



GOLDIE

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www.gbh.school.nz

GOLDEN BAY HIGH SCHOOL NEWSLETTER

FROM THE PRINCIPAL, LINDA TAME

EDITION 8 JULY 2022



Tēnā koutou katoa

I think we are all looking forward to a break over the next 2 weeks. We are hoping it will break the cycle of illness circulating through students and staff.

Junior student/whānau/teacher hui

It was great that so many of you came in to talk about your student's learning. Thank you.

Dates that have changed

Lipsync: Wednesday 3rd & Thursday 4th August

Staff Only Days in Term 3: Friday 19th August (all Secondaries in Top of South) & Monday 12th September

The Queen Charlotte College Sports Exchange for seniors is on 22nd & 23th September.

School Ball: 23 September

Sleep – How much is enough?

Health Navigator NZ research points to recommended sleep, and reasons for it. I have reproduced their points about this below.

<https://www.healthnavigator.org.nz/healthy-living/s/sleep-how-much/>

Sleep is important for good health and wellbeing at all ages and stages of your life.

Key points about how much sleep you need:

1. Getting enough quality sleep helps support healthy brain functioning and mental and physical health.
2. In children and teenagers, sleep is also important for growth and development, as well as behaviour regulation and school performance.
3. Not getting enough sleep, or having poor quality sleep, can affect how you think, be have and get on with other people.
4. Ongoing poor sleep can affect your mental health, increase your risk of some Health Conditions and of driving and workplace accidents and injuries.
5. Most adults need around 7–9 hours of sleep each night. If you feel tired and/or sleepy during the day, you might need more quality sleep.

How much sleep do you need?

The amount of sleep you need depends on your age, with babies needing a lot more sleep than adults.

Age Recommended hours needed per night:

Babies 0–3 months 14–17, Infants 4–11 months 12–15, Toddlers 1–2 years 11–14, Pre-school 3–4 years 10–13, 5–13 years 9–11, Teenagers 8–10, Adults up to 64 years 7–9, Adults 65 years and over 7–8.

Some people naturally sleep slightly more or slightly less than these recommended hours. Body clocks also vary. Some people are larks, falling asleep early (8–9 pm) and rising early (4–5 am), while others are 'night owls', not feeling sleepy until between midnight and 2am and struggling to wake until 10am or later. Teenagers need lots of sleep

Getting enough sleep is especially important for growing teens. Teenagers experience brain changes that shift them towards an owl-type body clock. They may not feel sleepy until later in the evening, and struggle to wake early. Getting up early for school or work can put them at risk of being chronically sleep-deprived.

- Lack of sleep can cause problems with learning, memory and concentration.
- Without enough sleep, teens may be more susceptible to acne and other skin problems.
- Fatigue can cause aggression and irritability toward others, which can cause problems with family, friends and relationships.
- Lack of sleep can lead to overeating, and eating more unhealthy foods.
- Fatigue can make teens more likely to use nicotine and caffeine to stay awake.
- Tired teens may be more susceptible to illness, mental health conditions and suicidality.

My best wishes to all students and their whānau for some relaxing times together over the school break.

Ake ake kia kaha
Linda



2022 Hip Hop Unite National Dance Championships

Last weekend, Maya Lampen-Nigl and her Nelson Hip Hop crew (Reckless) took out first place, beating ten other Junior teams in the Hip Hop Unite Dance Comps held in Wellington over Matariki weekend. This annual event is considered the toughest national dance competition as Auckland teams usually take first place in all



events. Maya and her team were thrilled to win the junior section of this prestigious event.

Dedicated and passionate about hip hop Maya travels to Nelson twice a week and trains 4-6 hours weekly. If you want to see Maya and her moves live, book a ticket to this year's LipSync.

(Maya—2nd from right)

TERM THREE 2022 CALENDAR

25 July.....	Start of Term 3
26 July.....	Uniform Shop open
3-4 Aug	LipSync
19 Aug	Staff Only Day
12 Sept	Staff Only Day
22-23 Sept	Queen Charlotte Exchange
23 Sept	School Ball

The Readers Cup 2022

We left school at 8:00am on Tuesday 28 June and Liam's Dad drove our team of five over the hill to Nelson Girls' College. A group of funnily dressed girls led us through the school to the hall. As we entered there were several teams getting into their fancy dress costumes.

