



### Head of Senior School Message

#### Helpful Advice for Senior Students

We are well over half-way through the year for the Senior School. Now is the time that seniors need to really become aware of where they are towards their NCEA, what internals still need to be completed and what does 2024 look like for them.

#### Wellbeing

With the end of year getting closer, it can be overwhelming for senior students as they think ahead to finishing off Internal Assessments, Derived Grade Exams, studying and sitting NCEA exams; all while trying to enjoy the last few months at school.

During this period of time it is important to focus on the things that help us maintain our wellbeing.

Following are some suggestions from Sport NZ on how to support the mental health of young people.

*Young people can focus on the following six factors to help anchor them in order to remain balanced and healthy, both physically and mentally.*

- Controllables:** Concentrate on the things that matter and the things they can control – and be attentive of their internal experiences (thoughts, feelings, sensations); take time to acknowledge and accept them, and then gently bring their attention back to the task at hand.
- Routines:** Maintain consistent routines (sleep, nutrition, wake-up time, study, social time), it reminds their brains that it is safe to dial the stress response back and enable them to focus on what is helpful.
- Connection:** Stay connected to their purpose, values and goals. Keep up regular contact with their support systems. In times of challenge we need to increase support, as they might need to reach out more than usual.
- Behaviours:** Do the basics of personal self-care (quality food, time with loved ones, mindfulness etc) and ensure they put themselves first. Deliberately seek out people and stuff that makes them happy.
- Opportunities:** Promote a growth mindset. Everyone is having to change plans and behaviours. If they can focus on the opportunities that the new plan presents, they will come through this in a better place.
- Time Management:** Allocate a specific amount of time in their day to focus on what-ifs, worry etc. This will allow their brain to engage fully when they're required to focus on other activities.

#### Derived Grade Exams

The College Exams are running from 08 September to 18 September. To help guide senior students through these Derived Grade Exams the students have been given the same messages from all staff. You can support your tamariki for these as well by reiterating the same statements also.

#### The main points are:

##### Why do we do Derived Grade Exams:

- These marks can be used for derived grades at the end of the year, in the event of not being able to sit an external exam.
- Teacher and students can see gaps in understanding.
- It is good to practise under exam conditions.

##### Preparation tips for exams

- Work out the basics: which exams you have, when the exams are on, what topics are being covered, and how much you have to learn for each one.
- Create a study timetable, give yourself enough time to study.
- Use flow charts, mind maps and diagrams; practise past exams; learn quotes and definitions; explain your answers to others; organise study groups with friends.

##### Managing stress on exam day

- Work out what you need to take with you on exam day and organise this the night before.
- Eat a good, light breakfast – this will help with energy and concentration.
- If you feel yourself getting worried before your exam - spend some time focusing on your breathing.
- When you sit down to do your exam, take time to slow your breathing and relax.
- Read through the exam paper carefully. Underline key words and instructions.
- Work on the questions that you find easiest first.
- TRY YOUR BEST TO ANSWER EVERY QUESTION.

I wish all the students all the best for the remainder of the year and look forward to supporting them to achieve their individual excellence.

*'When the storm hits, the boats in the harbour drop anchor.*

*If they don't, they get swept out to sea.*

*Dropping anchor does not make the storm go away, but instead keeps the boat steady until the storm passes'.*

Sport NZ

Abbey Bruce  
Head of Senior School



### Information

#### Course Information Expo

To consider subject choices/selections for 2024

Wednesday 09 August 2023

6:00pm-8:00pm

(Hotel Ashburton, entrance off Racecourse Road)



This evening is for current Ashburton College students in Years 9-12, and for any students enrolling in Years 10-13 in 2024.

Throughout the Expo, staff will be available at their subject displays to talk with.

We look forward to meeting with you.

For further information please feel free to contact with the College office – (03) 308 4193



#### Ako Interviews/College Closure and Mid-Term Break

##### Ako Interviews/College Closure - Thursday 24 August

Please note that the College will be closed for normal instruction on this day

in order to hold Ako interviews for all year levels.

These interviews provide opportunity for students to share information, and review goals and progress with their Ako teacher and parent/caregiver.

The interviews will be held at Ashburton College, from 10:00am-8:00pm, in students' Ako Rooms.

Fifteen minutes is allocated for each interview.

Families are to book their interview times on-line, and this information will be provided to families.

If you are unable to book online please contact the College Office, 308 4193.

All students/families are expected to attend an Ako Interview on the day, with their parent/caregiver.

Senior students may attend on their own if their parent/caregiver is unable to come in.

##### Mid-Term Break: Friday 25 August

Please note that College will be closed on this day, for its mid-term break.

