

NEWSLETTER 14

29 October 2013

Senior Students

Fri 1 Nov

Last day for Year 13 - Final Assembly, issue reports and exam entry slips

Year 13 then released on study leave

Mon 4 Nov

Last day for Year 12 - Final Assembly, issue reports and exam entry slips

Year 12 then released on study leave

Tue 5 Nov

Last day for Year 11 - normal school day

SENIOR PRIZEGIVING, 6.30pm for a 6.45pm start in the Hall

Wed 6 Nov

YEAR 11 PRIZEGIVING, 9am in the Hall

Year 11 reports and exam entry slips issued after prizegiving

Year 11 then released on study leave

Junior Students

Wed 13 – Fri 15 Nov

Junior Exams

Tue 3 & Wed 4 Dec

Year 9 and Year 10 Caring for our Community programme

Fri 6 Dec

Junior Festival Awards Assembly - 9.00am in the Lower Gym

Fri 13 Dec

YEAR 9 PRIZEGIVING - 9.00am

Students attend form class at 8.40am. At the conclusion of the prizegiving, students return briefly to form class to be issued with their reports.

YEAR 10 PRIZEGIVING - 11.00am

Students attend form class at 10.30am. At the conclusion of the prizegiving, students return briefly to form class to be issued with their reports and junior diplomas.

Start dates for 2014

Tue 28 Jan

Year 9 – assemble in the Hall at 1.30pm, then go to form rooms (released at 3.00pm)

Wed 29 Jan

Year 9 - attend from 9.00am - 3.00pm

Year 11 – assemble in the Hall at 8.45am (released 10.40am), return on Fri 31 Jan 8.45am

Year 12 – assemble in the Hall at 9.30am (released at 11.30am), return on Fri 31 Jan 8.45am

Year 13 – assemble in the Hall at 10.15am (released at 12.15pm), return on Fri 31 Jan 8.45am

Thu 30 Jan

Year 9 - attend from 9.00am - 3.00pm

Year 10 – assembly in the Hall at 9.00am (released at 12.00pm), return on Fri 31 Jan 8.45am

Fri 31 Jan

All year levels attend from 8.45am - 3.10pm

Dear Parents/Caregivers

The Festival Awards Evening, held on Monday 14 October, was a special occasion which recognised the efforts of students, parents, staff and members of the wider Lynfield community, who have contributed to the College extra-curricular activities in 2013. We celebrated the success of sporting, arts and cultural aspects of the College, with awards for outstanding achievement and contribution at the senior level.

Congratulations to all those who have won awards, with particular mention of the following students who have achieved the supreme awards:

Dux Ludorum (Boys): Akshay Chauhan

Akshay is an outstanding sportsman who has made significant contributions to Lynfield sport in table tennis, cricket and hockey - he has been a member of our 1st XI Hockey and 1st XI Cricket teams since Year 9. Akshay received Colours and Most Valuable Player for 1st XI Cricket, Colours for Cricket and has been instrumental in the success of our top cricket team this year. Akshay has been selected as an Auckland hockey rep for the past 9 years and has an ultimate goal of becoming a Black Stick. He has also chosen to give back to Lynfield sport by assisting with the coaching of various hockey teams.

Dux Ludorum (Girls): Rebecca Smith

Rebecca is a very talented sportswoman who has made many significant contributions to Lynfield Sport. This year she has represented the school in table tennis, cricket, waterpolo, golf, touch and netball and this year was captain of the Premier 2 netball team and the golf team. Rebecca has chosen to give back to Lynfield sport by coaching both Golf and Netball. As this year's female Sports Captain, Rebecca spent many hours organising House Competitions and assisting with the running of Athletics Day and the Road Race. Rebecca received Colours with Honours and Most Valuable Player for the Golf Mixed Team, Colours for Premier Netball, Colours for Senior Waterpolo, Most Valuable Team Player for Premier 2 Netball and Student Coach for Senior Grey Netball.