There were 16 tables in the hall, one for each team. Each team had a booklet where they could write the answers to the questions. We sat down and watched as the teams came in. There were witches, cavers, even old people. Someone came around and gave each table a bag of chips, then we all lined up for morning tea. There was cake, juice and sandwiches.

After morning tea the announcer briefed us on how the quiz would work. Then we started. We were asked ten questions for each of the six books we had read and there were chances to win spot prizes in between each round. At the end of each round someone would come and collect the sheet of paper with our answers so the judges could start marking. When all the books were finished we had our pictures taken and we could vote for who we thought had the best costumes.

Finally they were ready to announce the results. They started by announcing 16th place. We got more and more excited as she read the results and finally we heard our team name called, "Mohua Oodies: 7th place," we were all very surprised we had made it that far!

The winning team got to pick 3 new books each. The second place team got two books each and finally the rest of us got to go choose one book each. After that we hopped in the car and went back to Golden Bay. It was a great trip and competition and our team really enjoyed ourselves.

Thank you to Dave Egan, Ms Mott, Ms Stark and Ms Robbie and a big thanks to our librarian Angela!

By Aynsley Thorpe



Year 7 Maths



Peace Mural



Year 7 Home Economics



Golden Bay High School presents:

LipSync 2022

**Wed 3rd (Masks optional) &
Thurs 4th (Masks required) August**

**These are the new dates.
All previously sold tickets will be
transferred to these new dates. Please
contact the school if you require a refund.
GBHS Hall 7pm start**

\$5 Child/Student \$10 Adult

Tickets available from the School Office from Monday 4th July.
There will be no door sales
Limited seating

LipSync proceeds to the GBHS Library

Junior Adventure Education

It has been another action packed term with lots of opportunities for the Junior AED class. With the support of Golden Bay Kayaks I have introduced a Paddle Boarding experience into the programme.

- Mr Skerten





Matariki Year 7 Lantern Design and Painting



Year 8 Home Economics



Aprons and Beanies



Junior Art



Year 8 painting by Ruby and Layla



Year 9 skateboard designs by Louis, James, Nathaniel and Isla



Cross Country Official Results

Senior Girls: 1st Anya Murray, 2nd Imogen Harris, 3rd Simone Gibbs.
(No 4th and 5th)

Senior Boys: 1st Leif Osborne, 2nd Lewis Langford, 3rd Tim Van der Meer, 4th Tarn Cahusa De Caux, 5th Riley Oakden

Intermediate Girls: 1st Stella Scotland, 2nd Lani Murray, 3rd Malika Gall, 4th Daisy Sercombe, 5th Lyla Lamason

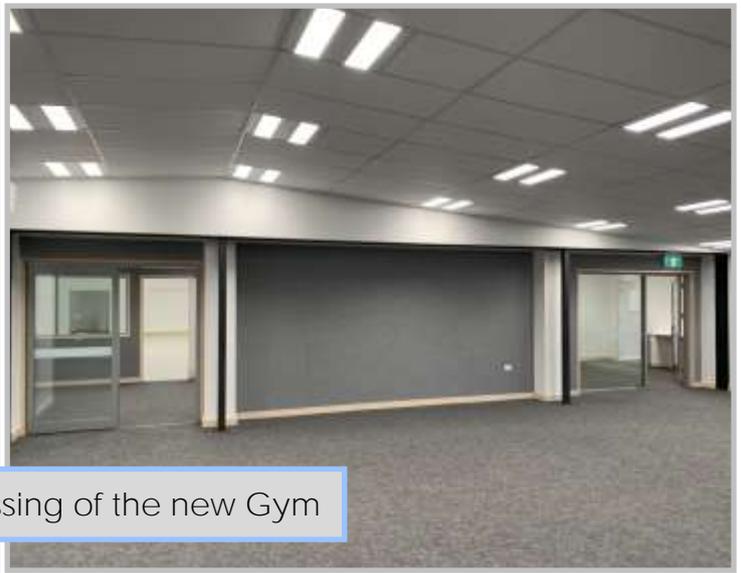
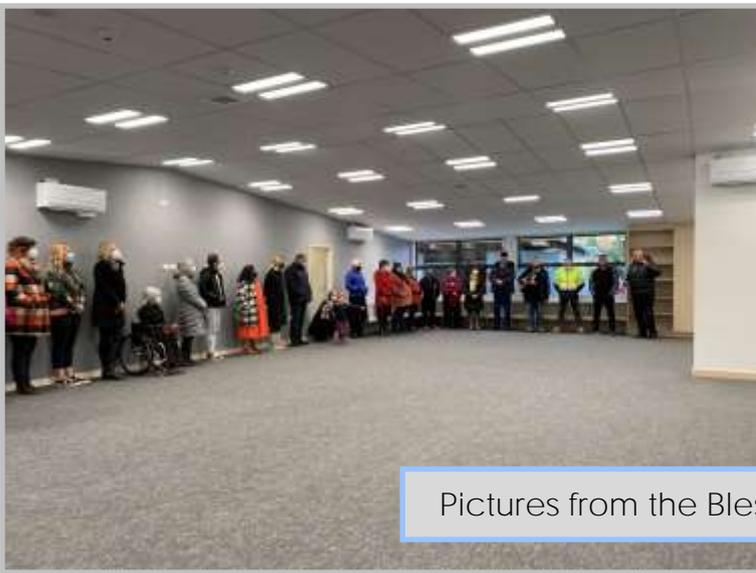
Intermediate Boys: 1st Gonzalo Vasquez-Jouannet, 2nd Archie Darwen, 3rd Eruera Walker-Love, 4th William Gray, 5th Liam Egan

