.05pm; juniors 2 x games each night 5.30pm and 6.00pm.

Cost: Seniors (Yr 9 - adult) \$100 per team; Juniors Div 1 (Yr 6-8), Div 2 (Yr 1-5) \$10 per player.

Team entries and enquiries can be sent to

[5aside.wintonfootball@gmail.com](mailto:5aside.wintonfootball@gmail.com)

and an entry form will be sent out along with rules. Entries close on 26th September

#### Central Southland Swimming Club

Come train with us, for fitness and technique

Monday 6-7pm and/or Thursdays 7-8pm

\$55 for one session, \$110 for two sessions

Contact [centralsouthlandswimming@gmail.com](mailto:centralsouthlandswimming@gmail.com)

#### Southern REAP Course Te Reo Maori Pronunciation for Beginners

When: Tuesdays 17th September - 5th November

Where: Southern REAP, 224 Great North Road, Winton

Time: 6.30 - 8.30pm Cost: \$40 for the six lessons

The course will cover practice and implementing vowels & consonants, basic everyday use of Te Reo Maori pronunciation, tips, ideas and online resources how to enhance your use of Te Reo Maori, learning through Kōrero, waiata, kēmu and rākau.

Please email enquiries@reap.co.nz or telephone 0800111117

### CSC DIARY DATES

#### September

19-21 301 Rockclimbing Trip starts  
24th BOT Monthly Meeting  
26th Variety Show Performance  
27th Last day of Term 3

#### October

14th Term 4 begins  
18th Next newsletter issued  
22nd BOT Monthly Meeting

#### November

1st Last day for Senior Students  
4th Senior Prizegiving  
7th NZQA External Exams begin

# MEASLES OUTBREAK

**The following is a message from Public Health:**

**Immunisation is safe, effective and free.**

Measles is serious and highly infectious viral disease that causes fever, cough, sore red eyes and a rash. It can make people very sick. People with measles can be infectious even before they start feeling unwell. While almost all people will make a complete recovery, it can lead to hospitalisation and in rare cases, death.

**Parents/guardians need to find out whether their children are protected against measles.**

Regarding your child's immunisation status:

**If your child has not received their measles immunisation (MMR vaccine)** as per the Immunisation Schedule (1<sup>st</sup> MMR at 15 months and 2<sup>nd</sup> MMR at four years), call your GP as soon as possible. Arrange a time to immunise your child as it is never too late.

**Infants and children who are not travelling to Auckland** or overseas to a country with a measles outbreak are recommended to get their MMR vaccinations as per the Immunisation Schedule at 15 months and 4 years.

**Infants aged 6 to 11 months who are travelling to Auckland** or overseas to a country with a measles outbreak, can have their first MMR vaccination (MMR0) after consulting with their GP, however they will still need to have the MMR vaccinations at 15 months and four years as per the Immunisation Schedule.

**Infants aged 12 to 14 months who are travelling to Auckland** or overseas to a country with a measles outbreak, should receive all four 15 month vaccinations (MMR, varicella, Hib and PCV10) at least two weeks before travelling to allow immunity against measles to develop.

- **If your child has received only one measles immunisation (i.e. one MMR vaccination)**, call your GP as soon as possible to see if you need to arrange a time to immunise your child with their second MMR. Two measles immunisations provide better protection than one.
- **If your child has received two measles immunisations, or they have definitely had doctor-diagnosed measles infection in the past**, they are considered protected. Over 99% of people who are fully immunised are protected from measles.
- **If you are not sure of your child's immunisation records**, look in your child's plunket book or check with your GP.

**If your child is not immune or you choose not to immunise your child**, they are not protected from measles. If they come into contact with someone with measles, they will likely have to be excluded from school or ECEC for up to 14 days.

## Signs of measles

It usually takes 10 to 14 days for someone who has caught measles to start showing symptoms.

If your child develops a high fever, runny nose, cough, sore red eyes, or a rash see a doctor (call ahead to alert your doctor about the possibility of measles before visiting and take this letter along).

If your child has a weakened immune system (e.g. if they have an inherited immune problem or are receiving chemotherapy for cancer), please contact your doctor to discuss further.

If this occurs: Call your GP or Healthline (0800 611 116) as soon as possible for advice. Your GP will advise the safest time for your child to return to school. If your GP suspects measles, they will arrange for testing and Public Health South will be in contact to offer support and any follow up regarding contact tracing.

For more information about measles, contact Healthline on 0800 611 116 or visit <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles>