Dux Artium: Johnson Zhuang

Johnson has been an outstanding Arts & Cultural Leader and has given outstanding service to music throughout his time at Lynfield College. The following awards speak most clearly of his talents. Johnson received Colours with Honours for Big Band, Concert Band and Jazz Combo A; Most Valuable Team Person for Big Band, Concert Band and Jazz Combo A; Colours for Song Arranging and Production Band; Excellence in Music and Leadership in the Performing Arts; Service to German Group and Cultural Ambassador Award, receiving the Rt Hon Phil Goff Global Friendship Award Trophy.

Group Achievement Award: Lynfield College Big Band

Directed by Mr Paul Norman, the Big Band has had a busy and successful year in 2013. Weekly rehearsals began straight away at the beginning of the year with the Band preparing for the National Jazz Festival in Tauranga at Easter. The band not only won the national title for the big band category, but also came away with the award for the best overall performance across all age groups and categories at the festival. The KBB Music Festival in July was the next focus for Big Band; they performed superbly with great leadership shown by the senior students, gaining their fourth gold award in four years and had the privilege of performing at the gala concert for the event. The Big Band maintained its high level of performance at the Auckland School Jazz Group Competition in August, winning the competition and gaining a platinum award. Community concerts and events make up the rest of the Big Band's performance schedule, performing at the Blockhouse Bay Market Day, International Day for the Older Person concert and the Ponsonby Market Day.

Team of the Year: UNISS 2013 Netball Team

Awarded in recognition of the team's outstanding success in the Upper North Island Secondary Schools Netball Tournament. Competing against the top teams from 112 schools, Lynfield UNISS Netball team remained undefeated throughout their 10 games, becoming winners of the B Grade and earning promotion to the A Grade in 2014. The reliability, commitment and determination of these girls, both on and off the court, have been instrumental in this achievement.

Outstanding Sportsperson of the Year: Grace Kukutai

Arts & Culture Scholarships: Andrew Coffin, Darion Sorby, Samantha Holland, Johnson Zhuang Sports Scholarship: Liam van Rijn, Akshay Chauhan, Khusboo Patel, Rebecca Smith

Winning House Award: Lewis House

Junior sporting and cultural achievement will be recognised at our inaugural Junior Festival Awards Assembly on Friday 6 December.

2014 Student Executive

These elections were completed earlier this week, with a large number of very enthusiastic and capable students standing for positions. This involved preparing speeches which were presented at their form level assemblies and house meetings. Applicants will receive election result letters at the end of the school today. The Leadership positions will be announced at the Year 12 and Year 11 Final Assemblies. Our 2014 Student Executive and House Captains will have their first meeting on Thursday 5 December, 8.45am in the Seminar Room.

Board of Trustees Student Representative

Congratulations to Renay Duffy who has been elected to this position. The term of office for this Student Executive role runs from October 2013 until September 2014.

Prizegivings

We warmly invite families to attend the following academic prizegivings, which will be held in the College Hall.

Senior Prizegiving (Years 13 & 12) - Tuesday 5 November at 6.30pm

It is expected that Year 13 and 12 students attend this formal school occasion, but given the limited capacity of the College Hall it is not compulsory. Prizegiving will end at about 9pm.

Year 11 Prizegiving - Wednesday 6 November at 9.00am

Students attend form class at 8.40am. This prizegiving will end at about 10.30am. Students will then collect their NZQA candidate code slips and reports.

Junior Festival Awards Assembly - Friday 6 December at 9.00am in the Lower Gym

Year 9 Prizegiving - Friday 13 December at 9.00am

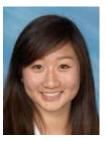
Students attend form class at 8.40am. At the conclusion of the prizegiving, students return briefly to form class to be issued with their Reports.

Year 10 Prizegiving - Friday 14 December at 11.00am

Students attend form class at 10.30am. At the conclusion of the prizegiving, students return briefly to form class to be issued with their Reports and Junior Diplomas.

