

# The Dunstan Prospector

Issue 8

12 June 2008

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## REVISED HEALTH PROGRAMME MEETING MONDAY 30 JUNE 7.30 PM - LIBRARY

Following consultation with our community and an internal review, our Health Programme has been revised. It is important that parents are aware of the health issues addressed in this programme, hence you are invited to a meeting in our school library on Monday 30 June at 7.30 pm.

The areas where we would particularly like parental input on are: Sexuality, Keeping Safe, Mental Health and Drugs and Alcohol.

As part of our Drugs and Alcohol Policy and education programme, the police drug dog will be through the school at least twice this year.

## DUNSTAN HIGH SCHOOL GUIDANCE COUNSELLING

Kia ora

I would like to use this opportunity to introduce myself. My name is **Julie Williamson** and for the next three weeks I will be working in the school, alongside Alexandra's Youth Worker, Roger Williams, to provide Guidance Counselling for DHS students. I am happy to be able to fill in for the school's full time Guidance Counsellor, Murray Radka, while he is away on International work.

I started working with adolescents as an instructor at the Outdoor Pursuits Centre in Turangi. After seven years at OPC, I completed secondary teacher training and worked as a Physical Education and Health teacher in Invercargill. During this time I met my husband, started a family and I began training as a Counsellor. We moved to Alexandra in September last year and I started a private counselling practice, working around our three handsome sons, aged 6, 5, and 2. I am also working towards a specialist qualification in relationship counselling.

In the next few weeks, please feel free to pop in and see me. Counselling can be helpful for every day worries as well for those times when you feel hurt, stuck or confused. If you have never experienced counselling before, but feel like it may be helpful for yourself or someone you are concerned about come in and see me for a chat. I would love to see you! Appointments can be made through the school office.

*Julie Williamson*

## SENIOR EXAMS > SENIOR REPORTS > SENIOR REPORT EVENING

Now that Senior Exams are over, teachers will be putting together Senior reports. These will be posted with the next newsletter in Week 8.

Please set aside **Thursday 3 July for the Senior Report Evening (Week 9) 4 – 7 pm.**  
Appointment sheets will be sent with the reports.

## NZQA EXAMINATIONS (Both Internals and Externals)

The Entry fee of **\$75.00 (for most)** is included on current accounts and needs to be paid by **31 July please.**

Cheques to be made out to  
Dunstan High School.

Enclosed is information about the availability of Financial Assistance for Exam Fees from NZQA.

## BLAZERS - AMNESTY

Over the past few years the school has purchased a number of blazers for students to borrow when they need to dress in formal uniform, eg when representing the school.

For a variety of reasons some blazers have not been returned or blazers have been mixed up and a student has returned one borrowed by another student.

As a result, several of our blazers are missing. These garments are worn with considerable pride by students and there are often comments about how smart our students look in them. The school is committed to being able to make Blazers available to students, but they are very expensive to replace.

**PLEASE look in your cupboards to check if your son/daughter who is a past/present student of DHS has inadvertently forgotten to return a school blazer. If you do find one please hand it into the school office – no questions asked, just our grateful thanks for getting it back.**

## EXCELLENT PARENTING PROGRAMME

Nigel Latta, a skilled psychologist who often talks within education on dealing with teenagers has produced a new six part television series 'The Politically Incorrect Parenting Show'. It will screen soon.

Extracts from his approach in a recent ODT article outline some of the material covered in the series and accompanying book.

'It may be small comfort to know that American parenting guru Dr Benjamin Spock, in the revised edition of his classic *Baby and Child Care* wrote 40 years ago: "Being a wise parent to adolescents has always been a difficult job. If the child is made of good stuff he is bound to feel rivalrous and rebellious, whether or not the parent is being reasonable. The job is greatly complicated in the 20<sup>th</sup> century by the fact that parents have all read psychology of one kind or another and have been made uneasy about the theoretical possibility of doing harm by well-intentioned efforts. This is too bad, because in most cases it's better to do the supposedly wrong thing with an air of confidence than the supposedly right thing with a hesitant or apologetic manner. Then there's also the fact that many children today have the bit in their teeth and have their parents on the run."

Dunedin psychologist Nigel Latta says parents are bombarded with so much information they may believe they need a science degree to be a parent, or they read parenting books "all about kids feeling good all the time" and somehow lose sight of common sense. But while parenting teenagers can be difficult, parents should not get too anxious about it.

Mr Latta says parents can run the risk of making it too complicated. Most parents do the best they can: "I don't often see parents who are deliberately trying to screw people up. "

Adolescents, while some of them might enter puberty earlier than they used to, are still essentially the same as they were 10,000 years ago when they might have been "tagging the cave walls", he says.

What is important is that parents understand what is going on with adolescents; why they are different from adults, why they do crazy things.

Mr Latta acknowledges that teenagers can be incredibly hurtful. Their outbursts are more sophisticated than those of a younger child who might say: "I hate you. You suck". The teenager is more likely to say something like: "If it wasn't for you, Dad would never have left."

