

Piper

ISSUE 52 MAY 2014



Boys' School
Celtic Day



SAINT KENTIGERN

A MAGAZINE FOR THE
SAINT KENTIGERN
COMMUNITY



GIRLS' SCHOOL

Mindfulness and the Role of Positive Psychology in Education

Mindfulness is proving to be effective for adults in helping to address a wide range of physical and mental conditions as well as improving wellbeing and the ability to think clearly. It might seem paradoxical then, that Silicon Valley has become a hotbed of mindfulness classes and conferences. They run an annual conference that in 2009 had 325 attendees but organisers at this year's conference expect more than 2,000 will attend. Google has an in-house mindfulness programme called 'Search Inside Yourself'. The seven-week course was started by a Google engineer and is offered four times a year. Through the course, thousands of Googlers have learned attention-focusing techniques, including meditation, meant to help them free up mental space for creativity and big thinking. Apple co-founder, Steve Jobs said his mindfulness meditation practice was directly responsible for his ability to concentrate and ignore distractions.

What is mindfulness? Mindfulness involves learning to direct our attention to our experience as it is unfolding, moment by moment, with open-minded curiosity and acceptance. The focus is not on what has happened or might happen, mindfulness trains us to respond skilfully to whatever is happening right now, be that good or bad. Mindfulness training and regular practice can give greater access to a state of calm, concentrated focus in the here and now – more reliably, more often and more at will than most of us normally experience.

Does it make a difference? Research on the impact of mindfulness on adults demonstrates with reasonable certainty that adults who learn and practice mindfulness can experience improvements in a wide range of psychological and physiological health conditions. It can also be useful in improving underlying emotional and social skills and qualities in adults. These include the ability to feel in control, to make meaningful relationships, to accept experience without denying the facts, to manage difficult feelings, and to be calm, resilient, compassionate and empathic. Brain-imaging studies show that mindfulness meditation can reliably and profoundly alter the structure and function of the brain and produce, for example, greater blood-flow to and a thickening of the cerebral cortex in areas associated with attention and emotional integration.

Mindfulness in Schools: With our student population showing signs of stress and anxiety at a younger age, the importance of teaching mindfulness skills to them is also becoming more evident. Educators are turning to mindfulness with increasing frequency. Did you know that the average American teen sends and receives more than 3,000 text messages a month? I suspect the NZ teen is not far off this as well! A programme called Mindful Schools in the US offers online mindfulness training to teachers, instructing them how to equip children to concentrate in classrooms and deal with stress. This programme, launched in 2010, has reached more than 300,000 pupils, and educators in 43 countries which demonstrates just how important the teaching of mindfulness to our students is.

The Teaching of Mindfulness at Saint Kentigern Girls' School

I first heard Dr Nick Penney speak on mindfulness at an Independent Schools Conference. He presented a session on mindfulness and a programme

called .b which stands for 'Stop, Breathe and Be'. Dr Penney is instrumental in establishing this programme in New Zealand schools and it has been used effectively overseas. After hearing him speak about the mindfulness programme I contacted him and in Term 2 we will be introducing this programme to our Senior Girls. Our staff have also undergone professional development with Dr Penney on how to use the tools of mindfulness and have reported the benefits that this approach has given to them in their own everyday lives.

What are the aims of .b? At the most simple level .b is an awareness-raising exercise to give all students a taste of mindfulness so that they know about it and hopefully can see the benefits of using the tools throughout their life to deal with stress and anxiety.

The .b Curriculum: The .b curriculum consists of nine lessons, each teaching a distinct mindfulness skill through the use of visuals, film and sound images, practical exercises and demonstrations to make the ideas vivid and relevant to the students' lives. For example learning to sit still and watch the breath, be aware of different parts of the body, walk mindfully or become more aware of how the body feels under stress and what the triggers are. It aims to help young people:

- To experience greater wellbeing e.g. feel happier, calmer, more fulfilled
- To fulfil their potential and pursue their own goals e.g. be more creative, more relaxed, academically and personally
- To improve their concentration and focus, in classes, on the sports field, when playing games, when paying attention and listening to others
- To understand stress and recognise their stress indicators
- To challenge them to befriend the difficult by understanding stress and responding to it, rather than reacting to it
- To work with difficult mental states such as depressive, ruminative and anxious thoughts and low moods
- To cope with the everyday stresses and strains of adolescent life such as exams, relationships, sleep problems, family issues

We are excited about the introduction of this programme into our school and believe that it will make a difference to our girls by equipping them with the necessary tools to handle the increasing pressures that they face as they transition into young women.

