

# Piper

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Old Collegian  
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SAINT KENTIGERN

A MAGAZINE FOR THE  
SAINT KENTIGERN  
COMMUNITY



# GIRLS' SCHOOL

## Do Our Children Suffer From Stress?

As adults, we tend to view a child's world as happy and carefree, however; even very young children have worries and can feel stress to some degree. All children will experience stress, sometimes significant amounts of it, in their lives. Studies have shown that parents perceive children as having lower levels of stress than children perceive themselves as having. Our complex, modern society has greatly increased the amount of stress adults and children are exposed to. Children are experiencing more stress at younger and younger ages. Even in the womb a child picks up the mother's stress – stress chemicals such as adrenalin and cortisol cross the placenta.

The following quotes illustrate how some children view stress:

*'Stress is when you're having a rough time'*

*'Every time we have to choose up sides for a game, they never pick me, even last. They don't want me on their team.'*

*'Stress is pressure'.*

Stress is a function of the demands placed on us and our ability to meet them. These demands often come from outside sources such as family, jobs, friends or school. But stress can also come from within, often related to what we think we should be doing versus what we're actually able to do.

Finding a balance is essential for our children, who are often over-committed. It is important for students to have 'down time' so they are not spending every afternoon and evening after school doing extra-curricular activities, including tuition. Children need to have a balance, they need to spend time with their friends, siblings and just being a child. Unfortunately, many of our children are too busy to have time to play creatively or relax after school. Spending quality time with your children in 'face to face' talking without the cell-phones, televisions and computers interfering is becoming more and more of a rarity as family life becomes frantic and parents run a taxi service going from one extra-curricular activity to another.

Naturally, as a parent you want them to do well but there is that middle ground – encouraging them, supporting them but not pushing them far beyond their boundaries. It is about balance and as parents you need to define that balance for them. Making them choose the activity that they want to do rather than allowing them to continually add more and more to their already crowded lives. Girls in particular are always keen to give

everything a go and join every activity. It is important that, as parents, you define what they can do and what is realistic and achievable, not just for them but for you as a family.

When we are emotionally upset we say we 'just can't think straight'. This is because unmanaged stress shuts much of the thinking brain down and this creates chaos in our brain's ability to process information. A child in a constant state of unmanaged stress is primarily focused on survival.

### How You Can Help as a Parent

- Limit how many extra-curricular activities your child is involved with after school and weekends.
- Avoid overprotecting your children. It is sometimes hard for parents to watch their children deal with stressful situations since your first instinct is, naturally, to protect them from the stresses of life. However, stress is unavoidable and children will only learn to cope with stress by experiencing it. Providing reassurance and support so they know you are there for them and you care is one of the single best predictors of how well children cope with stressful situations.
- Make sure they get enough sleep and/or rest. Getting enough rest is critical to our children's mental and physical health and will also help in giving them enough energy to combat life's stresses.
- Teach your children how to handle criticism. All of us are criticised at one time or another and, unfortunately, children are often exposed to criticism at an early age. This criticism can take the form of peer teasing or constructive feedback. Coaching your child on how to handle criticism from an early age, that mistakes are OK and that we can learn from them, is essential and helps to build their self-esteem.
- Provide a consistent routine or schedule. Children need predictability in their lives. A consistent schedule of meal times, bed time and other routines allow children to know what is expected in their lives. The result of this is that children feel secure and this also helps to reduce their stress.

Remember that some level of stress is normal; let your children know that it's OK to feel angry, scared, lonely or anxious and that other people share those feelings. Reassurance is important, so remind them that you're confident they can handle the situation and coach them on how to get through it.

*Dr Sandra Hastie, Principal and Head of Primary*



# First Gold Service Awards

Congratulations to Natalya Trombitas and Madelaine Freeland who are the first girls to fulfil the stringent requirements for the Gold level of the Saint Kentigern Service Award after previously achieving the Bronze and Silver levels.

Modelled on the concept of the college-age Duke of Edinburgh's Hillary Award, the Saint Kentigern Service Award was first devised for the Boys' School three years ago and was then adopted at the Girls' School.

The achievement of Gold is exceptional. To be eligible for the Gold Award, students must complete over 35 hours of service. They need to have represented the School in 10 different sporting, cultural or service activities and have made an outstanding contribution to their School House. They must be recognised for an exceptional act of service at school and out in the community and are required to undertake a research project on a charity and spend time volunteering for that charity. They must also complete a significant outdoor adventure.

The final hurdle for the girls was to undertake an interview with the Dr Hastie and Reverend Hardie where their service portfolios were put under intense scrutiny to ensure that they had met the criteria and had developed an attitude toward service worthy of the Gold Award.

**Each of the girls wrote what service meant to them:**

## Natalya Trombitas

'Managing to achieve the Gold level of the Service Award was a challenge. After achieving Bronze and Silver, I set my sights on Gold. This involved completing 20 hours of service for the School, volunteering for the Save the Children shop in Saint Heliers, demonstrating House spirit throughout the year and achieving a certificate of service for undertaking a spontaneous act of service for a teacher; or a member of the public and then having an interview to explain my service.

Service is a very important value. In my point of view, all the other School values - Respect, Integrity, Excellence and Love - are woven into the value of Service. You have to love what you are doing to show service, you need to have a passion. You need to be honest and loyal. You have to put your best foot forward, and you have to show respect for the needs of others. To show service, you learn to help others and learn to put the needs of others before your own needs.'



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## Madelaine Freeland

'Service is a very important part of my life. There are two types of service to me; there is the service in school and there is the service which helps people who are less fortunate than myself. In school, service has meant looking after the younger girls and the new Year 1 girls, encouraging them when they are lacking self-confidence, playing with them when they are lonely, and being there for them when they need some support and love. To earn Gold, I had to consistently demonstrate this as well as House spirit. It often involved taking time out of my day to help someone else.

