



# SACRED HEART COLLEGE

Te Kāreti o Ngākau Tapu | Hearts and Minds in Harmony

Issue 7 November 2018



Kendall Ottley with Mrs Coram-O'Kane



Sarah O'Malley, Nadia Hayward and Havana Wallace-Boden

On Wednesday 24 October the EIT Trades Academy held their graduation at the Bay City Outreach Church in Hastings.

Well done to the following girls: Destiny Gilles-Grace (absent from photos), Nadia Hayward, Havana Wallace-Boden and Sarah O'Malley who all graduated with Health and Fitness Level 2 and Kendall Ottley with Health and Beauty Level 2.

Congratulations to Sarah O'Malley for being awarded the "Overall Excellence Award" and Havana Wallace-Boden the "Most Enthusiastic Award" on the evening.





# From the Principal



Tena Koutou Katoa, Dia Duit,  
Dear Parents, Guardians and Whānau,

We started this term with a fantastic display of art work and performances at the annual 'Arts in the Amphi'. It was a beautiful Hawke's Bay evening with friends, family and our RNDM sisters joining together to enjoy the wonderful talent that our girls display. There was music, drama and outstanding art work for all to enjoy. Thank you to Mrs Howlett and Miss Carson for helping our senior leaders organise a wonderful event.

It is now that time of the year when the focus is all about examination revision and preparation. Both juniors and seniors start their school and NCEA examinations this week. Seniors are released to study at home and some tips to support your daughter during her study/ revision are shared later in this newsletter. I encourage you to read these and help your daughter with time management and healthy choices over the coming weeks.

As our senior leaders go on examination leave, we celebrate the appointment of our Junior Leaders. Self-nominations and staff input determined their leadership role—we aim to develop their confidence and skills as leaders for the final weeks of the year. I congratulate the following girls:

## Year 9:

Charlotte Clayton  
Jaimee Gerbes  
Ashleigh Madams  
Jaqueline Matauli  
Taila Reardon-Crichton

## Year 10:

Courtney Beams  
Eva Deihl  
Lucy Harvey  
Emily Kelly-Lowe  
Georgia Kerins

## House Leaders:

Aubert: Peata Kaio  
Barbier: Trinity Reti  
Holderness: Eve Pudney  
Marian: Amy Lawson

Thank you to those who answered the community survey providing feedback for our next three year strategic plan. It was heart-warming to read how positive our community feels about what we offer. It was also good to hear from you what your aspirations are and identified areas for development moving forward. These will help us in our planning for the future.

Recently we have had a number of students volunteering in our community, especially at our Catholic primary schools. I want to personally thank those students for being fine ambassadors for Sacred Heart College. At assembly last week I spoke about the importance of giving back to the community. For many people, volunteering seems like a waste of time. While it is nice to do for the community, it can be hard to fit volunteering into a student's schedule. There are many professional, personal, spiritual and health benefits to volunteering. As Catholics, we are here to serve God and all of God's creatures. Though letting go of yourself and living for others can make you seem weak in the eyes of the world, Pope Francis said that this is the purpose of our lives, and that in the logic of God, it's what makes us truly victorious. During one of his Homily's Francis said "Whoever serves and gives, seems like a failure in the eyes of the world. In reality, it is exactly in giving their life that they find it." I am reminded of how Euphrasie Barbier gave her life to mission and we have her sacrifice and service to thank for our beautiful school and community.

The major end of year celebrations are looming; an invitation is extended to you all to join us to acknowledge student achievement and school success at the following events:

**Minor Prizegiving** 5 December 1.00pm—Holderness Gym

**Prizegiving** 6 December 11.00am—Waiapu Cathedral Napier

**Thanksgiving Mass** 6 December 7.30pm—Waiapu Cathedral Napier

I look forward to seeing you all there.

