



Ashburton College

Individual Excellence in a Supportive Learning Environment

Issue 14
18 May 2023

News

Head of Senior School Message

Vaping – Facts and Risks

In this article we bring you the latest on Vaping: Understanding the Facts and Risks

In recent years, the popularity of vaping has surged, particularly among our students.

Promoting Health and Well-being

As an educational provider we are committed to promoting health and well-being, and we believe it is crucial to shed light on this trend, clarify misconceptions, and present a comprehensive understanding of the facts and risks associated with vaping.

Smokefree and Vape-free Environment

Ashburton College is smokefree and vape-free, as required by the Smokefree Environments and Regulated Products Act 1990 (s.7A).

We comply with the Act and have a smokefree and vape-free policy as part of our commitment to providing a physically and emotionally safe place for students, staff, and the school community.

Our school buildings and grounds are smokefree and vape-free, 24 hours a day, seven days a week (with no exceptions). This applies to anyone on the school grounds, including students, staff, parents/caregivers, contractors, and people hiring or using the school facilities outside school hours.

What is Vaping?

Vaping, short for vaporising, refers to the act of inhaling and exhaling aerosol produced by an electronic cigarette or similar device.

Perceived Advantages:

Vaping gained popularity due to several perceived advantages over traditional tobacco smoking. Many individuals believed vaping as being a safer alternative to smoking.

While it is true that e-cigarettes do not produce tobacco smoke, they still contain nicotine, which is an addictive substance. E-cigarettes come in an array of enticing flavours, attracting young people who may find traditional tobacco products unappealing.

Peer pressure and social media have also played a significant role in promoting vaping, with influencers often glamorising the activity.

The Risks and Realities:

1. **Nicotine Addiction:** E-cigarettes contain nicotine, which is highly addictive and can lead to long-term dependency. Nicotine addiction is of particular concern for young individuals, as their brains are still developing.

2. **Health Implications:** While e-cigarettes may produce fewer toxic chemicals compared with traditional cigarettes, they are not without risks.

Vaping has been associated with lung injury, respiratory issues, and cardiovascular problems. Furthermore, the long-term effects of vaping are still not fully understood.

3. **Gateway to Tobacco Use:** Research suggests that young people who vape are more likely to transition to smoking traditional cigarettes, increasing their overall health risks.

4. **Lack of Regulation:** The vaping industry has faced challenges in terms of regulation. Some products may contain unknown or harmful ingredients, underscoring the need for stricter oversight and quality control measures.

Promoting Awareness and Responsible Choices

Education and Prevention: We as educators play a pivotal role in equipping students with accurate information about vaping and its associated risks. We integrate evidence-based tobacco and vaping education into the curriculum where possible. This empowers young people to make informed decisions and resist the pressures of experimentation.

Parental Involvement: You as parents and guardians play a crucial role in shaping your children's attitudes and behaviours towards vaping. Engaging in open, honest conversations about the risks, providing factual information, and setting clear expectations can greatly influence a young person's decision-making process.

Collaborative Efforts: It is vital for us as schools, health organisations, community groups, and policymakers to collaborate in addressing the vaping issue. By sharing resources, implementing policies, and fostering supportive environments, we can create a collective response to protect our youth from the harmful effects of vaping.

Support and Intervention: For students who are already engaged in vaping or struggling with nicotine addiction, we offer support through cessation programmes.

The students also have access to our Health Nurse and counsellors, who provide guidance, resources, and encouragement to help our young people quit vaping and maintain a smoke-free lifestyle.

Some Resources are:

<https://dontgetsucked.in.co.nz/> <https://vapingfacts.health.nz/>
<https://www.youthnow.me/schools/> <https://health.govt.nz/>

Looking Ahead

As a community, we must work together to raise awareness, promote prevention, and support those affected by vaping.

By prioritising education, prevention strategies, and comprehensive support systems, we can safeguard the health and well-being of our young people and empower them to make informed decisions about their own health.

Abbey Bruce
Head of Senior School

Board of Trustees News ...

It has been nice to finally start a year without Covid being at the forefront of our minds. However, it is still out there and we are still seeing waves go through our staff and students but, thankfully, it is having far less impact this year than in previous years.

Student Achievement

As always at the beginning of a year, the Board reviewed the previous year's NCEA results. Again, the results were generally pleasing, especially in light of the disruptions earlier in 2022. We are still looking to improve our Merit and Excellence endorsements and that continues to be a work-on.

New Staff

We have a number of new staff who joined us this year. We have welcomed them all to AshColl and hope that they enjoy their time here. It is always great to gain new people with new ideas into our school. Our teaching and support staff are obviously a huge part of our school, and we value all the backgrounds and experiences they bring with them.

