



GOLDIE

12 Waitapu Rd, Takaka
Phone: (03) 525 9914 Email: postie@gbh.school.nz
www.gbh.school.nz

GOLDEN BAY HIGH SCHOOL NEWSLETTER

FROM THE PRINCIPAL, JONO HAY

EDITION 15 MARCH 2024



Tēnā koutou katoa,

Swimming Sports March 1st

Swimming sports was a great success with beautiful weather, good participation, competition and a really positive atmosphere. Thank you to all that were involved as competitors, officials, organisers and spectators for making the event one to remember. With regard to the

house competition, the results were:

HOUSE PLACINGS

1ST

2ND

3RD

4TH

Athletics Day - 22nd March

The next big event on the calendar is Athletics. It is really pleasing to get this event back up and running after a hiatus of three years. This year, the event will be held at the Rec Centre. Students can go directly to the venue in the morning or arrive at school to be transported by bus. Whānau are welcome to attend and support. I look forward to seeing you there.

Values - Whanaungatanga

Te Waka Kura ō Mohua has four values. These are whanaungatanga, wairuatanga, kaitiakitanga and manaakitanga. Whanaungatanga is the focus for this Goldie.

Whanaungatanga is being part of a larger whole and knowing where one sits and fits. It includes the right to belong and participate but carries the responsibility to accord all others the same privilege. It is about interdependence and not independence.

Whanaungatanga is the process of establishing links, making connections and relating to the people one meets by identifying in culturally appropriate ways, whakapapa linkages, past heritages and points of engagement.

TERM ONE & TERM TWO 2024 CALENDAR

22 March	Athletics Day
26 March	Uniform Shop open
27 March	Wednesday; school starts 9:45am
28 March	Goldie
29 March	Good Friday
1 April	Easter Monday
2 April	Tuesday, School Easter Holiday
9 April	Uniform Shop open
12 April	Goldie, End of Term 1
25 April	ANZAC Day (in the term break)
29 April	Monday Start of Term 2
8 May	Wednesday; school starts 9:45am
10 May	Goldie
16, 17 May	Yr 11 Work Experience
22 May	Wednesday; school starts 9:45am
24 May	Goldie

In practice, this means including the whole community and whānau in wrap-around support for our rangatahi. Communicating and creating a sense of connection through shared experiences, respect and awareness of others with connection to our community, history and the wider world.

Our ongoing focus is to maintain a school environment and culture that embodies and reflects Whanaungatanga. Ultimately, a sense of belonging and connection underpins learning.

Ake ake kia kaha

Jono Hay



Whanaungatanga



Manaakitanga



Wairuatanga



Kaitiakitanga

SWIMMING SPORTS 2024

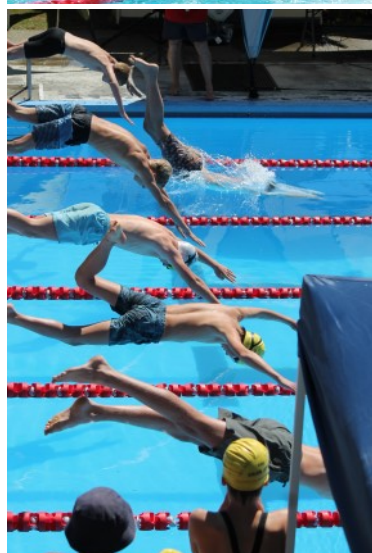
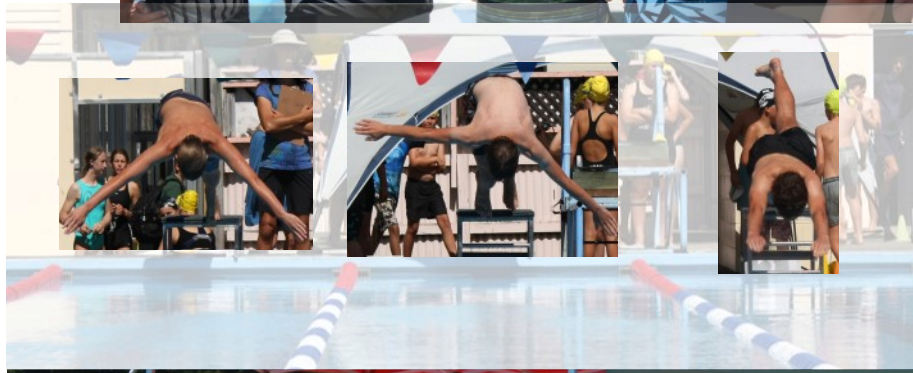
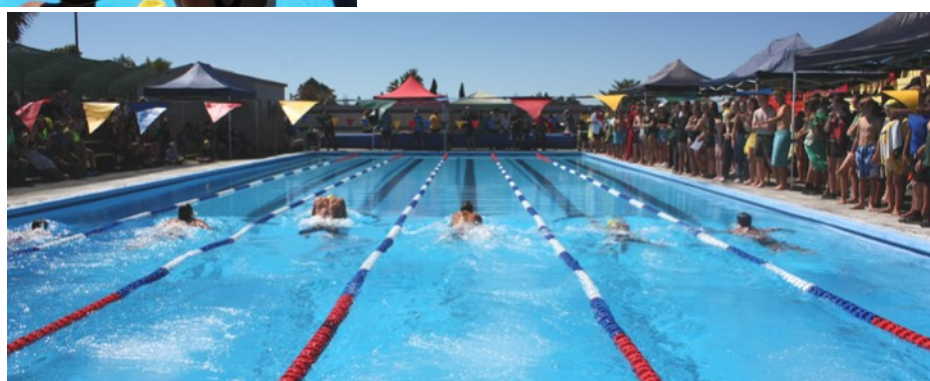


