



TIMARU BOYS' HIGH SCHOOL

NEWSLETTER

www.timaruboysschool.nz

Issue 7

August 2017

RECTOR'S MESSAGE



The Timaru Boys' character reflects that of South Canterbury itself. Elements from home and other social networks come into school each day with our boys and parents. This can be seen in the perspectives held about 'life after school' and where a TBHS education should lead its boys. In employment and further study choices, importance is given to education for achieving a fulfilling career. In line with this, Timaru Boys' is making new connections with employers, *Ara*, universities, and *Aoraki Development* to understand how targeted training and study can meet this region's current and future employment needs, as well as the individual needs of our boys. All school leavers enter the workforce eventually; it's just a question of when and in what capacity; whether it will be immediately or after gaining additional tertiary qualifications. Learning at TBHS is addressing sector and industry shortfalls. Across the 5000 or more businesses in this district, there is clear need. In transport and logistics, trades, and food processing, for example, demand is high for willing, capable, young men.

In welcoming everyone back from the break, our two new German 'gappers', **Jaro Plettenberg** and **Moritz Waldvogel**, have arrived to assist in Thomas House and the school. **Will Jones** and **Jonty Wines** were here for four weeks to play rugby, and to absorb wider Kiwi culture. This was a significant milestone as the first step in an exciting new player exchange with their home school, The Judd School, in Kent. Ironically, Will and Jonty played for us against two visiting English school teams - something they didn't expect! We look forward to having TBHS boys going up to Judd in return. Staying with International students with a sporting focus, we also welcome **Pieter Dahmen**. Pieter has come from The Netherlands, playing for our First XI Hockey this term. We hope Pieter also enjoys his Timaruvian time.

In Music, national honours were recently conferred on **Caleb Nicolson** and **Connor Rabbidge**. Each was selected for the National Secondary Schools' Brass Band. This is a fine achievement in the Arts. The school has also appreciated Concert Band performance in Assembly this year. In Hospitality, **Jack Mullany** and **Hunter McBride** excelled at national level late last month; as did **Jack Miller** and **Cameron Lyon** in the New Zealand TeenAg competition - all fantastic efforts.

Thank you to the parents who supported Mike King's mental health presentation on 26 July. The boys were encouraged to look after themselves and their mates, and to call on local services for support; the details of which are available through the school office or website <https://timaruboysschool.nz/about-us/pastoral-care-for-students/>.

Congratulations to the many Year 9s and Year 10s who received such good, well-earned reports at the start of term. The abundance of effective effort and rising achievement across classes was pleasing. Boys in all year levels have been challenged to be 'up for it' this term, and to be ready to make this term 'their term'.

Finally, 'our Tom' is now top of the world in shot put after winning his sensational gold medal in London on Monday. The school is elated and it couldn't have happened to a nicer, more deserving guy.

Nick McIvor
Scientia Potestas Est
Mā te Mātauranga te Mana

Outstanding Success at National Level

New Zealand Chef and Hospitality Nationals

Our Food and Hospitality Department can be truly proud of the recent success of **Jack Mullany** and **Hunter McBride** at National level. On 28 July these students competed in the New Zealand Chef and Hospitality Nationals in Auckland, specifically competing in the Mystery Box Beef and Lamb class against eight teams from schools throughout New Zealand. Jack and Hunter were given a list of ingredients to plan a dish over a one hour period prior to the competition, followed by 75min to cook and plate two identical dishes.



Hunter McBride and Jack Mullany

The judging criteria for bronze, silver and gold awards are based on the number of points gained. Jack and Hunter were awarded silver medals which means that they gained 80-90 points out of 100 for their dish. The winning team also gained a silver medal. Jack and Hunter were placed second.

This is an outstanding achievement. Congratulations boys.

New Zealand Teen Ag Competition

In July, Year 13 students **Jack Millar** and **Cameron Lyon** headed up to Fielding in the Manawatu where they competed as representatives of the Aorangi region, in the New Zealand Teen Ag Young Farmers finals. The two students put in an outstanding effort on the day with the boys complementing each other well, evidenced in their great team work. On the day, they ended up achieving 2nd place in the New Zealand TeenAg finals, trouncing fourteen other top teams in New Zealand.