Junior Girls: 1st Ruby Darwen, 2nd Frankie Whiting, 3rd Kiva Hammond, 4th Georgia Tinkler, 5th Layla Griffiths

Junior Boys: 1st Lucas Palmer, 2nd Zac Bulters, 3rd George McCuskey, 4th Ashton Stevenson, 5th Caleb Gould



House Results: 1st with 341 Points **Blue**. 2nd with 333 Points **Yellow**.
3rd with 377 Points **Red** and 4th with 181 Points **Green**.



Pictures from the Blessing of the new Gym

2022 Board of Trustee Parent Elections

As you may already know, the election date for the new Board of Trustees is Wednesday 07 September 2022.

There are five parent positions on the Board. Please give serious consideration to putting yourself forward for nomination, especially if you are the parent of a Year 7 or 8 student.

You have the opportunity to influence the future of your child's education at this school. Talk to one of our incumbents (names and email addresses below) if you'd like to learn more.

- Brian Nesbit brian.nesbitbot@gbh.school.nz
- Gabby Hollis gabby.hollisbot@gbh.school.nz
- Haydon Ward-Holmes haydon.wardholmesbot@gbh.school.nz
- Linda Tame linda.tame@gbh.school.nz
- Susi Struck susi.struckbot@gbh.school.nz

See separate notice calling for nominations.



**Golden Bay High School
Board of Trustees Election**

Call for Nominations

Nominations are open for the election of five parent representatives to the board of trustees.

All eligible voters will receive a nomination form and a notice calling for nominations – you can use this form to nominate yourself or someone in your community.

If you need more nomination forms, contact the school office.

Nominations close at noon on Wednesday 03 August. You may provide a signed candidate statement and photograph with your nomination. The electoral roll is held at the school and can be viewed during normal school hours.

As nominations are received, there will be a list of candidates' names kept at the school up until election day, which you can view.

Voting closes at 4pm on Wednesday 07 September.

Signed
Jude Edmondson
Returning Officer

Event	Date
Close Main Roll	Wednesday, 13th July 2022
Call for Nominations by	Friday, 15th July 2022
Close Supplementary Roll	Monday, 1st August 2022
Nominations Close (at 12pm)	Wednesday, 3rd August 2022
Voting Papers Issued by	Wednesday, 10th August 2022
Election Day	Wednesday 7th September 2022
Close Poll	4pm on election day
Accept Postal Votes	Monday, 12th September 2022
Count Votes	Tuesday, 13th September 2022
Board Takes Office	Wednesday, 14th September 2022

University Scholarships for Year 13 Students

MoneyHub, a consumer finance website, has published a guide to hundreds of scholarships for any student planning to start university in 2023.

The comprehensive list includes scholarships offered by every university as well as those specifically available to local students. A list of privately-funded, Maori, Pacific and International university

scholarships completes the list. The resource is **exclusively for 2022's Year 13 students**.

Applications close throughout the year, with tens of millions of dollars available. MoneyHub has also published a list of tips for scholarship success.

For more details and to find suitable scholarships, visit the [MoneyHub Scholarship page](#)



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. Ask them to sign it.
3. Bring it to the office and show it to the office person when it's time to go.
4. Sign out, and put your note on the spike. Away you go. Easy!

Weekly Sports Draws

Check on GBHS Facebook page on Thursdays for your weekly weekend Sports Draws.

