



Palmerston North Boys' High School

Newsletter 2016 - March

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Head Boy, Te Ariki Te Puni and Deputy, Ben Blyde; new staff (left to right): Samantha Ellery, Grace Lockett, Trent McGrath, Erica Adams, Declan Stagg, Anja Hadley-Jones; Crest to Crest running into school through the Year 9s; Matene Ruawai and SBW at Warriors camp; winners of the Super Eight Golf - Campbell McHugh, Greg Shaw, Liam Finlayson, Jamie Connell; *Happy Days* runs from this Thursday to 19 March; Two extremes Toby Molyneux and Callum McRae; First day at school; prefect group for 2016





From the Rector Mr David Bovey

Dear Parents,

Welcome to the first newsletter for 2016. I would like to extend a warm welcome to all 'new' PNBHS parents and to old boys who are now re-joining their school as parents.

Thank you to parents who have supported our intention to maintain high standards of academia, dress and behaviour from the first day of the 2016 school year. It is clear that there is a direct correlation between basic standards being set and adhered to and the extensive list of successes that our young men and old boys achieve.

As a school, our aspiration is to continue to improve, to do and be better than before. It is an oft-heard mantra, and one that is vital if we are to continue to offer the opportunities that we do. In this, the first newsletter of the year, it is worth reiterating our school vision, 'To Develop Educated Men of Outstanding Character' – a goal that each and every one of our young men can aim for. To get there, to travel the road from boyhood to manhood, we need to work as a collective – parents, teachers, young men – in striving to achieve this ideal. The focus on character is not accidental; it is imperative that our young men learn to become good men and that they go out into the world following their time here as good husbands, fathers, role models, employees.

Benjamin Disraeli once said, "Upon the education of the people of this country the fate of this country depends". As it was in 1874 when first heard, so is it relevant today. In a world where the employment landscape is constantly changing, there is one constant – the need for a good education. Our young men need to ensure they attain the very best academic qualifications they can. That the external examinations for seniors are many months away is of no relevance as those months will pass swiftly by, and many young men in Years 11, 12 or 13 will have worked on any number of internal assessments in the interim. Every credit gained, every endorsement earned is crucial.

In this regard, it cannot be emphasised enough how important the right attitude is. A positive approach, a sound work ethic, where determination and resilience are evident, is paramount. After all, "your attitude, not your aptitude, will determine your attitude" said the wonderfully named Zig Ziglar. He also made the pithy observation that "if you aim for nothing, you'll hit it every time". I urge all our young men to set targets and goals for the year, and beyond, and to work hard towards achieving them.

The following section lists the achievements of many of our young men from both the end of last year and early 2016. Scholarship results were disappointing, but a number of students performed with distinction in the NCEA examinations.

The NCEA results are always a point of contention when compared to other results from around the country. There are too many inconsistencies in courses around the country for valid comparisons to be made, other than in the scholarship and University Entrance data. In that regard our young men have achieved solid results. Many who didn't simply did not do themselves justice, often through a lack of motivation or the lack of a clear set of goals.

It is interesting to note that less than 10 years ago the Year 13 cohort was 180. It is now 280 and a number of those young men would have left, as they did in the past, to find employment. Many of those employment opportunities are no longer available; and so some young men are here with little focus. It behoves these young men to ensure that they use their time here wisely.

The new Year 9 cohort have quickly discovered that this is a big school, a school where competition is valued and success must be earned. Competition for places in teams, classes, performing arts and cultural groups is perhaps something they have come across for the first time. Some will be disappointed that they haven't made one of those teams. They must show some resilience and keep trying, rather than hang their head and give up. Despite some in society's efforts to protect young people's self-esteem from words like failure, failing is part of life. Coping with that failure is the key. As Samuel Beckett once said, "Ever tried? Ever failed? No matter. Try again. Fail again. Fail better".

I would like to wish the young men of the school and their families all the very best for a successful 2016.

