



Kia ora e te whanau

Our seniors were given plenty of information at assembly on Thursday about their upcoming practice examinations. They are important for several reasons.

1. They give a clear indication as to where students are currently at with their understanding of specific standards. The results allow us to look for gaps in learning and fill them before the end of year national examinations.
2. They are an opportunity to organise study and revision notes that can be used again later in the year. Students should be putting together a revision timetable and get used to the routine of regular study.
3. For our Year 11 students, it is the first time they will experience examinations that will mirror what they can expect at the end of the year.
4. In the event of a student not being able to sit their final national examination, the results from their practice exams will be used to determine a derived grade. This happens to several students every year.

The college appreciates when parents and whānau emphasise the need to study towards these examinations and share the importance of their outcomes. If there are any questions around these exams, please feel free to email subject teachers for specific detail.

On Thursday our Year 7-10 students attended a Health presentation by "Attitude". Attitude is a group that tours schools across New Zealand and promotes messages that address social issues like holistic well-being, online safety, bullying and friendships. The feedback I have received from the presentations has been very positive and our hope is that students pick up on the strong messages delivered.

Our Ako Centre football team had a great time on Wednesday at their fun day at the Edgar Centre. Under the expert eye of our Year 13 coaches the team performed admirably in their games. My thanks to the coaches and teacher aides who made the day such a great success.

This week we farewelled three outstanding Board of Trustee members who have all stepped down. Pauline Latta (current Board Chair), Craig Page and Carole Greer, between them, given nearly 20 years of service to Taieri College. On behalf of our college community, my sincere thanks for their support and commitment during their time on the Board.

Monday is the start of the New Zealand wide winter sports tournament week where tens of thousands of secondary students from across the country travel and compete in a variety of interschool opportunities. Our Hockey Girls and Under 15 Boys Rugby are in Nelson, our Hockey Boys are in Ashburton, our Senior Netballers are in Timaru and our Boys Basketballers are playing in Dunedin. Good luck to everyone involved. Be competitive, enjoy and look after your coaches and managers!

Ngā mihi nui

**Dave Hunter**  
PRINCIPAL

Blood Donation –  
Thanks to the Year  
13s who volunteered  
to donate blood this  
week.



### Key Dates

28 August – 2 September 2022  
School Sport NZ Tournament Week

1-7 September 2022  
Senior Assessment Week

2 September 2022  
Learning Readiness Emailed Home

7-9 September 2022  
L3 PED and SPR Snowfarm



## Taieri College Sports Council

Mission: ' To promote and encourage sport at Taieri College and on the Taieri'

Taieri College's Sports Council is a committee made up of both parents and teachers. We rely heavily on the generosity of sponsorship to keep our programmes in place; to fund teams and individuals; to supply equipment; to upgrade playing areas, and to purchase school vans to transport our students. We aim to give our young athletes every opportunity possible.

Our Sports Council is always welcoming and very appreciative of any new sponsors wishing to come on board. If you think this is an area you can help with, please contact the Sports Office (sport@taieri.school.nz).

There are four LEVELS of Sponsorship: PREMIER (amount is by negotiation), PLATINUM (\$2,000 + GST per year), GOLD (\$1,000 + GST per year) and SILVER (\$500 + GST per year).

Each MONTH the Sports Council would like to SHOWCASE one of our valued sponsors. Where possible we urge our Taieri College families to support these generous businesses just like they support us.

### SILVER SPONSOR OF THE MONTH – Loan Market Dunedin

If you require help or advice with a loan, then call Sally Thomson or Gary Beattie at Loan Market Dunedin today. Loan Market offer everything you need to know when purchasing a new property, moving homes, investing or getting smarter with your loan finances. Sally and Gary have given many hours with their involvement in sport at Taieri College, providing coaching and management, sponsorship towards teams and they are of course a valued Sport Council Sponsor. Thank you Sally and Gary.



Taieri College Sports Council are proud to work alongside the following sponsors; McDonalds Dunedin, LJ Hooker – Lachie McLachlan, Mastercraft Mosgiel Kitchens, Sportsmed Mosgiel, Waiholo Surfacing, Reece Building Consultants, DS Building Limited, Promo-X, Dixon Roofing, TAK Flooring, Loan Market, Otago Polytech Institute of Sport, Exercise & Health, CREDIFLEX Otago, Willow & Silk, Beauty Lane, ITM Dunedin.

