

Ka ora pea au i a koe, ka ora koe i a au – Perhaps I survive because of you and perhaps you survive because of me

Kia ora koutou

With the news that members of our school community have returned a positive COVID test it has been so reassuring to see manaakitanga spring into action.

As Dr Bloomfield said "The virus is the problem, not people. People are the solution. Be part of the solution."

Thank you to those who have ensured that their child has had a day 5 test and thank you in advance for supporting them in getting their day 12 test over the next few days. Information from the ARPHS in support of day 12 testing for Lynfield College close contacts, including specific details on testing sites for close contacts only, will be emailed separately. I have been in contact with the ARPHS daily over the past week sharing your experiences, feedback and concerns. I look forward to hearing that you have a more positive experience navigating the day 12 testing process.

Thank you also for supporting your child in self-isolating. Not an easy situation to manage for any family. Updated information from the Ministry of Health follows below for both those required to isolate and for household members of close contacts, as we are aware that there has been confusing and conflicting information circulating.

Manaakitanga has been in display as we put out a call for help to support families who weren't, due to self-isolation requirements, able to access food themselves. Members of our staff, not required to self-isolate, relatives and the wider Auckland community responded to our facebook post and have helped ~30 of our families. A very heartfelt thank you to everyone that volunteered or contributed here and special thanks to the Hebrew Cafe for providing food.

While we might be in lockdown some deadlines do not change. One of these is the **OUT of ZONE ENROLMENT DEADLINE**. All Out of Zone Enrolment applications are due by **5.00pm Monday 30 August**. This is for any Year 9 student in 2022 who will be classified as Out of Zone (NB: this includes siblings of current students). All applications are online. Please visit our website for more details. Don't miss out! <u>https://www.lynfield.school.nz/Enrolment.html</u>

Noho ora mai - stay safe

Cath Knell Tumuaki | Principal

COVID 19 - close contacts

As our students and staff are close contacts we are self-isolating and complying with the following updated guidelines

https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-self-isolation-managed-isolation-quarantine

Actions for contacts

Contact	Description	Actions for the contact	Actions for secondary* contacts
Close Contact	People who may live or work with or have been in the same place at the same time as someone infectious with COVID-19.	 <u>Isolate/quarantine</u>, either at home or in a managed facility, for 14 days from last exposure. Test immediately (unless it's within 1 day of your next scheduled test), and on day 5 after last exposure and day 12 after last exposure. If <u>COVID-19 symptoms</u> develop, get an additional test immediately. 	 Household members should stay at home until the Primary Close Contact returns a negative test result from their day 5 test If one or more household members develop symptoms at any time, test and stay at home until negative test result AND until 24 hours after symptoms resolve

Self-isolating at home

You should self-isolate for at least 14 days since your last contact or exposure to the confirmed case and until you are told you no longer need to do so by a public health official.

What it means to self-isolate at home:

- You should not leave the house for any reason while you are awaiting a test result or are self-isolating, until you
 receive a negative test result or until you're cleared by public health staff.
- You cannot get vaccinated whilst you are self-isolating. If you have a vaccine appointment scheduled either ring the
 vaccine booking line or go online to change your vaccination booking.
- You should not go the pharmacy, supermarket or make any other stops in public while you are self-isolating.
- You should not go to work or school. If you are unable to work from home during this time, your employer (or you, if you are self-employed) may be able to apply for leave support to help support you. For more information visit the Work and Income website .
- You should maintain a 2-metre distance from your household members and should not share a bed or bedroom with any member of your household
- It is important that you do not use public transport, taxis or similar transport methods
- You should not have visitors in your home (including tradespeople)
- Where possible, ask friends or family to shop for you. If this is not possible, order supplies online. Make sure any deliveries are left outside your home for you to collect. If you need assistance, the Ministry of Social Development has information about where you can go for services and support, what you can get help with, and contact information. Visit the Ministry of Social Development website *P*.
- Minimise the time you spend in shared spaces such as bathrooms, kitchens and sitting rooms as much as possible and keep shared spaces well ventilated
- If you need medical assistance, call ahead to your health provider and tell them you are a <u>Close Contact</u>. Clean your hands with hand sanitiser and put on a face mask before you enter any healthcare facility.

