



Central Southland College

2018 DUX



Lachlan (Lachie) Dobson was awarded Dux 2018 at the Central Southland College Senior Prizegiving held on Monday, 5th November 2018.

Lachie was awarded:
1st in Chemistry, Excellence, CSC Cup
1st in Economics, Excellence, Driscoll Family Prize
1st in Physics, Excellence, CSC Cup
2nd in Biology, Excellence
Excellence in Mathematics with Calculus
Player of the Year for Rugby, McCallum Cup
Player of the Year for Touch, Paula Stewart Trophy

The AB Lime Award for Leadership as Head Student
Vet South Award for Excellence in Science
T A McLean Cup for Excellence in Mathematics and Science
Winner of Founders Prize for Outstanding Effort at Year 13
The Summers Cup and Winton Rotary Club Medal for Dux

Lachie plans to attend Otago University in 2019 studying Health Sciences.

Congratulations also go to **Lukesh Kidd** (right) who was awarded Proxime Accessit.



JUNIOR PRIZEGIVING

Monday 10th December 2018

7.30pm in CSC Hall

All Welcome

We ask that students bring a plate for a shared supper

Newsletter

16 November 2018

Principal: Grant Dick
office@csc.school.nz or csc.school.nz
174 MacKenzie Street, Winton
Phone 03 236 7646



*Just another day at the office in a rural school.
Year 13 student, Peter McLeish, parked his
transport to school outside the Principal's office*

From the Principal

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

Our annual Senior Prizegiving was held on Monday 5th of November. A celebration of the outstanding achievements of so many of our students, it was a fantastic evening and our congratulations go to all those students who received awards.

During the evening we also announced our head students for 2019:

Head Boy	Taylor Ballantyne
Head Girl	Della-May McDermott
Deputy Head Boy	Sam Hodges
Deputy Head Girl	Amy Miller

Congratulations to Lachie Dobson (pictured on the cover) awarded our school Dux for 2018 and also to Lukesh Kidd for achieving Proxime Accessit 2018. An outstanding achievement for each of these students.

This term also included the Youthmark Awards evening. Congratulations to Kendra Wadsworth, Emilia Price, Ella Wilson and Jenesis Petallana. These students are worthy recipients of this award, which recognises students that have the commitment, dedication and determination to not only succeed, but excel in their chosen fields.

I would like to recognise the hard work and dedication of our head students this year who have had their fair share of challenges as well as rewards. This crew have worked well as a team all year. Kendra Wadsworth, Alex Dykes, Brooklyn Forbes and Lachie Dobson - thank you for your leadership.

Please check the calendar of events near the back of this newsletter for dates relating to Junior Exams, Year 10 Camp in Queenstown and Year 9 Adventure Days.

There is a Paid Union Meeting for teachers next Tuesday. As we have Junior exams we are able to run the school as normal while staff attend this meeting.

I would like to address our reporting processes over this year and acknowledge that they have been inadequate in terms of a formal written report at the end of the senior academic year. We have introduced weekly effort reporting and an ability to access academic grades online through our portal, but it is our desire to provide our families with written reports outlining progress and achievement.

We have addressed this for next year and have forecast our parent teacher interviews and report deadlines now. To assist us with meeting the reporting needs of our community, we would appreciate you all taking a few minutes to complete a short survey. To do this simply follow this link: <https://goo.gl/forms/QThWn8rX9V0OPDjP2>

Ka kite ano

***Mr Grant Dick
Principal***

YEAR 10 NCEA INFORMATION EVENING

The College will be holding an NCEA information evening on:

Thursday, 22nd of November at 7:00 pm. in the College Library

All Year 10 parents, caregivers, and students are warmly invited to attend

There will be a short presentation explaining NCEA and how it works, followed by question time.

There will also be NCEA pamphlets and booklets available for parents to take away.

**Peter Turnbull
Assistant Principal
Principal's Nominee to NZQA**

**Mark Tree
Year 10 Dean**

STUDENT NEWS

SMAC MATHS RESULTS

In the last week of Term 3 sixteen of our Year 9 and 10 students competed in the SMAC maths competition. All 4 teams put in an outstanding effort and were rewarded with some very good placings.

