



## SPORTS NEWS

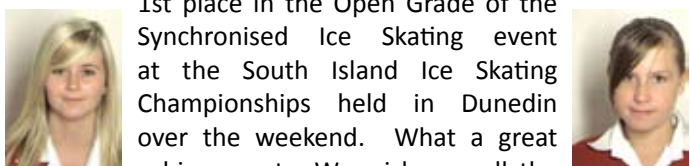
Congratulations to **Sander Dean** and **Tupou Harris- Dean** and **Mariana Dean**. See article later in this report. Fantastic effort guys!

As we approach the final weeks of winter sport we are seeing some exciting semi-final and final games. In netball our Snr A's, Snr B's, Snr C's, Int A's and Jnr Green teams are in semis this Saturday.

Well done, girls! If any of these teams win they will be in finals next week.

On Tuesday night at 6.30pm our **Mixed Hockey Team** is in a final in their division. They have had a great season and we would like to thank Mr Merv Rowe for all his time and the expert coaching he has given them. Also a big thanks to their super manager, Mrs Penny Turner. Best of luck to everyone with finals!

Congratulations to **Bex Scott** and **Shannen Wright** for their



1st place in the Open Grade of the Synchronised Ice Skating event at the South Island Ice Skating Championships held in Dunedin over the weekend. What a great achievement. We wish you all the

best for the National Ice Skating Championships in Gore in October.

**Basketball and Miniball** still have a couple of weeks to run.

KVC Boys Green just lost to Taieri A Boys

KVC Boys Blue won by one point against King's Boys C Team

KVC Girls Red lost to St Hilda's yr 12 Girls.

KVC girls Black lost against Queen's High B Girls

Both Miniball Teams lost to their opponents but the games were very close.

**Football** has one more week of games. Unfortunately our

teams have not made it through to finals so will be in play-offs next week. Our junior team had a great season and will

be playing off for 3<sup>rd</sup> or 4<sup>th</sup> place. Good Luck boys!

**Rugby**

Rugby games are all finished for our school teams apart from

the games this Sunday at Montecillo where we are hosting

Stamford School from the UK. Both our teams will be playing

at 11am v Stamford's A and B teams. This is the 3<sup>rd</sup> year in a

row that we have hosted teams from the UK and every year

we find it to be a really enjoyable experience.

Our rugby prizegiving will be held at 6.30pm on Friday night

the 19 August at the Zingari Club Rooms. Our guest speakers

will be Eben Joubert and Scott Manson. We also wish to give

the Zingari Rugby Club a huge thanks for donating all of our

trophies again this year.

**Swimming**

**Phillip Baxter** 10Cg and **Yuriya Hiratani** 12Cb competed in the

New Zealand Short Course Age Group Championships held in

Wellington Regional Aquatics Centre - August 6 - 9. Their

finals results were;

**Phillip Baxter** 10Cg swam in the:

100m Breaststroke gaining 6th place

200m Breaststroke gaining 4th place (Phillip broke an Otago

14-15 year old 200 Breaststroke record, last set in 1989 by over

a second) - He also swam in two club relays gaining 10th, and

10th and Otago Regional Relay gaining 6th place

**Yuriya Hiratani** 12Cb swam in the:

50m Butterfly gaining 4th Place

50m Freestyle gaining 2nd Place (silver medal)

100m Freestyle gaining 6th Place - She also swam in two club

relays gaining 8th and 3rd (bronze medal) and Otago Regional

Relay gaining 7th place.

**Netball Results**

KVC Snr A lost against Columba Snr B

KVC Snr B lost by one point against OGHS Snr Silver

KVC Snr C were defaulted to by Logan Park Snr C

KVC Int Black won 32-18 against St Hilda's Int B -

POD **Keesha van Stijn**

KVC Int Red lost against Queen's Int A

KVC Int White lost against St Hilda's Int Red

KVC Jnr Green lost 20-15 against Columba Jnr B -

POD **Jess Cromb**

**Netball Draw** for Saturday 13 August

Times for Snr A and Int Black differ from those advertised in

the ODT and Dunedin Netball Website.