D M Bovey
Rector

Student Achievement

Academic Achievements

- Ronan Carroll attended a national prize giving ceremony where he was recognised as the top Year 10 student in the country in the ICAS English examination.
- NCEA results for 2015 have been released by NZQA. Year 11 Level 1 pass rate was 83.5% (national = 73.7), our best

result since records began in 2006. 13.8% of Year 11 students passed NCEA Level 2, an improvement on the previous year, and compared to 1.3% nationally; the Year 12 Level 2 results were disappointing, and significantly down on last year – 76.7% (85.3% last year) compared to 77.1% nationally; Year 13 Level 3 results were up from last year – 69.9% (nation-

ally – 63.8%). Students who achieved NCEA Level 3 prior to Year 13 made up 15.1% compared to 0.8% nationally. University Entrance pass rates were significantly ahead of the national average: 59.8% compared to 48.1%.

- Scholarship results: the overall total was 32 schols including three at 'Outstanding' level. 2015 Dux Litterarum Samuel Dobson achieved four scholarship passes, including one Outstanding; 2015 Proxime Accessit Edward Chen (Year 11) achieved three, as did Bogo Lee, Jake Mayston, Reuben Osborne and Hashaam Javed, who achieved an Outstanding pass in Accounting. The third Outstanding pass was from Hayden Washington-Smith in English.
- Palmerston North Boys' High School has developed a positive relationship with Massey University and university papers are taught in a number of subject areas at PNBHS by our staff members. A total of 30 young men enrolled in 109 Massey University papers in 2015, achieving 26 A+, 14 A and 7 A- results. The top performers were Samuel Dobson, with seven A+ grades, which included four stage two papers, Edward Chen who gained four A+ grades (including two stage three papers) and one A, Bogo Lee four A+, two A and an A- grades, and Jake Mayston four A+ grades. Samuel Angel gained three A+ grades and one A and Connor Cleland two A+ and two A grades.
- We would like to extend our thanks to Massey University for their continued support of the Massey/PNBHS partnership.
- Cambridge Examination results: PNBHS offers assessment in IGCSE level subjects through the Cambridge International Examination programme. A number of students chose to extend themselves by completing IGCSE physics, biology, chemistry, combined science and mathematics. There were a total of 60 examination entries with six A*, 15 A and 26 B grade passes across all subjects. The top performing Year 10 students were Milo Costanza-van den Belt, Jarod Govers, Aidan Holroyd, Kaleb Idemaru, Finn Martin, Jack Nesdale, Thomas Lieffering, Alistair Keay-Graham and Aidan Berkahn, while the highest achieving Year 11 students were Victor van Eyk, Jonas Holman, William Hunter, Stanley Jackson, John Robinson and Finlay McRae.

Sporting and Other Achievements

- Cricket – the 1st XI finished third equal in the Super Eight tournament in Gisborne. Finishing second in their pool, the last day was washed out and positions were thus shared.
- Tennis - Kurt Amey, Alex Evans and Caleb Martin have been selected in the Manawatu U14 rep squad, with Josh Sorensen, Alec Pedersen and Caleb Young selected in the U16s.
- Swimming – Xavier Hill gained Manawatu records in the 400m freestyle and 100m butterfly in recent competitions. He was selected for the Central Zonal team that competed at the recent NZ Zonal Championships where he won a number of silver medals.
- Swimming – Chris Arbuthnott recently competed in the Victorian Open Championships where he won bronze medals in the 50m backstroke and the 100m butterfly. Chris is now preparing for Olympic trials for the AWD swim team in April.
- Racquet Sports – Jae Lee, a top ranked player in table tennis at Under 15 level, won the mixed section of the first Rackleton tournament held recently in Palmerston North. In Rackleton, players face off in table tennis, badminton, squash and tennis, going from the smallest to the largest racquet.

