



# GOLDIE

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[www.gbh.school.nz](http://www.gbh.school.nz)

## GOLDEN BAY HIGH SCHOOL NEWSLETTER

FROM THE PRINCIPAL, LINDA TAME

EDITION 13 MAY 2022



Tēnā koutou katoa

### Back after a good rest

We have surveyed all students who were at school last Wednesday and asked them about their

break, what they are looking forward to, and about concerns regarding Covid and their learning. Deans have looked closely at the data.

As would be expected, many of our senior students in particular are concerned about the interruptions to their learning.

On a positive note, there is much anticipation and excitement for Lipsync, which is scheduled for Week 9.

### Covid Cases continue

We are continuing to have positive Covid cases. Thank you for keeping sick students at home and for letting us know when members of your household test positive.

### Adventure Racers

A huge thank you to Fleur Murray and Daphne Dijk for taking 26 students to Kaikoura for the South Island Adventure Racing Championships during the break.

A full report is inside this Goldie.

### Staff Only Day 20<sup>th</sup> May

On Friday 20<sup>th</sup> May, all 'top of the south' Secondary Schools have a Ministry of Education Staff only Day for NCEA and curriculum change planning. One of the key foci will be the changes to literacy and numeracy requirements.

### Feedback from the Police

Alcohol continues to cause problems for a small number of students. Breaking the law can result in hefty fines for those supplying alcohol. If you are holding a party for your teenager, make sure you are following the law.

Sergeant Davies is also very concerned about the number of students taking passengers when on a restricted licence, quite often with parental knowledge.

At a previous school I was Principal of three 15 year old girls died in a crash at the hands of a driver on a restricted licence – there was no alcohol, no speeding, no phone and it was light. I agree with Jono, don't take the risk!

Ake ake kia kaha

Linda



### TERM TWO 2022 CALENDAR

17 May	Uniform Shop open
19-20 May	Year 11 Work Experience
20 May	Staff Only Day (MOE)
25 May	Wednesday: school starts 9:40am
25 May	Home & School AGM, 7pm
27 May	Goldie
31 May	Uniform Shop open
6 June	Queen's Birthday Holiday
8 June	Wednesday: school starts 9:40am
10 June	Goldie
14 June	Uniform Shop open
14 June	2-8pm Teacher/Student/Whānau meetings Y11-13
17 June	Cross Country/ Fun Run
22 June	Wednesday: school starts 9:40am
23 June	Goldie; Staff Only Day
24 June	Matariki Public Holiday
28 June	Uniform Shop open
29/30 June	Lipsync (TBC)
5 July	2-8pm Teacher/Student/Whānau meetings Y7-10
6 July	Wednesday: school starts 9:40am
8 July	Goldie; End of Term Two
25 July	Start of Term Three

Photo below: Adventure Racing Kaikoura Junior Division teams "Fred", "The Golden Girls", "Bob" and "Mohua's Magnificent Mini Maestros". Read the story on page 4 written by some of these students on how they fared.

Photo below: Winners!





### Year 8's Acknowledge the ANZACs

Once again Covid has interrupted the usual events that are celebrated with the whole school in attendance; our annual ANZAC service being a casualty this year.

However, the Year 8's have been undertaking a study of our involvement as a nation in World War 1 and so on the last day of term we held our own mini-commemoration.



Students laid out the crosses representing the men lost from Golden Bay and Stirling Cavaye explained the significance of them. Grace Lavers read two verses from Laurence Binyon's poem 'For the Fallen' and past student Ben Bickley played 'The Last Post'. *Katrina Robbie*



## Home and School – 'SHOUT OUT' FOR ASSISTANCE



Home and School is a small but mighty group of enthusiastic parents and caregivers passionate about supporting academic, cultural and sporting opportunities for our school community.

We urgently require new, like-minded members who wish to help us continue with the valuable contribution Home and School makes to the students and the families of Golden Bay High School.

The committee meets once a term. Meeting dates for the remainder of 2022 are 25 May, 10 August and 16 November. If this is something you think may be of interest to you, we encourage you to come to the

**AGM on Wednesday 25 May 2022  
at 7pm in the school library.**

Without new members it is likely we will have no option but to cease the Association.

