

# The Dunstan Prospector

Issue 12

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## WELCOME!

We welcomed a Rotary exchange student this week. **Arthur Canonne** is from near Grenoble in South-East France in the Alps (near Italy.)

Arthur is staying with four host families during his time in Alexandra and is studying at Year 11 level.

He is keen on karate, chess, travel and mathematics. He will also become a member of Alexandra Rotary and is part of a group of international students being hosted in Central Otago schools. They will walk the Milford Track as well as have a trip around the South Island.

Please welcome Arthur to our community and if you have the chance, say 'Hello' and include him in your group.



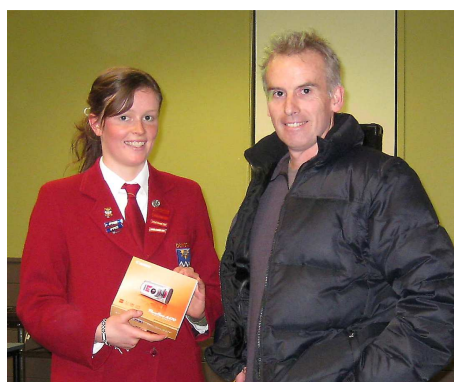
Arthur Canonne

## UNIFORM MATTERS

A reminder that the wearing of compulsory winter uniform finishes this week. Correct summer uniform may be worn from Monday 1 September. Correct winter uniform may still be worn.

## ARTERATI

A BIG THANK YOU to **Ross Aitcheson** and **Smiths City** for their very generous donation of a camera which was presented at 'Art for Arts Sake'.



Emily Campbell receives camera from Ross Aitcheson of Smiths City.

## SCHOOL PHOTOS

The annual school photos will be taken during the last week of term beginning on **Tuesday 23 September** and continuing through to **Thursday 25 September**.

On **Tuesday 23 September**, **Caples and Haast Houses** will have their photos taken beginning with Caples at 8.45 am followed by Haast at 9.00 am. Tutor groups will follow commencing around 9.10 am and continuing throughout the day.

**Sport and Activities photos** will be taken during **Tuesday, Wednesday and Thursday** lunch hours commencing at 12.30 pm each day.

On **Wednesday 24 September**, **Pyke and Rees Houses** will have their photos taken commencing with Pyke House at 8.45 am. Please register your **Sports and Activities** photos with Mr Hamilton so that a programme of photo-taking can be organized.

'**ART FOR ARTS SAKE**' on Friday night was very successful with the proceeds of the ticket sales going toward a high resolution top-of-the-line digital camera for the use of senior students in the Arts Department. The School Council is also giving money towards the purchase, and with this input we are well on our way towards meeting our target. A big thank you to artists – **Neil Driver, Eddie Diver, Richard Parsons, Maxine Williams** and photographer, **Eric Schusser**. Also, thanks to the Art Committee for their work behind the scenes and, last but not least, to those who came and supported this very special event.

## SENIOR SCHOOL EXAMS - Week 9: 15-19 September - (only three weeks away!)

All senior students should be well underway with their study plan for the final school exams before the External NCEA Exams in November. All seniors have been given a questionnaire 'Time To Get Started'. Please go over this with your son/daughter to help them to focus on "Learning" in these very important weeks to come.

YR	Mon am	Mon pm	Tues am	Tues pm	Wed am	Wed pm	Thur am	Thur pm	Frd am	Fri pm
11	11EN1	11DRA	11SC1	11GEO	11MA1	11DET1	11ART	11FRE	11DET2	11GRA
		11TRS		11MUS		11ICT1	11ECO	11OUE1	11FNT	11HIS
		11SC2		11RPW			11MAO		11ICT2	
							11OUE2			
12	12CHE	12EN1	12PHY	12FRE	12MA1	12BIO	12AID1	12AID2	12GRA	12GEO
		12DET	12HOT			12INL	12DRA	12HIS	12MAO	12ICT
						12RPW			12OUE1	12OUE2
13	13ENSS	13CHE	13PHY1	13EN1	13HOT	13DRA	13BIO	13MAS	13MAC	
		13GEO	13HIS	13EN2	13PHY2	13FRE	13ECO			
			13INL			13POE				

## SINGING: CLEVELAND AWARDS

The Otago Association of NZ Singing Teachers held the Annual Cleveland Awards in Dunedin on 17 August. These are premier competitions for Otago and Southland Secondary singers. In the junior section, **Nicholas Goudie** Yr 10, won third place in a strong field.



