

12 Waitapu Rd. Takaka

Phone: (03) 525 9914 Email: postie@gbh.school.nz

www.gbh.school.nz

From the Principal, Linda Tame



Tēnā koutou katoa

Whanaungatanga

This year we have a big focus on embedding our 4 values of whanaungatanga, manaakitanga,

kaitiakitanga and wairuatanga.

This term we are looking closely at whanaungatanga. Forming strong and powerful relationships within and beyond our school is important not only for learning but also for wellbeing.

When you visit our school you will see posters showing examples of whanaungatanga. It would be great if you could discuss this value with your student.

School

It was fabulous to see so many students and their whānau at the BBQ. A huge thanks to Home & School for feeding us and a special shout out to Lou for her delicious coleslaw and home made dressings. Whanaungatanga in action!

Great Manaakitanga for Wairoa College - ka pai GBHS students

Thanks to all who supported our house themed mufti day. \$1430 was raised and further bolsted by a donation from the Naylor Love crew working onsite. We have heard back from the College and they are extremely grateful. Many of their students have been severely impacted and their School Council will decide how the money will be spent.

House activities (photo right) What fun was had! See some more photos within!

Turning clean #5 plastic into pegs

A huge thanks to Lawrence McIntyre for involving us in the plastic recycling project. The process was demonstrated at interval on Tuesday. Photos are within!

facebook

Swimming sports – Thursday 9th March 1.45pm

Whānau are invited to join the whole school in cheering on and supporting our finalists from 1.45pm on Thursday 9th March. Please wear sunsmart clothing including a hat.

The morning sessions are for competitors only and not open to spectators. This change is in response to feedback from students about why participation numbers have been declining.

Keeping our students safe – a grumble

I do bus duty every day I am at school at 2.55pm. I do this because our students' safety is of paramount importance to me. We have had two near misses with students and buses this year, and I have Year 7&8 whānau BBQ – thanks Home & lost count of the number of times cars have disobeved the rules.

> I have become so concerned about the number of whānau breaking rules that I have contacted the Police and asked them to step up patrols. I also raised it with the Board of Trustees who asked me to write in Goldie about it.

Yellow lines are there for a reason. Do not stop on them, even for a minute. Visibility is significantly impacted when cars do.

EDITION 3 MARCH 2023

TERM ONE 2022 C	ALENDAR					
7 MarchUniform Sho	p open					
9 MarchSwimming Sports; ¡	oublic from 1:45pm					
15 MarchWednesday;	school starts 9:45am					
17 MarchBack up date fo	or Swimming Sports					
17 MarchGoldie						
21 MarchUniform Sho	p open					
27 MarchBoT meeting						
29 MarchWednesday;	school starts 9:45am					
29 March"The Plan" -	see the ad within					
31 MarchGoldie						
4 AprilYr 7/8 Immu	ınisation					
4 AprilUniform Sho	p open					
6 AprilThursday, Er	nd of Term 1					
Break including Easter						
24 AprilStaff Only Da	ay					
25 AprilANZAC Day						
26 AprilWednesday,	Start of Term 2					
26 AprilWednesday;	school starts 9:45am					
26 AprilUniform Shop	open					

TERM OUT 2022 CH TURKS

Keep clear of the bus bay. It is not a place to turn. It is challenging managing the 9 buses arriving, the pedestrians and small children on bikes on the footpath, and the students crossing the bus bay to waiting cars. Cars turning add further to this hazard.

Most drivers are extremely careful around the school. It needs to be 100%.

Ake ake kia kaha

Linda



If there are any photos or articles or ads you would like put in the Goldie, please email to





ROTARY NATIONAL SCIENCE AND TECHNOLOGY FORUM

This two-week-long nerd-fest was the perfect combination of having fun and exploring the different tertiary and job opportunities within science and technology.

They took us around Auckland University, Massey University, and Auckland University of Technology. Here, we learnt about and explored a range of subjects, my favourites

WERE the Biomedical science and the Biomedical Engineering departments.

Something that was always present at the forum was fun.