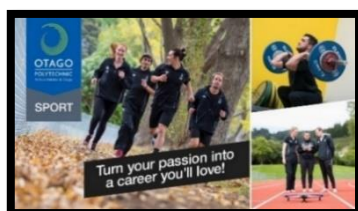
## 150<sup>th</sup> Taieri College Reunion

Registrations are now open for the 150<sup>th</sup> School Reunion at Labour Weekend.

This will be an awesome weekend! If you are an ex-student please join us.

Select this registration link for Tickets and Events <https://Taieri150thereunion.rsvpify.com>

Information or queries to [taierireunion@encoreeventcoordination.co.nz](mailto:taierireunion@encoreeventcoordination.co.nz)



# Sport

It has been a big week in the world of sport at Taieri College, especially for our TK students! In next week's newsletter, we will share some sporting highlights from finals week for our winter sports, followed by some results and stories from winter tournament week happening next week. Good luck to all teams involved!

## Longford Interchange

This week our 7 & 8 students travelled to Longford Intermediate in Gore for a sports interchange. This interchange hasn't happened since 2019 due to Covid, so it was a special day to be a part of. Our students showed great sportsmanship and determination during their games. The Gore weather showed every season, with our hockey players getting hailed on, and our rugby and football teams playing in beautiful sunshine! Our basketball team and netballers were lucky to be under a roof.

After an intense and nail-biting 10 fixtures, Taieri College and Longford Intermediate came away with a draw of 5 – 5! Below are the game outcomes:

Year 7 Boys Basketball – Win to Taieri  
Year 7 & 8 Girls Basketball – Win to Longford  
Year 8 Boys Basketball – Win to Longford  
Year 7 Netball – Win to Longford  
Year 8 Netball – Win to Taieri  
Rugby 7s – Win to Taieri  
Rugby 1<sup>st</sup> XV – Win to Longford  
Hockey Gold – Win to Taieri  
Hockey Blue – Win to Longford  
Football – Win to Taieri.

Thanks to all the teachers and parent help on the day, and a big thank you to two amazing student coaches, Laura Coleman and Kobe Watt.





## Year 7 & 8 School Cross Country

We had a fantastic day for the school cross country this week! An awesome effort from all students who gave it a go, whether it was out the front of the running pack, or jogging along with their friends. It was great to see the smiles! Shout out to Mrs Dunlea who did not only one race with the kids.... but all four! Big thanks to our sports prefects who helped with the event – Eilish Fright, Kylie Gale, Ollie MacKenzie and Logan Kakahi.

### Year 8 Boys:

- 1<sup>st</sup> – Luka O'Sullivan
- 2<sup>nd</sup> – Matthew Petegem-Thach
- 3<sup>rd</sup> – Charlie Nichol

### Year 8 Girls:

- 1<sup>st</sup> – Ruby Smith
- 2<sup>nd</sup> – Kaylee Barringer
- 3<sup>rd</sup> – Evie Gilmour

### Year 7 Boys:

- 1<sup>st</sup> – Corby Blackie
- 2<sup>nd</sup> – Jacob Glendining
- 3<sup>rd</sup> – Ben Garraway

### Year 7 Girls:

- 1<sup>st</sup> – Liv Greiner
- 2<sup>nd</sup> – Indi Gallagher
- 3<sup>rd</sup> – Milah Stevenson



## Netty Festival

Our Year 7 A and Year 8 A netball teams were involved in Netball South's "Netty Festival" this week. It was a different day of netball for sure! Our Year 8s dressed as basketball players, and our Year 7s played in tutus! Looking good on court, they had a lot of fun throughout the day playing a range of teams and celebrating an awesome netball season. Big thanks to their coaches Mrs Mel Abernethy and Carmen Greiner for supporting them on the day, and throughout the season.