The programmed activities for the day commenced with a one hour Lincoln exam, based around six modules of tasks and questions. These ranged from the theory of reading chemical containers and calculating rates, to the practical of operating a New Holland maize chopper. At the beginning of the second day, the two competitors presented a speech on the topic *How to get more young people into agriculture*. They were also given the task of completing farmlet activities that were to be completed by the end of the day; this included building a fence and boxing for a garden plot.

Thomas House is extremely proud of these young men. Their result is an honour for the boys and testimony to their hard work in preparing for the competition as well as the strong contribution they make to the Young Farmers Club.

Both Jack and Cameron would like to thank their sponsors that made the trip possible and for their support up in the North Island:

Hydraulink Mid Canterbury Ltd
Culnady Farm Ltd
Honda Country-Ashburton
Plains Irrigators-Ashburton
Carrfields Grain and Seed- Ashburton
TBHS Young Farmers Club
Waitohi Farming Company Ltd
Talbot Agriculture
Munro Building
Temuka Transport
Malthus Contracting-Pleasant Point
Farmlands-Temuka



Cameron Lyon and Jack Millar with Te Raadr

National Secondary Schools' Brass Band



The National Secondary Schools' Brass Band is a band consisting of New Zealand's most talented Secondary School Brass and Percussion musicians.

This year has seen three of our very own musicians gain a place in the band which will host a training course in Napier in October. Congratulations to **Connor Rabbidge**, **Grace Beatson** and **Caleb Nicolson** on their selection.

Tomas Walsh – World Champion Shotputter!



Timaru Boys' High School extends warmest congratulations to our Old Boy, **Tom Walsh** who is the newly crowned IAAF Shotput World Champion.

Tom's success in London follows his Olympic bronze medal, world indoors gold and overall Diamond League crown achieved last year, and looks set to be New Zealand's most laudable sporting achievement of the year.

The success of our Old Boys is always gratifying to see, none more so than when we produce a World Champ!

Congratulations also to Peter and Karen Walsh, Tom's parents – we are immensely proud of you all.

2017 Trustpower Timaru District Community Awards

As well as being selected for the National Secondary Schools' Brass Band, **Caleb Nicolson** also made the headlines as the joint winner of the *Youth Community Spirit Award* at the recent 2017 Trustpower Timaru District Community Awards. Caleb is an active member of the school concert band, jazz band and chamber music ensemble as well as a member of the Alpine Energy Brass Band which has seen him perform at numerous community occasions.

Caleb is also a member of Wilson Street Baptist Church where he is actively involved in leadership roles, a skill that is evidenced in his role as a Peer Support leader in the school. Caleb is also active on the sports field as a member of the TBHS 1st XV. Congratulations Caleb!



Board of Trustees Update



Board Profile: David Ellis, Student Representative

Hello, my name is David Ellis and I am the Student Trustee on the Board of Trustees. I have served on the board since September, and stand down next month. I am also a school Prefect and Head Boarder at Thomas House.

My role is the same as any other trustee, the only difference is that I bring a student perspective. During my time on the board I have participated in the ERO review, Hostel committee, as well as a number of other projects. I have enjoyed these and the challenges that came with them.

One of my highlights from my time on the board was the Spirit of Adventure trip at the beginning of the year. This was a voyage for student trustees that is held annually for the purpose of teaching us how to fulfil our roles better. It was a fantastic experience and one that made me understand how the board works.

I would recommend to any student that is interested in being the student trustee to have a go. I have enjoyed my time on the board and would like to thank them for being a great team to be a part of.



From the School Office.....

NZQA fees on your student accounts of \$76.70 are **due by 1 September** to avoid the late payment penalty of \$50.

If you qualify for financial assistance, please complete the form and return to us as soon as possible. Any queries please phone Lynda in the student office on Ext 705. Forms are available online from <https://tinyurl.com/NZQA-Financial-Assistance> or from the Student Office.

Thomas House News

Welcome to our new Gap Students

Two new Gap students have been welcomed into Thomas House at the beginning of Term 3. **Moritz Waldvogel** is from Freiburg in Southern Germany and **Jaro Plettenberg** is from Aachen in Western Germany. These young men will live in Thomas House for the next year and help out with driving our students to and from sports practices, supervising in junior dorms and a variety of other tasks. The gappers also work within the school Learning Support area for some of the school week. We really appreciate their contribution and look forward to getting to know them well.