All students are to be back in College for Monday 28 August, When timetabled classes resume.

### Congratulations

From the Student AshColl Way Committee this week, we have the five Student of the Week Awardees, who have exhibited the AshColl Way theme of 'Showing Quality by having a positive attitude'.

The recipients this week are:



Abby Cochrane  
Year 9



Leane Senekal  
Year 10



Brilee Hurst  
Year 11



Elyse McCallum  
Year 12



Jack Templeton  
Year 13

### Congratulations

#### Third Placing at South Island Schools' Cyclocross Championships

Oli Nicholls was College's sole representative at this event held in Halswell, Christchurch, on Sunday 16 July.

Anton Nicholls, Oli's dad, was Manager and all-important mechanic for the day.

Cyclocross is a cross between mountain biking and road biking, with competitors completing multiple laps of a short course consisting of a varied terrain including grass, mud, sand, gravel and sealed paths, along with obstacles which can either be jumped or the bike has to be carried over.

Cyclocross bikes are similar to road bikes but have wider, grippy tyres, although mountain bikes are allowed to enter in school cyclocross events. Racing generally lasts for an hour, although schools racing is 30 to 40 minutes long.

##### 3rd Placing

Oli rode into 3rd place in the Boys' Under 20 grade, which is based on ages at 31 December 2023. It is notable that, at Year 12, Oli is currently 16½ years of age.

The racing was fast and tight, with Oli battling it out for several laps against the current South Island School Cross-Country Mountain Bike champion.

Oli said "the mountain bikes handled the mud better than my cyclocross bike did, but I managed to catch back some time by jumping the barriers".



(Pictured left): Oli jumping the barriers.

Overall, he was pleased with his form leading into the New Zealand Cyclocross Championships, which will be held at the same venue in August.



(Pictured right, left): Oli on the podium, having gained 3rd place in the Under 20 Boys' event.

### Coming Events

Please note - \* denotes subject to confirmation of student availability.

- |              |  |
|--------------|--|
| <b>11</b>    | Active As, Sport Mid Canterbury, Christchurch  |
|              | Dance Workshop, at College   |
|              | Mid Canterbury Combined Hockey 2nd XI, Forster Park, Rolleston   |
|              | South Canterbury Secondary Schools' Boys'/Girls' Basketball Winter Competition, Southern Trust Events Centre, Timaru |
|              | South Canterbury Secondary Schools' Junior Girls' A Basketball Competition, Pioneer Sports Complex, Christchurch     |
| <b>14</b>    | Non-Uniform Day – House colours  |
|              | * Aoraki Secondary Schools' Snowsports, Mt Dobson  |
| <b>15</b>    | Basketball – Senior Boys and Girls, Junior Boys, Christchurch  |
| <b>16</b>    | College A Netball, SuperNet Competition, Christchurch  |
| <b>17-18</b> | Aoraki Girls' Football, Timaru   |
|              | New Zealand Marine Studies Centre (NZMSC) - All About Rimurimu, University of Otago                                  |
| <b>18</b>    | * Aoraki Secondary Schools' Table Tennis, Timaru   |
|              | Mid Canterbury Combined Hockey 2nd XI, Forster Park, Rolleston   |
|              | South Canterbury Secondary Schools' Boys'/Girls' Basketball Winter Competition, Southern Trust Events Centre, Timaru |
|              | South Canterbury Secondary Schools' Junior Girls' A Basketball Competition, Pioneer Sports Complex, Christchurch     |
| <b>21</b>    | Postponement Day - *Aoraki Snowsports, Mt Dobson   |
| <b>22</b>    | Year 12 Trades Course, MINEX presentation, Ashburton Club and MSA  |
|              | Victoria University Planning Day, at College   |
|              | Basketball – Senior Boys and Girls, Junior Boys, Christchurch  |
| <b>23</b>    | College A Netball, SuperNet Competition, Christchurch  |
| <b>24</b>    | Ako interviews, 10:00am-8:00pm, at Ashburton College   |
|              | (Note: no classes today)   |
| <b>25</b>    | Mid-Term Break (no school this day).   |
|              | Mid Canterbury Combined Hockey 2nd XI, Forster Park, Rolleston   |
|              | South Canterbury Secondary Schools' Junior Girls' A Basketball Competition, Pioneer Sports Complex, Christchurch     |



### Congratulations

#### Netball News

#### Strong Results at South Island Secondary Schools' Junior Netball Tournament

This event is held every year in the first week of the Year 10 student holiday break. The College Year 10A and Year 9A teams competed from 03-05 July, at the Hagley Courts, Christchurch.

