



WHANGAPARAOA COLLEGE

Together □ Believe □ Achieve □ Ngātahi whakapono tutuki

Newsletter

Term 4 Issue 2

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New Zealand

From the Principal

You're Right!

Too much screen time is bad for our children. And although we know this is obvious, it's good to have our common sense instinct backed up by research – in this case, a study published by the American Association for Psychological Science. In summary, a study of 500,000 adolescents shows a positive link between increased 'screen time' including engagement with social media, and increases in depressive symptoms (including suicide-related outcomes).

The study also reports that, "....adolescents who spent more time on non-screen activities (in person social interaction, sport/exercise, homework, print media, and attending religious services) are less likely [to report mental health issues]."

This does not mean that if our children spend time on their digital devices that they will definitely get depressed and develop other mental health issues. Nor is engaging with lots of non-screen activities a guarantee that our children will be free from mental health issues. However, it is clear that less screen time, more face-to-face time with others, getting outside, and being active are good and healthy. Interestingly, there is no negative effects of one hour or less of screen time per day.

So, next time you say to your teenager, "Come on, put your phone down" or "It's time to get off the Play Station" – be strong. Better still, talk with your children about screen time and develop wise boundaries (hopefully with their input).

We cannot turn the clock back – digital devices and 'screens' are here to stay. What we can do is make a priority of spending time together, be generous, stay active, keep learning, eat well, enjoy nature and get enough sleep. All these things will help our hauora – our overall well-being.

Year 13 Home and Away Activities – including a Camp

If your son or daughter is in Year 13 in 2019, please note that our Year 13's will have activities Wednesday 20 to Saturday 23 February. The 'away' option will be a camp based around Tongariro National Park. There will also be 'home' (actually at school) activities for those who are not able to go on camp. We hope the large majority take the opportunity to participate in the camp. Details of the camp will be sent out in the next week or so.

Celebrate: You'll find details later in the newsletter

- Our Year 7/8 Waterpolo team won their division in the North Island champs
- Two teams of Business Studies learners won awards at the Young Enterprise Scheme
- A really special Performing Arts Prize Giving
- Breaking News: Connor Gentry has just been named in the New Zealand Youth Jazz Orchestra. This is a significant accomplishment!

Ka kite ano **James Thomas, Principal**

Postal Address:
PO Box 775
Whangaparaoa
Auckland 0943
New Zealand

Wednesday 21 Nov – School closes @ 12.00 pm
For Year 9 and 10 due to Paid Union Meeting for teachers.
Year 7 and 8, will have a normal school day, including
Tabloid Day activities.

Level 3 Business Studies



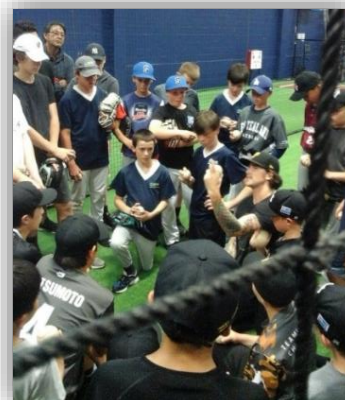
Two groups from our Level 3 Business Studies class were invited to attend the regional awards for the Young Enterprise program this year. **Reflective Paws (Raymond Yang, Hayley Martin, Georgia Smit and Yashvi Kashyap)**, made it into the Top 10 for the North Auckland region, and had to pitch in front of around 150 people. Unfortunately they did not make it into the top 3, however they did receive a Regional Award for Excellence in Social Enterprise. Our second team to attend was **Moe Milk (Shenay Austen, Shay Reddy and Isabella Little)**, who received a Regional Award for Excellence in Food and Beverage. The learners did an amazing job to achieve these great results this year.

Lisa While
Acting HOD Commerce

For more pics, click [here](#)

Sport

Baseball players on the North Shore were treated to a "Pitch with the Pirates Clinic", where Steven Brault from the Pittsburgh Pirates, helped our players with the finer details of throwing a curve ball. Players were in awe of his speed and accuracy when he demonstrated his pitching technique at "The Cage" in Glenfield. Steven made it clear that we have to have fun, but we also have to look staunch for photos.



Snowboarding

Well done to Millie Kenney-Timmer, who competed in the Intermediate Schools Snowboarding Champs, and placed 1st in Slope Style, 2nd in Slalom, and received a shared cup for Top Girls School Boarding.



Tag - Boys and Girls

Our Whangaparaoa College Junior Tag teams attended the Central North West Zone Tournament on Thursday 25 October. They had some absolutely brilliant wins, and both teams are through to the Auckland Champs competing on Thursday 8 November!



Judo



Jonny Milne received a Silver medal for Senior Boys Under 36kg, and has maintained his ranking as 1st in NZ.

Jade Milne gained a National Title - New Zealand Judo Champion Senior Girls Under 52kg, and she is now ranked 1st in NZ.

Congratulations, such a brilliant achievement for both of you.

Waterpolo

Congratulations to the Whangaparaoa College Year 7 and 8 Waterpolo team, who attended the North Island Champs over the weekend, and won their grade by winning every game!