2017 Gappers: Moritz Waldvogel and Jaro Plettenberg

Kinross Wolaroi Exchange

This term we have sent two of our Year 10 students on an exchange to Kinross Wolaroi School in Orange, New South Wales. **Callum Bowmar** and **Lucas Wood** are the lucky young men offered this opportunity and they are settling in well in Australia. Last weekend Lucas travelled to Sydney to play rugby. We have welcomed Stirling Taylor from Kinross who will spend the term in Thomas House. He is a Year 11 student who is immersing himself into all the activities available. This weekend he will get his first taste of rural South Canterbury when he spends the weekend with the Paver family on their dairy farm. He is also playing rugby for the TBHS Lions team.



Indoor Bowling Champions

Cameron and **David Ellis** had a very successful weekend at the Southern Zone Indoor Bowling competition. Cameron was placed first in the singles, David was first in the doubles and Cameron was second. Congratulations Cameron and David on a

wonderful, well deserved result.



Upcoming Ski Trip

A ski trip is planned for Thomas House students on **Monday 11 September** to Round Hill. As long as the snow remains, we look forward to having a great day out. Parents are encouraged to keep this date free and join us for a fun day on the slopes.

Sports News

2017 South Island Secondary Schools Swimming Championships

Friday 7 July saw the TBHS swim team travel the long winding road to Blenheim to compete in the South Island Secondary School Swimming Championships the following day. The team consisted of: **Riley Taylor, Campbell Lindblom, Reed Stevenson, Matthew Moore, William Tudgey** and **Dominic Coleman**. It was a very successful meet with the team finishing 4th out of twenty four teams, with the three teams ahead of them having a higher number of swimmers competing. They were the 2nd boys' school in the placings.

Riley, Campbell, Reed, Matthew and William made finals in every event in which they swam. The relay team (Riley Taylor, Campbell Lindblom, Reed Stevenson and Matthew Moore) finished second in both the 200 medley relay and the 200 freestyle relay. Placed ahead of them was a very strong John McGlashan College A team, but the TBHS team finished close behind them and well ahead of the third place team (John McGlashan B) by 9 seconds in the medley and 7 seconds in the freestyle.

Individually, the boys swam very well and should be commended for their performance. It was a very busy programme with boys swimming heats and finals in one day. Individual results are listed below:

- **Riley Taylor:** 8 events entered, and he placed in the top four for all of these, including the heats that he swam to qualify for finals. Riley was 1st in 200 back, 200 freestyle, 200 individual medley, the 400 individual medley and the

400 freestyle. He was 2nd in the 100 individual medley, 3rd in the 100 freestyle and 4th in the 50 freestyle. This was an outstanding effort by the team's captain.

- **Matthew Moore:** 7 races entered and he finished 1st or 2nd in every race including the heats that he swam to qualify for the finals. Matthew was 1st in 100 individual medley, 200 individual medley, 200 breaststroke and the 400 individual medley. He was 2nd in the 50 freestyle, 100 freestyle and 200 freestyle. A great effort for his last year in the 14 and under swimming division.
- **William Tudgey:** 6 races entered and 6 final placings gained. William got 2nd in the 200 backstroke and the 400 freestyle. He then gained 3rd in the 100 butterfly and the 200 freestyle, followed by a 4th in the 100 freestyle, and a 5th in the 200 individual medley.
- **Reed Stevenson:** 6 races entered and 6 final placings gained. Reed gained a 2nd in the 200 backstroke, a 4th in the 200 individual medley and the 400 individual medley. He then placed 5th in the 100 individual medley, 6th in the 100 butterfly, and 6th in the 100 freestyle.
- **Campbell Lindblom:** 5 races entered and 5 final placings gained. Campbell gained three 3rd placings in the 100 breaststroke, 50 breaststroke and the 100 backstroke. He gained a 7th in the 200 freestyle finals and an 8th in the 100 freestyle finals.
- **Dominic Coleman:** 8 races entered and 4 final placings gained. Dominic gained three 6th placings in the 100 individual medley, the 50 butterfly, the 200 freestyle and a 7th in the 50 freestyle.

A big thank you to **Kirsten Lindblom** and **Louise Moore** for assisting on the trip and for timekeeping on the day.

The team, excluding Matthew Moore and including Jack Sands, will now travel to Hamilton on 14 September for the New Zealand Secondary Schools Championships. This will be a tough competition but the boys are hopeful of a strong showing. To assist with this trip, Fairlie Bakehouse pies are being sold, with orders due in by 15 August. All families would have been emailed an order form, and the team thank you for your support.