From the moment we woke up (by the music being blasted in the hallways.) To the time we went to sleep (running to make it to bed in time before curfew, in order to avoid the unusual punishments from the advisors - I was once made to sing the circle of life while dishwashing liquid was smeared on my forehead like in the Lion King and water was poured over me.)

This forum is the perfect opportunity for those interested in studying science and technology to better understand what tertiary study could look like for them and help them expand or narrow down their study choices. *Molly*





OTAGO UNIVERSITY ADVANCED SCHOOL SCIENCES ACADEMY

At OUASSA we chose two subjects to learn about through practical experiments, I chose Chemistry as well as Biochemistry and Genetics.

In Chemistry, we learnt about nanoparticles and completed experiments relating to what we had learnt. We also completed some fun experiments allowing us to practise using equipment and try out things that we may not get to at high school, like the cool fire explosion happening in my hands.

In Genetics we solved a murder mystery using electrophoresis and created a genetically modified organism by conducting a DNA replication experiment on E.coli.

Phoebe and I go back again in July to present our findings from each of our research projects.

Molly





CANTERBURY SCIENCE CAMP

From the 12-16th December I attended a science summer camp at the University of Canterbury.

Whereby I did taste-testers in Astronomy, Psychology, Physics, Chemistry and GIS at the Ernest Rutherford building. Chemistry was most definitely the highlight of these subjects, as we were making aspirin, however not to be consumed!

We also did a trip to Cass field station and Castle Hill, looking at geology, ecology, weather stations and pest + predator



trapping. Then putting the information we learnt into a presentation for a panel of judges and all who attended the camp, my group's topic was 'Predator Free 2050' and 'The Power of Internet'. Despite not taking home a prize I felt that I had, as my public speaking skills increased as a result of this experience.

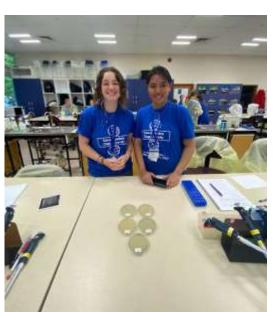
I went into this camp with the aim of trying to narrow down my interests within Science to a specific discipline but the opposite occurred! Which I view to be as a positive as my interests have grown and love for science has expanded. *Phoebe*

OUASSA

My two projects were Marine Science and Genetics. One of the highlights of Marine Science was assisting a PhD student with her research on kelp and the phlorotannin concentrations found within different species and how this differs depending on their location. My science communication medium was filmmaking and my elective was botany, I felt as if I was in a Hogwarts Herbology class during this subject!

Between the two camps, I will be making a short film on water quality, particularly looking at algae. Putting the skills and knowledge I learnt into action. So if anyone has any algae they are willing to spare from rivers or lakes please let me know!

I highly encourage other students to apply to summer courses like these run by universities as it gives you an insight into tertiary life and the possibilities available. *Phoebe*





'The Plan,' hosted by Home & School
29 March 2023...Save the date

The 'must do' event of 2023 for parents and caregivers of tweens and teenagers.

Women In Engineering Canterbury

Sunday 15th January, we met at Tupuanuku the newest Halls of Residence at the University where we met our RA's for the week and the other girls in the program.

Sixty girls from all over New Zealand were selected from 288 applicants to take part in the Women in Engineering program at Canterbury University in the

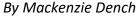
January holidays, I was part of those girls. The program was run by Kim Rutter who is very passionate about bringing more women into Engineering.

The rest of the week was jammed packed with lectures, challenges and social activities which gave us a good idea, what we would be experiencing at the University.

Our challenges ranged from Civil Engineering - building a two storey building to withstand an earthquake, making a len-lye shaker (earthquake simulator), making a solar panel car to race and launching a rocket with Dawn Aerospace.

It was an amazing experience seeing what it would be like

studying Mechanical Engineering and the labs that I would be doing it in. The social side of the Uni and the friends I made - and I can't wait to go there next year!















