



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 ACTING PRINCIPAL, CORALIE STOPFORD

EDITION 19 MAY 2023



Tēnā koutou katoa

It has been awesome to have some brighter, less damp weather over the last week.

This certainly lifts both student and staff spirits enabling more time outside in the fresh air supporting not only wellbeing but also learning.

Kaitiakitanga

Continuing our journey with embedding our 4 values of whanaungatanga, manaakitanga, kaitiakitanga and wairuatanga. This term we are looking closely at kaitiakitanga. Our shared guardianship and protection of the environment, knowledge and people is an important part of

learning while honouring the past and nurturing the future. We are working towards capturing what this looks like with our posters showing examples of kaitiakitanga. We welcome you discussing this value with your student.

Staff Only Day

A reminder that we have a Staff Only Day on Friday 2 June where the school will be closed. This leads into the King's Birthday weekend with Monday 5th June being a Public Holiday.

Ake ake kia kaha
Coralie

TERM TWO 2023 CALENDAR

24 May	Wednesday; school starts 9:45am
24 May	Home & School AGM
25 May	Pink Ribbon Whānau/Community Breakfast
26 May	Student Climate Strike
28 May	TSS Rogaine
29 May	BoT meeting
30 May	Uniform Shop open
30 May	TSS Futsal
1 June	Attitude presentations
2 June	Staff Only Day
2 June	Goldie
5 June	King's Birthday Holiday
7 June	Wednesday; school starts 9:45am
7 June	TSS Squash
12 June	TSS Equestrian
13 June	Uniform Shop open
16 June	Goldie
21 June	Wednesday; school starts 9:45am
21 & 22 June	LipSync
27 June	Uniform Shop open
30 June	Goldie
30 June	End of Term Two
14 July	Matariki (in the term break)
17 July	Start of Term Three



Whanaungatanga

Manaakitanga

Wairuatanga

Kaitiakitanga



Pink Ribbon Breakfast

Thursday 25th May

From 7:20am - 8:20am

in the Home Economics/ Hospitality classroom

\$20pp for breakfast

Proceeds to the Cancer Society

Prizes for Best Dressed

Tickets from the school office and numbers are limited

LUNCHTIME GYMNASIUM ACTIVITIES TERM 2

MONDAY..... Badminton OPEN TO ALL

TUESDAY..... Basketball TEAM PRACTICE

WEDNESDAY..... Fitness Class

THURSDAY.... Basketball TEAM PRACTICE

FRIDAY..... Wahine Sport



Photos: Year 9 students making coronation biscuits.



Values Poster Competition this term

Make a poster about one of our school values (Whanaungatanga, Kaitiakitanga, Wairuatanga, Manaakitanga).

You can make a poster on A4 or A3 paper and hand it into the office or you can make it digitally and send it to me by email. 17dixon@gbh.school.nz

It should be your own work.

The prize is a canteen voucher.

The posters must be in by the 23rd of June and will be judged at the end of Term 2.

Let's make the posters colourful and fun!

I am excited to see all of your amazing poster designs! See me if you have any questions.

Kiki Dixon

Remember...

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

goldie@gbh.school.nz



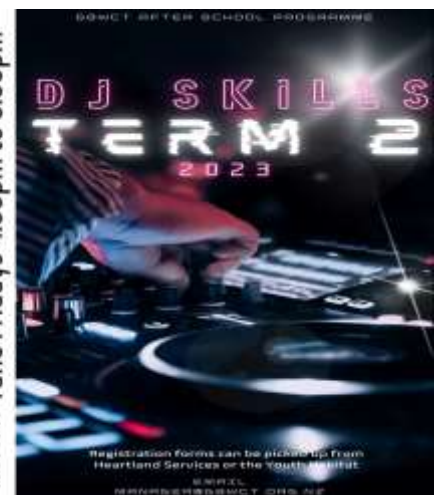
Photos this page: Year 10 Science... heart/lung dissection



'Kia Ora,
Junior sport will be continuing this term on the school field, once again every Wednesday at lunchtime, we hope to see you out there!
From the student exec.



Wāhine Mondays 3:30pm to 5:30pm ★★
★★★ Tāne Fridays 4:00pm to 6:00pm





YEAR 11 WORK EXPERIENCE

On Thursday the 11th and Friday the 12th of May, Year 11 was out in the community experiencing work. For some that meant stacking shelves and for others it involved repairing and maintaining cars at the mechanics.

Year 11 Dean Katrina Robbie explains that "Work experience is about opening conversations ... at home and at school ... in terms of future careers." Kali, who did her work experience on a dairy farm, says, "It was fun, I got to help a cow with a lame foot."

