

Kia ora tatou and haere mai to the 2019 school year.

It has been a hot and sunny beginning with temperatures tipping 30 degrees at times during the week. Despite the challenging weather conditions, I have been pleased with the manner in which our students have returned to school. The transition between holiday and school routines is often challenging (for parents and students!), yet I have been impressed with everyone's positive attitude and tidy presentation.

A warm welcome to the large number of new students and staff who are joining our college community. We have a large number of new students enrolling across all year levels and look forward to welcoming them into college life. Our current overall roll is sitting at 1152 students.

My thanks to our Year 13 student leaders who have endured the heat this week and played a tremendous part in making our juniors feel welcome and supported in their first few days at Taieri College. Their contribution is hugely appreciated.

It is exciting to begin the year with the use of our new Performing Arts Centre (PAC). As well as a comfortable assembly venue, the PAC will be used extensively as a theatre for our musicians and dramatists. It contains the very latest in sound and lighting technology and I look forward to seeing, and hearing our students make the most of this fantastic resource. We have also finished the renovations to C Block, and students will enjoy learning in the newly renovated science labs and classrooms.

During our start of year assemblies, I revisited the three simple expectations we have of Taieri College students:

- Firstly we expect Taieri students to use *good manners*. Words like 'please' and 'thank you' should be automatic in our vocabulary. Good manners are important to us and never under valued at Taieri College.
- Secondly, we *get on with each other*. We don't expect everyone to be friends, but it is important we accept others, differences and their right to be different. We are proud of Taieri's broad diversity and congenial atmosphere. It is a crucial part of our overall school culture. Taieri students look out for each other.
- Thirdly we expect Taieri students to *try their best*. We embrace competition yet understand we can't win all the time. We can learn as much from our failures as we can from our triumphs. As ex-basketballer Michael Jordan once said, "I can accept failure, everyone fails at something. But I can't accept not trying."

Noho ora mai

**Dave Hunter**  
PRINCIPAL



Year 10s first day (above) and  
Year 11-13s first day (below)



### Key Dates

6 February	Waitangi Day – College Closed
7-8 February	Year 7 Waihola Camp 1 7HU/7RL
11-12 February	Year 7 Waihola Camp 2 7CH/7SW
12-13 February	Year 7 Waihola Camp 3 7NJ/7MR
13-14 February	Otago SS Triathlon Champs
13 February	Enviro Schools Hui
17-22 February	Tautuku Camp 1
26 February	Taieri College Athletics Day (postponement day 27 February)

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## First Day Photographs for Years 7-9



## Year 9 Berwick Day Trip





# New Teacher Profiles

**Name: Amber Sides**

Birthplace: Born in USA but moved to New Zealand at 4 months old.

Schooling: Went to Arthur Burns Primary School, then Mosgiel Intermediate, then The Taieri High School.

Tertiary Qualification: BA from Otago University.

Subjects Teaching: Mathematics Curriculum Director

Hobbies/Interests: Spending time with family. Exploring the beaches, parks, walks, museums and swimming pools around Dunedin with my two pre-schoolers.

Favourite Quotes:

- Begin each day as if it were on purpose (Will Smith)
- If nothing else, be kind.

**Name: Peter McCall**

Birthplace: Tapanui

Schooling: Waikoikoi Primary School and Gore High School

Tertiary Qualification: BCM (Lincoln University) and MBS (Massey University), Bachelors of Commerce and Management, Masters of Business Studies

Subjects Teaching: Curriculum Director Social Sciences; Junior Social Studies, Economics and Geography

Hobbies/Interests: Family, Music - learning to play the guitar, Sport - cricket, rugby, football and curling

Outdoors - skiing and camping

Favourite Quote: If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month. Theodore Roosevelt

**Name: Juliette Nolan**

Birthplace: Born in Rugby, Warwickshire in the United Kingdom, I have been living in Dunedin since 2008.

Schooling: I went to Rugby High School for Girls

Tertiary Qualification: Leicester University and the University of Warwick to complete my BA (Hons) in English Literature and my PGCE (Teaching Certificate).

Subjects Teaching: English and Drama

Hobbies/Interests: Walking my dogs - Toby and Millie, yoga, running, reading, writing, art, gardening, cooking

Favourite Quote: "We are all in the gutter, but some of us are looking at the stars" (Oscar Wilde)

**Name: Brian Meredith**

Birthplace: Dublin, Ireland

Schooling: Wesley College Dublin

Tertiary Qualification: Bachelor Agricultural Science in University College Dublin / PhD in Genetics, University College Dublin

Subjects Teaching: Junior Science, Agriculture/Horticulture

Hobbies/Interests: rugby, cycling, tennis, golf, reading, dogs

Favourite Quote: "If you can't explain it to a six year old, you don't understand it yourself" – (Albert Einstein)

**Name: Devon Grant**

Birthplace: Born in Invercargill

Schooling: Grew up in Te Anau and attended Fiordland College for all of my schooling.

