



Upper Hutt College Newsletter

SEPTEMBER 2018

Kia ora Parents and Caregivers

There's a sense of spring in the air with more daylight in the mornings and the odd spring-like day. For senior students, this becomes a reminder that their academic year is coming to a close, and the pressure of exams, assessment deadlines, and resubmissions will start to mount. In Form Time recently, students have been checking on the progress of the goals they set at the beginning of the year – part of our work towards understanding our PB4L (Positive Behaviour for Learning) value of resilience. For the majority of our senior students, this goal focuses on gaining their NCEA. Many students are well on track – 12 Year 11 students have already gained NCEA Level 1, 32 have gained Level 2, and 14 have gained Level 3. Senior students were reminded that there were just over 30 days of classroom learning left before Senior Prizegiving, and they were informed of the Achievement Opportunity Programme, our new school initiative to assist and support learners to gain their final credits towards NCEA in the weeks after Senior Prizegiving.

While the school and our teachers work hard with learners, we are also mindful of the pressures on our learners over this time – which can be very stressful for some. Having plenty of rest, eating well, and enjoying time away from schoolwork is essential to ease the anxiety of learners, but so too is limiting time on those distractions and habits that steal time and add pressure to meeting deadlines – time on social media, gaming etc – even the increasing number of hours working in part-time jobs. We appreciate the efforts that parents, caregivers and whanau put in at home to help students cope with this end-of-year rush, and we know it's only for a short time.

Judith Taylor
Principal

Upcoming Events

SEPTEMBER

- 3 – 7 Tonga Language Week, Winter Tournament Week
- 6 Evening Music Concert
- 10 – 13 Senior Exams
- 14 NO FRIDAY LATE START
- 17 – 21 Maori Language Week
- 20 Cultural Evening
- 21 Dance Regionals
- 24 – 28 Year 11 Drama Production
- 26 Upper Hutt Cultural Festival
- 28 End of Term 3

OCTOBER

- 15 Start of Term 4
- 18 Sports & Cultural Prizegiving
- 18 – 19 Senior Dance Evening
- 22 Labour Day – No School
- 23 Art Show Open Evening
- 24- 25 UHC Film Festival & Hoscars

NOVEMBER

- 1 Senior Prizegiving
- 2 Senior Tutorials start
- 2 Achievement Opportunity Programme (AOP) starts
- 7 NCEA Exams begin
- 27 Accelerate classes Celebration of Learning Evening
- 28 – 30 Year 9 Adventure Camp

DECEMBER

- 7 Leaver's Dinner
- 10 Junior Activity Day
- 12 Junior Prizegivings, End of Term 4

Cultural Assembly



As well as having the usual House and Principal's Assemblies, we have been holding monthly Cultural Assemblies, which are organised and run by the dedicated student Cultural Committee.

This term, our Cultural Assembly had a focus on Asia and a number of our students featured prominently. It was a lovely assembly that celebrated the diversity within our school. Miyuu and Nanako were very brave to speak in English in front of such a large crowd, Alex made her parents very proud singing her Philippine Love song and brought a tear to more than a few eyes, the Japanese dance team was great as usual and Dame Winnie Laban gave an excellent address on the value of education and gaining qualifications to open doors, so hopefully those there will take heed!

Olympics of the Mind

The hugely popular Olympics of the Mind was held recently, where over 60 teams of junior and senior students competed in a 2-day series of round-robin quiz questions. It was great to see so many students fill the Hall for this annual event, and competition was fierce between the Houses. Two Senior teams tied for 1st place – Jenna Hadley, Alex Maitland and Jessica Coombes for Hillary and Stephen Tran, Ryan Cox and Thomas Rowley for Jackson. The Junior team of Gawie Opperman, Kayla Tong and Hupdric Eng took first place. Overall results had Jackson House take out first place, followed by Blake House, Hillary and Te Kanawa.



Contacting the College

Phone 527 8749

Email office@upperhutt.school.nz

Sports sports@upperhutt.school.nz

Absences

absences@upperhutt.school.nz

College website:

www.upperhutt.school.nz

Sports website:

www.sporty.co.nz/upperhutt

Download the Upper Hutt College App
- click [here](#) or visit the Android or Apple App Store.

Communications

Please let us know if you have changed your email address or any other aspect of your contact details. As a lot of information is now emailed home, we want to ensure you receive it.