*SISS Swim Team 2017
L to R: Matthew Moore, William Tudgey, Riley Taylor, Reed Stevenson, Campbell Lindblom, Dominic Coleman*

2017 South Island Road Cycling Championships

Seven boys headed off to the South Island Road Championships at Ruapuna Raceway over the recent holidays.

The first day saw boys participate in the individual time trials and although no podium finishes were forthcoming, it was a great learning curve, especially with the mechanical malfunctions that presented for Thomas Allan who ended up having to ride his steed as a single speed!

A great night was had at the campground after first visiting some bike shops and preparing for the big road race day on Sunday. The races were fast paced, dominated by one large Christchurch school which made it difficult for other riders to attack. **Liam Barclay** was an exceptional and regularly utilised roadside bike mechanic.

We felt so welcomed at this event and left with many thousands of dollars of donated riding kit for the roadies. Special thanks must go to [Future Champions Support Network](#)

		Individual Time Trial results	Road race
U17	Hayden Jefferson	8th	8th
	Sam Ritchie	18th	20th
	Harry Taylor	22nd	21st
	Xaden Stringer	DNS	22nd
U15	Liam Harrison	19th	19th
	Thomas Allan	20th	21st



Christchurch Boys lock Hayden Jefferson out of the attack

TBHS Swim Team Pie Fundraiser



The TBHS swim team is travelling to Hamilton for the 2017 National Swimming Championship in September and is raising funds to assist with the associated costs.

The swim team are selling Fairlie Bakehouse pies in Weeks 3 and 4 of Term 3. The order form has been emailed to all parents. Please support this fundraising venture!

Board Games wanted.....

The school Library would like to build a collection of board games for students to use.

If you are cleaning out your cupboards and find games no longer required by your family, please drop them off at the Student Office.

Your support will be much appreciated!



Japanese Exchange Opportunity

Timaru Boys' High School has been contacted by a Japanese High School who is seeking a sister-school relationship in New Zealand.

This would take the form of a two week Cultural Exchange/Study Tour by the Japanese students and would be a reciprocal arrangement whereby some of our students would have the opportunity of visiting their school without the need to pay fees.



Before committing to this venture, Timaru Boys' is seeking expressions of interest from students who may be interested in participating in such an Exchange. Please contact Andrew Gill on gillan@timaruboysschool.nz

TBHS School Ball



The TBHS Annual School Ball will be held on Friday 1 September.

All students have been given information about their responsibilities for attending the school ball and parents will have been required to sign permission forms for students who are attending the ball.



Reader-Writers required.....

Timaru Boys is seeking volunteers to help us out by being a reader/writer for NCEA Exams to help boys who need support to complete assessment tasks. These are being held from Thursday 9 November to Friday 1 December and potentially these are paid hours by the NZQA.

If anyone is interested, could they please contact Sally Hilton on [027 383 8989](tel:0273838989) or on hiltonsa@timaruboysschool.nz to discuss further. Reader-writers need to have a reasonable level of literacy and numeracy (spelling isn't assessed!) and to complete a police check as they are working with young people. This is a legal requirement for us.

Exams are usually between 9:00am and 3:30pm. Training will be provided.

PTA News



Alcohol and Your Teenager

The PTA invite parents and students to an Information Evening on the topic of *Alcohol and Your Teenager*. This event will cover topics such as a parents' legal responsibility around supply and supervision, hospital emergency department experiences with intoxicated youth and the hidden dangers of addiction.

This will be held in August on a yet to be confirmed date. Families will be emailed an invitation.

Entertainment Book 2017-18

Timaru Boys' High School is raising funds. Here's how you can help.....

We are raising as much as we can to support our cause, and we need your help! Order your NEW 2017 | 2018 Entertainment Book or Entertainment Digital Membership now. You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time! Please follow this link: <https://tinyurl.com/TBHS-Entertainment-Book>



Christchurch, Canterbury and Nelson

Including Timaru, Mackenzie Country, Marlborough, Tasman and more...

Sexuality Education in Health

Sexuality education is a key area of learning in *The Health and Physical Education Curriculum*. This means that it must be included in teaching programmes at both primary and secondary school levels, using the strands and achievement objectives outlined in the curriculum document.