Further information on the contribution Home and School made to the school community in 2021 is outlined in this edition of the Goldie. Should you have any questions, please don't hesitate to contact us by email:

[homeandschool@gbh.school.nz](mailto:homeandschool@gbh.school.nz) or referring to the Home and School page on the school website: [www.gbh.school.nz/home--school](http://www.gbh.school.nz/home--school).



### ORIENTEERING CHAMPIONSHIPS

Isaac, Anya and Lani competed in the NZ Orienteering Champs over 4 days at Easter. Four intense days, with a Sprint at Nelson College, followed by 2 days at Canaan Downs and finally a relay at Rabbit Island.

Isaac had the best chance of gaining a medal in a very small U18 field, and came away with a 2nd in the Long distance, great work Isaac.

Anya stepped up to Women's Elite (W20E) gaining top 10 placings while Lani was in W16A also with top 10 placings. Lani combined with 2 other young orienteers from Nelson to take out the NZ Mixed Open Relay on day 4.

*Photo right: Lani's Relay team 1<sup>st</sup> Open Mixed Short Relay*



## GOLDEN BAY HIGH SCHOOL HOME & SCHOOL 2021 - 2022

Like many others during 2021, activities planned by Home and School were impacted by COVID. Pleasingly though, we were able to start the year by hosting a 'welcome BBQ' for Year 7 students and whanau (unfortunately the 2022 event had to be cancelled due to the restrictions associated with the 'red' COVID traffic light setting).

Home and School were however able to ensure the regular opening of the school uniform office throughout the year.

This has continued into 2022 through the dedication and commitment of a small team of volunteers.

The committee distributed funds raised to several worthy recipients during 2021. These included:

- A significant donation to the GBHS Adventure Racing Team to assist with costs associated with participation in a number of events nationally
- Financial assistance to a student attending a week-long program at the prestigious National Youth Drama School (NYDS)
- Funding for 200 students in Years 7-10 to participate in a Science Roadshow, enabling them to engage with science as well as supporting the school Science curriculum
- Funding to purchase two 'C' pens for the English department to support school literacy programs.
- Funding to purchase replacement epi pens, supporting student health and wellness
- Contributions to school prize giving awards and the school magazine; supporting student recognition and achievement



- Funding of end of year activity days at Tata Beach for Years 9 & 10; necessary due to the cancellation of school camps



With the relaxing of the COVID settings to 'orange,' planning is underway for a number of events for the remainder of 2022.

This includes hosting 'The Plan,' a Nelson Marlborough District Health Board initiative, providing parents and caregivers with tools and ideas for managing teenage use of alcohol and vaping.

Home and School have also committed to assisting with 'The Solar Generation,' a project raising funds for the purchase and installation of a solar power generation system at Golden Bay High School.

Opportunities for Home and School to support our children's education at Golden Bay High School are only limited by the resources within the committee. We urgently need new, like-minded members wishing to contribute to our school community.

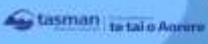
The committee meets once a term with the meeting dates for the remainder of 2022 being 25 May, 10 August and 16 November.

If this is something you think may be of interest to you, we encourage you to come to our

**AGM on 25 May 2022 at 7pm  
in the school library.**

For further information please email [homeandschool@gbh.school.nz](mailto:homeandschool@gbh.school.nz) or refer to the Home and School page on the school website: [www.gbh.school.nz/home--school](http://www.gbh.school.nz/home--school).



All FREE workshops

# YOUTH WEEK

6TH - 15TH MAY

Saturday 14th  
11am - 3pm -  
Hells Forge Blacksmith workshop: Forge your own knife. Age 13-18. Registration required. 4 participants max.  
3:30 - 5PM -  
Creative writing for Wellbeing workshop, with Di and John @ Youth Habitat. Age 13-24. Registration required. 15 participants max.