The other type of service, for people outside of school, has been a passion for me during Year 7 and 8. I have organised bake sales for Christchurch, a toy sale for Samoa and this year I have led the School Council, where we have come up with a number of initiatives, including raising money for the Red Puppy Appeal. I have also been involved in looking after a Red Puppy. I recognise that I can never change the fact that someone is blind, but I can help the charity that trains puppies, which I believe will eventually change the life of person who is blind. I was so proud when I was awarded the Gold Service badge. This is an award that will be with me for the rest of my life.'

## Please Help The Dingwall Trust



The Dingwall Trust is a charitable organisation that provides residential care for children and young people up to 17 years of age who are in need of care and

protection away from home. It provides a safe, supportive family environment for younger children and provides support and advice to young people aged 15 – 19 years who are transitioning from care to independent living.

Saint Kentigern supports Dingwall in a variety of ways. Students from the College provide mentoring and tutoring and the Girls' School makes significant collections for donation. Currently the Girls' School are collecting good quality children's clothing, from babies to teenage in size. If you would like to donate clothes please either leave them with your daughter's class teacher or, if not a School family, please leave at reception and we will send them on.

We have also heard that Dingwall would be appreciative to receive bicycles of any size for their children to use. A number of bicycles



that they had owned were sadly stolen and they are keen to arrange replacements for the children. If you have one that your family has grown out of and are willing to donate, they would be most appreciative.

Finally they are seeking a trampoline. Please let the School know if there is one out there in our community that is in safe working order but is no longer required. Items such as bikes and a trampoline can be picked up from your property.





# Spend Some, Save Some and Share Some

## MONEY WEEK 2013

With thanks to Year 8 Teacher, Miss Tracey Walker

Money Week was a week of events held across New Zealand to motivate people to take stock of their personal money situation and to make changes if needed. The inspiration for our girls to become involved came from Year 8 teacher, Miss Tracey Walker who had earlier attended a Financial Literacy Conference. The Commission for Financial Literacy and Retirement Income had offered a lecture on, 'Financial fitness for students in the 21st century.'



### MISS WALKER REPORTS:

I have been a keen saver throughout my life and being passionate about ensuring our students understand the benefits of planning for their financial future, I thought attending this lecture would open ways in which I could integrate this important topic within a future-focused curriculum. I hoped to learn more about how to prepare our students for a cashless society and find ways to support our girls to contribute to the health of our global financial community.

I was also attracted to the Financial Literacy conference as it offered a chance to explore the curriculum document, 'Building Conceptual Understanding in the Social Sciences – Taking part in Economic Communities.' This document was released in November 2012 and adds to a series of other curriculum documents produced in collaboration with Learning Media and The Commission for Financial Literacy and Retirement Income. In today's crammed curriculum, this resource offers the chance to integrate across curriculum areas such as mathematics and social sciences. The resource also uses an inquiry based approach to support students in their development of social science concepts. The conference was the first time professional development had gone into this resource.

I also recognised that this conference would be an opportunity to find ways to support our Saint Kentigern Girls' School leaders to serve their community on a local level with a view to making a real impact globally.

Therefore, I was strongly interested in finding out how I could develop a unit for the Year 8 leaders, which would incorporate the values behind our Service Award.

The conference started with an inspiring lecture from Dom Thurbon, CEO of Change Labs, who is responsible for the development of numerous financial literacy educational programmes throughout Europe, North America, Asia, Australia and New Zealand. He is most noted for the ASB 'Get Wise' programme that aimed to teach New Zealand children how to 'get wise' with their money. As a behaviour change specialist, he highlighted the fact that our children are facing their first financial experiences much earlier than previous generations. For example, a seven year old may now access iTunes on a smart phone, therefore, it is important that we act at a younger age to educate children about their financial fitness.

Psychologically our brains do not record credit card transactions, it is only when we hand over the physical cash that our brains register how much we are spending. This phenomenon also happens when we shop online. Our brain fails to recognise the online transaction because we cannot feel the weight of our purchases in a basket. All of this research supports the need to educate our children about the ways of the financial world, especially as we head into the uncharted world of a cashless society. And this, at a time when a global financial crisis is a not too distant spectre.

Dom Thurbon said that if we are to change financial thinking and habits, a person has to question their financial identity. Three simple questions were posed: How do I see myself? How do I think others see me? What do I aspire to be?

This is the basis of the social sciences resources that Dom Thurbon and Learning Media have created in conjunction with The Commission for Financial Literacy and Retirement Income. This document is the basis for a unit I am developing on reciprocity which focuses on ways we can all 'plan to share'. I see this unit integrating with the Service Awards as it would involve a research project on a charity. The unit would have elements of service, mathematics and social sciences.

At the conference, another inspirational talk came from the winners of the Social Enterprise Award 2012, a group of Year 12 students from Aorere







College in South Auckland. Their winning idea shone above many of the other teams who chose to focus on international pursuits. The Aorere College business students recognised that many of the problems associated with poverty existed within their own communities, so they chose to work with the goal of 'eradicating extreme hunger' focusing on South Auckland. They created the business 'Lunches for Less' that goes into South Auckland primary schools to run workshops that educate children how to make a healthy lunch for less than \$2 a day. They have secured sponsors and their budget takes into consideration seasonal variances. I invited them to present at Saint Kentigern Girls' School and was promptly offered the opportunity to have our students participate in a 'Lunches for Less' workshop which we will follow through.

Finally the conference finished with Young Enterprise presenting free financial literacy plans, resources and board games. This was how I began our girls' journey into financial literacy. We had a selection of financial literacy board games available during Money Week 2013 that focused on 'Sharing – spend some, save some and share some.'

Across the Saint Kentigern schools, we have already created an awareness of the need to share our unwanted items and food with the hungry people of Auckland or fundraise to support those less fortunate than ourselves. We need to expand the way in which our students can share. Rather than simply asking for their parents for food, money or clothing to donate, we need children to see where they can be directly responsible for helping others and planning to share in the future.

