

Tokomairiro High School Newsletter & Community Noticeboard

Wednesdav 6th April 2022 Genesis

238 Union Street MILTON T: 03 417 4483



E: genesis@tokohigh.school.nz

### Outdoor Education with Branch Dwellers

Recently our Year 12/13 Outdoor Education class has been lucky enough to take part in some organised tree climbing with Branch Dwellers. This is linked to our Level 2 Risk Management standard.

The teachers from Branch Dwellers set up two activities for the students. One was tree climbing and one was a rope swing. Both activities involved analysis around the safety management strategies of these activities and how risks can be managed in this environment. We were very fortunate to have great instructors and our Year 11's will be joining in this coming Friday.

### 'I AM HOPE' Presentation Shares Skills

Last week the school was very privileged to attend a presentation by Tai Tupou from the I AM HOPE campaign. He and his colleagues travel around to NZ schools to discuss mental health with an aim to reduce and normalise conversations about mental health.

Tai used his own personal story as a pathway to engage the students around the challenges he faced in addressing his mental health and what worked and didn't work on his journey. He was "matter of fact" in his approach and often highlighted and normalised the feelings that we all have at certain times that make us feel isolated. Ionely and sad. This included normalising the "inner critic" that we all have. He spoke about not talking to others about what was going on for him, the expectations that he had of himself and the loneliness and sadness that overwhelmed him at the time and prevented him from getting help because he feared the judgement of others. This was a valuable insight because he was able to highlight why people become so desperate and sad in life without others noticing and why people cannot continue the path they are on.

Tai spoke of the support of a friend reaching out to him as the starting point to getting the help he needed. He was a vital lifeline in supporting him to go on to get professional support.

While in counselling he spoke of learning new skills to conquer the challenges in his life and most importantly became proactive in his self-care, believing in himself and subsequently supporting others.

The students were provided with I AM HOPE wristbands as a gift and he explained the purpose and responsibility to those who took them at the end.

He said "Teens know that anyone wearing one of the bands will listen and help that person without judging them, without running off and telling others." He also highlighted that "they don't have to fix the person but help them to get professional help!

The I AM HOPE trust are advocates and fundraisers who use all the funds generated to assist young people to access a counsellor and not have to wait on a waiting list for services when they are ready to talk. He provided the details and encouragement for anyone to use the service or refer others in need on to it. Written information was also provided on signs of depression, starting the conversation and some self-care strategies.

- Kimberley McClure- Guidance Counsellor



SuperValue Milton: 59 Union Street, Milton Ph 417 8008. Open 7am - 8pm, 7 days. Prices valid 4th - 10th April 2022, or whilst stocks last



Loose SweeTango Apples (Product of NZ)



Due to schools taking the Tuesday after Easter as a holiday, there will be no Genesis published on 20th April. Please make sure you have any advertising or articles in next Monday for 13th April publication, or by Monday 25th April for inclusion on 27th April.

#### **Inside This Week...**

Principal's Report

Sports Round Up

Good Friday Cross Walk

Group and Club Reports and Results



Fresh Pork Loin Chops (Product of NZ, Excludes Free Range)



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

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

#### Kia ora,

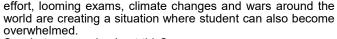
We are nearly at the end of my first term as Principal and I knew it would be a tough time coming to grips with a new school and different systems, a new town and students and staff I did not know at all.

I arrived at school before the beginning of the term and attempted to settle in. However, a few days later the traffic light system was introduced and what was supposed to be a difficult but expected start in a new school became immensely more difficult. I was fortunate enough to have inherit a school that was in a good place with an incredibly supportive and experienced staff who were willing to put in the hard work preparing for the possibility of Covid entering our school. The hard work at this time really paid off and we have been very fortunate to have got off so lightly so far.

The biggest surprise was the number of emails that arrive on a daily basis. I have had nearly 3000 emails to deal with on a daily basis, all this on top of the daily job of trying to run a school. It was pretty obvious early on that it would be easy to become overwhelmed by all of this, but fortunately, I have taken steps to deal with it.

However, our students are under equal amount of pressure that they are not as well equipped to deal with.

Social pressure, the threat of Covid, maintaining their work



So what can we do about this?

The school is looking very closely at well-being and started a programme to deal with this. The first steps were experienced last week with a "I am Hope" presentation around mental health. Some students will have come home wearing an "I am hope" wristband last week. There is also a very useful video that parents and caregivers can watch that will help with these pressure at home. I certainly recommend you give it a look and take some of the advice on board when dealing with the pressure and behaviours that you see.

https://schooltv.me/wellbeing\_news/special-report-managingoverwhelm

Not long now before we have a well deserved rest and hopefully we can get a reset on the year.

Nga mihi, Regards, Declan Sheridan, Principal.



