



GOLDIE

Golden Bay High School Newsletter
26 February 2010

Student Achievement:

Congratulations to Zak Gibbs (Year 10) and Tui Kraal (Year 13) who have been selected in the Nelson – Marlborough swimming team to compete at the South Island Town and Country championships in Invercargill this weekend. Both swimmers were to the fore in our school swimming sports this week. We wish them well for the weekend.

Thank you also to the parents, grandparents and friends who attended our sports day to support our students. Former Student Achievement: Sam Miles, who now works in the outdoor adventure industry, has recently achieved the ultimate for climbers in New Zealand by climbing Aoraki Mt. Cook.

Building Upgrades: During the summer holidays, two major upgrades were carried out, and while there are still some finishing touches to be made, the rooms are fully in use. The Home Economics block has been renovated to bring it in line with the requirements to be able to run our senior hospitality classes and to create a more modern setting for Home Economics classes. The main computer room upgrade has improved the ventilation and again, generally modernised the teaching space. The result is that both rooms provide far more effective teaching and learning spaces for both staff and students.



Upgraded Home Economics Room

Healthy Eating: Last year all students in Years 7 to 10 participated in a survey called “Me and My School,” administered by the NZ Council for Educational Research. Students were also questioned about out of school activities, including whether they regularly ate breakfast. The response was alarming to say the least, with 46% of students across those year levels indicating that they did not eat breakfast regularly.

Research clearly shows that children who eat a healthy breakfast do better at school, and a breakfast such as porridge which is high in fibre and protein, is recommended. I have included nutrition advice for teenagers from the **Ministry of Education publication “Team Up” in this Goldie.**

It is also timely to remind parents that our school canteen supports the healthy food policy and provides nutritious food at reasonable cost. To support the canteen, there is absolutely no access to the shop opposite the school during the school day. This applies from the moment students arrive at school in the mornings.

Achieving Potential Seminars: if you are a student who is perhaps a bright spark, a tall poppy, a creative thinker, a high flyer or gifted and talented, then you may be interested in these seminars that are held each year during the April holidays. A great deal of commitment is required as they are held in Auckland. Pamphlets are available at the school office, or you can find out more at www.holidayseminars.co.nz

Roger File

“Wanted Alive!”

Are you lifting and separating any Gladioli, Dahlias or Canna Lilies? If you have these or any other plants spare and would like to donate them to the High School, they will be received with both hands in the air



Term 1 Calendar

- 1 Mar Tasman Golf
- 3 Mar HPV vaccinations
- 5 Mar Young Enterprise E day
- 10 Mar Tasman Athletics
- 12 Mar Goldie
- 15 Mar Tasman Triathlon
- 15 Mar BOT Meeting 7pm
- 17 Mar School Athletics
- 19 Mar SI Athletics
- 26 Mar Goldie
- 30 Mar Yr13 Kayak Trip
- 1 April End of term one.

Goldie Return Slip

Get your parent to sign this slip and put it in the box at the office to go into the next draw to win a \$5 canteen voucher. **Congratulations to this week's winner Eva Wilson** from 7T please pick up your voucher from the office. (If you receive your Goldie by email and would like to enter your student into the draw, send an email reply and I will pop their name in the box.)

Yes, I have read the 26 February issue of Goldie:

Student's Name _____ Class: _____ Signed: _____ (Parent/caregiver)

Sportfit Report

Welcome back, I hope you have had a great start to the new year.

This year we have introduced a sports committee. They will be surveying all students to find out what sports they would like to see run at lunchtimes. The results of this survey will be printed in a future Goldie. We hope students will support this initiative.



The committee comprises of:

Chairperson Ella Dixon Y13
Secretary Arna Petterson Y13
Media Lana Taylor Y13
Members Cyrenne Brownlie Y13, Thomas Coughlan Y13, Millie Eggers Y13, Tessa Farley Y13, Ari Kingan Y13, Kerri Kohler-Saunders Y13, Tui Kraal Y13, Leon Schrader Y13, Jana Cottle Y12, Luken Chamberlain Y11, Kyle Davies Y11.

TASMAN SECONDARY SCHOOLS GOLF:

We would like to wish Leon, Luken, Mitch and Alex all the best when they compete in Motueka next Monday. They will play 36 holes; a high goal, but expect to achieve a good result.

GARIN COLLEGE EXCHANGE:

We have invited Garin College over for a Sports Exchange. This will take place on Thursday 25th March 10, playing a range of summer and winter sports. We will update you as we get closer to the time. We are hoping this will become an annual fixture as the competition is great for our students.

TSS TRIATHLON:

A good number of students have entered this competition being held at Rabbit Island on 15 March.

The Nelson Tri Club are having online entries but all the schools have decided that entries are only through the Teacher in Charge of the sport. PLEASE PARENTS - NO ONLINE ENTRIES. THANKS.

TSS ATHLETICS:

This year the competition is being held by Marlborough Girls College in Blenheim. We have around 14 very keen students who are willing to travel and compete on the day.