Sharing can be part of our financial fitness to ensure that the children of the 21st century are part of a global financial community that is strong, prosperous and healthy for everyone.

Remember, share some, spend some and save some!

## YEAR 8 STUDENTS DISCUSS WHAT THEY THINK FINANCIAL LITERACY MEANS

**Victoria Caddle** – I think financial literacy is learning about money and jobs. How you can apply for a job and how to set up a business in the future.

**Grace Hooper** – I think financial literacy is when you learn about what money does and how it helps the economy.

**Trinity Zhao** - I think financial literacy is about talking about money, how you can earn money and get a job.

**Luciana Palmer-Huitema** - I think financial literacy is about money and how you have to be responsible with money.



## A Lesson in Government

With thanks to Year 7 Teacher, Ms Jan Davidge

As part of a social sciences unit on local government, Year 7 teacher, Ms Jan Davidge arranged a most interesting trip for the girls which included meeting Mayor, Len Brown! When Ms Davidge first tentatively enquired about the possibility of arranging for the girls to visit the Mayor's office, she was surprised to discover that they were only too happy to oblige!

In preparation, the girls spent time in the week before finding out what the Auckland Council is responsible for and began to record their findings. They also compiled a list of questions that they hoped to be able to ask Mayor Brown if there was sufficient time.

At the Town Hall, the girls were taken to the official reception room to await the Mayor. He came and shook hands with everyone and introduced himself and his secretary. A reporter from the Eastern Bays Courier Newspaper was also in attendance to cover the girls' visit.

Once seated, the girls each had a chance to put their question to the Mayor. He spoke enthusiastically to the group and answered all the questions about his role, his own education and how he came to be voted as the Mayor of Auckland. He then talked about how he deals with criticism, the occasions he has particularly enjoyed, what it is like to be the Mayor, challenges that face him and his vision for the future.

The Mayor was wearing the gold chain of office around his neck which records on it all the past Mayors' names, each on a gold link, which he told the girls about. He also talked about his own family who are all girls. Our girls found him really down to earth and easy to chat to right throughout the interview.

The girls were supposed to have only 15 minutes with the Mayor but half an hour later they were still there with him! They were made to feel most welcome.

All the girls came away very impressed at how 'approachable' and 'human' he was, and since their visit have put together presentations focusing on the Mayor and the work of the Auckland Council.



## Speech Competitions

**A**djudicator, Mrs Jane Vogels certainly had a tough challenge selecting the winning students for the Girls' School speech competition as the marks were so close together. Selected students from Years 3-8 took part in the annual competition and once again staff and parents were in awe of the ability of our girls to speak so confidently to a large audience.

Drama teacher, Mrs Judy Norton and the class teachers did a tremendous amount of work to prepare the girls for competition and there are clearly wonderful orators in the making.

### Speech Winners:

Year 8 - Madelaine Freeland 'Why parents can get it horribly wrong'  
 Year 7 - Olivia Dalton 'Whaling should not be allowed'  
 Year 6 - Zara Smith 'Reducing the fishing limit'  
 Year 5 - Jessica Marshall 'The Beatles'  
 Year 4 - Alexandra McOmish 'How to make sushi'  
 Year 3 - Rebecca Webster 'My Barbie doll dress'

Highly Commended was also awarded to Victoria Caddle (Year 8) for her speech 'Why we shouldn't say speeches'.

The Impromptu Speech Competition saw eleven girls from Years 6-8 speaking for a very challenging one and a half minutes on a range of topics. Judged by Mrs Dobson and Mrs Norton, it was evident that each year the students are growing in confidence in this challenging medium. Congratulations to Olivia Moorman who was the winner of the Year 8 competition who spoke about her favourite animal and went on to represent the Girls' School at the Zone Impromptu Speech Competition.

### Impromptu Speech Winners

Year 8 Olivia Moorman  
 Year 7 Emerald Bendall  
 Year 6 Ava Beca

All students who participated in the speeches are to be congratulated for taking on the challenge of these competitions.



### AUCKLAND SPEECH WINNER!

We are delighted to announce that Madelaine Freeland has been awarded 1st place at the Auckland APPA Champion of Champions Year 7 and 8 Speech Finals after having earlier won the Remuera Zone. Madelaine competed against zone representatives from the other Auckland regions and the level of competition was high. She presented her winning school speech 'Why parents can get it horribly wrong'. She had the audience chuckling with her demonstration

of the 'Ugly Parent Syndrome' and convinced us with her humorous descriptions of the ways parents give children mixed messages.

In what the adjudicators said was a unanimous decision, the judges were impressed with her wit, timing and ability to entertain. This is yet another award Madelaine has won for her speechmaking this term, also having received the Sir Dove-Myer Robinson Memorial Trophy at the Remuera Lions Annual Speechmakers Competition.



## Poetry Competition

**T**he Girls' School Poetry Competition Finals had a change to their annual event this year with the Year 1-8 students presenting their own original poetry, which was a great achievement. Accomplished Auckland poet Paula Green was the adjudicator for the event and all the finalists were excited and proud to present their poetry to her. The standard of poetry was extremely high and Paula enthused about the wonderful descriptive language and similes the girls were able to use.

With great difficulty she chose not only the winners but also picked a few poems that she thought were written well enough to receive recognition to be published on her own poetry blog (<http://nzpoetrybox.wordpress.com/>).

This is what Paula wrote on her blog after her visit: 'Last week I judged the poetry competition at Saint Kentigern Girls' School. It is pretty hard picking winners on the spot and all the poems were really fabulous. I liked the variety of styles and subjects. I had to judge both the poem itself and the performance which meant I was looking for a complete package. Some adult poets are really good at writing poems but not so good at delivering them in public. Other poets are great at performing poems that don't seem so good on the page. Then there are those poets that make magic in the air and on the page.'

