

# St. Bernard's College

"To Stand on Life-Giving Ground"

Newsletter June 2023

Kia ora tātau,

It has been a full term again with Relay for Life, O'Shea Shield, retreat days, open day, a careers day, Kapa Haka Regionals, Huttfest as well as a full program of winter sports. Life for our Rugby and Football sides has not been made any easier by having to deal with fields that have been largely out of action due to the damage done to them by the weather.

I have just seen our various top sports teams off for their two day trip to the Taranaki for the annual Francis Douglas sports exchange. Of note to me was the fact that six of the coaches and managers going up with the boys are parents and/or Oldboys. These are people who are obviously taking time from their work places – annual leave or whatever they have negotiated – to devote to the boys of our College. We are grateful to them and to all of you in our community who give so freely of your own time and skill for the benefit of the boys and staff of our school. Put simply, we are only able to field the signficant numbers of sports teams we do across all of the various codes because of your generousity and commitment. Thank you.

On a similiar note I wish to acknowledge and thank **Mr Ray McMillan** who is stepping down as a Trustee and Chairperson of our Board after many years. Unfortunately for us Ray has taken one of the more senior positions in the Ministry of Education which means, by their rules, he can no longer sit on a school Board. Ray has had a significant impact on the growth and health of this College because of the professionalism and experience in leadership he has brought to the role. There have been occasions over the last few years where he has put hours of his time into issues that have needed addressing. He has done this with generousity, patience and without seeking or recieving any recognition. Thank you.

Because of the rules by which school boards are constituted the Board must hold a by-election to fill this vacancy. Further details on this is communicated below.

We hope that your sons have a great break away from school. We look forward to a new term that is not dirupted by the on-going industrial dispute beween government and ppta!

## St Bernard's College Board Parent By-Election 2023

## **Nomination round**

Our school will be undertaking a parent by-election for 1 School Board vaca



This process will start with the issuing of nomination papers to our caregiver community by **Sunday 2**<sup>nd</sup> **July 2023.** 

We have employed CES to undertake the election process on our behalf. This year with legislative change, our nomination form and full instruction on how to place your nomination into our own School's Election website will be emailed to you if we have your email address in our database or you will receive it by post if we don't have your email in our database.

Nomination papers will also be available at the school office. The school will send those on to CES for processing upon receipt from candidates.

## Nominations close on Friday 21st July at 12 noon.

We look forward to your participation in this process.

## PB4L

#### Why is it important to recognise positive behaviours?

Without getting too technical about it, there is a positive outcome for both the teacher and the student when we recognise positive behaviour at our kura. We're all able to point out shortcomings but if we can highlight the positive behaviours instead, then we encourage that positive behaviour to continue. There are times when we need to stop and teach (or re-teach) the behaviour we want, just as we teach other skills. It is important to remember to focus on what you're looking for rather than what you don't want when teaching these new skills.



Small moments matter. Every time we engage positively with our rangatahi we have an opportunity to build a positive culture. (Adapted from Kathryn Weaver)

#### At SBC, our expectations are that we;

- Love God by being thankful for what we have,
- Love Others by being positive with each other,
- Love Self by having mana and pride in ourselves and our work.

The data below represents the PB4L recognitions given to students between Week 1 & 5 of this term. The weekly summaries are published in the school notices every Monday morning. The notices are accessible from the school website.

In the period from April 24 until May 27, a total of 2324 recognitions have been given to 444 students in 34 tutors classes by 32 members of staff and relieving staff.

Weekly top students Term 2 Weeks 1-5: Dylan P, Emilio C, Leyton S, Phoenix K, Chivan W.

Weekly top tutor classes Term 2 Weeks 1-5: 7FS, 7AC, 9EM, 8BR, 7GL.

Weekly top house Term 2 Weeks 1-5: Chanel, Pompallier, Marcellin, Chanel, Chanel.

At the school assembly on 23 May, PB4L certificates were given out to the 3 students at each year level with the highest number of recognitions. We plan to continue to do end of term random prize draws and to recognise the top students each term.

Congratulations to all our students, tutor classes and houses for their positive learning at SBC during Term 2.