Nicholas Goudie



Matt van den Yssel

In the senior section of 18 competitors, first place was won by **Matt van den Yssel** Year 13, with a confident and polished performance.



Simon Anderson

In fourth equal place was **Simon Anderson** Year 12.

Also competing at a high standard were **Victoria Martin**, **Sarah Williamson** and **Kate Wilyams**.

The adjudicator, Gina Sanders, from Auckland provided clear and insightful feedback which will help all singers advance.

Ruth Reid, the singing teacher of all entrants, is keen to get Gina to Alexandra to provide master classes in improving technique.

Well done to all involved.

## ST JOHN YOUTH COMPETITION

The St John Youth Programme Southern Regional Competitions were held on the weekend of 16/17 August in Dunedin. A number of our students were involved in these.

**Rosie Whiting** gained second place in the senior (15-18 year old) individual competition.

The Alexandra Senior Blue Team in the 13-15 year old section were also second in their division, as were the 8-11 years Junior team.

Alexandra Penguins (6-8 years old) were first place. They were coached by **Rosie** and **Brie Lepper** who also acted as judges for the competitions.

Senior Blue team: **Heidi Little**, **Colleen Dreihuis**, **Chris Gilroy** and **Rebecca Atherton**.

Well done.



Rosie Whiting



Brie Lepper

## FROM THE SPORTS COORDINATOR

### BLUES, BARS AND INDIVIDUAL AWARDS

Nomination forms now at the office. Sport Awards to Mrs Reid and Arts Awards to Mrs Goudie please.

### SOUTH ISLAND SECONDARY SCHOOLS TOURNAMENTS

The start of September marks the beginning of Tournament week this year.

Good luck to our Netball A and Ice Hockey Teams travelling to Dunedin, Basketball senior Boys A to Timaru, and our U15 Rugby Boys who are heading all the way to Nelson.

## NETBALL

This weekend sees the final round of the Central Otago Competition. We have many teams playing off in finals and we wish them all good luck.

This year we will be having **Netball Team photos** at the pavilion between 1pm-2pm. All Team members are asked to bring a change of clothes as uniforms need to be handed to managers at the end of the games. Managers/Coaches should all now have the list of uniforms and their numbers to check off.

**Schedule for photos as follows: 10C, A, B, 10A, 9A, 11A, 10B, Gold, 9Yellow, C, Silver, 9Red.**

## RUGBY

Congratulations to the Under 14 Rugby Team, coached by Wayne Fulton and Ian Fraser, who won their grade this year. This was an excellent result in this competition.

Congratulations to **Monique Nees**, **Charlene Ruffell** and **Alana van der Voort** on their selection into the Otago Secondary Schools Rugby Team.



Monique Nees



Charlene Ruffell



Alana van der Voort

Well done also to the 1<sup>st</sup> XV who ended the season making it into the semi-finals of a very tough competition.

## SKI RACING

Two Dunstan High School teams entered in the recent Otago/Southland School Championships and finished third and fourth in the mixed division. Both teams have qualified for the South Island Secondary Schools event.

## SQUASH - NEW ZEALAND SECONDARY SCHOOLS SQUASH TEAMS TOURNAMENT - 15-17 AUGUST 2008, NEW PLYMOUTH

Dunstan High School had a very successful competition at the Secondary Schools National Tournament in New Plymouth. The team consisted of **Alex Morait**, **Aaron Lynch**, **Willie Taucher**, **Daniel Garry** and **Jason Van Kempen**.

42 teams from schools throughout New Zealand were represented. Dunstan played five matches with three wins and two losses. The first game was against Auckland Grammar 2 and unfortunately this game was lost 4-1; however **Daniel Garry** won his match against a player rated well above him.

The next three matches against Orewa College, Tauranga Boys College, and Lynfield College were all won with **Willie Taucher** winning a very close match against his opponent from Lynfield College to ensure victory and a place in the plate final.