While he does not advocate tolerating rudeness, Mr Latta's advice is to treat such statements as if they had come from "Mad Uncle Jack". Teenagers are not normal relative to adults and should not be

regarded as such. It may not occur to many teenagers that their parents have feelings.

However, in more than 17 years of working with some tough teenagers, Mr Latta says he has never met one who genuinely hated his or her parents, even if many said they did.

A sign of the irrationality of teenagers is making a big deal over trivial things. He recalls from his own youth having enormous fights with his brother over who was going to put the dish rack away – a task which would take three and a-half seconds. He knows, because he timed it. The fights were totally illogical and involved a broken window on one occasion.

Years later he asked his mother what she thought about this. She thought her sons were mad.

In his new book *Before your teenagers drive you crazy, read this!* Mr Latta explains the changes occurring during teenage years, gives parents principles to apply to situations and shows how these can be used to develop plans for change.

The book includes case studies to show how this works for issues as diverse as laziness, drug use, rudeness, parents feeling helpless, and situations where a teenager has gone completely off the rails.

He emphasizes that while there are patterns to problems faced by families, there are so many variations that paint-by-numbers solutions are not possible.

With that in mind, the book is intended to help parents who can feel that coping with teenagers is like "driving fast through fog with the headlights off", not knowing which way to go.

By the same token, teenagers do not need the helicopter parent who is constantly hovering, making sure they are OK.

This is one of the topics he will deal with in his forthcoming six-part television programme *The Politically Incorrect Parent Show*.

Such intense parenting is not good for kids, because they will never learn to deal with life.

### TIPS FOR PARENTS:

- Understand what is happening with the teenage brain
- Don't be afraid to parent
- Don't be over-protective
- Keep rules fair and reasonable
- Set boundaries and stick to them
- Be in for the long haul – don't stop making decisions
- Keep your sense of humour

It's great to have a New Zealand perspective on raising our teenagers – watch out for this show!

## MID YEAR SENIOR EXAMS - *some concerns*

For the majority of our senior students Senior Exams have provided a significant opportunity

- to practise study techniques
- to practise exam techniques – timing – essay writing – understanding questions
- to complete internal assessments for Unit Standards and Achievement Standards
- to practice elements of external exams

Unfortunately, some students did not take these exams seriously. It has been disappointing that even though students and families were informed about the purpose and importance of these exams through the newsletter and at school, a small number of students did not show up for their exams and assessments. We do understand that some of these people had a legitimate excuse, eg illness, but it is troubling to us that there were some who used the time for recreation and extra paid work.

Senior students who are identified as being absent from their exams and assessments during the exam week without a satisfactory excuse will:

- be signposted in subjects missed
- will not have the opportunity to resit missed internal assessments timetabled for exam week

It is only another 13 school weeks until the senior school exams and approximately 20 school weeks until NCEA external exams. Students are at the "business end" of their school year and need to be serious about their learning.

## ORAL HEALTH

The Adolescent Oral Health Co-ordinator will be visiting the school on Tuesday 1 July, to speak to Year 9 students about oral health and to check if they are enrolled with a dentist.

Please take this opportunity to discuss with your child if they have been enrolled with a dentist.

Enrolment forms will be available on the day for those who do not yet have a dentist. Adolescents are entitled to free basic dental care from Year 9 until their 18<sup>th</sup> birthday.

If you would like to discuss this further please call:  
**Sharleen Szavay 03 474 6574 or 0800 ITS FREE**

## ATTENTION! ATTENTION! CENTRAL SOUTHLAND ANNUAL EXCHANGE

\*\*\*\***NOW Sunday 22 to Monday 23 June 2008**\*\*\*\*

Participating teams will be notified Friday 13 June and involved students will get a letter home on Friday. This year's exchange is at Dunstan High School and we will be looking for billets. It is expected that all students participating will take a billet for the Sunday night. This will be outlined in the letter.

Before students leave on Monday afternoon we will have a prize giving afternoon tea and to make it easier on families participating students will each be billed \$3 for the food.

Hope you will be able to get along and support our teams on the sidelines as this is a great exchange.

Ben Whitaker  
Sports Coordinator

## ALEXANDRA JUNIOR SOCCER CLUB JUNIOR FUTSAL SEASON

**Starting 25 June 2008 – Wednesday Nights  
in the Terrace School Hall**

Season runs for 12 weeks starting  
25 June (excluding school holidays).

age 7-15 years - Cost \$30.00 per player

Organise your own team of 6-7 players or teams will  
be sorted for you

If you wish to play please contact  
Barbara Carroll - Email [barbaracarroll@xtra.co.nz](mailto:barbaracarroll@xtra.co.nz)  
or phone: 448 7355

**The next PTA meeting  
will be held  
16 June  
at 7:30 pm  
in L2 (Library Block)  
All Welcome**

## 2008 PARTNERSHIP PLAN

**PLATINUM** – Breen Construction Co. Ltd, Central Motorways Coaches, Fulton Hogan Central, Paper Plus, PlaceMakers Alexandra.