Tertiary Qualification: Bachelor of Commerce from Otago University and the University of Exeter in England.

Subjects Teaching: Geography and Social Studies

Hobbies/Interests: running, netball, tramping

Favourite Quote: "Kindness is a gift everyone can afford to give"



**Name: Lauren Roney**

Birthplace: Timaru

Schooling: Maniototo Area School and St Kevin's College

Tertiary Qualification: Bachelor of Teaching, University of Otago

Subjects Teaching: Year 7 Homeroom and Year 7 Dean

Hobbies/Interests: Watching and playing sport, travelling, spending time with family and friends.

Favourite quote: "You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose". (Dr Seuss).

**Name: Melanie Houltham**

Birthplace: Dunedin

Schooling: Rangiora Girls' School

Tertiary Qualification: Otago University - Bachelor of Physical Education (BPhEd) and

Bachelor of Teaching: Secondary (BTeach)

Subjects Teaching: Physical Education & Senior Health

Hobbies/Interests: Going to the gym, running, spending time with my family, drinking coffee and eating cake with the lovely people who make my life complete.

Favourite Quote: "Everything happens for a reason. Sometimes good things fall apart so better things can come together"

**Name - Shannon Edgar**

Birthplace: born and bred in Otago

Schooling: Columba College

Tertiary Qualification: Bachelor of Physical Education majoring in Sports Science and

Professional Studies at the University of Otago and Graduation Diploma in Secondary

Teaching at Massey University

Subjects Teaching: Physical Education, Health and Science

Hobbies/Interests: multisport and getting amongst the outdoors.

Favourite quotes: 'Don't sweat the small stuff' and 'If you don't like where you are in life then move, you are not a tree'

**Name: Nick Prebble**

Birthplace: Nelson

Schooling: Nayland College

Tertiary Qualification: Applied Science Degree in Environmental Management

Subjects Teaching: Geography, Social Studies, Science

Hobbies/Interests: Adventure sports, Travel

Favourite Quote: "We are here for a good time not a long time".

**Name: Chris Geddes**

Birthplace: Dunedin

Schooling: Otago Boys' High School

Tertiary Qualification: Bachelor of Science (Honours) in Physics, Diploma for Graduates in

Music, Postgraduate Diploma in Music, Master of Teaching and Learning

Subjects Teaching: Maths and Physics

Hobbies/Interests: Music, Reading, Running, Cooking, Dota

Favourite Quote: "Theory and practice are the same in theory but differ in practice" (Ben Finegold).

**Name: Nick Gazzard**

Birthplace: Invercargill

Schooling: Wakatipu High School

Tertiary Qualification: Bachelor Culinary Arts, Master Teaching & Learning

Subjects Teaching: Food Technology

Hobbies/Interests: Chasing a football, swimming in the sea

Favourite Quote: "Don't eat breakfast cereals that change the colour of the milk"



**Name: Kirsty Black**

Birthplace: Dunedin

Tertiary Qualification: Bachelor of Education

Subjects Teaching: Year 7/8

Hobbies/Interests: Spending time with family and friends/animals, gardening and pilates/yoga

Favourite Quote: "Not caring about what other people think will be the best choice you will ever make!"

**Name: Amanda Goodwin**

Schooling: Went to School in Manurewa, Auckland.

Tertiary Qualification: Trained here at Otago, Bachelor of Music (major in contemporary performance) and then Master of Teaching and Learning.

Subjects Teaching: Music and Itinerant Singing

Hobbies/Interests: Performing with my bands, Hanging with my kids, Arts and crafts, Gardening

Favourite quote: "Have you tried turning it off and on again?"



## Meet the Teacher Evening Year 7/8

Dear Parents / Caregivers,

Next Monday 4 February 2019 we will be holding our 'Meet the Teacher' evening. This will take place from 6.00pm. We invite parents / caregivers / whanau to come along to your child's classroom at this time.

This is an opportunity for you to meet your child's teacher. Teachers are still getting to know their students, so this is not a formal interview. The staff are looking forward to meeting you and I would encourage you to come along.

**Lance Woods**

DIRECTOR YEARS 7/8

## Preseason Training

The Taieri College Sports Department and Sports Council are offering an opportunity for our Year 9-13 students who want to increase their cardiovascular fitness free of charge! This is a great way to start that preseason training for the upcoming winter sports. Sessions will be run twice a week, Wednesdays with Garrick who runs HITT type training, and Fridays with Christian and his team from Southern Peak fitness. Sessions kick off at 7am outside the ITC with the first session on Friday 8 February 2019 and run every week up until 20 March 2019. Hot showers and toast are even on offer for after the trainings so there are no excuses. All you need is some appropriate clothing and footwear you can be active in and a want to push yourself to the limit! We look forward to seeing you all there.



