

Tokomairiro High School Newsletter & Community Noticeboard

Wednesday 3rd February 2021

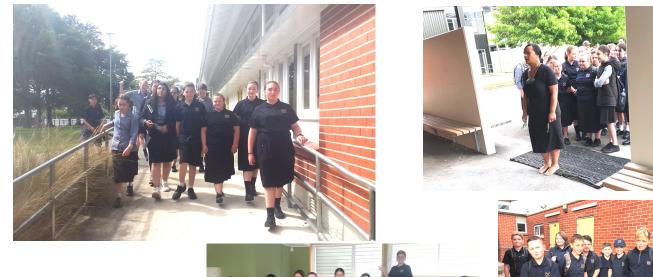


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# New Year 7's Welcomed to Tokomairiro High School

Nau mai, haere mai to our Year 7 students. The students started the day with a Mihi Whakatau (welcoming) in the hall. This was a great way for all staff to meet the new students and caregivers into our school. After the hall, they headed off to meet their homeroom teachers and learn about the year ahead. Throughout this entire time our Year 13 peer support leaders were there, providing support and making them feel welcome. After a quick morning tea, it was off to peer support groups. These groups meet once a week to connect and take part in different activities which will help our new akonga to settle into our Tokomairiro whanau. The Year 7's also had the privilege of having our first house competition for the year. We will share results at the first student assembly. Finally, a meet and greet bbq to finish the day. It was exciting to meet this fantastic group of students, and everyone is looking forward to working with all students and caregivers over their time at Tokomairiro High School.









### Inside this week....

School Newsletter New Staff Dealing with Anxiety Toi Ora for 2021 Breakfast Club Head Prefects

## Waitangi Day Observance

As Monday 8th February is a public holiday, the Genesis will be published and delivered one day later than usual. Deadlines for next week will fall to the Tuesday.



SuperValue Milton: 59 Union Street, Milton Ph 417 8008. Open 7am - 8pm, 7 days. Prices apply until 7th February 2021. While stocks last at SuperValue Milton only.







# **Tokomairiro High School Newsletter...**



SCHOOL MISSION: Inspiring Excellence in Education, in Character and in Life.

#### Week One, Term One

#### Tena koutou katoa,

Welcome back to all our current students and a special welcome to the new students for 2021. We are happy to see you all back and look forward to this being a great year.

Our focus this year is on Community – building a strong community within our school and strengthening our connections to the wider community.

**Mihi Whakatau** On Monday morning we had a mihi whakatau welcome to our new students and staff. It was lovely to see them all looking bright and bubbly in their new uniforms. Thank you to the parents & whanau who came along to support their young ones, and to the Peer Support leaders and kapa haka members who attended.

**New Staff** We are very pleased to welcome our new staff members for the start of this year. Mr Kelvin Robertson - HOD Mathematics, Mrs Andrea Kidd - Food Technology, Mr David Yilma – Digital Technology, Mr John Nicolson – Mathematics, Social Studies, Art and PE, and Mrs Leanne Burgess - Sports Co-ordinator.

**Peer Support** This has been a part of our school structure for many years. Thank you to Mr Mackinnon for leading the programme this year and training our student leaders. The Peer



Check our website www.miltonbutchery.co.nz or our Facebook page for Saturday Specials, online specials, meat packs, etc. Support leaders were there to the new students throughout the day on Monday. Summer Reading Programme / Overdue Books It was great to see students pick up their holiday reading at the end of 2020. These bags and books are due back at the library now that started. There are 2021 has also still many books overdue from previous years. Parents and caregivers please encourage students to return these as soon as possible. Books can be dropped off at the Tokomairiro High School Office or the School

**Connections with Whanau** We are looking forward to a great year and encourage members of our wider school community to take every opportunity to engage with our school. Our doors are always open and we welcome you into our school.

**Skool Loop App** Be sure to download the Skool Loop App from Google Play or App Store. Through the Skool Loop app you can sendnotification of absences, read school notices, receive notifications, sign permission slips and book interviews.