GBHS Careers advisor Gareth Batten says that "There was an increase in family support and engagement this year

compared to last year." Work experience is about getting students the experience of being in a workplace, and also getting them thinking about their future careers.

As well as that is an opportunity for students to not be at school for two days. Ben who spent his work experience on a construction site says, "It's better than being in English."

Katrina Robbie says that "Often students are amazed at how much they have been allowed to do in the workplace." A common theme among the students spoken to was that they enjoyed themselves, and at the end of the day, that's the most important thing.

Kaito Kameyama



THE YOUTH HABITAT AND GBHS COMMUNITY HEALTH

NURSE DROP IN CLINIC

2.30-4.30pm every Tuesday.

At The Youth Habitat
(2nd Commercial Street)

PRIVATE, CONFIDENTIAL & FREE

Start support here:

- School health
- Contraception
- STI checks
- Mental health
- UPLINK counselling
- Alcohol and drug support
- Help to stop smoking and vaping
- Physical and mental health
- Assessment with GP and other professionals

Contact Kelly at 022 451 3668



LipSync 2023 is on its way

Lipsync will be held on Wednesday the 21st and Thursday the 22nd June. With the new build practice spaces are going to be a challenge so make sure you think about this. Remember this year if you take part in the House act you will earn participation points for your House.



**Year 7 & 8 Science—
Electricity**



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!!

CAVING WAITOMO

Once upon a time in a town far, far away was a van, waiting in line at the ferry terminal. Inside the van there was 7 children and 2 other, more bigger children. And so, they waited, and waited, and waited some more after the initial wait. It wasn't until four hours later at approximately 1:00am they were finally permitted to go... and wait in another line.

"Siiiiirrr you said we could get on the ferry as soon as we arrived" roared Jack. I'm sure Mr. Stephenson, one of the bigger children, had good intentions when deciding on the punctuality of the group's arrival, but nevertheless the situation was still

excruciatingly boring. There is only so much you can do to keep yourselves entertained while stuck in a van before someone starts telling stories about how delicious it is to suck on toenail clippings or have discussions on the currents economical climate in terms of the price of beef versus the price of venison. At last, after spending thirty minutes in the new line the time was 1:30am as they were instructed to enter the ferry's vehicle deck.

It was quarter to five when they got the call, it was time to disembark the vessel. Drowsy they all dragged themselves out of their beds in the ferry cabins and trudged to the reception area. The group was then shortly directed down to the vehicle deck where they found their seats and began the expedition across Te ika a Maui. On the way up the country they passed through many disgraceful towns that are only being mentioned because of how horrible they are, however, there are some exceptions this. Firstly, Levin is easily the worst town in the whole of the north island, when the group got coffee from a local café, they found it so horrible Phillipe decided it belonged in a bin rather than in his mouth. Then there was Bulls Not much to it, just some funny cow statues. Huntersville was one of the exceptions mentioned above, the water from the playgrounds drinking fountain alone was so good that Hunter decided he would make the fountain continuously gush water regardless of if you were pushing the button or not. Rumor has it the fountain is still going to this day. Taumarunui, the only good thing about this town is the fact that its on the main trunk line, and there was a particular song that may have come from it, but if cold pies and hot chocolate with so little



chocolate its more of a hot milk is what your after, you know where to visit. Taihape is a quaint town with brilliant coffee



right beside the local gumboot throwing range. To top all the awful towns off the New World supermarket in Te Kuiti had rotting pineapples on the shelf.

After a long spent six hours of bizarre music during the groups transit, they arrived in Waterhole and posted up at the Hamilton Tomo Group hut. Once settled in it was time to



indulge in misery and general uncomfortableness in the first cave of their trip: Zweihöhlen. This was just a teaser of what was to come but after roughly two and a half hours Mr. Stephenson made the executive decision to turn back a little earlier than planned because the children got less than three hours sleep the night before. Once back at the hut Liz and Will Slaved away in the kitchen making a marvelous pasta dish that would impress the likes of Gordon Ramsay while



everyone had the pleasure of cleaning dirty gear from today's cave, this would be a reoccurring theme for the following five days.

A new day dawned as everyone woke at 7:00am, got their clean fresh thermals and overalls on piled into the van and tore out of the carpark at the hut. Today's cave was called The Burr, this was a big one. 2400 metres of gnarly passages, but it all starts with a forty-minute walk across farmland and over some electric fences until they reached the entrance to the cave. This cave was muddy, the muddiest one out of the five caves on the whole trip, everything you touched was mud or doused in mud, even the crystals forming on the walls in pretty structures were growing on mud. But after



some twists and some turns and two successive waterfall abseils the eight hours of mental torment was over, as they went out into daylight once again.