Lockers

Be in quick – limited lockers available.

If you wish to reserve a locker for 2019 or keep your current locker, you will need to fill in an online order form at www.stowawaylockers.co.nz as soon as possible.

stowaway Lockers



If you no longer require your locker for 2019, please let us know by email info@stowawaylockers.co.nz. You will need to return your key at the end of the term, sellotaped to a piece of paper that has your details on it, for your bond refund. Ensure the locker is left empty, as any remaining items will be disposed of at the end of the year.

Keys will need to be received within one week of Term 4 ending, and can be posted to: **Stowaway Lockers, 220 Ngunguru Road, RD3, Whangarei 0173.** Refunds will be direct credited to your bank account in January 2019.

Upcoming Events

November	7	NZQA Exams Begin
	8	Futsal Zone Day Tag Auckland Champs Tradies on Tour, Year 10, Auditorium
	12	International Dept. End of Year Activities begin Year 7-10 Golf Zone Day, Warkworth Golf Club
	13-15	Year 10 Exams
	14	Kick Start, Session 1
	16	North Harbour Athletics Zone Day
	16-24	Japan's Tsunan School Group Visit
	17-18	Duke of Edinburgh Bronze, Tawharanui
	19	Junior Performing Arts Showcase
	20	Year 10 Activities Day, AUT – City Campus
	20-22	International Dept. Trip to Rotorua & Papamoa
	21	Kick Start, Session 2 & Parent/Caregiver Session Year 7&8 Tabloid Day Year 10 Taster Day, Massey University PPTA PUM, 1.30pm, Year 9&10 Finish 12.00 pm
	21-24	NZSSSC Junior Baseball Tournament, Auckland
	22	Year 7 Maritime Museum Trip, 7SMM/7WLL
	22-25	Waterpolo North Island Junior Champs
	23	Top Team Zone Day, Birkdale School

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

ASB Supporting Whangaparaoa College

If you are a parent, staff member or a member of the school community and draw down a new ASB home loan of \$250,000 or more, ASB will donate \$500.00 to your chosen participating school.

Contact your local Whangaparaoa ASB Branch on 09 421 9810 for further information on great home loan rates and how you can help support Whangaparaoa College with a \$500.00 donation (see following ad).



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 to your chosen participating school:

\$500

ASB
ONE STEP AHEAD

Lending criteria and terms apply to home loans. Fees may apply. Eligibility criteria: documentation of the facility agreement must be done by 30 June 2019; mention of this promotion must take place during the home loan application process to ensure eligibility. Only applicable to loans which are secured by residential owner-occupied property with a minimum of 20% equity required; excludes lending through brokers; Limited to one donation per customer. Donation will be made to chosen school on complete draw down of the home loan. For full eligibility criteria, exclusions and further details see <https://www.asb.co.nz/promotions/supporting-success-in-your-school.html>

ASB Bank Limited 56290 12478A 0718

Community Notices

DO YOU HAVE ANY SCHOOL UNIFORM YOU WOULD LIKE TO DONATE??

If you have any uniform that is no longer required and you would like to donate it to the school, we would gratefully appreciate any that is in reasonable condition.

Any donated uniform received, is passed on to families who require some support with school uniform, and any items we can give them are always greatly appreciated.

Thank you.

WEARING IS BELIEVING
NZ UNIFORMS

LAST EVER POP – UP STORE

NZ Uniforms will be on site at Whangaparaoa College in the auditorium foyer for two days for the last ever pop-up store.

Tuesday 15 January – 10.00 am to 7.00 pm

Wednesday 16 January – 9.00 am to 3.00 pm

For further information or online uniform purchases;

Ph: (09) 477 6300

Email: albany@nzuniforms.com

Website: www.nzuniforms.com

Whangaparaoa College Physio Clinic (established 2010)
for Students & 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



Conveniently at the 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 Downstairs in Administration block beside the Careers Advisor

When?

Open every Monday, Wednesday & Friday 11.00 am to 2.20 pm

After hours treatments can be arranged at Coast Physio Whangaparaoa

To make an appointment or discuss your needs
Phone / txt 021 187 3299 or Coast Physio 424 1309

Proud To Support WGPC Sports Teams



Casual workers needed
Love kids?



APPLY TODAY!

Coast Sitters is your local and trusted babysitting and nannying service on the Hibiscus Coast. We are always looking to grow our awesome team of enthusiastic and caring in-home childminders. If you'd love a part-time job that fits in with YOU, connects you with amazing families, and helps build your CV in more ways than one, we'd love to hear from you!

MUST HAVE:

- Full driver's license
- Passionate about working with kids
- Buckets of enthusiasm
- Mobile device
- Live locally (we service Gulf Harbour to Silverdale/Dairy Flat)

Email: stevie.hall@coastsitters.co.nz

Phone: 021 222 4188

www.coastsitters.co.nz

Find us on Facebook!

Sponsorship and Support

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



your community store
open 7am - 10pm + 7 days a week
570-588 Whangaparaoa Road - 09 869 9013