Attendance / Lateness We are continuing to have a focus on attendance this year as we believe regular attendance and achievement go hand in hand. Research has shown that attendance to class is a key to students reaching their academic potential. It is important that all students are attending school every day. We ask that parents / caregivers / whanau ensure that their children are attending all their lessons. If there is a valid reason for a student to be absent from school, parents are asked to contact the school office, or send a message through the Skool Loop App, first thing in the morning. Thank you for your support in helping us better monitor the student attendance. This year we will be following up on lateness to class. We encourage all students to be in class before the second bell ready to start work. This means students need to be in class by 8.40am.

#### Family Learning Conferences – Wednesday 17 February

These are designed as three-way conferences between the student, whanau and the house group teacher. This is an opportunity to discuss student goals for the year and put plans in place. These are scheduled for 15 minutes each. Bookings can be made on Skool Loop – the interview bookings will be opened later this week.

**Career Information** NZ Defence Force free careers information sessions in Dunedin ASB House, 248 Cumberland Street, Dunedin on 24 February 2021 5.30pm to 7pm. Register your interest at 021941237; alex.price@defencecareers.mil.nz **Deans 2021** Our deans this year are as follows:

Year 7-8 – Carol Bungard, carol@tokohigh.school.nz Year 9-13 – Ayson/Ross – Daryll Reddington, daryll@tokohigh.school.nz Year 9-13 – Malcolm/Reid – Gemma Cowie, gemma@tokohigh.school.nz Feel free to contact these people, or your child's house group

Feel free to contact these people, or your child's house group teacher, if you have any concerns.

Remember, our doors are always open. Please come and talk to us if you have any concerns. *Nga mihi* 

Glenis Sim, Principal



Ki to kohahi te Kākaho ka whati, ki te kāpuia, e kore e whati When reeds stand alone, they are vulnerable, but bound together they are unbreakable.

### Dates to Remember...

Monday 8th February - Waitangi Day Observed (School Closed) Wednesday 17th February - Family Learning Conferences Friday 19th February - Athletics Day



### Genesis

The Genesis office is open Monday and Tuesday 8:30am - 3:30pm.

If the office is unattended, any articles, advertising or payments can be taken to the school office or left in the secure box in the office door. If you want to leave a phone message for the Genesis outside office hours, please phone the Tokomairiro High School office (417 8620) and it will be passed on.

Genesis Deadlines Advertising - Monday 9am, Articles - Monday 12 noon. Articles/ advertisements can be emailed to the Editor at genesis@tokohigh.school.nz. Genesis is delivered free to your letterbox from Tuesday 4pm to Thursday 6pm.

# New Staff for 2021

This year we have three new teaching staff joining us across different areas of the school. They are all excited to be teaching and here is a brief introduction about where they are from, what they are teaching and what they are looking forward to.



#### Mr Kelvin Roberston

Kelvin joins us this year to teach mathematics and physics. He has recently come back from New South Wales and is looking forward to becoming part of the community again. In particular, he is looking forward to being part of the Fire Brigade and St John Ambulance here in Milton.



#### Mrs Andrea Kidd

Andrea Kidd joins us this year to teach food technology and science. She has moved from Carterton in the Wairapa to join the Milton community and is excited about becoming part of it. Andrea is also looking forward to meeting new students and making them curious and enthusiastic about food.



#### Mr David Yilma

David joins us this year to teach digital technology and science. He is from the Czech Republic and has also been teaching in England. David is looking forward to meeting new people, teaching his classes and getting to know the school and community.



#### Mr John Nicolson

John Nicolson joins us to teach mathematics, social studies, physical education and art. He is from Dunedin and is looking forward to having a good time getting to know our students and furthering his teaching skills.

We are looking forward to getting to know our new staff members, and benefit from their knowledge and interests. Welcome to Tokomairiro High School.

### **Bible Reading for Today**

Turn from evil and do good; seek peace and pursue it. Psalm 34:14

### Feeling Anxious?

With everything going on in the world at present it is hard not to feel a little anxious at times. Although we tend to feel more anxious when trying something new like starting a new school or even starting a fresh year.

Anxiety comes from a place in our brain called the Amygdala - its a funny complicated word. If you've seen the movie Inside Out, you can think of the amygdala as being the place where headquarters is, all our emotions base themselves out of there. While it can feel quite unpleasant, anxiety is a completely normal and helpful emotion. It is directly linked to our fight, flight or freeze response and has the sole purpose of keeping us out of danger. Sometimes though it gets things wrong and overreacts to things that aren't as dangerous as it thinks.

