

The Dunstan Prospector

Issue 15

23 October 2008

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SENIOR STUDY COUNTDOWN YEARS 11/12/13 – 2008

3

- Do you realise that there are only 3 school weeks left before external exams?

2

- Do you have a study plan?
- Do you need help? - See class teachers,
- Deans/Tutors,
- Mr Radka

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- Make a checklist.
- Ensure you have organised various commitments (eg sporting/social/work/cultural) so that study becomes the number 1 priority.

Included with newsletter is a copy of the 2008 NZQA Exam Timetable.

STUDY TIPS FOR STUDENTS

- Exams are a marathon. Not a sprint – here for the long haul.
- Use a calendar and study plan to order your work. Spend half your time reading and note taking and half reviewing, ordering and outlining. Little and often is most effective, do 20 minutes then take a break.
- Pay attention to what you wish to learn. The determination to remember will achieve a recall 20 to 60 percent greater than if you don't actively make an effort. After study, we forget more in the first hour than during the following 24 hours and more during the next day than the next month, so plan accordingly.
- Exercise and movement aid brain function.
- While TV is out, music can be in but it must be the right music.
- Never be without a book, bookmark or study card. The more time you put into revision and the more ways of stimulating your brain, the more you will remember.
- A 50 percent increase in revision time relates to a six-fold increase in recall.
- Write things down, use colourful highlighters, pin study cards to the wall, or stick notes around your desk. Shuffle notes into smaller and smaller topic groups. All of these activities will give structure to random pieces of information and help funnel down from the general to the specific.
- Write essays and practice exam questions so you become confident ordering your thoughts. Have your teacher check them.

Test yourself by creating mnemonics, acrostics or mind maps. Draw in the margins, animate graphics and visualise historic events. Walk around your room mapping out your thoughts on the carpet or furniture.

- Have an internal conversation with the text or describe what you're learning to others. Cooperate or compete within a study group or teach your family something interesting.
- Things won't happen by osmosis. It takes effort. The results are worth it.

DUNSTAN HIGH SCHOOL SENIOR PRIZE GIVING

Wednesday 12 November 2008

7 pm - Dunstan High School Hall

Yr 13 Farewell to follow in the Performing Arts Suite. Plates can be left in the staffroom please.

CERVICAL CANCER VACCINE

Girls and young women can now be protected from the most common causes of cervical cancer.

The cervical cancer vaccine is available free to young women born in 1990 and 1991, and then from early 2009 for girls and young women aged 12 to 18.

Sue Philip (Public Health Nurse) and Meg Paulin (Immunisation Coordinator) are providing an easy to understand presentation.

Where: **The School Library**

When: **Thursday 6 November 7.30 pm.**

All welcome (Parents, Caregivers, Students).
Supper provided.

Please read the enclosed brochure.

ARTERATI

Congratulations to **Emily Campbell** and **Chloe Hishon** on winning 'The News Young Designer' competition of the Wool

On Event at Blossom Festival.

This was a co-operative venture with Emily showcasing her knitting, and Chloe displaying her skills at crochet. The garment was modelled by **Emily Campbell**. Well done girls!



Emily Campbell



Chloe Hishon

PLATINUM PARTNERSHIP

Supporting the roles of the Sports and Arts Coordinators in the school:

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

YR 12 DRAMA PRODUCTION

13 kids, 1 gang, 1 childhood

'Rites of Passage' written by Denise Walsh and performed by the Year 12 Drama class, takes a look into the foolishness of youth, friendships, and relationships between girls and boys and how it changes as they grow up.

Thursday 30 October, 7.30 pm, School Hall.
Tickets \$5 at office or purchase at the door. One show only, don't miss out

RESULTS OF RECENT TRINITY GUILD HALL EXAMINATIONS FOR SPEECH AND DRAMA

Simon Anderson	Grade 7 (Merit)
Sarah Liley	Grade 7 (Distinction)
Pollyanna Hishon	Grade 7 (Distinction)
Stephanie Dwyer	Grade 5 (Merit)
Gerard Finch	Effective Communication Grade 5 (Distinction)

High Achievements:

Anna Parsons, Helen Liley and Alice Finch all passed the ATCL Speech and Drama Performance Examination with Distinction.