The Harvard Business Review interviewed Ellen Langer in an article called 'Mindfulness in the Age of Complexity'. Ellen Langer has been researching on mindfulness for over four decades and her research has greatly influenced thinking across a range of fields, from behavioural economics to positive psychology. She was asked the following question:

'What's the one thing about mindfulness you'd like every executive to remember?' She answered, *'Life consists only of moments, nothing more than that. So if you make the moment matter, it all matters. You can be mindful, you can be mindless. You can win, you can lose. The worst case is to be mindless and lose. So when you're doing anything, be mindful, notice new things, make it meaningful to you, and you'll prosper.'*

Girls' School Student Leaders

Early in Term 1, the girls walked the familiar path down to Somervell Church to gather with staff and families for the commissioning of the Year 8 Leadership Team for 2014. This was a particularly proud morning for the newly elected Head Girl, Emerald Bendall and Deputy Head Girl, Lucy Frazer; two young women who display loyalty, integrity, honesty and respect, and who will work hard to meet the challenges of their prestigious positions.

The School welcomed Mrs Suzanne Winthrop, Deputy Head of Saint Kentigern College and Hannah Wood, this year's College Head Girl to join the service. In passing on her guidance to the girls, Hannah told them, **'Don't be afraid to dream big. We are all strong, powerful young women and we have the ability to achieve so much. I leave it in your capable hands to decide how.'**

One by one the new leaders came forward to receive their badge, sign the Leadership book and stand on the sanctuary steps. Principal, Dr Sandra Hastie read the pledge, asking the girls to serve Saint Kentigern Girls' School to the best of their ability; at all times demonstrating a sense of pride in all they do; and with a sense of caring and friendship for all the girls and staff.

Reverend Reuben Hardie concluded the service with a few words about servant leadership. He echoed Dr Hastie's sentiment on thoughtfulness to others and said that he looked forward to all that they would bring to the School in their responsibilities this year.

LEADERSHIP TEAM 2014

Head Girl	Emerald Bendall
Deputy Head Girl	Lucy Frazer
Head of Student Council	Charlotte Lindsay Smail
Chapel Leader	Fayth Doherty
Deputy Chapel Leader	Sophia Pettigrove
Cargill Leader	Avantika Srinivasan
Cargill Deputy Leader	Sharon Susanto
Chalmers Leader	Nazine Tuua
Chalmers Deputy Leader	Zoe Spencer
Hamilton Leader	Sandia Mohammed
Hamilton Deputy Leader	Georgia Roberts
Wishart Leader	Annie Yu
Wishart Deputy Leader	Renee Flay
Sports Leader	Annika Sethi
Deputy Sports Leader	Kate Pennycuik
Music Leader	Sharon Hung
Head Librarian	Manisha Singh
Deputy Head Librarian	Lara Ambridge
ICT Leaders	Zara Kotwal, Sharon Susanto
Junior School Leaders	Grace Stehlin, Emilia Radisich, Sara Goldfinch
Preschool Leaders	Isabelle Reid, Brianna Casbolt

HEAD GIRL: EMERALD BENDALL



Emerald joined the Girls' School half way through Year 6. She excels both on the sports field and in the classroom, supported by her exceptional 'can do' attitude and enthusiastic approach towards everything she undertakes. In her first year at the School, Emerald won 1st place in the Cross Country. She also enjoys playing netball, always giving 100% to every game. An avid contributor

to Service and helping others, Emerald has displayed along term commitment and reliability to Buddy Reading. Her keen interest in Sciences saw her win the Year 7 Science and Social Science Awards in 2013. Emerald has proven herself to be a student who lives the core values of the School and will make an outstanding Head Girl.

DEPUTY HEAD GIRL: LUCY FRAZER



This is Lucy's eighth year in the School and during those years she has developed from a shy young girl into a more confident young woman who is fully aware of the values that the School holds dear. Especially evident is her kindness, thoughtfulness and the careful consideration she gives to the feelings of others. This led to her being chosen as the recipient of the Remuera Lion's Citizenship award in 2012. Lucy is

a keen swimmer and a talented speech and drama student, achieving honours in Grade 4 speech examinations. Her goals for this year include building her leadership skills, improving in mathematics and touch rugby. As Deputy Head Girl, Lucy will work hard to meet the challenges of the position.