Photo credits: Rian Baker, Tyko Morrison & Miss Robbie



2024 GBHS Swim Champions

Junior female:

1st Tessa- Rose Sheehan
2nd Amelie Harrison
3rd Olive Markham

Junior male:

1st Sam Hames
2nd Lokesh Gleeson
3rd Hendrix Housley

Intermediate female:

1st Zara Hames
2nd Clara Struck
3rd Frankie Whiting

Intermediate male:

1st Jasper Dimmock Van Son
2nd Henry Anderson
3rd Angus Dench

Senior female:

1st Stella Scotland
2nd Chloe Hames
3rd Amalie Harris- Macready

Senior male:

1st Liam Egan
2nd Lief Osborne
3rd Gonzalo Vasquez- Jouannet

LOST PROPERTY

There is a LOT of lost property, including **many** puffer jackets.

We will have a display soon, but in the meantime please send your student to the office to collect lost items.

Thank you.



Take a look at our great new Library space. There are good rooms for studying, and if you need help finding a title or a topic to read, Angela is always ready to assist.

Have a look at the library search blog

lib.gbhs.school.nz

This can also be accessed through Student Hub; click on Library Search



STUDENT ABSENCES

You can contact the school in any of the following three ways:

Call the school landline on
03 525 9914

Text the school cell phone
027 923 5931

Or

email absences@gbhs.school.nz



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!!

Full Day Programme for Athletics Day Friday 22nd March

Thursday 21st - 3pm Final confirmation of event running (in case of any weather problems) In the event of any weather problems, a normal school day will occur on Friday 22nd March, and Athletics will be postponed until Tuesday 26th March.

Map of Athletics Day layout, and events in each rotation, are on the next page

Friday 22nd: 7:00am...SET-UP STARTS at GB Recreation Centre. Student Exec, House leaders and Staff to set up event equipment.

8:00 - 8:55am.....WARM-UP. Athletics track will be open.

Students are not to use any of the field event equipment.

8:25am.....Transport - Meet Students and staff requiring transport from school must gather at the bus bay located on the Rototai Road side of the new building (Tainui) by 8:25am.

Students who arrived on a school bus from home must get off their bus and line up.

8:35am.....Buses - Loading. Students and staff begin loading onto the buses.

(To be coordinated by GT and CST)

8:40am.....Buses - Depart. Buses leave GBHS and go to Recreation Park

8:50am.....FORM TIME. Meet in form rows & roll taken, in the middle of the 400m track

400m runners to go to the Start/ Finish marshalling area -

Rolls will be taken at marshalling area for 400m runners

8:55am.....Students go to house areas

8:55am.....400m HEATS

9:20am.....Rotation 1

9:55am.....Rotation 2

10:30am.....BREAK.....Students go to house areas

10:45am.....Rotation 3

11:20am.....Rotation 4

11:55am.....400m FINALS

Students that have qualified go to 400m start. All other students go to their house area.