The teams last match of the tournament was for the Plate Trophy, against New Plymouth Boys High School. The games were all close with New Plymouth Boys playing on their home courts and eventually winning 3-2.

The experience gained playing at a national level will be beneficial with most of the team back next year.

The team wish to thank our coach and manager for the trip, **Ngairie Lynch** and **Tony Van Kempen** for all their assistance.

Danny Garry

## TRAP SHOOTING

We had a very good shoot at the Alexandra Clay Target Club yesterday with 76 shooters from secondary

schools from Timaru south attending.

Shooting conditions were excellent and some good scores resulted with two disciplines having shoot offs to decide places.

For Dunstan **Andrew Sutton** won the trophy and gold for skeet with the only possible 25/25. **Joel McBride** shot a creditable 22.



Andrew Sutton

**Jacob Reid** won the trophy and gold for Single Barrel 10/10 after a shoot off going to an extra 16 targets and **Sharmaine Love** won bronze after a shoot off for third Girl in Single Rise.



Jacob Reid

Selected to shoot for the three-person team Otago v Southland in Skeet were **Andrew Sutton** and **Joel McBride** where Southland only narrowly won.

In the Otago v Southland five-person team Triples match **Jacob Reid** 24/25 helped Otago to win against Southland.

Parents deserve a special mention with a huge thanks for their support in the canteen and on the grounds. Thanks also to members of the Moa Creek Gun Club and the Alexandra Clay Target Club for their help running the shoot.

#### TRACKSUITS AND BLAZERS

**Overdue tracksuits and Blazers will be charged to accounts after this week. Included in Newsletters are overdue notes to any students who still have outstanding uniforms.**

#### ICE SKATING

The Alexandra Ice Skating Club would like to congratulate **Abby Washington** on her second placing in Elementary Ladies at the recent South Island Championships, Dunedin.

The AISC would also like to acknowledge the following DHS students who volunteered their time to help coach the Junior Kiwi Skate skaters: **Ginny Sutton, Kristen Fraser, Caitlin Lowe and Abby Washington.**

Unfortunately **Caitlin Lowe** had to withdraw from competition as she was unwell.

#### CURLING

**Lucy Lane** has been selected again for the NZ U21 Curling Team. They will compete in the Pacific Rim Tournament in Beijing over January 2009.



Abby Washington



Lucy Lane

#### YR 12 AND 13 INTERHOUSE NETBALL

The senior students had a fun netball tournament last week during lunch times thanks to Sarah Reid, our Sports Coordinator. All the games were close and played in a great house spirit.



## LOOKING AFTER YOUR MENTAL WELL-BEING

Continuing our notes from last newsletter.

### 3. Mental well-being and the power of thoughts

When our mental health is good, we can cope with all of life, including joy and sadness. We can work, love, and enjoy ourselves with minimal stress.

Most events are not stressful in themselves, but our thoughts about them can make them stressful. Just think how a rollercoaster ride, for instance, can be terrifying for one person and exciting for another!

That's because we choose how we think. We are often influenced by what we read and see, eg in the media, but we don't have to be. We can choose.

Some of our beliefs can cause us stress, eg that "I have to do everything perfectly".

#### What you can do:

- Remember that thoughts can be changed. If you're not happy, change what you're thinking about.
- Challenge your beliefs. For example, if you are a perfectionist, try doing something less than perfectly, and find that the world doesn't end!
- Change what you read, watch or listen to if it makes you feel low and stressed.
- Mix with positive people.

While this advice generally works, if you are suffering from severe anxiety or clinical depression, you may not find it easy to do these things. This is when it is important to see your doctor or counsellor.

### 4. Being mentally healthy: Enjoying the present moment

A lot of stress is caused by worrying about the future – and things that may never happen!

Think about your pets. They tend to live in the present moment, and are generally happy and healthy.

There are many things we can learn from a dog! For example:

- When loved ones come home, always run to greet them!
- Let others know when they have invaded your territory
- Avoid biting when a simple growl will do
- Thrive on attention and let people make a fuss of you.

So our pets can teach us unconditional love, acceptance of praise, how to be assertive and immediate in responding to others, and how to give a message without over-reacting. These things help us enjoy our own company and to have good relationships with others – both things essential for good mental health. More from your pets next time!

