



Hutt Valley High School News

Te Kura Tuarua O Te Awakairangi

Dear Parents and Caregivers

We had a tough time as a school last week, and I want to thank the students - particularly those in both Year 11 and 13 for the way they took on an emotional and practical burden and worked to support each other.

As a school we are increasingly operating in the whole area of wellness, and I have mentioned earlier in the year the project our senior student leaders set out on some months ago, supported by our local MPs, to meet with student leaders from schools across the Valley to plan a positive action that could unify schools and help create a positive impact for teenagers in our area. They conceived of this as a legacy project that would be their gift to celebrate their graduation and hopefully provide a template for an enduring event. Next week this comes to fruition, with activities each day within each school and culminating in a march for wellness next Friday. It's a brilliant project.

I also want to thank others who are working in the positive social space. I have mentioned "Two Nights" before (our touring show visiting schools and other venues) and an item on that will feature on tonight's TV3 News. Last week on Friday we also had 20 young men and one young woman (plus a brave male leg waxer) take part in Shave for a Cure, sacrificing their hair to raise funds for the Leukaemia and Blood Cancer New Zealand. It was lovely to have such a fun event at the end of a tough week. Last week our dancers took part in the first version of Dance Quest, the replacement for Stage Challenge. Our show was called "Body Love" and argued that we shouldn't surrender our sense of who we are to others; that modern social media imagery can set impossible and harmful expectations and we must learn to be at ease with who we are, not surrender our sense of self to others. The show gained three Excellence Awards (Performance; Drama; SoundTrack) and gained second place overall. Tomorrow, a group of students will spend the day in the Day of Silence, asking students to reflect on how homophobic attitudes can lead to silencing people through fear, and to affirm that each person has the right to be who they wish to be without that creating fear of concern in others. Finally, today we have had the New Zealand Police X-Roads show (with acting troupe Two-Faced Drama) presenting their anti-drink/drive performance to the Year 12 and Year 13 assemblies.

These efforts to promote positive action are very much part of the "flavour" of our school and it's clear from the interim feedback from the Strategic Plan exercise that the wellness of our community is very much seen as part of our core business.

Thank you to those who responded to the digital survey (now closed) and those who have taken part in the Consultation Cafes in the last three weeks. There is one more parent/caregiver cafe to run - the one in Wellington City to allow those who work there ease of access, plus two sessions here at school for students. At those sessions we will ask a cross-section of students to take part in two separate junior and senior cafes here at

school. All that material will then be collated for the Board's Strategic Plan Saturday session later this term from which will come the new Strategic Plan for the next three years.

Also feeding in to the larger picture for the school is last term's Education Review Office report, now in final version. It will go on our website tomorrow and be available for all to access. Essentially, it tells us to keep doing what we are doing. That's an encouraging endorsement. When one of our Board members asked the ERO team, as people who see a range of schools, what they suggested we might consider doing they replied, "Nothing. You are already doing everything you can." That was quite a positive. The actual report is a little less direct than that moment, but it's certainly a very positive review.

This weekend has a lot happening. For those who enjoy dance, we have three groups as finalists in the "Hutt's Got Talent Grand Finals" in the newly refurbished Lower Hutt Events Centre on Friday night at 7.00 pm. We have a number of sports teams competing in finals this weekend - see the panel elsewhere in the newsletter, the school Facebook page of the Sports Dept Facebook page. For music lovers, check out the Music Department's HVHS Music Showcase on Monday night, Lower Hutt Little Theatre at 7.00 pm.

I also want to thank and acknowledge our near neighbour US Ambassador Scott Brown. Ambassador Brown visited here at school when he took part in "A Conversation with the Ambassador" Friday week ago. He said at the outset that he was happy to take any questions about the US and current US policy and so it proved. Just over 40 students relished the opportunity to question and challenge, and it was a stimulating session that definitely shed some light on ideas. It's one of the benefits of living in our area that we have access to members of the local diplomatic staff and this was a worthwhile contribution to ideas.