Cargill Leader: Avantika Srinivasan. Cargill Deputy Leader: Sharon Susanto



Chalmers Leader: Nazine Tuua. Chalmers Deputy Leader: Zoe Spencer



Hamilton Deputy Leader: Georgia Roberts. Hamilton Leader: Sandia Mohammed.



Wishart Leader: Annie Yu. Wishart Deputy Leader: Renee Flay



Sea Tales

Earlier in March, as part of their rocky shore topic, the junior girls voyaged beneath the ocean to Kelly Tarlton's Sea Life Aquarium to look at the wonders of sea life. The live marine displays allowed the students to learn about the diversity of New Zealand and the Southern Ocean's unique marine life, aquatic habitats and their fascinating fauna and flora. The girls had a lesson on the tidal zones that rise and fall onto our rocky shores and the huge diversity of plant and animal life that live there - some they were soon to meet!

The girls discovered the developing problems in our world's oceans regarding plastic pollution and overfishing and explored ways in protecting the ocean, fish, seabirds and other creatures that live in and around the sea.

In the Rock Pool Experience, the girls rolled up their sleeves and got their hands wet with sea creatures where they held a crab and touched a starfish. The definite highlight for the girls, however, was coming face to face with giant stingray 'Phoebe' in the open topped tank. Phoebe has

been a resident at Kelly Tarlton's for over 27 years, weighs over 200kg and has had 65 babies during her time there!

To conclude the rocky shore theme at the end of the term, it was the adventures of swashbuckling sea pirates that captured the girls' imaginations for their narrative writing focus followed by a fun Pirate Day to finish the term. The girls came dressed up as pirates and were involved in pirate related activities for the day - making flags, swords, treasure maps and bags.

Having heard pirate tales filled with well-loved characters, amusing villains and buried treasure just before lunch, the girls also fitted in learning some pirate songs. To end the morning's busy activity sessions, they enjoyed a shared class lunch.

Over the years, the aquarium excursion has become an annual and much loved experience on the calendar, with the girls gaining in-depth knowledge from their interactive experience. There is much to be learned from these hands-on experiences with input from specialists in their field.

Inspirational Words

'Every child deserves a champion; an adult who will never give up on them, who understands the power of connection and insists they become the best they can possibly be'

— Rita F Pierson.

These inspirational and powerful words of wisdom now sit high on the entrance wall to the Girls' School reception, welcoming all those who walk through its front doors to the values and beliefs of the School and its Principal, Dr Sandra Hastie.

Dr Hastie said she found the encouraging quote when the words 'jumped out from the page' of an educational book that she was reading. She says she believes strongly in the message the quote sends and wanted to share it with the Girls' School community.

'Being champions to our girls is very important, and they don't just need one champion in their lives, but everyone of us can be champions to them. In my mind, I have this vision of us cheering the girls on from the side-lines, coaching and believing in our girls, them knowing that we care,' she says.

The quote came from the late Rita F Pierson, a Texas-born educational trainer and consultant, motivational speaker/teacher, author and

humanitarian who passed away last year. An educator for over 30 years, Rita was most recently recognised by sharing her expertise as a feature speaker on TED Talk. She had a desire to get to know her students, show them how much they matter and support them in their growth, even if it was modest.

Dr Hastie says, 'I look back on my life and at the adults who were champions to me, and I want to pass this ability on to our girls so that they can be someone's champion themselves one day and make a difference.'



Learning Mandarin

With thanks to Ms Raewyn Ho, specialist Mandarin teacher

Saint Kentigern has long maintained a commitment to learning languages with French, in particular, being taught from the Preschool years on. This commitment has been further strengthened at the Girls' School this year with the addition of Mandarin to the language programme for senior students.

Today, Mandarin is the most widely spoken language in the world with more than 1 billion speakers. Being multi-lingual is an essential skill and with China's growing economic presence, the School has recognised the need for students to gain a deeper understanding of the Chinese language and culture to prepare our girls for possible future study and job opportunities.

The new initiative offers girls in Years 7 and 8 the opportunity to learn Mandarin twice a week. Whilst the course focuses on developing oral skills and communication competence, it also aims to illustrate Chinese culture through authentic interactions and texts.

Specialist Mandarin teacher at the Girls' School, Ms Raewyn Ho says that 'Mandarin is very different from learning a European language as it is a character-based language. It is not written using an alphabet like English; it is the tones, pronunciation and characters that can be some of the most fascinating aspects of the language to learn. There are a lot of fun ways to learn Chinese and with practice they can be learned well.'

