



Ashburton College

Individual Excellence in a Supportive Learning Environment

Issue 10
14 April 2022

News

Head of Senior School Message

What a Term!

This term has really thrown us some curve balls, but we are nearly there!

I would like to acknowledge all our whānau, kaimahi and ākonga for all their mahi over this term, and for managing through the Emergency Cover Plan rotations.

I know the balance of keeping up with school work, family life and work commitments is challenging. The students have demonstrated our AshColl Values by being responsive, self-managing and resilient.

Well-being

With the recent COVID cases and students returning to campus, it can be overwhelming for senior students as they try to catch up on missed work, finish internal assessments and maybe, for some, manage the lingering effects of COVID; all while trying to balance social, sporting and work life. During this period of transitioning back to school, focusing on the things that help maintain well-being become increasingly important.

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, which whānau can help with, in order to remain balanced and healthy - both physically and mentally:

- 1. Controllables:** Concentrate on the things that matter and the things they can control – and be attentive to 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.
- 2. 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 enables them to focus on what is helpful.
- 3. 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.
- 4. 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 things that make them happy.
- 5. 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.
- 6. Time Management:** Allocate a specific amount of time in their day to focus on Coronavirus and Government updates, what-ifs, worry etc. This will allow their brain to engage fully when they're required to focus on other activities.

Recovering from COVID

When our ākonga are returning after COVID we are seeing that fatigue is a common symptom.

It is advised (New Zealand's Science Media Centre) that if you have fatigue, muscle weakness, etc, **do not 'push through'**. Do not think that you can exercise your way out of this.

Commencing exercise too early may increase the risk of Long-COVID. If you do have symptoms of Long COVID (ongoing, or newly developing symptoms), please seek help.

The main advice for recovering from COVID appears to be:

- Don't overdo it – if you feel you need rest, then rest.
- Begin with a very low level of activity, and very slowly increase – interspersed with regular planned breaks throughout the day.
- Begin with some fun things, and things that won't matter if you stop for a break.
- Maintain a healthy diet.
- Ask for help from friends and family.
- The current consensus is that exercise should not be undertaken until the individual has been completely symptom-free for at least seven days.
- When exercise is restarted it is advisable to ease back into it slowly.
- Adequate sleep, good nutrition, hydration, and social connection are also vital to help you recover well.

Holiday Break

Enjoy the Easter Break: rest, eat and slow down.

I look forward to seeing all the ākonga back after the holidays, ready to engage in learning.

'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

The
AshColl
Way



Staff Farewell

Brian Molyneux

We are sorry to be farewelling Brian Molyneux, Head of Department Digital Technology, from Ashburton College at the end of this term.

Brian has had two teaching periods at Ashburton College. Firstly, this was from 2012-2014 also as Head of Department Digital Technology, and additionally teaching Hard Materials Technology to junior students.

Brian then spent two years at Mount Hutt College, from 2014-2016, but returned to College in July of 2016, again as Head of Department and Teacher of Digital Technology.

Since June 2017 Brian has also held a Kāhui Ako (Hakaterere Community of Learning), Within-College Teacher-in-Charge of Achievement Data Systems position.

During a year's leave in 2019 Brian and his wife and family returned to the UK and the Isle of Man, for family reasons. While there, Brian had the interesting and rewarding experience of working as Education Manager at the Isle of Man Prison. Brian had previously taught on the Isle of Man prior to coming to New Zealand in 2005.

Throughout his teaching career Brian has focused on developing systems to monitor and provide early indications of and alerts regarding 'at-risk' students. This included tracking systems and using student data to direct and inform learning, with information available to support teachers.

With a B.Sc. in Information Management, Brian was well-poised to make analysis of student data intelligible and useful, thus managing the information in order to enhance learning.

At College he is well-regarded and acknowledged as a conscientious staff member, passionate about his subject and having achieved excellent work in making student data available to support decision-making and planning.

Brian has a number of interests, including guitar (playing and building), mechanical engineering, home renovation and motorcycle restoration.

