

BIRKENHEAD COLLEGE NEWSLETTER

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Dear Parents and Friends

Term 1 Issue 8 25 March 2011



From left: Tone Linden, Ragnhild Meling, Mr Mathewson, Sunniva Holmelid, Oyvind Pedersen

Yesterday we farewelled our teacher trainees from **Norway**. They have been a delightful, hardworking and professional group and we wish them well in their future teaching careers.

Supporting Japan

Over this week and next we will create 1000 paper cranes.

Our aim is to emulate the famous Sadako who strived to create 1000 cranes to be granted the gift of life. Each crane we make we donate 50c to the Japanese relief fund and send our support to Japan.



We look forward to



seeing our cranes hanging in the library as a tribute to the bravery of the Japanese people during this time.

GREATER AUCKLAND ATHLETIC CHAMPS

Great results, **Megan Kikuchi** came 1st 200m (PB), 2nd 200m and apparently she has the fastest time in New Zealand for the 400m - how good is that?

Kiamo Ah Kuoi came 1st in Javelin by 3 metres and 2nd in Discus, which was a tremendous effort as he was only North Harbour 3rd qualifier.

Melanie Bracewell competed very well in the High Jump in tough, wet conditions.

What talented athletes, well done.

SCHOOL CALENDAR 2011

TERM 1

Week 9	Fri 1 April	International Day
Week 10	Thu 7 April	Report evening
Week 11	Mon 11 April	Production week
	Tue 12 April	Report evening
	Fri 15 April	Last day of Term



Maximising Youth Potential™

Three students for the "Long drop"

Three Year 11 students took part in the 'Long Drop' exercise, leaping from a Hercules high over Whenuapai last weekend. The students, members of the 2010 Project K group, were **Samantha Randell, Jake Farrell** and **Sharna Payne-Sherwin**. Each had written a letter saying why they should be selected for the experience.



Next term we begin the Project K selection process for 2011 Year 10 students. The 12 students (6 boys & 6 girls) will commence their Wilderness Adventure in July.



Sharna Payne-Sherwin,



Jake Farrell,



Samantha Randell

PROGRESS REPORTS
go home with the students
today

Monday 28 March is Day 2

J O Mathewson Principal

Birkenhead College Presents

LITTLE SHOP OF HORRORS


13-16 April
Wed Sat
7.30pm

Student \$8.00
Adult \$12.00
Family \$25.00

Brian Gerrard Theatre
Birkenhead College
140 Birkdale Road, Birkenhead

FOR TICKETS: 483 9039
<http://tinyurl.com/bctickets>

Music by Alan Menken
Book and Lyrics by Howard Ashman
with permission from Hal Leonard Australia Pty Ltd



International Day
Next Friday
Don't forget

International Day Poster Competition

Tina Kharazi 13PD is the winner of this year's International Day Poster competition. She has chosen the theme of racial harmony to depict the spirit of the day. Girls from different ethnic backgrounds have been painted in acrylic on canvas. They are interlinked to show diversity and inclusivity. Tina's use of colour and careful attention to cultural detail are to be admired. The girls show elegance and poise combined and friendship and joy. Well done Tina!



Winter Jumpers: The second hand uniform shop still has a few used jumpers available for \$40. Students can see Mrs Eberly at the Sick Bay to try on or purchase jumpers. Payment can be made by cash, eftpos or credit card. Call 483 9039 ext 836 with any questions or leave a message.

AUCKLAND ASTHMA BUS

The Auckland Asthma bus will be here in week 9 (30th March). If you would like your child to have a free one to one consultation with an Asthma Specialist Nurse please call the School Nurse and leave a message on the absentee line (483 9039 ext 836). There was fantastic feedback from students who attended last year.



School Publications - if you do not wish your child/guardian's image to be used in any school publication, please advise me of this in writing.

