



WHANGAPARAOA COLLEGE

Together □ Believe □ Achieve □ Ngātahi whakapono tutuki

Newsletter

12 May 2017

Term 2 Issue 1

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Resilience

Life is not always easy. Life is not always fair. Life does not always turn out how we would like it. These statements are quite contrary to the messages we are sold in this age of 'easy', 'instant', 'available' and 'enjoyable'. Let's face it – the realities do not always meet the expectations; so we need to develop strategies. It doesn't mean that we need to become pessimistic and look for negative outcomes. A positive approach is that we develop resilience.

Resilience is:

- the capacity to bounce back from setbacks.
- ways we can recover quickly from difficult situations.
- the ability to cope in tough times, adapt well to change, and keep going in the face of adversity.

On the contrary, resilience strategies do not include becoming thick skinned, negative, withdrawn, 'glass half empty', distrustful and cynical.

Resilience is important for a number of reasons.

Resilience:

- equips us with ways to protect ourselves against potentially overwhelming situations.
- protects us from possible mental health difficulties.
- helps us to keep balance in our lives during stressful spells.

While preparing this piece, I came across the *Experience Life* website and an article where they suggest that resilience can be encouraged and developed. The full text can be found at <https://experiencelife.com/article/the-5-best-ways-to-build-resiliency/>.

Their key points are:

1. Pump Up Your Positivity: Even in tough situations look for the positive. I remember seeing a Jucy Rentals van that put it well, "My glass is half full; and the other half was delicious!"
2. Live to Learn: It's not always easy, but resilient people see challenges as learning opportunities. I think it was Edison who saw each 'failed' invention or experiment as simply adding to his understanding.
3. Open Your Heart: Acts of kindness and being grateful for what we do have are good ways to build resilience. There is some interesting material in the full article, about serotonin and our amazing brain and systems.

I have been involved in three trips with Whangaparaoa learners to an impoverished school in Vanuatu, where their students had one textbook per class and no electricity. As you can imagine, our learners came back with quite a different perspective on life!

4. Take Care of Yourself: We know that it's good to get enough sleep, eat a healthy diet, spend time with positive people, take breaks to recharge the batteries, get appropriate exercise etc and as parents, we want our kids to develop good habits in these areas as well. Yes – actions speak louder than words. There's no point telling them; we need to live the balanced, active, giving, healthy, respectful life that we want our families to have.
5. Hang On to Humour: You may have heard of the wise saying written thousands of years ago, "A merry heart is like a good medicine." Well, modern science shows that this is true. Having a bit of a laugh about a difficult situation or about ourselves, can actually reduce emotional and physical pain; and help healing. Amazing!

Let's help our children develop resilience, so they bounce back when the going gets tough. One way, might be to check where we ourselves are on the resilience continuum; and focus on one or all of the above five steps, so we are also learning and growing. We need to stand along-side our children in challenging times but not take over, shield or protect them from all of life's curve balls. Ask yourself, 'is this situation a learning opportunity for my child?'

Kia kaha, nga mihi nui
James Thomas, Principal

Digital Information Evening

We will be holding a Digital Information Evening for parents on **Wednesday 17 May at 7.00 pm, in the Auditorium**. A representative from **Netsafe** will be presenting, along with teachers from the college.

Careers Expo 2017

Whangaparaoa College Careers Expo 2017, will be held on **Wednesday 28 June, in the Gymnasium from 6.00 pm**.

All major Universities will be attending, as well as a large range of public and private providers.

These include: trades, travel and tourism providers, Polytechs, Design colleges, Overseas Student Travel programmes and the Defence Forces.