### Tiny's Milton ( Butchery (

112 Union Street Milton Ph 417 8223



Rolled Roast Pork -Plain or Tasty Apricot & Macademia Stuffing Only \$13.95kg

Marinated Lamb Chops Only \$16.95kg

> Beef Stir Fry Only \$16.95

Tasty Cheese & Pineapple Crumbed Sausages Only \$11.95kg

Visit us on our website www.miltonbutchery.co.nz or our Facebook page!

# Sports Round Up

TOUCH 7/4 TOKO GOLD vs. Lawrence Gold | 5:15pm | Clutha7 7/4 TOKO BLUE vs. Rosebank Red | 5:15pm | Clutha10 FUTSAL 6/4 TOKO JNRS vs. Kavanagh Spartans | 5:00pm | Edgar 16

eSPORT

7/4 TOKO1 & TOKO2 | 3:30pm | DigiRm

#### RESULTS

TOUCH 31/3 TOKO GOLD vs. Lawrence Green | default 31/3 TOKO BLUE vs. Lawrence Gold | default FUTSAL 30/3 TOKO JNRS vs. Balmac Pirates | 2-0 WIN eSPORT

31/3 TOKO1 | Bye & TOKO2 vs. Bayfield | Rift WIN | ARAM WIN

### Dates to Remember...

Tuesday 12th April Thursday 14th April Friday 15th April - Sunday 1st May Monday 2nd May Parent Teacher Interviews End of Term One School Holidays Term Two Begins

#### FREE Wednesday Wānanga (5 week Class Cycle)

Classes begin Wednesday 6th April and end Wednesday 4th May. Please email the Marae to book yourself into a class - araiteuru.marae@xtra.co.nz *Time Table:* Mahi Toi with Connor Ropata 9.30-10.30am Fermenting foods, Making Sourdough and Nutritious Foods with Geraldine Pene 11 - 12pm Self Defence Classes for Women with Dean John 1 - 2pm Self Defence Classes for Rangatahi with Dean John 4 - 5pm Rongoā TO BE CONFIRMED

#### Genesis

The Genesis is a free publication, delivered weekly to homes and businesses in Milton and Waihola, and is available on the school website, Facebook or via email. 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. **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. Any payments or donations can be made to *Tokomairiro High School*, account number *03 1736 0009803 000*. Please use GENESIS and your name as reference.



### Year 7 and 8 Materials Technology

Below are some photos of the amazing work that the Year 7 and 8 students have been doing in the workshop. Their brief was to make a toy for a young friend as a gift and included animals, vehicles and piggy banks.



### Bridge Bridge Stakes 31.03.22



V Stanley/H Gardner T Peterson/K Roughan L Clark/T Morland K Powell/J Turnbull A Broome/R Devlin

J Scott/C Harrex

58.75% 56.25% 50.00% 41.25% 33.75%

60.00%







### **Bible Reading for the Week**

'I will put my hope in God, and once again I will praise him, my saviour and my God' *Psalm 43:5* 

### Good Friday Cross Walk

We are starting from the car park opposite the Milton Information Centre at 8.45am on Good Friday 15th April. A group of us plan to walk a cross around some of the streets of Milton. All are welcome to walk with us (or walk a part of it).

Small coloured crosses will indicate the path of the walk we will take. It will take us about 30 minutes to complete the walk finishing



with a walk down Ossian Street to the doors of the Heritage Church.

A map of the walk is to be posted on the Milton Online Garage Sale facebook page.

Any queries contact Raewyn on 027 481 6146.



### **Toko Rugby Report**

On Saturday Toko Premiers travelled to Waikouaiti R.F.c. to play Eastern in the first pre season game of 2022. Unfortunately due to Covid and other commitments, there were 9 players missing and Toko only had 15 players take the field.

The game was played in 4 quarters in hot conditions which suited both teams. First quarter was a vigorous affair with both sides cancelling each other out. Eastern brought on fresh legs and then scored 17 unanswered points which threatened to put the game out of reach of Toko. Toko fought back and finished the game strongly by keeping Eastern scoreless in second half while scoring 12 through tries to Michael Aitken and Dylan Greer making full time score 17-14 Eastern.

For a first up effort with limited resources, this bodes well for the upcoming season as the boys played with plenty of ticker and stuck to the task in difficult circumstances. Next up is Owaka at home in another pre season game. Lets get a good crowd up there for support.



