



Ashburton College

Individual Excellence in a Supportive Learning Environment

Issue 4
2 March 2023

News

Deputy Principal Message

New Technologies and a Changing World "Goal Setting: A Key to Success"

Goal setting is a powerful tool that can help students achieve their dreams and aspirations. It allows them to create a clear roadmap of what they want to achieve and how they can go about achieving it.

By setting specific, measurable, achievable, relevant, and time-bound goals, students can work towards fulfilling their potential and realising their ambitions.

One of the main benefits of goal setting is that it helps students stay focused and motivated. When students have a clear goal in mind, they are more likely to stay on track and avoid distractions. They are also more likely to persevere through challenges and setbacks, because they have a strong sense of purpose and direction.

Goal setting also helps students develop important skills such as planning, time management and self-discipline. By breaking down their goals into smaller, manageable tasks, students can create a plan of action that helps them stay organised and prioritise their time effectively. This can lead to improved academic performance and greater success in extra-curricular activities.

However, it's important to note that goal setting is not just about achieving success. It's also about learning from failures and setbacks. When students set goals that are challenging but achievable, they may encounter obstacles along the way. But these setbacks can provide valuable opportunities for growth and learning. By reflecting on what went wrong and how they can improve, students can develop resilience and a growth mindset.

So, how can students set effective goals? Here are some tips:

1. Start with a clear vision of what you want to achieve.
2. Break down your goal into specific, measurable, achievable, relevant, and time-bound objectives.
3. Create a plan of action that outlines the steps you need to take to achieve your goal.
4. Stay focused and motivated by tracking your progress and celebrating small wins along the way.
5. Learn from failures and setbacks by reflecting on what went wrong and how you can improve.

In conclusion, goal setting is a powerful tool that can help students achieve their dreams and aspirations. By setting specific, measurable, achievable, relevant, and time-bound goals, students can stay focused and motivated, develop important skills, and learn from failures and setbacks. So, let's encourage our students to set goals and work towards fulfilling their potential.

You may ask – why is the heading 'new technologies and a changing world' if the topic is goal setting?

The reality is that the piece above was written by ChatGPT, an open source, web-based AI platform. Given the following instruction by myself 'Write a 300 word school newsletter article about goal- setting', the text was produced in eleven seconds by artificial intelligence (AI).

It was quite incredible to observe, as a first-time user.

The reality is that technologies comparable to this are now readily available and will continue to affect and, largely, improve our lives. As an example, you may have interacted with a chatbot through a company you deal with. They do, however, throw up new moral and ethical challenges for students and institutes of learning, particularly around assessment. The world of work will also continue to evolve and change.

I encourage you to check out ChatGPT for yourself <https://openai.com/blog/chatgpt/> and explore the latest advances in this rapidly advancing area of technology.

The ongoing challenge for schools is to ensure that we are meeting the learning needs of students and giving them the skills, attributes and knowledge that they will need to succeed when entering a world that will continue to change.

Whāia te iti kahurangi, ki te tuohu koe, he maunga teitei
Pursue what inspires you; show perseverance and endurance

Jono Hay
Deputy Principal • Tumuaki Tuarua



Staff –

Welcome Back to Long-Term Relievers

Ashburton College is incredibly well-served by a number of relief teachers.

In this newsletter we acknowledge, with appreciation, the appointment of **Mary Buckland** for the balance of this year; and **Dave Christensen** who is always available for longer-term relief and has currently been teaching Year 9 and 10 Science and Maths classes, while we awaited the arrival of our new staff member.

College and our students are very fortunate to have such capable teachers available for longer-term appointments.



Mary Buckland
Teacher of Year 12 Mathematics
(Parental Leave position)



Dave Christensen
Teaching Science and
Mathematics classes

Staff – Internal Appointment

Ali Sayad

Acting Head of Faculty, Mathematics; with Head of Faculty Mel Evans now on parental leave, as outlined in Newsletter 3.