Sexuality education in schools provides students with opportunities to develop:

- knowledge, understanding and skills relating to sexual development – physical, emotional, and social

- knowledge, understanding and skills to enhance their sexual and reproductive health, eg knowledge about the process of conception and the skills to make decisions that maintain and enhance their sexual health
- personal and interpersonal skills and related attitudes, including:
 - the skills needed to examine people's attitudes, values and beliefs and their rights and responsibilities
 - attitudes of respect for themselves and other people
 - attitudes of care and concern for themselves and other people
 - effective communication skills, problem-solving and decision making skills
 - understanding and skills to enhance relationships, e.g. in relation to friendship, love, families and parenting.

The Sexuality component of the Health curriculum is compulsory in Years 9 & 10. ***If you do not wish your son to be part of the programme when it is being covered then you must write a letter to the Rector explaining the circumstances.***

Years 9 and 10 will commence the programme in late Term 3 and will continue into Term 4.

Old Boys Update – President's Contribution



General

This year's Annual General Meeting was held on 13 April in the Memorial Library. In my President's Report I commented on various items of topical interest including financial membership, the structure of the Association and the way forward.

Before going into more detail on these issues, there has been a lot of progress with the Gillies Building Project which is almost complete. And it looks fantastic, blending in with the Library and much more "user-friendly". So well done to Nick McIvor and everyone else who put countless hours into the project. And to all those who donated significant amounts of money, thank you.

The Thomas House Redevelopment project is still in the planning stages and thanks to Colin Murdoch and his team for negotiating a path through the convoluted rules and regulations of building processes and the screeds of requirements put in place by the Ministry of Education.

Branches

In respect of the Branches, a pub gathering was held in the middle of June in Havelock North which was not well attended. Maybe there needs to be a different format and location together with holding it in another month. A local branch survey will be sent out to all Hawkes Bay members very soon to ascertain what people actually want.

On Friday 14 July, I attended a Wellington Branch lunch at the *Back Bencher Hotel* in Molesworth Street. While there were only 15 Old Boys present, it was an enjoyable couple of hours catching up with my brother John, Lindsay Taiaroa, Paul Dyne, Neil Maitland, Barry Hayman, Peter Lillico, Peter Menzies and others.

The Auckland Branch is holding a Spring Get Together on Thursday 14 September at 5:00 pm at the Mainfreight Head Office in Otahuhu. Don Braid (1973–1977) is the Group Managing Director and Don is going to give an overview of the company's operations in 22 countries around the world. There will also be a Charity Auction and a whole lot of fun to be had. The other exciting thing about the evening is that Stuart North is trying to organize a live video link with the Memorial Library at 6.00 pm so that a group of Timaru Old Boys can join in. Even if you are not an Aucklander, you are most welcome to attend this function – contact Stuart on 09 527 4400 or email ssad@xtra.co.nz

In Timaru there is an exciting development with the setting up of the South Canterbury Branch of the Old Boys' Association, this being one of Don McCully's initiatives. And more importantly it will be run by a group of young Old Boys who are extremely keen to promote this amongst the next generation.

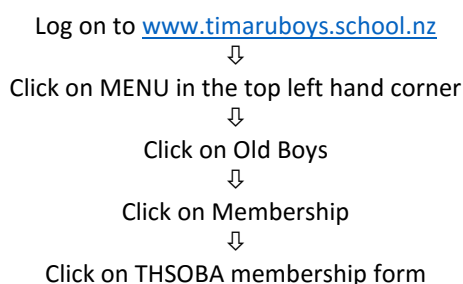
We are still working on holding a reunion in Melbourne in November. Bill White (1956 – 60) is the contact man and organizer and the plan is to hold it in conjunction with the Lincoln College group who meet every year at that time. We just have to identify the exact date and venue.