Guidelines for household members of close contacts can be accessed here

https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-staying-home

The COVID-19 website (https://covid19.govt.nz/) is another useful source of information for everyone in NZ.



Know where to go!

The following FREE national services are here to support you and your whaanau.

They're available 24 hours, 7 days a week and have translation services available in multiple languages. All of these services are FREE to call on your mobile or landline.

Organisations

Alcohol and Drug Helpline 0800 787 797	HELPLINE	Police (Emergency) 111		
Anxiety NZ Anxiety NZ 8800 269 4389		Police (Non-urgent)	105	
		105		
Depression helpline		Quitline	Quitline	
0800 111 757		0800 778 778	0800 778 778 www.quit.org.ns	
Family Violence	PANELY	Rape Crisis	81	
0800 456 450	17'8 NOT 523	0800 883 300		
Grandparents Raising Grand	children 🔊	Safe to Talk	Safe to talk	
Trust NZ 0800 472 637		text 4334	Barrellow	
Healthline Healthline 0800 611 116		Samaritans		
		0800 726 666	Samuer Starre	
Immunisation Advisory Cent	re Annonion	Seniorline	-	
0800 465 863	ALTERNATION	0800 725 463	IT'S NOT DE BRAK DUT	
Kidsline	applyidding	Shakti NZ (Women's Refuge)		
0800 543 754	Courses C	0800 742 584	SHART	
Mental Health Peer Talk		SHINE (Family Violence)		
0800 234 432		0508 744 633	shine*	
Mental Health after-hours		Suicide Crisis Helpline	22	
0800 775 222		0508 828 865	LIFELINE	
Need to talk	1777	Supporting Families -	A. PANILIES	
1737	Second Second	in mental illness 0800 732 825		
Plunket	m hat	0800 What's Up?		
0800 933 922	00 933 922 Yunker		同国加	
National Poisons Centre	Sel	Women's Refugee NZ	1	
0800 764 766		0800 733 843	WINCOR	
Outline 0000 0800 688 5463 0000		Youthline	Vouthline	
		0800 376 633	Chenny has	

FROM OUR SCHOOL NURSE

I know this is a difficult and worrying time for all the students and families of Lynfield College. I hope all the students who were here at school on Monday 16th and Tuesday 17th August have managed to get day 5 testing done. Next testing is day 12 around Sunday 29th August. If the day 5 swab is negative, other family members are able to do the shopping and continue lockdown, but are not in self isolation. Just the student continues in self isolation until the day 12 testing is negative.

If you are unwell or have any problems with getting tested, let Healthline know on 0800 358 5453, they can direct you.

I hope everyone keeps well and is safe. If you want to contact me, please email <u>nurse@lynfield.school.nz</u>

This poster is available wherever you go. Scan the QR code to have access to the poster on your mobile.







Racism will get no support here

givenothing.co.nz #GiveNothingtoRacism

FROM OUR STUDENT LEADERS

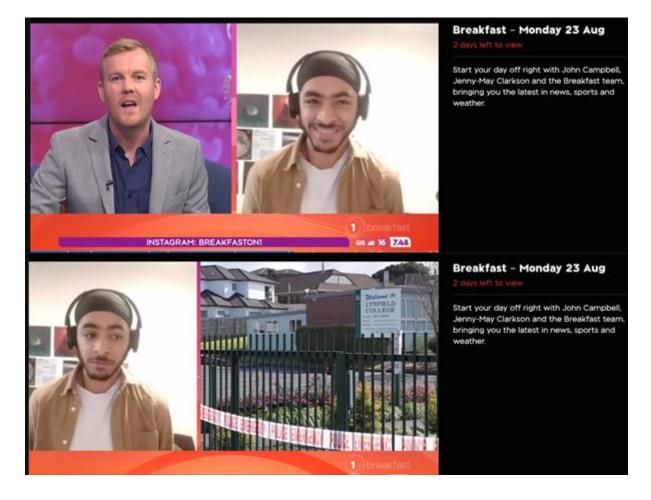
Being thrust into another lockdown seems to have caught all of our community off guard. After a year of being essentially covid free, we all thought that pandemic was far away from us until we heard the news that we were going to be plunged into yet another lockdown. However, the news really hit home when we learned that we had positive cases in our schooling community.