S W Bovaird Principal





Student Leader Profile - Zoricich House Captains

Being the house captains of Zoricich this year has been a real privilege. Zoro has worked really hard and this has been shown by the wonderful results we have achieved – a step up from last year. We started off well with Athletics Day which was definitely a highlight of the year. Placing second equal overall, it was great to see everyone getting into the spirit of things. Another event which has really stood out for us is the House Quiz. Both teams did wonderfully, with our junior team placing 3rd and our senior team 2nd after an intense tie breaker with Lewis for 1st place. As we are both in Year 12 this year, it was a really great introduction to leadership at Lynfield College and by working alongside our house leaders, it made our roles much easier to fulfil. We'd like to thank everyone in Zoro for being supportive, easy to work with and for participating in all the house competitions. We look forward to next year's success.

Eddie Kennedy & Pamela Chia

NZQA Fees for 2013

Payment of NCEA fees must now be made directly to NZQA in Wellington, using the appropriate form. NZQA will not release results to students who have not paid the fee.

As we are no longer accepting NCEA fee payments at the College, PLEASE DO NOT make these payments by direct credit.

Leavers' Dinner

The Year 13 Leavers' Dinner will be held on **Wednesday 4 December** at The Sorrento Restaurant, One Tree Hill. Tickets cost \$50 for a seated buffet. The dinner is limited to 220 tickets so students are encouraged to buy their ticket as soon as possible. Tickets have been on sale at form time, but from this week sales will be at lunchtimes in the Hall quad. Students should bring the correct cash amount or a cheque as no eftpos will be available.

Enrolment process for Year 9 in 2014

Home Zone

Enrolments of these students can be made Monday to Friday between 3.20 – 4.30pm, no appointment necessary. *If you are in zone and have not yet enrolled your son or daughter for Year 9 in 2014, please do so urgently.* Students who are being enrolled must attend the enrolment interview.

Out of Zone category 6 applicants

If you missed the deadline of 4 September but wish to enrol your child at Lynfield College, please ring our reception desk on 627 0600 extension 700.

Year 10 - Year 13 / 2014, out of zone categories 2 - 6

Applications closed Tuesday 22 October. If you have missed this deadline, please submit an application form to be put on the waiting list.

More detailed information about enrolment is available on our website www.lynfield.school.nz

Important BYOD opportunities for parents

In 2014 all students in Year 10 will be expected to have an electronic device to use for their classwork by connecting to the college's wireless network. To help parents prepare for this the following BYOD information opportunities have been organised:

Drop in to see and use the different devices recommended by the school.

Every Tuesday afternoon in Term 4 - <u>4.00pm to 5.00pm</u> - a range of the recommended devices will be on display in the library. Parents and students can compare the ways in which each different type of device can be used and teachers will be available to answer any questions and discuss issues concerning BYOD.

2. BYOD Parent Information Evening – Thursday 31 October:

If you were unable to attend any of the sessions run for parents of Year 9 students in Term 3 (Tuesday 3 September), we are running an extra session next Thursday 31 October **5.00pm – 6.00pm** in the staffroom.

3. Retail purchase opportunities:

 HARVEY NORMAN Mt Roskill (167-169 Stoddard Road) will be opening their store especially for Lynfield College parents on

Tuesday 26 November – 6.00pm to 8.00pm.

This will be an opportunity to get the right device at the right price. Lynfield College staff will also be present to answer questions about the BYOD programme in 2014.

- CYCLONE COMPUTING (http://www.cyclone.co.nz/) will be opening their on-line store for parents (from 1 November) to be able to make purchases from the recommended list. You will need to select Lynfield College from the dropdown menu on their website and put in the password manukau
- NOEL LEEMING Lynmall Shopping Centre are having a "Friends and Family" evening especially for Lynfield College parents on

Thursday 14 November - 5.00pm to 9.00pm.

If you tell the Noel Leeming staff you are linked to Lynfield College you can purchase ANY product (including devices for BYOD) at discounted prices (a percentage will be donated back to Lynfield College to help the school purchase a set of back up devices should you need to use one during the year). Lynfield College staff will also be present to answer questions about the BYOD programme that will run in 2014.