The Year 9 teams finished 12th, 4th and 2nd out of 25 teams. The team that placed second - Tess Bryan, Cara Barnes, Harri Pyle and Richard Meechang, were just one question behind the winning team from James Hargest. This is an outstanding result and reflects the time spent practising with Mr Gellatly at lunchtimes.

The Year 10 team, comprising Emily Thomson, Bella Dykes, Holly Excell and Jamie Anderson, finished 3rd out of 19 teams. This is another great result, improving on last year when they finished 5th.

All of these students are to be congratulated on their achievements and outstanding representation of CSC.



PRIMARY ITO TRADE ACADEMY

Another busy year for the Primary ITO Trade Academy has come to an end. We have seen a few students come and go over the year, with three leaving after gaining employment on local farms and two entering a trade.

The year 11 students have enjoyed many field trips to various primary industries including Craig Pine, Invercargill Weather Station and the Winton Stihl Shop to name just a few. They also had a joint day trip with the Year 12's to the Southern Dairy Hub. These students have decided what type of farm they want to gain work experience on next year and we are already trying to find farmers to accommodate them. Please contact me for further details if you think you would like to have a Year 12 student gain work experience on your farm one day a week in 2019.



Our Year 12 students completed a First Aid and Health & Safety course earlier in the year and have gained invaluable experience at their farm work placements throughout the year.

Next year we will welcome ten new students into the programme and look forward to helping them start their primary industry journey.

A huge thank you to the farmers that supported our students in gaining valuable practical skills, and to those individuals and businesses who have accommodated us for our field trips. We are very lucky to have such great community support.

*Lynley Woodd
Head of Agriculture*

Winning Artwork



Krisley Manalo, Year 11 recently had her artwork pictured above, selected for the McIntyre Dick and Partners 2019 calendar. We are very proud of her achievement.

YEAR 9 FUNDRAISING

Over the past couple of weeks we have been researching different charities that we think our year group should support over our years at CSC.

Out of the three charities the students put forward, the MS Society received the most votes. This is a charity which helps people suffering from multiple sclerosis. Multiple sclerosis is a disease that damages the nerves in the brain, affecting the spinal cord and optic nerves.

This disease does not have a cure at present and the MS Society raise funds to help find a cure. From the recent Mufti Day, \$256 was raised by Year 9 and 10 students. Thank you for your support of this event.

By Callum Taylor & Mekenzie Allan



By Krisley Manalo



By Aria Blair-Roberts



By Sadie Wech



By Jack Ruddenklau



CAREERS CORNER

by Maree Buchanan & Raewyn Lowe



Gateway 2019

Twenty students across Years 11 and 12 have been accepted onto our Gateway programme for 2019. We had a large number of students apply for the 20 places available. Gateway is really beneficial for the students as they get real experiences which help them make informed decisions regarding their career pathway. All students on the Gateway programme are required to attend CSC on Tuesday 29 January to complete a First Aid Certificate.

Work Ready Programme

Some of our Year 12 and 13 completed their First Aid and a Health and Safety qualification after Labour weekend to prepare them for the world of work. All of the students learned valuable skills which they can put to good use when they are working.

Thursday 6th December

STAR funding will pay for all Year 10 to attend a Taster day at SIT in December. This is a fantastic opportunity for our junior students to experience what Tertiary education can offer them. The students have information to bring home where they will choose which class they would like to join so we can draw up a timetable for the day.

Congratulations ...

Congratulations to Emma Andrews, Maggie Wilson, Amelia Cameron and Kayla Hodson who have all been accepted into the Bachelor of Teaching programme with the University of Otago for 2019.

Best wishes to all our school leavers as they embark on their future career or tertiary studies.

Looking ahead ...

- 03 December Year 11 into Year 12 Course Selection Day
- 06 December Year 12 into Year 13 Course Selection Day
- 06 December Year 10 Taster day SIT
- 29 January First Aid Course Gateway students/incoming Year 13

Ex-Student High Achiever

Atipa Mabonga (pictured), left CSC at the end of 2016 to take up a scholarship at the Southern Methodist University (SMU), Texas in the United States.