The call of home can be strong and, when they leave Mid Canterbury at Easter, Brian and his family are returning to the Isle of Man. This also seems an appropriate place for a motorcycle enthusiast! Brian is at pains to be sure we understand that the Isle of Man is not the UK – it is a self-governing British Crown dependency!

In acknowledging Brian and his work, we are farewelling a staff member who contributed a lot of 'good work', quietly, without fanfare, and without 'pushing his own barrow'.

Brian's capabilities, contributions, and himself as a person will be missed and we thank him sincerely for his contributions. With our appreciation, he and the family are wished very well as they leave their New Zealand life and return to former home roots.

Information

Please note the following variations to two forthcoming school days, in Term Two.

College Closed Thursday 12 May for the purpose of an ACCORD Teacher Only Day

Please note that the College will be closed for normal instruction on this day, in order to undertake an ACCORD Teacher Only Day.

These Teacher Only Days were allocated in the Accord between the Ministry of Education, NZEI Te Riu Roa, and PPTA Te Wehengarua, and are being held throughout New Zealand on set days for regions.

The days are set aside to support the implementation of changes to NCEA, and wider strengthening of curriculum, progress and achievement practice.

We do ask that you make alternative arrangements for your sons/daughters on this day and thank you for your support.

Parent/Student/Subject Teacher Interviews and Early Closures

**Thursday 19 May and Tuesday 24 May
2:30pm – 8:00pm, Hotel Ashburton**

The interviews are for all year levels.

For Year 9 students, interviews are with subject teachers only, not option teachers.

The length of interviews will be five minutes per subject.

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

Online bookings – you will be advised early Term Two regarding this process; plus arrangements if you don't have an online facility.

School Early Closure – Both Days, from 1:20pm

Please Note: school early closure for all students, at 1:20pm, on both of these two days.

The closures are Board of Trustees approved.

Congratulations

Summer Sports Tournament Week

As advised in our last newsletter, this annual event had fixtures scheduled from Sunday 27 March through until Sunday 03 April. While there were a number of cancellations due to COVID restrictions, it was superb to have some codes able to hold events.

This week we report on the final two events, being the New Zealand Aon Maadi Rowing Championships and the 3 x 3 Basketball Event.

Congratulations

Bronze Medal Gained at New Zealand

Aon Maadi Rowing Championships

Information provided by Year 12 Student Lily Davidson

During the week of 28 March–03 April a squad of twelve rowers headed to Twizel, Lake Ruataniwha to compete in the AON New Zealand Secondary Schools' Rowing Championships 'Maadi Cup'.

It was an exciting week for the squad, with everyone pleased to be out racing for the last time of the season. Twizel put out some great weather, providing great racing conditions meaning minimal delays throughout the week.

It was a big week for everyone with six days of racing being completed. Heats took place on the Monday and Tuesday, with many of our crews making it past this point to land spots in quarter-finals, and repechages to take place later in the week.

Wednesday and Thursday were busy for most, with almost everyone out on the water fighting through repechages and quarter-finals to progress through to semis, with most earning their place.

The remaining rowers were still kept competitive, competing in D and C Finals on Thursday, while the rest continued powering through semi's battling for places in A and B finals.

A and B Finals for Five Crews

An impressive total of five crews made it to the A and B Finals.

Bronze Medal

The Girls' Under 16 Coxed Quad secured a place in the A Final and, most impressively, rowed their way to a Bronze Medal finish, making the week even more worthwhile.



(Pictured above, left to right): Honor Bradford, Sienna Skilling, Sophie Gibson, Isabel Wall, Lily Davidson (Cox), Justin Wall (Coach).

This result was achieved following a 3rd placing in their Heat, 1st in the Repechage; 2nd in the Semi-Final. The rowing process gives every opportunity to place as highly as possible.



The team on the water with their medals (pictured left, front to back): Isabel Wall, Sophie Gibson, Sienna Skilling, Honor Bradford, Lily Davidson (cox).