Finally, I quote a message received today from one of our neighbours. I won't identify her or her address, but I was delighted to see the impact of one of our students - identity unknown to me - whose simple human positivity has made a difference. Our correspondent says, "I live (close to HVHS). I am writing to say what wonderful students you have. Over the years they have brought back my dog when she has wandered off and our neighbour's dog as well.

Today one of your students knocked on my door and asked for my help with a man who was struggling to walk back to Woburn Home. She was trying to help him walk back but it was too hard; she was willing to miss her bus to help him. I was very impressed, unfortunately I didn't get her name."

Whoever that student was, thank you.

Ross Sinclair, Principal



Looking Ahead

August

| | |
|-------|---------------------------------------|
| 20 | Year 12 Geography Trip |
| 20 | Annual Music Concert, 7.00 pm |
| 23 | Year 13 Canterbury University Visit |
| 24 | Scribblers Writing Club Trip |
| 27-31 | Year 13 Production |
| 28 | Year 13 Otago University Visit |
| 29 | Board of Trustees Meeting, 5.30 pm |
| 31 | Tertiary Open Day |

September

| | |
|-------|---|
| 3 | Mid Term Break |
| 3-7 | Winter Tournament Week |
| 4 | Got a Trade Day in the Hall |
| 4 | Year 12/13 Trip to Te Auaha |
| 10-11 | Year 12 PE Cycle Trip 1 |
| 10 | Year 10 and 11 EPro8 Competition |
| 13-14 | Year 12 PE Cycle Trip 2 |
| 15 | Year 13 Leavers Ball |
| 17-21 | Year 13 Production |
| 18 | Sports Awards Evening |
| 20 | Winter Sports Photos |
| 21 | School Triathlon |
| 22-23 | Performing Arts Festival |
| 24-28 | Year 13 Production |
| 25 | St Mary's Perth Sports Exchange |
| 26 | Board of Trustees Meeting, 5.30 pm |
| 28 | Last Day of Term 3 |

October

| | |
|----|---------------------|
| 15 | First Day of Term 4 |
|----|---------------------|

HVHS School Triathlon is coming!

This popular event is going to be held on Friday 21 September (Week 9).

The triathlon is Run 4.2km; Bike 13km; Swim 300m. There is also an aquathon option available which is Run 4.2km; Swim 300m.

People can enter as individuals, or in a team. Family members and ex-students are welcome to enter, with a \$10 entry fee that is donated to Martin Charitable Trust.

Deadline: Entries close at 3.00 pm 19 September - no entries will be accepted after this date.

To enter click [here](#).

Congratulations to:

- ★ Congratulations to our Girls Squash Team: **Charlotte Galloway** 12DA, **Diana Galloway** 9NSBC, **Mackenzie Balk** 12ED, **Tegan Bennik** 11SC and **Jackie Lethbridge** 9WLBU who competed in the NZ Secondary Schools Championships in the weekend in Palmerston North. The team placed 4th overall and congrats to Diana who was selected in the Junior Number #2 position for the Trans-Tasman challenge in a couple of weeks.
- ★ Our Girls Squash Team also competed in the College Sport Wellington Girls Squash Championships this week: Girls Open Grade - **Charlotte Galloway** 12DA 1st and **Tegan Bennik** 11SC 2nd Girls Novice Grade - **Rebecca George** 10RO 2nd and **Mackenzie Balk** 12ED 3rd.
- ★ The following players have just be named in U18 Representative Rugby Teams: Wellington Centurions Under 18: **Nathan Tanuvasa** 13KN
Wellington Community Under 18: **Loketi Afu** 12CR
Wellington Samoan Under 18: **Tai Misa-Bryce** 12GL
- ★ **Max Watene** 13JD and **Nipesh Prakash** 12CR competed in the Gold Coast Open Taekwando Championships last week. Max came 1st in the Black Belt Male 17+ Open Over 80kg division. Max also then competed in the Oceania Taekwando Championships in Tahiti. Congratulations!
- ★ The HVHS Body love Dance team had an amazing and very successful day at SHOWQUEST yesterday at the Opera House in Wellington.
We were awarded 2nd place and received the following awards of Excellence: Performance, Drama and Soundtrack
Special mention to the captains - **Trinity Rodger** 13HE and **Ella Leitner** 12BT for Outstanding Leadership. To see their performance click on the link below:
<https://www.facebook.com/showquest/videos/218498748839908/>
- ★ Congratulations to the Girls Football 2nd XI who have made it through to Zone Finals.

