



Kia ora tatou and welcome back to the 2020 school year. I trust everyone has had a relaxing and rewarding holiday break. It has been exciting for staff to see our students begin, and return to, Taieri College with such energy and enthusiasm. With a roll of just over 1180 students, it certainly is a busy place!

As with all of us, it often takes time to settle back into routines after a holiday. It is important that our students begin the year with an attitude that is fit for our core business of learning. Being on time, having the correct equipment and showing good manners in the classroom is a good start. We have high expectations for all students and make no apology for our continual drive to improve their understanding and academic attainment.

Over 250 new students across all year levels had their first day at Taieri College this week. We have also welcomed 13 new teachers and four new support staff to our team. As well as lots of new faces, we are also nearing completion of significant building renovation. A full upgrade of our B Block Maths classrooms and Science labs, and a full renovation of our Art rooms will be totally completed within the next month.

A clear message to students around appropriate use of cell phones has been delivered during the course of this week. Cell phones are not permitted to be used in classrooms unless specific instruction to do so has been given by the teacher. We are requesting cell phones to be taken out of pockets and put into school bags for the duration of the lesson. This will take away temptation to check and send messages when students should be concentrating on learning tasks. If a student uses their cell phone without permission during a lesson, the teacher will confiscate it and deliver it to the office. Parents will be contacted, and arrangements will be made to pick it up. Please feel free to contact me if you have any queries around our reasoning in highlighting this issue.

Coronavirus is having a significant impact on travel to and from China, and in particular from the city of Wuhan and the surrounding Hubei province. We have eight students arriving from China in the next couple of weeks and we look forward to having them as part of our Taieri College community. None of our incoming students have recently been to the Hubei area, but as an extra precaution we are asking them to stay off campus for 14 days after their arrival in Dunedin. All are happy to comply with this request. The situation around Coronavirus is changing rapidly and we are constantly receiving updates and advice from the Ministries of Health and Education.

Parents and caregivers will have received an email outlining access details for our parent KAMAR portal. I encourage parents to access this portal, which offers real time information on calendar items, daily notices, assessment results, and finance information. If you are having difficulty accessing the portal please make contact with the college.

Noho ora mai
Dave Hunter
PRINCIPAL



Key Dates

3 February
7RL & 7SW
Waiholā Trip
Year 9 Berwick Trip

4 February
7HU, 7MR & 7KM
Waiholā Trip
Year 9 Berwick Trip

5 February
7NJ & 7MB
Waiholā Trip
Year 9 Berwick Trip

6 February
Waitangi Day –
College Closed

7 February
Year 9 Berwick Trip

11 February
L3 History –
Hocken Library Trip

13 February
Bates Cup – Year
9-13 Girls' Cricket

14 February
L1 Art Trip –
Portobello Marine
Studies Centre

17 February
Super Smash
Cricket

18 February
NZC Cup Year 7-8
Boys Cricket

19 February
NZC Shield Cup
Year 7-8 Girls
Cricket

17-21 February
Tautuku Camp 1
10HK & 10PN

Lachie McLachlan
Licensee/Auctioneer
Captains Club
NZ Suburban

Hooker
Mosgiel

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Absence Procedure

A reminder to all parents/caregivers regarding student's signing in and out at the Taieri College Office during the college day; a note or telephone call is required explaining your student's absence. There is also a dedicated telephone message line on our telephone system for absences, please telephone 489 3823 and press 1.

If you are leaving a message on our automated service, please provide a reason for the absence. The MOE has a coding system for absences and any absences that are unexplained must be coded as truant. If any parent/caregiver leaves a message that simply says that their child won't be in without any reason this will need to be coded as truant. Please give a specific reason for your child's absence.

