



Tokomairiro High
School Newsletter &
Community Noticeboard

Wednesday
16th September 2020

Genesis

238 Union Street
MILTON
T: 03 417 4483
F: 03 417 8215

E: genesis@tokohigh.school.nz



A letter from Aryn in Germany

Aryn Amende has been living in Germany since he left in January to complete his year long Rotary Youth Exchange. Due to Covid 19, this has been cut short, and Aryn will return home in October.

Hello again Milton

For those that aren't familiar with me, I am Aryn. I have been in Germany for eight months now. I love this beautiful place and the people very much and have made many friends. I have learned the German language, which makes me happy as it's part of my roots. I even visited Weimar, the town my Opa comes from, it's a beautiful old place with so much history; this makes me happy as I have always loved history. There is even a house there that Martin Luther was living in.

I think one of the biggest moments for me was realizing that I was going days without speaking English sometimes. At the start this thought was weird but also interesting. I often wonder how different it will be changing back.

In the holidays that just passed I travelled a lot with my host family. We went north to cities such as Düsseldorf, Köln, Frankfurt and places all around these. I even met up with Robert Schlömann in Essen who many from Toko will remember as he was with us for six months. I stayed with him for a few days and he took me to many places in and around his city. We even went to the Rhine and looked at and toured many of the Castles from the 800's and others a little younger around 1100 or 1200's!!

I have many photos and many stories to share but there is not enough paper to write it.

I can't say how much this has changed me as a person. I have a great mindset now, just way more positive than my old one. I used to feel trapped somehow. It's hard to explain but for those that knew me, you know I wasn't always the best. I'm proud to say how much my mindset has grown. Even when bad things happen and this year has been a year for that for everyone, I manage to keep a cool head and keep going and this is something I used to struggle with. I recommend to every young mind reading this, when you're old enough take a trip somewhere, even somewhere else in New Zealand, go without family and friends; without anything tying you to the old you.

That's when you find who you really are. At least that is what has happened to me and many of the other exchange students I met here from other corners of the world. I will see you guys and our beautiful country soon.

Liebe grüße
Best regards

Aryn Amende



Right: Aryn with his host family.



Above: Aryn (centre) in traditional costume, with members of his host family and others.

Right: Aryn with Robert Schlömann who was an exchange student at Tokomairiro High School.



Inside this week....

School Newsletter

Student Profile

School Bullying - What is it?

Club Reports and Results

Genesis Appeal

For those who are still wanting to make a donation to the Genesis Appeal online, please make payment to:

Tokomairiro High School
03 1736 0009803 000, using
GENESIS DONATION as
your reference.
Thankyou

superValue Milton Weeklies

SuperValue Milton: 59 Union Street, Milton
Ph 417 8008. Open 7am - 8pm, 7 days.

Prices apply until 20th September 2020. While stocks last at SuperValue Milton only.



Essentials Diced or
Peeled Tomatoes
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Kiwi Blue Still
Water 1.5L



5/21/2020

Tokomairiro High School Newsletter...

SCHOOL MISSION: Working together to inspire excellence in education, in character and in life.

Tena koutou katoa,

Week Nine of Term Three - This is the second last week of term and a time for our seniors to make the most of these valuable weeks of learning before their final weeks next term.

Spring - It is certainly nicer to get up when it is a bit lighter, to see the lambs and calves in the paddocks and to enjoy the much warmer days. I encourage our young people to get out and about more and look after their wellbeing.

Ko te wiki o Te Reo Maori tenei - This is Maori language week, a chance for us to celebrate the language of the tangata whenua of our land. During the week there are a number of activities for the students to take part in, with prizes to give away. The website www.tokureo.maori.nz is a great resource about te reo Maori for those who would like to learn more.

Option / Careers Evening - This is being held for year 10 to 12 students this Thursday evening 5.30 – 7.00pm. Come along to talk with teachers in charge of subjects about the courses on offer for next year. Parents of year 12 students – there will be an opportunity for you to learn about NCEA and how it works, throughout the evening.

Notice from our local police - "A friendly reminder from your local police to remind your children that when they are out playing or associating after school and the weekends to be kind to each other. If your child feels worried or see's something that is concerning them, please encourage them to talk to you about it straight away. Parents/ Caregivers, if you see something that is against the law and it's an emergency please call 111. If it is something that has already happened then use the 105 phone number or the website www.police.govt.nz and report it online. Or call Crime-stoppers 0800 555 111.

It is also a timely reminder that comments on social media sites can sometimes be negative and aggravate matters. Try and be positive role models for our tamariki both in the online world and the real world."

Hort Shop - Open Wednesdays 12-4pm. Vege plants ready now!

