



Year 12s Challenge Year 6s

The year 12PE class hosted 48 year 6 students from Milton Primary, St Mary's and Tokoiti School last Wednesday 24th May. The aim of the event was for the kids to experience the benefits of physical activity for their own wellbeing. It was a fun day, had by all!



Local Receives ONZM

Mr Bruce Stewart of Milton was in Wellington last Wednesday to receive from the Governor General, Dame Patsy Reddy the Order of New Zealand Merit award. This is to recognise his service to the construction industry and the community.

Mr Stewart was the co-founder of Calder Stewart Industries in 1955. He has been a board member of the Otago Manufacturers Association, Otago Master Builders, and New Zealand Metal Roofing Manufacturers. He was a Milton Borough councillor for six years and on the Bruce District Council for three years. He has been a member and held leadership roles with the Rotary Club of Milton over the past 50 years and was an Elder and Bible Class leader with the Presbyterian Church.

Mr Stewart said he had been completely surprised when he initially heard he was to be a recipient of the ONZM.



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Tokomairiro High School Newsletter ...

Tena koutou katoa

National Youth Week 26th May to 4th June

In assembly this week we heard from our two Clutha Youth Council representatives, Brooke Rutherford and Brei Dickie, about plans for National Youth Week 2017. This year's theme is "Our Voices Count, Count Our Voices". Clutha District Youth Council is planning an exciting Speaking Wall project that will allow every young person's voice in the Clutha District, between the ages of 12-24, to be heard and counted. I encourage all our young people to get involved with this project.

Prefect's Speech

This week we heard from Caleb Philips about what motivates him. He certainly entertained us with an informative and humorous speech about the state of the earth and his wish to make the world a better place. It was refreshing to hear such great thoughts from a young man.

Milton Redevelopments

The Clutha District Council is planning some future redevelopments in Milton. Ruth Ratcliffe, the Clutha District Youth Worker, has been asked to gain some thoughts, feelings and opinions, from the young people in the area, of how they would like to see their town develop. Ruth is going to work with a Tokomairiro Focus Group to come up with some ideas. Any students are welcome to become part of this group.

Motocross Success

Congratulations to Tayla Gold, who won the Ladies Division of the King of Central 2017, at the motocross championships in Cromwell in the weekend. She was riding against much more experienced riders. Well done, Tayla.

Dunedin Careers' Expo

The Dunedin Careers Expo is on Thursday 1 June. Students from all over Otago will attend, and buses full of eager students will be heading to the Town Hall. Our Year 11 and 12 students have all been given information on this, as part of their Careers education. It is expected that all will attend. The Expo is targeting this age group, exposing them to possible future career and learning pathways. There will be around 40 exhibitors for students to explore. The trip is subsidised by the school, and students are asked to

contribute \$10. Tokomairiro High School time slot is 9.30am, so the bus will have to leave on time - 8.30am. Students should take lunch, as after lunch Mr Algie has arranged for them to visit a local and iconic factory, Cadbury's.

Cyber Safety

The internet offers many positive experiences for young people. It is, however, important that schools and families are mindful of what students are doing online. It is timely for me to remind parents about the risks and dangers for students that can be accessed online. Discussing the dangers around certain online behaviours or activities, and talking about safe use of the internet is a way to educate and support your child. If you are concerned about any websites, posts or apps then you can immediately report it to the social media site or website it is on, contact the Police or contact Netsafe. This includes instances of online bullying, abuse or harassment. Netsafe's helpline is free, confidential and open seven days a week: 0508NETSAFE or email queries@netsafe.org.nz.

Resilience and Wellbeing

As we head into winter it is imperative that we all look after our wellbeing. This is especially important for our young people – looking after both their physical wellbeing and their mental wellbeing. Over the past couple of weeks, I have encouraged all our young people to find someone at school to support them - someone they feel comfortable talking to, someone they feel is there to support them. It might be one of their class teachers, or their form teacher. This is not just for our young people – as adults, we all need to find that person who is there to support us.

Finally

Please be sure to contact us if you have any queries / concerns. Remember, our doors are always open and we welcome your input.