Linda Asselbergs - Privacy Officer

UNIVERSITY NEWS

UNIVERSITY OF AUCKLAND PARENT INFORMATION SEMINAR - Monday 28th March @ 7.30pm in the Owen G Glenn Building, Grafton Road.

Upcoming lunchtime university presentations for all senior students in T4:

Thursday 31st March	AUT
Monday 4th April	Victoria University

Please encourage your son or daughter to attend these sessions. They will receive very important information about course requirements and content, applications, scholarships and university life. Parents are very welcome to attend. The presentations start promptly at 1.30pm in T4.



For all careers information about courses and training for students and adults go to www.careerservices.govt.nz

MUSIC!



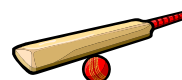
On Wednesday night our Year 11, 12 and 13 music students took to the stage for the first NCEA performance evening of the year. It was a wonderful evening, full of talent and well attended by friends, family and some extraordinarily proud teachers. Thank you to all those who attended. We look forward to seeing you at the next performance evening on the 1st June.



CONGRATULATIONS to Acoya Chant 10DH who competed at the New Zealand Secondary School Wrestling Champs last Thursday in the 42—46kg category and came 2nd. The Champs were held at Dilworth College. Acoya trains twice a week at Dilworth under his coach Amar. Fantastic effort!!



CONGRATULATIONS to Scott Gannaway 9CW and Brendon Frisby 11CL who were selected to umpire Primary School cricket. They umpired 5 games each and found it a fun, positive experience



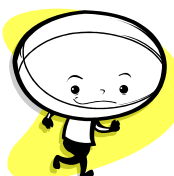
Earth Hour 2011

is fast approaching at 8.30pm Saturday 26 March when millions of people across the globe will switch off their lights for one hour to send the message that by acting together to fight climate change we can make a difference.



We need you ...

Are you passionate about rugby? Are you able to assist us with coaching? If so, please contact Mr Henley on 483 9039 ext 824.



CONGRATULATIONS



Nga Peka Hou

- 1st place - Poi
- 2nd place - Whakaeke - Entrance
- 2nd Place - Kakahu Tane - Male Costume

Parents Needed for a Research Project on Parenting Programme for Parents of Adolescents

The Triple P Research Group at the University of Auckland is running a study evaluating the effectiveness of Teen Triple P (Positive Parenting Program) Seminar Series and Group Teen Triple P. Teen Triple P is a new version of Triple P that has been designed specifically for parents of adolescents.

Who is eligible?

We are looking for **parents** to participate in the current project who:

- have a teenager who is between the age of **12-14**;
- are interested in attending **3 seminar series** or the **8-week programme**.

What is Triple P?

Triple P is a system of easy to implement parenting solutions that helps solve current parenting problems and prevents future problems before they arise. Triple P is backed by over 30 years of international research, and has been shown to be effective for many different families, with many different problems in many different circumstances.

What is Seminar Series?

There are three 90 minute seminars in the Teen Seminar series and they deal with the most common parenting issues we all face. The seminars are designed to be a brief introduction to the Triple P strategies. You will *definitely* get some great ideas to take home and try out on your family!

What is Group Teen Triple P?

The Group Teen Triple P is an 8-week programme. You will attend five 2-hour group sessions, and three 15-minute telephone sessions. You will have the opportunity to gain support from other parents and tailor the Triple P strategies to your own particular family.

As part of the research project, you and your child will be asked to complete 3 sets of questionnaires at different time points to assess the effectiveness of the programmes. Please note that you will not be able to choose which group (seminar series or Group Teen Triple P or start-later) you will be allocated to.

If you are interested in volunteering for the research project or would like further information, please contact **Joanna Chu** on **09 623 8899 ext 83042** or **tprg@auckland.ac.nz** For more information on Triple P, please visit: www.triplep.net

APPROVED BY THE **UNIVERSITY OF AUCKLAND** HUMAN PARTICIPANTS ETHICS COMMITTEE on 20/10/2010 for 3 years.
Reference 2010 / 208.