Cellphones

By now the new Cellphone Policy has been reasonably well bedded-in and, along with staff, the Board would like to offer its thanks to all for their compliance to this new policy.

We understand that it is a significant change to what students have been used to but hope it leads to many positive outcomes.

New Build

It is pleasing to see some real progress happening with our new build. This is an exciting project, and we are delighted that it is finally underway. Unfortunately, such actions often come with some logistical challenges and we thank the school community for their patience whilst this project is happening, especially in relation to driveways, parking and drop-offs. If it is not one kind of disruption at the moment it is another!

Strategic Planning

The Board will soon be working on our new Strategic Plan for the next few years, for Ashburton College. As part of this, there will be consultation with different communities and whānau.

We encourage you all to put forward your ideas and opinions, when asked, so that we can incorporate as much of our community voice as possible into this plan.

It is important that we are heading in the right direction for our community.

Ngā mihi nui
Jan Muir
Board Presiding Member

Staff – Welcome



Tori Kelland
Learning Support
Assistant, Mainstream



Shigofa Nazari
Bilingual Support Worker

Information

Ashburton College – Pasifika Whānau/Family Fono

Pasifika Second Whānau/Family Fono

Thursday 01 June
5:30pm – 7:00pm
Ashburton College Staffroom

This evening will have a focus on unpacking how NCEA works, and introducing the Talanoa Ako App
(an interactive educational App for Pacific parents, developed by New Zealand's Ministry of Education).

The evening is facilitated by Gabby Makisi, Manager, Strategy and Integration, Te Pae Aronui.

Light refreshments will be provided.

Information

Parent/Student/Teacher Interviews

These are scheduled for Tuesday 23 May, at the Hotel Ashburton, from 12 noon to 8:30pm. Please note classes will not operate this day.

The interviews are for all year levels, with the exclusion of Year 9 option subjects. Further information, and booking processes have been advised to families.

It is expected that students attend with their parents/caregivers, in order to be part of the three-way conversation.

Events

Year 12 History Trip to Horomaka

Information provided by Year 12 students Ruby Robinson and Emily Simons

A number of Outdoor Education trips take place for College students from time-to-time. These provide a visual context to classroom learning. In this newsletter we look at one which took place last term, with the information below provided by Ruby and Emily.

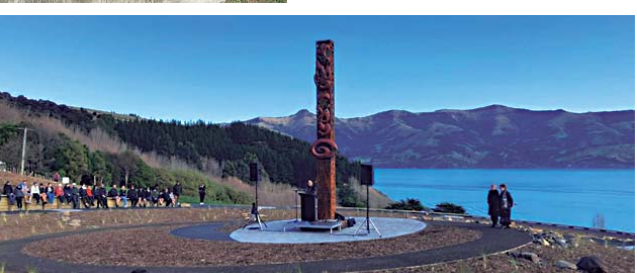
On Friday, 03 March, our Year 12 History class travelled to Horomaka (Banks Peninsula) to support our learning towards our Takapūneke Massacre study. Marie Haley from The Seventh Generation (committed to regenerative tourism, enhancing community, place and nature, and telling stories of the region) took us to five of the most significant sites, explaining their cultural history related to Akaroa.

We visited Tuhiraki (Mt Bossu), where Rākahautū (one of the founding ancestors of Waitaha) used his kō to dig out the great lakes of the South Island; the Britomart Monument; Takapūneke Reserve (one of the most important historic sites in New Zealand); and Onuku church, where the first South Island signing of the Treaty of Waitangi took place.



(Pictured left): The Britomart Monument, Akaroa. Erected in 1898 the monument marks the spot where the British raised their flag on 09 August 1840 to demonstrate their arrival to the French.

(Pictured below): Takapūneke Reserve, the South Island's pre-eminent historic site. On the first public holiday Māori celebration of Matariki, the reserve was officially opened with the Pou (monument) tu te Raki o Te Maharanui unveiled.



(Pictured left): Onuku Kaik (Church)

(Pictured right): Langlois Cottage at the Akaroa Museum.

Our last stop for the day was at the Akaroa Museum, where we learned about the way of life in Horomaka before European settlers arrived. At the museum, there was also Langlois Cottage and the first court in Canterbury.

Thank you so much to Mrs Hampton for organising our fantastic trip for us, Mr Sim for accompanying us on the day, and Miss Walker for taking us on the trip and teaching us the knowledge before the trip to Horomaka.