**GOLD** - Allied Press, Alexandra Rotary Club, Budes Central Pharmacy and Bookshop, Central Betta Electrical, Checketts McKay, Cooneys Clothing and Footwear, Criterion Club Hotel, Feron Motor Court Ltd, Gas & Engineering Supplies Ltd, L J Hooker, Magnum Mac Dunedin, MWH NZ Ltd, Omakau Commercial Hotel, Otago Daily Times Print, Peter Lyon Shearing Contractors,

Phil Morris Electrical, Southland Building Society, Stadium Bar and Grill Alexandra, Stu McLeod - Courier Post, Tarbert St Dental Surgery, Terrace Distributors (1985) Ltd, The Community Trust of Otago, Tony Botting – London.

**SILVER** - Alexandra Avenue Motel, Brian Luff Automotive, Business & Accounting Solutions Ltd,

Currie Motors, Davis Auto Electrical Ltd, McLellan's Plumbing and Heating, Treadwell - Tyreland, Wedgerwood Joinery.

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

## CAREERS CORNER

### UNIVERSITY LIAISON VISITS CONTINUE

Jan Stuart from University of Canterbury was in on 10 June at lunch time and provided a select group of mainly Yr 13 students and a couple of brave parents with an insight into what is offered by Canterbury University and what makes it a successful institution for many students.

### CHALLENGES CONTINUE

Any Yr 13 student interested in an **Education Adventure Instructor Internship Programme** for a Gap Year option, based in the USA needs to see me urgently for details.

If anyone is interested in a **Volunteer Gap Year** outside Adventure Internships – the New Zealand programme which places people in Europe, Canada and America has extended their earlier deadline so if you think this may interest you and didn't act on your impulse in Term 1 see me now.

**NAVY TECHNICAL CHALLENGE** will be held at the Devonport Naval Base from Monday 7 July until Friday 11 July 2008. Please see me urgently if you are interested. Applications must be in by Monday 16 June. This one is very urgent.

Please remember holiday opportunities: Arts at Otago: two day taster: 9 and 10 July. Have you got your reply yet? Canterbury University Information Days 8-9 July. \$30 overnight hostel accommodation available for that (to parents too.)

### RECENT EMPLOYMENT OPPORTUNITIES THAT HAVE BEEN BROUGHT TO STUDENTS ATTENTION:

- A cadetship opportunity with the Council in the engineering industry.
- A full time office junior position at Moore and Percy, Surveyors.
- A vet nurse/clinic assistant job at Central Vets, Alexandra.

Please see me about any of these.

### SCHOLARSHIP OFFERS WHICH HAVE COME TO ME FROM:

- **AMP** – A chance to win one of the 12 AMP Scholarships of up to \$10,000 awarded to ordinary NZers determined to turn dreams into reality. Applications close 30 June 08.
- **Salvation Army** – Jeff Farm Scholarships. Up to \$6,000 to help a young person further their education in any aspect of farming. Applications close 29 August 08.
- **Keystone:** NZ Property Education Trust offers A Tertiary Education Grant to a student seeing to complete a degree directly associated with property – special focus: student who without such financial assistance may be unable to complete such study. Degrees such as Property Management, Civil Engineering, Valuation, Architecture, Quantity Surveying, Construction, Resource Management, Planning and Real Estate are supported. Applications close 29 August 2008.

### MASSEY UNIVERSITY HIGH ACHIEVER AWARDS focus: (Academic, Sports, Arts) – close 30 August 08

- Other universities have similar Awards detailed on their own websites under Scholarships and Awards.
- Others will come in as time moves towards decision making application time.
- Studylink visit to all Year 13 (+ Year 12 leavers) and parents, Monday 25 August 2008, 1.15 pm in the Library.

### HALLS OR COLLEGES OF RESIDENCE at various universities have begun their pamphlet drops.

- Bishop Julius Hall, Canterbury University (with a lovely shot of Richard Brunton reading (studying?))
- College House, Canterbury University.
- City College, Otago Polytech and University
- St Margaret's Otago University.
- Residential Colleges in general for Otago University
- by end of September.

I thought it had been quite busy so far in this job, but maybe it's actually about to heat up!

*Rose Thom*

Newsletters can be viewed on our website link [www.dunstan.school.nz/parentinfo](http://www.dunstan.school.nz/parentinfo)  
However, if you want your NEWSLETTERS emailed  
please complete and return the slip below to Dunstan High School Office asap  
or email a request to [awills@dunstan.school.nz](mailto:awills@dunstan.school.nz)

**Those who do not put in this return, will continue to receive their newsletters and invoices by post.**

DHS OFFICE - I / We wish to have all **2008 Newsletters** emailed to the following address please:

Email address: \_\_\_\_\_

Signed: \_\_\_\_\_ Name/s in writing: \_\_\_\_\_

Physical Address: \_\_\_\_\_

Parent/Caregiver of: \_\_\_\_\_ Yr \_\_\_\_\_ H/Tg \_\_\_\_\_

(current students' \_\_\_\_\_ Yr \_\_\_\_\_ H/Tg \_\_\_\_\_

full names please) \_\_\_\_\_ Yr \_\_\_\_\_ H/Tg \_\_\_\_\_