Unwell Students Procedure

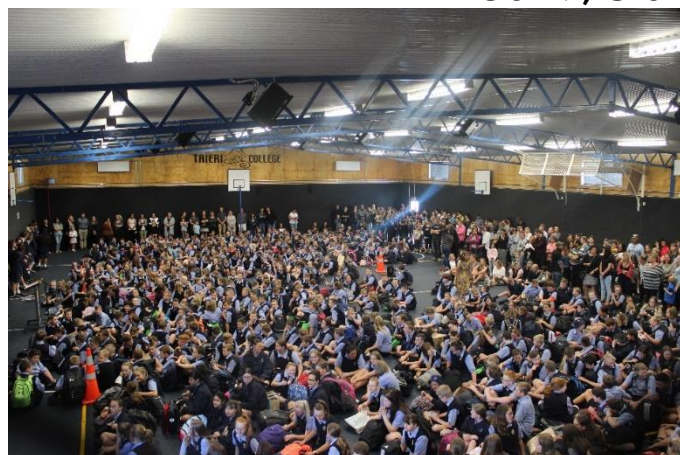
If during the course of the day your young person becomes unwell, they are to come to the Taieri College Office first where they will be assessed by the office staff. Parents/caregivers will then be contacted.

Students should not text or telephone parents; the Office will organise this as students need to be signed out on the Enrol System, which is part of MOE guidelines.

Thank you.

Office Hours 8.00am – 4.00pm

Year 7, 8 and 9 First Day



Year 10, 11, 12 and 13 First Day



Library News

The library had a special delivery this week of two amazing outdoor seats which are part of the library outdoor upgrade. Already they have become a popular spot for reading and relaxing.

Thank you to Mr Steyn and the senior woodwork students for the impressive work they have accomplished in designing and making these.

Lauryn Urquhart-Eaton
Librarian



Preseason fitness training - Year 9-13 students!

Training kicks off next Wednesday, 5th Feb, 7am-8am outside the ITC and runs Wednesdays and Fridays for the next 6 weeks. Fridays will be run by Christian from Southern Peak Fitness and Wednesdays will be Garick running HIT body weight classes. All from Years 9-13 are welcome from any sport! There will even be toast and hot showers provided for afterwards. This is your chance to meet some fitness goals and get ahead with your chosen sport! We look forward to seeing you bright and early Wednesday morning!



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Calming the jitters - managing back-to-school anxiety

Throughout New Zealand, there is a current fervour of readiness as parents prepare their children and teachers plan for their new students at the start of the school year. An affliction as widespread as the common cold is the heightened anxiety levels our children and young people experience at this time. Most children will respond to a little calm reassurance and encouragement as they re-engage with the school campus.

Anxiety is one of the most common challenges that counsellors encounter in working with young people. There are some basic actions that we can take as parents to turn school anxiety into a positive for a young person. 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. Listening and acknowledging that school can be challenging and that these feelings are real, helps the young person to deal with them. 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, but not pushing - or rescuing them. The journey across the bridge of anxiety takes one-step at a time.

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 preparing them for the challenge. At the start of the year, focus on settling in and being positive at school rather than on academic performance. If the child is relaxed and settled, they will learn better. Making a teacher aware of your child's needs will alert the teacher to behaviours that may indicate responses to heightened anxiety.

If anxiety becomes a challenge, model calm positive reassurance. Your child will subconsciously reflect their behaviour on your response. Encourage the young person to self-soothe. This can include time-out for a few minutes, use of breathing exercises with relaxation, or listening to music. Maintaining life balance with involvement in sport and recreation, good sleep hygiene, and a mainly nutritious diet, sets children up well to manage stress. Encouraging self-discipline and boundaries over the use of technology further reduces the exposure of the young person to anxiety-provoking experiences.

It may be tempting as an adult to helicopter in and rescue the young person. Instead, allow them time and space to work it out themselves. This builds confidence and resilience.

If you are worried that anxiety is affecting day-to-day functioning, approach the school and discuss with their teacher, pastoral staff and/or the school counsellor. All of these people are well placed to enable the student to work through the issues by providing an individualised plan of 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 or school counsellor can arrange a referral to children's specialist mental health services.