### Congratulations to the winners:

Year 8: Olivia Moorman  
 Year 7: Sophia Pettigrove  
 Year 6: Alexandra Knox  
 Year 5: Charlotte Koerber  
 Year 4: Alexandra McOmish  
 Year 3: Zoe Nel and Ava Darbyshire

## Speech Concert

With thanks to Drama teacher, Mrs Judy Norton

**E**arlier in the term, 35 of our girls who have Private Speech lessons at school undertook their New Zealand Speech and Drama exams. It is the first year that the examinations needed to be held over two days due to the large numbers of students sitting the grade exams from Initial to Grade Four.

As a culmination to the week, and as an opportunity for students to perform their exam pieces to a wider audience, a concert was held in the hall. This was a hugely successful evening demonstrating the depth of talent that we have in our school. Girls from Year 4 and above entertained and delighted a large audience.

The girls presented some thoughtful and some humorous poetry, passages from Roald Dahl, and Andy Griffiths to name a few, and duologues from *The Secret Garden*, *Little Women* and *The Virtuous Burglar* by Dario Fo. A highlight was Abigail Millis's mime, titled *The Costume Disaster*, where she gets stuck in a queenly costume which leads to much hilarity. Darcy Woolford presented a characterisation of a very unhappy Rapunzel, sick of long hair and hair climbing princes! All she wants is a pair of scissors to cut it all off. Jessica Marshall presented a humorous passage from Andy Griffiths', 'The 26th Storey Treehouse', where Terry describes (in a wonderful Scottish accent by Jessica) how the sharks got sick - caused by him washing his underpants in the shark tank! Her passage made everyone have a giggle!

The confidence and poise with which the girls presented their pieces was impressive and we were delighted with their exam results with 4 being awarded Honours Plus, 10 awarded Honours and 12 awarded Merit Plus.



# Science & Technology Fair

With thanks to science teacher, Mrs Jess Francis

Our Year 8 students took on the challenge of producing their own Science Fair this year. Some impressive questioning resulted in a wide variety of projects from bubble gum blowing, fizzing metals in acid and waiting for teeth to decay in PowerAde. The students were given plenty of time to select their projects and some even changed their ideas after quite lengthy research and thinking. Finally, the projects were written, re-written, presented and judged firstly at school before ten of the projects were sent on to the NIWA Auckland City Science & Technology Fair.

Winner of the School Science Fair was Madelaine Freeland with her project entitled, 'Do you Grow Your Own Vegetables?' She completed a comprehensive study over a 60 day period analysing the growth of typical garden vegetables in a variety of soils and comparing the use of organic and inorganic fertilizers. All this was done on a small balcony area. Her findings proving there is hope to sustaining a method of growing our own food in a more and more populated city.

Second place at school was shared by Molly Payton and Bethan Montgomery whose projects also both received awards at the NIWA Fair as did Emma Clancy's project.

Molly Payton was excited to learn that her science project, 'Could there be wind in a vacuum on the moon?' was placed first in the Planet Earth and Beyond category of this year's NIWA Auckland City Science & Technology Fair. She was also awarded a special prize – the Stardome Observatory Bronze Award. Molly came up with the idea for her project about the flag flying on the moon after she had seen a 'Mythbusters' clip and it inspired her to test the idea that a flag wouldn't be able to fly in space due to the lack of atmosphere. She devised a way to create her own vacuum chamber to test her hypothesis. An ingenious design – and it worked!



## ICAS Science

ICAS, commonly referred to as the University of New South Wales competitions, is conducted annually in Australia and over 20 countries globally. These are independent skills-based assessments in the key scientific areas of observing and measuring; interpreting; predicting and concluding; investigating; reasoning and problem solving.

**Congratulations to the following girls who achieved Distinction placing them in the top 11% of candidates.**

- Year 5: Charlotte Koerber
- Year 7: Kate Pennycuik
- Year 8: Molly Payton





## History Comes to Life

No matter what their age, girls love an excuse to dress up and the trip to Howick Historical Village provided the perfect opportunity! Suitably attired in Victorian clothing our Year 0-2 girls boarded the bus for a trip back in time.

Run as a 'living museum', where visitors are encouraged to enjoy a hands-on experience, the Village is an authentic 19th century reconstruction of the Fencible settlements built to protect the outlying communities of Auckland. The guides, dressed in period costume, took our girls on an historical adventure to a time gone by.

For affluent children of the 21st century, where all needs and wants can be met almost instantly, where food is packaged ready to eat straight from the supermarket and clothes and toys are readily available across the counter, a trip to the Howick Historical Village provides an authentic window in to another era. Children of yesteryear were not driven to school or kept busy with ballet and swimming lessons; the children of our early pioneers had a significant part to play part in the day to day running of the household. Water had to be drawn, eggs collected, wheat ground for flour to make the bread, and the cows milked to make butter and cheese. Clothes were made by hand and then washed by hand outside in a copper.

Our girls learned, first-hand, just how laborious these chores could be as they turned their hands to making butter. Churning the cream took far longer than they expected, turning the handle over and over until their arms were tired. As the cream began to harden, they took to the chore with renewed vigour, all curious for a taste of their labours.

No visit to the Village is complete without the obligatory, rather 'scary' visit to the Victorian classroom of old. With hair, hands and nails inspected, it was time to sit up straight and take notice!

The girls also spent time looking at toys from the 19th century. No batteries were required and nothing was mass produced in plastic! They girls gained an understanding that items of play would have been handmade by family members and a rare privilege to own.

This trip was an important learning opportunity to give the girls a sense of their place in time. We are fortunate to have such a well preserved record of Auckland's early history so accessible for learning.

## Worm Tea Part 2!

Not to be outdone by last year's Young Entrepreneurs of the Year, the 2013 Year 2's have picked up the reins - recognising that there's money to be made from the rapidly multiplying worms in the wheelie bins by the rabbit hutch!