Sunday 15th 10AM-2PM -  
Creative Expressions Workshop, with Eilva Van Der Waay @ RecParkCentre. Age 13-18. Registration required. 15 participants max.  
10AM-2PM -  
Mountain Bike Half Day Course: Healthy Risk and Self-Management (Whenua Iti) @ Matupipi Hill. Age 14-18. Registration required. 12 participants max.

For more details go to  
<https://recparkcentre.co.nz/whats-on/youth-week/>  
Registration opens Monday 2nd May.

**Due to participation number limitations, please register to avoid disappointment.**

**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](mailto:smokefree@nmdhb.govt.nz)

[www.nmdhb.govt.nz/stop-smoking-services](http://www.nmdhb.govt.nz/stop-smoking-services)

## Adventure Racing Kaikoura

Wahoo! GBHS took its largest ever group of Adventure Racers to Kaikoura to compete in the SISS 12, 6 and 3 hr Champs, with 26 students across 7 teams. How amazing is that?

Huge thanks to Daphne for running the juniors and for all the helpers on the day. Such great help that I was able to enter a coaches team too! So really 8 teams! Thanks to Trash Palace and GBHS Home and School for their donations.

Below are some reports by students about the events.

### Junior report – Year 7 & 8.

In the school holidays 14 Junior Students went to Kaikoura to represent GBHS in the South Island Secondary Schools Adventure Race. This race included a 10km minimum run orienteering section (the length depended on how lost you got!) and a 15km minimum mountain bike orienteering section.

We started off at 12pm running through the fields at the base of Mt Fyffe. There were about 15 checkpoints that we had to collect. Some were obvious, and others were rather difficult. Actually, they were like, super hard, and it took about 40 minutes to find one of them! There were fences that weren't marked on the map, bridges that did not exist and lots of other streams that had dried up.

Lots of the hills were steep and track points were hidden by large streams. We got our feet wet (and some of us got completely soaked), our legs muddy, and our skin torn apart from all the bush bashing we did. Some even got zapped from the live electric fences that were supposed to be turned off!

Next came the mountain biking section. Compared to the running, the mountain biking was easy! Although some of us did manage to overlook a control....

Lastly was another orienteering running section. It was very easy too, but near the end there was an annoying obstacle course that we had to complete, when all we wanted was to finish.

In the end we all agreed that it was a spectacular experience. And we all wanted to do it again!

We ended the day with pizza, fish and chips and a hot tub.



### Team Results:

**Fred** (Ashton, Kian, George and Saxon) 2nd Junior Boys - 2500 pts and with a time of 3:51:29

**The Golden Girls** (Frankie, Layla and Clara) - 1st Junior Girls - 2500 pts with a time of 4:25:21

**Bob** (Zac, Taiyo and Lucas Palmer) - 3rd Junior Boys - 2500 pts and with a time of 4:45:00

**Mohua's Magnificent Mini Maestros** (Georgie, Penina, Kye and Lucas McCleely) - 4th Mixed team - 1900 pts and with a time of 3:13:31 (even though they got a better time than the other teams, they didn't get all the controls which penalised them sadly.)

*Written by Layla, Frankie, Clara, Zac and George (who entered in the 3 hour Junior Division of the Race)*



### Intermediate report – Year 9 & 10.

We had 2 year 10 teams- the **Incredibles** (Lani, Stella, Tristan, Gonzalo) and **Rongo Racers** (Iyla, Archie, Gordie and Ruby from Yr 8).

It was the first adventure race any of us had done. We were also starting at the same time as all the adult teams so there were hundreds of us.

Our game plan was to race as fast as we could at the start to avoid the pack and any crashes on the bikes through the first 1km.

This worked pretty well. Having to throw our bikes over a fence slowed us down a bit but not for long.

For the first rogaine we had to collect 8 check points (out of 15) so I'd spent the night before looking at our route choice to minimise lots of up and down and avoid going into 'fight' (really green bush).

We met the other team after we'd collected all our controls but they'd only got 1 as Iyla had a nasty cut on her leg which slowed them down.

Then we had to bike again.