GOLDEN BAY HIGH SCHOOL SWIMMING MEET 2023 Student & Whānau Programme



Race Rules:

- 1. No entering the pool with any form of temporary body markings.
- No racing in house fancy dress.
- Racing in appropriate / suitable swimwear or competition swimwear.
- 4. Official racing rules outlined by FINA apply to top 3 finishers in finals and when qualified stroke and turn judges are available. This is a school swimming event and not an official sanctioned swimming meet.
- Swimmers may start a race from a dive (deep end only) or a push off.
- Swimmers must stay in the water after their race until the marshall instructs them to leave.
- Individual Competition events (33's, 66's and 100's) no limit on
- Championship winners will be calculated from their best 5 individual events. Refer to the allocation of points section below. Relay results

To encourage active participation for the full event, students who want to represent their house in a relay must participate in at least TWO individual events. Each event is raced in the following order: Junior (Yr's 7 and 8), Intermediate (Yr's 9 and 10) and then senior (Yr's 11-13). Girls will swim before boys.

Student equipment requirements for the day:

- Hats Health and Safety recommendation wide brim that covers face and neck
- Togs Racing in appropriate / suitable swimwear or competition swimwear
- T-shirt or rash vest covering shoulders and upper arms between events
- Sun Cream There will also be school sun cream available,
- Drink Bottle water refilling station will be available in the Pool area.

There will be some shelter on the poolside and it is expected that all students take responsibility to cover up and hydrate regularly. Any extra sun shade provided by parents and students would be helpful.

Student Sign-ups for events

JNR (7&8), Intermediate (9&10), and Senior (11, 12 & 13), girls and boys: 33 Freestyle - Heats and Finals; 33 Breaststroke - Heats and Finals; 33 Backstroke - Heats and Finals; 33 Fly - Heats and Finals 66 Freestyle - Timed Finals; 66 Breaststroke - Timed Finals; 66

Backstroke - Timed Finals 100 Freestyle - Timed Finals; 100 School Individual Medley (Bk, Br, Fr) - Timed Finals

Week 4 Years 7-10: Students will sign-up during PE lessons with their PE teacher

Year 11-13: Senior Form Teachers & Deans will be given a sign-up an online spreadsheet to complete with their classes during Form Time and Whanau Time

Week 5 Monday by interval Any changes to entries must go through Form Teachers (Students in Years 11 to 13) who will email DPL or through the students PE Teacher (Students in Years 7 to 10)

Wednesday by 11am: Entries published and programme confirmed

Wednesday 8th March

Thursday 9th March:

SWIM SPORTS PROGRAMME 2023

LUNCH - 13:15	WHOLE SCHOOL & WHĀNAU INVITED		
	100m Fr - Timed Finals		

Whole School and Whānau/family are invited to watch the lunchtime session on Wednesday 8th March and Session 3 at 1.45pm on Thursday 9th only.

Session 1 and 2 are for competitors only.

LUNCH - 13:15	WHOLE SCHOOL & WHĀNAU INVITED		
	100m Fr - Timed Finals		

8:55	FORM TIME - Swimmers go to Form time.
9.05	WARM-UP 1 - Pool open for students that are racing
9.20	SESSION 1 - COMPETITORS ONLY
	66 FR - Timed Finals
	100 School Medley (raced as Bk, Br & Fr) - Timed Finals
	33 FLY - Heats
8	33 BR - Heats
11.00	MORNING INTERVAL
11.15	WARM-UP 2 - Pool open for students that are racing
11.30	SESSION 2 - COMPETITORS ONLY
	66 BK - Timed Finals
	33 FR - Heats
	66 BR - Timed Finals
Į)	33 BK - Heats
13.00	LUNCH
13.30	WARM-UP 3 - Pool open for students that are racing
13.45	SESSION 3 - WHOLE SCHOOL & WHĀNAU INVITED
	33 FLY - FINAL
	33 BK - FINAL
	33 BR - FINAL
11	33 FR - FINAL
	House Relays
	JNR - Team of 12; minimum of 4 girls and 4 boys
	INT - Team of 12; minimum of 4 girls and 4 boys
	SNR - Team of 12; minimum of 4 girls and 4 boys
	(teams maybe be adjusted on the day due to numbers)
	Staff vs Year 13 Relay
	FINISH