Last year, 8000 tiger worms were delivered to the Girls' School. These were estimated to multiply to a self-regulating colony of about 30,000 over the course of the year and last year's girls discovered that by bottling the nutrient rich worm tea (read 'pee') and castings (read 'pool') they could turn a tidy profit by on-selling to their parents.

This year's young marketers vowed to do even better than the \$505.40 raised in 20 minutes of hard sell last year and so got their marketing plan in place. Step one. Get over how gross the worms are!

Once the initial reticence was out of the way, the posters were designed to be bigger and better and even larger quantities of plastic milk bottles were collected for recycling and filling with 'tea'. To ensure good returns, they have to ensure that the worms also have the correct nutrients. All girls in the School are now proficient at understanding what is and what is not suitable to place in the worm bins for composting and lunch scraps



are collected regularly. They have also learnt more about the worms themselves, such as worms have five hearts, breathe through their skin and that each egg case has about 20 worms inside. Oh, and mums and dads are easy to sell to!

Already this year 80 bottles have been sold with another batch coming close to fruition. At this rate, the aim to raise enough to build a vegetable garden can't be far away.





# Uncovering Ancient Egypt

With thanks to Mrs Hayley Dennis-Wolf

Ancient Egypt was one of the earliest, most advanced and most fascinating civilizations in the history of mankind as the Year 3 and 4 girls have recently discovered. Not only were they known for their elaborate religious beliefs and practices but also incredible architecture that almost defies belief.

During Term 3, the girls' social sciences focus has been Ancient Egypt and as part of this unit the girls travelled to the Auckland Museum to spend time in the Ancient Worlds Gallery looking at the Egyptian artefacts. Egyptology has been a constant source of wonder for children and adults alike ever since Howard Carter uncovered Tutankhamen's burial site in 1922, excavating a wealth of objects that caught the world's imagination.

On permanent display is the museum's only adult mummy which is a constant draw card. Her name according to inscriptions is Ta Sedgement and her age is perceived to be around 32 years old, a relatively lengthy life in that era. Scribe's boxes, pots and examples of the mummification of animals were also on exhibition. The girls particularly enjoyed looking at the designs and colours of Ancient Egyptian jewellery. Both classes also spent time with the museum educator where they were introduced to the concept of the Rosetta Stone (the ancient key to deciphering hieroglyphs) and examples of objects that were important to everyday life for the Ancient Egyptians such as papyrus. The girls also learnt about Egyptian Gods and the importance of the scarab beetle (a symbol of hope and the restoration of life), shabtis (funerary figurines) and other Ancient Egyptian symbols.

Excursions beyond the classroom such as this bring learning to life and allow our girls to learn first-hand from others who are specialists in their subject. This was a trip the girls really enjoyed.

To culminate their studies, the girls held an 'Ancient Egyptian Day' in the last week of term. The objectives for the day were to show the structure of an Ancient Egyptian society - and to celebrate the end of their study in a fun way!

Each girl was assigned a role by ballot and this was the character they had to assume for the day. Bags of anonymous basic costumes were laid out with the girls knowing that whichever they picked, that was the person they had to be. They were able to take the costumes home and embellish them in whichever way they chose - so long as it was in keeping with their role.

Just as in Egyptian times, life is not always fair; and much as each girl hoped they might be a royal rather than a slave, the roles of Nefertiti and Cleopatra were snapped up by teachers, Mrs Roband and Ms McKenzie! The roles available matched the structure of society; a couple of royals, a few nobles, some professionals, more crafts people and lots of peasants and slaves! To illustrate this, the girls went out into the gardens and created a 'horizontal' pyramid to understand the makeup of this structure.

The rest of the day was a mixture of fun and learning; cooking Egyptian delicacies, crafts and mathematical games and stories. Undoubtedly, a day they will remember!





## A Festival Tonight

With thanks to Deputy Principal, Mrs Judith Dobson

Do you remember the tedium of driving in a car on a family trip over long distances and along the way looking for excuses to relieve the boredom? At this year's Creative Arts Night at the Girls' School, Year 3 presented the CarTrip poem by Michael Rosen and every member of the audience, adults and children alike, could relate to this very real experience. Bridget Dennis as the exasperated mother, complete with handbag and pearls, played the part to perfection and all the supporting speakers knew full well how to act like the annoying children that we all have and love in our families. Such is the acting talent of our students that they were able to rock the audience with laughter as they saw themselves mirrored in this wonderful poem.

Acting talent was also evident in the Year 7 presentation of Little Red Rap - Little Red Riding Hood with a twist - and in the Year 4 speaking and acting scenes centred on an Antarctica theme; all of which emphasised the outstanding oral language programme taught through the Speech and Drama course.

Involving nearly fifty excited 5, 6 and 7 year olds in a spoken piece with actions was a real challenge but Perky Pukeko's Pavlova Palaver, with nodding acknowledgement to the story of the Little Red Hen, was the perfect vehicle for these young students. Xarya Knox, as Perky Pukeko, confidently led the cast through the story of the pukeko trying to make a pavlova but finding no help from his friends. The mixing bowl, the sugar, the egg whites and the cream were wonderfully represented, through

movement, music and dance by the smallest girls at school culminating in a cheerleader action from the 'dreamy, creamy' makers.

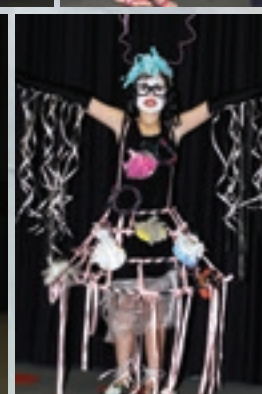
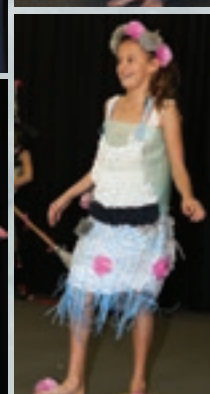
Gasps of appreciation at the dazzling and creative talent of the Year 5 students was heard all around the audience as the Trash to Fashion designs were brought forward one by one. Explanations accompanying the making, the materials and the assembly of the garments added to the wow factor and it was noted that three of these outrageous designs were part of an Auckland wide competition final held at Corban Estate Arts Centre.