Pinyin, the phonetic system used to learn Mandarin through transcribing the sounds of Mandarin using the western alphabet, therefore, plays an integral learning tool in the course.

The girls have four lessons of Chinese in a ten day timetable and are taught by Ms Ho and visiting assistants from the Confucius Institute in Auckland, an organisation which helps introduce Mandarin into schools. The course focuses on teaching Level One and Two of the Learning Languages curriculum, with most emphasis on oral communication. Understanding the rhythm, tones, intonations and pronunciation of authentic spoken Mandarin are key in order to develop fluent, proficient and integrated speaking skills. This aims to equip the girls with a rich repertoire of familiar expressions and everyday vocabulary to use in simple Chinese conversation.

Ms Ho's extensive teaching background demonstrates her passion for the language. She holds a Specialist Certificate in Teaching Chinese from Melbourne University, a Diploma of Secondary Teaching and Diploma in TESSOL from the University of Auckland and is completing her Masters in Language Teaching and Learning from the University. Additionally she works one day a week as a Facilitator for the Confucius Institute and performs charity work with the New Zealand Teaching Trust.

Cultural knowledge is an additional strand of the course aimed at developing recognition that Chinese culture is organised in particular ways, and to make connections with the girls' own backgrounds and other worldwide cultures. Through art projects, the girls have explored the



festivities of Chinese New Year by creating paper craft hanging lanterns; learning that red and symmetry represent luck in Chinese custom and the themes of happiness, wealth and longevity are celebrated.

Written literacy will be introduced to the girls gradually, starting with the visual aspects and principles of the character writing system. This will slowly move into looking at how to decode meanings of basic characters and words and how characters and written text are used in authentic contexts.

BAMBOO BRUSH PAINTING

During lunchtimes Ms Ho also runs a fun and informal Chinese cultural group open to all year levels to experience Chinese arts and craft making. In April, assistant teacher Ms Kai Tian from the Confucius Institute showed the girls Chinese Brush painting in ink where they learnt how to paint bamboo stems, knots, branches and leaves onto Chinese painting paper.





Flora MacDonald Day

When Principal, Dr Sandra Hastie threw the challenge out to the girls to learn the bagpipes at last year's Flora MacDonald Day, only two determined girls accepted the task. One year on and Year 8 students, Kate Pennycuik and Fayth Doherty proudly displayed their hard work in learning the chanter, the first practice instrument in mastering the full pipes. Playing to a full hall of students, families, invited guests and Trust Board members at the official ceremony, the girls drew two rounds of well-deserved applause.

The unique day to the Girls' School was founded four years ago to honour Saint Kentigern's Scottish ancestry from a feminine perspective. Flora MacDonald was an 18th century Jacobite heroine who, in 1746 at age 23, risked life and limb to smuggle Prince Charles Edward Stewart, from exile in Scotland over to the Isle of Skye. It was on account of her strength of character and bravery that Flora was chosen as a strong namesake for the Girls' School day of celebration.

On a crisp autumn morning, the festivities got underway with a parade around the School grounds and Preschool led by the College Pipes and Drums. Following the band, the girls paraded in their four Houses, split into eight smaller clans with the House Leaders at the fore and holding their House flags high. It was a colourful sight as the procession marched by, the girls wearing a fantastic display of plaid garments and Scottish memorabilia with the older girls taking on the role of 'big sister' to the younger girls.

During the formal ceremony, we welcomed back Highland Dancer and Year 13 College student, Sarah McQueen who impressed the audience with her light footwork of the Highland Fling, accompanied by fellow Year 13 student, Andre Mason on the pipes.

In Dr Hastie's address to the audience, she explained the three different types of drums played today in the College Pipes and Drums band – the Bass drum, Tenor drum and Snare drum. The players of these instruments, College students Nathan Walker, James Milner and Jack Stewart then joined Dr Hastie on stage to demonstrate the sound of their drums.

After the formalities were over, parents and guests joined together in the Drawing Room for morning tea with thistle decorated shortbread baked by Food Technology teacher, Mrs Shona Wadams. The girls were then able to get started on their clan activities for the day, and this year it included the fun filled challenges of aqua orbs on the pool and a giant inflatable obstacle course! The girls were also able to try their hand at Highland Dancing, getting crafty creating bookmarks and thistle brooches and making a bowl of the traditional Scottish staple, porridge, with a selection of tempting toppings.