More congratulations:

- ★ Congratulations to our **Girls Rugby Team** who won the College Sport Premier 2 10 a-side grade with a 63-12 win over St Mary's.
- ★ Good luck to the eight HVHS **Netball teams** in finals this Saturday at Taita College. Games are 10.30, 11.30 and 12.30.

Reader/writers wanted

Term time for October and November exams

The school is looking for large numbers of volunteers to support senior students with their internal assessments, practice and external exams.

A small donation will be given for the October exams. NZQA will pay for your services in the NCEA exams.

Very good reading and writing skills required as well as clear spoken English.

Training will be provided and acceptance is subject to a satisfactory Police check.

Please contact:

Robyn Deverall, HOD Special Programmes, phone 566 4584 or robyn.deverall@hvhs.school.nz

Would you like to donate something to the school?

Have you thought about purchasing a blazer that would be available for students representing the school?

We have a small supply but always need more. When the student is representing the school in the community, they look well presented and proud. Wearing the school Blazer increases confidence which leads to higher self esteem.

The cost of a new Blazer is \$235.

Strategic Planning Consultation Cafes

The school has started its three yearly strategic planning. You are invited to be part of the conversation and to share your thinking about the sort of school you want Hutt Valley High School to be.

The last café for parents and caregivers is Thursday 23 August. It is being held in Wellington City at the Ministry of Education Offices, Maturanga House, 33 Bowen Street from 12.30 pm to 1.45 pm. Please follow this link to sign up - <https://goo.gl/forms/ZbkpxJ8hvUJvfawv>

Mental Health Awareness Week

Next Week will be Mental Health Awareness week, where we will be raising awareness for youth mental health. The week will consist of a series of activities and initiatives.

The pinnacle event of this week will be a "March for Mental Health" from Stokes Valley to Hutt Valley High School for Year 13 students. This march will be followed by a sausage sizzle and information tents. Everyone is welcome to attend.

All five days of the awareness week will be aligned with the "five ways to wellbeing" as set out by the Mental Health Foundation. The days and their themes are below:

Rāhina/Monday - *Me kori tonu* - Be active. There will be basketball free-throw competition in the main gym at lunch.

Rātū/Tuesday - *Me ako tonu* - Keep learning. A kahoot will be played in form time.

Rāapa/Wednesday - *Me aro tonu* - Take notice. Try spot the disguise around school to win a prize.

Rāpare/Thursday - *Tukua* - Give. There will be a compliments wall in the student centre. Go along and write on it.

Rāmere/Friday - *Me whakawhanaunga* - Connect. A purple themed mufti day. Wear all the purple you can find and bring a gold coin.

ART FOLIO DUE DATES

PAINTING - PHOTOGRAPHY - DESIGN

LEVEL ONE

Friday 19 October
Term 4, Week 1

LEVEL TWO

Monday 29 October
Term 4, Week 3

LEVEL THREE

Thursday 1 November
Term 4, Week 3



ART DEPT. OPEN HOURS

TUESDAYS (3.15pm onwards)
WEDNESDAYS (3.15pm onwards)

SAT 22 SEPT. (10-2 pm)
SAT 27 OCT. (10-2 pm)
SUN 28 OCT. (10-2 pm)