CELEBRATION OF SUCCESS IN THE ARTS

With a diverse array of activities it is hard for us to know everything that is going on in the community. We are keen to celebrate your child's successes and promote the arts within the school, so please let us know of any achievements so they can be recognised. Please leave a message for Claire Goudie, Arts Coordinator at the school office, 4488595.

TWO CREATIVE DANCE WORKSHOPS,

ROYAL NEW ZEALAND BALLET are the facilitators

When: **13 November at Dunstan High School**

For: **Primary and secondary** - for all students no matter what their experience

The focus is on creativity, to enhance enjoyment and participation,

Gives an "Introduction to Choreographic techniques and helps hone their performance skill;

Provides insight into the choreographer's intentions, the musical influences and the designer's vision".

If you attend, you have the opportunity to purchase a discounted ticket to see the Royal New Zealand Ballet's performance of 'Don Quixote' on 16 November 2008 at 6.30 pm in Dunedin.

Primary: Don Quixote Performance + workshop
3.30 - 4.30 pm = \$6 + \$4

Secondary: Don Quixote Performance + workshop
4.30 - 5.30 pm = \$8 + \$4

Registrations must be in by 27 October

Contact: Central Otago Dance Development
Tania Mawhinney 03 4488782 after 7pm

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

www.dunstan.school.nz/imagegallery

FROM THE SPORTS COORDINATOR

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.

SPORTING BLUES/BARS AND INDIVIDUAL ACHIEVEMENT AWARDS

I have been calling for nominations from anyone who feels they deserve a Blue/Bar or an Individual Achievement Award since July now and have only received very few. You need to fill out a nomination form stating what you have achieved and the award you wish to gain.

Awards will be given strictly only to those who have completed a nomination form before the due date.

This will improve the communication of student information and will then be checked by the appropriate people to confirm the achievements. This puts the responsibility on not only the coaches/coordinators, but also on the student.

Nomination forms will be available from the main office or by email from s Reid@dunstan.school.nz and can be submitted in the same way at any time before 1 November.

DUNSTAN HIGH SCHOOL SPORTS APPRECIATION NIGHT

This is a night where we thank coaches, managers and parents and present awards for the top team in each sport, that competes on a regular basis representing DHS. (1st XV Rugby, Senior A Basketball, Athletics, Senior A Netball, Senior Softball, 1st XI Cricket, 1st XI Hockey, Tennis, Cycling, Rowing, Kayaking, Mountain Biking, Clay Target and Bowls)

This year, the Sports Awards will be held at The Orchard Gardens on November 5 with awards commencing at 7 pm. Tickets for students and parents are available at the school office for \$10 - this includes supper, coffee and tea. Tickets will not be available on the night and ticket sales finish on Monday, November 3 at 5 pm.

Please send your sporting photos to me for us to show during this evening s Reid@dunstan.school.nz

CLAY TARGET TEAM WIN HOARD OF MEDALS

The Dunstan Team of **Charlene Ruffell, Andrew Sutton, Jacob Reid, Glenn Duncan and Sharmaine Love** headed to Christchurch to compete in the New Zealand and South Island Secondary Schools Event where there were approximately 300 shooters from throughout the country taking part.

The South Island Championships shot in the most appalling conditions that have ever been experienced.

Dunstan High School had many excellent results during the tournament including **Andrew Sutton's** selection to the Otago Regional Fish and Game teams match in which he shot 48/50. Andrew will now head to Wellington in December to compete at the National College Games.

Charlene won a gold medal in the Girls Single Barrell and in the team shoot Dunstan gained 17th place out of 38 teams.

Andrew Sutton 23/25 and Jacob Reid 23/25

combined to gain third place in the Team Skeet match score 46/50 for the South Island Championships. And again **Andrew Sutton** 24/25 gained third place after a shoot off and combined with **Jacob Reid** 23/25 and gained Gold for the two person skeet team after a shoot off.

In the Kilwell/Gamebore Postal Shoot with over 200 shooters competing, **Jacob Reid** won third place with a score of 100.