The next rogaine we had to collect all the controls, but in any order so there was still lots of teams going everywhere. Gonzalo tested the fence for us (thanks Gonzalo) so we detoured and climbed over a gate to avoid getting a zap.

*(continued next page)*

**Adventure Racing Kaikoura** (*continued*)....There was a fence marked incorrectly at one point so we sneaked up the hill to the control while we looked across to lots of teams searching in the wrong place. Then another 15km bike ride followed by a really easy orienteering course around the school.

There was also an obstacle course as well. I was so sore when we finished and we all agreed we didn't want to do a 12 hour event, those guys must be crazy!



We never saw the Rongo racers again but when they finished we found out that Archie had injured himself too and then Gordie fell off the obstacle course so they didn't have much luck.



Thanks to Amy for all her support. *Lani*

**Results:**

**Incredibles** 7hr 58min 3600 points, 2<sup>nd</sup> mixed teams.



**Rongo Racers** 8hr 34min 2600 points.



**Senior report. "The Originals"** (Isaac, Anya, Pippa and Angus) Another 12 hour race as 6 hours just isn't enough!



We started with a sea swim at 7am, cruel! Turns out it's hard to swim in a life jacket (it actually slows you down) so Angus and Pippa had to help me out.



The run back along the beach was really hot in a wetsuit too and not really that comfortable either! A 20 something km bike ride followed.

Our first rogaine was the same as the 24 hour teams who

attempted it in the dark, (all but 1 team failed).

We were allowed to skip 2 controls so we'd spent the night before deciding on our route choice.

We found the controls easy enough and only lost a couple of minutes on one, whereas lots of teams spent a long time crashing through the bush!

We also saw lots of other teams with orienteers in them that we knew so it was quite social really.

Another bike, then rogaine and bike again, plus the really simple orienteering around the school to finish.

We were super pleased to come in in under 12 hours this year and also during daylight as it's so much easier to navigate in daylight. Thanks to Sally-Anne and Fleur for their support. *Anya*



**Gun time** 11hr 4min 23 sec. 3<sup>rd</sup> place senior mixed team - only 90 seconds behind second place after 11 hours!  
(More on the Kaikoura Adventure Racers on the next page)

## Adventure Racing Kaikoura (continued)...

### Coaches' Report

With Amy and Sally-Anne sorted to manage the 6 and 12 hr teams, I entered the 6 hr race with Neil (husband) and Jamal (son & ex GBHS adventure racer).

Not only did I get to experience the race, it was also a great way to support the teams. I saw nearly all of them out on the course at some point, as the 12 and 6 hr teams had the same first rogaine and then everyone had the same (second for us) rogaine.



With some slick navigating and team work helping me up the hills, we finished in 6 hr 15min (3600 points) meaning I could spend the next 3 hours cheering everyone in as they finished.

Finally, Adventure racing is about getting everyone in your team over the line together. You don't have to be super fit or fast (if I can do it so can you) so why not give it a go! Fleur.

Photo credits Kaikoura Adventure race, Sally-Anne Neale, Fleur Murray, Amy Thornborrow (and others)



## Opportunity

Exciting times for GBHS! And I am not just talking about new buildings going up ... though this is exciting in itself too. More exciting to my mind is how to fill those 'new learning spaces' with life and meaning!

We are quite lucky in New Zealand where parents, students and staff are forming the school boards which are governing the schools they/their children attend (in contrast school boards have been abolished in the UK leaving all decisions to government agencies).

And while nowadays a lot of learning can be accessed online from home I think since covid a lot of us have realised how important not only face-to-face learning but even more so learning with peers and therefore school is for our rangatahi.

The current building project gives us the chance / the space to make changes to how our rangatahi learn here at GBHS. With the support of Manawhenua ki Mohua a lot of deliberation has already gone into the design of the new school and future input



from the community will be welcome for the landscaping for example, furthermore there is the 'rebranding of the school' still to come ... Just to give you a brief insight into the opportunities of realising a vision for our school

we have at our hands.

The board has been and will continue to work on a 10 year strategy to set out how future learning at GBHS could look like. The education sector worldwide is going through immense changes, making learning more student-led and student-centred, more cultural responsive and inclusive and thereby more meaningful.