GBAFC Registration & Fun Day

Saturday 6th March

10am - 1pm



Takaka Recreation Grounds (Showgrounds)

Subs: Travelling (Nelson Competition) \$75.00

Non Travelling (local Competition) \$25.00

** Sausage sizzle, boot sale, fun games **

Further details visit www.goldenbayfootball.com
or Ph Linda 525 9918

Takaka Rugby Football Club

U14 - U18

Registration at the Showgrounds

Wednesday 3rd March

5pm (Before touch)

Subs \$25 single player or
\$40 per Family



NUTRITION: Healthy Eating for Teenagers



The old saying 'You are what you eat' applies just as much to your teenager as it does to the rest of the family. The teenage years bring with them mood swings activated by new hormones that haven't settled to a normal rate yet. Eating healthy food and being active can moderate your teenager's mood swings, which means of course that the whole family will benefit from a less stressful environment!

What can you do?

- Show an interest in what your teen is eating
- Make positive comments when you catch them making healthy choices
- Model good eating habits and food choices
- Encourage your teen to eat 5+ a day; 5+ means five or more servings of fresh fruit and vegetables a day
- Provide healthy snacks (see snack ideas on this page)
- Limit fast food for the family meal to once a fortnight
- Encourage your teenager to be more active – walking the dog, dancing, walking to school, riding a bike, joining a sports team – every bit counts
- Promote good health by making nutritious, home-cooked dinners
- Get your teenager to cook once a week and challenge them to plan a healthy meal everyone will enjoy
- Get active with your teenager and make it regular. You

might try something they choose (or enjoy).

They might moan about it, but you will both enjoy the experience, and it will help strengthen your relationship too!

HEALTHY TIP

Having a loaf of wholegrain bread, with toppings like bananas, tomatoes or cottage cheese, is a cheap and easy way of filling teenagers up when the next meal is a while away.

For more information check out: *5+ A Day*, www.5aday.co.nz • *Food and Nutrition Guidelines for Healthy Adolescents: A Background Paper*, available on the Ministry of Health website www.moh.govt.nz/foodandnutrition • *Eating for Healthy Teenagers brochure*, download or order a copy from the nutrition section of www.healthed.govt.nz or ask for one from your local health centre, public health nurse or school.

SNACK IDEAS FOR YOUR TEEN

Vegetables and fruit; baked beans on toast; wholegrain cereals and Weetbix with reduced fat milk and fruit; canned soup and toast; nuts and dried fruit; fruit salad; peanut butter or Marmite on toast; pita bread and low-fat dips; crumpets; fruit smoothies; yoghurt; rice pudding; sandwiches or filled roll, fruit bread; potato, rice or pasta salad; baked kumara or potato.



FROM THE LIBRARY

Link to the school's Library Blog is below:

<http://gblibrary.blogspot.com>

If you want to recommend books to other students or suggest purchases for the library, use the blog.

Want to know what new books have come into the library? Check out our NEW BOOKS wiki here:

<http://goldenbayhslibrary.wikispaces.com/>

STOCKTAKE

Last year's annual stocktake highlighted a number of popular books missing off our shelves. In the hope that students/parents/caregivers may recognise these books, which may have mistakenly found their way home. I have listed some of the books below:



Afghans, Barbecues & Chocolate Fish by Jane Hingston



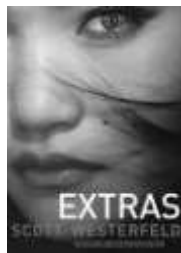
Blade of Fire by Stuart Hill



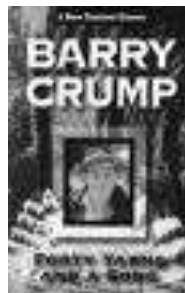
The Game by Diana Wynne Jones



Street Kid: One Child's desperate fight for survival by Judy Westwater



3 Books from the Uglies series by Scott Westerfeld



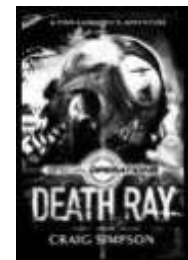
The game by Diana Wynne Jones



The Good Thief by Hannah Tinti



Lost Treasure of the Emerald Eye by Geronimo Stilton



Death Ray by Craig Simpson

Are you interested in joining The Board of Trustees?

Any parents or members of the community interested in becoming a parent representative on the GBHS Board of Trustees are invited to join the next BOT meeting in the GBHS Library on 15 March commencing 7.00pm to get an idea of what the role involves. Prospective Trustees are also welcome to contact any of the current BOT members for information. These are:

Bruce Packard	Board Chair	525 9846
Corina Ward	Deputy Chair	525 8113
Marian Milne	Parent Rep	525 7410
Susi Bailey	Parent Rep & H&S Rep	525 8846
Jodie Grant	Parent Rep	525 8675
Justine Butler	Staff Rep	525 9914
Cherie Chamberlain	Maori Liaison Rep	525 9914
Millie Eggers	Student Rep	525 8291

Swimming Sports 2010

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 ☆ Results in ☆
 ☆ next issue ☆
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School Fundraising Opportunities

If you wish to rid your home of spiders, flies and bed bugs
 contact

RM & Tr Broadhurst
 Chemical Applications
 (E.R.M.A. Approved)
 Ph 525 9607.



Nominate Golden Bay High School and they will donate \$15 to the school for each home they treat.

Eveready Power to learn Promotion



Collect the bar codes from Eveready battery and torch packs and bring them in to the school office.
 We will enter them in the promotion to earn computer equipment.