God Bless  
Maria Neville-Foster  
**Principal**

## Speech, Drama and Public Speaking Tuition 2019

I am very excited to announce that we are offering speech, drama and/or public speaking itinerant tuition in 2019. Classes will be offered weekly for one hour. These will be during school time for Years 9-10 and out of class time for Years 11-13. Students will be taught in groups with a maximum of six per group.

Forms and more information, including costs, are available in the office.



# Special Character



As the senior school prepares for exam leave, some Year 11 students took one last chance to put their faith into action. Girls took the time to help in the Napier St Vincent de Paul shop. Charity shops require volunteers to keep the business going and the Year 11 class were able to lend a hand in some of the daily tasks that the local volunteers undertake on a daily basis. Students were able to add the price tags to clothing, organise the clothing racks and tidy up the items for sale on the shop floor.



The Society of St Vincent de Paul is always interested in having more volunteers. They are particularly keen to have a few more hands help out on Tuesday mornings. If you have time on your hands over your exam leave and are looking for a way to give back to the community then I recommend that you drop into the shop and ask to put your name down for helping out.

Kelly Briggs

**Director of Religious Studies**



During exam leave all senior students will have the opportunity to pray before NCEA exams with Mrs Durston in the Mission Centre. If you are unable to make it to the Mission Centre then you may use this prayer written by St Thomas Aquinas, patron saint of students and universities, to calm your nerves.



## Students' Prayer by St. Thomas Aquinas

Creator of all things,  
true source of light and wisdom,  
origin of all being,  
graciously let a ray of your light penetrate  
the darkness of my understanding.  
Take from me the double darkness  
in which I have been born,  
an obscurity of sin and ignorance.  
Give me a keen understanding,  
a retentive memory, and  
the ability to grasp things  
correctly and fundamentally.

Grant me the talent  
of being exact in my explanations  
and the ability to express myself  
with thoroughness and charm.

Point out the beginning,  
direct the progress,  
and help in the completion.  
I ask this through Christ our Lord.

## PARISH AND SCHOOL YOUTH MINISTER

SACRED HEART COLLEGE, NAPIER  
CATHOLIC PARISH OF NAPIER

**Do you have a passion for youth ministry and  
a desire to help young people grow in their  
relationship with Christ?**

The Catholic Parish of Napier and Sacred Heart College  
are looking for a Youth Minister to serve across their two  
communities, for 35 hours per week.

For more information or to apply please contact the  
Principal's Secretary at the below email address.  
Letters of application should include two referees.

[pr.sec@sacredheartnapier.school.nz](mailto:pr.sec@sacredheartnapier.school.nz)  
[www.sacredheartnapier.school.nz](http://www.sacredheartnapier.school.nz) | [www.cpon.org.nz](http://www.cpon.org.nz)



**SACRED HEART  
COLLEGE - NAPIER**





## Pastoral Matters

It has been said that the only thing constant about the weather is that it changes. That has certainly been the case over the last few weeks. We ask for your support to ensure all students are in the correct summer uniform, and that they are prepared with a jersey or jacket for when the weather turns cold during the day. Now is also the time to check uniforms for the correct fit and mending requirements, with a view towards our formal Prizegiving, Thanksgiving Mass and 2019.

*"Student attendance, along with effective teaching, has the greatest influence on student engagement and achievement. All students must be present at school, so they can participate and engage in learning. Parents and boards of trustees are legally responsible to ensure students' regular attendance at school. If a student misses five school days each term, or one day a fortnight, they will miss the equivalent of one year of school over 10 years. As the level of absenteeism grows, the difficulty of re-engaging in learning can grow exponentially. Attendance Matters"*

**- Ministry of Education, 2011.**

### Uniform Shop Hours

The Uniform Shop is open during term time every Thursday at Break 1 and 2  
EFTPOS/ credit cards, cash and cheques are all accepted. Laybys are also available.