12:15pm.....LUNCH. Students go to house areas

Triple Jump (INT & SNR only)

House leaders need to have their relay teams organized by the end of lunch

12:45pm.....Rotation 5

1:20pm.....Rotation 6

1:55pm.....100m FINALS

Students that have qualified go to 100m start. All other students go to their house area.

Athletics Day Programme continues over page...

Athletics Day Programme continues...

2.10pm.....200m FINALS

Students that have qualified go to 200m start.

All other students go to their house area.

2.20pm.....JNR and INT Girls and Boys Relay teams to assemble at their starting points

2:25pm.....HOUSE RELAYS - 4x100m:

JNR Girls, JNR Boys, INT Girls, INT Boys, SNR Girls, SNR Boys,

Staff vs Year 13 Relay

2:45pm.....800m - Timed Finals

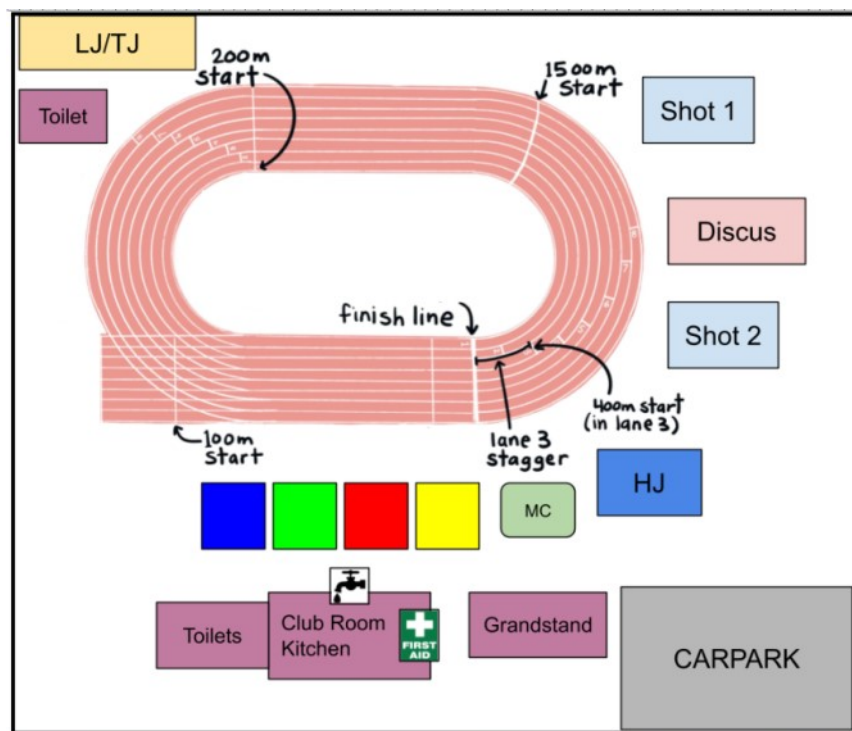
JNR Boys and Girls, INT Boys and Girls, SNR Boys and Girls.

Students wanting to do the 800m will need to have private transport from the Rec Park as the buses must load at 2:40pm.

2:45pm.....Buses - Loading. This is for students or staff who need transport back to school or are using the school transport to get home (To be coordinated by GT and CST)

2:50pm.....Buses - Depart. Buses leave and return to GBHS; then normal bus runs to commence

3pm.....FINISH & PACK-UP. Student Exec, House leaders and Staff to pack up event equipment.



Events and Rotations Timeline

8:55am	400m Heats	
Rotation 1	JNR Boys	Discus
	JNR Girls	Shot
	INT Boys	100 Heats
	INT Girl	100 Heats
	SNR Boys	Long Jump
	SNR Girls	High Jump
9:20am		
Rotation 2	JNR Boys	100 Heats
	JNR Girls	100 Heats
	INT Boys	Discus
	INT Girl	Shot
	SNR Boys	High Jump
	SNR Girls	Long Jump
9:55am		
10:30am	BREAK	
Rotation 3	JNR Boys	Shot
	JNR Girls	Discus
	INT Boys	Long Jump
	INT Girl	High Jump
	SNR Boys	100 Heat
	SNR Girls	100 Heat
10:45am		
Rotation 4	JNR Boys	200 Heat
	JNR Girls	200 Heat
	INT Boys	High Jump
	INT Girl	Long Jump
	SNR Boys	Shot
	SNR Girls	Discus
11:20am		
11:55am	400m Finals	
12:15pm	LUNCH	
	Triple Jump (INT & SNR only)	
Rotation 5	JNR Boys	Long Jump
	JNR Girls	High Jump
	INT Boys	200 Heat
	INT Girl	200 Heat
	SNR Boys	Discus
	SNR Girls	Shot
12:45pm		
Rotation 6	JNR Boys	High Jump
	JNR Girls	Long Jump
	INT Boys	Shot
	INT Girl	Discus
	SNR Boys	200 Heat
	SNR Girls	200 Heat
1.20pm		
1.55pm	100m Finals	
2.10pm	200m Finals	
2.25pm	Relays	
	JNR Girls	
	JNR Boys	
	INT Girls	
	INT Boys	
2.45pm	800m Timed Finals	
	JNR boys and Girls	
	INT boys and Girls	
3pm	JNR boys and Girls	
	Finish and Pack-up	