Please contact the office – 04 527 8749 or email office@upperhutt.school.nz to help us update our records.

Upper Hutt College App

The Upper Hutt College App is a great tool we use to give quick and up-to-date notifications about activities at school. It allows parents/caregivers to notify absences and with a link to the Kamar portal, parents/caregivers and students can track NCEA credits. You can also sign up for alerts for as many sports groups and school events as needed, and then you'll receive sports notifications, cancellation notices and reminders of events at school.

Download it for free at your Apple iTunes store or Google Apps store or click [here](#) for quick access

ShowQuest Wellington

Upper Hutt College was represented by two fantastic Dance teams and the Poly Club at the recently held Showquest Wellington – a new performing arts platform for schools to showcase music, drama and dance as the replacement event for Stage Challenge. Held at the Opera House in Wellington, our teams delivered a programme that highlighted the talented Dance students from all levels, and showcased the songs and dances of our growing Poly group. Team 2 were awarded 3rd place and our Poly Group took out the STAR Award for overall spirit. Great work from all who took part, working under Dance teacher, Donna Montgomery and Poly Group manager Paulette Reid.



Uniform

We are undertaking a review of the school uniform – we don't envisage major changes but we are looking for your thoughts on what we have. We have prepared a survey and wish to gather feedback from parents/caregivers, students and staff. If you would like to participate in the survey, the link is: www.surveymonkey.com/r/T2SKLJG



Outdoor Education

In week 2 of Term 3, the Year 12 Outdoor Education classes completed a 2-day cycle Tour. Students cycled the Hutt River Trail and Remutaka Rail Trail, cycling over 80km. To prepare for the assessment students planned the trip, improved cycle skill and fitness with rides in class time and learnt bike maintenance skills to deal with the punctures along the way. This photo is taken at the Summit Yards in front of the remnants of water tanks, and trains.

Year 13 Outdoor Education students are currently working on their kayaking skills – a wet exit and T rescues at Naenae Pool as they prepare for their upcoming Kayak trip on Otaki River.



Tough UHC Girls

Over the past few weeks, a group of UHC girls have been fundraising for the Women's Centre in Upper Hutt. They first participated in the muddy 'Tough Gal Challenge' in Wainuiomata back in May, and decided to do it again! Today in Palmerston North they did another muddy 6km Tough Gal Challenge around the Linton Army Camp!

Fantastic effort girls, and a huge thank you to Shift, Chris Campbell and everyone else who helped make this possible for them!



Enrolment Reminder

As the year moves on, we are keen to start the planning for 2019 and this is best done when we have a clear idea of how many students we will have. If you, or anyone you know, is still to complete the enrolment papers for newly enrolling Year 9 students, we would welcome this as soon as possible. Please contact Kirsten Hicks in the Office.

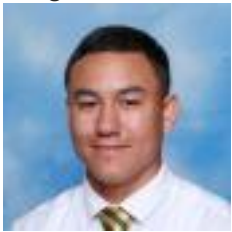
Lateness to School

The number of students arriving to school late has significantly decreased this term with a new regime for signing in to school in the morning. Previously, students have signed in using the ipad in the office, they now must have a conversation with a member of the senior leadership team, or a dean, and explain their lateness. If a student has an unjustified absence more than once during the week, they are required to make up the time at lunchtime on the day they are late. Parents and caregivers are notified by email if students are late more than once during the week.

Arriving late to school impacts many people. Class time is missed, teachers often have to repeat instructions and the teaching and learning in the lesson is disrupted. We ask that all parents and caregivers support the school's expectations in ensuring that students arrive on time, organised and ready to learn.

SPORTS ACHIEVEMENTS

Congratulations to:



Kaleb Sinclair, selected for the Wellington Centurions Under 18 Rugby side.



Caleb Chalmers-Diamond, Jacob Dick, Rakkahn Chalmers-Miller were recently selected to attend the Wellington Rugby 2018 Mick Williment Under 16 Coaching Week

Congratulations to the Upper Hutt College 8 team, who competed in the Championship Collegiate 9 (Year 9/10) Final at Taita College on Saturday. Despite a valiant effort, the team lost 19-13 to Hutt Valley High School. Thanks to the student coaches and the many parents and supporters on the sideline.