Association Matters

At the AGM there were some changes in personnel. Don McCully was elected as Executive Chairman and Gordon Prowse was elected as Secretary for the coming year. Laurie Shanks is to be thanked for serving as secretary for 17 years and it is great to have Laurie still involved as he was elected on to the Executive Committee. Don is a very efficient operator and with Gordon and Brent Bruce's help (Brent was re-elected as Treasurer) plus input from other long serving members, our business plan will be further developed and implemented. The crux of this plan is to set up sub committees so that various projects can be progressed in manageable bites. On this basis we now have the following sub committees – finance, marketing and membership, IT, archives and branches. Don has already been having discussions with David McInnes (1958 – 1962) on marketing initiatives which dovetail in with our endeavours to increase membership. David owns a company called McInnes Group International Ltd who are Development, Economic and Tourism Advisors. On the IT side of it, Nick McIvor and Aaron May have been working with Noel Davies (Auckland Old Boy) on ways of streamlining our invoicing processes and website accessibility. Noel is Joint Managing Director of a large company called Hyraulink Ltd which operates nationwide and overseas. To have the expertise of all these skilled people is amazing.

Membership

If you want to become a member of the Timaru Boys' High School Old Boys' Association you can do so by going through the following steps:



Print out the form and pay your \$30.00 by Direct Credit to the bank account shown (with a relevant reference) or post the form with your cheque attached to the postal address shown.

That's all it takes! And that's all it costs for a one year subscription. In return you will receive the *Timaruvian* each year and if you have an email address, you will receive regular newsletters keeping you up to date with activities at the school and upcoming Old Boys' functions.

I am writing this on Monday morning 7 August, having just watched one Tomas Walsh win the shotput at the World Athletic Championships in London. Well done Tom. Other Old Boys who are competing at a high level are Haydon Paddon (rally driving), Aki Seuli (Highlanders) and Hamish Bennett (Black Caps).

And the 1st XV is possibly one of the best teams the school has ever produced. The team was pipped at the post on Saturday when they lost to Nelson College in a thrilling encounter.

Regards to all of you.

Chris Moore

National President



Teacher Only Day

A teacher-only-day will be held on 25 August whilst staff undertake professional development opportunities.



Senior Conferencing and Junior Work Day

Please note that the Senior Conferencing and Junior Work Day will both take place on the final day of Term 3 – Friday 29 September

Situation Vacant ASTN (Aoraki School Transport Network) Chair

A position has become available for someone to Chair the Aoraki School Transport Network (ASTN). This would suit someone whose children travel to school by bus/or who have an interest in school transport.

1. Chair all ASTN meetings (usually only 4 a year).
2. Liaise with ASTN secretary and Co-ordinator to set and approve meeting agendas.
3. Pass on correspondence to ASTN members.
4. Liaise with the ASTN Co-ordinator to give advice, support and approve actions.
5. Approve invoice payments relating to ASTN business.
6. Maintain up to date paper work/ filing of documents in ASTN Board Manual.
7. Negotiate contracts on behalf of the ASTN board subject to their advice, approval and support.
8. Liaise and communicate with outside agencies (lawyers, MOE, etc) to provide advice to the ASTN.



A monthly payment comes with this role

If you know of anyone interested in the position please ask them to email their details to Lyn George at george.lyn@gmail.com



Support our School through Fuel for Schools

- Southfuels donates 50 cents for every 100 Litres of bulk fuel that you have delivered to us!
- We can then redeem these funds for a technology package or sports equipment package, its that easy!



Phone 0800 999 989
www.southfuels.co.nz

TBHS CALENDAR Terms 3 2017			
(Please check the Google Calendar on our website for up-to-date information)			
13 August	Aoraki Trapshooting	04-08 September	Winter Tournament Week
14-16 August	TGHS Exams	13-14 September	Sanford Science and Technology Fair
20 August	Aoraki Skiing and Snowboarding	14 September	Junior School Social (TBHS)
23 August	Year 10 Ski Day	15 September	Aoraki Table Tennis
24 August	TBHS Science Fair	15 September	Year 9 and 10 <i>Clash of the Classes</i> Haka
25 August	Teacher Only Day	20 September	Arts Awards Assembly
25 August	48 Hour Film Festival Competition	20-21 September	Social Studies Quiz
26 August	Aoraki Mountain Biking	29 September	Junior Work Day
30 August	Waitaki Winter Exchange	29 September	Senior Conferencing
01 September	TBHS Ball	29 September	Final Day Term 3

For up-to-date news on school events

www.timaruboy.school.nz

CONCUSSION PROTOCOL

In response to an increased number of concussions arising in a variety of sporting codes, Timaru Boys' High School has added the following information to its Sports Guidelines and Procedures.