SCIENCE



Photos above and right: Science dissections continue, despite the temporary lack of a lab space. Year 7 & 8 moved their desks outside off the carpet and dissected pigs' eyes recently.

Photos below: Some Year 10 students completed a hare dissection and looked at a jointed bone.



2023 SCHOOL MAGAZINE
ON SALE AT THE OFFICE FOR \$10

Remember...
 If there are any photos or articles or
 ads you would like put in the Goldie,
 please email to
goldie@gbh.school.nz

Health consultation - Years 7 to 10

Every two years GBHS invites the parents and guardians of the students of the school to provide us with your views and ideas of what should be taught in our Years 7 through to 10 Health education program.

This is a Ministry of Education requirement and all schools look to invite their communities to consult on this important curriculum area.

If you are interested in taking part in this

consultation, please click on the link below. This will take you to a questionnaire and also information on our Health programmes.

<https://forms.gle/GZ5HsWtEa8fuWXvX8>

When you go to this link, there is a further link to the Health programme booklet.

The questionnaire will close off on Monday 25th March.

Any questions please contact Dan Padial
dan@gbh.school.nz

UNIFORM SHOP

The uniform shop will be open for Term One 2024 on



March 26th and April 9th

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, please.

Any uniform returns must still have tags on the clothing, and not have been worn, thank you.

Any enquiries please speak to the new uniform co-ordinator

Maki Reed

Email gbhsuniforms@hotmail.com

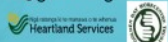
HOOKED ON CROCHET



When: Tuesdays 3:30 - 5:30 (Term 1)

Where: Golden Bay Work Centre Trust Classroom
84 Commercial Street

Enrol: email heartlands@gbwct.org.nz



Free
12-18 years

COME HANG OUT WITH US!

AT THE

LIBRARY

AFTER

SCHOOL

THURSDAY 3.30 - 4.30PM

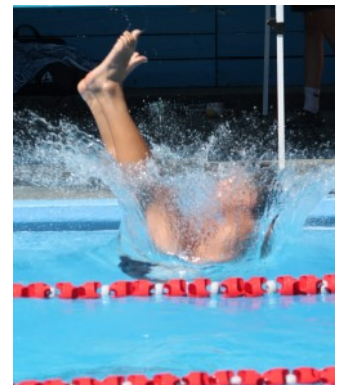
FORTNIGHTLY



REGISTER ONLINE OR
AT THE LIBRARY



Photo credit Rian Baker,
capturing a "Manu" at our
recent swimming sports.



NBS | Community
We believe. We invest.

Takaka Rugby Football Club

**Thinking about playing rugby?
WE WANT YOU!!**



Everyone is welcome to register with our club for the 2024 season.

Subs are low, bus travel is free and so are the sausages. The more kids playing the merrier.

For more info email takakarfc@gmail.com or call/txt Clarissa on 0272112535



YOUTH FIRE PERFORMANCE PROJECT

GOLD COIN DONATION

REHEARSALS ~ MONDAY'S 3.30 - 4.30PM

29TH MARCH - 17TH JUNE

PERFORMANCES ~

FRIDAY 21ST JUNE & 5TH ~ 7TH JULY



Limited Spots ~ Bookings essential

Email info@gbarts.org.nz

to book your spot

FOR FEMALE AND NON-BINARY PARTICIPANTS
AGED 12 - 18 YEARS



Golden Bay Community
ARTS COUNCIL

Tasman District

creative
COMMUNITIES

TRASH PALACE

SPORT TASMAN
more people. more active. more often.