Music and dance continued the showcase of festivity with the Performance Choir presenting two songs from their repertoire, first heard at the Kids Sing; the orchestra playing three very different works ranging from the 'Barcarolle' by Tchaikovsky to 'Do you Hear the People Sing' from Les Misérables and the dance groups from Year 6 and 8 moving to the music of Bruno Mars and the mystical Celtic trance 'Oroshay'.

The whole school provided the rousing opening and closing numbers; 'A Festival Tonight' and 'A Great Saint Kentigern Girl.'

This was a fabulous evening of entertainment held over two nights and thoroughly enjoyed by our families. To the great glee of the students, the surprise act of the evening came from the staff who donned cowboy boots and hats for a line dancing number! Dr Sandra Hastie and Reverend Reuben Hardie, in particular, were most entertaining!





## Trash to Fashion

In Year 5's first entry into one of Auckland's most popular eco-art competitions, three out of the seven garments they entered were selected for a spot in the finals of The Schools Trash to Fashion Awards 2013 held at Corban Estate Arts Centre in Henderson.

Organised by Auckland Council in partnership with the Keep Waitakere Beautiful Trust, the project invited participation from all school-aged students in Auckland to enter creations that celebrated 'Individuality'. The mission of the Awards is to prove that art can be a powerful, educational tool used to raise awareness about waste and recycling while gaining an understanding of our impact on the environment.

The girls first became involved through their social sciences unit on the impact of recycling, sustainability and reusing resources. From this, their fashion garments began to take shape in readiness for the initial competition at Green Bay High School in June. After planning and designing their outfits in small groups, the girls then got construction underway, many learning new skills, especially with a needle and thread! The rules for the competition were most stringent, ensuring that the garments were made by the students themselves. Taking part in the competition and seeing the variety of outfits was hugely exciting for the girls. From over 400 entries, 129 were chosen for the finals including our three entries:

Mahy Mayhem Fantasy collection – 'Dr Dragon' modelled by Rachael Wintour and designed by Jessica Marshall, Rachael Wintour and Rylie Cleaver.

Mahy Mayhem Fantasy collection – 'Tech-no-Fly' modelled by Rachel Black and designed by Charlotte Koerber, Rachel Black and Megan White.

Out of this World Fantasy collection – 'Biker Girl' modelled by Trinity Burton and designed by Nieve Campbell, Frankie Reid and Trinity Burton.

Although the outfits were unplaced in the finals, the girls and their creations looked incredible on the stage at Corban's. There was a huge amount of time and effort put into this and we acknowledge the girls and their families for commitment and Ms Dee-Anne Gonzalez who supported the girls in this experience. We have some future designers in the making!



## Silver at Kids Sing

With thanks to music teacher, Mrs Nicola Brown.

The Girls' School Performers' Choir may have been the smallest choir at this year's Kids Sing but despite being in the nerve-wracking position as the first choir to sing in the two day festival of song, they certainly made an impact coming away with a silver award.

Kids Sing is an annual event organised by the NZ Choral Federation that encourages primary and intermediate school choirs from around New Zealand to take part in regional festivals designed to give children and their conductors an opportunity to perform in a supportive environment and receive constructive feedback. Many schools take part each year as primary school conductors come to realise that superior outcomes can be achieved through the teaching and nurturing of basic choral techniques.

Each choir sings four songs: a test piece, a piece by a New Zealand composer, a unison song (same melody – no harmonies) and one 'other' song chosen by the school. This year the sombre 'Old Abram Brown' by Benjamin Britten was the test piece sung in round to test the young choristers.

This was the first time that the Girls' School had entered and many hours of practice paid off as the girls finally stepped onto the stage at the Aotea Centre to sing to an audience of other schools and the judge. Of the pieces performed, the adjudicator, Mr Rowan Johnston, noted that he was impressed with the way the girls dealt with the technical difficulties of the test piece, 'Old Abram Brown' and made mention of the fine tone the girls achieved for such a small group. He also said that 'Benedictus' by Klouse,



the sacred piece the girls sang, showed a good balance between the part singing. Mr Johnston thanked the choir for their lovely recital and told the girls keep up the good work as they are making some wonderful sounds!

The highlight for the girls was being able to listen to each choir sharing their interpretation of the test piece. Our thanks to Music teacher, Mrs Nicola Brown and accompanist, Dr Jenkins for their work with the girls.

## Absolutely, Positively Wellington

With thanks to Director of Sport, Ms Kristie Richards

New friendships and positive memories will be cherished for a long time by the 35 girls from Years 7-8 after their fantastic experience on a week-long trip to Wellington.

Accompanied by five staff, the girls were kindly billeted and hosted by Queen Margaret College.

The girls began their introduction to Wellington with a visit to Katherine Mansfield's homestead in Thorndon to step back in time. The girls had been learning about Katherine Mansfield as part of their English studies. The Victorian toys and hobbies on display fascinated our girls and they particularly enjoyed trying on several period clothing garments.

Principal, Dr Hastie joined the girls' mid-week for their tour of Parliament and the group were entertained by Hon. John Banks who introduced himself as Banksie. He spoke honestly about his childhood and his time at Parliament and the girls were given the opportunity to ask plenty of questions. The girls' knowledge of politics was exceptional and the questions asked were all well thought through.