Year 10 Camp - What a great time our year 10 students had at Tautuku last week. Many of the teachers commented about what a great group they were and how they got involved with everything. A special thank you to Ms Gemma Cowie for her organisation of the camp and to the other staff and a parent, who helped out. Thank you to the young people for taking such a positive attitude.

Student Profiles - You will find a student profile, for our senior students, in each edition of the Genesis over the next few weeks. We want to share the success and passions of our young people and what has been special for them at Tokomairiro High School. This week is our head student, Meg Clark.

Be an Upstander - Research shows that one of the biggest issues when trying to combat bullying is the part the bystander plays. We want our students to show that they are not prepared to be a bystander in any situation where they see or hear any form of bullying. We want our young people to be an upstander and stand up to any bullying behaviour. If they see or hear someone being bullied, they can use the QR code on posters around the school to open and complete a bullying report form which goes to our Guidance Counsellor and Deputy Principal. Any form that is received will be acted upon. Please encourage your young person to be an upstander against bullying in our community.

Year 6 Students and Parents - Information packs for 2021 Year 7 and enrolment forms will be out in primary schools in the next week. Enrolment forms should be completed and returned by the end of this term. If you have any questions, or would like to have a look around the school at any time, we are happy to organise this. A transition programme is currently being put together and Year 6 students will have an induction programme next term. We also organise an interview time for each Year 6 child and their parents, early next term.

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

Regards
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.

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Tasty Pork & Fennel Sausages
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for online specials,
meat packs, etc.

Dates to Remember...

Monday 14th - Friday 18th September - Maori Language Week
Thursday 17th September - Options Evening (Yrs 10 - 12)
Tuesday 22nd September - BOT Meeting
Wednesday 23rd September - Year 12 - RYDA
Friday 25th September - School Ball
Friday 25th September - End of Term Three.

Student Profile - Meg Clark (Year 13)

What is your favourite subject and why? P.E/Outdoor because I love doing the pracs, and the work is really fun. Also Biology because I like my class and it is interesting.

What opportunities have you had at our school? Many – sporting-wise I have been to three netball SISS tournaments, all the exchanges, and play in the A team. Touch – I got opportunities to play Otago rep and go on two big tournaments in Christchurch and lots of small ones. Also Otago secondary schools with the school A touch team. This year I have had the opportunity to be Head Girl, which has improved a bunch of my skills, peer support leader for two years, go team/ resolution training.

How do you think Tokomairiro High School has set you up for life after school? Yes, I have got a plan/direction in where I want to go and Toko has helped me get there.

What is your favourite thing about Tokomairiro High School? The teacher student relationships, the chill vibe and the students I have met. Also the community around the school most of the time.

What will you always remember about school? All my answers above.



FINDEX

ACCOUNTING AND BUSINESS ADVICE

Please contact us for a free accounting quote.

Milton | (03) 417 8066 | 6 Shakespeare Street, Milton 9220 | findex.co.nz

School Bullying

What is it and what can we do about it?

What is bullying?

Bullying is defined in Tokomairiro High School's Bullying and Harassment Prevention and Response Policy as a type of ongoing aggressive, unwelcome and unreasonable behaviour involving an imbalance of power, intentionally performed to create a hostile, uncomfortable or offensive environment for those targeted. Bullying behaviour is intended to demean, intimidate, degrade or humiliate people, often in the presence of others. Bullying can be physical, verbal cyber or emotional. Bullying is not an individual action. It involves up to three parties; *initiators* (those doing the bullying), *targets* (those being bullied) and often *bystanders* (those who witness the bullying).

Examples of bullying may include:

Physical abuse (pushing, punching, kicking etc);
Verbal intimidation and physical threats, including abusive or offensive language, insults, teasing, sarcasm, aggressive body language, spreading rumours, unwarranted and unjustified criticism and trivialising of achievements;
Use of electronic media (cyberbullying) to threaten, harass, or discriminate including creation of posts, pages or websites that encourage or facilitate any form of harassment, or to share images of others without their explicit consent;
Psychological manipulation where individuals can be deliberately and unjustly excluded from activities, subjected to practical jokes, belittled or disregarded when making suggestions or giving an opinion.

What isn't bullying?

Often what is described as bullying is neither intentional or ongoing - not all verbal or physical aggression is bullying. For example:

- a one-off fight or argument, or difference of opinion between friends where there is no power imbalance and they can sort it out between themselves
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence
- using sexist or racist terms but doesn't mean to cause harm
- theft: taking someone else's things once is theft but not necessarily bullying.

These other behaviours may be just as upsetting and serious, but may need to be dealt with in a different way.