Year 9 & 10 Programme - Caring for our Community (C4C), Tuesday 3 & Wednesday 4 December

At the end of each year Lynfield College runs a cross-curricular programme for our junior students. This is scheduled to take place after feedback on the exams has been returned to the students. The theme is 'Caring for our Community' with both Year 9 and Year 10 students being involved.

The aim of the 'Caring for our Community' programme is to encourage the students to be actively involved in the community in which they live. This is a good opportunity to encourage them to look at the world from another point of view and to look beyond themselves. Doing something for someone else is a way of achieving this. This supports many of the principles, values and key competencies of the New Zealand curriculum including community engagement, integrity, participating and contributing and relating to others.

The normal school timetable will not run on these days as ALL students and ALL teaching staff will be involved in the workshops. Approximately 30 different workshops will be offered to the students. Details of these will be available on e-LynC prior to registrations opening.

If you have an idea for a workshop that would be suitable for our students to be involved in or if you are linked to a community group that could use our services then we would love to hear from you. Please contact Cath Knell (cknell@lynfield.school.nz) or Bronwen Wilson (bwilson@lynfield.school.nz).

We are excited about the enthusiastic response that we have already received from the Community Groups we will be working with and look forward to having a focus on 'giving to others' at this time of the year. Further details about the programme along with a request for donated materials (eg ingredients for Christmas cakes and puddings, wool for knitting peggy squares to make blankets, etc) will be provided in the next newsletter.

Ms C Knell
Deputy Principal – Teaching & Learning

Ms B Wilson TIC – Caring for our Community

Park safely and keep our kids safe

This term our school is participating in Auckland Transport's 'Safety at the School Gate' programme. Drivers who stop in the wrong place to drop off passengers put the safety of children at risk. Parking officers will be on patrol outside the school this term and will be issuing tickets to drivers who park illegally.

The agreed approach is 'zero tolerance' – There will be no warnings issued, you will receive a ticket if you are double parked, parked on yellow lines, or over someone's driveway – or for any other vehicle safety offence.

Please park legally to keep our children safe and to avoid being ticketed.

Do you shop at New World?

If you are not collecting the New World promotion toys, our Learning Support Department would appreciate them. Please send them to school with your son/daughter, where they can drop the toys into a box at student Services reception. Thank you.

Homework Centres

The College Library remains open after school every day <u>until 3.40pm</u>, providing an excellent homework space for all students.

Pasifika Homework Centre

This homework centre is held in the Library 3.10 – 4.30pm Mondays and Wednesdays.

ESOL Homework Centre

On Thursdays afterschool from 3.10pm - 4pm in L6 there is help and support for students whose first language is not English.

Mathematics Clinic

Got a maths question? Stuck on your maths homework? Help is available! Where? G15 When? Monday, Wednesday, Thursday and Friday lunchtimes (and Tuesday afterschool)

Do we have your current phone numbers, email and postal addresses?

Please ensure that we have appropriate contact details for you that enable you to receive this fortnightly newsletter and any other notices, reports, etc. Email our Dean of Administrative Services, redelgrosso@lynfield.school.nz, indicating your child's name and form class in your email message.

EXTRA-CURRICULAR ACHIEVEMENT

Congratulations to the following dedicated athletes who are reaping the rewards of many hours of training and careful time management to ensure they also meet their classroom commitments.

Lauren Irving (Y12) – top female gymnast (see below)

Max White (Y12) – outstanding pool achievements (see below)

Sarah Moxham (Y9) competed in the Gymsport Auckland Competition (Step 5) gaining 1st on beam & 3rd Overall (Step 5), qualifying for the Auckland Gymnastics to attend the NZ National Gymsport Championship. Here she won gold on the beam (with a Personal Best score) in the Individual Competition and gold in the Teams Competition (representing Auckland). All this meant she was placed 5th place overall in Step 5.