## Relay4Life

Relay for Life is an annual fundraiser to support the Cancer Society. It was held at Trentham Racecourse on our first weekend back at school, Saturday 29 and Sunday 30 April. Our team of 97 included boys from year 7 through to year 13. Our student captains were Patrick Byrne and Cameron Hall. On the day Mrs Burns was overwhelmed with the generosity shown by our families by bringing in so much food, especially milo. We didn't go hungry that night, with Mrs Burns on the BBQ all night.

The year 7s started us off at 3pm carrying the baton around. They were awesome and ran laps well. Together we were able to hang out and encourage each other. There was music we could hear while we were running. Lots of other schools participated. Around 8.30pm we stopped for the candlelight ceremony.



We all stood together behind our banner on the grandstand. As year 13s it was special as it was a good moment to share with friends and the boys we've grown up with. As brothers we went around the course looking at all of the bags, each bag representing a life lost to cancer. It was moving.

As it got later, it got colder, running was hard. Lots of boys chose to keep warm inside or have a nap in the tent. Overnight a dedicated group of year 12s and year 13s battled the cold crisp air and kept the baton moving. That's the point. Cancer doesn't stop, so we won't either. Running to keep warm we didn't have the speed of some other schools, but we are proud of our efforts. We kept an eye on the lap count our total for the night was 400 laps. We've raised over \$10,000 so far. A first for our school.

## **Social Studies**

KO WAI MATOU? Who are we – Who am I?

Year 9 Social Studies

This is the question we asked our year 9 students at the beginning of the teaching year across all subject areas. In Social Studies this involved firstly an interview with whanau for our pupils to discover and reaffirm their ancestry, heritage, voyages made and hear the stories that make up the amazing young men that they are today. Once the interviews with whanau were recorded the students then had tough decisions to make, which part of their whanau ancestry were they going to research in-depth? Nona who came from Sicily in 1967 with her father who started growing grapes for wine? Great granddad who left Ireland aged 15 to escape hardship? Pop who moved from Australia after he met a beautiful Kiwi nurse? Or Tinā Florence who moved from Samoa to further her study to become a teacher? The choices were diverse, and our boys rapidly acknowledged the many cultures and stories that make up who and why we are all here today. Along with stories of sadness, families separated, poverty, loss of language, loss of culture and having to discover new communities to be part of, there came the stories of love, hope, opportunities, safety and a new sense of belonging. After weeks of intensive research using our school library system online resources the students produced posters of their chosen countries. The posters were very detailed and encompassed all aspects of their countries – geography, etiquette, exports, religion, myths, natural resources, famous people, government, and the students' two favorite topics: sport and food! Having completed their poster, part 2 of their assessment was to create a diorama – "a story in a box" displaying the traditional food cooking method from their chosen country. We had umus from Samoa, fish smoking sheds from Ireland, lovos from Fiji, braais from South Africa, hangi from Aotearoa and community cooking ovens from Malta and Lebanon!

Thank you and aroha to the many whanau that emptied chocolate boxes so the box could be recycled, burned their fingers on hot glue guns, Mums that bought shoes so that the box would be recycled, and not to forget the many splendid donations of corks also!

evaluations after both the poster and the diorama were achieved was enlightening as the learning and recognition of strengths and

Paulina Watson - Year 9 Dean and very proud Social Studies Teacher.

weaknesses were very clear and will be referred to our learning throughout the year.











## Science

#### Year 7 and 8 Science Term 2

Early in the term we entered two teams (one Yr 7 team and one Yr 8 team) into the Hutt City Science Stem Competition. This is an annual quiz competition that involves answering scientific questions with a theme for each round. There are also different practical challenges that involve using equipment that tests their problem solving skills. Lots of local schools compete. Our Yr 7 team was made up of Ryan Benseman, Jordan Cabrera, Kyden Jacobson and Nick Shaw. Our Yr 8 Team was made up of Zaiden Martin, Oliver McClusky, Shamil Shahabdeen and Fionn Sugrue.

Nothing beats the real thing. Talking about how our eyes work and learning different parts of the eye from models or colouring in sheets can only inspire us so much. During our Pirates topic for year seven science, we dissect a cow's eye. Here are some photos from our budding scientists. We don't just do a dissection at Yr 7, our Yr 8's complete a heart dissection and a pluck dissection. Getting hands on with what our hearts, lungs and trachea all look like. The boys were amazing and asked great questions.