The response from staff, students and the wider community was overwhelmingly positive as well. The messages of support, kindness and compassion we received from each other and from our school gave us the confidence to get through this next battle through Covid. The emphasis from our staff has been on supporting our students through their online learning in a multitude of ways, whether that be sending out messages telling us to take care and be kind, creating accessible learning resources or actively looking to make online learning more accessible process.

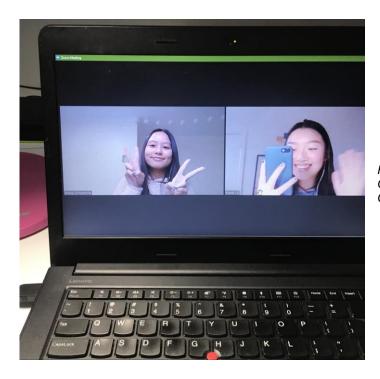
Our student leaders are now actively looking to engage our students to understand how we can continue to enhance the support we are giving them, with an emphasis on Manaakitanga, which means to extend our Aroha to others.

Student check in survey:

https://tinyurl.com/LC-check-in-21



Above: Head Boy Sanat Singh being interviewed by TVNZ Breakfast host Matty McLean on Monday 23 August.



Head Girl Eliana Competente and Assistant Arts & Culture Captain Evana Chan on Zoom to organise the Hauora Committee.

SUPPORT FOR OUR FAMILIES

A massive thankyou to all the members of our community and staff who have not been having to isolate, for their assistance in support our families in need. Especially to Shawn and Shalini from the Hebrew Café, to Noorien, Krishna, Sheree, Zainab, Mark, Aaliyah and Wendy for their time and effort in purchasing and delivering food.



LYNFIELD COLLEGE COMMUNITY DISCORD SERVER

With lockdown separating our school community from one another, it has been difficult for our students to properly connect with one another for both schoolwork and socializing. In a quest to find a solution, Math Teacher Mr Cheung created a Discord server, which is an online platform, that allows students to use text-forums and voice-chat to share their hobbies, form gaming groups, help each other in work set by their teachers, or simply chat.

What started as a small group of around 20 made up of students from the extra-curricular clubs Mr Cheung supports (Anime Club, Tabletop Club, and D&D Club), swelled to over 100 students in a single afternoon. With such explosive growth, it is necessary to have a team of dedicated student moderators who help keep the server orderly, respectful of all the students involved, who range from Year 9s to Year 13s.

The students are connecting is a variety of ways, such as testing their movie knowledge in a game dubbed "Guess the Movie", participating in a Photo-a-Day challenge, bonding over their tastes in music, or frustratingly trying to co-ordinate in a simple 'counting' game where no errors are tolerated.

INTERNAL ASSESSMENTS UPDATE

We are mindful that students will be worried about upcoming assessments and that some students are still having problems accessing online learning.

Lynfield College has made the decision to put on hold internal assessment final deadlines. This will be reviewed regularly as information about the duration of being offsite, student and staff wellbeing, changes from NZQA, etc is received. This is the case for both senior and junior assessments.

On Schoology posts, teachers will continue to gather and store evidence that can be used to assess students when on site learning returns. This includes lesson activities, research, ongoing portfolio tasks, and building skills and knowledge that work towards an assessment task.