Staff – Change to Role

Nicki Wilding

Learning Support Assistant, Mainstream as from the start of this year (formerly Learning Support Assistant at the Community Entry Programme off-site, and previously Learning Support Assistant on-site).

Hakateru Community of Learning/Kāhui Ako:

Across-School Lead

Kāhui Ako | Communities of Learning are groups of education and training providers that come together, along with their communities, to raise achievement for all tamariki and young people – by supporting each other and sharing expertise in teaching and learning (ako).

Ashburton College is part of the Hakateru Kāhui Ako, with the following staff member appointed to an across-school role:

Renaie List

Ashburton College has secured an across-school position for our COL, with the specific portfolio of working alongside fellow Kāhui Ako Across-School Lead Teachers to focus on culturally responsive teaching practices and coherence of pedagogical practices and systems across the Kāhui.

Within Ashburton College Renaie is a Teacher of English and Māori Ako.

(Pictured right): Renaie List.



Ako Interviews/College Closure, Wednesday 15 March

Please note that the College will be closed for normal instruction on this day (note date change), 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, closer to the time.

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

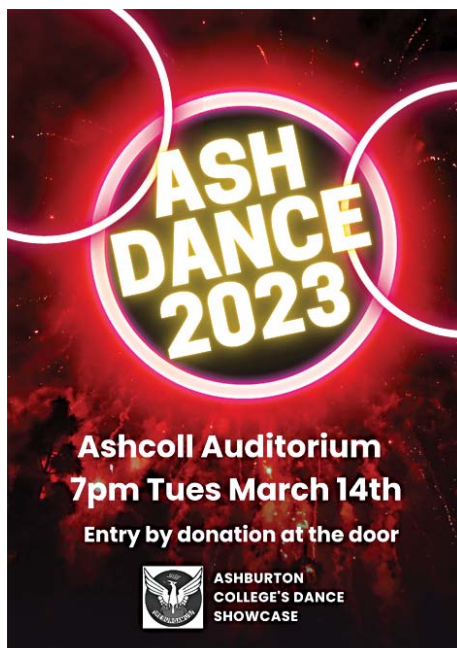
All students/families are expected to attend an Ako interview on the day, with their parent/caregiver.

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

Information

AshDance Returns to the College Cultural Calendar

We invite you to come and enjoy an entertaining evening, showcasing a range of skilled and talented performers.



Fundraising Quiz Night

This event is coming up, providing an opportunity for a good fun evening out plus supporting Ashburton College Year 13 student Ollie Bubb to raise funds to travel to represent New Zealand.

Powerlifters are not funded by the New Zealand Powerlifting Federation, which makes fundraising an essential part of representing their country.

Team entries: Secure your team's entry by emailing to the address on the poster. Be sure to enter soon to avoid missing a spot. Once maximum numbers are reached, entries will be closed off.



Coming Events

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

- March**
- 02-03** Year 12 Outdoor Education Hike, Pinchgut Hut, Okuku Range
 - 03** Year 12 History trip, Akaroa
 - 03-05** South Island Secondary Schools' Mainland Volleyball Championships, Christchurch
 - 05** * Aoraki and SISS Triathlon-Duathlon Championships, Oamaru
 - 08** Singletacks Mountain Biking Round 2, Halswell Quarry Park
 - * CSS Dressage, McLean's Island, Christchurch
 - Year 12 Outdoor Education Kayaking, Lake Hood
 - 10-12** South Island Secondary Schools' Meridian Rowing Championships, Lake Ruataniwha
 - 12** * Aoraki Secondary Schools' Touch Tournament, Timaru
 - 14** AshDance, College Auditorium, 7:00pm
 - 15** * Aoraki Athletics, Ashburton Singletacks Mountain Biking Round 2, Halswell Quarry Park
 - Year 12 Outdoor Education Kayaking, Lake Hood
 - Ako Interviews, 10:00am – 8:00pm, at College
 - 16** College closed for instruction – PPTA teachers' strike day
 - 16 or 17** * Postponement days: Aoraki Athletics
 - 17** Year 12 Geography trip, Mt Cook
 - 21** * Aoraki Secondary Schools' Girls' Volleyball, Timaru
 - 21-22** Goethe Institute German guest, Kt's classes
 - 22** Singletacks MTB Round 4 (Canterbury SS XC MTB Championship), Halswell Quarry Park
 - Year 12 Outdoor Education Kayaking, Lake Hood
 - Year 12 and Year 13 Tertiary Day, Hotel Ashburton
 - 23** * Aoraki Secondary Schools Boys' Volleyball, Timaru Pasifika Fono Evening, Staffroom
 - 12AGH Water Sampling field, various venues