## Aerobics - Courtney Smith

Year 8 Student, Courtney Smith competed last weekend at the NZCAF Otago Aerobics Regional Competition. Courtney came away with first place, and also received the trophies for artistic excellence and highest scoring individual out of the whole competition across all sections. She is off to Nationals in September! A huge accomplishment – well done Courtney!

Courtney with her coaches, Kirsty Snoep and Annelise Lowther from Queens Aerobics.



# Otago Science Fair

On Sunday 21 August 2022, the annual Otago Science Fair prizegiving was held at the Otago University. Taieri College had four students enter projects. All gained awards with Matthew Petegem-Thach gaining the top prize – Aurora Energy Best in Fair.

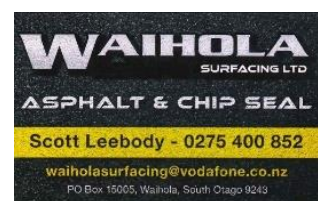
Ethan, Jenny, Matthew and Pyper (Insert)



	Name of Project	Award(s) received
Matthew Petegem-Thach	Cubeinator	Aurora University of Otago Computer Science Award Dodd Walls Centre for Research Excellence, Physics Related Otago Polytechnic Bachelor of Information Technology Otago Polytechnic Bachelor of Information Technology Premiere Aurora Energy Best in Fair
Jenny Petegem-Thach	Amazeing Algorithms	Aurora New Zealand Statistics University of Otago Math & Stats Department University of Otago School of Surveying Geospatial Award Otago Polytechnic Bachelor of Information Technology Otago Polytechnic Bachelor of Information Technology
Ethan Hayward	The secrets to an effective wind turbine	Aurora Excellence in Energy Keith Dawber Memorial
Pyper Greer	What substances affect the pH level and cleanliness of dirty water	Aurora

## Prize giving Trophy Return

Thank you to all those who have already returned their trophies. Can all students who received trophies at last years prizegivings please return them to the main school office by Friday 2 September 2022.





## Year 13 Economics Trip to Wellington

The Year 13 Economics class recently travelled to Wellington to get a first-hand appreciation of aspects of the NZ economy. We visited a number of government departments such as MBIE, the Stats Department and the Reserve Bank of New Zealand. These visits were invaluable as they reinforced many of the concepts learnt in class. We also completed two visits to Parliament. One was for a tour of Parliament and the second time was to hear the Right Hon. Grant Robertson discussing this year's budget. This event is an annual event open to Wellington schools and we were lucky enough to be in Wellington for this year's talk. Of course, the economy is not all about the government. The private sector has a pivotal place, and we had a great presentation from Creative HQ on the role of innovation in the production process. Finally, we had an around the table meeting with Bernard Hickey.

Bernard is a well-known economic commentator who led us on a very interesting discussion about the present state of the economy. As indicated earlier, this visit was a wonderful opportunity for students to realise that the tools and concepts covered in class are actually the same tools and concepts used by practising economists. It was a great two days.



## Music News

Play It Strange is considered to be NZ's premier song writing competition for secondary students. The songs are judged on their lyrical content and how the music is constructed to reflect these lyrics. There were over 370 entries this year from around the country and we were delighted to find that two songs from Taieri College students have been picked in the top group of songs to be professionally recorded and released on the 'Play It Strange' album for 2022. The first song is called "In the Warm Smell of Wood" by Keira Wallace, and "Quicksand" by our band Valetta. The band members are Isaac Wirangi, Charlie Brough, Cameron Lord, Chiara Crompton Bray, and Reef Tamihana. Keira will be going to the University of Otago Music Department to record her track and the band Valetta will be recorded professionally at school by Mr Martin and Mrs Webster.





## Jazz Festival

The Dunedin Youth Jazz Festival Band Competition was held last Friday at the Otago Boys' Auditorium, Friday 19 August 2022. We are incredibly proud of the members of the band who worked so hard and battled illness and absence to give an outstanding performance. To our absolute surprise and pleasure the following students have won these awards.



Jenny Petegem Thach won best Clarinet player award.



Ruby Walpole 2nd Place for Best Vocalist.



Andrew Matheson won musicianship and stage presence award.



Our thanks to Mr Ross Kane who tutors the band and Mrs Webster who has worked so hard behind the scenes.