Assessment Weeks

Assessment Weeks scheduled for Weeks 8 and 9 Term 3 have been postponed until further notice. It is likely to be in Term 4 and the way we will run these is currently being reviewed.

Changes to NCEA end of year exams and portfolio dates

The dates for end of year NCEA and NZ Scholarship exams will be delayed by two weeks, to run from Monday 22 November until Tuesday 14 December. Due dates for portfolio submissions will also be pushed back by 2 weeks. These two changes will give students and schools more time to prepare for the end of the year.

https://www.nzqa.govt.nz/assets/qualifications-and-standards/qualifications/ncea/exams-and-portfolios/examinationtimetable.pdf

COURSE SELECTIONS FOR 2022

Course selection for 2022 has been delayed, though all the details can be viewed through https://lynfield.schoolpoint.co.nz/

Students can login using their school login and password. The information for each course is still being finalised. At this stage students cannot choose courses for 2022 though they can 'favourite' ones for later. Under the 'Useful Information' tab is all information for each year level.

We will look to open it up fully for students to start their selections in these next two weeks.

SCHOOLOGY

Schoology is our platform for communication to students. As well as teachers posting work for students, it is also where information is shared about wellbeing, motivation, access to the Library and ebooks, and contact details if students need help. We encourage students to check Schoology every day and to 'like' posts to show that they are reading them. Parents are welcome on Schoology to see what information is being posted. The following link has instructions on how parents can access Schoology <u>https://drive.google.com/file/d/1-74lt66jc_YUto3d6XGO0SOWJPzAYZkJ/view?usp=sharing</u> If you have forgotten your password or are having any difficulties getting access, please email <u>admin@lynfield.school.nz</u>.

LEARNING FROM HOME

Students are assigned 30 minutes of schoolwork for their timetable subjects each day. This work can be activities like exercises, watching a video about the topic, a video call, or continuing with a task. Our teachers are working hard to set work which is meaningful and engaging, and they are continuing to give feedback on work that students submit. We know working from home can be challenging, and we encourage all students to do the best they can and to contact their form teacher if they need extra support.

For students that are looking for something different, a creative prompt is being posted each day on Schoology.





LEARNING FROM HOME – MINDFULNESS

Some of our Year 9 students have been learning about Mindfulness as part of their Health and PE class. Here are some of their reflections:

On Gratefulness

I felt relieved once I got my second Covid test done because my first one was a very unpleasant experience, and I didn't want to go through that again. I celebrated once I got home by snuggling in bed and watching my favourite show. I appreciate my sister a lot because she keeps me entertained during this boring lockdown. It's really nice having her around & sometimes she cooks food for me. I show my appreciation by helping her with whatever she needs. Today I helped my mum in the kitchen, by cleaning and I helped my sister with some of her schoolwork.

Being grateful enhances your overall well-being. Having a positive outlook towards things gives you happiness, reduces stress, and keeps you more optimistic. Specifically, taha whanau is positively impacted because you can give that happiness and pass it out to your family for positive vibes. Also, it helps your taha wairua because the benefits from being grateful, cleanse your mind and it is a type of mindfulness.

Mindfulness

I did the Body Scan activity. I felt sceptical because I don't think I have ever tried an activity called Body Scan. I didn't think it would make feel calm or less stressed. The Body Scan was weird because I don't think I have focused on just like one part of the body such as the top of my head, so it was not challenging but different to try. My Taha Hinengaro was affected because before I tried the activity, I felt unsure about the world around especially with everything going on. But, doing an activity such as this helped me to feel more calm and not as stressed as I was before.

Mindful meditation

Before doing meditation, I tried to keep my mind empty, because it helps you concentrate on meditation (I know this from past experience). Since I kept my mind blank, I didn't really have any emotion at that time. The most challenging part about meditating is to not think about time because sometimes I feel impatient when meditating. If you think about how long you are doing meditating it would make you want to stop. My Taha Wairua was positively impacted because it cleansed my mind. I feel much more energetic because a positive flow of thoughts is now flowing through my mind.

