



GOLDIE

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www.gbh.school.nz

GOLDEN BAY HIGH SCHOOL NEWSLETTER

FROM THE PRINCIPAL, LINDA TAME

EDITION 4 MARCH 2022



Tēnā koutou katoa

Move to phase 3

Thank you to all whānau for your support as we move through to the next phase of the pandemic.

Here is a repeat of my email on Friday to you:

There is no longer any contact tracing (other than using the App QR code). The only students and staff required to stay at home are people who are

- positive cases - isolate for 10 days
- live with a positive case - isolate for 10 days and have a test on day 3 and day 10
- unwell - if covid symptoms have a test and if negative remain at home until well

I am attaching a flowchart showing this. I am also sharing a checklist for preparing for isolation.

We will do our utmost to keep some form of face to face learning option for students at GBHS. It is likely, however, that with the inevitable student and staff absences, online learning will need to occur for a significant number of students.

A reminder that the common symptoms of Covid 19 can include one or more of the following:

- a new or worsening cough
- sneezing and runny nose

- a fever
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath

Whilst I am permitted to, I will inform the school community when we have a positive case, but not who it is.

Please do keep your student home if at all unwell, and let me know if they or a member of your household tests positive. Thank you.

Online safety

We regularly hear of students who have been subjected to, or take part in, inappropriate or illegal and/or hurtful online activities.

The GBHS website has a number of very useful resources for whānau and students which is worth exploring:

<https://www.gbh.school.nz/life-online.html> .

Abbey Gilligan has curated material from a number of reputable sources including netsafe.org.nz and icon.org.nz

Student Executive Instagram page

Search for gbhs.students and follow. The Exec are hoping to add this to the regular comms kete.

Itinerant Music lessons

Watch out for the email being sent next week.

Ake ake kia kaha
Linda



Students have begun gathering some of the many resources required for the huge panel that will be created by students and staff, and which will eventually be hung in the new administration block.

Photo below: The boys are carrying branches of kiekie, the leaves of which will be processed and used on the tukutuku panels.



TERM ONE 2022 CALENDAR

8 March	Uniform shop open
16 March	Wednesday; school starts 9:40am
18 March	Goldie
22 March	Uniform shop open
30 March	Wednesday; school starts 9:40am
1 April	Goldie
5 April	Uniform shop open
13 April	Wednesday; school starts 9:40am
14 April	Goldie
14 April	Thursday, End of Term 1
	Holiday including Easter Holidays
2 May	Monday, Start of Term 2

2021 SCHOOL MAGAZINE

NOW AVAILABLE

\$10

Please pay cash at the office.

Board of Trustees – change at the helm

After five years presiding as Chair of the Golden Bay High School Board of Trustees, we reluctantly accepted the resignation of Andy Williams, (*photo on right*) who, now having no children enrolled at the school, has chosen to step down from the role.

Andy has done a fantastic job during this period of change and has provided steadfast support to the Principal during the conceptual and detailed design phases of the new build development.

He is also a driving force behind the solar panel fundraiser and installation project.

We will very much miss Andy's directorship, but are happy to say that he stays on as a board member for the moment, focussing on the building project, and so his experience (and humour!) is still available to us.



On a brighter note, we are delighted to welcome Susi Struck (*photo on left*) as the new Chair, having presided as Deputy Chair for the past two years. Susi has been a Board member since May 2016, has shown great enthusiasm and made valuable contributions to the school's governance during her almost six years of service.

She currently has two daughters (Pippa Y13 and Clara Y8) enrolled at the school, so maintains a well-rounded view of the school's operation. We look forward to working with Susi at the helm and wish her all the best and offer her our utmost support in her new role



Plastic recycling machine



Lawrence McIntyre and Paul Whitaker from Waitapu Engineering demonstrated a machine they have constructed following a design provided by the European non-profit company Precious Plastic.

It shreds plastic, like milk bottles, their tops, and juice bottles and turns them into clothes pegs.

The shredding part of the machine is complete and is situated at school now.

At the end of the year, the part of the machine that melts the plastic and moulds it into pegs will be added.

All moving parts have high-security features and can easily be seen and observed.

