



Newsletter No.4 | May 2017

Dear Parents

Having recently attended the ISNZ Annual Conference and being totally energised by keynote speaker Dr Sven Hansen, I am delighted to let you know that we have secured Dr Hansen to come to Springbank School to speak exclusively to our staff, students and Springbank families, both past and current.

Sven Hansen is Founder of the Resilience Institute, a medical practitioner with an MBA, who has pioneered corporate wellness programmes for adults. He also teaches students that resilience and living a happy, fulfilled life is a learned ability. Sven is a riveting speaker who shares practical techniques to enhance your life. He talks about how to master stressful situations physically and emotionally, and how to be able to bounce forward from challenges confidently and to flourish in today's world.

We have invested a considerable sum of money to secure Dr Sven Hansen. If you only attend one event this year, make sure this is it! Make the most of this fantastic opportunity, which we are providing free of charge.

Set aside Monday 19 June, 7:00pm, when Sven will speak exclusively to Springbank families.

Dates to note:

- 5 June: Queen's Birthday Public Holiday
- 9 June: Cross Country
- 14 June: Junior School reports issued
- 19 June: Dr Sven Hansen – 7:00pm**
- 21 June: Middle & Senior School reports
- 24 June: Senior School Ball
- 30 June – 2 July: Enterprise in Action Weekend
- 4 & 5 July: Springbank Science Fair
- 7 July: Last Day of Term 2
- 24 July: First Day of Term 3

Term Dates for 2018:

Term 1:

30 January to 13 April (11 weeks)

Term 2:

30 April to 6 July (10 weeks)

Term 3:

23 July to 28 September (10 weeks)

Term 4:

15 October to 6 December (8 weeks)



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Prefect Report

Last term, the prefects were thrilled with how International Day turned out. Despite the fact that Wilson, the main organiser, was trapped on the wrong side of the Kaeo River on the day, everything went to plan and the variety of different cultures and costumes was magnificent.

Starting off the second term, the prefect team are busy working together to plan all of the activities and events for the coming months.

A few that we're really excited about are:

- **The Talent Show** - After a very successful and entertaining show last year, we hope to once again showcase all of the hidden flair that lies within Springbank students.
- **The Annual Senior Ball** - Just like every year, the prefects want to one-up the quality of the Ball and create a fun and memorable experience.
- **Tough Guy and Gal Challenge** - One of the prefects, Jess, is currently working hard to organise this mud run. Tough Guy and Gal proves to be a highlight every year.



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Cape Brett Challenge

This year, ten of our senior outdoor adventurers took up the daunting Cape Brett Challenge. With swim training completed, motivational videos watched and menu planned (French toast? Seriously?) the intrepid group made landfall at Urupukapuka Island on the afternoon of Thursday 6th April, made dinner shortly after, then made a lot of noise telling ghost stories and jokes. Early the next morning Messrs. Warren, Webb and Horgan tried their best to dampen the team's rampant enthusiasm with tales of sharks, ocean currents and frigid seas, but it was no use; accompanied by a talismanic tennis ball called Shelby, the adventurers dove into the water at Urupukapuka Bay at 7:30 that morning and clambered onto the sand at Kaimarama Bay, Rawhiti, just over ninety minutes later, soggy but smiling and eager for more punishment.

Those who have had the pleasure of walking the Cape Brett track know the first few climbs are renowned for wiping smiles. Before long, cries of, "Are we there yet?" and, "How far to go?" began to ring out and the high jinks of the previous evening seemed a long time ago. Cruel indeed seemed the trail marker atop a steep incline that showed 1km down...and 16 to go! But amidst the despair and sore calf muscles, an amazing thing happened – as the team found its rhythm, adventurers who initially questioned their ability to continue found a second gear, and a third and were soon marching grimly ahead. The students who (annoyingly) seemed able to saunter up the steepest of climbs shared their energy and good humour, encouraging and helping their peers until the whole group was positively humming along and singing raucously!

The lighthouse and hut were reached well before sunset, which left time for a well-earned swim. Mr. Horgan interacted with the locals before we headed indoors for dinner, noisy card games, and more German songs. Early next morning the group was cruelly denied the pleasure of a two hour uphill walk to Deep Water cove by the wonderful Warrens (Sophia and Bob) who then proceeded to ply the hardened adventurers with buttered muffins and a complementary ride through the hole in the rock!

Thanks to all of the students for their grit, good humour and togetherness, and to Mr. Warren and Mr. Webb who helped make 2017 the best Cape Brett Challenge this year without a doubt!