Sumpter Moore – Barristers & Solicitors

Quote of the week:

'There is no such thing as an underestimate of average intelligence'

Henry Adams (1838 - 1918)

For all your legal requirements, contact our friendly team at

5 Eden Street, (PO Box 16) Milton.

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

# Toko Golf

Round 1 Club Championships Silver S Bearman 1 up J Good

Round 2 Club Championships

Bronze I	J O'Connor	6/4	R R
Bronze II	K Partridge	1 up	JΜ

#### Extra Stableford

- 1. Joan Clark 43c/b
- 2. Kay Drinnan 43
- 3. Dorothy Kennedy 40c/b
- 4. Wendy Agnew 40
- 5. Lisa Rutherford 40
- 6. Lyn Rogan 39
- 7. Cath Scott 38c/b Margaret Cain

## Euchre

#### 23rd March 2022



Winner: Tutty (Owaka) Loser: Trish Raffle: Tutty (Owaka) Winner: Dawn (Owaka) Loser: L Dewe (Owaka) Raffle: L Dewe (Owaka)

## Need Help With Real Estate?

021 448 565



PD's Auto Electrical

Car won't start? Flat battery? I can come to you! Call Paul on 0272704404

> Milton Based Servicing Otago Area





N a z

Another week has flown by quickly as Anzac Day rapidly approaches in a few weeks. Due to Govt regulations, and guidelines from RSA National, we have had to scale back Anzac Day commemorations this year. Sadly we're not having

the traditional march from RSA to Cenotaph, instead we will be holding a small ceremony at 11am to mark the occasion with everyone invited back to the RSA afterwards. Just a reminder of the Police song "Don't Stand So Close To Me" as a helpful reminder if you are planning on attending on 25th April at the Cenotaph. Lets not turn this day into a "Super Spreader" for all the wrong reasons.

Also upcoming is our AGM which will be held on Tuesday 10th May. So mark down that date on your calendar.

There was a team having a Working Bee on Sunday morning which had cleaned out the back room which now looks great.

Also the Joker draw was struck again this week - but the membership draw hasn't been struck for a number of weeks and is almost at \$200 so well worth winning. Make sure you are there on Thursday night at 6pm to be eligible. Thursday night meat raffles have been going gang busters with massive crowds snapping up superb meat packages from the world's best butchery. Also excellent attendance at Friday night Handle Club.

Plenty going on constantly at the greatest social establishment in Otago.

- Private Pike

# Genesis Classifieds ...

**Public Notices** 

**Public Notices** 

**Clutha Community Hub Funding** 



Council is seeking feedback on options for additional funding for Balclutha's Clutha Community Hub.

This will help inform budgets for the 2022/23 Annual Plan. Up to a further \$2.5M Council funding has been identified as our share to support the completion of this cornerstone community-led project. This would increase our overall contribution from \$7.5M to \$10M.

The options identified are:

• Do not provide up to an additional \$2.5M (a no additional rates impact option)

• Provide up to an additional \$2.5M, paid via rates (a rates impact option from 2023/24). This option would primarily affect ratepayers in the Lower Clutha community facilities rating area, but also all ratepayers via the Uniform Annual General Charge

• Provide up to an additional \$2.5M from Council's reserve funds (a no additional rates impact option). This is Council's preferred option.

More information is available at <u>www.cluthadc.govt.nz/</u> <u>consultation</u>, or your nearest Council office. Feedback closes on 21 April 2022.