- Cycling – Campbell Stewart represented New Zealand at senior level at a World Cup competition event in Hong Kong. He was also nominated in the Emerging Talent Category at the recent Halberg Awards.
- Prefects – the first group of school prefects for 2016 were announced at the first full school assembly. 35 were named to join Te Ariki Te Puni and Ben Blyde: Tim Abbiss, Chris Arbuthnott, George Baldwin, Timothy Cen, Jordan Collins, Joel Fleet-Stephenson, Elliott Gibbons, Zared Griffiths, Malachi Hill, Nathan Hotter, Brayden Iose, William Johanson, Mitchell Kinghorn, George Lynch, David Martin, Duncan McDonald, Campbell McHugh, Taylor Monk, Floyd na Nagara, Whetu na Nagara, Alex Oakden, Aydin Partridge-Long, Baxter Perry, Simon Pritchard, Leighton Ralph, Braden Rowe, Matene Ruawai, Samuel Sartie, Johnny Shannon, Isaiah Smiler, Campbell Stewart, Takarangi Te Putu-Love, Stuart Turrill, Wesley Veikoso and Hunter Werthmuller.
- Cycling – Campbell Stewart has achieved success at the National Track Cycling Championships in Cambridge. He won the U19 3000m Individual Pursuit and the U19 Scratch race, while he won a silver medal in the Time Trial event. He went on to win another gold and silver on the final day of competition and was named U19 Track Cyclist of the Year.
- Sevens Rugby – Matene Ruawai spent a day with the NZ Sevens team prior to the Wellington leg of the World Sevens Series. He trained with the team and was put through his paces by the fitness and conditioning trainer. A memorable day for the young man.
- Cricket – the 1st XI lost to Napier by one wicket in a last-over thriller, and in doing so handed over the Challenge Shield.
- Tennis – the Senior A team defeated Napier 8-1 and the Juniors won 4-2 for an overall 12-3 win.
- Boxing – Jayden Machuca won a silver medal at the national Championships in Invercargill in the U15 U52kg class.
- EOTC – The Year 13 Mountain Trip, the Crest to Crest and the Year 12 OPC Leadership Camp were all .
- Archery – Nicholas Evans won three gold medals at the NZ Archery Championships. Jordan Van Waas won a silver medal in his category. Nicholas was subsequently selected for the NZ Representative Team for the 2016 Trans-Tasman event.
- Triathlon – David Martin and Darren Hirschberg have been selected to compete in the Under 19 event at the Triathlon World Championships in Mexico later in the year. David also won the recent Manawatu Secondary Schools U19 triathlon, with Lane Gordon in second; in the U16 race, Adam Martin was first, with Samuel Phillips second and Luke Scott third.
- Crest to Crest – the annual Crest to Crest challenge was completed successfully, with the previous record time, set in 2007, being beaten by 11 minutes. The Crest comprises off a journey from Mt Ruapehu to School, running, mountain biking, road cycling and canoeing.
- Sevens Rugby – the annual PNBHS Sir Gordon Tietjens 7s tournament was held once again at the Massey University Sport and Rugby Institute. The school's Senior A team finished third, while the U15 teams finished third and fourth respectively.
- Athletics – the 10,000 metres event was won by Adam Fairclough, from Benjamin Wall and Finn Stewart-Withers.



From the Deputy Rector

2015 Academic Results (NCEA)

In the Rector's introduction to the newsletter you will have read a summary of our 2015 academic results. Our Heads of Departments are currently undertaking a review process, analysing these results and identifying areas in which student achievement was particularly pleasing, and strategies to lift student achievement in those where weaknesses are highlighted. These reports are presented to the Rector and Board of Trustees, and help to ensure that our internal review processes are rigorous and that identified areas for development are acted upon promptly. As always, raising student achievement remains our primary focus. Pleasingly, our results at NCEA Level 1 and Level 3 are the highest that they have ever been.