Attendance rates have become concerning for some students over the year. There are often very good reasons for your daughter to be absent from school. Our concern is the absences that can be avoided. Please endeavour to make appointments outside of school hours and consider carefully the effect taking holidays during term time may have on learning outcomes.

Marysia Airey  
**Assistant Principal**

### From the Archives

Looking down Shakespeare Road at its intersection with Coote Road from St Mary's Church - 1890s



### From the PTA

The school PTA is a small but enthusiastic committee whose goal is to raise funds to enhance your daughters' education and to support school events to help create a friendly and inclusive community environment.

This year we held a raffle, student workday and a dinner at the Thirsty Whale. Last year the PTA raised \$8,000 for the shade sails over the Mission Centre Amphitheatre and this year \$12,000 was raised to go towards three air conditioning units in the Barbier 300 Block.

In 2019, we invite you to join us and be part of our school whanau for the following reasons:

- It's a great way to meet other families with daughters the same age as yours.
- You will get connected - there is no better way to know what is happening in her school.
- You can help raise money for a great cause - your daughter's education and/or school environment.
- You'll get to know the teachers at school.
- You will be a role model. You'll be demonstrating to your daughter the importance you place on her education.
- The time commitment is minimal - meetings are approximately one hour a month.
- Most importantly - YOUR DAUGHTER'S SCHOOL NEEDS YOU!!!

Please email Sue at [shnapierpta@gmail.com](mailto:shnapierpta@gmail.com) for more information.



## Academic

The main focus for Term 4 for both Junior and Senior girls are the exams. For girls to do well in their exams they need the best preparation they can have. Of course, solid learning all year is an advantage but fine tuning over the coming days and weeks is also very important. The girls need to look after themselves and use their time wisely. They also need a quiet space and good family support with lots of sleep to be in the best physical health they can be in. You as whānau/ family can assist your daughter by encouraging them to do the following:

1. **Eat breakfast:** It's not called the most important meal of the day for nothing - research has found that skipping this meal significantly reduces students' attention and their ability to recall information.
2. **Put your phone and other devices away:** This should be an obvious one, but for many it isn't. Phones and other devices can be a distraction; they are linked to FOMO (Fear Of Missing Out). This social anxiety is characterised by "a desire to stay continually connected with what others are doing." The girls will not have access to their devices during exams so it is a good time to start practicing being without them in the build up to exams.
3. **Start early and spread it out:** To commit something to memory takes time. Spreading out the information you need to revise is far more effective than spending the same amount of time in one session e.g. 10 x one-hour sessions over 10 days instead of 1 x 10 hour in one day.
4. **Practising old exam papers:** Testing yourself is one of the most effective ways to improve your ability to recall information. Old exam papers provide a good starting point and are available from your teachers or on line. These will get your daughter used to the way exam questions are worded and highlight any areas/topics that need further learning or revision.
5. **Don't listen to music while you study:** Students who study in a quiet environment can recall more than those who revise while listening to music. Remember there is no music during the exams so again it is a good time to start revising without music in practice for the actual exam.
6. **Get some fresh air and exercise:** You cannot work all day, every day. Going outside and getting some fresh air helps people feel refreshed and better able to focus afterwards. Furthermore, doing a little bit of exercise helps people deal better with stressful situations by reducing anxiety and increasing self-esteem. Build in 20-30 minutes a day of exercise or relaxation into your study programme.
7. **Regular and quality sleep:** Students are encouraged to work hard and revise a lot before their exams however, there comes a time when they need to stop and go to sleep. Knowing when can be tricky. Regular bedtimes that incorporate 8+ hours sleep should be encouraged.

We wish all students the best of luck for their external exams and may their efforts be realised.

Elizabeth Ross  
*Deputy Principal*

## Future Pathways



A special thank you to our Future Pathways Teacher, Mrs Heather Nelson, who has been such a solid and dedicated support to all our FPW girls this year.

Her gentle approach, kindness and encouragement plays a big part in our girls' successes.