Ct 15 at 11.10am - KVC Snr A v St Hilda's Snr C

Ct 10 at 9.20am - Taieri Int A v KVC Int Black

Ct 10 at 1.00pm - EOH Snr B v KVC Snr B

Ct 12 at 12.05pm - Kavanagh Snr Navy v KVC Snr C

Ct 12 at 11.10am - OGHS Jnr C v KVC Jnr Green

Results for **Intermediate Netball** Thursday 11 August

KVC 8 Red lost against Balmac Silver


KVC 8 Green lost against Balmac Black


KVC 7 Black lost against Columba Gold

Theresa Johnson, Sports Coordinator

email: sport@kvc.school.nz, cell 0275 434 251

**SHARP WINNING!**





**Mariana Dean** 9St was runner up in the NZ Darts championships Under 14 Junior pairs.

**Sander Dean** 9Wm and **Tupou-Dean Harris** 9Ek are NZ Champions in Darts in the Under 14 Junior Pairs.

Great achievements!



**Kaikorai Valley College** is proudly sponsored by  
**OfficeMax NZ Ltd (School Supplies)**  
a: 89 Great King Street, Dunedin  
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## No. 23 - 12 AUGUST 2011

Dear Parents and Caregivers

The **Open Night** last Monday was a successful and enjoyable occasion. More people attended than in previous years and most of the seats in the hall were full when the evening started. After the welcome and opening comments the visitors were organised into groups and guided by students around the 15 displays throughout the school. I thank all the staff and students involved in the evening for being such good ambassadors. I thank too our parents for their support and for transporting students to and from the school during the evening. When the tours around the school during the evening ended many families returned to the hall. There were lots of positive comments made about what they saw at the Open Night and the friendliness of the people they met. Enrolling new students is very important for a school. We need new people every year so that we can continue to offer a good education for everyone. I have said many times before that our present students and parents are always our best advertising. An Open Night is just one chance to show what the school has to offer. We are always happy to show possible new students for Kaikorai Valley College and their parents around the school at any time to suit.

**Class Act 2011** – Every year all Otago Secondary Schools are asked to nominate two students to represent them at the Class Act Awards. These took place last Friday when the Otago Daily Times hosted a ceremony at the Dunedin Art Gallery. The guest of honour was the Prime Minister and framed photographs of the individual students were presented to each recipient.

The criteria for selection of the two students are achievement potential, character, and contribution to

Kaikorai Valley College.

Names of Year 13 students

worthy of this award are

discussed by the staff before

a decision is announced. Our

two most worthy Class Act

representatives this year are

**Ben Jowsey** and **Jordyn Walker**.

**Teacher Only Day** – This is just a further reminder that

there is a Teacher Only Day on Wednesday week, August

24. This is the first of the Teacher Only Days this year. The

second day is November 9.

Kia Ora Koutou Katoa

Greetings to all

Philip Craigie

Principal

## IMPORTANT DATES

AUGUST	
15	Talent Quest - 7pm in the School Hall
18	Year 7-10 Reports sent home (with students)
23	Year 7-10 Parent Teacher Interviews
24	Teacher Only Day (no school)
29	Otago Science Fair at Otago Museum
31-02 Sept	Polyfest
SEPTEMBER	
14-16	Biology 301 Field Trip
27	Sports and Cultural Prizegiving
OCTOBER	
<b>10-21</b>	<b>Term Break</b>
<b>24</b>	<b>Labour Day (no school)</b>
26	Cycle Trip #3
NOVEMBER	
8	Senior Prizegiving (Yr 11-13)
9	Teacher Only Day (no school)
10	NCEA Exams begin
30	NCEA Exams finish
DECEMBER	
7	Junior Prizegiving (Yr 9-10)
8	Junior Prizegiving (Yr 7-8)
<b>8</b>	<b>Last Day of the School Year</b>

### BOARD OF TRUSTEES

Thank you to everyone who contributed towards the Open Night on Monday evening. It was very pleasing to tour the school and see the magnificent presentations by the staff and students across all the subject courses that the college offers. The welcoming atmosphere being added to by the additional support from non-teaching staff and the Parents Group. A great effort everyone!