Youth Ambassador Programme

Upper Hutt College was very fortunate to be able to work with the Upper Hutt City Council to select and send two students to represent Upper Hutt in the Youth Ambassador Exchange programme with Mesa, Arizona, USA. This was the first time that Upper Hutt had participated in the programme, which involved selecting two senior students who would host two students from Mesa for 3 weeks, and then travel to Mesa to stay with the Mesa students for another 3 weeks. After interviews and presentations, Katilena Giles (Year 13) and Ethan Jefferies (Year 12) were selected. This is their account of their trip to Mesa.



Ethan and Katilena

On the 30th May, Echo and Ryan, the Youth Ambassadors from Mesa, Arizona, arrived in Wellington. This was only the beginning of an amazing six weeks, and the most incredible experience so far in both of our lives. Echo stayed with Katilena and her family, and Ryan stayed with Ethan and his family for three weeks. In that time, our families had the privilege of showing Echo and Ryan around New Zealand, and introduce them to our culture. During the three weeks they stayed with us, we travelled to Rotorua, Napier and Taupo, we took a day trip to Picton on the Interislander, and we explored Wellington City. While Echo and Ryan were here, they also got to experience what school was like in New Zealand by attending Upper Hutt College for a week. Hosting American ambassadors was an eye-opening experience for both of us and our families, and it was a privilege to be able to have the opportunity to introduce Echo and Ryan to New Zealand, and give them the “Kiwi Experience”.

On the 20th June, Ryan and Echo left Wellington to head back to their homes in Mesa. However, four days later the two of us left for America to go and stay with Echo, Ryan and their families for three weeks! We flew from Wellington to Auckland, then to Los Angeles, and finally landed in Phoenix (on the same day that we left New Zealand)! Both Ryan and Echo’s families welcomed us into their homes and made us feel like family from the moment we got off the plane.

On this trip, we were not just ‘exchange students’ we were Youth Ambassadors representing Upper Hutt City for the Mesa Sister Cities Programme. This programme chose ten ambassadors from Mesa, Arizona, and each of those ambassadors had a student from one of Mesa’s Sister Cities: Kaiping (China), Burnaby (Canada), Guaymas (Mexico), Caraz (Peru), and Upper Hutt (New Zealand). There were 18 Youth Ambassadors in total as the two from China were unfortunately not able to make it, due to problems with their Visa. Over the three weeks that we were in Mesa, we both became extremely close to the other Youth Ambassadors, and we made friendships that will last a lifetime.

Through the programme, we got to travel to many places such as Disneyland Anaheim, Huntington Beach, the Grand Canyon, a Diamondbacks Baseball Game, and the State Capital. We went to an organisation in Mesa called ‘Feed My Starving Children’ where we packaged

meals of rice and vegetables which were going to be sent to children around the world who needed it. In total, there were around 100 people at the 2-hour session and together we managed to pack 46,128 meals to send to children in Thailand!



Echo, Katilena, Ryan and Ethan



Echo, Katilena and Ethan

Our host families organised some incredible activities for us as well as the activities organised through the Mesa Sister Cities Programme. One Sunday, we travelled to Canyon Lake where we spent around 7 hours out on their boats, tubing and swimming. We both got incredibly sunburnt but it was an awesome day, and one of our favourite things we did while we were there!

The day before Disneyland, Ethan, Ryan, and Ryan's father Doug travelled up to California a day early, spending the day in Hollywood and taking a tour of the Paramount Pictures studios which was the highlight of Ethan's trip! The following day, all the other ambassadors took a six-hour bus ride to California, where we spent 12 hours at Disneyland - it was a long day! The next day, we went to Huntington Beach in California where we swam, tanned, and explored the Pier, and then drove back to Mesa.

While in the U.S.A, we were both able to experience the 4th July (Independence Day). Katilena, Echo, and her family spent the day preparing for a party at their house where all of the ambassadors were invited. This was an awesome experience for us as we got to celebrate an American holiday with traditional foods, music, fireworks and a classic American atmosphere. The weather was extremely hot while we were over there - it was usually around 43°C but it hit 47°C one day! The food in America was very cheap for such big portions, but very tasty. Ethan's favourites were root beer and the American candy, and Katilena loved all of the Mexican food, especially quesadillas!