All Yr 7 and 8 science classes have been working towards earning a science badge. This has involved boys choosing a badge to complete. Then working through different tasks to earn 20 stars to get their badges. It has meant they are working on this project in their own time and often working with others in the class. This project gives the students opportunities to develop skills such as organizational, time management and resilience when doing experiments because great scientists know that experiments don't usually work the first time around.





#### We have a new champion!

Caleb Bentley took out the highly coveted burger title this year, what a legend!

He walks away with \$50 in vouchers from Seashore Cabaret and 4 Burgerfuel burger vouchers.

Noah White took second place, followed by TJ Tanoai in third.

But our judge had a very difficult time, mentioning that it was much easier signing off on million dollar projects than picking the winner.

Please congratulate all of the finalists if you see them, they did SBC proud.

## Year 9 & 10 Dance

On Friday May 12<sup>th</sup> Sacred Heart College hosted a combined Year 9/10 dance to fundraise for their Pasifica group. What a magnificent night to socialize! The food was very generous and varied with Dads reigning supreme on bbqs and gate duty, SHC and SBC senior students creating burgers to order with bacon and selling homemade baking from the kitchen in the performing arts center. A large thank you from Miss Watson and Mr Smith to our many senior students who supervised, collected, checked tickets, and cooked and cleaned for their junior brothers and sisters. Many of our senior boys attended the dance after sports practices and working their part time jobs – what you did clearly demonstrates LOVE OF GOD, SELF AND OTHERS to your younger brothers. This caring and uncomplaining example is one that you have set and is the one to follow – it has not gone unnoticed – we all reap the benefits of watching the positive interactions between our schools and our leaders who live up to and beyond their year 13 oaths.

Many of our senior boys that attended were from my first year 9 tutor class 9WA and Mr Hudson's 9HU tutor class – I found it an emotional experience watching these young men that used to be much shorter, but never louder than me! These -now Year 13s- started in Year 9 as respectful, creative young men with a strong sense of self, determination to learn and humility. I am so incredibly proud of you – all these strengths that you started with from the upstairs C2 classroom, the old building in 2019, have stood you strong through many unpredictable times. You have never stopped building on these attributes, and you will continue to create success as you utilise these strengths through all phases of your lives.

Aroha to you all and "Morena Gentlemen - always good to see you!"





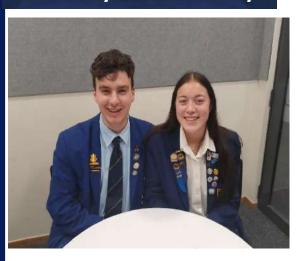








## **University of Canterbury**



Lewis Collins, won our nationwide Boost Economics competition last night (and \$1,000 cash!!). The feedback from the judges was awesome, they said that him and his teammate (from WEGC) were absolutely incredible.

## **Brain Busters**

Zaiden Martin (8BR) auditioned for Brain Busters and has been selected to participate. This will be aired on TV2 later this year. Brain Busters is a TV series where kiwis compete in a series of increasingly tricky challenges, involving maths, memory, spelling and moreworking towards the ultimate test of smarts and stamina. Zaiden travelled to Christchurch on 21 June. Zaiden was very excited to participate as this is a great opportunity for him- we wish him all the best in this competition.



# **Pink Shirt Day**







Pink Shirt Day was held on the 19<sup>th</sup> of May and our students celebrated by coming to school in pink! Pink Shirt Day is about working together to stop bullying by celebrating diversity and promoting kindness and inclusiveness.

## **Sport**

We are well underway with our winter sports codes and the future is looking bright. Our 1st XV have made it back into Premiership competition and our Senior A & Junior A basketball teams are following suit. This will be the first time both our basketball teams are in premiership at the same time. Our football 1st XI are in Prem Reserve after finishing their grading games and are now looking to have a more competitive season.

#### SOCIAL MEDIA:

We have acknowledged many sporting achievements and memories via our facebook and instagram accounts. We have so much talent here at St Bernard's College and it's worth following these accounts to keep up with all the action at our school. Thank you to Mr Hewson who has put up an 'Instagram Wall' (outside our gym), we will update this through the year with more photos and stories of sports teams and individuals. We often see not only our own families and students looking at the wall but visiting teams also, it seems to be a hit! Please continue to send photos/videos in, this helps build as 'one community', keeping us connected in what is happening with sport at SBC.