On the third day of Waitomo the washing line gave to them: wet thermals, smelly gumboots, and dark, dank cave on a farm. That's right, after the two days of rainy weather nothing was able to dry on the washing line so most went without comfort before even stepping out of the door. The cave today was called rumbling gut as was given this name because of the extremely fast flowing water churning below the makes the characteristic sound of a rumbling gut. This was the most confusing cave of the trip with many ways to go but only one right way, And the right way was also often the worst way. In particular the last-minute crawl nicknamed the fat ladies crack after a woman got stuck and they had to blow up the rock around her to get her out. Making the



squeeze more doable to the average Joe. From there it was straight forward until they emerged not far from the van.



On the fourth day of Waitomo the washing line gave to them: four broken headlamps, wet thermals, smelly gumboots, and a dark dank cave on a farm. The cave the group faced on day four was vastly different to the others so far, so Mr. Stephenson had to enlist the help of another bigger child, Kieran Chandler an ex GBHS teacher, and with four of the

groups head torches not functioning properly things weren't looking up. The Mighty Mangapu Features a one hundred metre abseil called Hamland hole right off the bat into fast flowing water that quickly gets so deep you couldn't even dive to the bottom with a wetsuit on, as Mr.



Mackenzie knows too well, don't ask him what happened to the cave pack at Waitomo. And at the end a series of climbs that go back up one hundred metres. After four hours of climbing up sheer rock faces covered in mud, they cavers stumbled out of the cave completely knackered, as they wandered back to the van.

The final day of caving was upon the group and this one was going to be a bit different to the previous four trips. This one was a student led trip, right down the route planning and tea making. This

was to be the biggest trip of the whole excursion covering three kilometers of the eight in the largest cave of the north island Gardiners Gut.



With the student manager leading the charge and Mr. Mackenzie at the back, the group made an amazing pace, while Mr. Stephenson was at a café drinking a coffee and no doubt eating a custard square, the group was bounding over rocks and through squeezes, just as Mr. Stephenson was about to enter at the other end to meet us somewhere in the cave, the group beat him to it. They had done a trip that was supposed to take four or five hours in only two and a half hours with no one left behind. After a nice well-earned sleep in and an exquisite breakfast from northern Africa prepared by Mr. Mackenzie The group packed, cleaned up the hut, and piled into the van for the journey back home, with terrible music blasting all the way.



-William Tomlinson (aka student manager)





Water- polo



Dear Outdoor Education Enthusiasts,

I am thrilled to share the incredible sea kayaking adventure our Year 12 and 13 students embarked on at the end of last term.

Our students set out on a thrilling journey, exploring the coastline and staying overnight at the captivating Mutton Cove.

This offered a chance for our students to disconnect from technology and connect with nature and each other. The trip was a fabulous experience enjoyed by all, filled with teamwork, resilience, and a true spirit of adventure.

I would like to extend my deepest gratitude to Golden Bay Sea Kayaks for their ongoing support. Without

their generosity, these remarkable experiences would not be possible.

I am so grateful for their commitment to nurturing young adventurers and promoting outdoor exploration. I also recognize and appreciate the support of our caregivers.

Together, we continue to inspire a love for outdoor education and create lifelong memories.

To our incredible students, I applaud your enthusiasm, positive attitude, and willingness to embrace challenges. Your personal growth and achievements on this trip were truly commendable.

Yours in adventure,
Paul Skerten
Outdoor Education Department



Building Progress



Attitude Health & Wellbeing Presentations

On the 1st of June we have the Attitude team coming in to present health related topics to our students. This years content will be:

Years 7 & 8- Who am I (Identity and making good choices)

Years 9 & 10- Drugs and Alcohol (focus on vaping)

Years 11, 12 & 13- Sexual health

The Attitude team offer engaging, informative and inspiring health presentations that get our students thinking about making good choices.

If you would like to know more about the Attitude programmes, please visit: <https://www.attitude.org.nz/high-school-presentations>.

If you would like to discuss your child's attendance to the presentation, please contact Dan Padial
dan@gbh.school.nz

UNIFORM SHOP

The uniform shop will be open in Term Two on

**May 30th,
June 13th and 27th,**

fortnightly on Tuesdays next term from 1-2pm (lunch break). Please check with the school office for directions to the Uniform Shop.

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 to Lou Soper 0272259969
chardonnay.nz@gmail.com

