



Issue 3 • 10 March 2011 • Tel: 03 448 8595 • office@dunstan.school.nz • www.dunstan.school.nz

A big welcome to Dale Norbury who has joined the Dunstan High School staff as the new Technician in the Science Department.

Mrs Norbury has two sons at Dunstan, but studied in Melbourne where she was involved in research into kangaroos.

In her spare time, Mrs Norbury teaches Shukokai karate and enjoys tramping.



Dale Norbury



Stephanie Blair

Stephanie Blair (introduced in the last newsletter) began teaching Te Reo Maori classes at DHS on 21 February.

### FROM THE PRINCIPAL

Like most New Zealanders, the tragic events associated with the Christchurch earthquake have been very much on our minds during the last two weeks. At the time of writing, we have welcomed 12 students from the Canterbury region to Dunstan High School. Some have indicated that they will be with us for a short-term stay, while others may be with us a little longer, depending on their circumstances.

It has been gratifying to see the outpouring of support for the people of Christchurch from fellow New Zealanders as well as the wider global community. It is at times of adversity in particular, when kiwis are always prepared to stand up and be counted. There have been, and will continue to be, many examples of the "kiwis can-do attitude" over the ensuing weeks and months.



Brent Russell

On a local level, a great example of this was the mufti-day organized by the students last Wednesday. A total of \$2400 was raised and the money, along with some non-perishable food items, were sent to the Salvation Army in Christchurch for distribution. Likewise, the two variety concerts held on Saturday, that featured a number of current and ex-students, was a tremendous effort. Congratulations to all concerned.

Our student leadership team is now complete, with the appointment of Jess Linwood to the Board of Trustees. Jess joins Angus Lane who was elected in October last year.

Congratulations to Wendy Robertson who takes over as Chairperson of the Board from Grant Campbell who resigned from the board at the end of last year. The school is indebted to Grant for his tireless efforts on behalf of the school, particularly in the area of property development. Thank you Grant and best wishes.

Brent Russell, Principal

### CONGRATULATIONS!

Heidi Little and Kaitlyn Hessian were selected for the Southern Regional Team for St John to represent the area at the National Competitions to be held in June in Hamilton.



Kaitlyn Hessian

An awesome achievement for the girls!



Heidi Little

2011  
PLATINUM  
PARTNERSHIP

Supporting the roles of the Sports and Arts Coordinators in the school:  
Bodeker Scientific, Breen Construction Co Ltd, Budes Central Pharmacy and Bookshop, Central Motorways Coaches, Fulton Hogan Central, New World Alexandra, Paper Plus, Peter Lyon Shearing Contractors, PlaceMakers Alexandra and Tony Botting, London.

Any other businesses interested in supporting the school should contact the DHS office please. We appreciate your support.

## GYMNASIUM KITCHEN FUNDRAISER

The PTA would sincerely like to thank everyone for their very generous support of the recent truffle and raffle fundraisers and for the individual donations. The money raised has enabled them to successfully outfit the gym kitchen.

The completion of the kitchen will allow this facility to be available now for hire.

## PTA ANNUAL GENERAL MEETING

Please come to the PTA AGM  
Monday 14 March  
at 7.30pm in G2  
(kitchen will be open for viewing)

**Guest Speaker:**  
**Principal, Brent Russell**

A warm welcome to all

DUNSTAN HIGH SCHOOL

## *PTA Uniform Store*

Have you thought about your  
child's winter uniform?

We have good supplies of long sleeve winter  
shirts - Both white and grey.

Open Thursdays 11am - 12.30pm  
or other times by arrangement  
Judy Dymock 448 8092  
Vyv Weller 449 2800

## STUDENT/FAMILY DATA UPDATE

If your family or students have any changes to personal, medical or living details, eg change of:  
- address - phone number/s - email provider  
- medical details - doctor/dentist -  
living/caregiver situation

please contact the office, on 03 448 8595, as soon as possible, so that our database can be updated. This is particularly important for emergency situations and to ensure communication between home and school.

## ARTERATI NEWS

# GREASE Tickets

Grease practices are now in full swing and reports from both students and teachers alike indicate that this is going to be a top show - definitely not to be missed!

So - you really need to know where to get tickets!

Tickets for the general public will go on sale from 22 March. These will be available from the Principal's secretary, Mrs Sally Davies, in the main Administration building from 8.30am to 1.00pm and 2.00 to 5.00pm.

Students requiring tickets can purchase these from the School Library during lunch times.

### PLEASE NOTE:

Tickets for this year's show will be numbered with allocated seats - so you need to book early to get good seats.