Teaching Timetable for Swimming Sports Day

(non-participants)

Form time	8.55am
Period 1	9.05am
Period 2	10.00am
INTERVAL	10.55am
Period 3	11.20am
Period 4	12.15pm
LUNCH	1.10pm
Houses assemble on the front quad (swimmers entered for finals and relays assemble on poolside)	1:40pm
Houses march onto poolside (order: Red, Yellow, Green and then Blue)	1:45pm
Swimming Sports - Session 3 racing starts	1:50pm
School Finishes	3:00pm

Non-participants are encouraged to dress in house <u>colours</u> to support swimmers during Session 3. They must be dressed before assembling on the front quad at 1:40pm.

SWIMMING SPORTS - RECORDS Updated March 2021						
100 School Medley - Bk, Br, Fr 100 Freestyle						
Jnr Boys	01.23.12	T. Palmer 13	Jnr Boys	1.08.97	L. Egan 21	
Jnr Girls	01.23.66	N. Hunt 91	Jnr Girls	1.12.75	M. Lewis 15	
Int Boys	01.16.71	F. Lewis 15	Int Boys	1.00.97	F. Lewis 15	
Int Girls	01.16.80	N. Hunt 93	Int Girls	1.03.40	C Robinson 85	
Snr Boys	1.07.03	F. Lewis 17	Snr Boys	0.56.72	F. Lewis 17	
Snr Girls	01.14.60	N. Hunt 95	Snr Girls	1.03.30	N. Hunt 94	
	33 Breaststroke		66 Breaststroke			
Jnr Boys	00.25.3s	L. Egan 21	Jnr Boys	0.58.93	L. Egan 21	
Jnr Girls	00.27.66	Summer Dixon 20	Jnr Girls	0.57.03	L. Walsh 02	
Int Boys	00.23.38	O. Micheall 11	Int Boys	0.50.03	F. Lewis 16	
Int Girls	00.23.00	R. Mason 88	Int Girls	0.54.10	R. Mason 86	
Snr Boys	00.20.75	F. Lewis 19	Snr Boys	00.47.5	F. Lewis 17	
Snr Girls	00.23.4	T Kraal 09	Snr Girls	0.51.62	R. Mason 89	
	66 Freestyle			66 Backstroke		
Jnr Boys	00.41.09		Jnr Boys	00.55.56	T. Coughlan 04	
Jnr Girls	00.43.2	M. Mason		00.50.85	H. Coughlan 04	
Int Boys	00.39.38	F. Lewis 15	Int Boys	00.47.2	Tomo Clere 17	
Int Girls	00.39.4	C. Robinson 85	Int Girls	00.51.78	M. Lewis 17	
Snr Boys	00.35.84	F. Lewis 19	Snr Boys	00.42.84	F. Lewis 17	
Snr Girls	00.39.1	R. Mason 89	Snr Girls	00.45.50	R. Mason 87	

Swimming Sports records continued on next page.

	33 Backstroke			33 Butterfly	
Jnr Boys	00.26.78	K weir 17	Jnr Boys	00.22.20	C. Schelbach 98
Jnr Girls	00.21.65	H Coughlan 04	Jnr Girls	00.23.00	M. Uhrle 93
Int Boys	00.22.2	T. Sims 98	Int Boys	00.18.69	F. Lewis 16
Int Girls	00.20.00	N. McDermott 87	Int Girls	00.19.90	R. Mason 86
Snr Boys	00.19.63	F. Lewis 19	Snr Boys	00.17.65	F. Lewis 19
Snr Girls	00.21.00	N. Kotera 99	Snr Girls	00.19.42	R. Mason 89
	33 Freestyle				
Jnr Boys	00.18.81s	L. Egan 21			
Jnr Girls	00.18.42	H. Coughlan 04			
Int Boys	00.17.19	F. Lewis 16			
Int Girls	00.18.1	L. Rua 86			
Snr Boys	00.16.1	T. Burns 95			
Snr Girls	00.18.48	T. Kraal 09			

Year 13 vs Staff Relay

Unofficial record as of the end of 2019: 2 wins to Year 13 vs 19 wins to the staff

Recent official results:

2017: staff 2018: staff 2019: staff 2020: Yr 13 2021: Yr 13

2022: No event held (COVID)

2023:

TSS TENNIS TOURNAMENT PLAYED AT RICHMOND TENNIS COURTS.

