



One Tree Hill
COLLEGE

NEWSLETTER

15 April 2021



Principal's Message



Dear Parents and Caregivers

Over the past 2 weeks we have continued to celebrate student success. At recent assemblies we have acknowledged our Student Council, as well as applauded the many achievements of our various sports teams who have been competing in summer codes. My congratulations to all students involved.

We have also been reminding students of the One Tree Hill College values and expectations, as well as the agreements that they made when enrolling at the college. These are required to create the most positive environment possible for all students and staff.

As we finish the term, we would like to remind students and parents/caregivers of the following:

- **Be on time to school** – students who are late will be required to complete lunchtime service to the school. If this occurs more than 3 times, the service will be completed after school.
- **Wear correct uniform** – the uniform code is very clear. Students are reminded that only OTHC branded items are to be worn. Boys must be clean shaven - if not they will be required to shave at school. No facial piercings are permitted, including nose rings. Only 1 sleeper per ear is allowed. Any non-regulation items will be confiscated until the end of term, or returned, upon collection by parents/caregivers.
- **Mobile phones, headphones, and airpods** – are not to be seen or used inside any building, otherwise they will be confiscated.

This has been a very challenging term. One which has been interrupted by two lockdowns and the postponement or cancellation of various school events. The resilience which our students have continued to exhibit has been outstanding. I would like to thank the wonderful teaching and support staff we have at the college. Their very hard work throughout this term has ensured students have remained on track in their studies.

At the end of this week, we begin the school holidays. During the holidays, New Zealand will commemorate ANZAC Day. I would like to thank members of our Prefect team who recently added the new plaque to our college's ANZAC memorial, Lest we Forget.

I wish all our students a safe and enjoyable school holidays.

Best Wishes,

N Coughlan
Principal



Message from the Careers Centre

Students are always welcome to visit the Careers Centre at interval and lunchtime. During the school holidays, we encourage Year 13 students to visit the following websites as they are very useful for students who will be transitioning out of the school later this year:

www.school-leavers-toolkit.education.govt.nz

www.studyspy.ac.nz

www.moneyhub.co.nz

Holiday Seminars for Senior Students

On Monday 19 April One Tree Hill College has engaged Patrick Sherratt (MEd Hons, BA Psych), the author of 'How to Pass Exams' to run two student seminars in the auditorium.

Stress-Less: recognising stress triggers and strategies for students

10.00am - 11.30am

The seminar presents a range of practical ideas and tools to help students reduce stress and improve well-being for the demands of school. If you are feeling overwhelmed by your workload, find yourself not sleeping well, getting anxious over seemingly small things, this seminar will help.

Making it Happen – the psychology of success, high performance strategies for students

12.15pm - 1.45pm

The seminar provides students with a range of thinking strategies that can improve their results in any area of interest: academic, sport, music, & stage.

Details are attached to this newsletter. There is \$5 charge for each seminar, however this can be waived for students that are not able to meet this cost.

Registration is online – refer to the link on the attached documents.

We will be running the usual Exam Success seminar from the same provider in the July and October holidays

Cyber Safety

A reminder to all students and parents/caregivers that we strongly encourage you to contact Netsafe and the Police with any concerns related to inappropriate or threatening posts made online. Any antisocial behaviour online will not be tolerated.

Coming Events

16 April

Last Day Term 1

19 April

Seminars – see newsletter

3 May

First Day Term 2

8 May

School Ball

Venue: The Hilton

13 May

MOE Teacher Only Day

Student Support & Counselling

Sometimes young people have concerns and worries which they don't always share with others. Below are just some of the many agencies that support young people, and the adults who care for them. We encourage students and parents/caregivers to contact these agencies as required. If there's anything concerning you in regard to the emotional wellbeing of your child, please also feel free to contact Mrs Newman (counsellor) in the Student Services Centre.

Some reliable and free websites, especially designed to help young people 12 – 19 years old with a variety of issues are:

Youthline: lots of different support options, phone, txt, email, online chatting, face to face. A range of quizzes to help you figure out what you're feeling and why, advice on how to help friends through tough times.

Go to: youthline.co.nz, free phone 0800 376 633, free txt 234

The Lowdown: information on anxiety and depression, relationships, identity, school life. Go to: thelowdown.co.nz

SPARX: a fantasy game with skills you can use to manage stress, anxiety, depression. Users sign up to play, advice on how to apply the skills from the game to your own life. Go to sparx.org.nz, Freephone 0508 4 sparx

Common Ground: a good place for family and friends to learn about useful ways to support themselves and teenagers with mental health issues. Videos of families going through tough times, a space to share or ask an expert for advice. Go to: commonground.org.nz

Aunty Dee: advice on solving problems, list your problems, generate ideas and find solutions. Go to: auntydee.co.nz

0800 Whats Up: No problem is too big... or too small. For 5-18 year olds, call or web chat counselling.

Free phone 0800WhatsUp

Youthline
Changing lives.

Need to talk?

Contact us, we are here to help!



Free call
0800 376 633



Free txt
234



Email
talk@youthline.co.nz



GoChat
Online chat