### ADMISSION PRICES:

Adults	\$20.00
Students (primary and secondary)	\$10.00

# Dunstanza

Mr Buchanan and his team of dedicated helpers are pleased to report that the 2011 Dunstanza choir is now up and running and choir numbers are even larger than last year! We now have a grand total of 60 students creating beautiful music in the school hall, every Thursday lunch time, as they prepare for their upcoming busy schedule.

The 2011 Dunstanza itinerary currently includes:

- **Dunstanza Four Day Tour of Southland and Otago Schools** - Term 2 Week 7
- **Big Sing** - National inter-school competition - Term 2 Week 7
- **Arts Week performance** - Term 3 Week 3
- **Otago Secondary Schools Music Festival** - Term 3 Week 9
- **Prize Giving** - Term 4 Week 2

The choir will have a smart new look this year, with the introduction of red sleeveless vests (in the school jersey colour) with a special Dunstanza crest. Please support the Easter Raffle, which will be going on sale very soon, to assist with fundraising for the new vests. Many thanks to the PTA for their help with the raffle and other fundraising initiatives.

*Suzanne Russell, Arts Co-ordinator*

# DUNSTAN HIGH SCHOOL STUDENT EXECUTIVE 2011

## HEAD BOYS AND HEAD GIRLS



Alex Fisher  
HEAD BOY



Nakia Randle  
HEAD GIRL



Esther Oh  
DEPUTY  
HEAD GIRL



Leigh Grieve  
DEPUTY  
HEAD BOY



Jess Linwood  
BOT REP



Angus Lane  
BOT REP

## HOUSE CAPTAINS AND DEPUTIES



Jayden Laws-  
McKay

### CAPLES HOUSE CAPTAINS



Harriet White



Greg Redai

### CAPLES DEPUTY HOUSE CAPTAINS



Lucy Anderson



Matt Anderson

### HAAST HOUSE CAPTAINS



Rachael McLellan



Daniel Hamill

### HAAST DEPUTY HOUSE CAPTAINS



Sophie Johns



Callum Geddes

### PYKE HOUSE CAPTAINS



Kate Taal



Harry Paulin

### PYKE DEPUTY HOUSE CAPTAINS



Sarah Ruffell



Tom Dougherty

### REES HOUSE CAPTAINS



Kate Mulvihill



Jack Allen

### REES DEPUTY HOUSE CAPTAINS



Jenna Keane

## YEAR 12 BIOLOGY CAMP

The two Year 12 Biology classes spent a productive and fascinating week at the school's homestead recently in the Mount Aspiring National Park. Challenged to look beyond just what we could see, we were driven to explore and recognise features of the beech forest, near the Avalanche Glacier. Field work had to be completed, including data collection of tree species and investigation of stratification. This contributed to internally assessed standards. One was completed on camp, a nice change to the usual assessment conditions in a classroom environment.

Weather proved problematic and slightly discouraging for the first camp (Mrs Hitchman's class), however it changed and cleared beautifully for the second camp (Mr Morton's class). The good weather was welcomed as camp two was Mr Dann's last visit to Mount Aspiring, with Dunstan High School. (Mr Dann has been going to Mount Aspiring with Year 12 Biology classes for 38 years.) The experience of Biology Camp will be treasured and remembered as an outstanding learning experience and an all-round great time.

Sandri Jonker



12Mh Bio Camp at Mt Aspiring

On 21 February the first camp of 18 biologists set out for Mt Aspiring - seventeen girls and one boy. We went to Mount Aspiring to complete the first of our internals, to show the distribution of trees throughout different altitudes. Mt Aspiring was a great setting in which to complete the assessment. Despite all the rain we encountered, it was better to get out of the classroom and experience it first hand. We cooked our own meals and with 17 girls, the food was great!



Gavin Dann

Thanks to everyone who accompanied us on the camp. **Mr Dann**, your 38 years of experience at Mt Aspiring was very helpful. **Mr Morton, Ms Hitchman**, our biology teachers - thanks for the awesome opportunity. **Ian Knights**, you make the best spaghetti bolognaise. **Skye, little Miss Giggle** (Mr Morton, Ms Hitchman's youngest) - thanks for coming along. You were the best tree-identifier out of all of us.

Leah Morait



## LIBRARY NEWS

March is Book Month and as part of the celebrations, all students will receive a Book Voucher to the value of \$5.00. This may be redeemed locally at Paper Plus or Budge's.

