



Principal's Perspective

Kia ora,

It is my pleasure to welcome you to the first edition of the PapaCommunity News for 2020. I hope the holiday period has provided an opportunity for students to have a restful and enjoyable break.

I would particularly like to welcome our new Year 9's, transferring Year 10 - 13 students, adult ESOL students, international students, and staff, to the school.

This newsletter is emailed home to parents/caregivers, and students each week. Its aim is to give you up-to-date information on a weekly basis about the general happenings within the school. We will also use this forum to highlight recent student achievement, and significant up-coming events.

I would like to apologise for the postponement of the pōwhiri scheduled for Tuesday morning. In particular, I would like to acknowledge the very large contingent of family and whānau who came to support their child on their first day, and were looking forward to being part of the pōwhiri. Unfortunately, significant information was received on Monday evening in relation to the Coronavirus from the Ministry of Education, and we did not have enough time to inform our community in relation to this. Consequently, the postponement led to the pōwhiri being held on Wednesday. This was a wonderful occasion which allowed us to formally welcome all new Year 9's, transferring Year 10 - 13 students, adult ESOL students, international students, and staff, to the school. I would like to thank family and whānau who were able to come in again on Wednesday and share in the pōwhiri with us. Following this, we continued with the orientation programme. I am very grateful to the Year 13 Peer Support leaders for their involvement in supporting the Year 9's. The initial three day programme is about integrating the students into the school's systems, culture, and expectations. The Peer Support programme continues on throughout the first term.



Peer Support leaders at the Hanmer Springs Camp

Part of the orientation process was the Year 9 Wednesday 'meet and greet' bbq evening. This gave an opportunity for an informal gathering where family and whānau met the Form Teacher, and subject teachers, of their child's class. This was very well attended, and I thank those who were able to be there.

Wednesday and Thursday saw the remaining year levels return to school, briefly, to allow us the opportunity to welcome them back, and start the process of analysing our student numbers. Student numbers are particularly important because we need to assess class sizes and viability, as we move to finalise the student timetables. Our returning numbers have been very good, with more students deciding to stay at school and build on their success. Our Year 9 cohort is also particularly large at around 340 students. The school timetable is based on maximizing subject choice on a majority "best fit" basis. We are still working on a couple of staffing appointments, and the possibility of some additional classes, and further "re-shuffling" that might need to take place. Next week we will see a settling in process, and firming up of timetables and changes.

I look forward to the year ahead.

Nga mihi nui,

Jeff Smith
Principal

Class Photos and Cando Cards

Class and individual photos for Year 10 - 13 will be taking place on Friday 7th February

All students will have a class and individual photo taken. Photos will be taken by Photolife and will be available for purchase later in the term. These photos will be printed in the school review at the end of the year, and it is important that students wear correct uniform on the day. Specific information regarding the day and time of the photos will be available to students via the student notices. Various groups such as Whānau, Aiga and the Head Student team also have photos so please encourage your child to take note of where and when they need to be present, it would be a great shame if they were to miss their photo.

Cando cards

Cando cards will be available to purchase by ALL students for a cost of \$8 next Friday 7th (in the school hall foyer, during photos, interval or lunch) & Monday 11th of Feb (outside the student office, at lunch only).

Students must pay the \$8 (correct change needed) at the time of their Cando photo & bring with a piece of paper with their full name & date of birth pre-written on it. Photos will be supplied by Photolife so will not need to be taken on the day.

This year Cando cards will carry the same info as previous (including ID photo) and also double as Metro cards and will be able to be loaded with money to be used on the buses.



Visit www.candocard.co.nz for more info.

Subject Teacher Meet and Greet

Subject Teacher Meet & Greet – Year 10-13

On Thursday 13th February we are holding a “Meet & Greet” evening for parents/whānau, students, and subject teachers of our Year 10-13 cohorts. The purpose of this evening is to give you the opportunity to increase your understanding of the teaching and learning programme planned for the year and how this fits with assessment opportunities.

There is no need to book a time through our usual parental booking system as the sessions will be held in class groupings in the classrooms students are taught in. Please encourage your son/daughter to attend with you. The meet and greet rotation times are as follows:

TIME	ROTATIONS	VENUE
6.00pm	Year 10	Year 10 Form Rooms
6.30pm	Year 11-13 Monday period 1 class	TT classroom for Monday period 1
6.50pm	Year 11-13 Monday period 2 class	TT classroom for Monday period 2
7.10pm	Year 11-13 Monday period 3 class	TT classroom for Monday period 3
7.30pm	Year 11-13 Monday period 4 class	TT classroom for Monday period 4
7.50pm	Year 11-13 Monday period 5 class	TT classroom for Monday period 5
8.10pm	Year 11-13 Monday period 6 class	TT classroom for Monday period 6

You will receive a personalised e-mail over the next week with further details. However, if you would like further clarity, please contact the school office.