Recently, Atipa has been honoured with the 2018 SMU Field MVP Award in recognition of her outstanding field performances.

CSC are very proud of Atipa and wish her all the very best for her very bright future!



IMPORTANT—COURSE CONFIRMATION DATES

All current Year 11 and 12 students will need to come to the school library on their assigned course confirmation day to finalise their subjects for 2019. They will have an opportunity to ask questions and seek guidance about which subjects best suit their needs and career goals. Students may wear tidy mufti.

Timetables to let them know what time to be at the library have been given out to Year 11 students, and both year groups can find the timetable on their google community. If for some reason they are unable to make their scheduled time please let their Dean know as soon as possible.

Year 11 students : Monday 3rd December

Year 12 students : Thursday 6th December

SPORTS NEWS

Stunning Swimming Champion

Congratulations to Amie Pratt who was recently awarded the Junior Female Sports Person of the Year at the Southland Secondary Schools Sports Awards.

Amie has had some standout performances over the past year, going from strength to strength in all her competitions.

School:

CSC Junior Champion: Broke 5 school junior records in:
25m freestyle 25m backstroke 25m breaststroke
25m butterfly 3 x 25m medley



International:

New Zealand Swim Squad – 2018/19

New Zealand Team – compete in Australia Oct 2018 in 4 events –

50m freestyle, 50m backstroke, 100 backstroke, 200m breaststroke.

Fijian Nationals—competing against swimmers from the Pacific, including Australia – won 4 Gold, 3 Silver and 3 team Golds in relays.

National:

NZ Long Course Age Group Champs – broke the 200m backstroke record – time 2:26.43

South Island Champs – Silver 400 m IM, Silver 100m backstroke,

NZ Short course Nationals

Regional:

Southland Elite Development squad

Southland Long Course Champs:

Gold 200m backstroke, Silver 50m freestyle, Silver 400m freestyle, Silver 100m fly, Gold 50m backstroke, Silver 100 freestyle, Gold 200 IM.

Southland Age Group Champs: Gold 100m freestyle, Silver 200m IM

Southland Champs Prizegiving –Runner-up Cup at the Southland Champs

Long Course record – 200m backstroke

Most Promising Backstroker at Nationals

Closest competitor to a NZ record



CSC Finalists in Southland Secondary Schools Sports Awards

Also representing CSC at the above awards were:

Sam Hodges Senior Boys Volleyball

Jack Treloar - Junior Boys Moto X

CSC Trapshooting Team

U17 Southland Cricket Reps

Thomas Menlove and Jack Pyle played for the U17 Southland Cricket team last weekend in a tournament in Oamaru. The team came away with a win and two losses. Congratulations to these lads!

CSC SUPPORTS HAMISH KEAST, YEAR 13 IN THE TOUR OF SOUTHLAND



SPORTS NEWS

CSC Cycling Champions

Tyla and Natalie Green were both involved in the Oceania Track Cycling Championships held in Adelaide over the last holidays. Natalie was a member of the Southland squad and competed strongly with some solid rides after a long recovery from concussion earlier in the year.

Tyla was competing as part of the New Zealand team and had a number of awesome rides with great success. She claimed a Silver medal in the team sprint event and went one better in the highly competitive Keiren event beating a bunch of Aussies to win the Gold medal. Top work Tyla!



Tyla and her Coach, Sid Cummings after receiving her medal



Tyla (193) waiting to start her race

Taekwondo Champion



Cameron Shaw, Year 11 competed in the National Taekwondo Championships in Wellington recently.

Cameron was initially placed in the Junior Black Belt section where he won a Gold medal. He was then pushed up a grade to the Senior Black Belt section where he claimed a Bronze medal.

Cameron also displayed superior height in his running front kick for which he was awarded another Gold medal.

Congratulations, Cameron!

Southland Waterpolo Reps



CSC students Ella Bryan, Year 11 (left) and Grace Cuttance, Year 12 were selected to represent Southland in the U16/18 Waterpolo team in 2018.