## TK Writing Club – Street Art Inspiration

On Thursday 18 August 2022 the TK Writing Club headed into town by bus to complete the Street Art walk through the CBD. The weather was against us and we ducked and dived under building shelters to stay as warm and dry as we could. We took our time to appreciate the art and observed the images closely and noticed things we hadn't seen before when driving past. Mrs Hughes and Miss Hannah had developed a special booklet for the trip with all the art images on the left with a planning space on the right to record all our initial thoughts and ideas. The Street Art Link is as follows. Maybe this is something you would like to do with your family?



<chromeextension://efaidnbmnnnibpcajpcgclefindmkaj/http://dunedinstreetart.co.nz/dunedin-street-art-map.pdf>

By the time we headed down to Vogel Street and Water Street we sheltered under the overpass bridge to get out of the rain. Mrs Hughes walked down to get our Mama's Donuts order whilst we nestled together to stay warm. Upon her return we devoured those donuts and, they tasted delicious. If you haven't experienced this treat yet, it is a must-do in Dunedin. However, they're only open on Thursdays, Fridays and Saturdays from 7am – 1pm. You can order online or buy in store, but be warned, they can sell out quickly (especially on Saturdays).

Whilst we were enjoying our original vanilla glazed donuts, Jacinda Reid came out of the Heritage Café to see her daughter Briar Rose and offered us all hot chocolates and even accommodated those with allergies with alternative options. In addition to this she sent out a container of yummy slice off cuts for us all to enjoy. We were all very appreciative of the kindness and generosity. This pit stop refuelled our souls and inspired us to not even let the weather dampen our spirits, although it certainly had dampened our bodies!

A special thanks to our parent helpers who supported us throughout our Street Art walk; Jane Payne, Melanie Hayward and Ashley Thompson. We appreciated your time and support. Thanks to Miss Hannah and Mrs Hughes for planning and organising the trip. Just a shame the weather was out of your control!





## Writing Trip



## A Dream

Jelly fish fly high  
Life thrives colours of all kinds are here  
Houses in places you could never imagine  
You can be anything here.  
Cotton candy clouds fly high  
Air balloons hover above ground,  
You can do anything here.  
Backs of huge animals are houses  
You can fall asleep on soft clouds,  
Smooth grass, floating you could have the best sleep.  
Life's a dream, sadly doesn't last forever,  
You can do anything.  
Even if it's not a dream.

By Hannah Lawson



## Congratulations

Well done to the Year 7 Gold Miniball team for winning the Final on Monday night against Tahuna 29-21. The boys showed great team work to pull away with the lead after a 15 all score line at half time!



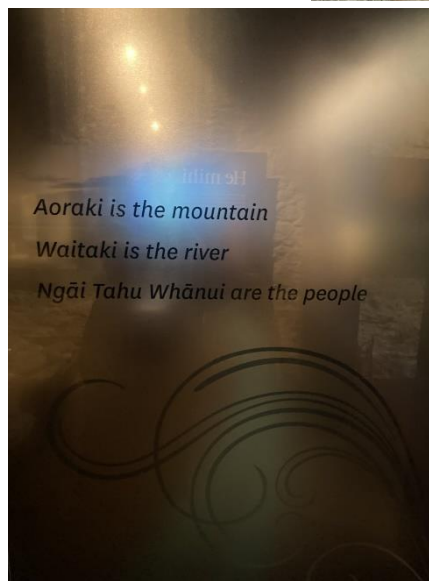


# L1 Te Reo Maori Class

On Wednesday 17 August 2022 the L1 Te Reo Māori Class travelled to Takapō (Tekapo). The class had been looking at the pūrākau (Māori traditions) of the Araiteru Waka capsizing at Matakaea (Shag Point) and learned that the gourds that were on board are the Kaihinaki (Moeraki Boulders), so we stopped to experience both these sites. After staying the night at Timaru, we visited Te Ana – Māori Rock Art Museum where the students were able to immerse themselves in the history and culture of Ngāi Tahu and the Māori Rock Art.

The highlight of the trip was experiencing the Dark Sky Project at Takapō where we looked at the sky and stars through a Te Ao Māori world view. Other activities included Takapō Springs, ice skating and snow tubing which were thoroughly enjoyed by all.