#### Follow:

Instagram: sbc183sport
Facebook: SBC 183 Sport
VOLUNTEER INFORMATION:

We launched a 'Volunteer Information Brochure', this helps to align and support our amazing volunteers in their roles of coaching, managing and supervising. We appreciate all the time and dedication everyone puts in, getting our teams onto fields and in the gyms. Without this support our students would not be able to play, this is truly appreciated. THANK YOU!

Mission: Our mission is to bring people together through sports and build a sense of belonging and community through volunteering!



#### **8 PLAYER EXPECTATIONS:**

show resilience when

needed.

Working together with the PE department and Heads of Codes, we highlighted '8 Player Expectations' that we as a community will strive towards in educating our students in sports. Please join us in reminding students that these are important, not only in sport but in all aspects of their lives. It takes a community to make any significant changes.

## **8 PLAYER EXPECTATIONS**

# WHAT DO WE TEACH OUR PLAYERS IN SBC SPORT?



training or game.

#### Love Self **Love Others** Being Coachable School Pride Communication Respect Support our teams, wear For your teammates, coaches, Listen and respond with If you cannot attend, let your uniform correctly, dean and managers, officials, positive action. Be manager know and let coaches enthusiastic, ask questions. tidy - for yourself and those know if you need extra help. opposition, supporters and that have gone before you. other's property. Work Ethic Being On-Time Help Out Be Prepared "Team bag, before your own Bring your best all the time, Come with everything a good For your teammates, coaches, do extra if required. sportsperson needs for your and managers bag". Make sure you help-out Persevere through and and clean up before leaving a sport.

In doing all these and being grateful, shows the love of God

#### **OUR TEAM:**

This is who we are in Sport at St Bernard's College. A great line-up of experienced and wonderful people.

Nick Risdon: Director of Rugby <a href="mailto:nrisdon@sbc.school.nz">nrisdon@sbc.school.nz</a>

Jackson Stubbins: Director of Basketball sport@sbc.school.nz

Mark Harrison: Director of Football mharrison@sbc.school.nz

Tessa Siolo-Thompson: Convenor of Volleyball Mitch Bialy: Convenor of Touch Rugby

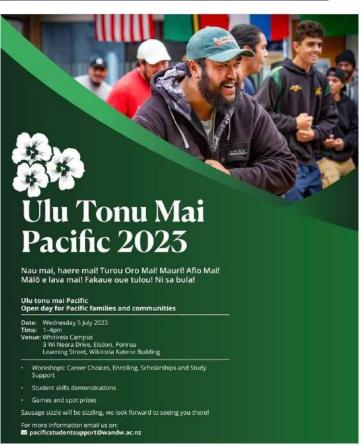
#### Enjoy your season in Sport!

Wendy Tukapua: Director of Sport
<a href="https://www.ncbe.school.nz">wtukapua@sbc.school.nz</a> or <a href="mailto:sport@sbc.school.nz">sport@sbc.school.nz</a>

#### To our Student Athletes:

"I really think a champion is defined not by their wins, but how they can recover when they fall." Serena Williams, American Tennis Player

## **Community News**











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https://www.petonefootball.org.nz

For more information on our **SCHOOL HOLIDAY PROGRAMMES** Registrations are now open for our World Cup themed Holiday Programme! It gets the kids off the couch and onto the football field. They'll take part in fun football skill building activities, competitions and games, plus a replica World Cup tournament. They'll have the chance to play as their favourite player and in their favourite team, score goals and win some great prizes. We offer both Mixed and Girls' Only programmes.

## **Community News**

## **MEASLES**

#### Get ready NOW - be prepared before Measles is in our communities

Ensuring your tamariki are immunised against measles will prevent them getting sick and will help to ensure they don't miss learning opportunities; and for older rangatahi ensure they don't miss arts and sports tournaments, NECA school exams, the school ball, or other important activities later in the year.

The best prevention against measles is to ensure everyone in your family (born on or after 1969) has had two MMR vaccinations. To check whether you have been vaccinated, contact your doctor, nurse, or healthcare provider. If you're unable to find out if you have been vaccinated, it's recommended you get vaccinated as soon as possible. There's no risk in getting extra MMR doses – it's important to know you've had two doses.