Well done to you both!



Senior A Netball Season Roundup

This 2018 season has been a great developing year for the Senior A's, coming together as a new team, we progressed throughout the year playing some great netball.

The girls started their season in the middle of April by playing in the Central Southland Competition on Saturdays. These games prepared the girls well for the Secondary Schools League and also the South Island Secondary Schools tournament later in the year. The girls finished 3rd overall in the Saturday competition which was a pleasing result. In the Southland Secondary Schools League the team were undefeated until the final against Blue Mountain College where we were runners-up.

The girls travelled to Dunedin to compete in the South Island Secondary Schools Tournament in September. We won five of the eight games and played some great netball along the way. The girls had a tough run through pool play and finally placed 21st overall, which was disappointing but all the girls improved their skills throughout the tournament. Highlights from the tournament included the team performance against St Margarets of CHCH - the whole team was on fire and we came close to an upset, the 5 games that we won against St Peters, Kaiapoi, Gore High, Taieri College and St Kevins College.



Students selected for Southland Rep Teams were:

- Rachel Alexander and Della-May McDermott for the INC U17 team, travelled to Nationals.
- Della-May also got invited to trial for a Beko team in Dunedin.
- Erin Forde and Omea Hall for the Eastern U17 team.

This year's team was very young but will keep developing in 2019. Thanks to our awesome coach, Andrea Dobson and our amazing manager, Suzanne Alexander. Our season would not have been possible without all your work and support.

CSC Volleyball

On Sunday November 11th, three CSC junior volleyball teams competed in the Southland Champs in Invercargill. The Year 10 boys were the reigning champs from 2017 but found SBHS too much of a challenge this year, losing to them in the finals by three points.

The Year 9 boys are heading away to the South Island Secondary Schools Champs soon, and this was a great training opportunity for them. They placed third. The Junior Girls also placed third, and their coaches commented on how much the girls improved over the day. Thanks to the coaches who gave up their time and the players for giving it their best.



FUNDRAISER

The Senior A Boys Volleyball Team are fundraising to travel to Nationals in 2019. They will be cutting firewood at the College in the coming weeks. Those wishing to support the team can buy the wood wet on the day or purchase it in February after it has dried over the summer.

Enquiries to: Alyssa Johnstone 027 2949994.

SPORTS NEWS

Trapshooting Top Team at Nationals!



From Left: Josh Hart, Roy Schuurmans, Philip Wilson, Max McCallum and Luke McMaster

Trapshooting Nationals are over for another year. Congratulations to Philip Wilson, Max McCallum, Luke McMaster, Roy Schuurmans and Josh Hart who won the NZ Secondary Schools Points Score teams event with a score of 279/300.

We also had Philip Wilson represent the South Island in a 5 person team who beat the North Island! Philip was also in the top 5 for individual points in the North vs South match.

Well done to everyone who competed and showed the country even small schools can be big players at a National event. You all wore the CSC logo with pride and I hope you enjoyed your time away.

*Sam Dickie
Teacher in Charge*

Equestrian—One Day Event

On Sunday 11th of November, CSC took a team to the Southland One Day Event at the Griffin Equestrian Centre at Sandy Point. Kate Hamilton, Max Sinclair, Mia Harper and Lexie Wilson combined with Year 8, and future CSC students, Rosa Wills and Casey McMaster. This was a really enjoyable day and the team finished closely behind the 1st and 2nd placed teams from Southland Girls High School.

Mia Harper won the 65cm competition on her horse, Master Shocking. This was a fantastic achievement in a very close field. Lexie Wilson and Rosa Wills also completed all three phases. All of the team will be returning to CSC next year, so we look forward to being even stronger in following years.

Thank you so much to the parents of the competitors for your organisation and expertise on the day and leading up to the event. It is greatly appreciated.



Mia Harper going over a jump



Max Sinclair on his way around the course

Community News

Southern REAP Courses

Winton St John Workplace First Aid

Tuesday 16 October 8.30am—5.30pm

Attain your Level 1 certificate, valid for two years.
Minimum qualification required for workplace first aider.