We might experience these false alarms when we are trying something new - starting at a new school for example. We might think about things that could go wrong and before long our brain is making us feel really anxious or upset. Our brain does not always know the difference between what is real or imaginary, so if you are thinking something terrible might happen, it will make you feel like it is about to. The counsellor at school can offer a number of different strategies to cope with anxiety and worry when it becomes too much. However, a good place to start is simply to pause second and take some deep breaths. If it doesn't go for a away on it's own, try paying attention to what is going on right there and then to make you feel that way, actively think - what am I most worried about right now? This can help you think is this something I need to be worried about or is my brain playing tricks on me

Remember, anxiety is a normal emotion to have; we all feel it – even teachers! But the more you practice something, the less anxious or worried you'll feel. So if your first day or week at school triggers your anxiety, pushing through this and getting to school will slowly show you there is nothing to worry about. However, if you feel that anxiety is becoming a little more controlling in your life and stopping you from doing things. Speak to someone you trust or the school counsellor Mr Mackinnon.





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### From the Head Prefects...



Alena Johnston Goals: Make the most of my last year at school. Favourite part of the holidays: Camping at Hawea and biscuiting on the lake! What I am looking forward to as a leader: Working with my peers to make Tokomairiro high school and enjoyable place for everyone! I am also looking forward to meeting and working with the new Year 7's!



Morganne-Lee Greene

*Goals:* To get more involved within the school community and take up new opportunities

Attending Outward Bound and taking part in new activities in the outdoors

What I am looking forward to as a leader: Working with my peers and the new Year 7's to make their first year at Toko one to remember.

### **Breakfast Club**

Next Tuesday (9th) sees the beginning of our Breakfast Club.

Students are welcome to come to the whare for breakfast between 8am -8:30am, Monday to Friday. A range of breakfast options will be available. For more information, please email Mr Reddington - daryll@tokohigh.school.nz



# Toi Ora Begins Next Week

We are looking forward to getting Toi Ora underway again in Week Two (Wednesday 10th February). We meet in the whare at Tokomairiro High School straight after school on Wednesdays.

See below for our focus each week. We look forward to seeing everyone back and some new faces in 2021.

Week 2	Whanau: Waitangi
Week 3	Tinana: Kaukau
Week 4	Wairua: Weaving
Week 5	Hinengaro: Kawakawa Balm
Week 6	Whanau: Matariki - making
	ornaments for Festival
Week 7	Tinana: Ki o rahi
Week 8	Wairua: Taonga puoro
Week 9	Whakatipu kakano
Week 10	Whanau: Waka ama
Week 11	Tinana: Multisport Competition

Week 11 Tinana: Multisport Competition

FINDEX

Holly Griffin

*Goals:* To put my best effort in across all areas of school for my final year.

Favourité part of the holidays: Attending the 21 Day Mind, Body & Soul Outward Bound Course in the Marlborough Sounds

What I am looking forward to as a leader: Working with my peers and being even more involved in our school community!



Kyerah Smith Goals: To be more positive, have fun and take every opportunity!! Favourite part of the holidays: A three week road trip with my sister up to the north island. What I am looking forward to as leader: Being an encouraging role model for all students and to work in a team..



WOW thats the end of January '21 already. Along comes February when this month will be absolutely full of major happenings.

The current financial list of members will be unveiled and your name needs to be on it, to be eligible for the weekly Membership Draw and the Joker Draw which is getting closer to the maximum when it MUST BE WON!!! Also getting closer to being completed is our Land Raffle with fantastic prizes being added, you do not want to miss out on some of these prizes. There are still some major prizes to be purchased. A wee whisper is whether a Sky Dive voucher is part of it, with a certain loudmouth raffle seller, being made to be the volunteer. Time will tell!

Also upcoming is our annual Fishing Comp on 27th February with funds going to local Search & Rescue, so get in and support a great cause. Also being launched on Friday 26th February is the "Ultimate Sporting Tipping Comp", which will be unrivalled in quality and variety of sporting comps. As proven, the RSA is the innovator in sporting entertainment., while others follow. The year we will be adding an exciting element, and at present, trying to secure "Exclusive" rights to another competition. Entry names will be called for shortly.

YES YES YES, Paddy the Pigeon is back - he successfully managed to evade his captors, and had to crawl under barbed wire - not easy for a pigeon. He is back on deck, slightly ruffled feathers and ready for 2021.