Ashburton College

Individual Excellence in a Supportive Learning Environment

Issue 14
18 May 2023

News

Congratulations

Ashburton College Swimming Sports 2023

Ashburton College has completed the swimming sports this year, for the first time in three years.

Head of Sport Ron Carlson said that, unfortunately, with the postponement from Term One, a number of students were not involved. However, the 40-50 swimmers who took part performed very well and enjoyed the event.

This year a number of novelty events and short-distance races were included, to promote swimming as a sport, and these proved popular.

From the 'serious events' the Grade Champions for this year are:

Year 9	Girls:	1st event: Charlotte Doak and Eliza McKenzie
	Boys:	Amwolf Artz
		Runner-up: Nico Thompson
		3rd: Joe Harris
Year 10	Girls:	Elliot Watson
	Boys:	Neil Thakar
		Runner-up: Morgan King
		Runner-up: Toby Grant
		3rd: James Reid
Year 11	Girls:	Phoebe McKenzie
	Boys:	Harrison Doak
Senior	Girls:	Charlotte McKenzie
	Boys:	Fletcher Hobbs
		Runner-up: Grace Prendergast
		Runners-up: Hamish O'Reilly/ Liam Taylor



(Pictured left, front): Year 10 Boys' Runner-up Toby Grant making an early entry into the water.



(Pictured right): Year 9 Runner-up Nico Thompson competing in the Butterfly event



(Pictured left, left to right): Entering the pool for their event are Laura Cameron, Amelia Harris, Sarah Wilson.

Photo credits: Year 13 student Joelle Watson.

Riley Breen Represents New Zealand at World Junior Team Event

Year 9 student Riley Breen had an exciting conclusion to the New Zealand tennis season when named to represent New Zealand at the above event, held in Kuching, Malaysia.

Mid Canterbury Tennis said that it has been impressive to see Riley's hard work and dedication given to making sure he had a chance of representing New Zealand again for a second time, having previously played in Australia.

Riley said that the event took place from 26 March-01 April, with competing teams from Hong Kong, Indonesia, Singapore, Chinese Taipei, Uzbekistan; with the tournament providing part of the Asian and Oceania Junior Worlds qualifying rounds.

The New Zealand team of three players placed 12th, from eighteen teams, playing both singles and doubles.

Selection to the team originated from two four-day camps, where eight players contested berths in the team. From the first camp the numbers were reduced to six, with a further two eliminated following the second camp. Of the four remaining players, one was named as a non-travelling reserve.

This tournament was the boys' tournament, while the girls' tournament was held the week prior, with the New Zealand girls' team finishing 11th from the eighteen teams.

Riley had a successful tournament, winning three of his four matches, being two doubles matches against Hong Kong and Singapore; and one singles match over Chinese Taipei; and losing one singles. All players were aged 14 years and under. For Riley, this is his final year in that age group.

Riley described some of the factors he got from the tournament, including exploring how other countries play, describing some differences being playing up and down the middle of the court, with rallying back in New Zealand style needing hard hitting responses. Other players had strengths in hitting cross-court winners, describing one player as hitting 40 winners cross-court.

He said that it was good to visit a different country, making friends from other countries, and maybe seeing people who may later become

professional tennis players.

After this tournament Riley's training pace was scheduled to be a little slower, briefly, but mostly his training schedule is year round. Training is undertaken in both Ashburton and Christchurch, with Tennis New Zealand Camps in Christchurch weekly. Riley's coach, Jack Tiller, is Christchurch-based.

On Riley's radar is training for the Kiwi Indoor Nationals at the end of this year, while the Canterbury team he was in at the National Teams' event 19-23 April, at Wilding Park, Christchurch, placed 3rd.



(Pictured above and above right): Riley in action on the courts.



(Pictured right, left to right): Riley with team members Zac Wu and Liam Youn and team coach Dave Knight.



Royal Winnipeg Ballet Scholarship for Tāmāti Graham

Year 9 student Tāmāti Graham, a member of the New Zealand School of Dance, has recently been offered a Scholarship opportunity to study with the Royal Winnipeg Ballet (RWB) School Professional Division in Winnipeg, Canada.

This offer arose following Tāmāti competing in the biennial Alana Haines Memorial Australasian Awards (AHA) held in Wellington, over Easter from 06-10 April.

Eleven awards per age group correspond to the eleven years of Alana's life. A dedicated and talented 11 year old dancer, Alana was tragically killed in a car accident on Christmas Eve 1989 at age 11, just one day after performing to a 1500-strong audience.

Every two years since 1991, the AHA has provided young ballet dancers with a 'Career Platform' to compete at an international level for cash awards and international scholarships. The event spans five days and many months of preparation.