Te Reo Maori Pronunciation

Thursday 18 October 2pm—4pm or 6.30pm—8.30pm

This workshop includes pronunciation tips, new phrases to use and sentence structure.

One-on-One CV Preparation

Do you need to produce or update your CV but don't know where to start? REAP can work with you to get your basic CV up-to-date and ready for use.
Phone Amanda, 03 236 6008 to arrange an appointment.

Ohai Blokes Workshop—FREE

Thursdays 1.30pm to 4.30pm at Ohai RSA Hall

A chance for men to meet up each week to create, build, learn from others or just hang out for a chat. Work on things such as chainsaws, maintenance on lawnmowers, small building projects, painting, community projects and many more hands-on tasks.

Ohai Flax Weaving

Mondays during school terms, 10am—2pm at Ohai Playcentre, \$20 per term.

CSC DIARY DATES

November

19th Junior Exams begin
22nd Junior Exams finish
26th Year 10 Camp in Queenstown begins
27th Board of Trustees monthly meeting 6.00 p.m.
29th Year 10 Camp returns
30th NCEA Exams finish

December

3rd Year 12 (2019) Course Confirmation Day
3-5th Year 12 Leadership Camp
4-5th Year 10 Ecology Days
6th Year 10 SIT Visit
Year 13 (2019) Course Confirmation Day
7th Next Newsletter issued
10th Junior Prizegiving 7.30 p.m.
11-12 Year 9 Adventure Days
13th Junior Reports on Parent Portals
Teacher Only Day



Dental treatment is FREE up until your 18th Birthday

Has your child had their teeth checked in the last 12 months? As your child is at high school they will need to be seen by a private dentist or dental therapist.

Contact your local dentist today to see if they offer the free Under 18 dental service.

Student Lockers

All lockers must be emptied and left tidy by the end of the year. Any padlocks left on any locker after the last day of school will be cut off. Students are expected to take their padlock home.

Students will have a chance to request a locker early next year. A reminder that the school does not endorse combination locks and encourages key padlocks.

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 to pay them off. This is now urgent.



Second Hand Uniform Sale—10th December 2018

The Home and School are running the Second Hand Uniform sale in the Music Room on the 10th December (the night of Junior Prize Giving) from 3pm to 5pm.

Items you are selling need to be dropped off at the school office **before 6th December**.

Only the following items will be accepted:

- Blazers (Drycleaned with tags on them)
- Kilts (Drycleaned with tags on them)
- Skirts
- CSC Jerseys and Vests

All items must be in a clean and tidy condition

Why Social Media Is Not Smart for Middle School Kids

By Victoria L Dunckley M.D.

I really [love](#) middle school kids. I have two of them! If you have been through middle-school [parenting](#), you may have noticed what I see: Strange things seem to happen to a tween's [brain](#) the first day they walk into middle school.

One might sum up their main [goals](#) in life this way:

- To be funny at all costs. (Hence, the silly bathroom jokes, talking at inappropriate times in class, and the “anything it takes to be popular” attitude.)
- To focus on SELF — their clothes, their nose, their body, and their hair.
- To try new things. They are playing “dress up” with their [identity](#), trying on things to see what fits. They are impulsive and scattered, they are up and they are down, and it even seems that they have regressed in their development on their quest for independence.

As the parent, you are changing, too, as you enter the stage of parenting when you quickly depart from the naïve platform of “My child would never...” to the realization that, “I’m sure my child did that. I’m sorry, and please excuse his behaviour, he is going through a phase.”

Your list of daily parenting instruction may include statements like:

- "If you can't say anything nice, don't say anything at all!"
- "How many times do I have to tell you not the use that word?"
- "Stop flipping that bottle!"
- "Stop burping the ABC's!"
- "You're acting like a 2-year-old."
- "What were you thinking?"