Board elections are coming up (nationwide) in September this year. The current board is offering for any whānau interested in standing for election to attend a board meeting beforehand to get an idea of the role. If you are interested, please, contact Linda or myself ([susi.struckbot@gbh.school.nz](mailto:susi.struckbot@gbh.school.nz))

Ngā mihi

Susi (BoT Chairperson)

## TOP OF THE SOUTH FILM FESTIVAL 2021-2022

THE  
BEST SHORT FILMS  
CREATED BY  
LOCAL FILMMAKERS

GOLDEN BAY  
27 MAY 2022  
VILLAGE THEATRE



TIMETABLE & TICKETS AVAILABLE NOW [TSFILMFEST.ORG](http://TSFILMFEST.ORG)



### TOP of the SOUTH FILM FESTIVAL

Last year two representatives from Top of The South Film makers worked with students from Motupipi (the environment group) and Central Takaka (year 6 and 7's) to make short films. The films were to be screened in October 2021 but due to Covid that got delayed.

They are now scheduled for screening on Friday 27<sup>th</sup> May at the Village Cinema. There will be a 4.30pm red carpet arrival time for the cast. The films starts at 5pm. Tickets \$7 for everyone. The screening is rated G and is 55 minutes long.

**BAYYOGA** Education Trust

## Subsidised Acrobatics and Handstand classes for Teenagers



**Play. Build Confidence, Interpersonal skill and Focus**

Subsidised courses for the Golden Bay Youth with Debora O'Callaghan and Jola Siezen of the Twisty Twinz, Gold Coin donation.

Starting 4th of May 2022.

Contact Debora O'Callaghan at:

[bayyoganz@gmail.com](mailto:bayyoganz@gmail.com)

0211858795



Photos on left: More of the building progress in the Gym

**2021 SCHOOL MAGAZINE  
AVAILABLE FOR \$10**

And 2020 School Magazine also available for \$2  
Please pay cash at the office.



## HIP HOP CLASSES



**HIP HOP  
FOR TEENS AGED  
11-14**

**FRIDAYS 3.30 TO 4.30  
AT MOTUPIPI HALL  
STARTING 6TH MAY**

Contact Deva for more info:

[Devasinghnz@gmail.com](mailto:Devasinghnz@gmail.com)

or

0210 841 4516

## UNIFORM SHOP

The uniform shop will be open for  
Term Two 2022 on

**May 17<sup>th</sup>, 31<sup>st</sup>  
and June 14<sup>th</sup>, 28<sup>th</sup>**



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](mailto:chardonnay.nz@gmail.com)

## Homestay Host

Are you interested in hosting an International Student in 2022?  
GBHS has students from Germany who need homestays for 6-12 months.  
You will be paid \$250 per week to provide all meals and accommodation.  
For further information please contact Kim Whittall on 027 412 8666, or email [kim.whittall@gbh.school.nz](mailto:kim.whittall@gbh.school.nz)



**Become a Homestay Host**  
and contribute to the positive memories International students have of their time in New Zealand

## LOST PROPERTY

We have a number of swim shorts and other found items in the office.  
There will be another lost property display next Wednesday 18<sup>th</sup> May.  
Anything left over will be taken to Trash Palace.  
Please ask students to come have a look.  
Thank you from the Office Staff



## TERM TWO AFTER-SCHOOL CLUBS

On Mondays Basketball

On Wednesdays Ultimate Frisbee

On Fridays Badminton

All sessions run from 3:30 – 5pm and cost \$2 each.

For the latest info and club details  
Contact Tom Lake

Community Recreation Programmer

P: 03 525 9237 E: [recreation@recparkcentre.co.nz](mailto:recreation@recparkcentre.co.nz)



Above: After- School club posters

## 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!



### Questioning your sexuality or gender?

Want to talk to someone with lived experience?

Don't know how to tell friends and whānau?

Have questions but don't know who to ask?

Want to come out but don't know how?

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 0272325913

**Mohua Social Services**  
Manaaki Tāngata  
Supporting People