## Congratulations

Introducing Mills Arthur Andrews, born Thursday 18 October weighing 7 pound 15.

Congratulations to Mrs Raphelle Andrews and her family on their beautiful new addition.

All is going really well and he is just a beautiful little boy.







## Sports

With Term 4 starting, so has summer sports. Please ensure that your daughter is showing up to training and attending all games. Thank you to all of those who have volunteered to help with coaching or managing a team, we truly appreciate all your help and support.

At the end of September Miss O'Malley and Miss Carson took the Year 13 PE class up to Sunrise Hut for the night. The girls came back with several stories about their trip. Thank you to Miss O'Malley and Miss Carson for taking this trip and giving the girls this opportunity.



Last week six Year 9 students who are ex-pupils of Reignier School, helped at their Athletics day. It was great to see the SHC girls interacting with the Reignier students. The girls were asked to race in the teachers team for the relay against the Year 6 students.

On Monday 29 October Mrs Neville-Foster and I had the privilege of attending the Hawke's Bay Secondary School's Sports Awards where Year 13 student, Alena Kamper, was a finalist for the 2018 Female Swimmer of the Year. Alena, we are beyond proud of your achievements!

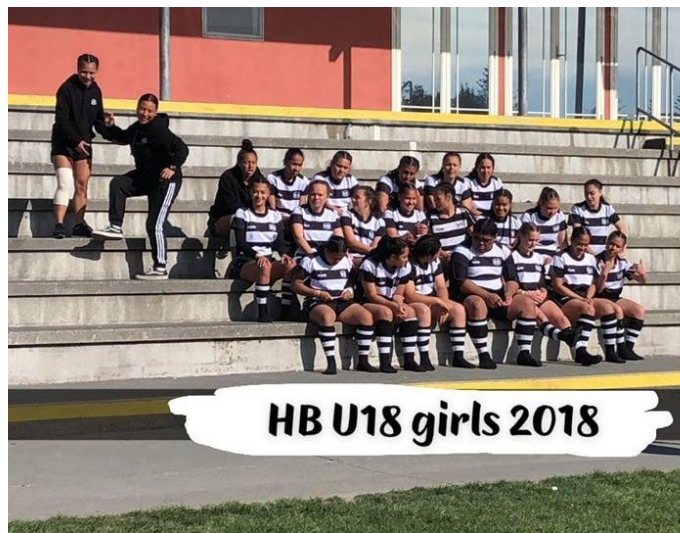
Year 9 Aquatics Day is coming up on Wednesday 21 November at Pandora Pond. Please fill in the required forms on the School App (Student Contract and Aquatics Day). These can both be found under the 'Register' button.

Year 10 Camp is happening from Wednesday 28 – Friday 30 November at Mountain Valley on the Napier-Taupo Road. Please ensure that the signed

Permission Slip is returned to the School Office and that the required forms are completed on the School App (Student Contract and Health Profile). These can both be found under the 'Register' button. If you need another Permission Letter, please go to the School Office.



Ella Harkness has been very busy over the past few weeks competing at the Interschool Equestrian Event and the Hawke's Bay A&P Show. She has been very successful and competitive at each event and has had multiple placings. Congratulations Ella!



During the school holidays Nadia Hayward and Praises Asolua were part of the U18 HB Rugby Team at the Hurricanes U18 girls rugby tournament. Praises won player of the day for the semi final. They went on to play in the final but were unfortunately pipped at the post. Well done girls!

Katrina Wright  
**Sports Coordinator**





## The Arts

Term 4 kicked off with a lovely evening at the annual “Arts in the Amphi”. We had close to 100 folios from our visual arts students displayed in the Mission Centre, which was a feast for the eyes, a kaleidoscope of colour. Well done to you all! Keep an eye out for these SHC girls, as we have famous artists of the future amongst us!