Travelling back was picturesque as we saw Mount Aoraki, and his brothers covered with snow and experienced the Māori history and mahika kai sites throughout the Waitaki Valley that we had been learning about in class. This was an amazing trip that will stay in our memories.





## Special Olympics Football

Ako Centre students participated in the Special Olympics Football held at the Dunedin Edgar Centre. Teams placed 3<sup>rd</sup> and 4<sup>th</sup> in their divisions. Coached by Year 13 Sport and Recreation students, the footballers were well prepared and represented the College proudly. After such a successful tournament they are looking forward to the basketball in September.





## Taieri College Cricket Team Fundraiser

### Catering Wrap, Catering Foil, Baking Paper

Taieri College 1<sup>st</sup> XI cricket team are fundraising for a cricket and cultural trip to India in September 2023. If anybody would like to buy catering foil, catering film or baking paper, please contact Anna Lord (021 086 76411) or Beth Forgie (027 721 3155).

#### Catering Foil

440mm wide x 150mtrs \$36.00

300mm wide x 150mtrs \$22.00

#### Catering Film

330mm wide x 600mtrs \$35.00

330mm wide x 300mtrs \$23.00

#### Baking Paper

300mm wide x 100mtrs \$33.00



## Rockshop Bandquest 2022

This Saturday Otago Bandquest will be held in our Performing Arts Centre.

Show starts at 6.30pm, entry \$15 adults, \$10 child (eftpos available).

This year we have two Year 7 & 8 bands competing. Come on down to support them and see the hard work they have been doing.





# Young Writers' Awards

Use the following statement to draw inspiration for a piece of writing for any category:

*An ode to those who inspire you*

## Young Writers' Awards 2022

**Entries are due Wednesday 28 September at 3:00pm.**

Entries need to be e-mailed as a Word document attachment to [ywa@taieri.school.nz](mailto:ywa@taieri.school.nz). The subject line must indicate the category and year level.

Entries for the Illustrated Books section (if not in electronic format) can be delivered to the English Department Office in the last week of Term 3.

### SHORT STORIES

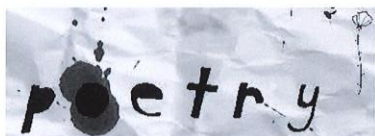
Completed individually, this can be a story consisting of a minimum of 250 words. There should be a suitable title and formatted with paragraphs. The content may be a real experience, an adapted real experience, fiction, or inspired by other stories read or viewed. It does not have to come solely from a classroom activity.

### Article

This section is completed individually. Entries need a suitable title and written in paragraphs. Present your opinions about a subject such as Road Safety, Conservation, Social Media, Politics, etc. You could be aiming to persuade the reader to act/behave/think in a different way. Or you could present information about a subject such as Taieri history, animals, ancestry, your job, an historic event, etc. Entries may relate to some study you have completed. Entries do not have to come from classroom activities.



This may be a combined effort of up to two people (e.g. a text writer and an illustrator). Options include:  
(a) Children's Illustrated Book - The book must be at least six pages long, but the page size is not restricted. It should be suitable for pre-school children to read or to have read to them. (i.e. the text and pictures may be quite simple).  
(b) Graphic Novel - This text needs to be at least 15 frames, using the visual and written conventions of graphic novels (comic books, anime). Entries be a full story or the beginning of a longer narrative not yet written.



Completed individually, entries can be any length, rhymed or unrhymed. Very short poems, however, may not be judged as favorably as longer ones reflecting greater effort. Use a suitable title. The subject may be serious or humorous. It may be shaped on the page.



Collaborative efforts of up to three people may submit entries in this category. Drama scripts may be any length – a simple sketch or a piece of dialogue or monologue, and could contain one or several scenes. Stage directions must be included. It should be set out as a play script with dialogue and stage directions, as well as a captivating title.

Questions can be directed to your English teacher or to Miss Hurst in C10 or by email ([ehurst@taieri.school.nz](mailto:ehurst@taieri.school.nz)).