On the court, the Saint Kentigern Girls' A Netball team, captained by Evie Coman, demonstrated great determination and positive drive. This made for an exciting game and all team members were well focused to secure a win 22-14. It was an amazing game and the Saint Kentigern girls demonstrated great skill. While the Saint Kentigern B and C netball teams did not manage to secure wins, they worked hard on the court demonstrating positive team spirit and healthy sporting attitudes.

Our football girls also played extremely well with the score board showing 1-1 for the majority of the game. In the final three minutes, the Queen Margaret students managed to sneak the final goal in, leaving the score 1-2.



On the arts trail, the girls were lucky to discover and explore the Andy Warhol Immortal exhibition at Te Papa Museum, an artist who has been defined as changing the way we look at ourselves and each other. The Drama workshop at Saint Margaret's was also an opportunity for the students to participate in and enjoy drama games and improvisations with their peers.

After a very eventful week, the exchange ended with quick final debate on 'Goldilocks – Is she a good role model?' Our Saint Kentigern Girls' team made strong points on why Goldilocks should not be considered as a role model; nevertheless it was Queen Margaret College who was able to secure the win.

During their trip the girls loved meeting and staying with their billeting families and were treated to many new experiences.

Many thanks to the attending staff: Dr Sandra Hastie, Mrs Judith Dobson, Ms Kristie Richards, Mrs Nicola Brown, Mrs Jenny Reichenbach and Miss Tracey Walker who were so supportive of the first Saint Kentigern Girls' School exchange. The staff could not have been more proud of our girls in blue.





## Grandparents' Day

On a drizzly spring morning, the Girls' School welcomed the girls' grandparents and special family members to their annual Grandparents Day; a chance to enjoy a morning of sharing and togetherness in celebration of all things 'grand.'

Deputy Principal, Mrs Judith Dobson opened the morning assembly with tales of visits to her own grandparents' home down in Taranaki. This included memories of very long car trips – something hilariously highlighted in an item at the recent Creative Arts Evening!

Mrs Dobson said that grandparents have a special connection in the lives of their granddaughters; they are the keepers of family history who pass on their stories to this next generation. After entertaining performances of choir, dance, play and mime, the guests were invited to visit the classrooms and take a tour with the girls.

The library book sale was popular; once again, with excited girls buzzing around to choose a book, taking a moment to read it together with their grandparents. All book purchases were for donation back to the library and were finished with a bookplate inscription of the girls' names. There was another option to purchase – our Year 2 marketers were out in force with their worm tea for sale to fertilize spring gardens!

The morning concluded with a shared morning tea in the hall. We thank the Parents and Friends for their assistance with this and to the visiting grandparents for coming along to share a special morning at school.

## Father and Daughter Breakfast

There was a change of venue for this year's sell-out Father and Daughter Breakfast. To take the pressure off the Parents and Friends, so that they could fully enjoy the occasion with their daughters, the event was moved to the Novotel Hotel in Greenlane and was fully catered by the hotel. No more getting up at 4am to cook bacon and eggs!

Nevertheless, it was still an early start for those setting up the room with decorations reflecting a musical theme in readiness for 220 breakfast guests to take their seats by 7am. The parents did a fantastic job transforming the room into a Saint Kentigern space with many blue touches and an emphasis on musical notes. The girls were excited to share this special time-out with their Dads.

Chairman of the Parents and Friends, Mr Paul Fletcher opened the occasion by offering his thanks to Mr Andrew Morgan, President of the Old Collegians Association for their generous donation towards the morning. Head Girl, Anna Lowther then came forward to say Grace and invite the guests to enjoy their breakfast.

In lieu of a speaker, this year the College Premier Choir, Kentoris, were invited to perform. Kentoris has recently returned from Dunedin after being selected from 250 choirs nationwide to take part in the Big Sing National Finale. The adjudicators chose the choir's performance of Tippet's 'Steal Away' for the Gala Concert; a piece that featured a stunning solo by Manase Latu and gained the choir a standing ovation from the packed Dunedin Town Hall crowd. The breakfast guests were equally impressed by their performance. The Girls' School Performance Choir had also performed really well, earning a Silver Award at Kids Sing. Listening to Kentoris was an inspiration for the girls, giving them an understanding of where their choral work could take them.

In her closing, Principal Dr Hastie joked with a number of the Kentoris students who have gone onto the College from both the Boys' and the



Girls' School. She remembered them well from those days, but now, the boys tower over her!

Our thanks go to the parents and staff who worked hard to make sure the morning ran smoothly, in particular Paul Fletcher; Julia Clancy; Kim Gear; Nicola Shearer; Danielle Lewis and Deborah Higgins. Thank you, great work!



## Girls' School Sports Round Up

With thanks to Director of Sport, Ms Kristie Richards

### AUCKLAND RUN SERIES

A dedicated group get up early to run two mornings a week and have become well known to local residents as they run approximately 2 km around the hilly Remuera streets. While some used this opportunity for cross country preparation, others used running squad to help support their fitness for winter sport. Girls from Years 4-8 participated in the Auckland Run Series which consists of six 4km runs held over the course of the year at different locations all over Auckland. While many of the mornings are bitter, the girls continued to get out into the cold and run with great willpower. This year we have had pleasing results from our runners, with many achieving their personal bests against 46 other competitors. We thank our parents for providing support.

#### Results:

Laura Lightfoot 6th overall (mixed division) / 2nd U16 girl division  
Elizabeth Lightfoot 8th overall (mixed division) / 3rd U16 girl division  
Georgia Roberts 9th overall (mixed division) / 4th U16 girls division

Pleasing results were also achieved from the following: Harriet Lightfoot, Maddie Freeland, Alex Knox, Darcy Woolford, Ethan Knox (SKB), Sophie Rickman

### GYMNASTICS SUCCESS

#### Year 3 and 4

Year 3 and 4 girls finished their gymnastics unit by competing at Tri-Star Gymnastics Zones competition in August. Our girls looked smart in blue each with braided hair and ribbons. For some, the beam proved to be a huge challenge, however, every girl accomplished this apparatuses alongside vault and floor. Scores were tight, but we had some pleasing results which saw several of our girls place and qualify for Champions of Champions. A total of 65 Year 3 and 4 girls competed in this event.