Hawke’s Bay produced the most beautiful spring day and we spent the rest of the evening in the Amphitheatre being entertained by our girls and their wonderful talents. These included performances by the Year 10 Te Reo Maori class, the drama club, the SHC and St Johns combined jazz band, the many solos and let’s not forget Piper and Sophie’s jokes!! Thank you to all who participated and helped to organise a successful evening, if you missed it this year – you won’t want to miss the next one.



**Fri 16th  
November-  
Thurs 29th  
November**

**16 Byron St.  
Napier**

**CAN Creative Arts Napier**

**Sacred Heart College  
VAEP - Visual Arts  
Enhancement Programme  
Work from Yr 10 - 12 & teachers**

**“Expressions from the heART”**

Coming up we have our VAEP exhibition—see the poster with more details.

Fiona Quane  
**Arts Coordinator**

Reminder for 2019: Anyone taking instrumental lessons next year, your instrumental lesson enrolment forms need to be in by the end of Week 3 please. See Miss Carson if you have any queries.

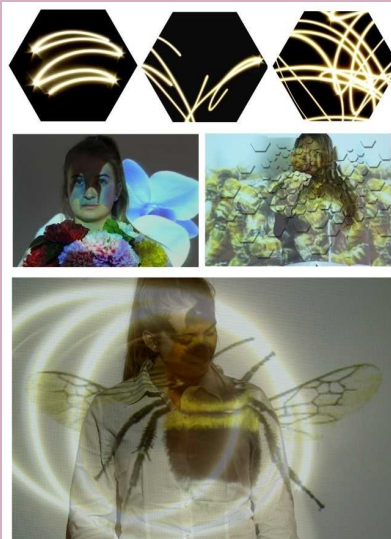
**HELP PLEASE** - The Visual Arts Department are in need of a few donations:

1. A couple of excellent condition (good SAFE working order) hair dryers
2. Carbon paper (that was used for old fashioned typewriters to make duplicate copies)
3. Clean ice cream containers with tight fitting lids.

If you have the above lying around, it would be greatly appreciated.

## Artist of the Month

**Junior Artist  
Samantha Herries**



**Senior Artist—Katrina Jones**



## An update from the Board of Trustees

This term we have had two changes to the Board composition. As a result of Tracy Shaw's resignation, a casual parent vacancy became available. The Board chose to use the parent select option to recruit our new trustee and we would like to welcome Angela Haggerty to our team as our new parent representative.

Thank you to the parents who expressed an interest in this position. Next year the triennial elections will take place in early June. I would encourage any parent in our school community who feels that they have relevant skills to start considering a role as trustee and to put yourself forward next year when nominations are called for.

Congratulations to Sarah Fraser on her successful election as student trustee for 2018/2019 and we welcome her aboard. Thank you to our former student trustee Alexandria Scurr for her excellent contribution over her tenure.

Last Tuesday I attended "Arts in the Amphi." This event showcased the artistic talent, effort and promise of the students that we have within our school. Well done to the students and teachers that contributed to this event.

At the end of this week our senior students leave Sacred Heart College in preparation for NCEA – on behalf of the Board, best wishes to you all for your impending exams.

God bless

Carolyn Hegarty

**Board of Trustees, Chairperson**

### **Introducing Angela Haggerty**

*Tēnā Koutou katoa*

*Ko Ngati Kahungunu me Ngai Tuhoe oku iwi. Ko Waikaremoana me Wairoa-hopupu-hongenge-matangi-rau oku awa. Ko Panekiri toku maunga. Ko Angela Haggerty toku ingoa. Ko Serenity Hikawai-Haggerty toku tamahine.*