Results:

Lewis and Gordie Langford - 1st in division 2 boys round robin Jack Holland and Lief Osborne- 2nd in division 2 boys elimination George McCuskey and Finn Holland- 6th in division 2 boys elimination Clara Struck and Layla Griffiths - 5th in division 2 girls elimination

A huge thank you to Tyler Langford for taking all the students over!













Kia ora e te whānau,

I am very excited to be back working as the Youth Health Nurse for Golden Bay High School. I have extensive experience, since 1994 of working with youth in schools and in medical centres. I will be at GBHS every Monday from 08.30 to 11.45 during term times.

You can pop in to Te Whare Manaaki during this time or text me to make an appointment.

Consults are confidential unless there is a safety concern.

Appointments are free of charge. I can see students for physical, mental or sexual health issues and work closely with other health

professionals in Golden Bay when necessary.

I can assist with blood tests and prescriptions and arranging doctors consults via virtual clinics where necessary.

Please see advert in the Goldie (see below) for the larger range of concerns that students can see me for

I will also be attempting to meet with each senior student (yrs 11-13) individually.

Do not hesitate to contact me by txt 027 203 1213 for appointments or if you have any questions.

Caroline Jones

Golden Bay High School Health Nurse

Confidential Free Service Every Monday 8.30 – 11.30 at Te Whare Manaaki Drop in or text Caroline 027 203 1213

- Vaccination questions
- Alcohol and drug support
- Contraception
- Skin issues, acne and mole checks
- Puberty and period questions
- Helping to stop smoking and vaping
- Muscle sprains and pains
- Whānau and relationship concerns
- GP and health referrals
- ► STI checks
- Sexuality and gender questions
- Diet and weight management

Plus much more including support with GP visits and prescriptions!!



Plastic Recycling









HOUSE ACT--IVI--TIES























Homestays Required

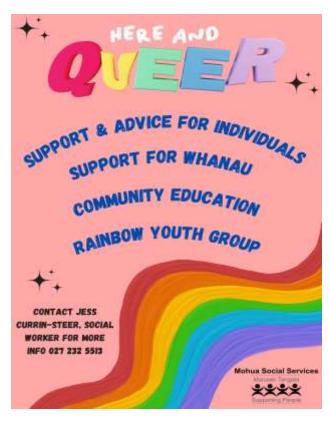


Become a homestay host and contribute to the positive memories International students have of their time in NZ.

We are looking for homestay families to host students for 3-6 months from July 2023.

Great opportunity to experience another culture and develop life-long friendships. You will be paid \$290 per week to provide all meals and accommodation.

If you are interested, please contact Kim Whittall at kim.whittall@gbh.school.nz



SUMMER CHALLENGE ADVENTURE CHALLENGE

I was lucky enough to compete in the 6hr Summer Challenge last weekend in Picton with my 2 daughters, Lani and Anya.

The 4:30am start was a little cruel but worth it for the stunning views as we headed off on the paddle at 6:30am. This was followed by a vertical climb up Mount Oliver for a couple of hours then a 3hr single track mountain bike from Anakiwa to Picton.

To finish off there was a short 5km rogaine with a surprise swim challenge thrown in! We came away 4th in the open 6hr category (only a minute behind 3rd!).

Awesome experience with my girls. (photo right) Fleur Murray (relief teacher and GBHS AR coach)

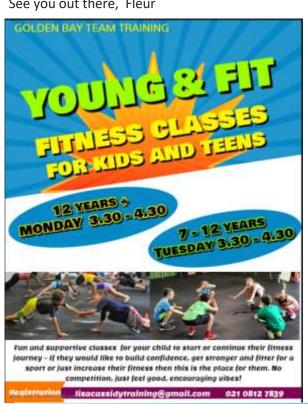
So if the above sounded like fun maybe you'd be keen to try out a few related activities. There's a lot happening in the coming weeks

including Wednesday night sprint series, The Rainbow Rogaine (12th March) and Canaan Downs orienteering (19th March) as well as the Kaikoura Adventure Race in the school holidays.