- Adam Horgan



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Maths Road Show

Towards the end of Term 1 on Friday 24th March, the World of Maths Roadshow visited Springbank School to show the students of Headstart to Year 8 that Maths is really FUN.

Students had to work in groups to solve around 17 different kinds of puzzles about numbers, shapes routes and patterns.

Even the Year 12s and 13s, who were helping out the little ones, spent some time afterwards trying to solve all the puzzles themselves!

As you can see, it has been fun for everyone! Don't be disappointed if you have missed it this year if you were absent, because next year we will definitely invite the World of Maths Roadshow again!

- Henk Bertelink



Agri Kids Grand Final

Three of our students; Cameron Ireland, James Small and Reuben Harrison came second in the Northland Regional Finals of Agri Kids, a farming competition run by the NZ Young Farmers. They have now been invited to compete in the New Zealand Grand Finals being held in Manawatu in July.

To raise the funds needed for travel expenses and accommodation, the boys are selling raffle tickets with some great prizes.

Raffle One: a 3 metre cubed truck of dry firewood kindly donated by Tom Harrison and Sons valued at \$250, which will be delivered for free to Kerikeri or Kaikohe area.

The tickets are \$5.00 and are available at the Springbank School office.

Raffles Two – Five: have prizes including; die-cast metal replicas of a Fonterra Milk Tanker, Mini Dozer and Excavators, a Hitachi Cordless FM Radio valued \$350, a Hitachi Pack of merchandise and clothing, and a Ridgeline clothing pack.

These tickets will be made available afterschool on a table outside the School Office at numerous times throughout the coming weeks, and they are priced at \$3.00 per ticket or \$5.00 for two.

Please support the boys and their endeavours, as they are a hard-working enthusiastic group who are very keen to make it to the finals in Fielding.



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Hockey

There is a lot of blue at Lindvart Park this year! Springbank has a team in each of the 6 different hockey competitions this year. There are many of Springbank's 3 to 6 year olds learning fundamental skills at Fun Sticks on a Saturday morning. If you have a child at this age group and they want to have a try, you are welcome to come along – 9:30am each Saturday. We have 2 teams in the Primary School Competition, a Year 7-8 team in the Middle School Competition, a team in the Collegiate grade and our Open Grade adult team. That is a lot of hockey sticks and energy used each week - and a great deal of fun!



Coach: Brad Rowe

Players Back Row: Toni Warren, Zeke Hollister, Charlie Rowe, Amy Betts, Harriet Phillips

Players Front Row: Amber Warren, Rio Gardner, Anika Beren

Sporting Flashback

It is brilliant seeing the second generation of Springbank School students coming through – especially playing hockey!

Springbank is beginning to develop traditions in hockey. As Charlie Rowe is currently being coached by his father, Brad Rowe (article to the left), 20 years ago, Brad Rowe and yours truly, Mike Warren, were coached by Brad's father, John.



Back when Springbank's ENTIRE school roll was only 40 students, we managed to still form a hockey team. Basically it was compulsory for every boy in the school to play – it was an unwritten rule!

In my final year of school (1999), still with an entire school roll of only 100 students, our Springbank team took out first place in the Northland Collegiate Grade.

Those were the days! ...and now these are the days for making more hockey history!



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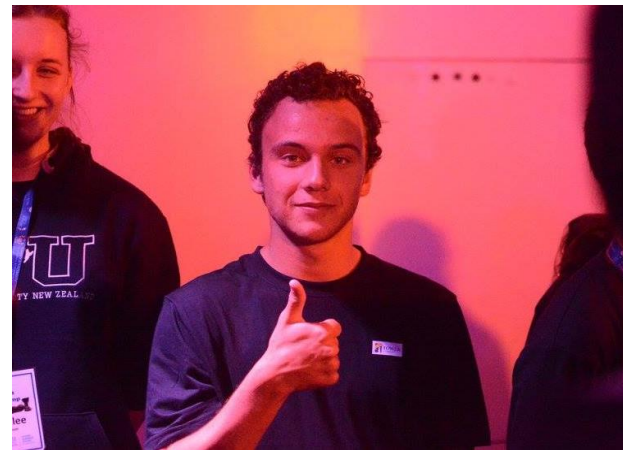
Massey Business Bootcamp 2017!

Business Bootcamp is run by Massey University on their Albany campus. It is a 6 day, 5 night intensive character building, entrepreneurially inspirational business course.

70 students are selected from schools all around New Zealand. Sara Finch and Kurtis Foster applied and were fortunately given the opportunity to attend – making new connections with fellow future leaders, visiting, talking and listening to well-known business owners and managers, participating in intensive business-based team activities such as Dragon's Den, impromptu speeches, establishing and selling your own business based on Virtual Reality (HP Challenge), and many more exciting experiences.