All coaches, managers and parents involved in sport are encouraged to become familiar with the following:

Basic Facts

- Concussion is a mild brain injury. Contrary to popular belief, you don't actually have to get a blow directly to the head itself – impact anywhere on your body that causes your head to shake violently can lead to concussion
- You don't have to be knocked out to get concussion. In fact, only 20 per cent of concussions will be preceded by a loss of consciousness
- Any symptoms that might indicate concussion should lead to a player being immediately removed from the field. Symptoms can occur immediately after the injury, or up to several weeks later
- If in doubt, it is better to be conservative and treat as concussion, as athletes of less than 18 years of age are at high risk for complications, including death from head injury and a prolonged return to play if recurrent concussions take place over a short period
- The first 24 hours after the event are crucial. This is the time when serious complications are more likely to occur, so it is really important the player is not left alone and has someone who can monitor how he is doing – if symptoms start to worsen in any way, he needs to be reassessed by a doctor urgently.
- Recovery includes rest and sleep (as much as required); avoiding anything stimulating for the brain (screens, loud music, noisy environments); alcohol and drugs; staying off work and school until allowed back

Other high risk factors for complications/prolonged return to play are:

1. Previous concussion this season
2. ADHD or Hyperactivity
3. Previous seizures
4. Drug use; Psychotropic drugs; Weed/Party Pills

Procedures

Follow this protocol if Concussion is confirmed by a positive concussion test.

Signs that a player has suffered a concussion injury include:

1. Loss of consciousness
2. Confusion/disorientation/inability to recall blow to head/loss of memory
3. Dizziness/poor co-ordination/poor balance/blurred or double vision
4. Headache
5. Light sensitivity
6. Nausea/Vomiting

Note: Player needs only one of these signs to warrant a concussion check in Emergency Unit at Hospital.

Initial treatment of Concussion includes:

1. Visit to Emergency Unit (not after hours GP) to exclude serious head injury/might need CT scan
2. Sent home with family member who will watch athlete carefully over next 24 hours for signs of drowsiness, vomiting, confusion and slurred speech
3. Brain rest for next week includes avoiding text messaging and computer games, limit television and computer use, decrease school work (class teacher to be informed)
4. Consider more time at school for assignments; no tests until recovered at least for 2 weeks; increased breaks between classes; may need a note taker
5. Monitor for two to three months after concussion for scholastic difficulties (Teacher-in-charge of Rugby to inform form teacher)
6. Physical rest until cleared to progress by protocol to follow. Avoid especially weight lifting, aerobic exercise, sexual activity and even household chores
7. Wear sunglasses for light sensitivity and ear plugs if sound sensitive

8. Simple painkillers for headaches – Paracetamol

Developing signs

- Tiredness – this can be pronounced, with some people reporting a need to sleep far longer than they normally would
- Irritability or "fragility" – this can include feeling like you might burst into tears or lose your temper more easily than normal
- Heightened sensitivity to noise and light
- Tinnitus, or "ringing" in your ears

Graduated return to playing sport

Once rested and no headache, neck pain, dizziness, nausea, noise and light sensitivity, then commence graduated return to play – note that a mandatory **three week stand down** is minimum allowable time to return to play.

A player may take longer to be fit enough to return to play safely, and rushing him back to play will only increase risk of complications especially recurrent concussion and even death.

Step 1: No activity: complete physical and cognitive rest.

Step 2: After asymptomatic at rest and seen by GP who needs to give club written clearance to commence return-to-play protocol: athlete needs to complete a full day at school, interact with peers, watch sports training without re-emergence of symptoms

Step 3: Light aerobic exercise, includes walking, swimming, stationary cycle – intensity <70% maximum heart rate (no weight training) with no symptoms; next day advance to step 4.

Step 4: Heavier aerobic exercise – running but no head impact activities – intensity <85% maximum heart rate with no symptoms; next day advance to step 5.

Step 5: Rugby Specific exercise but non-contact drills includes passing, kicking drills. Can commence light weight training. Progress to step 6 if no symptoms.

Step 6 – Full contact practice – full practice participation.

NOTE: if during any step concussion symptoms reoccur, the athlete will return to the previous level of activity.

Progression through steps typically involves multiple days on each level ie. It is unusual for a player to progress through a level in a single day.

The minimum return to play period is three weeks – any sooner puts player at risk of recurrent concussions.

Concussion experts suggest three concussions in one season should result in termination of season for that player. It is important, therefore, to manage concussion appropriately on first concussion.

“When in doubt, sit him out!”