Special guest at this weeks Board of Trustees meeting was Deputy Principal, Mrs Wooffindin, with her annual curriculum report. At this meeting each board member receives their own copy of the annual reports prepared by each of the College's Head of Departments. This report fully details the departmental goals for 2010, the performance against these targets, student achievement results for 2010, achievement targets for 2011 and other relevant information. Board members take this document away and read it over coming weeks, an excellent document that takes a great deal of preparation by the staff but provides the Board with invaluable information to assist in the governance of the college. Mrs Wooffindin's presentation includes a summary of the highlights of these reports and the achievements of 2010.

Many of you may wonder why this information is being presented to the Board in August. This timing is dictated by the release of the national data against which our colleges performance is compared.

Mark Rogers  
Board Chairman, Kaikorai Valley College



**FROM THE GUIDANCE COUNSELLOR..**

**FACEBOOK AND TXTING**

*The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No-one to lean on, rely on, or blame. The gift is yours - it is an amazing journey - and you alone are responsible for the quality of it. This is the day your life really begins.*  
~Bob Moawad~

One of the greatest challenges for people in the era of cell phones and internet access is managing the 'reactivity' muscle we all seem to have. Stay in control of your world.

It is almost that these two powerful tools have become like remote controls for our emotions and actions, and the killer is, it is controlled by anyone who has our number or is a FB friend or friend of a friend or friend of a friend of a friend of a .... You get the idea.

The reality is they are to stay, until the next technological advance or we get sick of the lack of real conversation and human contact. So how can we deal with this need to check, this addiction to participate and be involved?

Here are some ideas:

- Cell phones off at night and left in the kitchen
- Be aware that once you post online, it is possible that anyone can see it or access it. Friends, or someone visiting your friend with a laptop or watching a friend on line, then they can txt someone else and so on.
- Don't take it with you if you are not having a good day (someone else will have theirs if you need to ring home)
- Agree with your close friends not to pass on gossip
- If you do receive anything offensive or threatening or hurtful show a responsible adult
- Decide not to respond for a day. This takes the power out of the effect the person may have assumed they had by sending it
- If you must respond, be overly positive and kind as if you hadn't received it
- If you have a computer, have it in a public space not in a bedroom
- Use a land-line or give out your land-line number to anyone who is not your best friend
- Choose to respond to all txts 'later' -never right away. That way you are in control not the phone or those sending the txt.

With FB you must adjust your privacy settings to only immediate friends or family being able to see or post to your wall. ..And if someone tells you or shows you stuff someone else has put on that is offensive or hurtful, show an adult, print it off for proof, then carry on as if you have not seen it. It will take the sting out, just respond to people, no I haven't seen it and I don't care. Truly be ignorant!

Look after yourself, control your own life and emotions - choose good friends you respect and who respect you.

**YEAR 13 MENTORING AND ACADEMIC SUPPORT**

We have a small and willing group of year 13 students ready and keen to help you every Tuesday 3-4pm in F2 from next week.

You may want help learning a challenging topic in class, or focusing on completing homework, or achieving NCEA, or maybe organising your life. This is open to 25 year 9,10 and 11 students. Please let the office, Mr Kerr-Bell, or Mrs Sinclair know if you are keen to improve your learning in this way. We will see you there!

Take care - laugh lots  
Richard Kerr-Bell



**NEWSLETTER BY EMAIL...**



If you would like the newsletter emailed to you as well as receiving a hard copy please email office@kvc.school.nz or call the office on 453 6035.

**9 LETTER PUZZLEGRAM**

Words must be 4 letters or more and contain the letter **F**. Your list must also have one 9-letter word. Proper names and foreign language words are not allowed. Answers will be in next week's newsletter.

L	D	O
G	F	A
Y	N	R

8 words = good; 16 words = great; 21 words = excellent.

Last week's answers: peer, peri, pert, pier, piet, poet, pore, port, pott, pour, pout, pree, puer, pui, pure, puri, putt, repo, ripe, rope, tope, trip, trop, erupt, opter, peter, petit, petti, puree, putti, putto, rupee, topee, toper, tripe, trope, uptie, petite, petter, pitter, potter, pouter, puttee, putter, pittie, repote, tiptoe, toupee, troupe, outpeer, pettier, pottier, poutier, treetop, **PIROUETTE**.