What a wonderful learning resource!





A head student from the past

Carl Hadler was Head Boy at GBHS in 1985. Carl was also Proxime Accessit (runner up to the Dux). He is pictured here with 2022 Head Students Imogen Harris and Isaac Pawley. Carl works for ERS and is installing the new heating system. From 1990 to 2020 there were no Head Students at GBHS.



A team effort

Students help Central Takaka School whānau with a piece of our old pool cover which they will reshape to fit their pool. A piece was also given to Motupipi School.



Welcome back Miss West



We are really delighted that Georgina West has agreed to come back and teach our 2 senior NCEA and year 7 Art classes after Enfy's Bellamy's resignation. Thank you Miss West for dropping everything and coming to assist us. Georgina taught Engineering several years ago when Ben Knoef was on study leave, however, Linda first worked with her when she taught Art to Year 13 at Lincoln High School.

STUDENT EXEC NEWS

The student exec has made an instagram page! Follow us @gbhs.students on instagram or scan this QR code with your instagram story camera to follow us automatically. We will be posting pictures of what the student exec and other students are getting up to. As well as updates and reminders about events and mufti days!



TE WHARE KAI

HEALTHY HOMEMADE GOODNESS

Te Whare Kai, our School Canteen, is open on Thursday and Friday at morning break and lunchtime.

Wraps \$5
Pizza \$5

S/Chilli or Garlic Bread sticks \$2.50



Tennis tournament

Lief:

We played hard as a team and Individually and also had a lot of fun. We didn't do quite as well as we hoped but I'm confident we'll come back strong in the next tournaments.

Lewis:

Even though we got destroyed at the tennis tournament it was a great opportunity to build our skills and great fun to play with my friends.

Jarrah:

It was really fun.

Rohan:

Even though we didn't do as well, I still really enjoyed it, and learned a lot, I'd say we did really well for only one day of training, my only downside is if we knew earlier, so we could train more.

And a huge "Thank You" to Brian Nesbit and Sharon Morrison for transporting us and helping us out on the day!



**SIGN
OUT**

The GBHS GUIDE to SIGNING OUT QUICKLY:

1. Bring a note from home explaining where you are going or why you need to leave the school grounds. Valid appointments only!
2. Show it to your Form Teacher and/or Dean.
3. Ask them to sign it.
4. Bring it to the office and show it to the office person when it's time to go.
5. Sign out- put your note on the spike.
6. Away you go. Easy!

Y9 Home Ec Ryan and Kahu



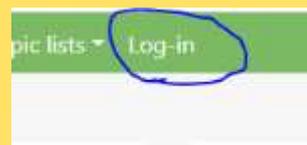
LIBRARY NEWS

With the intro of Hybrid Learning, the High School Library is taking advantage of Click & Collect.

If students are working from home and require a Library book, follow the instructions below, then email the Library so your book can be delivered to you.

LIBRARY CLICK & COLLECT

- First go onto Library Search by going to -
- GBHS Dashboard - E-links - Student Hub
- Scroll down the page until you get to -
- Library Search



To browse for books, LOG-IN in the green bar, using the first part of your email address and your PC log in.

Once in use Quick Search to search for the book(s) you want, click on RESERVE at the bottom of the window and it's all yours.

Wait for the email notification.

If you are working from home, please email the Library to arrange delivery Library@gbh.school.nz



Photos this page:
Exploratory
Studies
designing,
planning and
testing the
design of a
mural to go on a
site in Rototai
Road.



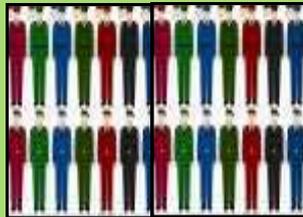


7S in Home Ec making cheese scones



UNIFORM SHOP

The uniform shop will be open for
Term One 2022 on
8 March,
22 March, 5 April



Fortnightly on Tuesday from 1-2pm (lunch break).

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 ; please use 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



REGISTRATIONS ARE OPEN!!