Thanks to parents for their continued support and to **Winn and Jenny Morris** for their excellent coaching and organisation.

FIGURE SKATING

In the first week of the holidays **Caitlin Lowe** and **Abby Washington** (both Year 9) competed at the NZ National Ice Skating Championships in Gore.

Caitlin was awarded third place in the Juvenile 12 and over Ladies event.

Congratulations to both girls who have trained really hard for this event and for the past two months have been travelling to the Gore or Queenstown Ice Rinks three times a week.

CONGRATULATIONS to the BASKETBALL TOURNAMENT TEAM

Over the holidays our tournament team travelled to New Plymouth to play in the NZ National A Tournament (for smaller schools) after winning the South Island Tournament in Timaru last term and qualifying for Nationals.

It was a huge effort to get organised and fundraise in three weeks and a great team of parents swung into action with our Sports Coordinator to make this opportunity happen.

The boys flew to Wellington on 30 September, drove to New Plymouth, picking up Jeremy Nesbitt from cycling on the way and had four days of competition.

Game 1 vs Michael Park School	70-53	win
Game 2 vs Taumarunui High School	88-94	loss
Game 3 vs Hato Paora College	63-64	loss
Game 4 vs Waitara High	30-69	win
Game 5 vs St Paul's Collegiate	70-91	loss
Game 6 vs Buller High School	67-65	win
Game 7 vs St Paul's Collegiate	73-69	win

Twelve NZ schools qualified and Dunstan ended up fifth and only narrowly lost by six points to the winner of the tournament, Taumarunui High School.

This was a great achievement and an excellent finish to what has been our best season for many years. The team was well led and built upon the strength of our Year 13s - **Mat, Sean and Jeremy**. A final success was **Thomas Mulvihill's** selection into the Tournament Team. Thomas averaged 33 points a game. Thanks again to **Peter** and **Lois Mulvihill** for driving this opportunity, **Jim Benck**, **Jackie Rutherford** and **Muzzo Paulin** for driving, coaching, organising and fundraising, Peter for his coaching, **Sarah Reid** for the funding applications and all the Mums for the food again.

Well done team!! **Josh Benck, Joe Cooney, Mat Feron, Sean Lowe, Thomas Mulvihill, Jeremy Nesbitt, Sean Moran, Sam Paulin and Lachie Rutherford.**

NZ NATIONAL SECONDARY SCHOOLS ROAD CYCLING - LEVIN

Sophie Williamson achieved a great result with her fourth in the Manawatu Junior Tour which is held concurrently with the NZSS Road Championships. Her fourth is incredible as she will be in the tour for a further two years.

She also gained gold in the U15 girls points race which had a strong field of 40 girls. Her experience and attacking skills contributed to her winning a very close competition.

Patrick Williamson achieved a bronze in the highly competitive U19 points race and a sixth in the road race.

Other cyclists to compete well included **Georgia Wight** and **Kate McDonald**. Their improvements were obvious as the competitions progressed. Kate thrived on the competition and gained some necessary form which assisted her winning the South Island Mountain Biking Championships and her second placing in the U17 Yunca Tour immediately following the championships.

Gus Kerr did significant work in the road race and showed fine attacking skills in the points race to be rewarded with some points.

Josh Wight and **Jeremy Nesbitt** road strongly and this no doubt contributed to their fitness and valuable experience.

The team wishes to thank **Craig Wight, Liz Williamson, Ian McDonald, Hamish Morton** and **Alan Hamilton** for their continued support.

Thank you to New Zealand Charitable Trust for their generous contribution towards the cycling team's airfares.

Of special significance is **Sophie Williamson's** growing portfolio of gold medals in her age group. This year she is Te Awamutu Tour Champion, Yunca Tour Champion, NZ Mountain Biking Champion, NZ Individual Road Cycling Champion, NZ Secondary Schools Road Cycling Points Champion - **WATCH THIS SPACE!!!**



Sophie Williamson

NZ AND SOUTH ISLAND MOUNTAIN BIKING - BLENHEIM



This event was first organised locally, and has run for the last five years at Alexandra. The event was staged at Blenheim this year in the first week of the holidays. There were 230 competitors. We had a team of six at the event.