Overall - the Ashburton College Rowers Achieved Some Great Results

It is important to take results in the context of the number of competitors and boats at this event, even in this year where numbers were reduced by those with COVID or isolating due to home contacts.

At close of entries this year, organisers had just on 1400 students entered in this largest school sports event in the Southern Hemisphere.

B Finals – 1st Place

Girls' Under 16 Single Sculls

- Sophie Gibson: Heat - 2nd; Quarter final - 2nd; Semi Final - 6th.

Girls' Under 16 Double Sculls

- Isabel Wall, Sophie Gibson: Heat - 1st; Quarter Final - 2nd; Semi Final - 6th.

B Finals – Additional Placings

Girls' Under 16 Double Sculls

- Sienna Skilling, Honor Bradford: Heat - 2nd; Quarter Final - 4th; Semi Final - 5th; **B Final - 4th.**

Boys' Under 18 Single Sculls

- Matthew Pearce: Heat - 3rd, Quarter Final - 3rd, Semi Final - 7th, **B Final - 5th.**

Other

Boys' Under 17 Single Sculls

- Tim Connelly-Whyte: Heat - 8th.

Boys' Under 17 Coxed Four

- Mia Chambers, Leah Reid, Isla Connelly-Whyte, Honor Bradford, Lily Davidson (cox): Heat - 6th; Repechage - 6th.

Boys' Under 17 Double Sculls

- Izacc Carr, Tim Connelly-Whyte: Heat - 6th.

Boys' Under 18 Single Sculls

- Zane Cameron: Heat - 4th; Quarter final - 5th.

Girls' Under 16 Coxed Four

- Mia Chambers, Leah Reid, Isla Connelly-Whyte, Honor Bradford, Chloe Braas (cox): Heat - 6th, Repechage - 6th.

Boys' Under 18 Double Sculls

- Zane Cameron, Matthew Pearce: Heat - 4th, Repechage - 3rd.



Ashburton College

Individual Excellence in a Supportive Learning Environment

Issue 10
14 April 2022

News

Congratulations



(Pictured left, left to right): Boys' Under 18 Double Sculls Matthew Pearce and Zane Cameron.



(Pictured above, left to right): Girls' Under 17 Coxed Four Mia Chambers, Isla Connelly-Whyte, Leah Reid, Honor Bradford, Lily Davidson (cox).

C Final – 1st Place

Girls' Under 16 Single Sculls - Izacc Carr: Heat - 3rd; Quarter Final - 5th;

D Finals – 7th Place
Girls' Under 16 Double Sculls - Mia Chambers, Leah Reid: Heat - 4th; Quarter Final - 8th.

Appreciation

Ashburton College is most appreciative of the huge hours put in by Coach Justin Wall in preparing rowers for events and this pinnacle event for rowers. We acknowledge, also, the hard graft put in on the water by the students themselves. This is not a 'soft-training' sport!

Thank you too, to the number of parents who assisted at different times during the week. Without this support a team would not be as easily able to attend, or compete with success.

Aoraki 3 x 3 Basketball Tournament

This was held in Ashburton, at the EA Networks Centre on Wednesday 30 March, with College having eleven teams competing across the competitive and festival grades.

Manager for the day, Andrew Shepherd, said results weren't kept for the festival grade, but our six junior teams all competed strongly.

All teams and Andrew were kept busy throughout the day with duty responsibilities between games.

3x3 is played on a half court, with one hoop, two teams, and three players per team (and up to one substitute), and no coach on court. Coaches or instructors have a role in helping in preparing for competitions or raising skill level of players.

One of the biggest strengths of 3x3 is described as its simplicity, both in terms of rules and in terms of required facilities. Accordingly it can be held in a range of settings, using iconic landmarks as backdrops.

It is widely played throughout the world in street courts, yards, parks, squares, basketball courts and gyms. In June 2017, 3x3 was officially announced as a new Olympic sport to debut at the 2020 Summer Olympic Games in Tokyo, Japan; which were held in 2021.