Mathematics Department

Please click on the following link for the **2017 Maths Tutorial Schedule**

Sport

Cross Country (for photos click [here](#))

Well done to the following runners:

Year 7 Boys

1st Brooklyn Wong
2nd Phoenix Cullen
3rd Xavier Bradley

Year 7 Girls

1st Jemma Day
2nd Nicole Fenton
3rd Giorget Minor Moreno

Year 8 Boys

1st Lucas Day
2nd Mitchell Henden
3rd Finn Gager

Year 8 Girls

1st Bella Wilson
2nd Rosie Risbrook
3rd Cassie Bayes

Junior Boys

1st James Crawford
2nd Andre Van Dyk
3rd Taine Te Kiri Ryan

Junior Girls

1st Chloe Chevin
2nd Ashley Pepper
3rd Thea Stout

Intermediate Boys

1st Nick Goodall
2nd Mark Berta
3rd Lewis Whiteley

Intermediate Girls

1st Holly Harris
2nd Samantha Bright
3rd Jade Hughes

Senior Boys

1st Matthew Ripley
2nd Alec Van Zyl
3rd Malone Carr

Senior Girls

1st Amber Ferreira
2nd Ella Risbrook
3rd Buell Verkade

Winter Sports

It was a good start for Rugby this season, with a win over Kaipara for our 1st XV.

A big WELCOME to **Brooke Storey**, who is our new Premier Team Netball Coach!

New uniforms have arrived and have been distributed for Netball and Basketball this week!

If anyone would like to sponsor uniforms for any sport, please contact:

joedu@wgpcollege.school.nz

Property Projects

Gymnasium: Fantastic news!! This is going to be lined and work is planned for the July holidays, all going well.

Multi-Sport Arena: This will be constructed in the 'cage area' underneath the gym, with closed in walls and a turf floor. Also planned for July.

Outdoor Lighting: From the Admin carpark to the gymnasium is almost complete, with just one more tricky pole to be installed across from the ICT suite.

Tuckshop Stage 1: Our talented art department is working on a beautiful sign for the Kura Kai Café.

Tuckshop Stage 2: This includes -

- New joinery to close in the northern side
- Fire proofing stairwell
- Selection of acoustic treatments to reduce noise levels within the space
- Concreting the mud patch on the northern side
- Removing the cable trays along the ceiling (aka pigeon nests)
- Possible selection of alternative light fittings
- Seating

This is a large project and will go out to tender in June. However, we will aim to have the concreting done asap.

J Block A: New carpet is being laid over the next few weekends.

Entry Sign: A fabulous large new entry sign will be constructed at the corner of our 8 Stanmore Bay Rd entry driveway. The attractive and modern design is courtesy of a team of our wonderful art and technology teachers.

Solar Power: We are in the investigative stages and will have solar panels generating electricity for us at some stage.

Leaving School Between 8.40 am - 3.15 pm

Just a reminder that if you require your child to leave school during school hours, please send a note on the day with an explanation. Your child can then show the teacher in the class they are attending and your child will then bring the note to reception and be able to sign out. Unfortunately, if they cannot show us that they have permission to leave, we cannot allow them to sign out.

Dropping Off Items at Admin

Many times during the day we are having lunches, sports gear, jackets etc. being dropped into Admin with the request that we pass them on to your child. This is proving very difficult at times as our runner is usually already busy. In future, if you must drop something off for your child, can we please request that you contact them and ask them at an appropriate time, to pick up the item from Admin.

Upcoming Events

- May**
- 15 Level 3 BIO Trip, Zoo
Year 10 BUST Tip Top Trip
 - 16 North Harbour Years 8-13 Cross Country
Year 7 Anzac Museum Trip (7STEE/7SHO)
 - 17 Parent's Digital Information Evening 7.00 pm
Year 12 Young Women in Leadership
 - 18 Year 7 Anzac Museum Trip (7TURK/7VER)
Celebrating Diversity in Education
 - 18-19 Level 2 OUED Pinnacles Camp
 - 19-21 International Department – Wellington Trip
 - 22 Year 10 BUST Tip Top Trip
 - 22-26 CHAOS
 - 23 Captain's Breakfast 7.50 am
ICAS – Digital Technologies
Year 7 Anzac Museum Trip (7BEZ/7VLN)
 - 24 Boys' Rugby
 - 25 Level 1 ECON05 Shieling Laboratories Trip
Year 7 Anzac Museum Trip (7WLL/7HUN)
 - 26 L3OUED/L1HEED ABL Shakespear Trip

For more information from our school calendar please see [Quick Links](#)

Community Notices

Supporting success in your school.