Then it happens: Maybe because we are exhausted from their constant begging for a phone, or because we think that all their friends have one, or because we want to upgrade ours to the latest model...we cave. We act on impulse. Our brain seems to regress like theirs, and we give them our old smartphone. And with that *one little decision* comes the world of social media access—something we haven't thought about and something none of us is prepared for. Because the midbrain is reorganizing itself and [risk-taking](#) is high and [impulse control](#) is low, I can't imagine a worse time in a child's life to have access to social media than middle school. Here are just a few reasons why:

Social media was not designed for them. A tween's underdeveloped frontal cortex can't manage the distraction nor the temptations that come with social media use. While you start teaching responsible use of tech now, *know that you will not be able to teach the maturity that social media requires*. Like trying to make clothes fit that are way too big, they *will* use social media inappropriately until they are older and it fits them better.

Social media is an entertainment technology. It does not make your child smarter or more prepared for real life or a future job; nor is it necessary for healthy social development. It is pure entertainment attached to a [marketing](#) platform extracting bits and pieces of personal information and preferences from your child every time they use it, not to mention hours of their time and attention.

A tween's “more is better” mentality is a dangerous match for social media. Do they really have 1,456 friends? Do they really need to be on it nine hours a day? Social media allows (and encourages) them to overdo their friend connections like they tend to overdo other things in their lives. Social media is an addictive form of screen entertainment. And, like [video game addiction](#), early use can set up future [addiction](#) patterns and habits.

Social media replaces learning the hard social “work” of dealing face-to-face with peers, a skill that they will need to practice to be successful in real life.

Social media can cause teens to lose connection with family and instead view “friends” as their foundation. Since the [cognitive](#) brain is still being formed, the need for your teen to be attached to your family is just as important now as when they were younger. Make sure that [attachment](#) is strong. While they need attachments to their friends, they need healthy family attachment more.

Social media use represents lost potential for teens. While one can argue that there are certain benefits of social media for teens, the costs are very high during the teen years when their brain development is operating at peak performance for learning new things. It is easy for teens to waste too much of their time and too much of their brain in a digital world. We know from many studies that it is nearly impossible for them to balance it all.

How Can Kids Slow Down?

First, we need to *slow down* and rethink what we are allowing our kids to do. We need to understand the world of social media and how teens use it differently from adults. Here are a few tips that work well for many parents.

- Delay access. The longer parents delay access, the more time a child will have to mature so that he or she can use technology more wisely as a young adult. Delaying access also places a greater importance on developing personal authentic relationships first.
- Follow their accounts. Social media privacy is a lie: Nothing is private in the digital world, and so it should not be private to parents. Make sure privacy settings are in place but know that those settings can give you a false sense of security. Encourage your teen to have private conversations in person or via a verbal phone call instead if they don't want you to read it on social media.
- Create family accounts. Create family accounts instead of individual teen accounts. This allows kids to keep up with friends in a safer social media environment.
- Allow social media only on large screens. Allow your teens to only use their social media accounts on home computers or laptops in plain view, this way they will use it less. When it is used on a small private phone screen they can put in their pocket there are more potential problems with reckless use. The more secret the access, the more potential for bad choices.
- Keep a sharp eye on the clock; they will not. Do you know how much time your child spends on social media a day? Be aware of this, and reduce the amount of time your child is on social media across all platforms. The average teen spends nine hours a day connected to social media. Instead, set one time each day for three days a week for your child to check their social media. Do they benefit from more time than that?
- Plan face-to-face time with their friends. Remember that they don't need 842 friends; four-to-six close friends are enough for healthy social development. Help them learn how to plan real, in-person, social get-togethers such as a leave-phones-at-the-door party, a home movie night, bowling, board games, cooking pizza, or hosting a bonfire. They crave these social gatherings so encourage them to invite friends over and help them (as needed) to organize the event.
- Spend more real non-tech time together. Teens who are strongly attached to their parents and family show more overall [happiness](#) and success in life. They still need us now more than ever. It is easy to detach from them: Teens can be annoying! But attaching to family allows them to detach from the social media drama. Your child needs to feel like they can come home and leave the drama of their social world behind for a few hours. They want you to help them say no to social media and yes to more time with the family. They are craving those moments to disconnect, so make plans and encourage this at home.

Don't give that smartphone all the power in your home; help tweens choose healthier forms of entertainment. They have the rest of their life to be entertained by social media, but only a limited time with you.