Private Pike

# ACCOUNTING AND BUSINESS ADVICE

Please contact us for a free accounting quote.

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### Milton Garden Club

Trip to The Wyld Willow Garden

On Monday 14th December 2020 the Milton Garden Club visited the fabulous Wyld Willow Garden at Abbotsford. The five acres started out as a coal mine then a race track for whippets and was a bare paddock when Fran and Mike took is over 33 years ago. Fran liked the creek that runs through the property and Mike liked the house. Together they have transformed the area into a riot of flowers, shrubs and mature trees. As I walked over the bridge a tui started sipping nectar out of flax flowers ahead of me. The sun shone on his back showing off his brilliant irridescent blue wings gorgeous! Fran collects heritage roses and one of them has climbed up a very large tree. It looks more like a clematis than a rose and it was at least 50 metres up that tree. Fran invited us to arrange a trip to see the heritage roses at the Northern Cemetery in Dunedin. We will certainly consider it. Early on in the visit one of our members, Sue Ballantyne tripped and fell over, hitting her head and breaking her wrist. The ambulance came (eventually) and took her off to hospital. Fran, Mike and Fran's two sisters were wonderful and could not have been more supportive while we waited for the Ambulance to arrive. Sue wants to thank all those people who helped her that day and we all hope she makes a speedy and full recovery. Next stop was Kade's Restaurant in the Mosgiel Tavern for our last

lunch of the year. Isobel Robinson won the first raffle draw and Judith Simpson won the second draw. The rest of the raffles were won by other members too numerous to mention. Stephen Gillies thanked the Committee for their efforts in organising trips and speakers and wished us all a Merry Christmas and a Happy New Year. The Committee is planning our next trip to gardens in Winton on Monday, February 8th which is the Waitangi Day holiday. Members will be rung. For further information please ring or text Annette Gillies 4174173 or 0210786366.





'The art of being wise is the art of knowing what to overlook'

For all your legal requirements, contact our friendly team at

William James (1842 - 1920)

5 Eden Street, (PO Box 16) Milton.

SUMPTER MOORE LAWYERS

Phone (03) 417-8004 Fax (03) 417-8002

# Genesis Classifieds ...



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#### Genesis Classifieds ... Trades & Services ... Trades & Services ... **Public Notices ...** Public Notices ... St John Milton invites you to our Station Open Day. For all your electrical needs! «Residential «Commercial » Industrial St John Sunday the 7th of February 2021 from Here for Life 11.00am till 1.00pm at the station Eden Street, Milton An opportunity to hear what our plans are for the year or if you feel you would like to get involved we definitely want to talk with you. CALL Matt Lyon Please pop in and have a cuppa and scone with us. If you would like additional information please call Scott Weatherall on Registered Electrician 027 215 5706 027 677 9007 **localelectrical** localelectricalmilton@gmail.com **Beauty Services... Beauty Services...** MARSHALL ELECTRICAL Offering a range Beauty By min of Beauty Services from Waxing to Facials, and **Registered Electricians and Inspector** everything in New homes and alterations between. •Whiteware Freeview and TV Open Monday to Friday, 91 Falla Burn Road •Heat Pumps/Air Conditioning Saturdays by request. Just 10km from Milton on SH8 Industrial and Commercial Book at Beauty by the Country on Phone or text Nicole on •Farm and Dairy Sheds 027 817 7649 Facebook, Instagram or Fresha.com •Wiring Reports Phone and Data Trades & Services .. Trades & Services ... Daniel 027 8255 885 After Hours 03 417 8370 WATER SERVICES Local Registered mpelectrical@xtra.co.nz 26 Union Street, Milton Plumber, Gasfitter & Drainlayer Call Now for your PLUMBING Free Quote Jock Martin YOUR PLUMBING GAS AND **DRAINAGE NEEDS COVERED** Contact: Baz Rogan Ph / Txt 027 433 7813 Ph 020 4141 0164 f @waterservicesplumbing Email: bazroganwaterservices@gmail.com Farmers, after 30+ years we know Shearing and Wool Harvesting inside out. It's what we do & what we love. HDZ532 Set The Scene Right People Right Attitude Our Tokomairiro & Lawrence teams are available to help

# Genesis Classifieds ...