The Counselling Team at Taieri College is Jean Andrews,
Henk van der Vis, and
Diana Leonard.





Hello basketballers and welcome to Taieri College Basketball 2020

We have an excellent opportunity to host Natalie Visger and Force Basketball on Friday evenings during Term 1.

Cost: \$75 for the term, Time: 7:00 – 8:15 pm - Location: Taieri College Gymnasium
Start: Friday 14 February 2020 continues through all of Term 1 Fridays

Hopefully all of the junior and senior players and keen students will take advantage of this opportunity.

Please confirm by replying to Natalie with your preferred email address and mobile number at otagoforcebasketball@gmail.com. Force Basketball will invoice you.

A bit about Natalie and Force Basketball:

Force Basketball is run by Natalie Visger. She is the former Basketball Otago Development Officer (2016-2020). She is currently the only active coach in New Zealand who has played at the university level, coached at the university level (head coached and assisted), played professionally, played in the New Zealand WNBL (Otago Goldrush), and coached representative and high school teams. She is the current assistant coach for the NZ Under 16 Girls basketball team, after head coaching the team for two seasons. She also coaches the Kavanagh Senior A Boys team (since 2018). She has coached Otago U15 and U23 rep. (2016). Her first head coaching in Dunedin was at Otago Girls (2016 and 2017). Prior to coaching in NZ she was a NCAA (university) and NJCAA (junior college coach) for nine years in America. She played for the Otago Goldrush for four years (2015-2019), three years professionally in Germany (2003-2006), and four years at Montana State University-Billings (NCAA Div. II), (1999-2003). She is an official Coach Developer for Basketball New Zealand and runs coaching courses to certify coaches in the BBNZ Community Coach Endorsement, which is required to coach at Representative Nationals and Premierships (secondary school Nationals). The endorsement is recognised internationally as the FIBA Level 1 coaching license.

She has decided to offer development opportunities and pathways for youth in Otago, thus Force Basketball was born in late 2019.

Force Basketball offers three basic products.

1. Pathway Athlete Support
2. Group or Team Workouts (team also includes coach support)
3. Individual or Pair Lessons (1-2 players, focus is generally on shooting, but can be tailored to what the athletes need)

We have teamed up with Taieri College for Term 1! Natalie will be coaching "team workouts." The charge is \$75 per player for the whole term. We are running from the 14th of Feb. until the end of the term. The time is from 7pm to 8.15pm.