Placings

Senior Boys' Competitive Grade – 1st Place

From the eight teams, the balance of which were from Waitaki Boys' High School (two teams); Waimate High School and Mount Hutt College (two teams), **Ashburton College gained 1st, 4th and 5th placings.**



(Pictured right, left to right): The winning Senior Boys' team of Denzel Banghal, Caleb McNulty, Ethan Reodique, Riley Sa.

Senior Girls' Competitive Grade – 1st Place

Again, the College teams performed well, with Ashburton White emerging as the front-runners, and Ashburton College Red in third place. The other two competing schools were Waimate High School and Mount Hutt College.



(Pictured left): The Senior Girls' Red and White first and third-placed team members.

(Back row, left to right): Gelaeya Hadfield (Red team), Eva Kelly (White), Claudia Thomas (Red), Amelie Robertson (Red), Fortia Abernethy (White).

(Front row, left to right): Laura Winchester (White), Holly Sa (White), Lucy Pearce (White).

Players forming the six junior teams were:

Junior Girls – two teams

Casey Cousins, Libby Feutz, Grace Johnston, Penny Marriott, Milla Overend, Ruby Patterson, Lily Rosevear and Ally Thomas.

Junior Boys – four teams

Ranz Buenafe, Brandon Burrowes, Daniel Dittmer, Liam Elliott, Nikau Forsyth-Pakinga, Suliasi Hala'ufia, Josh King, Taniela Palavi, Riley Prendergast, Ollie Prince, Jack Spicer, Jack Strawbridge, Dante Tait, Jonny Thorpe, Alex Urquhart, Niel Vicente, James Wood, William Woods.

Target Shooting - Nationals Success for Charlotte McKenzie and Madi Tourle

Target Shooting New Zealand Nationals were held over Friday-Sunday 25-27 March. These were postponed from their usual August date in 2021 – due to the customary COVID impacts!

This is the pinnacle event in indoor shooting, which is what the majority of shooters are involved in.

Team Manager Nina McKenzie said that Ashburton College should be very proud to have had two students at this event: Charlotte McKenzie (Year 12) and Madi Tourle (Year 11).

The National Championships are known amongst shooters as the 'North-South', because they have to be selected into a North or South Island team in order to compete.

Venues

Target Shooting New Zealand, as the host body, has always been able to hold this event mid-August at one venue, and alternating between the two islands. However, this year for the first time, (and only, the shooters hope) it was held over two venues.

The North Island shooters were in Palmerston North at the same time as the South Island shot in Christchurch, connected via live feed.

Each venue had approximately seventy shooters present, across all teams. The weather was unseasonably warm for this match, ensuring that sighting was not always perfect. It must be noted that it is very unusual to be shooting at a time of year which is normally allocated to pre-season training.

Teams

Selection into a team involves nomination for selection, and then attending sanctioned open championships around New Zealand, from which the top three scores are averaged on to a ranking list.

Teams present were Junior (Under 21), Women's, Men's, Open and Veteran (60+ years).

Selections

Charlotte was selected to both the South Island Junior and Women's teams, and Madi was selected in to the South Island Junior team.

Nina said that this is, of itself, a wonderful feat as there were multiple university age members in these teams at Junior level (including AshColl Alumni, Shanika Harrison-Lee).

Format

The format of the weekend was reduced (due to COVID), with practice on the Friday night; Island matches all day Saturday, and International matches on the Sunday.

The traditional formal dinner, photos and prize-giving on Sunday evening were cancelled.

Junior Match

The Junior match opened the event bright and early on Saturday morning, with both **Madi** and **Charlotte** shooting in the opening round.



(Pictured above): The waiting area, with members of the South Island Junior Team. Charlotte McKenzie (fourth from the left) and Madi Tourle (far right), in a somewhat historic moment, with masks showing the era.

Madi had a steady opening target, whilst **Charlotte** produced the first 'possible' of 100.08 to set the competition alight, and lay down a strong challenge to the North.

In the double card round to follow, **Madi** found her usual excellent form, with a wonderful 196.07; and Charlotte continued to apply pressure with a 195.10.