Nga mihi
Glenis Sim
Principal

Certificates to Collect

Some of our former students successfully completed a course in November 2016 on 'Discomfort, Pain, and Injury.' There are certificates still uncollected from the school office for Alice Dowle, Kerrin Hall, and Josh O'Sullivan. These are useful for your CV. Please collect, or arrange collection, this term

COMING EVENTS

Monday 5th June – Queen's Birthday

Tuesday 13th June – School Science Fair

Tuesday 20th June – Blue Mountain Sports Exchange

Thursday 22nd June – School Photos

Friday 7th July – Last day of Term 2



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Water Under the Bridge

Waihola Clarendon Women's Institute

Naomi Miller was the speaker at the Waihola-Clarendon WI meeting this month. Her topic - *Water Under the Bridge* captivated the audience as she told of her work writing the personal histories of everyday New Zealanders. She started her work upon returning to Dunedin following the Christchurch earthquakes. In Canterbury Naomi had been a reporter for the *Press* newspaper, which had motivated her to take more time telling people's stories - in the short timeframe allocated working for a newspaper she had not felt she had always done justice to them. Her first effort was an experiment undertaken with her next door neighbour. Having thoroughly enjoyed the experience of seeing old photos and memorabilia which were found and then used in a book to celebrate a life well lived, she was encouraged to take on the recording of personal stories for others.

Naomi had a number of her publications to show us and highlighted the stories of: Hilton (in his mid 90's) who delivered milk to the people of Dunedin, worked on the Otago Peninsula and suffered from the polio epidemic, Dorothy (102) living on Stewart Island who returned to her training as an artist in later life and created beautiful pictures of native orchids, Alison who had details of her family history including her grandmother's diaries, her story took us from India, via the UK to Berwick, Allan and Hazel (in their 90s) who are part of the backbone of their Waikouaiti community, and Syd who has spent his life in Palmerston. These stories, preserved for their families, were thoroughly enjoyed by our members. Naomi wants to leave a legacy for the next generations - in her words, *the seeds of the future are hidden in the past*.



Milton Primary School



Book Week

From Monday 22 May till Friday 26 May, it was Book Week at Milton Primary. On Monday the student leaders went around the classrooms where they are wet day monitors and read the children a story. On Tuesday our caretaker, Mr Wilson, was the guest storyteller in each classroom. There was a Kahoot quiz in the library at lunchtime on Wednesday. On Thursday, to celebrate book week, we were allowed to dress up as our favourite book character. Everyone enjoyed seeing the other students costumes and their amazing ideas. Some of the costumes on display were Hermione Granger and Harry Potter, Snow White, Spiderman and various witches and princesses. We also had a book fair running throughout the week in the school library. There were chapter books and picture books for sale to help raise money for the school library. The books are amazing and very interesting to read. We love reading!



Bible Reading for Today

Revelation 22 verse 16b

I am the root and the descendant of David,
the bright morning star.

Premiers Win in Lawrence

Toko travelled to Lawrence in the hope of continuing the home teams woeful form. Lawrence had the lions share of possession in the first spell but couldn't convert the pressure into points. Lack of concentration at key times really hurt them and allowed Toko to release the pressure easily. Toko's defence was outstanding over the 80 minutes and as a result thoroughly deserved the 24-15 victory. They soaked up the pressure and took their opportunities when they were given. Something Lawrence couldn't do. Lawrence were also guilty of giving away penalties when they were on attack. This losing streak of four games is one of the longest for Lawrence in recent memory. The Toko side can hold their heads up high. They haven't won in Lawrence for over five years. Toko centre Dylan Mathieson had a strong game. He scored two tries and defended well in the backline. Jacky Scott and Matt Lyon also played well. Scott Mathieson also continued his good form. This effort highlights the good continual improvement in this team and here is to some more wins in the upcoming weeks with newly found confidence.

Toko Seniors travelled to Middlemarch in clear cool conditions. The travel factor may have been an issue as Toko were down 21-0 after 10 minutes and a real hiding was on the cards. Toko bounced back strongly with three tries in the first half to reduce the deficit to 38-15 at halftime. Strath Taieri continued to apply pressure but resolute defence kept the score in check until the last 15 mins where it blew out to a 60-15 loss. Daniel Marshall played well in the backs with the usual suspects of Rob Girvan and Kane Adam getting through a lot of work.

The Judge

Bridge

Milton Pairs 25.05.17

N/S

P Mallon, J Parkinson 63.5%
M Cain, M Kean 57%
M Wilson, V Stanley 47%
R Johnston, T Peterson 42.5%
R Moana, S Agnew 40%

E/W

L Clark, K Powell 61%
A Broome, R Devlin 54%
T Tetlow, J Walker 48.5%
J Scott, J Turnbull 44.5%
K Roughan, L Phillips 42%

Genesis will be delivered late Wednesday or on Thursday next week because of Queen's Birthday weekend.