> Steve Hill CHIEF EXECUTIVE

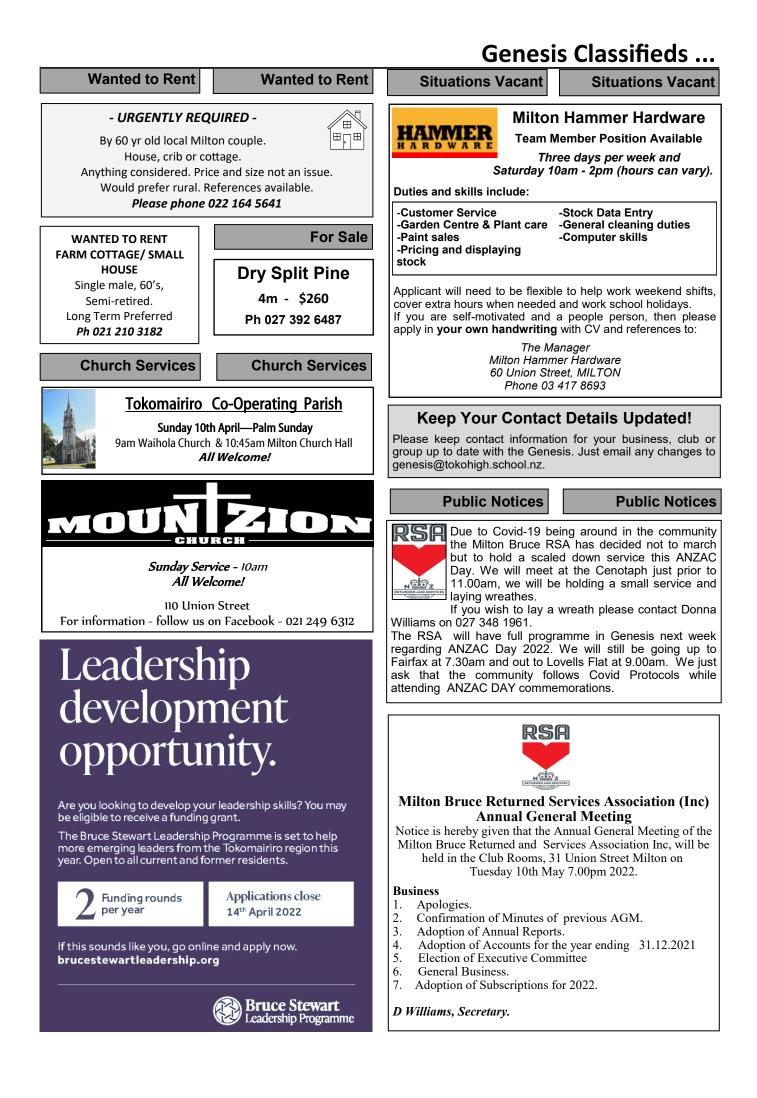


New, replacement and retrofit aluminium windows & doors Conservatories Glass splashbacks Broken glass repairs

Fairview South Otago Ph: 03 417 8264 46 Tokoiti Road, Milton admin@sowd.co.nz

B

, R Reid p J McDonald



# Genesis Classifieds ...

#### Public Notices

#### **Public Notices**

# 2022 FLU Vaccinations – The annual seasonal influenza vaccine is available now.

Please contact the Milton Medical Centre on 03 417 8226 to book yours now. Eligibility for Free Vaccines

- Engionity for thee vaccines
- Those aged 65 years and over
- Those under 65 years of age with certain medical conditions
- Pregnant Women

• Children under 5 years old but older than 6 months who have been hospitalised for a respiratory illness or have a history of significant respiratory illness.

Cost for those people not eligible is \$30.00

#### MILTON SENIOR CITIZENS INC. SPECIAL GENERAL

MEETING To be held in our rooms on 29th April 2022 at 1:30pm RESOLUTION: To dissolve the Milton and Districts Senior Citizen's Club Inc. Milton Country Club Indoor Bowls Section Would like to welcome any person interested in a game of

> bowls. Please contact either Ray Low 417 8809 or Melva Heads 417 8729

### **Milton Indoor Bowls Opening Night**

Wednesday 13th April 2022 at the Milton Country Club at 7:30pm *Duty Club MCC* A small plate would be appreciated for supper. *Old and New Bowlers Welcome.* 

#### ...HOUSIE...HOUSIE...HOUSIE...

Milton Country Club, Thursday 14th & Thursday 28th April Starts 7pm sharp. Remember your mask! See you there!!



**Public Notices** 

**Public Notices** 

# Soapbox Sessions

We're back on the soapbox and with so much on the go for Council, I would love to hear from you. Come and talk to me about the options regarding additional funding for the Clutha Community Hub and what we're proposing to do for our Annual Plan for 2022-23.



#### Bryan Cadogan - Mayor

Tuesday 12 April			
Stirling	Glover's Workshop	4.30 - 5.00	
Kaitangata	Kai Takeaways	5.15 – 5.45	
Wednesday 13 April			
Tapanui	Seasons in Tapanui corner	12.00 - 12.45	
Lawrence	11 Ross Place	5.00 - 5.45	
Thursday 14 April			
Milton	Supervalue Corner	12.00 – 12.45	
Waihola	Waihola Corner	1.30 – 2.00	
Balclutha	Tyrone Mcelrea Lounge, Cross Rec Centre	7.00 – on	
Saturday 16 April			
Kaka Point	The Point Cafe corner	10.00 –10.30	
Owaka	Catlins Cafe	11.15 – 11.45	
Clinton	Food for Thought	12.30 – 1.00	

#### Clutha District Community Service Award Nominations Are Open



Clutha District Council Do you know of a group, individual or young person working hard in your community?

Nominations are open for the Clutha District Council 2022

Community Service Awards.

The awards will be in three categories:

- Individual awards in which people can nominate an unsung hero in the Clutha Community.
- Youth Spirit Award for a year 13 student who has greatly contributed to their school and community during their time as a student.
- Community Group Awards for groups which have carried out projects in the past 12 months.

(Youth Spirit and Community Groups can self-nominate.)

For details of prizes and categories and a nomination/application form, please go to

https://www.cluthadc.govt.nz/community/community-serviceawards or contact Lilly Paterson Clutha District Council , phone 03 419 0251 or <u>lilly.paterson@cluthadc.govt.nz</u> . Forms are also available at your local service centre.

Applications/Nominations close Friday 29 April 2022.

Steve Hill CHIEF EXECUTIVE