**RECIPE OF THE WEEK**

**ROAST CHICKEN WITH PEPPERY BULGAR WHEAT STUFFING**

**INGREDIENTS**

- 1 Chicken Size 18
- ½ lemon
- ½ cup Bulgar wheat, boiled in 1 cup water for 10 minutes and drained
- 2 onions
- ½ tsp ground cinnamon
- ½ tsp each salt and pepper
- 50g butter – cubed
- 1 bay leaf
- Extra black pepper corns (optional)
- 2 tbsp olive oil



**METHOD**

Preheat oven to 220C (430F). Peel and grate one onion into a bowl. Add the drained Bulgar wheat (or brown rice), cinnamon, half the butter, salt and pepper. Stuff the main cavity of the chicken with the stuffing. Lastly, add the lemon and then tie legs together to keep stuffing intact. Oil a baking dish and place the chicken in it. Add the bay leaf, the remaining onion (roughly cut) butter, additional peppercorns and ½ cup of water. Cover and cook for 45 minutes then uncover and cook until the chicken is cooked, the juices run clear and the stuffing is tender (approx. another 15 - 20 minutes). Serves: 6

**NZWTF TAEKWONDO NATIONALS, WELLINGTON**

On 20 and 21 August, **Jak Ingram** will be competing in the New Zealand World Taekwondo Federation (WTF) Nationals for the Green Island Taekwondo Club based in Dunedin.



Jak recently competed in the South Island Champs and won a bronze medal in his age division for Poomsae. (This was his first time competing).

Taekwondo is a full contact martial art which teaches many things, including discipline, strength and self-defence. Taekwondo is an Olympic sport which many people may have seen. Poomsae is a part of Taekwondo that is best described as 'set moves of punches, blocks, strikes and kicks that must be executed precisely in sequence.' Jak will be competing in an individual event and also in pair's event with his sister, Hanna. (In this event you must do the pattern synchronised with your partner.)

As you progress through your belt levels you learn a new pattern or 'taguek'. Jak is currently a blue belt, he will grade for his red tab in December, red belt mid 2012, black tab end of 2012 and then at the end of 2013 he will have his black belt grading. Jak has been training for approximately three years to get to the belt level he is at.

Good luck for your upcoming competition Jak!

**KAIKORAI VALLEY COLLEGE**

**YEAR 7-10 PARENT TEACHER INTERVIEW ONLINE BOOKINGS  
TUESDAY 23 AUGUST FROM 6.30PM – 9.00PM  
IN THE SCHOOL HALL**

The online booking page for Year 7-10 parent teacher interviews will go live at 9.00am on Thursday 18 August and will close at 3.00pm on Monday 22 August.

Meetings are scheduled for **FIVE minutes** each.  
**PLEASE MAKE SURE YOU LEAVE A 5-MINUTE GAP BETWEEN EACH INTERVIEW BOOKING.**  
The smooth running of our interview evening relies on all parents keeping to the timetable.  
Please consider other parents and end the interview on time.

Go to <http://www.schoolinterviews.co.nz/>



Key in the School Code **T5CYF** and follow steps 1 - 3 as below  
If you enter an email address a confirmation email will be sent to you.

If you prefer to make your bookings over the phone please contact the school on the number below and we will make the booking for you.  
This takes no more than 5 minutes.  
It is really helpful to have the school report handy when you make the call.

For more information, contact the school on 453 6035

**SNOW FORECAST!**

Snow is forecast for Monday. If there is snow please listen to your radio on Radio Dunedin (1305 or 99.8) to check whether the school is open. As always it is at parents / carevers discretion whether to send your child to school on a snowy day.



**ICAS SCIENCE TEST RESULTS 2011**



Recently the ICAS Science test results have been returned and show some outstanding performances.