- www.immunise.health.nz/about-vaccines/nz-immunisations/measles-mumps-and-rubella-mmr-vaccine/
- Call Healthline on 0800 611 116 if you have symptoms and need advice

#### Message from The Attendance Dues Team

The Term 3 statement will be emailed to all families in early July. Please check that the invoice has not gone to your Spam/Junk Inbox and that all your children are listed on the statement. If you are paying by regular instalments, payments should be set up to close the balance by 30<sup>th</sup> November 2023 or by arrangement with the Dues team.

Financial assistance is available to families experiencing financial hardship (loss of income/redundancy, family reasons, etc.). It is a condition of the assistance application that the family has an affordable regular payment in place.

If you have any questions, please contact us:

Phone: 0800 462 725 Email: dues@wn.catholic.org.nz Text: 021 08907902





The VIBE Nurse will be onsite each Thursday

Free and confidential appointments at the college.

Come to the school office or use the QR code to make an appointment at school or contact VIBE on 566-0525 to make a FREE doctor's appointment at VIBE

**St Anthony's Catholic School, Seatoun, Wellington** are gearing up to celebrate 100 years on **13 /14 OCTOBER 2023.** We invite all past and present students, staff, families and supporters to celebrate this amazing occasion. Please register by completing the registration form <a href="here">here</a> or you can find it on the <a href="here">St Anthony's School Centenary Facebook Page</a> If you have any queries please email us at <a href="here">centenary@stants.school.nz</a> or contact Julie O'Brien on 021 377 192.

If you are planning on travelling to join us, there is accommodation held aside at Brentwood Hotel on a first in first served basis.

Fill out the accommodation form here.





The **Capital Dental Mobile Clinic** is enroute to St Bernard's College where we will be providing free basic dental care under the Ministry of Health Service Agreement for school students below 18 years of age.

If you would like your child to be seen by the Capital Dental Team, simply click the link below and you will be directed to our website. Please choose MOBILE as the preferred practice.

https://www.dentistwellington.co.nz/form/patient-medical-history



A BIG THANKS to Paul Deere and the team at New World Silverstream for kindly donating a weekly box each of bananas and apples free for students to eat.



## **Community News**

# Jnwell?

This winter, make your pharmacy the place you go for advice, medicine or referral for minor health conditions.

## Groups eligible for free advice include:

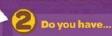


## Are you:

- Māori or Pacific
- Under 14 years of age, or a whanau member of a child with similar symptoms
- A Community Services Card holder



- Te Tai Tokerau (Northland)
- Counties Manukau
- Waitemată
- . Bay of Plenty
- Wellington (including Porirus and Kapiti Coast) and Hutt Valley
- Canterbury
- · Southland





Acute diarrhoea





Eye inflammation and infections







Pain and fever



Eczema/dermatitis





Minor skin infections

### **Frequently Asked Questions**

#### Do I need to book an appointment with my pharmacist?

All pharmacies will provide advice to people as they walk-in, however for these minor health conditions you may need some dedicated time and attention. To support this, pharmacies may offer a booking service for a consultation. Visit Healthpoint.co.nz for more detail.

#### What happens if I have a different condition?

After talking with a healthcare professional at your local pharmacy, you may be advised of medicine options to treat your condition or you may be referred to your GP or healthcare provider. You can also call Healthline anytime on 0800 611 116 for free general health advice and information.

If it's a medical emergency, call 111.

### How do I prove my eligibility?

A healthcare professional at your local pharmacy will be able to confirm your eligibility such as age and ethnicity, through your National Health Index (NHI). There is no requirement for people to provide proof for Community Service Card (CSC) status.

#### Can I still see a pharmacist if I don't meet the eligibility criteria?

Yes, a healthcare professional at your local pharmacy will be able to provide you with advice about your health condition, over-the-counter medicine options to treat your condition, or advice on whether you should see your GP or healthcare provider.

This programme runs from 12 June 2023 to 30 September 2023



Te Whatu Ora Health New Zealand



## Be prepared!

If you get sick this winter, speak to ZOOM Pharmacy first.