Year 9A Team – 4th placed overall, in the Year 9A Grade



Team members were (back row, left to right): Manager Stacey Howden, Zara McGillen, Chloe Prendergast, Isla Gilbert, Georgia Scammell, Ashleigh Estreich, Coach Claire Tappin.

(Front row, left to right): Tia Double, Emily Hodzelmanns, Madeline Howden, Maia Calder, Sophie Braas. (Absent from photo): Melissa Alexander, also Team Manager.

Thirty-two teams contested the grade, via pool play.

The South Island Secondary Schools' tournament campaign started on Monday 03 July, with three strong wins, in some pretty awful weather conditions.

Despite the freezing conditions, wet courts and howling winds, Claire said that the team displayed some great skills, and all combinations were put out on court.

##### Monday's Results

Emily Hodzelmanns and Zara McGillen both had stand-out games against Nelson College for Girls, shooting at over 90%, to take the win 37-19.

In the next game, the mid-court of Maia Calder, Madeline Howden, Tia Double and Sophie Braas dominated the mid-court defensively, stealing 20 balls between them to beat Invercargill's James Hargest College team 29-11.

Game 3 was the circle defence's turn to stand up in the final game of the day, with Ashlee Estreich, Georgia Scammell and Isla Gilbert gaining over 35 turnovers between them, resulting in a dominant win over Dunstan.

##### Top 16

Winning the pool play games put the team into the Top 16, which is always the initial target.

Outstanding shooting from Zara McGillen, Chloe Prendergast and Emily Hodzelmanns led the team to a 40-17 win over Dunedin's Columba College.

In the second cross-over game, AshColl was wary of Christchurch Girls' High School, but needed not to worry as strong team play resulted in a dominant 38-17 win, catapulting AshColl into the Top 8.

##### Top 8: Quarter-Final

Day 2 finished with a strong quarter-final win against Christchurch's Rangiora Girls' School, 30-18. The team showed its strengths with a stunning 90% accuracy for all three shooters over the day, and formidable play in our defensive circle, with Isla Gilbert making tips, intercepts and rebounds at every chance.

##### Top 4: Semi-Final Play

Day 3 was a fight for a place within the Top 4.

We went into battle against STAC (Christchurch's St Andrew's College) and Sophie Braas and Madeline Howden played with control and flair through the mid-court to draw the first quarter 8-8. STAC's accurate feeding of their tall Goal Shooter was, however, just too good for the AshColl players to be able to stop, with the Year 9A team losing the second quarter 1-10.

The injection of Maia Calder and Tia Double at half-time then produced fearsome defensive play through the mid-court to produce another even quarter (9-11).

Unfortunately, STAC pulled away by 7 goals in the final 10 minutes of the last quarter, earning them a 5-12 scoreline in this quarter, and the victory (41-23).

With this being only the second tough game of the season, the players are to be commended on their mental strength shown in bouncing back throughout the game and giving STAC their toughest game of the tournament. STAC went on to beat Dunedin's St Hilda's Collegiate School in the final, to take out the Year 9A Grade.

##### 3 v 4 Play-off

The College team's playoff pitched them against Cashmere High School, from Christchurch. Georgia Scammell and Ashleigh Estreich had a dominant quarter in defence to give College a 2-goal lead at the first break.

However, despite all ten players having managed their bodies well to make them all available going into the game, it was hard to pick up mentally, with the team losing the next two quarters, and going into the final quarter 3 goals down.

The players put up a good fight to win the last quarter but they lost by a mere three goals, 38-41, to finish 4th in the South Island. The size of this tournament makes this a very successful outcome.

Ngā mihi to Year 12 student Emma Ledingham, College umpire; and a huge thank you for all the support from parents and friends. Claire noted that the success of this team reflects some special support.



(Pictured left): In the game against Dunstan High School, College player Madeline Howden stretches high towards an intercept, with Tia Double in support from behind.

(Pictured right): Georgia Scammell defends against the Nelson College for Girls' shooter, with Goal Keep Isla Gilbert watching on.



##### Year 10A Team

Thirty-two teams also contested the Year 10A grade, the top grade for Year 10 teams.



Team members were (pictured above, back row, left to right): Coach Ange Mitchell, Chanelle Ula, Ally Thomas, Kalotia Ula, Amelia Mitchell, Emma Lowry, Ruby Patterson, Jemma Hurst (Manager).

(Front row, left to right): Pipiena Ula, Siosiana Taufua, Layla Ward, Lucy Pearce, Savena Fagalima, Lulu Kilworth.

Coach Ange Mitchell said that this tournament was a great experience for the Year 10A AshColl netball team. The players have developed so much since this time last year in terms of strength, skills and strategy on the court, and the team represented AshColl with pride.