Year 3: = 3rd Zoe Nel; = 8th Mary Stanfield  
Year 4: = 4th Kate Frazer; = 5th Eva Colyer

A Year 3 team also qualified for the team event at the Champion of Champions: Zoe Nel, Mary Stanfield, Bridget Dennis, Millie Thomas. Reserves: Ava Darbyshire and Amy Bartlet.

#### Year 7 and 8

Seven Year 7 and 8 girls attended the South Eastern Zone Competition held at Howick Gym Club. They each displayed wonderful form and competed at a high level. While many of the scores were close, we had some pleasing results, placing five of our girls in the Top 8. The following girls qualified to compete at the Champion of Champions.

Year 7: 2nd Kate Pennycuik; 5th Sara Goldfinch; 6th Sarah Peart  
Year 8: 3rd Joy Kang, 7th Deborah So

On the day, Kate placed 4th.

### FLIPPA BALL AND WATER POLO

Flippa ball continues to grow in popularity and the girls who represent the School every weekend demonstrate great commitment and dedication to the sport. This term, we entered two teams in the Year 3/4 league and two teams in the Year 5/6 league. With a mixture of results, each team has experienced wins and plenty of games that have challenged their ability and made them work for their successes.

A new initiative started by water polo NZ gives Year 6 girls the opportunity to experience water polo at Epsom Girls on a Sunday afternoon. The girls start with a training session led by a referee/coach alongside their opposing team and then they play straight afterwards. Our girls are demonstrating strong skills in the pool and this is also reflected in their later flippa ball games.

### COLLEGE SPORT

Year 7/8 Wednesday sports afternoons have continued to run smoothly as our older girls travel to join with the College girls for team sport. All girls that represented Saint Kentigern in a team sport showed great determination and results across the board were pleasing.

Netball: 7A placed second placed in their division and 8B placed first.

Football: The A girls had a successful season with two wins, a draw and two close losses. The girls also attended a Girls' Football Tournament at Madills Farm, which resulted in them taking home the 'Silver plate'.

Hockey: The girls experienced many wins throughout the season.

AIMS: Eight of our Year 7/8 students joined forces with College students to represent Saint Kentigern at AIMS in Tauranga in September. The girls competed in swimming, netball, hockey and football. This was an event they thoroughly enjoyed.

### YEAR 5/6 SPORT EXCHANGES

With the numbers evenly spread across netball and football, we were able to field two ability teams in each sporting code. The girls trained fortnightly on a Tuesday afternoon and played exchanges every other. With a mixture of results, it was evident that the skill level of our girls progressed throughout the season. The girls ended the season with Winter Field Day and while the results were varied, the girls all arrived back that little more experienced after a day of continuous back to back games.

### COACHES

Thank you to Trevor McNicol, Eva McCaulay, Caitlyn Lloyd, Aiden Thornhill and Candace Cassie for supporting our girls throughout the season. The girls are privileged to have the knowledge and support from their coaches.



# Girls' School Cross Country

On a cold, windy day, the Year 4-6 girls joined with the Boys' School to run the cross country on the College campus. The new course laid out in front of Bruce House was a great success as the runners could be seen throughout their race from a vantage point on the hill. Whilst the rain stayed away, the new course delivered a great challenge for our girls with the grass being damp enough to provide some muddy patches. With a few shoes lost in mud, students kept going in their socks! The hilly finish required one last burst of energy from the girls as they crossed the line.

Our Junior girls in Years 0-3 joined the Junior boys at the Boys' School where they ran a circuit that included Roselle House. Many red yet relieved faces crossed the finish line in front of a stadium of paparazzi parents who cheered and clapped as their girls crossed the line!

The Year 7/8 girls ran alongside their fellow College students at the end of Term 2. The College course provided some challenges which tested the girls' endurance. Our girls were well prepared and this was evident in their placings at the top of the field in both the Year 7 and 8 event.

Our top ten girls in each year level went on to compete at the zone competition at Lloyd Elsmore. The girls placed well with an outstanding run from Olivia Moorman, our first Year 8 Saint Kentigern student who placed 4th allowing her to go onto the Interzones. The Year 8 girls placed 3rd in the overall team placing for their event.



## GIRLS' SCHOOL CROSS COUNTRY CHAMPIONS 2013

### YEAR 0

1st	Ella Taylor	Ca
2nd	Grace Bluck	H
3rd	Aanya Abeysekera	Ch

### YEAR 1

1st	Endrica Dhani	Ch
2nd	Janie Colebrook	Ca
3rd	Sienna Haar	W

### YEAR 2

1st	Isabella Hughes	Ch
2nd	Hannah Piper	Ch
3rd	Kate Green	H

### YEAR 3

1st	Mary Stanfield	Ca
2nd	Cassandra Wood	H
3rd	Charlotte Snookes	Ch

### YEAR 4

1st	Laura Lightfoot	H
2nd	Verity Ward	Ch
3rd	Harriet Lightfoot	H

### YEAR 5

1st	Olivia Connolly	W
2nd	India Doo	W
3rd	Xanfira Goulder-Chisholm	H

### YEAR 6

1st	Elizabeth Lightfoot	H
2nd	Terri-Jane Warner	H
3rd	Ava Beca	Ca

### YEAR 7

1st	Olivia Montgomery	Ch
2nd	Georgia Roberts	H
3rd	Sarah Peart	Ch

### YEAR 8

1st	Chelsea Simmons	W
2nd	Olivia Moorman	W
3rd	Evangeline Coman	W

## House Champions 2013

1st	Hamilton
2nd	Chalmers
3rd	Cargill
4th	Wishart