Eligible Kiwis can access:

Free expert advice Free medicines and treatment aids Free delivery to your home

#### **Community Pharmacy Minor Ailments Service**

Step 1:



Let us kno

will call to



delivered free

mas@zoompharmacy.co.nz

Eligible Kiwis get FREE ADVICE, FREE MEDICINES and FREE DELIVERY



















Who is eligible to receive this service?

Te Whatu Ora (Health New Zealand) has specified you are eligible to use this service if you are one or more of the following:

a child under 14 years of age a whânau member with the same symptoms as an under 14 year old identify as a Pacific or Māori person hold a Community Services Card

Where is ZOOM Pharmacy providing this service?

- Northern Region Northland, Waitematä, Auckland and Counties Manukau
- Te Manawa Taki Region Bay of Plenty
- Central Region Capital & Coast/Hutt Valley and MidCentral

Te Waipounamu Region Canterbury, Southland, Invercargill and Gore



Get a free pharmacist consult now:



OR: Freephone 0508 966 622 press #2 to speak to a pharmaci



mas@zoompharmacy.co.nz 🍈 zoompharmacy.co.nz/mas



## Is it hard to get your child to school on time?

Most children are chronically overtired which can mean that they are hard to wake, slow moving, grumpy and unmotivated in the mornings. This often means that mornings are stressful for everyone, they are late to school and you are late to work.

Turn this around and make mornings easier for your family by prioritizing sleep.

Book in for a call with a qualified sleep consultant who specialises in sleep for 0-13 year olds

www.sleepharmony.co.nz



## **Term Dates**

Term 1 31 January – 6 April

Term 2 24 April – 30 June

Term 3 17 July – 22 September

Term 4 9 October – 12 December

#### **Marist Community Development Trust**

The Marist Community Development Trust (MCDT) was set up to support, preserve and enhance the Special Catholic Charism of St Bernard's College, the essence of the school.



St Bernard's College has opted into the Government Donations Scheme, there is no longer any payment request from the College for course costs.

Family donations can still be made to the Marist Community Development Trust, when making an online payment please use your son's name and MCDT as the reference, bank account **ASB 12-3142-0164653-000**.

Any amount will be gratefully received and will be paid back to the college to support Special Character initiatives which can't be funded from operational funding.

All donations qualify for a tax rebate from the IRD, receipts will be issued in early April.

## **Calendar Alerts**

June

26 Apr-21 June Bee Healthy Dental on site 30 Enrolments for 2024 close

30 End of Term 2

July

17 Term 3 begins

**17 onwards** Capital Dental on site

25 Parent Teacher Interviews – 12.15 finish

August

3 Parent Teacher Interviews – 12.15 finish

Full school calendar is available at www.sbc.school.nz

## **Uniform Shop**

Thursday 1pm – 4pm
Check out our online ordering
www.sbc.school.nz



2<sup>nd</sup> hand uniform is now sold at the college Uniform Shop during opening hours

We would still really appreciate any donations of quality second hand uniform, please drop off to the main office.

## **FREE VIBE Consultation**

The VIBE nurse is at SBC each Thursday

See the office to make a **Free and confidential** appointment .

Free appointments with a doctor are available at the VIBE Clinic.

They can be made through the nurse, or directly with VIBE:

It is very important that we are able to contact you, especially in case

of an emergency. Please make sure we have your current contact

Please check your settings to make sure we are a trusted sender.

As most of our information is now sent by email.

Vibe:566-0525 IT'S FREE!

## **Reminders**

**Contact Details** 

information.

E-mail

#### **Leaving School During School Hours**

If your son needs to leave school during the day please follow these steps.

- Send him with a note explaining why he is leaving
- He needs to get that signed by his dean
- Bring the note to the office when he is leaving.
- Sign out.

#### **Payment Of School Charges**

The school prefers all school charges to be paid directly to our bank account: **ASB Queensgate 12-3142-0164653-00**. Please include your **son's first name and surname, in the reference fields**. Receipts are issued for all payments and given to students in class. **If you are facing financial difficulties please contact The Business Manager.** 



## **Contact Us**

Physical/Postal Address 183 Waterloo Road Lower Hutt 5010 New Zealand P: 04 560 9250 E: office@sbc.school.nz W: www.sbc.school.nz