**CrediFlex**Tim Guthrie  
Commercial FinanceCell: 021 970 536  
Email: [tinguthrie@crediflex.co.nz](mailto:tinguthrie@crediflex.co.nz)[www.crediflex.co.nz](http://www.crediflex.co.nz)  
0800 CREDIFLEX

## Senior Exam Timetable 2022

Time	Thursday 1 Sept	Friday 2 Sept	Monday 5 Sept	Tuesday 6 Sept	Wednesday 7 Sept
9:00 – 12:00	L1 ENC 72 (2 hours) L1 ENG 102 (3 hours)	L1 DVC 21 (2 hours) D6 L1 HIS 38 (3 hours)	L1 MAT 60 (3 hours) L1 SCP 23 (3 hours) C5	L1 ACI 18 (3 hours) D1 L1 DRA 12 (2 hours) DRA L1 MET 24 (2 hours) D7	L1 ACI 19 (3 hours) D1 L1 DRA 12 (2 hours)
	L2 CHE 39 (3 hours)	L2 BIO 37 (3 hours)	L2 ENC 52 (2 hours) L2 ENG 64 (3 hours)	L2 ART 16 (3 hrs) D2 L2 GEO 21 (3 hours)	L2 AGB 13 (3 hours) L2 DVC 10 (2 hours) D6
	L3 GEO 27 (3 hours) G3 Schol PHY 2 (1 hour)	L3 CLS 7 (3 hours) L3 HEA 31 (2 hours) L3 MAC 7 (2 hours)	L3 APH 6 (3 hrs) D1 L3 ARD 9 (3 hours) D1 L3 HIS 11 (3 hours) Schol BIO 4 (1 hour)	L3 ART 5 (3 hours) D2 L3 CHE 11 (3 hours) L3 DRA 8 (2 hours)	L3 DVC 5 (2 hours) D6 Schol ENG 11 (3 hours) L3SPR/PED Trip
1:00 – 4:00	L1 HEA 37 (3 hours)	L1 MET 24 (2 hours) D7 L1 SCI 131 (3 hours)	L1 DAN 2 (2 hour) L1 ECO 34 (3 hours)	L1 GEO 25 (3 hours) L1 TXT 8 (2 hours) D3	L1 AHS 15 (2 hours) L1 MUS 19 (2 hours)
	L2APH 24 (3 hours) D1 L2 HIS 19 (3 hours) M4 L2TAW 18 (2 hours) D7	L2 ARD 20 (3 hours) D1 L2DAN 1 (2 hours) L2 DRA 9 (2 hours)	L2 MAT 35 (2 hours) L2 MAS 44 (1+ hour) L2 TXT 7 (2 hours) D3	L2 HEA 15 (3 hours) L2 PHY 31 (3 hours)	L2 ECO 9 (3 hours) L2 MED 11 (3 hours)
	L3 ENG 26 (3 hours) L3 ENC 39 (3 hours)	L3 MAS 41 (2 hours)	L3 TXT 5 (2 hours) D3 L3 BIO 29 (3 hours) L3 ECO 11 (3 hours)	L3 AGB 13 (3 hours) L3 MED 6 (3 hours) L3 PHY 12 (3 hours)	L3SPR/PED Trip

Exams will take place mostly in the ITC apart from other rooms where indicated.

Year 11, 12 and 13 students have study leave while exams take place.

Students must stay for the entire length of the exam if it is under 3 hours. Students must stay for 2 hours if in a 3hr exam.

**HARLOS**

Harlos Women's Clothing Store

HARLOS is home to a wide range of NZ & Australian fashion labels.  
HARLOS has gained a rapid following for its exceptional customer service.

## HARLOS POP UP SHOP

**Friday 16<sup>th</sup> – Sunday 18<sup>th</sup> September**  
**MERIDIAN MALL Dunedin (opposite Antidote Pharmacy)**[www.harlos.co.nz](http://www.harlos.co.nz)  
[www.facebook.com/harlosonline](https://www.facebook.com/harlosonline)

## NEW Mosgiel Community Pool Open Day

Have you been watching and waiting with anticipation for the grand opening of the new Mosgiel pool? It's not quite there yet. However, If you're interested in looking at the development and progress of the new Mosgiel Pool project, there is an open day this Sunday 28 August 2022 10-12noon. Please RSVP to the below email address, (for catering purposes) with the number attending. The Taieri Community Facilities Trust is organising this. The contact is Irene Mosley.