The day before we left Mesa, all of the ambassadors had a farewell dinner where each family brought an "American" plate of food, and we presented a Powerpoint about our trip. One of the ambassadors was a Native American so her and her family sang a song, told us about their tribe, and gave us Native American fry bread to try. This was a very sad night as we were saying goodbye to the other ambassadors, and it was the end of the best three weeks of our lives. On the 14th July, we said a sad goodbye to our host families and Echo and Ryan, said goodbye to Arizona and America, and flew home. Both of us agree that these six weeks has been the best time of our lives so far. We met such amazing people and now have friends from many countries and amazing families in America. We experienced amazing places, have Mesa Sister City Youth Ambassadors incredible memories, and we will never stop talking about this trip as it has changed us for the better.



Katilena Giles & Ethan Jefferies

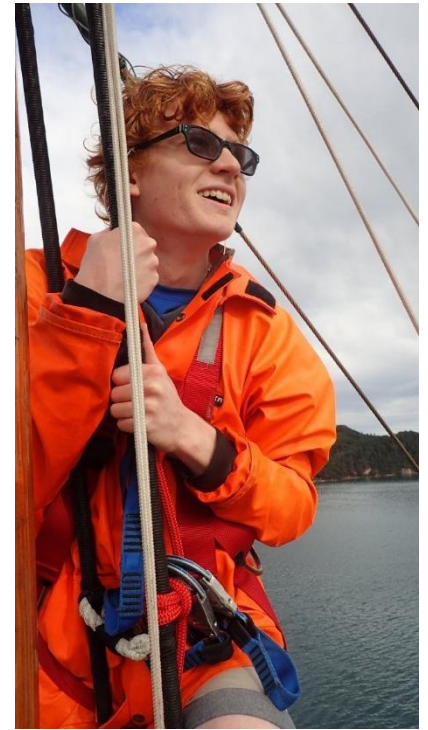
AJ Wheatley - Spirit of Adventure Voyage

After sailing with dolphins, jumping off a ship into the ocean at 6:30am every morning for ten days, climbing twenty-seven metres to the top of a ship's mast, and, most of all, making many amazing new friends, I can safely say I'm not the same person now that I was before stepping aboard the Spirit of New Zealand for the Spirit of Adventure 10-day development voyage.

I'd always had trouble stepping out of my shell when it came to being adventurous, missing out on opportunities that I was too afraid to take because of this. However, Spirit changed this in me. 'Ignite your Spirit of Adventure' say their posters, and I believe that's exactly what happened in my case. I challenged myself to give everything that was thrown at me a go, and I learned things about myself and leadership that are undoubtedly going to help me to develop in the times to come.

Massive thank you to the Upper Hutt Community Youth Trust for making this possible, and, of course, thanks Spirit of Adventure. It's been a banger - one of the best times of my life!

*AJ Wheatley
(Year 13)*



Information for parents and local school community

Influenza outbreaks in schools in the greater Wellington region

Several schools and early child education centres in the Wellington region currently have an influenza outbreak. The main symptoms of influenza are fever, cough and sometimes vomiting or diarrhoea in younger children. These symptoms usually last 3-4 days but can be up to 7 days.

The following information will help reduce the spread of influenza and assist your school

1. Advise the school if your child has an illness as described above.
2. Check that your school has your correct and up-to-date contact details in case they need to contact you. Keep sick children at home until feeling well and free from symptoms (usually 3-4 days but up to 7 days).
3. Sick staff and students should not be at social or sporting events, school productions or camps. This is so they can rest and recover and don't spread illness to others.
4. It is important to use tissues to cover coughs and sneezes and to be very good about washing and drying hands thoroughly.
5. An influenza brochure accessible at www.rph.org.nz/influenza has some good tips for looking after people with influenza and stopping it spreading to other people at home.

If anyone in your family has influenza we ask that they don't visit hospitals or community care homes or see people who may be at high risk of serious illness, such as pregnant women, young babies, or anyone who has cancer, lung, and heart or kidney conditions. **If you are worried about your child's symptoms or they have long-term health problems (e.g. asthma, diabetes, kidney, heart or immunity problems), then you should phone their usual doctor or Healthline 0800 611 116 for further advice. Otherwise they should recover at home and see their GP only if the illness gets worse or is not improving.**

Nga mihi nui

Dr Annette Nesdale,
Medical Officer of Health
Regional Public Health