Nataly See (Y13) placed 2nd in top senior division for Individual Poomsae (pattern) Tae Kwon Do at the national tournament earlier this year.

Michael Durham (Y11) won the NZ Junior Men Ice Skating title at the National competitions held in Dunedin during the holidays. With a score of 107.66 for both programs he has set a new NZ record for this grade (previously it was 106.25). Michael has been selected to represent NZ at the Australian national competition to be held in Melbourne this December. He has also gained NZ selection for overseas competitions next year which means he may be off to the Philippines or possibly Europe!

Xterra (extreme trail running) is a 6 race event held over 3 months and has short (7km), medium (16km) and extreme courses for a variety of age groups. It can be entered by teams or individuals running seriously or for fun. This year, in a field of 160 competitors, **Dale Pitout (Y12)** finished 2nd in U20 Men's division of the medium course and **Amy Pitout (Y10)** came 4th out of 140 running the *U20* Women's short course. What amazing achievements in a race which is in muddy conditions and seems to be uphill only!! It was so much fun they are keen to do it again next year – maybe with a Lynfield team.

Three of our senior students, **Grace Smith (Y13)**, **Sophie Smith (Y13)** and **Daniel Speck (Y12)** have just competed in the Secondary Schools Motocross challenge, "Nailing the Peat" in the Hauraki Plains area. All 3 have had individual success in this sport in the past, but it the first time they have competed as a Lynfield College team. Grace finished 3rd overall and Sophie 11th in the Girls Division, while Daniel came 5th in the Boys 125cc Division. In the teams competition the best 4 placings counted which made it very tough for our team of only 3 riders. Despite this they finished 10th overall – a very respectable result!

Athlete Profiles

Lauren Irving (Y12) competed at the NZ Gymnastics Nationals representing Auckland. She won NZ Artistic Gymnastic Step 10 (the highest step/grade) Overall Individual. In the Apparatus Finals she placed 1st on Beam and 2nd on Bars, Vault and Floor. (This is now her 3rd NZ Overall title.) These outstanding achievements mean she is the **top female gymnast** who is not yet competing at Senior International level!

Lauren has been doing gymnastics for 13 years, mostly working out of Waitakere Gymnastics Club and trains 4 – 4.5 hrs/day, 5 days a week totalling 23 hours every week. The friendly atmosphere at her club and the challenge of constantly having to step outside her comfort zone, make this gruelling schedule enjoyable for Lauren. She is 1 of only 10 girls nationwide who have reached the Step 10 level. Lauren is now assessing her future in this sport with a view to making the step to Senior International competition which will involve even longer hours in the gym but present many more opportunities.

Max White (Y12) has had several outstanding achievements in the pool recently after a 3 year break from competitive swimming, allowing him to focus more on his Surf Lifesaving training and skills. He fits in 15 – 20 hrs/week training in the pool but took a break in the middle of the year when he travelled to the USA for Surf Lifesaving then needed time out for illness. After what has, effectively been only a 9 month lead up, he has shown his real determination, athleticism and talent regionally:

Auckland Short Course pool champs (15 to 16 yrs): 1 gold (50m freestyle)

5 silver (freestyle, butterfly, IM, breaststroke)

1 bronze (freestyle)

Surf Lifesaving Northern Region pool champs U19: 1 gold (50m swim with fins)

2 silver (rescue medley, medley relay)

1 bronze (obstacles)

Max then competed nationally in the Surf Lifesaving Pool Champs against the best in NZ as well as the New South Wales team.

NZ Surf Lifesaving Pool Champs U19: 1 individual gold (50m swim with fins)

2 team golds (Piha relay) 1 team bronze (Piha relay)

His time for the individual gold would have placed him second over all age groups in this competition!