GO TO
SPORTY.CO.NZ/GOLDENBAYAFC

OR DOWNLOAD THE SPORTY NZ APP
& LOOK UP GOLDEN BAY ASSOCIATION
FOOTBALL CLUB.
TEAMS ARE FORMING FAST.

DON'T BE LATE TO JOIN THE FOOTBALL
MOVEMENT.

Wanted Urgently!

WANTED Urgently! Actors for a spectacular play, "The Royal Hunt of the Sun".

There are speaking and non-speaking roles, female and especially male. Wonderful costumes and a look at the Spanish invasion of the Incas in Peru, in quest of gold.

Contact the director
Gary Bowden Ph 5258103



Questioning your sexuality or gender?

Want to talk to someone with lived experience?

Don't know how to tell friends and whānau?

Want to come out but don't know how?

Have desires but don't know who to ask?

My name is Jess. I'm in a same-sex marriage and a Social Worker. If you want to talk confidentially, you can text me on 0272329913

Mohua Social Services
Māhaka Tangata
Whānau Ora
Supporting People

GBHS SOCIAL WORKER
Confidential Free Service
Every Tuesday 12.15 – 3.00
at Te Whare Manaaki

Drop in or text Conny 027 282 3539

- Help to make plans to increase your wellbeing
- Share information and build links to other agencies and services
 - Someone to talk to if you have personal safety concerns
 - Build your confidence and wairua
 - Help problem solve sticky situations

Come and talk and see if I can help or find someone who can.

Golden Bay High School Health Nurse

Confidential Free Service
Every Monday 8.30 – 11.30 at Te Whare Manaaki
Drop in or text Chloe 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
- ▶ Blood tests and GP referrals
- ▶ STI checks
- ▶ Sexuality and gender questions
- ▶ Diet and weight management

Plus much more including support with GP visits and prescriptions!

Periods are a fact of life for half the population.

Period.

Get your free period products now from Abbey

Information about the Stop Smoking Service

- This is a **free, face-to-face** and **confidential** service.
- It is available to everyone in the Nelson Marlborough region who smokes.
- The service is delivered in partnership with the Nelson Marlborough Public Health Service, Te Piki Oranga and regional primary health organisations.
- It provides clients with intensive one-on-one quit smoking support, community-based clinics, workplace support and home visits (in some areas).
- People can refer themselves to the

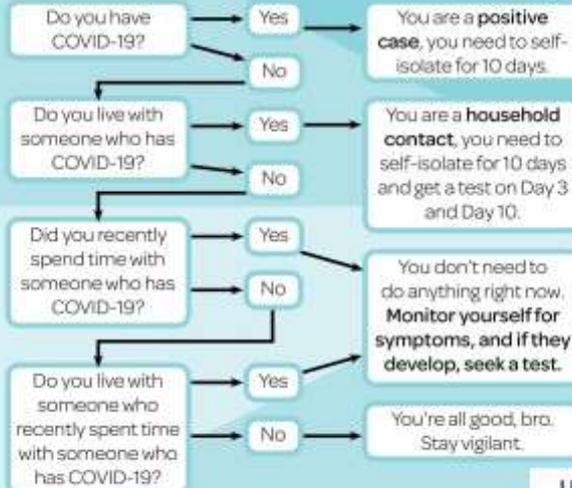
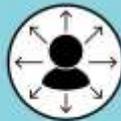
service, using the free phone number or email.

- Nicotine replacement therapy and information about other quit smoking products and services are provided.

There is also an intensive program for pregnant woman called **Pēpi First** that uses incentives to help support and motivate women as they journey to becoming smokefree.

Phone 0800 667 665 (0800 NO SMOKE)
Email: smokefree@nmdhb.govt.nz
www.nmdhb.govt.nz/stop-smoking-services

What type of contact are you?



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New Zealand Government

Unite
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COVID-19

Celebrate, Remember, Fight Back!

RELAY FOR LIFE

Register NOW!

Relay **your way!**
Nelson Tasman
Let's do something remarkable together!

relayforlife.org.nz/nelontasman

NAMING SPONSOR
G.J. Gardner. HOMES

RELAY FOR LIFE
CANCER SOCIETY
NEW ZEALAND

Have the kōrero - make a plan!