It was another successful day of Scottish heritage and observation for the School. We look forward to the day when we can hear girls play on a set of full pipes!





First Piper for Girls' School!

A 'limited edition' bright pink pipe case proved to be the perfect accessory for the first piper at Saint Kentigern Girls' School, Kate Pennycuik. Kate was presented with her Level 2 Highland Bagpipe Proficiency Certificate at assembly and proudly took home a set of antique Lawrie bagpipes as she moved from learning the chanter to the full set of pipes.



Kate has been learning the chanter for three terms, taking on the challenge set by Dr Hastie at Flora MacDonald Day last year. Head of the College Pipes and Drums, Mr Andrew Lightfoot, has been taking two students at the Girls' School for weekly lessons and believes that Kate has the makings of a very fine player. Learning the chanter requires regular practice and commitment but Kate has put in the necessary time and has a determination to make quick progress on this traditional instrument. Piping is physically demanding but this is no deterrent to this petite player!

Kate has managed her first notes on the pipes and we look forward to her leading in the official party at a school event in the not too distant future. The challenge is now on to other learners!

Live Theatre

The Girls' School were in for a treat in April when a New Zealand Playhouse touring show rolled up with their cast and stage props. Based on the classic fairy tale, Rapunzel, the modern adaption revealed a host of modern characters, references and twists...

'Rapunzel is the hot favourite to win 'A Land Far Far Away's Got Talent with X Factor Idol'. She's a teenage triple threat, with the voice of Lady Gaga, the dance moves of Beyoncé, and the hair of... Rapunzel! But when she refuses to sign a contract with the 'udderly ruthless' moosic producer, Simon Cow, he locks her in a recording tower high above the enchanted forest to steal her singing voice with a magic tape machine. What can Rapunzel do now she can't sing? Rap! With the help of a very handsome Fresh Prince, some very long hair, and a smattering of favourite characters, the fairy tale was flipped upside down and the RAP was put back into RAPunzel!

The lively production played to the entire school as they joined together in the hall to enjoy the funny, educational and inspiring story. The girls were totally absorbed with the whole performance; some experiencing 'live theatre' for the first time. There was also a great opportunity for audience participation throughout the play and the students were able to ask the characters their 'behind the scenes' questions at the end.

For the senior girls, the learning focus was on the present day morals and values woven into traditional fairytales, as well as using the rap to continue to learn about poetry techniques as part of their poetry unit. Back in the classroom, the Year 7 girls got into character by dressing into costume hats where they looked at the main characters from classic fairytales and what

they were like. Questions they were posed were – 'Who was a 'good' character? Who was a 'bad' character? Then, taking some of the words from the book that appealed to them, the girls wrote a poem that showed the conflict between the two contrasting characters. To conclude, the girls had the option of writing a rap using the story of Rapunzel as an inspiration and applying their knowledge of metaphors, abstract concepts, lyrics and narratives.

The live show included the clever use of current popular trends and was the perfect formula to engage the children across all year 0-8 levels. For the younger students the performance provided wonderful literacy links with the curriculum and study units on stories and creativity.



Kate de Goldi Visit

Acclaimed short story writer, Kate De Goldi was warmly welcomed at the Girls' School library in March to share her writing passion with our Year 5-8 girls in a series of workshops. As well as writing short stories, Kate is an author of young adult fiction, children's books and journalism pieces. She presents book reviews regularly on radio and television and has won many awards for her work.

Kate's delivery was warm, creative and passionate and she really captivated our girls' thirst for knowledge with the many personal details she shared, some of which she has used in her books. She expressed that there is no right way to write and that we all approach things in different ways. She reinforced the need for reading your story aloud and editing thoroughly.

Feedback from the teachers was that Kate really listened to the girls' learning needs with her detailed coverage of the 'mystery' genre, which the girls were exploring. She gave plenty of time for questions and answers that enabled the girls to gain a greater understanding at their own personal level.

The girls thoroughly enjoyed listening to Kate's prose and, benefiting from the workshops, they applied renewed creative enthusiasm to their own writing.



Interested in Learning French?

French Teacher, Mrs Helen Fleming from the Girls' School is starting up a weekly after-school French Club for students and an afternoon French Club for parents and the wider community. Come and join in on the wonderful adventure and enriching experience of learning another language in an authentic learning environment!