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Congratulations

Further Success in Gillette Cup Cricket for College 1st XI Team

This knock-out competition continues, with the College team moving forward from another win gained on Tuesday 21 February, against Mt Hutt College's 1st XI team. The game was played in the Ashburton Domain.

Coach Dayle Jemmett said that the Ashburton College 1st XI boys' team proved too strong in Mt Hutt College in the Gillette Cup 50-overs match, which was played for very trying conditions with the temperature exceeding 30°C.

Ashburton College won the toss and chose to bat. In the innings a number of players made some good contributions, with stand-outs being **Hamish O'Reilly who made 35** along, with **top scorer Jack Middleton on 84**.

The College team finished on a challenging total of 260 runs for the opposition to try to overcome.

Mt Hutt College's batters struggled against the AshColl experienced bowlers, who were backed up by some very tidy fielding.

Toby Grant made a handy debut taking 4 wickets for 39 runs off his 10 overs. The game concluded with Mt Hutt College all out for 141.

Appreciation is given to College Year 10 student **James Reid**, scorer for the day.

Next Round Fixture

Moving forward within this knock-out competition, AshColl's next-round opposition, Timaru Boys' High School, was described by Simon as a step-up, but a game AshColl has more than a chance of gaining a win from if they play to their potential.

By the time this newsletter has gone to print that outcome will be known, as the scheduled date for play was Monday 27 February, in Timaru.



(Pictured above, back row, left to right): Eddie Galbraith, Fletcher Hobbs, Hamish O'Reilly, Tom Rosevear, Sam Orr, Mitchell Leath.

(Front row, left to right): Lachie Jemmett (Captain), Oliver Hobbs, Jack Middleton, Toby Grant (substitute for the injured Thomas Easton), Mitchell Lye, Zac Douglas.

Manager for the team is Simon Lye.

Charlotte Livingstone Selected as Youth Ambassador for Crohn's and Colitis NZ

Year 12 student Charlotte Livingstone is an inspirational young lady who copes with a disease and lived lifestyle that many of us don't have to confront, let alone at a young age.

Charlotte is afflicted with Crohn's Disease, about which she talks with maturity and clarity as to what this means, what she has faced since being diagnosed with it, and what may have to happen in the future.

Reading further below, gives us a small insight into the rigours of living with such a disease.

Firstly, though, we look at how Charlotte came to be selected as Youth Ambassador, a position officially awarded to her in January of this year.

Part of the Movie – IBD Has No Age

In May 2022 Charlotte saw an advert for young people willing to speak about living with Crohn's or Colitis diseases.

Charlotte responded to this advert and was subsequently part of making a movie about IBD (Inflammatory Bowel Disease). The movie was filmed in Christchurch featuring three sufferers – one in their 60's, one in their 40's and Charlotte representing the teenage/young persons' age group.

The film has been posted on social media platforms, shown at Parliament, and has gone world-wide.

Youth Ambassador Selection

Charlotte was able to fly up to the film-showing at Parliament and, while there, she spoke as well. The Head of Crohn's and Colitis (C and C) NZ heard Charlotte speak, and was obviously impressed, and asked if she would be prepared to undertake more speaking occasions.