For more info contact Daphne sports.coordinator@gbh.school.nz or myself Fleur@gbh.school.nz

See you out there, Fleur





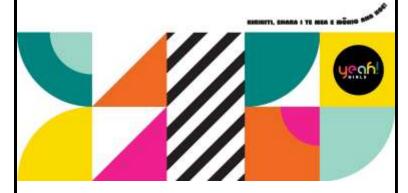








MONDAYS * 3.45-4.45pm Year 9-13 27 Feb - 3 April Takaka Primary Main Field Free



Yeah! Girls is all about getting girls active and playing fun games that are designed to develop some of the skills required in cricket, in a fun and exciting way.

This programme is run by Local rising star Catherine Hockly and promises to be plenty of laughs for all involved.

See <u>Play Yeah Girls | NZC Community Cricket Hub</u> for more info.

For girls to register they can follow this link. Register | PlayHQ

FREE!! All girls who sign up will receive a free bag.

Kaa mihi & Kind Regards,

Naahaku noa, Dustin Emms-Healey Nelson Cricket | Community Cricket Coordinator 0221993970

TSS Enduro Mountain Biking:

5 Stages held at Silvan Forest in Richmond *Results and more photos on the next page.*





TSS Enduro Mountain Biking Results:

5 Stages held at Silvan Forest in Richmond

U14 Boys:

Liam Egan (14th) - 13:03:82 Kiyo Ejima (18th) - 13:42:82 Ashton Stevenson (19th) - 13:48:70 Stirling Cavaye (24th) - 14:00:85
Teilo Harley (25th) - 14:04:99
George McCuskey (28th) - 16:03:63
Lucas Palmer (30th) - 16:40:09
Layton Millar (32=) not completed
(only 3 stages)
Caleb Gould (32=) not
completed (only 3 stages)

U16 Boys:

Teru Green (28th) - 12:41:69 Archie Darwen (35th) - 13:08:64

U19 Boys:

Jack Holland (7th) - 13:43:01

Photos continued below:

















UNIFORM SHOP

The uniform shop will be open for Term One 2023 on



March 7th & 21st.

and April 4th & 26 (Wednesday Term two, after ANZAC day)

Fortnightly on Tuesday this term from 1-2pm (lunch break). Please check with the school office for directions to the Uniform Shop this term.

You will need either cash, or phone internet banking and to show us the transaction before you can take the uniform.

Uniform Acc: 03 1354 0575666-01 and use student's name as reference Any uniform returns must still have tags on the clothing, and not have been worn, thank you.

Any enquiries to Lou Soper 0272259969 chardonnay.nz@gmail.com

Te Whare Kai open every Thursday and Friday



Te whare kai Menu



Wraps

Bacon & Egg \$6.00 Sweet Chilli Chicken \$6.00 Falafel \$6.00

Burgers

BLT Burger \$6.00 Chicken & Sweet Chilli \$6.00

Bacon & Egg \$6.00

Bacon & Egg Muffin \$6.00

Bread Sticks

Garlic Bread \$3.00 Basil Pesto \$3.00 Chilli Cheese \$3.00 Garlic & Herb \$3.00

Pizzas

Vege \$5.50 Hawaiian \$5.50 Meat Lovers \$5.50 Chicken & Plum \$5.50

Paninis

Basil Pesto, Spinach & Cheese \$6.00 Chicken & Cranberry \$6.00 Chicken & Plum \$6.00 Sweet Chilli Chicken \$6.00

Other Savoury Options

Savoury Muffins \$3.50 Stuffed Sausages \$4.50 Tortilla \$3.50 Lasagne Topper \$3.50

Cheese Pinwheel \$3.00

Sweets

Banana Cake \$3.50 Vegan Chocolate Cake \$3.50

Drinks

Juicies \$3.00

Sparkling Mineral Water \$3.50

Building Progress





Te Whare Kai open every Thursday and Friday