AFTER-SCHOOL FRENCH CLUB

Starting in Term 2 straight after school on Tuesdays and Wednesdays, lessons for students will be learnt through drama, storytelling, songs, craft and games for an hour in the Languages room at the Girls' School. The children will get to choose the name of their very own café and will be given a Le Goûter (French afternoon snack) during the lesson.

CAFÉ PARISIEN

The French Club for adults on Tuesdays and Wednesdays starting at 1.45pm will include afternoon tea/coffee in the class, and although the focus will be on communication, essential learning skills will also be taught. These skills will assist in extending your knowledge of the French language. Your newly acquired language can then be practised at home, where you can enjoy playing games in French with your children.

For more details on dates, cost and to reserve a place go to www.thefrenchclub.co.nz

Year 6, 7 and 8 Camps

At the tail end of summer, our Year 6, 7 and 8 girls set off by the busload for their much anticipated Term 1 camp. The Year 6 girls stayed at Shakespear Lodge in Shakespear Regional Park, Whangaparaoa, and this year, the Year 7 and 8 girls joined together to camp at McLaren's Falls Park outside Tauranga. Amongst their native and rural surroundings, the campers had a busy schedule of outdoor activities and challenges ahead of them.

Set alongside Lake McLaren, the Year 7 and 8 girls' first task of assembling their tents set the spirit for the next four days, and was a great team building exercise. The girls experienced the physical challenges of kayak racing, 'bivi' building, wood cutting/fire building, a plank challenge, catapult building and a treasure hunt. The sailing at Kulim Park was a highlight for the water enthusiasts, and the cooking competitions prepared outside on gas burners was a novel experience for many!

Another highlight of the camp was a still, night time paddle down the McLaren's Falls Waterfall Track to see the surrounding cliff faces full of glow worms. Customary games of spotlight, roasting marshmallows, singing songs, sharing stories around the campfire and sleeping under the stars all added to the girls' outdoor adventure.

Over three days at Shakespear Regional Park, the Year 6 girls pushed themselves to the top in rock climbing with very rewarding results when they finally made it! Coast steering was a favourite, jumping off large rocks into the ocean, and in the archery a few girls made the bullseye! The orienteering tested the girls navigation skills, the kayaking tested balance skills and the walkie talkies were great fun playing games over the radios.

Feedback from the kitchen fare also took on a positive note with the Year 6 girls saying they enjoyed the camp food. Overall, they said camp was an exciting and fun experience to start the year with and, 'It was fantastic! We all loved it.'

Many a new friendship was developed and existing bonds were strengthened as the girls enjoyed their time away from home and new found independence. The weather for both camps was stunning with clear warm nights, crisp mornings and beautiful days. On return to school, the girls were exhausted, happy and proud of their achievements.



What a Throw!



Year 7 student, Moiralisa AINU'u Aneru took everyone by surprise at Athletics Day at the College – she threw a massive 28.92 metres to beat the standing discus record by over a whopping 11 metres! The previous Year 7 girls' record of 17.29 metres was set back in 2007.



But that was not all, impressively, champion thrower, Moiralisa not only broke the girls' record but she also surpassed the Year 7 boy's record of 26.44 metres that had been held since 1996!

Her record breaking throws didn't end there! She also succeeded in setting a new Year 7 girls' shotput record on the day.

Well done Moiralisa!

Swimming House Relays

The sun was blazing, the music pumping and the atmosphere was crackling with excitement and energy as our swimmers from the Girls' and Boys' Schools battled it out for the title of House Relay champion. The House spirit was turned up in full swing, as the students chanted and yelled their support to their fellow House swimmers from the banks surrounding the Boys' School pool. Congratulations to Wishart who placed 1st, followed by Hamilton and Cargill placing 2nd and 3rd, with Chalmers in 4th place.



Weet-Bix Tryathlon

An early morning Sunday start did not stop 19 Saint Kentigern girls competing at the 2014 Sanitarium Weet-Bix Kids TRYathlon in February. The weather was stunning, providing the girls with perfect conditions for an active morning where they competed to the best of their ability. This year the girls took part in the St Helier's event located at Vellenoweth Green, looking out towards Rangitoto Island.

Now in its 22nd year, this national event saw over 22,000 children competing nationwide in the 2013/14 series, making it the biggest ever. The competition inspires children to get moving in a friendly and supportive environment where the emphasis is on enjoying an active lifestyle. Children of all abilities cross the finish line as a champion and everyone who participates takes home a medal.