With C and C's current Youth Ambassador turning eighteen, the upper age for a Youth Ambassador, Charlotte was asked if she would be prepared to take this important and meaningful position on, and support increasing awareness of the diseases and needs of those managing their lives with the impacts C and C generate.

Charlotte said people talking about C and Care starting to make a difference, and are raising awareness.

You Can Watch the Film

The film is on Youtube – enter: IBD Has No Age.

What Can Crohn's Really Mean?

Charlotte provided a background to some of the aspects, describing herself as 'normally healthy' until about the age of eleven. At that stage she began to rapidly lose weight, couldn't force herself to eat, and had no energy. As this got worse she could, naturally, do less until she couldn't stand up, go to the kitchen and certainly couldn't walk up the stairs.

At this point, their family's GP referred her to a gastroenterologist and the diagnosis of Crohn's Disease was confirmed.

In 2019 it became important for Charlotte to increase her nutritional intake to counteract the body's malfunctions. This was to become an eight-week programme of a solely liquid diet. Charlotte could drink only milks – Ensure and Fortisip, designed to provide a balanced nutritional input to help patients gain or maintain a healthy weight. Despite flavours of chocolate, strawberry, banana and vanilla Charlotte said it tasted 'awful'. She could also drink water and have a sugar free gum, but nothing else.

Charlotte said she managed the first week of this approach but made the decision to take the fluids for the next seven weeks through a Nasal Gastric (NG) tube. This was kept in throughout, and the outcome was that it worked and brought her weight up to a healthy level. Such procedures very much involve family members also, with Charlotte citing her parents' promise not to eat takeaway foods in front of her (and there was a wee incentive for Charlotte also).

Crohn's can go into remission also, and for the balance of 2019 Charlotte's summary was that her health was 'fine', through until the start of the 2020 lockdown. Her health was monitored during this time via two monthly tests and, with the help of some medications, this kept her on a relatively even keel.

At the start of 2020 Charlotte began losing weight, becoming significantly unwell and being hospitalised for five weeks in Christchurch. Charlotte said she started out in the Children's Ward but had to be moved to the Cancer Ward following the decision to place her on medications which would be a bio hazard to medical staff, whereas Cancer Ward staff had the facility and capability to work with these medications. This was a time Charlotte said she doesn't remember a lot of, saying she 'slept a lot and was constantly tired even when awake'. Charlotte's mum was with her throughout this time.

Another NG tube was inserted when Charlotte was able to go home, but this didn't go as smoothly as it could have and Charlotte's mum was again on deck, to pull the tube out. A replacement insert proved more lasting and, this time, Charlotte was allowed to eat but used the tube for liquids to ensure she was getting sufficient nutrition. With the help of antibiotics, steroids and 'a lot' of meds this worked positively and provided a period of time where the tube came out, she was able to stop the meds and remain reasonably healthy.

Through 2021 Charlotte was admitted to hospital a few times during the year and was asked if she wanted another NG tube to enable the increased intake of nutrients.

This time Charlotte chose a Gastro Tube, had the surgery to insert this, and now uses this for additional nutrition, given she doesn't receive enough from normally digested foods.

With IBD being an auto-immune disease plus the high use of meds, part of the immune system also gets killed. Charlotte said her first tube had to be removed as skin was growing up the tube. Once the stomach wall healed, she repeated the surgery and the insertion has been 'good since then'.

2022 saw one admission to hospital with severe pain, but antibiotics on that occasion worked.

2023 and Activities

At the start of 2023 Charlotte attended Camp Purple held at Living Springs, Christchurch. This is a national camp for intermediate and secondary school aged students who have IBD and was, in Charlotte's words, 'a lot of fun with lots of activities including go-karting and blo-karting' (go-karting with a sail).

Charlotte has been to this camp previously and, at the start of the week, spoke to camp leaders about how it feels for a young person with IBD to be away from their family, and some 'do's and don'ts' for them.