Lynette Archer
Deputy Principal

Digital Citizenship

Digital Devices and Sleep

Is the time your child is spending on their device making them lose sleep? Papanui High School Director of Student Support Krystyna Kavanagh says, "A lot of kids are not getting enough sleep because of time spent online." She goes on to say that the cumulative effect of this is causing young people real problems in coping with their lives, especially when they are prone to or suffer from depression and anxiety.

According to recent research, over a third of young people are waking up at night to check notifications or social media on their phones. And a systematic review of 20 studies found strong evidence of a relationship between bedtime use of devices and poorer sleep quantity and quality.

Besides the addictive nature of social media and binge-watching simply delaying sleep, using smartphones, laptops, or other electronic devices before bed suppresses the release of the sleep-inducing hormone melatonin, and makes it more difficult to fall asleep. This is largely due to the short-wavelength, artificial blue light that's emitted by these devices.

Good sleep hygiene dictates that mobile devices should stay out of the room if possible or, at a minimum, be put on silent, do not disturb, or a similar mode. The American Academy of Pediatrics (AAP) recommends that screen-based devices not be allowed in children's bedrooms and be turned off 30 minutes before bedtime.

One good substitution is reading. Reading an old-fashioned, printed book under lamplight (as opposed to bright overhead lighting) is a great choice. And using an e-ink e-reader (like the Kindle Paperwhite, as opposed to the Kindle Fire) is also a good idea, because it doesn't produce the same type of blue light that a smartphone or tablet would.

Peer Support

2020 Peer Support started off HOT! A three day trip to Hanmer that led to a long lasting knowledge of leadership, responsibility, and incorporating fun into everything we do. Our 2020 Peer Support leaders learnt from amazing staff mentors about how we could turn a nerve racking and tummy turning experience, into one filled with bonding moments and fun memories for our new Year 9 students at Papanui High. The first Tuesday back at school was filled with nervous energy radiating from the new members of our school community, and as Peer Support leaders our goal was to channel this into a comfortable, enjoyable, and friendly environment within each class. Over the three orientation days students participated in class and group based activities in order to get to know the classmates they will be spending the next five years with. From name games, to wacky wearable arts, our new students have grown closer and more comfortable as they adjust to high school. New friendships have emerged, and a sense of comfort has been clearly established, which has been just as exciting and fulfilling for us Year 13's to be a part of, as we hope and believe it has been for our new students. It has been a wonderful learning experience for our Year 13 peer leaders and we look forward to a positive 2020 as we continue to work alongside our form classes and super cool Year 9 students.

Safiya Mehta-Woledge



School App



Papanui High School



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Use the QR code to access this page from your Android or iOS mobile device



Or please go to <http://papanuihighschool.apps.school.nz/share/>



Papanui High School
Adult & Community Education

Night Classes

Photography, Video, Music, Stone Carving, Woodwork,
Exercise, Crafts, Art, Beekeeping, Languages, ESOL English,
Upholstery, Dressmaking, Cakes & Cooking, Home Decorating...

- Term 1 begins 10 February 2020
- Weekly evening or weekend classes • Pricing from \$99

See our range of courses on www.papanui.school.nz/adult-education

Enrol Now! Email rpb@papanui.school.nz
or phone 03 352 0701



Papanui High School Night-classes are open for enrolment.

Classes begin week of 10 February and a full list of courses is available on our website

<https://www.papanui.school.nz/com-ed/categories>.

For further information and enrolment please email Barbara Roper rpb@papanui.school.nz
or telephone our office 03 352 0701.

Sport News

School sports news

The start of the year has seen Paige Hubber appointed as Sports Assistant for 2020 working alongside Kirsten Hill who continues to be Head of Sport in the Sports Office.

Paige is looking forward to being apart of sport at Papanui High School and seeing students sporting achievements throughout the year.

Paige can be contacted by email: hrp@papanui.school.nz as well as Kirsten: hk@papanui.school.nz

2020 Term 1 Sport Registrations

If you want to get ahead of the game for 2020 feel free to sign up for Term 1 Summer Sport now via the link below:

<https://forms.gle/nHCSHv7RZPAAPCYx9>

Summer Sport registrations will be closing on Monday 3rd February.

Student Achievements

Have you competed in a Sports Competition lately? Send your story and results (with pictures if possible) to Kirsten hk@papanui.school.nz or Paige hrp@papanui.school.nz in the Sports Office.

This is a great way to showcase what our students are doing outside of school in sport with our community.



Kirsten Hill
Head of Sport
hk@papanui.school.nz

Paige Hubber
Sports Assistant
hrp@papanui.school.nz

The Week Ahead

FEBRUARY

Monday 3 Normal timetable

Tuesday 4

Wednesday 5

Thursday 6 **Waitangi Day – school closed**

Friday 7 School Photos
Cando Cards

School Policies

Our school policies can be found at

<https://papanui.schooldocs.co.nz>

Username: papanui password: pride



*My School, My Success, My Responsibility
Tōku Kura, Tōku Tiketike, Tōku Haepapa*