Full of excitement and anticipation, the girls arrived early and set up their bikes in prime locations ready for their transition to cycling after their swim. While waiting for the TRYathlon to start, the girls had the chance

to meet famous sportspeople including world champion shot putter, Valarie Adams and All Blacks rugby legend, Jonah Lomu. Others enjoyed a nutritious and energy fuelling Weet-Bix breakfast under the two big blue Saint Kentigern marquees.

As the girls took to the start line side by side, they were soon separated by the mass of participants. Putting in their best effort, as the girls ran and biked past parents and staff members, they still managed a smile for the camera! Several girls chose to enter as a team, while most chose to compete as individuals.

While the Weet-Bix TRYathlon is a fun event with an emphasis on participation, many girls had their own personal goals to better their time from last year. At the finish line they all enjoyed receiving a medal - and the feeling of accomplishment! It was another proud day watching the girls in blue with an eagerness to compete with great sportsmanship.



Wishart are Winners!

Looking at the line-up of yellow swim caps on Finals Day at the Girls' School swimming championships, you were left in no doubt who the likely winners would be as the odds were definitely in Wishart's favour!

The Girls' School swimming races were held over two days with full school participation on the preliminary day to determine who would take to the starters' blocks on the final day of competition. The girls braved the unseasonal weather with the mercury only just getting over 15C at the start of racing but our girls are tough! House spirit was high and it was great to see the girls so supportive of each other both from the sides and in the pool.

There are some very fine young swimmers amongst the girls and the races were swum very competitively with close finishes - but with Wishart taking seven of the eleven first place podium spots, there was no question which House had the edge!

SWIM CHAMPIONS

1ST	2ND	3RD
YEAR 8 GIRLS		
Lucy Frazer	Grace Stehlin	Annie Yu
YEAR 7 GIRLS		
Zara Smith	Ava Beca	Isabella Duncan
YEAR 6 GIRLS		
Jessica Marshall	India Doo	Olivia Connolly
YEAR 5 GIRLS		
Eva Colyer	Kate Frazer	Isobel Li
YEAR 4 GIRLS		
Bridget Dennis	Mary Stanfield	Bille Freker Netten
YEAR 3 GIRLS		
Alex Lamb and Frances Revell-Devlin		Hannah Piper
YEAR 2 GIRLS		
Sienna Haar	Endrica Dhani	Golden Lawton Hines
YEAR 1 GIRLS		
Ashley Cheeseman	Sophie Marshall	Olivia Carpenter

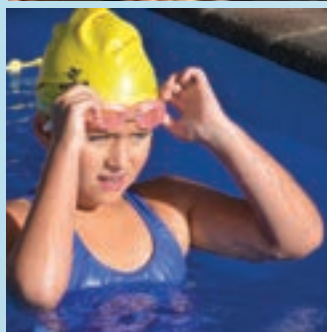
OVERALL CHAMPIONS

Junior Champion - Jessica Marshall

Senior Champion - Zara Smith

YEAR 5 AND 6 REMUERA ZONES

Ten Year 5 and 6 girls (Eva Colyer, Kate Frazer, Isabel Li, Alexandra McOmish, Kaythi Finn, India Doo, Rachel Black, Nieve Campbell, Jessica Marshall and Olivia Connolly) represented Saint Kentigern Girls' School at the Remuera Zone swimming competition. Two Year 5 girls made great times to win in the finals; Kate Frazer won the 25m Breaststroke on 23.97, and Eva Colyer, came in 3rd in the 25m Backstroke on 23.04. Well done Kate and Eva.



HOUSE POINTS

1ST	WISHART
2ND	CARGILL
3RD	CHALMERS
4TH	HAMILTON



Family Picnic

On a glorious Friday summer evening, families of the Girls' School spread out on the lawn in front of Corran House to enjoy their annual family picnic as Dads got busy on the BBQ, sizzling sausages - sunhats and aprons donned and a joke or two shared over their cooking duties.

Parents were able to relax and socialise while the students and their siblings were kept entertained with activity stations, a bouncy castle, balloon animals and a dip in the pool. Again this year, the Year 8 students had set up and managed their own stalls in a show of their leadership skills. The face painting and nail painting art proved popular with the girls, while the boys enjoyed the creativity of the colouring and craft activities. Further down on the tennis courts, the Year 8 leaders had also set up a stall of games for the younger guests which included testing their steadiness skills with a pair of chopsticks and some M&M's!