"I didn't want to leave, it is definitely one of the best things I've done in my life thus far. It has made me excited to go out and meet even more people and to establish myself in this busy business world, to begin my life; make myself who I am and want to be" – Sara Finch



A Word With Sir John Kirwan

On Wednesday 10th May 2017 Louise Huett and Jill Grimshaw took ten of our Senior School students to Kaitia to listen to Sir John talk about his experience with depression and anxiety.

Sir John Kirwan was instrumental in bringing the subject of depression and mental illness to the fore, as he had personally battled with depression for many years.

Sir John discussed how depression and anxiety is an illness and not a weakness, and he detailed his personal battle and how he got through it. He is now positive, enthusiastic, passionate, and confident.

A couple of people asked, "How do you get the person who says they do not need help to get help?", and Sir John said, "We have to keep stepping in. I am here for you. We can go and get help". He also said to share the problem. Sit and talk to likeminded people and keep stepping in. He also recommends www.depression.org.nz as a valuable starting point.

It was a valuable experience for our students and they would recommend attending one of Sir John's talks if you ever get the opportunity.



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Geography Trip 2017

The annual Year 11 Geography field trip took place at the end of term 1 with a band of 8 desperados and a teacher heading off to the wild west of Rotovegas for some serious geography study and a bit of fun. Weather forecasts promised an additional opportunity for advanced first hand meteorological study with the season's first former tropical cyclone system predicted to arrive in the middle of the trip.

Sunny weather on the way down at least meant that the beach study at Omaha Spit was pleasant, but as we said goodbye to Northland we also said goodbye to the sun. The next day saw the 4wd drive and hike up Mt Tarawera cancelled, and the originally scheduled river processes study by way of whitewater rafting on the Kaituna River was moved as there was too much water in the river! Instead we were taken on a longer trip to the Ranitaiki, which also had a lot more water in it than normal, as the people of Edgecumbe found out the next day; this presented a great opportunity to talk about flooding!

The next packed day involved visiting geothermal features, geothermal power stations, hot pools and an end of day visit to the luge. While the weather was not great, spirits were good and we mostly got all the activities to ourselves!

A tired group of students and teacher set off early the next morning to visit the Waihi Gold Mine as guest of Oceania Gold, and then a stop in the Karangahake Gorge before the drive back up to Auckland.

This year included a new stop in Auckland CBD. The sun came out and we looked at transportation issues in the CBD, CBD redevelopment, and the cultural impacts of immigration, before heading out of town to the new North Western Shopping Centre to cover urban expansion and not least some shopping before a drive back to Springbank.

All in all a great trip, and despite the weather much fun was had and possibly a little bit of learning as well!

- Paul McFadden



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Introduction to Film Making

Springbank Students have the opportunity to take part in a two-day Introduction to Film Making course with Harley Alexander, over the weekend of 3rd – 4th June.

Harley is an award-winning filmmaker who has worked in broadcasting and video production for over 25 years. An alumni of Hollywood screenwriting guru Robert McKee's STORY course, Harley wrote, directed and produced INCOMING CALL, a short film that won the Best International Drama Award at the 2014 Twickenham Film Festival in London.

- Day One is FREE, so everyone has the chance to learn the basics of film making.
- Day Two is \$60 per student. Harley will cover more in-depth cinematic storytelling techniques, and shoot a scripted scene on location using a cinema-quality camera, lights and professional sound recording equipment.

Students are welcome to attend day one without any obligation to attend day two.

The course will be available for a maximum of 12 students (Middle/Senior School only). Our group is nearly full, but if this sounds like something your child is keen to do, please give their name to Mrs Collings and we should still be able to fit them in.

DAY ONE

BASIC CAMERA TECHNIQUES

- How and why to use a tripod
- How to frame a shot
- Crossing the line
- Rules of Thirds

BASIC SOUND RECORDING

- Why video is really all about sound
- How to record good audio using your cell phone
- How to synch up the audio from your cell phone to video filmed on another cell phone - using iMovie

HOW TO TELL A STORY VISUALLY

- Show, don't tell
- Use establishing shots
- Surprise your audience

DAY TWO

ON LOCATION

- Tips for shooting in the field
- Getting permission to film people and places
- Crew safety
- Lighting a scene
- Filming a short script using multiple camera angles



Weber Bros Circus

We had some of the very talented and entertaining members of the Weber Bros Circus visit us at school again this term.