Mindful Eating

I was feeling a little bit sceptical of slowly eating my food, as I've never eaten my food super slowly. Although today, I decided to mindful eat a chocolate chip cookie. The mindful eating was nice because I got to taste and feel every little detail of my cookie. As I was eating it, it tasted sweeter, sweeter than it usually would taste. This mindful eating activity positively affected my Taha Whanau dimension because it reminded me of what it felt like to be with my friends and family before covid :)

WORD UP COMPETITION FOR SPOKEN WORD

Congratulations to Deevya Shah (Year 10) who has made it into the finals for the Word Up competition for spoken word. The finals will be held later in the year.





Fundraise online this Daffodil Day

Even through lockdown you can continue to support Daffodil Day by donating online. Help us raise money to support the Cancer Society's work in Auckland.

Unfortunately, cancer impacts so many of us in New Zealand, with a heart-breaking 71 people diagnosed each day. The Cancer Society is here to help and support people with cancer and their whanau.

With your support, every dollar raised for Daffodil Day will go towards cancer care for patients and their whānau, education and awareness programmes, and life-saving cancer research.

Lynfield College online fundraising page for Daffodil Day <u>https://www.daffodilday.org.nz/search</u> Colour it in – make your own daffodils

https://s3-ap-southeast-2.amazonaws.com/raisely-images/daffodilday-2021/uploads/j-001784-cs-dd-colouring-book-v-1-1-pdfdeb089.pdf

CAREERS NEWS

Scroll down for news and changes. You are invited to email Mrs Keir, Careers Counsellor Lynfield College if you have questions about any NZ Tertiary provider, even if not mentioned below. wkeir@lynfield.school.nz

GATEWAY 2022 applications are now <u>OPEN</u> for current Year 11 & 12 students. Use SchoolPoint for 2022 course selection, then Student Services tab for details of the programme. Email Mrs Harvey, Lynfield College Gateway Coordinator, for an application form to printout, complete and return to: <u>eharvey@lynfield.school.nz</u>

SUBJECT GUIDE FOR SCHOOL STUDENTS: Take note if you are wishing to study at The University of Auckland in the futurehttps://www.auckland.ac.nz/en/study/study-options/undergraduate-study-options/information-for-careers-advisors/guideto-choosing-school-subjects.html

THINKING ABOUT YOUR FINANCES FOR 2022? If you are thinking about starting Tertiary education in 2022, check your Fees Free eligibility on https://www.feesfree.govt.nz/

If you intend to study at a university, Te Pūkenga (NZ Institute of Skills & Technology), wānanga or a private training establishment (PTE) in 2022, Fees Free will cover your tuition fees, compulsory course costs and compulsory student services fees. If you will be doing on-the-job training, Fees Free will cover all fees for training and assessment for the first 24 months of any eligible industry training programme. You can also access eligible programmes in targeted areas for free under the <u>Targeted Training and Apprenticeship Fund</u> (TTAF). This will not affect or use up your Fees Free eligibility or entitlement. See <u>Fees Free frequently asked questions</u>

TEMPORARY CHANGE: University and Te Pükenga enrolment and scholarship application processes

Te Pūkenga and universities ordinarily require learners to provide **certified copies of identification documents**. During COVID-19 restrictions learners will not be able to get copies of documents certified so TEC has authorised the use of an alternative process. **Students who are unable to provide certified copies of identity documents can enrol with uncertified documents until further notice**. Students must be prepared to provide certified documents if required once alert levels change.

TERTIARY UPDATES: A few tertiary providers have had Virtual Open Days this week already.

AUT University: AUT Live Open Day 28th August is postponed until Saturday **25th September**. In the meantime AUT are now **offering 1:1 online course counselling sessions** for university advice, choosing the best programme, or helping with applications. Students can book in with one of the AUT liaisons; Monday – Friday, 8am – 5pm.