A fabulous al fresco evening was enjoyed by all along with the value of bringing our families together to mix and mingle in a relaxed social setting. Thank you to the Parents and Friends Association for organising the successful event.



Dads in School Day

Whether it was a sticky treat in the lunch box, a quiet read in the library, a game of ball on the field or some riotous activity on the playground, sharing time with Dad took on many forms at the first Dads in School Day.

We were absolutely delighted with the response to this new initiative as expectant girls peered out of classroom windows eagerly waiting for their Dads to arrive. It was really enjoyable to observe relaxed Dads wandering around the School with their daughters - and to watch Dads sneak in with 'totally inappropriate' food to share! Undoubtedly these cakes and cookies were wonderful, happy treats for the girls!

There was one downside to the day as a fire in commercial kitchen of our online lunch ordering service caused a delay in the delivery service - leaving some girls and their Dads who had ordered, waiting a long time for their lunch. However, once the shared lunches were eaten, there was plenty of time for more fun on the field!



Girls' School

New Parents' Dinner

On a late summer evening during Term 1, the Girls' School Hall was transformed to a dinner venue to welcome over 90 guests for the inaugural New Parents' Dinner, hosted by Head of Primary, Dr Sandra Hastie and her senior leadership team. Families whose girls have started at the School since Term 3 last year, through to those who will be starting before Term 3 this year, were invited to join together with staff and guests for an evening of entertainment, socialising and fine dining.

After pre-dinner drinks and hors d'oeuvres, Dr Hastie invited guests to take their seats, reassuring the parents that the evening was for relaxing and getting to know one another – joking that there wouldn't be a donation envelope hidden under their dinner plate!

Prior to dinner, Dr Hastie introduced two students to entertain. Year 6 student, Megan White is a Speech and Drama Honours student who confidently delivered a passage from the book *Demon Dentist* by the popular author David Walliams. She was followed by Year 7 student, Ava Beca who has been studying ballet since she was five and is currently a member of the Auckland High Performance Dance Programme which she fits around her many other school commitments. Ava's secret goal is to join the New Zealand Ballet and her performance suggested she was well on the right track!

Chaplain, Reuben Hardie said Grace before the guests enjoyed a fabulous dinner and a chance to chat.

Dr Hastie told the parents that she has been involved with the lives of young people for over 30 years and the many students she has encountered from all walks of life have shaped and moulded her over the years. She acknowledged that the students of today may not have the luxury of the same profession for a life time and it is the shared duty of school and home to prepare them for that future world of change. She also explained that Saint Kentigern is more than just a school – families are welcomed and encouraged to be involved. It's a way of life and a partnership based on a combination of values, tradition and excellence, combined with innovative thinking and approaches that the future will demand.

As a fellow parent, Mr Craig Knox was invited to speak. Mr Knox is in the unique position of having a daughter at the Girls' School, a son at the Boys' School and another daughter who has now moved onto the College. Both girls were enrolled in the former Corran School at the time of the merger. He is passionately committed to his children's place of learning and is a strong advocate for Saint Kentigern and the education his children have received. He said that it had been his experience that it was 'very hard for a student to get 'lost' here and equally very easy to be seen...this has been instrumental in building my children's confidence.'

Final speaker for the evening was a former Girls' School Head Girl, Georgia McLeish who is now in Year 11 at the College. Always a confident speaker, Georgia spoke from the heart about the importance of her time at the Girls' School in preparing the way for College life. She said, 'The entire faculty inspired us and challenged us to not only meet our goals but to surpass them whenever possible. They taught us to never lose sight of who we were and by simply believing in ourselves, we could be whatever we wanted to be. Once I was armed with the 'small but mighty' spirit, the College was all mine, to make of it what I desired!' Georgia has gone on to commit herself fully at the College, telling the parents that she believes, 'The Girls' School produces confident young women, who are kind and considerate of others.'

In her closing words, Dr Hastie said 'We hope that you will leave tonight knowing more about Saint Kentigern Girls' School and feeling confident that you have placed them in the best independent Girls' Primary School in Auckland; a school where they will have the opportunity to learn, grow and become a confident young women who will go on to make a difference.'

Our thanks to Mrs Karyl Kidd for her organisation and the following sponsors for so generously supporting the evening:

Beautiful House, Greenscene Limited, Heritage Hotels, Keith Hay Homes, Khan Family Trust, Legacy Life, PB Technologies, SKOCA, Stanfield family and Terra Vin Wines.