The group's desire to always keep being better than the last game made them a pleasure to coach. They are all talented players who have the ability to work hard as a group, they are extremely supportive of each other and they enjoyed all aspects of the tournament, both on and off the court.

During the tournament, the attacking combinations offered by Kalotia Ula, Amelia Mitchell, Ally Thomas, Layla Ward and Lucy Pearce were accurate and showed great understanding of each other. They were confident and strong against some tough defenders.

The whole team worked together very well on defence and we were gaining the ball often through full-court pressure. Special mention goes to the committed defence team of Savena Fagalima, Emma Lowry, Ruby Patterson and Pipiena Ula who were tireless and destructive on defence. Their high work-rate saw them pick up numerous intercepts, loose balls and rebounds.

Unfortunately just before the tournament, the team's two starting centres Lulu Kilworth and Lucy Pearce suffered injuries. We were very fortunate to have Chanelle Ula and Siosiana Taufua join us for the tournament, and we thank them for their contribution.

As a team, Ange said they were proud of finishing the tournament in a very respectable 14th position, from 32 teams.

##### Results over the three days were –

###### Day 1 - Pool Play

Two wins and one loss against Craighead Diocesan School (28-17 win); Villa Maria College (31-21 loss) and Nayland College (36-7 win).

###### Day 2 – Crossover Play

This was a tougher day for the team with three losses, against Marlborough Girls' College (43-31), Kaiapoi High School (30-20) and Cashmere High School (33-28).

###### Day 3 - Final Placings Play

The team gained a win over Taieri High School (37-30) but had a loss to Kaiapoi High School (35-23).



(Pictured left, left and right): Layla Ward at Centre defending her opposite number from Craighead Diocesan School, Timaru; with Goal Defence Emma Lowry in the mix.



(Pictured right, left and right): Also against the Craighead team are Goal Shoot Kalotia Ula and Goal Attack Amelia Mitchell in support.

#### Aoraki Secondary Schools' Open Netball Championships

The above Championships were held in Ashburton, at the EA Networks Centre, on Sunday 30 July, with College's Netball A and B teams competing in A Grade and B Grade respectively.

##### Senior B Team: Runners-up

The Senior B Team was entered in B Grade with five other teams, over two pools. The B team's pool had the opposition teams of Craighead Diocesan School and Mountainview High School; while Pool A consisted of Waitaki Girls' High School B, Mount Hutt College B and Mackenzie College.

Team members were - Chloe Kraas, Hannah Digby, Isla Hart, Poppy Jemmett, Taylor Lamont, Molly McKenna, Sienna Skilling, Sara Stephens, Torry Wilson-Brown, with Leisel Lambert as Coach.

##### Results

Leisel said that the first game of the day resulted in a 6-16 loss against Craighead Diocesan School B who came out firing and took a strong lead in the first half which AshColl couldn't peg back.

However, in the second pool match, the team gained a win against Mountainview High School to secure second spot in the pool.

##### Semi-final win

In this game AshColl B played Pool A winners Mackenzie College.

Leisel said the girls showed great patience and took the win 10-4 for a place in the finals.

##### Final

AshColl was pitted against Craighead Diocesan School again for a redemption match, but, unfortunately, they couldn't quite pull it together, losing 11-17.

Leisel concluded by saying some great netball was displayed on court and that the players' had a lot of fun.

##### Senior A Team

Seven teams contested this grade, with AshColl drawn in Pool B, to play against Roncalli and St Kevin's College teams.

Pool A was made up of Waimate High School, Mount Hutt College A, Geraldine High School and Waitaki Girls' High School A.

Team members were - Sophie Gibson, Amelia Harris, Denise Jerro, Meg Lill, Penny Marriott, Lucy Pearce, Olivia Pearce, Kalotia Ula, Makenzie Ula and Sera Ula; with Emma Silva as Coach, and Tania Rule Manager.

##### Results

###### Pool Play

Emma said that the team finished 6th overall, unfortunately not able to come away with a win in their two pool games with some tough competition firstly against Roncalli College, ultimately the overall competition winning team, ending with a score of 14-21 in Roncalli's favour.

The loss against St Kevin's College was as close as you can get, at a 16-17 score.

###### Cross-over Play

In cross-over play AshColl gained a solid 22-10 win over Waimate High School.

###### 5th v 6th Play-off

This game brought about a 13-21 loss to Geraldine High School, for their final placing.

Emma said that, overall, while the team didn't have the scores on the board to put the team in contention for the top spots, it was a great tournament to identify player strengths and work-ons to prepare the team well for the forthcoming Winter Tournament Week's South Island Secondary Schools' Tournament in four weeks time, in Invercargill.

Appreciation was extended to the organisers and umpires for a great day out.