(Pictured right): Charlotte abseiling at Camp Purple Living Springs.

Camp Purple is sponsored by the ACT Party New Zealand, with Member of Parliament Brooke van Velden and Ashburton District Mayor Neil Brown attending the Carnival Day and presenting awards.

Charlotte is scheduled to speak to the Rotary Club of Ashburton in March and will be continuing to promote the reality of Crohn's and Colitis diseases and raising public awareness. As she rightly said, it's hard to really understand a life-long disease you don't live with.



(Pictured below): Charlotte receiving her Youth Ambassador Certificate from Ashburton District Mayor Neil Brown.

(Pictured below, left and right): Charlotte pictured with ACT Party Deputy Leader Brooke van Velden.



Crohn's and Colitis NZ

Charlotte suggests, if you have the time, go online to read more about this NZ not-for-profit organisation or even consider making a donation.

Funding goes towards research, Patient Camp Purple, providing Outreach Programmes, Patient Advocacy and raising Public Awareness.

Put in Crohn's and Colitis NZ to access the information.



Finleigh Glanville - Trampolinist of the Year, Canterbury Gymnastic Awards

Year 9 College student Finleigh Glanville was awarded, on 23 February, 'Trampolinist of the Year' in the Sub Junior Women's category at the Canterbury Gymnastic Awards.

Finleigh received an email inviting her to the Annual Canterbury Gymsports Achievement Awards, as she had been nominated in the Sub Junior Women's Trampolinist of the Year Category. The Sub Junior category covers the 13-14 year age group.

Finleigh's mother, Nicci, said they didn't know what to expect when we went up and were equally surprised when it was announced she had also won the Trampolinist of the Year Award.

(Pictured right): Finleigh with her trophy.

The trampoline discipline was divided into three categories: Senior (17 years+), Junior (15-16 years) and the Sub Junior (13-14 years).

Criteria for Nomination

Eligibility for nomination is a person associated with the Canterbury region through residency, representation, or affiliation to a Canterbury club.

Conditions of Nomination

The Conditions of Nomination outline that the awards in each category are selected by the Trustees, who have the final say in the eligibility of the person nominated and the category winners.

All achievements must be within the period 01 January 2022 – 31 December 2022.

Awards Evening

This annual award night was described as focusing on the stars of their beautiful sport and the coming together of codes in a social and celebratory occasion.

Disciplines awarded at the evening were Trampoline, Aerobics, Rhythmic Gymnastics, Women's Artistic Gymnastics and Men's Artistic Gymnastics.

Finleigh's Achievements

The list of Finleigh's achievements certainly highlight, it would be suggested, her quality performances leading to being a well-deserved recipient of this award.

Canterbury Champion (13-14 Women), at Canterbury Championships, Christchurch Trampoline and Double Mini Trampoline.

Nationals, Invercargill, being the first ever nationals for Finleigh – 3rd place Synchro with her sister in the 15-16 age group category; 6th overall Trampoline; 7th overall Double Mini Trampoline.

Canterbury Schools' ICE Trampoline – 1st Trampoline, 2nd Double Mini Trampoline, 1st Overall Winner for Intermediate schools

Results from other competitions in the award year (2022) were:

Upper South Island 3rd Trampoline, 1st Double Mini Trampoline
ICE Trampoline 2nd Trampoline, 4th Synchro (15-16 years category)
Christchurch School of Gymnastics Classic - 4th Trampoline
Dynamic Gymnastics Sports - 1st Trampoline, 1st Double Mini Trampoline
Christchurch School of Gymnastics - 2nd Trampoline

Additional to performances resulting in this award, importantly relating to Finleigh as a person, it was highlighted that she is an amazing role model for those around her, and a true inspiration to her fellow teammates and others within her sport of trampoline.

College Trampoline and Gymnastics Team

Nicci Glanville has foreshadowed that Ashburton College will have a significantly bigger trampoline and gymnastics team this year, compared with previous years.