To find out more about Book Month, log on to:

<http://www.nzbookmonth.co.nz>

and for information about using the voucher

[http://www.nzbookmonth.co.nz/how-do-i-use-my-5-dollar-voucher\\_page77.html](http://www.nzbookmonth.co.nz/how-do-i-use-my-5-dollar-voucher_page77.html)



# SPORT

## CRICKET

### Gillette Cup

Dunstan hosted the **Central Schools 20/20 Field Day** on Thursday 3 March, competing against Mount Aspiring College, while Wakatipu High School played Cromwell College in the first games of the day.

Dunstan chased Mt Aspiring's 130 runs and with 15 runs to get off the last seven balls, it was a nail biting finish, with Dunstan unfortunately seven runs short of the win. Mt Aspiring went on to play Wakatipu, with Wakatipu emerging winners to take the Central Otago title. They now go on to play South Otago High School (the South Otago area titleholder). Dunstan's game against Cromwell resulted in a win to Dunstan, taking third place and marking the end of the 2011 Gillette Cup Competition for us.

### Vincent Senior Reserve Competition Final

Dunstan finished the 2010/2011 Cricket Season on a positive note, beating Albion in the final of the Vincent Senior Reserve competition last Saturday. Dunstan scored 179 runs (**Aidan Smith 61** and **Russell Moloney 59**) and Albion were all out for 139 runs; Dunstan secured possession of the Edgewater Cup - a second cup for the team this season. Albion have held both cups for the last four years. Well-done team!



*Dunstan Senior Cricket Team*

### Representative Cricket

Congratulations to **Harry Paulin, Leigh Grieve, James McDonald, Jayden Attfeld** and **Bryce Smith** who have been selected in the Central Otago Under 18 Cricket Squad.

## EQUESTRIAN

Congratulations to **Kate Maclean** who, on Waitangi weekend, competed at the South Island Dressage Championships, where she won the Elementary Pony Champion, Elementary Young Rider Champion, and Overall South Island Dressage Pony Champion. On March 12 she will be travelling to Hastings, Hawkes Bay, to compete for the *Dressage Pony of the Year Title*, at the NZ Horse of the Year Show. Good luck Kate!



*Kate Maclean*

## ICE HOCKEY

Congratulations and good luck to **Kane Andrew** (Year 9), who will be playing in the Southern Knights Team, representing the Southern Ice Hockey League at the Friendship Ice Hockey Games, to be held in Hudson, Wisconsin, USA in June of this year. This tournament involves players 14 years and under, competing against teams from all over the world in the spirit of 'Friendship'.



*Kane Andrew*

## MULTISPORT

**Dunstan Triathlon and Multisport Squads** - A squad of 14 students attended the Otago/Southland Secondary School Championships held in Cromwell on Thursday 24 February. It was windy on the day, yet all the students performed very well in challenging conditions particularly on the lake and bike legs. We received many top placings and is a great credit to the students involved.

Results:

Triathlon: 1st Junior Girl: **Georgia Vessey**  
2nd Senior Girl: **Emily McGimpsey**  
3rd Junior Boys Team: **Cameron Bennie, Alex Vilela and Ashley Charles**

Multisport: 1st Junior Boy: **Sam McCulloch**  
1st Senior Boy: **Declan Pearson**  
3rd Senior Boy: **Callum Geddes**  
1st Senior Girl: **Robin Pieper**  
1st Senior Mixed Team: **Rachael McLellan, Leigh Grieve and Greg Redai**

Well done to the Dunstan Triathlon and Multisport Squad. Well done also to **Hamish McKay** and **Georgie Peirce** in their first open-water triathlon. Georgie raced well, but unfortunately, technical problems meant Hamish couldn't complete the last leg.

### Age Group National Multisport Championships

- **Nakia Randle** did not attend the Otago/Southlands, instead she raced in the Age Group National Championships, in Kaiteriteri. The Christchurch Earthquake meant many athletes pulled out of the event, so unfortunately Nakia became the only female competitor in her age group. The course consisted of an ocean paddle, mountain bike, and trail run, totalling 26km. Nakia had a strong performance across all legs, and by completing the event, she gained the title of 2011 NZ Age Group Multisport Champion U17 Female.



*Nakia Randle*

### South Island Secondary Schools Triathlon

- was held on 27 February in Oamaru, with **Georgia Vessey** and **Emily McGimpsey** representing Dunstan and performing well. The weather was clear and calm which made for fast racing in the sea swim and on the hilly bike course, with Georgia taking first place in her Under 16 Age Group. Congratulations girls on representing Dunstan with pride.