The Draws are also pinned on the noticeboard just inside the main office door.



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 women 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

STUDENT ABSENCES

It is really important that the school is notified when your child is absent for any reason.

Year 13s can notify the school themselves; for all other year levels the absence must be reported by a parent or caregiver.

When the school is contacted please give your name, your child's name and form class and the reason for their absence.

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

Call the school landline on 03 525 9914

Text the school cellphone 027 923 5931

Or email absences@gbh.school.nz

School policy is that if your child is going to be withdrawn for more than 3 days (for reasons other than illness) you need to contact the Principal - Linda Tame

principal@gbh.school.nz

Please provide details and dates of the proposed absence.

UNIFORM SHOP

The uniform shop will be open for Term Three 2022 on:

**July 26th,
August 9th & 23rd,
September 6th & 20th**



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 027 225 9969
chardonnay.nz@gmail.com

Time Out Tours

Come along and catch up with rural people from your region at one of Matt Chisholm's Time Out Tour events. Registrations are now open for the Top of the South leg of Matt's Time Out Tour. Get your free ticket today for one of the following events:



- **Thursday 7 July, 5.30pm: Golden-Bay, East Takaka Hall, light meal provided**
- **Friday 8 July, 11.30am: Tapawera Rugby Clubrooms, lunch provided**
- **Friday 8 July 5.30pm: Millers Rest, 6767 SH6, Rai Valley, light meal provided**

A big thank you to our partners BDO New Zealand, Bayleys Real Estate, Datamars Livestock NZ, Fonterra, Ministry for Primary Industries, and ANZ New Zealand for supporting the RST to bring the Time Out Tour to regional New Zealand.

Register for one of the Top of South events here:

<https://www.rural-support.org.nz/Time-Out-Tour>

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!

YOUTH EVENTS @ the Tākaka Library

For Ages 10+

Choose a creative workshop or book into both!

Tākaka youth Stitch with us 15 July 2.30 - 3.30pm

Includes decorating a piece of fabric with a word or image that represents something about your origins/whakapapa. No experience needed, just some creative ideas and the willingness to give it a go!

Tākaka Library youth
Stitch with us workshop

Tiny art youth event 22 July - 2.30 - 3.30pm

Book in and have some fun with your friends making a piece of art, small-scale. Take it home, gift it to someone special or enter it into the tiny art exhibition at the Tākaka Library

Please book at the Tākaka Library
or phone 03 525 0059



Te Kaitiaki o
te tai o Aorere

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
or
0210 841 4516

HERE AND QUEER

Want to speak one to one with someone in a safe and confidential space about sexuality or gender?

Or have a loved one you would like to support but need some guidance?

LOVE IS LOVE

Contact Jess on 525 9728 or
jess@mohuasocialservices.org.nz
Find us on facebook @mohuasocialservices

Join us at the Youth Habitat on
the last Monday of each month.

Free kai and games in an
inclusive space. Next meeting
27th June from 3.00pm



IT'S WINTER WARMER TIME
Free to Enter!
 Prizes! + Social Evening!



GET UP TO THE KLICKS!

A FUNDRAISING EVENT
ON 31ST JULY - 10AM TO 4PM
RIDE SOLO OR TEAMS OF UP TO 3

Details/Entry Forms from:
 The Quiet Revolution/Golden Bay Glass
 and Wildflower Clothing, Takaka

**RAISING FUNDS FOR
 THE TAKAKA HILL PROJECT**

NOTE FROM THE OFFICE

Invoice statements have been sent out this week, mainly by email. Some parents set up regular automatic payments through their bank account to make school costs as painless as possible. If you would like to do this, our school bank account number is 03-1354-0370134-000 and please use your student's name in the reference column. Thank you for all your contributions this year.

2021 SCHOOL MAGAZINE AVAILABLE FOR \$10

And 2020 School Magazine also available for \$2

Please pay cash at the office.

YOUTH BASKETBALL DAY

Improve your basketball skills to the next level with the **NELSON GIANTS** coaching day.



Monday 18th July



10.00 AM - 11.00 AM	5-8 YEARS OLD	\$3
.....		
11.00 AM - 12.00 PM	9-12 YEARS OLD	\$3
.....		
1.00 PM - 3.00 PM	13-18 YEARS OLD	\$5

To join register online
<https://recparkcentre.co.nz/nelson-giants-basketball-day/>
 Or
 Go to www.recparkcentre.co.nz