If you are a parent, staff member or member of the school community and you draw down a new ASB home loan of \$250,000 or more, ASB will donate \$500 to your chosen participating school. Visit asb.co.nz/schoolbanking for full details.

ASB lending criteria and terms apply. Fees may apply. To be eligible for this donation your new home loan application must be received, approved and then documented in a facility agreement, along with the completion of a school donation voucher, between 1 January 2017 and 30 June 2017. A minimum of 20% equity is required in the security property provided to ASB. This home loan offer is only available on loans secured by an owner-occupied residential property. Only one donation will be given per customer. Donations will be made by ASB on behalf of the customer to the chosen school upon full draw down of the new home loan. This offer excludes loans for business purposes and bridging.

Whangaparaoa College Physio Clinic (established 2010)
for learners and staff

John Lanigan Dip Phty, Dip MT
Physiotherapist 30 years.

Neck or Back Pain
Sports Injuries / Sprains
Physio Rehabilitation after Plaster or Operations
Specialized in Teen Sports / Growth Injuries



Coast Physio Group

Conveniently at College to reduce time out of class
Discounted ACC Surcharge Only \$10 for School Clinic Treatments / Non ACC \$45
Parents /caregivers welcome to accompany their child

Where? NOW MOVED to the ex-Uniform Shop (near Admin top entrance)

When? Open every Monday, Wednesday and Friday 12-2.20pm
After hours treatments can be arranged at Coast Physio, Whangaparaoa

To make an appointment or discuss your needs:
Phone / txt 021 1873 299 or Coast Physio 09 424 1309



Proud to Support WGPC Sports Teams



middle years

DISCIPLINE WITHOUT SHOUTING, FORCE OR FLUSTER WITH JOHN COWAN

Learn to get cooperation from your kids – even the tricky, strong-willed ones! Alternative strategies for firm but fair discipline using effective, peaceful and relationship-enhancing techniques with less noise, anger and resentment that will help kids think, solve problems and make better decisions.

📅 Tuesday 16 May 2017

📍 Stanmore Bay Primary School
30 Waiora Road, Whangaparaoa

💰 \$5 Bring a cushion for comfort

🕒 7.00pm Doors open
7.30pm - 9.00pm John's presentation

For more information or to purchase tickets please contact the school on 09 424 5540 or visit www.stanmore.school.nz. Door sales available on the night.

theparentingplace.com





ZONTA SECOND CHANCE EDUCATION SCHOLARSHIP

\$2000

ARE YOU A WOMAN...

- ⇒ 30 years of age or more?
- ⇒ a resident of Hibiscus Coast area?*
- ⇒ wanting to undertake any NZQA accredited course of study?
- ⇒ deserving of financial assistance?

IF THE ANSWER IS **YES**.....

...THE ZONTA CLUB OF HIBISCUS COAST
IS KEEN TO HEAR FROM YOU!

For an application pack and further
information please email Jan
jannym13@gmail.com
or phone 0210608931

APPLICATIONS CLOSE 30th June 2017

*Note that the Hibiscus Coast area is inclusive of Waiwera, Orewa,
Silverdale and Whangaparaoa Peninsula

Sponsorship and Support

**THANK YOU TO OUR WONDERFUL COMMUNITY BUSINESSES AND TRUSTS
FOR THEIR SPONSORSHIP AND SUPPORT OF OUR COLLEGE LEARNERS.**

An advertisement for Armstrong Security Solutions. It features a sun icon and the text 'Your local Armstrong Security Solutions Call us for a free security check.' Below this, it says 'Get the right security for your needs with our local free on-site security check.' and lists services: 'Talk to us about --- Locks | Keys | Safes | Alarms CCTV | Access Control'. At the bottom, it says 'Helping To Keep Our Community Safer' and provides the phone number '0800 506 111'. There is also a small image of a yellow van.