Tāmāti has been offered, and has accepted, a full scholarship for the summer tuition period and student boarding, which runs from 03-22 July. The RWB advises this as an important step in discovering a student's talent and potential for a professional career in dance, with this providing a unique opportunity to train with some of the finest teachers available. The school is committed to the highest standards of excellence and fully embraces the responsibility of nurturing young artists.

Tāmāti performed in the 13-14 year age group, in his words 'making it through to the quarter-finals'.

Approximately 300 dancers were involved over the week. Tāmāti performed a ballet variation, where a dancer takes a famous ballet performance but performs it as a solo, and a contemporary dance.

Essentially this event provides judges with a talent scouting opportunity, with scholarships available through various countries.

Tāmāti said he was very surprised to receive the invitation, saying there were a 'lot of really good dancers there', but he is 'excited about what's ahead'.

From an observer point-of-view, we acknowledge, that Tāmāti was also one of the 'really good dancers!' He is wished well for this exciting opportunity and the chance to experience overseas professional ballet life.



(Pictured left): Tāmāti dancing at the Alana Haines Awards.
Photo credit: Amber Griffin Photography.

Information

Youth Driver Mentor Programme –

Can You Help as a Mentor?

One important skill that improves job prospects is holding a restricted or full driver's licence.

A 2016 report, sponsored by ACC and Waka Kotahi/New Zealand Transport Agency, looked at the impact of having a driver's licence. The report found that 70 per cent of jobs required a licence and just 9 per cent of beneficiaries aged between 18 and 24 held a full licence. That is a big problem for young people looking for work.

Ashburton College, in partnership with The Salvation Army and Waka Kotahi, is excited to continue to be part of the 'Youth Driver Mentor Programme'.

The Youth Driver Mentor Programme matches our students who have their Learner Driver's Licence with Fully Licensed volunteer mentors who coach and teach safe driving practice and skills so the driver can pass their Restricted Driver's Test. A student will go out twice a week with a mentor to learn self-awareness, road-awareness, personal responsibility and self-confidence.

We are needing more mentors to meet student numbers

We have an increasing number of students wanting to register, we have support for the mentors, and we have a car but –

We Are Needing More Mentors! We Need You!

What Mentors do:

- Help a learner driver prepare for the Restricted Driver's Test.
- Volunteer to supervise the learner's driving and help them become safer on our roads.
- Act as a coach and supervisor for a range of practical driving experiences.
- Help foster positive safe habits that will follow the learner throughout their lifetime of driving.
- Transform lives.

What is required of Mentors:

- Meet up twice a week for 1 hour with your student (times that work for you) for twelve weeks.
- Have held your Full licence for more than two years.

What the mentor receives:

- Use of the programme's automatic car and fuel.
- Full training.
- Have the support of a qualified instructor and will be given the tools to assist the learner driver.
- A chance to help make our students more employable.

Please help us make this programme a success and help our students!

Become part of the Solution

You can help make our roads safer and support our young people to do the right thing.

If you can help please contact Anne Sheehan an@ashcoll.school.nz or Abbey Bruce br@ashcoll.school.nz

Coming Events

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

May 19	Non-uniform day: 'Pink Shirt - Anti-bullying' cause 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
23	Junior Boxing Programme, Mid Canterbury Boxing Academy
24	School Closed for tuition - Parent/Teacher Interviews, Hotel Ashburton, 12:00pm-8:30pm Basketball - Senior Boys and Girls, Junior Boys' A, Christchurch Rugby Girls' 1st XV vs Craighead Diocesan School, Pleasant Point, 4:45pm Rugby Girls' Under 15 vs Craighead Diocesan School, Methven, 5:00pm
26	* Aoraki Secondary Schools Swimming Championships, Ashburton 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
26-28	* NZSS Rhythmic Gymnastics Championships, Auckland
28	* Southern Cross Country, Timaru
28-03 June	Samoa Language Week
30	Junior Boxing Programme, Mid Canterbury Boxing Academy
31	Basketball - Senior Boys and Girls, Junior Boys' A, Christchurch Rugby Girls' 1st XV vs Roncalli College, Pleasant Point (4:45pm) Rugby Girls' Under 15 vs Roncalli College, Celtic (5:00pm)
June 01	* Canterbury Cross Country, Christchurch * Smallbore Postal Challenge, venue tbc Aoraki Girls' Football, Timaru
02	Pasifika Family Fono, College Staffroom, 5:30pm-7:30pm 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
04	NZSSS Triple S Smallbore Rifle Shooting
05	King's Birthday Weekend – public holiday