Rainbow Rogaine

While everyone else was vying for the elusive gold nugget at the Tinburn, a hardy crew were up at 5am to ensure a pre-6am departure to St Arnaud in support of the Motueka HS Adventure Racing Team fundraiser.

This was a great opportunity to get in navigation practice before the Kaikoura Adventure race in April.

We had two teams in the youth (U20) category; Layla headed off with Emmy and Grace (both new to rogaining), to show them what it's all about while Clara and Frankie used the opportunity to hone their navigation skills.

Meanwhile Ash and Daphne competed in the family event and Lani and Fleur in the Open Womens.



Maps were handed out at 9am and then came the decisions on how to score the most points and still make it back within the 3hr time limit.

The weather gods were on our side with a clear but cool start and only a bit of low cloud with around 200 competitors racing off in all directions.

"We had great teamwork and I had a very enjoyable time" (Emmy)

"We caught up to a team from Garin who were hilarious, sending their runner off to get the control without a map and yelling to him all the time. Not something I'd recommend. We crossed paths several times and I think they were surprised afterwards when we compared our scores and we'd beaten them" (Lani).

Results:

Team name "I woke up at 5am to do this" (Layla, Grace & Emmy) 16th 960 points (U20)

"Us 2" (Clara & Frankie) 9th 1330 points (U20)

"The Takaka Clan" (Daphne & Ash) 6th 1390 points (family)

"Mum made me do it, again" (Lani & Fleur) 2nd 1530 points (open Womens)

Upcoming orienteering events include:

Sprint series at Motueka High school, Wednesday 20th March

Forest event St Arnaud, Sunday 24th March .

Free membership of Nelson Orienteering Club as we have paid a school membership to the club. This means you can click 'member' when you enter any NOC events (saves you \$\$).

TEENS AFTER SCHOOL FITNESS SESSIONS

3.30 - 4.30PM MONDAY
rec park centre

\$12 casually or \$90 for 9 weeks

Starts Monday 12th February

Message us to book

021 0812 7839

lisacassidytraining@gmail.com



Suicide Prevention Simple Skills for Communities

Facilitated by NZ's Most Experienced
Suicidologist Dr Annette Beautrais

This free workshop will provide essential skills for those working in the community.

- Discover facts and information on suicide prevention
- Learn simple skills for recognising and responding to distress or suicide risk
- Gain tips for managing stress and self-care
- Understand how to look after your mental health

This workshop is valuable for those working with youth, church and youth group leaders, sports coaches, health and allied health practitioners, teachers and school counsellors and first responders.

Dr Annette Beautrais is New Zealand's most experienced suicidologist. She has been studying suicide research and prevention and educating others on suicide prevention for the past 27 years. Annette is an Adjunct Professor at the University of Canterbury and Suicide Prevention Coordinator at the Te Whatu Ora - Waitaha. She has worked with the World Health Organisation and served on the board of the International Association for Suicide Prevention.

Age limit for attendance is 18+ years

Tuesday 26th March 2024
6.00pm to 9.00pm

Venue: Golden Bay Recreation Park
Centre, 2032 Takaka Valley
Highway, Takaka 7101

Tea, coffee and biscuits will be available

Exec Fun Lunchtime Football



TSS Mountain Biking



Kaikoura Adventure race 19-21st April 2024

check out the website kaikouraadventurerace.co.nz



Year 7 & 8 - We encourage athletes to enter in the family grade, (no school involvement).

To enter as part of a school year 7 & 8 team, athletes must meet the following requirements:

Have done a Rogaine or a Yellow course as a team before entry on the 31st March

All Junior teams must have their own team manager (preferably someone who knows what they are doing)

Juniors are responsible for their own transport.

Gear must be brought into school the week before to be checked.

Year 9 and above

To do a 6 hour they should have previously done a 3 hour event or some equivalent (or if they haven't, this would be at coaches discretion).

Need to have experience in a map route choose either as a 3 hour Rogaine or equivalent

They need to be competent on the day to manage themselves at each transition. Adventure Racing these days are becoming more and more unsupported.

12 hour entries are at the discretion of the school and require a parent manager for each team. This is due to travel distances and wait times

You can enter a team in the 3 hr or 6 hr (open school event).

Once signed up, a non-refundable deposit needs to be paid by 31st March. We will have a parent and student meeting prior to this date for a comprehensive briefing.

Thanks, Daphne 0211306655 and Fleur 0275256117



More of the recent TSS Mountain Biking.