*Georgia Vessey*

## NETBALL

Pre-season Training - specific Netball Drills and Skills Sessions will be starting Monday 7 March in the school gym.

**Registrations** - will be held in the gymnasium foyer on Tuesday 15 March, 3.30pm - 4.30pm and 7pm - 8pm.  
All players must register at this time. If you will be away on the day of registration please see the Sports Co-ordinator beforehand.

**Subs** - will be \$65.00 per player with two payment options:

- Option 1: Full Payment at Registration - \$65.00
- Option 2: Split Payment - \$35.00 at Registration, remaining \$30.00 by 30 April

**Trials:**

- Senior Trials - 5 and 7 April at 3.30pm (Year 11, 12 and 13s)
- Junior Trials - 12 and 14 April at 4.40pm (Year 9 and 10s)
- Competition Start Date - 7 May 2011

## ROWING

Good luck to the Rowing Squads attending the South Island Secondary Schools Rowing Championships, this weekend, at Lake Ruataniwha, Twizel.

## RUGBY

**Registrations** - will be held in the gymnasium foyer on Wednesday 16 March from 3.30pm - 4.30pm and again from 6pm - 7pm

**\*\* A parent/caregiver must accompany players to Registration**

All players must register at this time. If you will be away on the day of registration please contact **Greg Dobson on 448 7444**.

**Subs** - in 2011 will be as follows, with three payment options:

1st XV Players:	\$220.00
U14, U15 and U16/2nd XV:	\$155.00
Girls Team Players:	\$80.00

- Option 1: Full Payment at Registration, 16 March 2011
- Option 2: Two Instalments:
  - First Instalment = 50% at Registration, 16 March 2011
  - Second Instalment = Remaining 50% by 16 May 2011
- Option 3: Four Instalments
  - First Instalment = 25% at Registration, 16 March 2011
  - Second Instalment = 25% by 15 April 2011
  - Third Instalment = 25% by 16 May 2011
  - Fourth Instalment = Final 25% by 15 June 2011

## TENNIS

All those interested in playing competition tennis (against other high schools/colleges) please contact Wally, on 449 2700 or 0274 368562 or email [hartleyarms@xtra.co.nz](mailto:hartleyarms@xtra.co.nz)

## UPCOMING EVENTS

- Otago Athletics Championships - Dunedin, Friday 11 and Saturday 12 March
- South Island Secondary Schools Rowing Championships - Twizel, Saturday 12 and Sunday 13 March
- Central Otago Secondary Schools Bowls Tournament - Alexandra, Thursday 17 March
- Otago/Southland Athletics Championships - Dunedin, Friday 18 and Saturday 19 March
- Otago Secondary Schools Swimming Championships - Dunedin, Friday 25 and Saturday 26 March
- NZ Secondary Schools Individual Mountain Bike Championships - Levin, Saturday 26 and Sunday 27 March
- South Island Secondary Schools Adventure Racing - Cromwell, Saturday 26 March
- Summer Tournament Week - Monday 28 March till Friday 1 April  
*Greta Mason, Sports Coordinator*

## DUNSTAN HIGH SCHOOL ROWING SQUAD FUNDRAISER MAADI CUP AND THE CHRISTCHURCH EARTHQUAKE APPEAL

ST PATRICK'S DAY QUIZ NIGHT  
Thursday 17 March 2011  
Alexandra Rugby Clubrooms

Doors open 7.00pm.  
Quiz starts sharp at 7.30pm

Maximum six persons per team - \$10 pp  
Great prizes - spot prizes and auction  
Best Dressed St Paddy's Day team

No door sales - tickets available from  
Henry's Beer, Wine and Spirits,  
78 Centennial Avenue, Alexandra  
Enquiries to: Shona Fulton 448 8933

## DUNSTAN HIGH SCHOOL HOCKEY - NETBALL - RUGBY 2011



# "WANTED"

## Volunteer Coaches & Managers

For ALL Dunstan High School Hockey, Netball & Rugby Teams in 2011.

Contact the Sports Coordinator on 448-8595 or email [sportscoord@dunstan.school.nz](mailto:sportscoord@dunstan.school.nz) to express your interest in the above positions.

## CAPLES CAMP 2011

What a memorable camp! We had all types of rain, snow, roaring nor'west winds and a dramatic rescue.

As with all challenging times, the students rose to the occasion and we had an excellent camp with a lot of laughs, teamwork and activities. The seniors were brilliant, providing great leadership and supporting the staff in the full programme.

We all learnt a bit more about each other and about working together to achieve common goals.

Well done, Year 10 Caples!