[poolproject@xtra.co.nz](mailto:poolproject@xtra.co.nz)



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Sally Thomson, Mortgage Adviser  
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sally.thomson@loanmarket.co.nz

Gary Beattie, Mortgage Adviser  
021 763 223 | 03 479 0163  
gary.beattie@loanmarket.co.nz

ALEXCRAFT

## SCHOOL EVIDENCE EXAMINATIONS

1-7 September 2022

### Examination Procedures



- **Full correct school uniform is to be worn by all students**
- Morning exams start at 9:00am. Students need to line up on the courts at 8:45am on the second bell.
- Afternoon exams start at 1:00pm. Students need to line up on the courts at 12:45pm.
- Students will line up in their subject classes.
- For two-hour exams, students must stay for the whole time (except L2MAS and Scholarship Biology and Scholarship Physics students) who may leave after one hour).
- For three-hour exams students will be permitted to leave after two hours but we recommend you take the time allocated. Once you leave you will not be permitted back in. Nobody is permitted to leave in the last 15 minutes.
- If toilets are needed, students should put their hand up and wait for a supervisor.
- Students who forget about an exam or fail to arrive for a scheduled exam or choose not to come to their timetabled exam will be required to sit the exam they missed during make up sessions from 3:15pm to 5:15pm the following week.

#### What can be taken into the Examination Room

- Cell phones, car keys, wallets, and watches (digital and analogue) must be in a clear plastic bag and placed *under your seat*. Phones must be off.
- Pens, rulers etc. must also be in a clear plastic bag.
- See through water bottles are allowed, food is not (you won't be allowed out for a drink).
- Calculators (if the exam allows them to be used).
- **Refill pad if needed – will be checked by exam supervisors. At the end of the year refill paper cannot be taken into the examination room with you.**

#### What cannot be taken in:

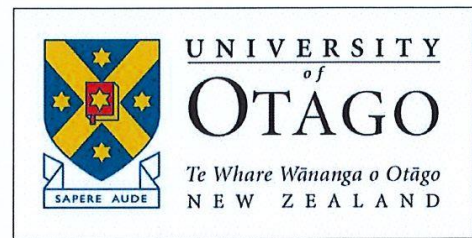
- Prohibited electronic devices like MP3 players and iPods, non-approved calculators, PDAs, and electronic translators are not permitted in the examination room. At the end of the year these will be removed from candidates by supervisors and may be sent to NZQA.
- Study notes etc. cannot be taken into the examination room.



# The #SleepQ Study

## Understanding what defines **Sleep Quality** in teenagers

Research Study for New Zealand teens aged 16 - 17



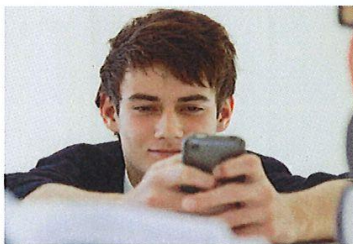
We are conducting a study on sleep and what makes for good, or bad, quality sleep in teenagers. We are looking for teenagers aged 16 to 17 years old to take part in our study.

You will be asked to wear a device which resembles a wristwatch for 7 days and nights in addition to filling out a daily survey where you rate your sleep, concentration, and mood. You will also be asked to fill out several questionnaires relating to your sleep and health and wellbeing.

After completing the study, you will be asked if you would like to receive a \$40 JB Hi-Fi voucher as a token of gratitude/koha for your time spent.

For more information and to express interest in participating, please go to the survey link below or scan the QR code.

<https://redcap.otago.ac.nz/surveys/?s=K39NKH4JJYEYXPTD>



**Questions?** Contact [teensleep@otago.ac.nz](mailto:teensleep@otago.ac.nz)

*This study has been approved by the University of Otago Human Ethics Committee (ref#22/068). If you have any concerns about the ethical conduct of the research you may contact the Committee through the Human Ethics Committee Administrator (ph +643 479 8256 or email [gary.witte@otago.ac.nz](mailto:gary.witte@otago.ac.nz)). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.*