Book your date and timeslot here:

https://outlook.office365.com/owa/calendar/SecondarySchoolStudentsRecruitment@autuni.onmicrosoft.com/bookings/

AUT SCHOOL LEAVER SCHOLARSHIPS: close 1st September and their other scholarships closing dates vary.

MANUKAU INSTITUTE OF TECHNOLOGY (MIT): Online engagement opportunities will be published soon

UNITEC: Parents & Whanau are invited to connect- <u>https://www.unitec.ac.nz/under-25s/parents-and-whanau</u>

UNIVERSITY OF AUCKLAND: Open Day 28 August is cancelled, but you can have an Open Day experience without leaving home. Register or log in to **Open Day Hub** at <u>openday.ac.nz</u> to start exploring the massive range of **webinars** from the previous July Open Day Online and to learn more about studying with us in 2022 and beyond. **Karahipi University of Auckland Summer Start Scholarship for Year 13s**-Applications close on 18 October 2021. For further information and to view the regulations for this scholarship please visit <u>University of Auckland Summer Start Scholarship</u>.

THE UNIVERSITY OF WAIKATO: Use website to watch any saved Webinars. https://openday.waikato.ac.nz/

VICTORIA UNIVERSITY OF WELLINGTON: Need Course Advice? Book an appointment online https://www.wgtn.ac.nz/study/course-planning/appointments

<u>School-leaver scholarships</u>- Applications for Tangiwai, Totoweka, and Kahotea close Wed 1st September 4.30pm VIC WEAVING YOUR FUTURE Pasifika Online Talanoa series: <u>https://go.wgtn.ac.nz/weaving-your-future-2021.html</u>

UNIVERSITY OF OTAGO: <u>https://www.otago.ac.nz/future-students/</u>

LINCOLN UNIVERSITY: https://www.lincoln.ac.nz/

CANTERBURY UNIVERSITY: https://www.canterbury.ac.nz/future-students/

LYNFIELD COLLEGE MUSIC SUCCESS

Auckland Secondary Schools Jazz Band Competition Big Band – Selected for Finals Big Band – Platinum Award (Highest award possible) Jazz Combo – Gold Award Saxophone Ensemble – Silver Award

KBB Music Festival

Big Band – Selected for Gala Big Band – Gold Award (Highest award possible) Concert Band – Bronze Award Chamber Orchestra – Highly Commended

Tom Christie (Drums) has been selected as a national finalist in the NZ School of Music Jazz Improvisation Competition.









LYNFIELD COLLEGE SCIENCE FAIR SHOWCASE

On 12 August Lynfield College hosted a Science Fair Showcase evening. It was a huge success and enjoyed by students, teachers and members of the community. The projects were insightful, and the students presented themselves to the judges well. The winners of the Science Fair displayed outstanding scientific understanding and explained themselves passionately and with purpose. We were fortunate to have former Deputy Principal and Science Teacher Murray Black join our school judging panel.

Ten projects have been selected to represent Lynfield College at the NIWA Science and Technology Fair – Central West Region.

The fair will be digital again this year and judges will be conducting zoom interviews with the students. This will be happening week 8 and 9 of the term.

1st 'How effective is your sunscreen' by Deveshi Arora and Mishti Saha 2nd 'Growing pains' by Jasmine Millar 3rd 'Apple oxidation' by Bhargav Patel and Hola Afasa

Highly commended: 'Bridge vs. mass' by Jacky Zhou 'What colour attracts people's attention the most' by Anjali Kapadia 'Soil types and plant growth' by Muhammad Patel and Xavier Hamilton 'Combatting climate change' by Tej Patel and John Mahe 'Get a grip on germs' by Anika Wong 'Baking powder substitutes' Samantha Andrew-Salter and Olivia Edwards 'Eco advertising' Ayush Swarnapuri and Timothy Truc



SPORTS SCENE

Here we are again in a nationwide lockdown situation due to Covid-19. Fortunately, nearly all weekly competitions were either finished or 1 or 2 games away from being so.