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## Taieri College Sport 2019

With the start of a new school year, we see students wanting to explore new opportunities in sport and continue existing involvements in sport. The way in which students and their families can do this through Kamar:

- Listen out for daily notices about sports; these notices can also be viewed on line for parents.
- Information about sport will also be placed on the Taieri College Sports Facebook page.
- Sign up at the Sports Office to indicate that you are interested in playing.
- Attend sports meeting about different sporting opportunities. At these meetings you will get further information about different sports such as days when sport is played and cost involved.

All sports have an enrolment form, which contains information about the sport. These must be returned prior to the start of the sport.

Already there have been daily notices advertising key information and meetings about sport at school. Next week at school there are meetings about:

- Monday Multisport (Year 7-13)

In addition to this there are also sign ups at the Sports Office for Futsal (Year 7-13), Touch (Year 9 – 13), Cricket (all year levels), Volleyball and Waterpolo.

Through the newsletter and advertised around the school are a number of businesses that support sport and the general school. They provide us money every year to help our athletes and sport teams achieve their goals and they have assisted in purchasing our fleet of vans that carry our teams to events and go to camp. So if you can support these businesses, please do and say that you are supporting them because they support Taieri College.

We are looking for new members for our Sports Council. We meet once a month, do a little bit of fundraising and generally assist all our sport related activities at school. If you are interested, please come and join us.

If you have any questions regarding sport at Taieri College, feel free to contact the Sports Office at any time: Telephone (03) 4893823 ext 135 or Email – [sport@taieri.school.nz](mailto:sport@taieri.school.nz) or [fsmeaton@taieri.school.nz](mailto:fsmeaton@taieri.school.nz)

### Taieri College Sports Council Meeting

Tuesday 19 February 2019 - Board Room Taieri College  
(Come to main reception) 7.30pm

Our Sports Council is a motivated group of parents, teachers and supporters of Taieri College whose mission is; 'To promote and encourage sport at Taieri College and on the Taieri.' This group has been instrumental in improving all aspects of sport at Taieri College over the past 4 years. We require a diverse range of skills so if you share our passion for sport and improving the opportunities for our students, we encourage you to come along. If you have any questions contact Fiona Smeaton [fsmeaton@taieri.school](mailto:fsmeaton@taieri.school)



# Calming the 'Jitters' - Managing 'back to school' anxiety

Jean Andrews

NZAC representative School Counsellors



Throughout New Zealand there is a current fervour of readiness as parents prepare their children and teachers prepare their new students for the new school year. An affliction as common as the common cold is the heightened anxiety levels our children and young people experience as the new year at school is anticipated.

Mostly children will respond to a little calm reassurance and encouragement as they re engage with the school yard.

Anxiety, however, is one of the most common challenges that counsellors working with children and adolescents see most frequently. A recent survey of guidance counsellors across eleven schools in NZ showed that anxiety is one of the top three consultations that clinicians are dealing with. The question remains of what we can do to support our young people to develop resilience in the face of change and stress and to keep mentally healthy.

While often our first thought as New Zealanders is to have the "toughen up approach", this will do little to empower the young person. In fact, it is not brain friendly for the young person not to be able to deal with their fears. Suppressing anxious thoughts and feelings is likely to lead to more embedded anxiety later. There are some basic actions that we can take as teachers and parents to turn school yard anxiety into a positive for a young person.

## **Firstly, Ask. Listen. And build a relationship.**

Encourage the young people to have conversations about their fears, and their experiences at school, where you listen and show empathy without drowning the young person with advice. Lots of listening and validation of the fact that school can be challenging and that the feelings are real helps the young person to deal with it. At the same time normalise it by sharing a story about one of your own struggles. Now is a good time to remind the young person of other times they have overcome their fears and validate them. Reassure your young person that you are on their team by walking alongside them through it not but pushing them, or rescuing them.

Now is the time to believe in your parenting and to trust that what you have given your child will be adequate to bring them through. Resist loading up your child with adult family concerns particularly if you are going through issues. Try and model the kind of response that you would like to see in your child by getting your own support if necessary.

Remember anxiety is a normal response to change and it shows that the child is serious in their commitment to school and that their brain is readying them for the challenge. Ignore some of the obsessive attention seeking behaviours that may present over the little details eg having the right coloured school bag. This is the anxiety talking.

Anxiety gives us the opportunity for teachable moments with our young person to build self-esteem. Acknowledge the strength they show for pushing through and overcoming their feelings. Being open about it means that the anxiety is less likely to get out of control and they learn to view it positively.