COVID-19: Our Isolation Plan

Being ready helps to keep us all safe

If someone in your household gets COVID-19, your whole household will need to isolate until everyone has fully recovered (3 days symptom-free).

Omicron spreads fast - everyone in the house may catch the virus.

So be ready, make a plan and have a kōrero.

→ WHAT YOU NEED TO PLAN FOR

- Getting food and supplies – organise with friends, whānau or neighbours to do contactless drop offs.
- Mahi work and/or iura school(s) – prepare to work and/or study from home.
- What happens with children; other dependants, or shared custody arrangements?
- If you require care services – decide if you need to isolate together.
- How will you try and minimise the spread to household members who are not unwell?
- Find activities to help pass the time.

→ KNOW AND SHARE YOUR PLANS

- Kōrero together – ensure everyone in the household, including kids, knows what will happen when you need to isolate.
- Share plans with those supporting and helping you (or who you are supporting).

→ IN CASE OF EMERGENCY

- Most of us can recover safely at home. If you need advice or your symptoms worsen, call your doctor, health provider or Healthline on 0800 358 5453.
- If you are having trouble breathing, call 111 immediately.**
- Have personal information ready, including: full names, birth dates/ages, NHI numbers, medical conditions and prescriptions, GPs/health providers and other emergency contact details
- Prepare instructions for pets, plants or paying bills, just in case you need to recover away from home.

→ STAY CONNECTED

We are all in this together, and we will get through together.

- Stay connected – arrange regular catch-ups with your whānau, friends and community. If you are isolating, make sure these are online or by phone.
- Support your friends, whānau and workmates to make their plans to get ready.
- Find out what your community is doing – is there a group making meals to freeze, sharing planning tips, or just staying in the know?

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

Checklist: Get things ready to isolate

* check expiry dates and follow instructions, especially with medications

- | | |
|--|---|
| <input type="checkbox"/> Tissues | <input type="checkbox"/> Paracetamol and/or ibuprofen |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Drinks and other medications that help with cold and flu-like symptoms, like lemon tea with honey, cough syrup |
| <input type="checkbox"/> Sanitiser | <input type="checkbox"/> Practice healthy habits like coughing/sneezing into elbow and washing hands to reduce the spread of germs. |
| <input type="checkbox"/> Masks | <input type="checkbox"/> Could ventilation be improved? Even opening windows will help to get rid of the virus. |
| <input type="checkbox"/> Cleaning products & gloves | |
| <input type="checkbox"/> Rubbish bags (try and have separate bags for tissues before putting in main rubbish bags) | |

→ Ways to feel better if you're māuiui unwell

For tiredness, fever, aches and pains:

- Get plenty of sleep and rest to help your body recover
- Stay hydrated by drinking plenty of fluids
- Take medication like paracetamol or ibuprofen

For coughs, sore throats or blocked noses, try:

- Hot lemon and honey or kawakawa tea
- Saltwater gargling
- Chest vapour rubs
- Nose and throat treatments, like sprays
- Cough syrup or soothing lozenges

→ Looking after your mental wellbeing

- Try to be kind and gentle with each other as isolating together for some weeks may have its ups and downs
- Acknowledge your feelings – becoming anxious or stressed is a normal response when times get challenging
- Try and stick to routines where possible
- Put a limit on any time online and get some fresh air
- If you start to feel overwhelmed, speak with a trained counsellor any time, day or night - free call or text on 1737
- For more advice: Covid19.govt.nz/mental-wellbeing

→ Contacts for support services

- | | |
|--|--|
| <ul style="list-style-type: none"> COVID-19 Healthline: 0800 358 5453 Healthline: 0800 611 116 (for advice on other health matters) PlunketLine: 0800 933 922 (for health advice regarding babies or children) Family Services: 0800 211 211 | <ul style="list-style-type: none"> Mental health support: call or text 1737 Alcohol Drug Helpline: 0800 787 797 Work and Income: 0800 559 009 Rural Support Trust: 0800 787 254 Business support: North Island 0800 500 362 and South Island 0800 505 096 |
|--|--|

For more information, head to: Covid19.govt.nz