Students with low levels of resilience will often describe being bullied when quite often what is perceived by a student as bullying is actually:

- the misinterpretation of comments and gestures from others, often experienced by students who have low social confidence and are hypervigilant in social situations,
- an inability to cope with negative comments from others stemming from their feelings of low self-worth and insecurity.

These students often benefit most from being supported and engaged in social programmes and counselling.

What does the school do about it?

Tokomairiro High School takes bullying complaints seriously. It is important that the school knows if you or your child feels they are being bullied. They are able to fill in a 'Be an Upstander' form by using the QR Code that is displayed around the school and published in the Genesis. From here the incident is investigated sensitively and the level of harm

Bible Reading for Today

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

1 John 5:14

assessed, and a plan to go forward will be developed.

The focus of all interventions is to address harm done and rehabilitate offending students. The Board of Trustees have the authority to exclude students (remove student from school roll). However, only in extreme situations involving ongoing highly harmful bullying behaviours resistant to school and agency based interventions would a student be excluded.

What can you do about it?

If you are concerned your child or another student is being bullied, please contact the school. What the school doesn't know about cannot be acted upon. The physical and emotional safety of all students is vital to the wellbeing of any school and Tokomairiro High School takes its responsibility to provide a safe learning environment seriously.

Become an Upstander
Report Bullying




upstander@tokohigh.school.nz


STOP BULLYING
PHYSICAL VERBAL SOCIAL CYBER



Tokomairiro High School



OPTIONS EVENING



**THURSDAY
17
September 2020**

**for parents and students
Years 10, 11, and 12**

**Discussion with teachers,
about future direction and
course selection for 2021**

For more information contact Gill Ferguson: 027 236 5686

School Library: 5.30pm to 7pm
Light refreshment provided



Sumpter Moore –Barristers & Solicitors

Quote of the week:

'Some people like my advice so much that they frame it on the wall instead of using it'
(Gordon R Dickson)

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

forum café



81 Union Street, Milton
03 417 7963

Just \$13!

Heat and Eat Meals - Spring Set Menu

Tuesday

Roast Chicken and Roast Vegies with Gravy

Wednesday

Silverside with Whipped Potato
and Seasonal Vegetables

Thursday

Roast Pork
With a Delicious Cheesy Potato & Fennel Bake

*ORDERS MUST BE IN BY 4pm MONDAY FOR ALL MEALS.
Collect your order between 4-5pm, Tuesday-Thursday, then
take it home, Heat and Eat! (Free deliveries for elderly
customers).

✂ Cut out and keep on the fridge!

Milton Senior Citizens Club

Our Friday, 11th September, sixteen people had fish'n'chips at the rooms. Three more arrived after lunch to listen to the speaker, who was the only NZ First candidate in the South Island, Mark Patterson. He was a very interesting speaker on subjects such as re installing the use of rail. The state of our roads is not good. Truck drivers, who are big users of roading are not happy either having their pride and joy damaged. Large pot holes and rough surfaces are rough on our cars too. Stone chips flying, cracking windscreens and chipping paint off. Use of rail sounds a good move? He mentioned that they will be intending to keep Tiwai Point going and also said that the Gold Card would be adapted to an easier to use system for seniors in our country. He was asked many questions from the interested group then shared a cuppa with us. Two raffles today. First one won by Bev Bouman, (fruit bowl), second one won by Moira Hastie, (a box of biscuits). Kindly donated by a member. Seems too early to talk about Christmas dinners! But not really. Takes a bit of organizing! Get the venue booked! A Christmas cake is being baked and iced by Greta. How nice is that? Pam told a really amusing joke which had everyone in fits of laughter. She is a comedian! We sang Happy Birthday to Audrey Adams - 95 years young! Coming up soon is the Masters Games on 21st October. Twelve people are keen! Next meeting is on Friday 25th September at 1:30pm - Housie!!!! Come along all you keen players. See you there!

News From the Trenches

The weekend just past, has seen the commencement of our NPC Tipping Comp with a large number of entries putting their best foot forward. Come on down and enjoy the rugby on our big screens, Friday to Sunday - the only place to view in town. Also available to purchase is the "Spud" for our Spud Dig competition which will be held on Saturday 20th March 2021. This should ensure plenty of green fingered magicians putting together their secret concoctions of various potions and herbal mixes to ensure giant spuds become prevalent.

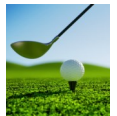


On Thursday our membership draw was struck, but the Joker draw still remains alive with well over \$2,000 waiting to be struck. This should ensure our already big crowds on Thursday night, getting bigger - we may have to hire security to control the masses!

My watery informant Corporal McBoaty has informed me of a fishy tale. I have now discovered the secret of catching a large fish, which is to fall asleep while sitting on the bank with your line in the water. The fisherman concerned was jolted awake, when his line captured the biggest fish seen in five years. For more fishing tips, see Bert Pringle!!!