SPORTS SCENE

Team Talk

The end of Term 3 saw our badminton teams finish their competition with some impressive results. The successful teams were all comprised of students from a variety of year levels:

1st - C Grade Girls, Thurs (Shrishti Aggarwal, Meryl Saldanha, Ash Raju, Muskan Verma, Priyanshui Kapadia, Penny Liu

2nd - C Grade Open (Derek Ngo, Joel De Zoysa, Isaac Vanaguntla, Damian Prasad, Lauren Carlton)

2nd - C Grade Girls, Wed (Kitty Sun, Jessica Yao, Jennifer Wu, Bhargavi Vindimuri, Janae Panahon, Carrie Zhang)

This term has already seen the completion of the final sections of tennis and cricket competitions which carried over from Term 1. 1st XI Boys Cricket faced MAGS last week. Lynfield batted first, scoring 162-5 off 26 overs (Jonty Pendigrast (Y13) 44, Akshay Chauhan (Y13) 35 not out and Dhaval Tailor (Y10) 31 not out). The best was yet to come as we bowled MAGS out for only 26 runs giving Lynfield a win by 136 runs. Dhaval captured a 5 wicket bag when he took 5 wickets for only 7 runs. Absolutely amazing bowling stats!! This team finished 2nd in the Senior A, Division 1 and are now in the play off for winner of this grade and promotion to the Premier grade.

Liam van Rijn and Brayden Silby (Y13) represented Auckland at the Upper North Island Lawn Bowls championships in the holidays. They placed 2nd which qualifies them to compete in the National Secondary Schools competition in December. Congratulations and good luck for your final competition in Lynfield colours.

Weekly games of volleyball, touch and softball have begun as the summer competitions get under way for our juniors. Our senior students have really stepped up and are doing a great job of coaching most of these teams. Of particular note is our Junior Boys Volleyball team who have had some excellent wins (and only one loss!) and are showing real talent and commitment.

Uniform Return

With winter sports now finished for the year **please return all sports uniforms to the Sports Office as soon as possible**. When the uniform is returned most of the uniform bond will be refunded via your child, as per the letter your son/daughter brought home at the beginning of the season. The cash bond money that will be refunded upon correct return of uniform is listed below:

- Rugby 1st XV Boys \$75 (uniform bond and Adidas tracksuit bond)
- Netball Premier Teams \$65 (uniform bond and tracksuit bond)
- 1st XI teams \$50 (uniform bond and premier jacket bond)
- Other teams \$25 (uniform bond)

All Senior students must return ALL sports uniform (summer and winter). Senior students will not get clearance if they have outstanding sports uniform.

Community Notices

FREE Rugby, basketball and badminton.
Holiday programme specifically for 13 – 18 year olds
Lynfield Recreation Centre "Breakaway Programme"
Monday – Friday (bring your own lunch and water)
16 – 20 December, 2013 and 6 - 24 January, 2014
Registration forms available from:
Lynfield College Sports Office or Lynfield Recreation Centre

AK Splash – Water Safety Family Day Waterfront Reserve, Mangere Bridge Saturday 9th November 2013.

The vision of AK Splash is to reduce Auckland's open water drowning rates by providing a fun, family oriented and informative event which raises awareness of water safety issues and has been timed to kick off summer 2013/2014. The event brings together a collaboration of Coastguard Northern Region, Surf Lifesaving Northern Region, Auckland Rescue Helicopter Trust, Watersafe Auckland Inc and a Committee for Auckland project team. Go along and have some fun! FREE ENTRY.

Sports Office Staff

If parents/caregivers have any questions or concerns about sport at the College, please contact us on 627 0600 extension 595

Felicity Walbran, Sports Director fwalbran@lynfield.school.nz
Joanne Smith, Sports Co-ordinator
Su Yim, Sports Administrator

If your son/daughter has achieved representative status (Auckland or NZ) or has competed in such events, the Sports Office would very much like to hear about this. Please either ask them to bring proof of the team they made/level they achieved (eg certificate, letter of selection, etc) so we have the exact wording of their achievement, or email these details to fwalbran@lynfield.school.nz

CAREERS

School Leavers

"It's been great to see so many students from all year levels using the Careers Centre this year in a variety of ways - from using the career assessment tools available, to making online applications, undertaking research and partaking in careers counselling. There are always new work, apprenticeship, course and scholarship opportunities becoming available so please look out for these online or in the newspaper. I will be available until 12 December for any student who would like to make an appointment to see me this year. The best way to contact me from mid-January with any questions or concerns you might have is by email (wkeir@lynfield.schoolnz). Best wishes for your NCEA results and enjoy your well-earned summer holiday."