Auckland College Climbing Series

There were 122 registered climbers from 36 Auckland schools competing in this event. Round 3 of this Auckland wide event was held at Extreme Edge recently. Our climbers did extremely well:

Jamie Hall (Y11) competed in division 3. He placed 2nd in top rope, 1st in speed. This placed him 1st equal in the Combined score for the day AND meant that **he finished 1st in the overall series**.

Lily Andrews (Y10) competed in the Y9 & 10 division. She placed 8th in top rope and 9th in speed to place 8th equal in the combined scores for the day out of 30 competitors.

Caleb Raymond (Y11) finished 3rd and received "Most Improved" for his climbing between rounds 2 & 3 of this series.

Lynfield College finished 5th equal in the Auckland College Climbing Series School Shield. Congratulations to Jamie, Lily and Caleb.

Auckland Secondary Schools Road Race

This took place recently at Pulman Park, Papakura on a windy day recently. Fortunately, the rain held off until the races had finished. Congratulations to our team of Lynfield athletes who competed. Most impressive placing was **Dylan Tearle (Y9) who finished 12**th out of 73 in the Junior Boys.

TEAM TALK

Premier 2 Netball

The Prem 2 team had a great season this year. It started off well with many victories to boast about. These victories led to the girls being moved up a grade. They played well in this grade and continued to work well as a team. Not every game was won but the girls had fun both off and on the court. The rain and wind did not dampen their spirits and they represented Lynfield College with passion and drive. Overall, a positive season for the Lynfield College Prem 2 team.

Rugby

This year has been extremely successful for our rugby programme. The most important feature has been the huge enjoyment so obviously experienced by the players and the large number of family supporters on the sidelines each week. This is a direct result of the outstanding commitment of our coaches and managers and this has flowed on to the players who all now understand the importance and benefits of full commitment to their coaches and team mates.

This rugby programme has been driven by a dedicated group of **volunteers** who are fully focussed on building Lynfield College rugby over the next few years. Particular mention and huge thanks must go to:

Coaches: Jonathan 'Ilaua, Tanielu Vagaia, Alastair Maisey Managers: Jeremy Smith, Chris Wadsworth

NZ Secondary Schools Winter Tournament Week

Before lockdown began, we were very busy preparing for NZSS Winter Tournament Week. Unfortunately, but completely understandably, these tournaments could no longer take place as they involve about 30,000 students moving around the country to compete in these tournaments which is definitely not what is needed to try to keep the Covid-19 Delta variant contained. These teams were all set to attend the following tournaments:

1 st XI Boys Football	Rex Dawkins tournament, Whangarei
1 st XI Girls Football	Kathy Seaward tournament, Whenuapai
1 st XI Boys Hockey	Olympic Stick tournament, Hamilton
1 st XI Girls Hockey	Mary Clinton tournament, Hamilton
Premier 1 Netball	Upper North Island Secondary Schools (UNISS), Pakuranga
Curling (3 teams)	NISS Championships, Avondale

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 the uniform bond will be refunded via your child, as per the letter your son/daughter brought home at the beginning of the season.

Junior Summer Sports

Usually at this time, we would be calling for all Y9 and Y10 interested in summer sports competitions in touch, volleyball, softball, cricket and rugby. Obviously, this cannot happen at present until we know more about Covid-19 Alert levels. Please check the notices on Schoology to be sure your sons or daughters do not miss trials for the teams they are interested in joining.

INDIVIDUAL HONOURS

Congratulations to the following student who has performed exceptionally well in his chosen sport.

Kevin Zhang (Y10) competed in the first day of the NZ short course champs last Tuesday. Unfortunately, this event was cut short by the L4 lockdown put in place from midnight that night!

However, he did get to compete in the 100 medley for 14 year olds. Kevin set a NZ age group record in this event shaving 0.67s off the old, longstanding, record! Old record was 59.37s set in 2013 new record is 58.70s.