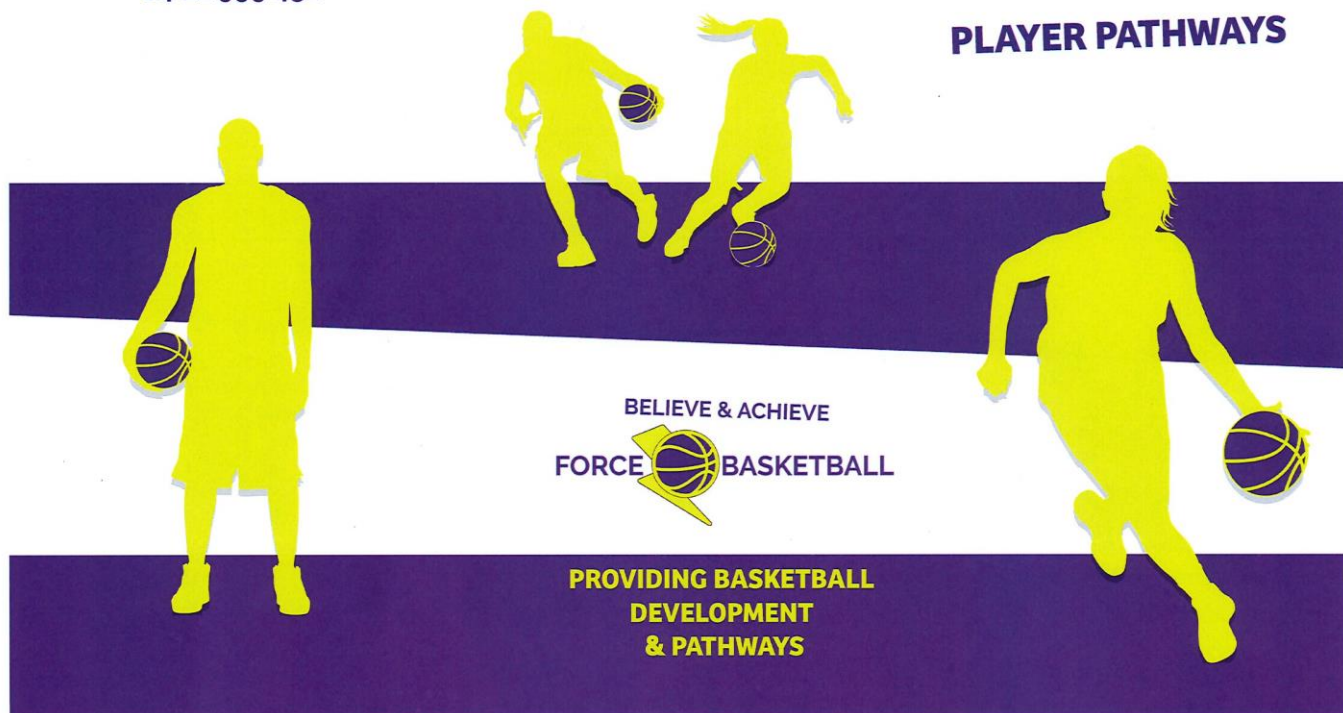
Sign-up by confirming with Force at otagoforcebasketball@gmail.com, or ringing/texting 021 999 451. Force will invoice you. If you have any additional questions, please contact Natalie at 021 999 451 or by emailing her at otagoforcebasketball@gmail.com. A website is launching very soon.



CONTACT US
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PLAYER PATHWAYS



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Let Force guide you through the most effective basketball training methods in New Zealand. Choose to work with athletes of similar ability in a group setting. Or does your team need more time training together with concepts that suit the players? We have the tech and know-how to maximise your learning time. Get in touch today to discuss which option is right for you.

DEVELOPMENT & PATHWAYS

	GROUP	TEAM
COACH MENTORING	✗	✓
GAMES-BASED LEARNING WITH EMPHASIS ON FUNDAMENTALS	✓	✓
ATHLETES	3+	8+
VIDEO FEEDBACK	✓	✗
N3 STYLE OF PLAY & TEAM STRUCTURE	✗	✓
SHOOTING, HANDLING, FOOTWORK TRAINING	✓	✓



Outram Summer Hawk & Hurl

SATURDAY, 15 FEBRUARY | 11AM – 2PM

**Outram Sportsfield and Hall
102 Formby Street, Outram**

- Car boot sale \$15 per site – Contact Brian Peat to register your spot. Email: peat23@hotmail.com
- Bring your electronic waste for recycling – small recycling charge will apply.
- Scrap metal recycling collection
- Plant stall with a variety of garden plants
- Clothes swap
- BBQ by the Taieri Lions

Cash **ONLY** event – All proceeds from the Hawk & Hurl will go to the Outram Volunteer Fire Brigade.

The DCC Rural Skip Day will be held at the same time. See www.dunedin.govt.nz/community-rural-skip-day for further details (standard disposal fees will apply).

What is a Hawk & Hurl?

Ever heard the saying *"One person's junk is another one's treasure"*?

You'd be amazed at what people throw away when often it could be used again or even repurposed.

The Hawk & Hurl is a community-led event that focuses on rescuing valuable resource for reuse or recycling rather than going to landfill.