*Hello everyone, my name is Angela Haggerty. I am from Hawke's Bay, grew up in Waikaremoana and have returned (after a little bit of travelling) to now reside in Hastings with my extended family. I am the step-mother of eight children and my husband and myself also have our son who is now seven-years old. Serenity Hikawai-Haggerty is our daughter. I am currently employed by EIT, as the programme secretary for the Bachelor of Nursing degree programme. Prior to working at EIT I have worked at the Hawke's Bay District Health Board as a Newborn Hearing Screener and Audiometrist. I have worked for the DHB in both Hastings and Wairoa hospitals. Prior to that I was the manager of Wairoa Youth Services, which was working with children from 5-16 years old and (at that time) CYFS. I am currently on the Board of Trustees for a primary school in Hastings. I have been with that board for approximately 13 months. I am interested in education and wellbeing of children and would like to be the voice for all families at Sacred Heart College, but especially Māori families.*

## Student News

Congratulations to Sarah Fraser (Year 12) for being selected to be the Youth MP for Napier. She was selected from a group of 8 other applicants from schools around Napier creating a video for her application which outlined what she would like to achieve as Stuart Nash's Youth MP.

Youth Parliament is held every three years, providing young people with the opportunity to learn and share information about New Zealand's democracy. Youth MPs are selected by current MPs to represent them and 'do' the role of a Member of Parliament as much as possible. There is also a Youth Press Gallery. In 2019, Youth MPs will have even more opportunity to have their say on the event's content, as they will be able to propose the topics to be discussed.

Sarah will find out about what Parliament's select committees do and what sorts of issues they examine.







## Student News

I'm so proud of the eight students who entered the Hawke's Bay A&P show Design, Make and Model competition this year and the four who won prizes. A prize was won in every category we entered. There were 18 students in each category with 71 students entered in total between seven Hawke's Bay schools.

### **Y9 Accessory section:**

3rd Place Alice Thomas (9KS)

### **Y11 Intermediate Section:**

2nd Place Gemma Eagles (11RN)

3rd Place Brooklyn Marshall (11CS)

### **Y12/13 Senior Section:**

2nd Place Elizabeth Hare (12HK)



The Year 11's chose a standard this year that worked alongside an organisation. Dress a Girl Around the World is a Campaign under Hope Women International bringing dignity to women around the world since 2006.

These girls live in areas where they are easy targets for trafficking and some girls in some of these countries are considered 'less than human' just by virtue of their sex, and they have no standing in their societies.



A number of our students dresses will go to some of the poorest-of-the-poor, who also deserve nice things with good workmanship, not just leftovers or hand-me-downs.

Our Sacred Heart students made dresses that will be distributed this year along with garments from other Hawke's Bay schools to make a collective collaborative donation.

Ms Fiona Fox

**Teacher of Fashion Design Technology**

## Student News

Every year the Spirit of Napier Lions Club presents a Young Achievers' Award. The aim of this event is to promote the positive influence today's youth has on our society through acknowledging and promoting their achievements to the wider community. Selection is based on well-rounded Year 13 students who are excellent role models and have achieved beyond expectation in one or more fields of endeavour. This year Grace Burrell was a recipient of this award.

These achievers are inspiring role models of the skills, talent, dedication and commitment to the community for our youth today. Young people are the future leaders of our country and we would like to acknowledge the contribution that Grace Burrell has made to our community as a leader. Congratulations!



# Calendar



## November

5-7	Junior Assessment Week	19	Induction Day (2019 year 9's)
7	NCEA begins	20-22	Year 10 Work Experience
9	10JL CPR	20	Year 9 Retreat
12	10EM CPR & Museum	21	Year 9 Aquatics Day
13	Year 10 retreat / 9KS Planetarium	22	Teachers paid union meeting -close at 1.30pm
14	10EM Self defence / 9GS Planetarium	23	10JL Museum
15	10JL Self defence	28-30	Year 10 Camp
16	Reignier Day	28	Year 13 Lever's Dinner

## December

4	Junior Reports home	6	Prizegiving / Thanksgiving mass
5	Minor Prizegiving	7	Nativity—school closes 12.00pm

## Sacred Heart College

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