Private Pike

Golf



8th September 2020 - LGU and Putting

0-26.4

R Reid 97-26-71
A Smales 104-26-78
J O'Connor 105-26-79
L Rutherford 104-23-81

26.5 - 40.4

D Kennedy 110-38-72 CB
M Cain 103-31-72
C Scott 105-31-74
J McDonald 114-31-77
K Partridge 114-37-77

Putting - R Reid 29

Nine Holes - LGU and Putting

N Cubitt 59-21-38 Putting: A Adams 18
Anna Burnett Brooch - R Reid 71 net
E Kennard Putting - R Reid 29 putts

Church Services ...

Church Services ...

Tokomairiro Co-Operating Parish

Sunday 20th September
Combined Service at Waihola at 9:30am
Spring Flower Service - Morning Tea to Follow.



Public Notices...

Public Notices ...

The Weatherstons Daffodils and Brewery Trust, Lawrence



The Daffodils and Brewery Ruins will be open Fri/Sat/Sun from 12th September to 18 October, 10am-4pm.
Open Thursdays during school holidays.

Adults \$5, Under 13's - \$2, Pre-schoolers FREE
\$12 family of 4. Cash admission only. Groups by arrangement.
Enquiries to Simone 03 4859 136 or Mel 027 232 9963.

MOUNTZION CHURCH

Study and Prayer Night - Thursdays @ 7pm
Sunday Service - Sunday @ 10am

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For information - follow us on Facebook - 021 249 6312



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Genesis Classifieds ...

Public Notices ...

Public Notices ...



Clutha District Council

Clutha District Community Service Awards

Do you know of an individual working hard to make a difference in your community?

Nominations are being sought for the 2020 Clutha District Community Service awards.

To nominate an individual, collect an entry form from your council service centre, go online to:

www.cluthadc.govt.nz/your-district/awards, or contact Karen Piercy - Corporate Services Administrator on 03 419 0261 or karen.piercy@cluthadc.govt.nz for more information.

Entries close on Friday 2nd October 2020.

Situation Vacant ...

Situation Vacant ...



Clutha District Council

Lifeguard or Swimming Pool Assistant Vacancies

We are the Clutha District Council and we're looking for outstanding talent to join our swimming pool team.

Are you a competent swimmer or do you hold a recognised lifeguard qualification? Are you committed to providing excellent customer service to your community? If so, we would love to hear from you.

We have a permanent, full-time vacancy at the Balclutha Centennial Pool and some part-time jobs available at the Milton Pool for its 2020/21 open season. You need to be 16 years or over. If you don't hold a lifeguard qualification and a first aid qualification, we will provide paid training for you to get them. While you're being trained, you'll be designated as a Swimming Pool Assistant.

The full-time job at Balclutha is a minimum of 37.5 hours a week of morning and afternoon shifts, Mondays to Fridays plus work on every fourth weekend.

There are several part-time positions at the Milton pool with a variety of hours available, starting late October for initial training.

The selection process will include a swim test. To pass, you'll need to demonstrate you can swim 200 metres in under 6 minutes, under the following conditions:

- Togs or any choice of clothing are acceptable and goggles may be worn
- Any entry is acceptable
- Any stroke, or a mixture of strokes, can be used
- Swimming or flotation devices must not be used

Wearing a t-shirt and shorts or pool lifeguard uniform, you'll need to show that you can:

- Swim 50 metres breaststroke
- Swim 25 metres sidestroke
- Tread water for 5 minutes
- Retrieve an object from the bottom of the deepest part of the pool

Please note when applying if you could specify if you are applying for Balclutha or Milton Pools.

For confidential enquiries please contact Holly Ramsay, holly.ramsay@cluthadc.govt.nz, phone 0272 935 620

To apply and for further information visit <https://cluthadc.recruitmenthub.co.nz/>

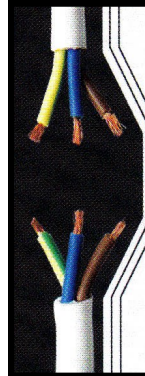
Applications close Monday 21 September 2020

Genesis Articles

We are very grateful for articles received about any news that is happening in the community. If you would like help to write up an article, please ring 417 4483 on Mondays or Tuesdays, or email genesis@tokohigh.school.nz

Home Services ...

Home Services ...



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Right Attitude

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Genesis Classifieds ...

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*With recommended battery. Offers on selected STIHL products end valid from 01 September 2020 until 30 November 2020 or while stocks last. Terms and conditions apply. Home delivery and click & collect available. See stores for details.

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