Students from Preschool right through to our senior classes were able to come and watch a mini show in the gym. Some lucky students and teacher (Mrs Alexander) were pulled up on stage to demonstrate their hula-hooping skills and we might just have some future circus stars amongst us!



Harry Stanley-Scott (Year 11) showing that hula hoop who's boss!



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HOPU AHUREA Introductory Offer

Who Are We?

We are a Young Enterprise Scheme company from Springbank School. We sell framed, culturally inspired artwork, all created by Northlanders with New Zealand materials. Our aim is to help support local artists whilst embracing the rich art culture that New Zealand has to offer.

Product?

Our first products have just been framed and we want to give you an exclusive opportunity at premier sales. All products will be sold at a special discount, but there is only limited amount available so make sure to get in quick!

Every sale helps support our business and the wider art community in Northland.

Check out and like our Facebook page 'Hopu Ahurea-Capture Culture' to see some of our products.

Some samples are displayed in the Springbank School Office

Hopu.Ahurea@springbank.school.nz 0211666530 78, Waimate North Road

Products and Pricing



260mm x 250mm
Wired Koru
Price: \$100



190mm x 190mm
Maui's Hook
Price: \$120



250mm x 130mm
Ceramic Art Small
Price: \$40



360mm x 210mm
Wired Aoteroa
Price: \$60



360mm x 210mm
Ceramic Art Large
Price: \$60



360mm x 210mm
Kauri Patu
Price: \$80

PosterMyWall.com



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Athletics Day

This year's Athletics Day was definitely a case of "good things come to those who wait" as bad weather led to a string of postponements. However, when the day finally came it was well worth the wait and the morning began in a blur of bright colours, face paint, and rousing chants. Illness deprived us of more than one valued colleague so it was wonderful to see our parents and students step in and help; everyone pulled together to help, whether it was measuring, recording, marshalling or simply encouraging the competitors.

One of the great aspects of Athletics Day is the chance to see all of our students trying their absolute best. All around the fields there were special moments as our students exceeded what they thought was possible – there were personal bests set at virtually every event by so many athletes. Stand out performances included Jai Dawson's gravity defying exploits in the High Jump, Cusi Bulkeley winning a hyper competitive Under 16 Girls' 60m sprint, in spite of a wobbly finish, and Billy Robb launching a 5kg cannon ball more than 11 meters – a new school record!



Library Update

This weather is conducive to curling up with a good book – hurray!

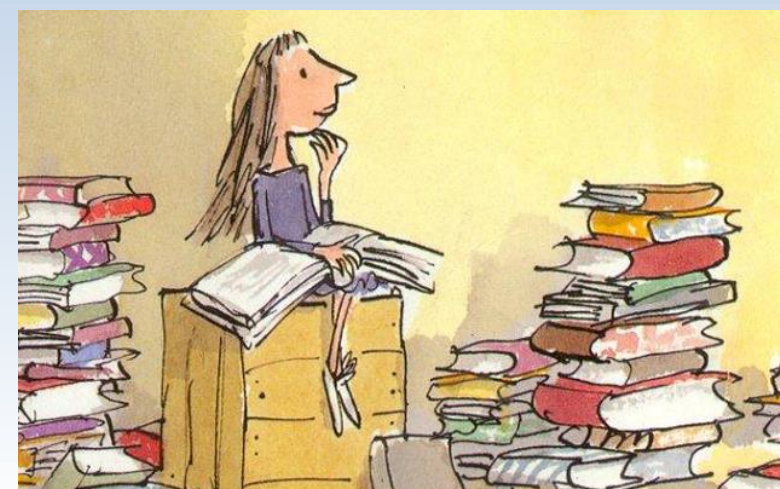
We've started the term with a big boost in new books – and here are some of our current highlights:

- ❖ The Dunderheads by Paul Fleischmann - can you imagine a school where the teachers are your enemies?
- ❖ Goodnight Stories for Rebel Girls – 100 tales of extraordinary women
- ❖ Pirate Cinema by Cory Doctorow – illicit downloading causes Trent's family's internet to be cut off. How can he continue to make movies?
- ❖ The Boundless Sublime by Lili Wilkinson – if you read I Am Not Esther, you need this book!

Senior School – I'd love to see you making time for some reading, and I will make time to preselect some titles for you.

Read till your eyes bleed!