Kate McDonald was outstanding in all three disciplines,

being the fastest girl in the Cross-Country, Uphill and Downhill events, winning the Intermediate Girls event convincingly.



Kate McDonald

Cam Johnson rode particularly well in the downhill event, winning the Senior Boys competition.



Cam Johnson



Troy Stewart

Troy Stewart showed his class by winning the Junior Boys Down Hill event by a staggering 10 seconds.

Josh Wight put in very solid performances in all three events, to finish fifth overall in the Senior Boys.

Cam McHardy was riding towards a podium finish in the Cross Country when he punctured. He competed strongly in all events, finishing eight overall in the Intermediate Boys.



Glen Duncan rode well in the Cross Country and Downhill events.

Thanks for the parental support from **Geoff McHardy, Glenys Turner, Ian McDonald** and **Craig White**.

U15 TOUR TEAM RAFFLE RESULTS

- 1st Golf Set - **Peter Mulvihill**
 - 2nd \$100 Voucher Alexandra Four Square Supermarket – **Woodford**
 - 3rd \$50 Meal Voucher – Cellar Door and two bottles of wine – **Karyn Steel**
 - 4th \$50 Meal Voucher Stadium Tavern and one bottle of wine – **Debbie Laws**
- Congratulations to all prize winners!

DEFENSIVE DRIVING COURSE: to be held in Cromwell on December 9, 11, 16, and 18 (incl) from 7.00 pm - 9.00 pm. Further information please contact Kaye Rowell Lakes Driver Training 03 442 7073 027 623 3534, email krowell@xtra.co.nz

LOST PROPERTY – Numerous items of clothing have been left in the office from last term and the start of this term. Please check with the office if you have any items missing.

POLICIES AND PROCEDURES

We are currently updating a range of policies and procedures and are working to get these onto our website for easy access. These will include:

- Concerns and Complaints
- Sexual Harassment
- Child Abuse Reporting

LOOKING AFTER YOUR MENTAL WELL-BEING

Continuing our notes from previous newsletters.

5. Mental well-being: More from your pets!

Our bodies give us messages all the time. We usually respond to them if for instance we are too cold or too hot. But we often ignore other messages. Sometimes we continue on doing things that stress us even when we are tired, have a headache, or notice tension in our neck and shoulders.

Your cat or dog responds to body messages. It rests when tired and eats when it is hungry. Here is more advice from the dog world!

- Allow the experience of fresh air and wind in your face to be pure ecstasy
- Take little breaks/rests often, stretch and take a big breath
- Eat with gusto and enthusiasm
- Delight in the simple joy of a long walk
- If you want what lies buried, dig until you find it!

Enjoying simple pleasures and events is a powerful way to maintain your mental health.

6. Your mental well-being: Understanding anger

Anger can be a natural reaction to an event, but it is an emotion that does not occur on its own. There will always be another emotion driving it.

Think about why a dog might bite. It may be afraid of being hurt, or afraid its territory is being invaded. Humans are no different. We get angry when, for example, we are sad, afraid, hurt. But other people may only see the anger, if we yell at them or hit them.

We all have triggers that can lead to anger (like being teased by our brother or sister), but believe it or not we have the power to stop ourselves exploding.

What you can do:

- Learn what your triggers are for anger
- Find out your thoughts around the trigger (eg "I get treated unfairly" is a common one)
- Express (talk out) the feelings behind the anger assertively (not aggressively)

Remember, it's the same if someone is angry at you – underneath they feel hurt, or sad, or afraid too. The more you talk it out together, the more chance you have of not exploding at each other.

This information was provided by Child and Family Service, ODHB

The Public Health Nurse for our school is Sue Philip. Contact on 440 4309 / 027 229 0063.

2008 PARTNERSHIP PLAN

GOLD - Allied Press, Alexandra Rotary Club, Budges Central Pharmacy and Bookshop, Central Beta Electrical, Checketts McKay, Cooneys Clothing and Footwear, Criterion Club Hotel, Feron Motor Court Ltd, Gas & Engineering Supplies Ltd, L J Hooker, Magnum Mac Dunedin, MMH 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.