The final single card round saw a strong finish from **Charlotte** with 98.05. **Madi's** final target was not at her usual standard but her overall score and performance is something she can be proud of.

Sole South Win Over the North

The South Island Juniors blazed a fantastic score to take a much-coveted win over the North.

This was, in fact, the only win the South Island had all day: 3891.169 to 3888.176.

Both girls can certainly be very proud of being a part of the winning side.

South Island Women's Team

Charlotte then returned to the mound for the South Island Women's team. Again, the course of fire was a single, a double and a single. Having had a recent COVID infection, Charlotte was more fatigued than usual but approached the match well.

She opened strongly with a 98.02, but fell foul of the tester in the double, thus losing some points. However, her final single of 96.03 rounded out a good match.

The South Island Women succumbed to the North by a margin of 30 points.

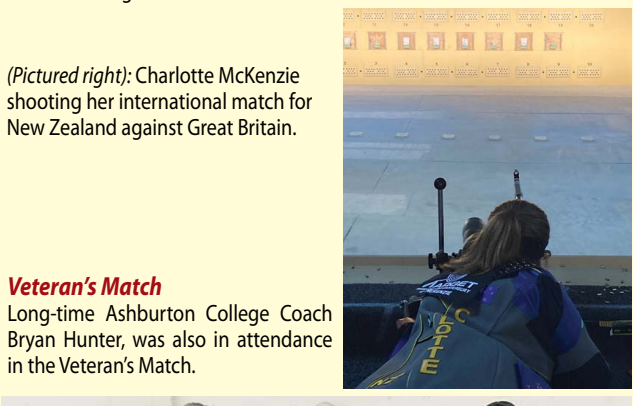
New Zealand Team Announcements - Under 21 Team for Charlotte

New Zealand teams were announced at the conclusion of the matches, and are presented for an international match against Great Britain.

Charlotte was very proud to be named in the New Zealand Under 21 (Junior) team.

Shooting with her New Zealand team mates on Sunday she opened with a stunning 99, and followed this with a really sound double to score strongly.

The Great Britain teams will shoot at home and the New Zealand scores are sealed awaiting this.



(Pictured right): Charlotte McKenzie shooting her international match for New Zealand against Great Britain.

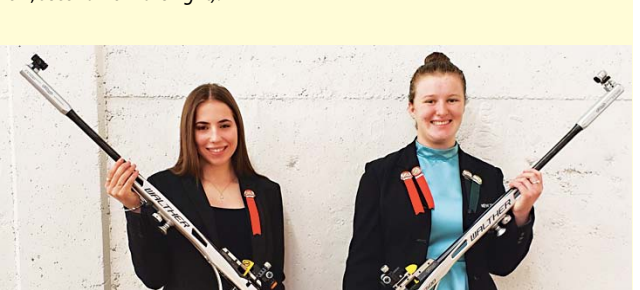
Veteran's Match

Long-time Ashburton College Coach Bryan Hunter, was also in attendance in the Veteran's Match.



(Pictured above): Showing most of the local Mid Canterbury contingent, which had a record fourteen shooters present.

(Included in this photo is): Madi Tourle (front row, left); Ashburton College Coach Bryan Hunter (front row, second left); and Charlotte McKenzie (back row, second from the right).



(Pictured above, left and right): Madi Tourle and Charlotte McKenzie in formal attire, with medals and tools of the trade to the fore.

(Pictured right, left and right): Madi and Charlotte, with Charlotte's New Zealand Blazer pocket showing.

Summary

Nina concluded, saying, this experience was wonderful for both girls.

They now turn their focus to the start of the season and the first sanctioned Open Championship weekend, to be run by their own association, Mid Canterbury, and Madi's home club Phoenix.

This event, on 22-24 April, begins their campaign for selection to the Nationals in August of this year, to be held in Palmerston North.

Positions at this match are highly coveted, and selection regularly comes down to less than a point. Ashburton College will have a number of capable students being nominated for selection.