## **Best is good enough**

Anxiety grows in an environment where acceptance, love and relationship are dependent on performance. A child needs to be reassured that if they are doing their best that that is enough and that they are loved and valued no matter what the result.

At the start of the year, focus on settling in on becoming happy at school rather than academic performance. If the child is relaxed and happy they will learn better. This is helped where parents and teachers work together. Making a teacher aware of their student's needs will alert the teacher to any behaviours or mannerisms that the young person may have that could be mis-interpreted, but are the response to heightened anxiety.

## Contain and Calm

If anxiety becomes a challenge, model calm positive reassurance. The student will subconsciously model their behaviour on your response. Encourage the young person to self soothe. This can include, "time out" for a few minutes and use of breathing exercises with relaxation apps on a smart phones. Maintaining life balance with involvement in sport and recreation as well as school and encouraging good sleep hygiene and a good diet sets children up well to manage stress. Exercising discipline and boundaries over the use of technology, further reduce the exposure of the young person to anxiety provoking experiences. While it is tempting as an adult to helicopter in and rescue the young person, allow them time and space to work it out themselves. This builds confidence and resiliency.

## When it gets really tough

If you are worried that anxiety is worsening and affecting day to day functioning, then approach the school and discuss the matter with their teacher, pastoral staff and the school counsellor. All of these people are well placed to enable the student to work through the issues by providing an individualised plan for counselling support including a safe place to go when needed.

If anxiety symptoms become more severe (sleep disturbance, eating refusal, panic attacks and phobic responses) then specialist medical support is needed. The local GP, Health Nurse and school counsellor can arrange a referral to children's specialist mental health services. In some cases medication can support change with intensive therapy. Once again working with the school and teachers to keep them in the loop and having a plan for management at school is vital. In most cases improvement is immediate once the right support is put in place.



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## Taieri College Canteen Menu 2019

Every Day Options		
Rolls/Wraps		\$4.50
Sandwiches (made to order) 3 fillings		\$4.50
Toasted sandwich (made to order) 3 fillings		\$4.50
Panini (made to order) 3 fillings		\$4.50
Scones – savoury		\$2.50
Sausage roll		\$3.00
Pies – mince or mince & cheese		\$4.00
Pies (specialty)		\$4.00
Cheese toasties		\$2.00
Butter chicken toppers		\$3.50
Chicken cordon bleu		\$3.50
Hash browns		\$1.00
Chicken nuggets (x 5)		\$2.00
Pizza singles		\$2.50
American hot dogs		\$2.80
Hot bite noodles		\$3.00
Trax Chips		\$3.50
Iced Donuts - \$2.00		
Cakes or slices - \$1.00 to \$3.00		
Chips & Doritos - \$1.50 to \$2.20		
Sandwich Filling Choices - \$4.50		
Cheese	Cucumber	Chicken
Tomato	Apricot	Ham
Pineapple	Gherkin	Texas rib
Carrots	Egg	
Sprouts	Onion	
Lettuce		Mayo, Relish, Chilli
Coleslaw		BBQ, Apricot. Tomato
Daily Specials – Check Notices for daily specials		
Hot dog with sauce		\$2.80
Wedges with sour cream & sauce		\$4.50
Hot chips		\$3.50
Cheese rolls		\$2.00
Sushi (6 pieces)		\$5.50
Rice balls		\$4.00
Burgers – Texas or Hawaiian		\$4.50
Macaroni cheese		\$4.50
Chicken nuggets & chips		\$4.50
Mini hot dogs & chips		\$4.50
Chicken salad or Ham salad		\$5.50

Gluten Free - Every Day Options	
Chocolate brownie (no nuts)	\$2.50
Corn chips with salsa & cheese topping	\$4.50
Cheese toastie – 3 fillings	\$4.50
Mini hot dogs & chips	\$4.50
Wraps (made to order)	\$4.50
Sandwich (made to order)	\$4.50
Hash Brown	\$1.00
Ham salad OR Chicken salad	\$5.50

Drinks List	
Pump - large	\$3.00
Pump - small	\$2.00
Pump - flavoured	\$3.00
Cool Sip water	\$2.00
Lipton tea	\$3.00
Charlies Fizz (Can 350mls)	\$2.00
Cool Change	\$1.50
Primo - large	\$3.80
Primo - small	\$3.00
Cool Sips	\$1.30
Iced Coffee	\$3.60
Calci Yum	\$1.70
Keri Juice	\$3.00
Honest Cola (500mls)	\$3.00

Ice Creams	
Juicies	\$1.30
Paddle Pops	\$1.00
Cornettos	\$2.00
Cookie Crumbles	\$2.00
Cyclones	\$2.50

We welcome any feedback and suggestions