**Aaron Rumpler** in Year 7 gained a High Distinction. This places Aaron in the top 1% of all students in New Zealand. Other top performers who gained distinctions were: **Louie Bernhardt** and **Caleb Vuli** (Year 7), **Rebekah Marks** (Year 8), **Christopher Sligo** (Year 11) and **Christopher Glover** (Year 12). These students all placed within the top 10% of students in New Zealand. As well, the following students gained credit awards: **Heath Lie-Olesen** (Year 7), **Samuel Graham-Walker**, **Nadia Paine** (Year 8), **Christopher Cook**, **Johnathon Maxwell** (Year 9), **Logan Anderson**, **Cameron Boyes**, **Michael Glover**, **Adam Hartley**, and **Emily Hooper** (Year 10), **Injy Johnstone** and **Cassidy Mowat** (Year 11), **Sean Cook**, **Simon Finnie** and **Benjamin Leask** (Year 12), and **Catherine Ross** (Year 13).

Congratulations to all of these students who can be rightly proud of their high level of achievement. The students will be recognised at assembly when the result certificates are to hand.

**BRAHWATE CENTRE NEWS**

Last week students from the centre took part in a "Special Olympics Basketball Tournament" at the Edgware Centre. This was the first time that they were able to use our brand new sports uniforms and everyone looked very smart.



A huge thank you to The Bendigo Trust for providing the funding for these.

Student of the Week: **Jesse Pascoe** (no pic available) for working hard in all activities at the Learning Centre as well as in his TEC classes and for participating in Basketball Games for the first time at Otago Sports.

**CAREER NEWS**

**University of Auckland - Engineering Futures Evening 2011**

Monday 15 August at 6.00pm at the Dunedin Public Art Gallery  
Year 12 and 13 students and parents/caregivers  
Find out more about the Bachelor of Engineering (Honours) degree, application process for admission to 2012, scholarships and financial support, accommodation and career opportunities.  
Register at [www.engineering.auckland.ac.nz/efe](http://www.engineering.auckland.ac.nz/efe) or call 09 373 7599 x 84761  
or email [c.stevenson@auckland.ac.nz](mailto:c.stevenson@auckland.ac.nz) with your name, year level and contact details.



**SENIORS**  
**Welding STAR course** at Otago Polytechnic, in the next school holidays. Limited places available. Please see Mrs Shields as soon as possible if you are interested.

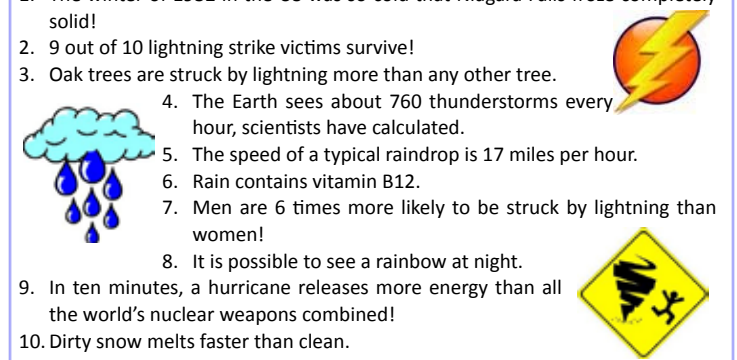
**LET'S GET MOVING!**

Monday at 6.30pm pump  
Monday at 7.30pm -spin (cycling)  
Wednesday Box fit at 6.30pm  
Thursday at 6.30pm spin  
Thursday at 7.30-Zumba  
All enquiries to Kim Valentine  
email: [fittaz50@windowslive.com](mailto:fittaz50@windowslive.com)  
or phone: 027 457 20 48



**CURIOUS NOTIONS**

1. The winter of 1932 in the US was so cold that Niagara Falls froze completely solid!
2. 9 out of 10 lightning strike victims survive!
3. Oak trees are struck by lightning more than any other tree.
4. The Earth sees about 760 thunderstorms every hour, scientists have calculated.
5. The speed of a typical raindrop is 17 miles per hour.
6. Rain contains vitamin B12.
7. Men are 6 times more likely to be struck by lightning than women!
8. It is possible to see a rainbow at night.
9. In ten minutes, a hurricane releases more energy than all the world's nuclear weapons combined!
10. Dirty snow melts faster than clean.



**QUOTE OF THE WEEK**

"Attempt easy tasks as if they were difficult, and difficult as if they were easy; in the one case that confidence may not fall asleep, in the other that it may not be dismayed."  
~ Baltasar Gracian ~