Milton News Centre

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Preparing Students to Live in a World where Drugs and Alcohol Exist

Mark Weston, Guidance Counsellor, Tokomairiro High School.

After careful consultation with the school community and with expert assistance from Mirror Services, drug and alcohol counselling practitioners, Tokomairiro High School has produced a new Alcohol and Drug policy. In further issues, we will explore the prevalence and impact of drugs and alcohol on our young people and introduce key aspects of our new policy and the rationale behind it.

Why is it important for our school to have a Drug and Alcohol policy?

Perhaps surprisingly, half of all New Zealanders with a substance dependency issue became dependant by the time they were 19. That is why it is so important to have a plan of what to do in the event of drug and/or alcohol use affecting any of our students or their families. According to the NZ Drug Foundation: EVERY student will make a decision whether or not to use alcohol and other drugs. MANY students will try alcohol and other drugs. SOME students will suffer short-term effects A FEW students will develop long-term problems

A few statistics:

3 in 10 Age 13 / 8 in 10 Age 17. Most alcohol consumption starts during secondary school years. At age 13, 3 in 10 students have tried alcohol, with only 2 in 10 currently drinking. By 17 years of age, that number dramatically increases to over 8 in 10 students who have ever tried alcohol, and 7 in 10 students currently drinking.

One quarter of secondary school students Cannabis is the most common illegal drug tried, with most use being infrequent and occasional. Regular use is uncommon for secondary school students. Junior students tend to use cannabis with older people. 1 in 4 secondary students have tried cannabis. 1 in 8 secondary school students currently use cannabis. 1 in 30 secondary school students use cannabis weekly or more often.

<3% Other drug use is very uncommon. 3 percent of all secondary school students had used ecstasy. 1 percent had used methamphetamine (P).

1 in 10 Some students will suffer short-term harm. Just over 1 in 10 secondary school students have done things that could have got them in serious trouble while drunk. Just under 1 in 20 secondary students had unwanted sex while drunk. The impacts of some of these things can last a long time.

11% A few students will develop long-term problems. Just over 1 in 10 (11 percent) of secondary school students had used substances at levels that were likely to cause significant current harm and may cause long-term problems. Two-thirds of these most at-risk students had never worried about their substance use.

What Works?

In another issue we will look at what the New Zealand Drug Foundation considers to work with helping young people through these issues and how our new Drug and Alcohol Policy involves a whole-school community approach.



THS Students ran a Rainbow Run for Milton Primary Schools. See THS facebook for all the photos.



Euchre

17.5.17

Raffle C Thornthwaite
Winner A Adams
Booby J George

24.5.17

Raffle R Jenkins
Winner Digger
Booby C Thornthwaite

Golf

Ladies

23.5.17

Second Round
Nancy McCormick
Vivian & Judy 148 (73.5-74.5)
Jayne & Cath 150 (73.5-76.5)

Annette & Kay 157.5 (77.0-80.5)

Stableford
Suzie 99-23-76 32 points
No birdies

Junior Rugby

Results for the 27 May are -

Night 'n Day Under 7's Blue
Player of the day - Daniel Woodhead
Ripper of the day - Lily-Jean Findlay
Night 'n Day Under 7's Gold
Player of the day - Saffron Healey
Ripper of the day - Leon Healey
Night 'n Day Under 7's White
Player of the day - Rory Lister
Ripper of the day - Ned Scott
Night 'n Day Under 9's Blue
Player of the day - Leo Lister
Tackler of the day - Lyric

Po-Ching
Night 'n Day Under 9's Gold
Player of the day - Dylan Carr
Tackler of the day - Toby McClean
Night 'n Day Under 11's
Player of the day - Levi Brown
Tackler of the day - Vann Adam
Score - Toko 32/Combined - 10
Night 'n Day Under 13's
Player of the day - Keegan Ferguson
Tackler of the day - Alex Burleigh
Score - Toko - 46 Heriot/
Tapanui - 22

SM

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Quote of the week

"Progress isn't made by early risers. It's made by lazy men trying to find an easier way to do something."

Robert Heinlein 1907-1988

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Tokomairiro Co-operating Parish

Sunday 4 June

Combined Pentecost

Pick up in Milton carpark 9.00am

Waiholo Community Church

9.30am

Cuppa and morning tea to follow service

Wonderful Words of Life

Sunday 4 June

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Russell Williamson 027 4360 160

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