*This information was provided by Child & Family Service, ODH. The Public Health Nurse for our school is Sue Philip - Contact on 440 4309 / 027 229 0063.*

**REMINDER TO CAREGIVERS OF 2009 NEW STUDENTS** – please include a verified copy of your child's birth certificate with the enrolment form when sending it to school.

*Many thanks, Gail Trochon, Admin*

## CAREERS CORNER

### WEEK 8:

**Margaret Mills, Otago University College of Education**, will be in the Library on **10 September** in the evening from 7-9 pm to discuss Careers in Teaching with parents, students and anyone interested in the community.

**10 and 11 September** - The Mobile Careers' Unit will visit school with 1½ million dollars worth of equipment to help students see options in the career life pathway. Twenty-two interactive screens enable students to work on their own career quest free of charge. Students will be rostered through this unit in study or English classes with as little interruption as possible as this is a focused study week for seniors. Parents are very welcome to come and visit the Career bus too.

**Week 10, Tuesday 23 September 2008. Sue Scott, Liaison, Otago Polytech** will be in to assist those in Year 12 or 13 going to Otago Polytech in 2009, with enrolments.

**Otago Polytech Visit Wednesday 24 September 2008** - For Year 12 and 13 students interested in finding out more about a possible course. Visit includes approximately two hours in chosen department and visit to accommodation options. Information and permission form available from Mrs Driver.

### SIT visit for 2009 students – Wednesday 24 September 2008

Anyone interested in visiting SIT to see courses in action and visit accommodation see Mrs Thom as soon as possible. A visit is planned but may take place early Term Four if this date does not suit.

See Mrs Thom now if you are interested in any material which has just arrived at the Careers Office.

- **Lincoln University Campus** Accommodation and Sports Scholarship Brochures.
- Abby Shaw, **Lincoln University Liaison**, will visit in October on Thursday 23 at 10 am for interested parents and students.
- Anyone interested in trying the **Film Workshop** at St Andrews College in Christchurch in the October holidays.

**SCHOLARSHIPS:** If you want to learn about Scholarships available for first year students in tertiary institutions, go online to the course provider's websites, eg Otago University, at [www.otago.ac.nz/study/scholarships/undergraduate](http://www.otago.ac.nz/study/scholarships/undergraduate) scholarships and search their scholarship details to see if you are eligible to apply, eg Leaders of Tomorrow, Head Students, Alumni, First in Family to go to University, Russell McVeagh Law, AAW Jones Trust, OCE Scholarships at Otago.

I have also got information on Central Lakes Trust Scholarships. There are 15 for the area, each worth \$2,000.

See me for more information. Please let me know if I can help you or your son or daughter in any way with Career Life Pathways.

*Rose Thom*

### JOB OPPORTUNITY

If you are interested in Monday/Wednesday/Friday early morning street cleaning (5.45 – 7.30 am) and are a 13-15 year old boy, please phone Kim at Alexandra Cleaners on 4487002.

### APPRENTICESHIPS

Are you:

- A business interested in or wanting an apprentice, but can't be bothered with the hassles, or
- A person wanting to find out about or gain an apprenticeship
- 4Trades Apprenticeship Trust is available to discuss all aspects of apprenticeship training with you.

No appointments necessary but for an assured appointment and any further information please ring Sandra Spence, ph 027 257 8537.

## FOUND

- Pair of large size shoes plus black ¾ pants in 'Glassons' bag
  - Polar Fleece
  - Girls red jersey – girls changing room 3/7/8
  - Black t-shirt with 'Rusty' on front
  - Black tank top – message on front
  - Ladies dress glove, blue right hand thinsulate glove
  - Black 'Norsewear' top
  - Navy blue short-zip fronted sweater. 'Coast Clothing Co'
  - Pair of black school shoes
- Collect from office please.

**Watch out for the latest DHS event and activity photos on our website!**

[www.dunstan.school.nz/imagegallery](http://www.dunstan.school.nz/imagegallery)

## DEFENSIVE DRIVING

is coming to Dunstan High.  
If interested, please contact  
David Perry, 0800 114 500.

## 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.