Making the right decisions about jobs, training and careers can be difficult. Careers NZ can help you and your family make sense of the huge amount of information available to you. Careers NZ is the government agency that provides free and independent information and advice about jobs, courses, training and careers. Contact Careers NZ by talking online with a careers expert at www.careers.govt.nz, chat to an advisor on 0800 222 733, or free text CAREER to 434.

Year 13 students – We would appreciate all students giving us feedback on the "Y13 Careers Evaluation" survey, available on e-LynC, before you leave for your exams. Thank you. Mrs Keir

Open Days & Information Evenings:

University of Auckland Architecture Tour – Thu 31 Oct, 12pm, Lvl 6, Bldg 421, School of Architecture & Planning MIT "Drop In" Evening – Thu 31 Oct, 7, 14, 21, 28 Nov, until 7pm, Manukau Campus Sir George Seymour National College of Airline, Travel & Tourism – Wed 6, 13, 27 Nov, 10am-2pm, 3rd Floor Downtown

Cut Above Open Day – Fri 22 Nov, 10am-4pm, Lvl 6, 242 Queen St, City

Cut Above Open Day - Fri 29 Nov, 10am-3pm, 5A Ryan Place, Manukau City

COMMUNITY NOTICES

Toughlove

Parenting adolescents can be both rewarding and challenging. When it's challenging and you need on-going support and new ways of managing unacceptable behaviour, then attending a Toughlove Parent Support Group may be the answer for you.

An independent survey commissioned by Toughlove in 2012 found 91% of parents who had attended a toughlove group would recommend it to other parents. Go to www.toughlove.org.nz for more information.

CARERS HAVE YOUR SAY...

New research aims to explore the difficult world of caregiving

Are you a parent of someone with Type 1 diabetes, or autism? Do you care for an aged parent with a chronic illness or disability? Do you know of any family or friend who cares for someone or has been a caregiver in the past? If you are an unpaid caregiver past or present we want to hear from you.

After being hit by a car in 2003, Tracey-Lee Dalton's world flipped upside down. Formerly she was a caregiver then in an instant became the care recipient. Now she is conducting research at The University of Auckland into caregiving and wants thousands of New Zealand caregivers to share their experience in a **confidential** online survey.

The New Zealand government is committed to improving the lives of caregivers and in the recent budget announced that 1600 caregivers will receive more money for working as caregivers; however, this is only 0.04 percent of the total number of caregivers in New Zealand. Less than 3% of caregivers in New Zealand are able to keep their paid jobs. Caregivers suffer financially and experience health issues, especially stress, depression and anxiety. Caregivers play a vital role in helping people with disabilities or illness to remain living at home with full lives.

If you are an adult informal caregiver (**unpaid** family or friend) of someone with an illness, or disability, or you have been a caregiver in the past, we want to hear from you. The University of Auckland, with the support of Carers NZ, is hoping to recruit up to 2000 caregivers. Findings from this very important study will be used to provide information on what works well to support caregivers, in order to make improvements. Informal caregivers are encouraged to complete a **confidential** online survey, which will take approximately 25 minutes. This study provides the opportunity for change. The survey is **anonymous** and can be found at https://www.surveymonkey.com/s/7L3N9Q2.

If you have difficulties in accessing this site please contact Tracey-Lee Dalton via email: tracey.lee.dalton@gmail.com or mobile 021 116 2950. You never know the day that you might need care or have to provide care.

The Time to CARE is NOW!

Have YOUR SAY TODAY - complete "The State of Caregiving Survey" and help support caregivers.