## CENTRAL OTAGO WASTEBUSTERS' TENTH ANNIVERSARY CELEBRATIONS.

10AM

**SATURDAY 12 MARCH**

at their Resource Recovery Park, Boundary Road starting with a Bokashi Demo 10am, and a working demonstration of their operation at 10.30am.

Official Welcome 11.30am

Free barbecue, rides for the children, displays, auctions etc. On this occasion the Community Farmers' Market stall will also be operating 10.00-11.30am from this site.

Thank you,  
Ruth McNamara

## Alexandra United Football Club



**Still taking registrations for  
Under 14 and Under 17 Players**

Phone: Ian Nicholls 027 2083125  
or Sue O'Brien 4486126

Registration Forms available at School Office

**DO ALL YOUR SHOPPING FROM HOME AT  
WWW.YOURFASTSHOP.CO.NZ AND HAVE MORE  
TIME RELAXING** - Over 50 online stores and all shopping raises money for Dunstan High School



Complete Beginners'  
Six week course in Alexandra

Tuesdays 15 March - 19 April at the District Club  
Centennial Avenue, Alexandra

Beginners Class: 8.15pm - 9.00pm  
Practice Time: 9.00pm

Intermediate class runs before Beginners  
Please arrive at 8pm for your first class.

Cost: Six weeks for \$75

## KEEPING WELL WHEN GOING BACK TO SCHOOL

### DIET AND EXERCISE

A balanced diet is important for your general well-being; it helps your skin stay clear, and gives you more energy for daily activities. A healthy, balanced diet is rich in fruit, vegetables and starchy foods, and contains moderate amounts of meat and alternatives, milk and dairy foods.

Foods high in fat, particularly saturated fat, and/or sugar should only be eaten in small amounts or infrequently. Milk, cheese, yoghurt, Soya beans and nuts are rich in calcium, which is needed for healthy bones and teeth.

Exercise will not only help maintain a good body weight, it will give you more energy for everyday activities, help reduce stress and will also help you to focus better during school.

Here are some ways in which you can exercise:

- Hit the road, whether it's running, biking or walking the dog
- Have a game of tennis with friends
- Get into a sport such as netball, rugby, basketball or soccer
- Go for a hike
- Take the stairs instead of the lift
- Walk or bike to school
- Swim

The PHN for your school is: Sue Philip  
Contact details: 4404309 / 0272290063

*Out of Shape? Lost Weight? Sports Conditioning?  
Get Fit Get Fast*

Out of shape for YOUR sport or just out of shape?

Join Proactive on our Teen membership Now!

Workout with friends. Zumba, Spin, Pump classes and a FREE gym workout programme to tone, trim and shape your better body!

Join with a friend and NO JOINING FEE!



## 2011 PARTNERSHIP PLAN

**GOLD** - Allied Press, Alexandra Rotary Club, Central Betta Electrical, Checketts McKay Law Ltd, Cooneys Clothing and Footwear, Criterion Club Hotel, Downer EDI Works Limited, Feron Motor Court Ltd, Gas and Engineering Supplies Ltd, L J Hooker, Magnum Mac Dunedin, MWH NZ Ltd, Omakau Commercial Hotel, Otago Daily Times Print, Phil Morris Electrical, SBS Bank, Stadium Tavern, Stu McLeod - Courier Post, Tarbert St Dental Surgery, Terrace Distributors (1985) Ltd, The Community Trust of Otago.

**SILVER** - Alexandra Avenue Motel, Alexandra Physiotherapy, Brian Luff Automotive, McIntyre and Associates, Currie Motors, Davis Auto Electrical Ltd, McLellan's Plumbing and Heating, Tyreland-Treadwell, Wedgerwood Joinery.

**BRONZE** - Alexandra Night 'N Day, Alexandra Inspiration, Bell's Shoes Unlimited, CRT, Geoff Weller Surveying Consultant, Grant Ward Nissan, House of Travel Alexandra, The National Bank of New Zealand, Stems Florist, The Warehouse.

## COUNSELLING AND STUDENT SERVICES



### JULIE WILLIAMSON

Monday

Tuesday

Friday

[jwilliamson@dunstan.school.nz](mailto:jwilliamson@dunstan.school.nz)

Phone - 027 816 6301



### JAMIE CLARK

[jamiec@dunstan.school.nz](mailto:jamiec@dunstan.school.nz)

Phone - 027 518 900

Come for a chat. Contact us by:

- . Drop box
- . Office
- . Email
- . Phone
- . Through a friend
- . Through at teacher