- Ms Hatherly



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... continued

The final event of the day was a traditional relay race around the track – a Springbank first. However, not content with the standard relay format where one relay race = one lap, each successive team passed the baton to the next. As the awestruck track staff looked on, an impromptu “mega-relay” took shape before our very eyes, and the atmosphere reached fever pitch as the race reached its climax. Buoyed by the emotion, the respective houses broke out into spontaneous chanting and if Mr. Warren hadn’t fired off a couple of warning shots from his trusty side-arm (i.e. the starter’s pistol), the whole thing could have got out of control!

And so an event that many thought would never happen turned out to be a stunning success, made possible by the energy and commitment of our students, the generosity of our parents and families and the determination of our staff that their house should, at the very least, have a crack at winning bragging rights for the year. After all the points were added, the totals were:

1st Sharks 2nd Dolphins 3rd Orcas 4th – Stingrays

Congratulations to the Sharks and thanks to everyone who made Athletics Day 2017 such a memorable day.

- Adam Horgan



Year 9 Trip to the Careers Expo

On Wednesday 10 May, our Year 9 students were invited to attend a careers expo held at Kerikeri High School.

Students spent a productive hour circulating amongst the various stalls, gathering material about possible future career pathways.

It was a very successful trip, because although several of the students have a clear picture of the areas they will work in, there were also plenty of information about the crucial years between school and the world of work – the training and education steps required to move from one to the other.

It was a busy, noisy, interesting trip, and we thank Mr Warren and Mr Webb for giving their time to taxi our Year Nines from school to the venue and back – you made it run like clockwork, and we couldn’t have had this opportunity without you!

- Jill Hatherly and Year 9



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Preschool

Preschool has started gymnastic sessions with Trish Alder this term and our children are loving the sessions. They have been learning so many different foundation skills that assists with their development. Gymnastics is important for children as it develops the following areas:

Motor Skills, Coordination and Balance

Gymnastics helps children build a range of motor and coordination skills, and assists in developing a good sense of body awareness. A young gymnast will learn how to use different parts of his/her body in different ways. Participating in gymnastics develops body awareness, control, and coordination, which can be beneficial to other physical activities, sports, and in everyday life.

Strength

Gymnasts are renowned for their excellent strength-to-weight ratio. Taking part in gymnastics at a young age can help build the foundations of good all-around muscle strength, endurance, and power. Children that participate in gymnastics get stronger through regular training, which aids in the development of lean, toned muscles, improved balance, and better posture.



Social Interactions

Gymnastics also helps enhance children's social skills. During a class children will observe, practice waiting their turn, follow directions, respect other and listen. All of these skills are very important for a child to practice to enhance their social skills.

Our sessions take place on a Tuesday and we have some very enthusiastic gymnasts on board.



Headstart - Swimming

We love our weekly trips to Little Dippers for swimming skills. We have learnt how to safely get into the pool, as well as different swimming techniques including floating, diving under, arm strokes and kicking.

We love the fun equipment and toys we can use in the pool and our confidence and abilities are increasing every week! The bus rides are also a very exciting part of the trip as we can see so much from the big luxury liner we cruise to swimming in.

We think we may just grow fins and tails by the end of this term with all the fun practice we are getting in!



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It's Business Time!

Last week I purchased a product from a relatively new local store. I was particularly impressed with this product and felt that the staff had great service. On my return to school I was chatting to Sally, informing her of my positive experience with this new store. Sally being Sally, knowing everything there is to know about the universe said, "Do you realise that shop is owned by a Springbank family?"

At Springbank, we're passionate about Enterprise and we would like to show our support for businesses that are owned by Springbank families. We are aware that within our school community there are many families working hard at running great local businesses. My aim is to profile one business per newsletter, starting next month. I figure that the business could consider a small discount to Springbank families for the month of the profile, which will be a nice way to introduce our school community to each business.

So for those of our families who own a business and would like to promote it, please get in touch with me: mike.warren@springbank.nz. I look forward to this becoming a regular piece for our newsletter!

Regards

Mike Warren
Principal

Thoughts for the week 2017:

Our SOAR School-wide Focus continues with Term Two covering the "O" part of SOAR: On Task and Engaged.

This term we pay respect to valuing hard work, dedication, and diligence.

Term 2, Week 1:

"Dreams don't work, unless you do."

Courtesy of Mike Warren

Term 2, Week 2:

"Concentrate all your thoughts upon the work at hand. The sun's rays do not burn until brought to a focus."

- Alexander Graham Bell

Courtesy of Andrea Druery

Term 2, Week 3:

"Life starts today, not tomorrow."

Courtesy of Kurtis Foster (Prefect)

Term 2, Week 4:

"It does not matter how slowly you go... as long as you do not stop"

- Confucius

Courtesy of Jessica Van Weerd



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