Academic Achievement

Achievement, in any field, does not happen by accident and a planned approach is essential. The introduction of NCEA with its internal assessment component has significantly altered the workload for students; academic achievement requires a consistent effort throughout the year. Most senior students study six subjects and in many of these there will be three internal assessments to be completed during the year. Consequently, most young men will complete a workload comprising 18 internal assessments. For students in fully internally assessed subjects, such as technology, physical education or visual arts, this figure is much higher. Your son has been issued with a homework diary and a wall planner to assist with his organisation. Fortnightly communication detailing upcoming internal assessment information is emailed and the NCEA assessment schedule calendar can be accessed via Stratus (under the Academic tab – click on Assessment). I encourage you to work with your son and to help him establish good organisational habits so that he has every opportunity to achieve the best possible assessment grades that he can.

University Entrance

We are cognisant that university is not the intended post school destination for all young men. However, gaining the University Entrance qualification does mean that your son will have a greater range of options available to him, and having a higher level of qualification may well make a significant difference in gaining entry to an increasingly competitive workplace environment. The University Entrance criteria require students to achieve NCEA Level 3, including gaining 14 credits in each of three approved subjects, and meet specific Level 1 numeracy and Level 2 literacy requirements. It is vital that your son is aware of these requirements so that he can leave himself as many options as possible for the future. The University Entrance criteria be found at www.nzqa.govt.nz/qualifications-standards/awards/university-entrance/.

It is also worth stressing that meeting NCEA University Entrance criteria is a minimum qualification. Entrance into a growing number of university courses, and programmes offered by other tertiary providers, has become more competitive, and in some subject areas this means only a certain number of enrolments can be accepted. Consequently, those students with the best grades, over and above University Entrance, receive priority. For this reason it is essential that young men aim to gain as many credits as they can at the highest level, i.e. Merit and Excellence, in order to give themselves the best opportunity to gain access to the course of their choice. Students in Year 12 must be aware that acceptance into some tertiary courses, applications for scholarships and for entry into university Halls of Residence are completed when only their Level 2 assessment results are available. The message is simple: it is too late to leave preparation for tertiary study until Year 13.

Parental Support for Education

Your interest in your son's education sends a very clear message to him about what you value as important. In her 2013 book 'The Smartest Kids in the World and How They Got That Way', Amanda Ripley provides a salient summary of international research about the impact of parental involvement in education, based on the results of the international PISA test.

- Children who were read to regularly when they were younger performed much better in reading at age 15 compared to those who had not been regularly read to in their younger years – in New Zealand, students whose parents had read to them regularly performed almost a year and a half on average ahead of those whose parents had not.

- Parents who discussed books, current affairs, documentaries and movies with their children had teenagers who were better at reading.

- 15 year-olds whose parents discussed complicated social issues with them scored higher on PISA tests and reported enjoying reading more.

- Having high expectations of children – that they will give their best effort at all times and pushing them to try harder – was also linked to high levels of achievement.

- If parents read for pleasure at home, their children are more likely to enjoy reading. Ripley concludes her discussion on parental impacts on learning with this advice (p.112): "...just asking children about their school days and showing genuine interest in what they are learning could have the same effect on PISA scores as hours of private tutoring. Asking serious questions about a child's book had more value than congratulating the child for finishing it."

Celia Lashlie

In 2015 we mourned the passing of Celia Lashlie, an outspoken supporter of young men and boys' schools in New Zealand. Celia is perhaps best known for the 'Good Man Project', and resulting publication 'He'll Be OK: Growing Gorgeous Boys into Good Men', which was first published in 2005. Celia's work, and the anecdotes and advice given in this book, remain as relevant today as they were when it was released.

An updated edition has now been published, and is available from booksellers throughout New Zealand and a variety of online outlets. Celia's work is highly recommended for the parents of all young men. The passage below is from the Celia Lashlie Foundation website.

"How do you raise boys to become good men in a world where trouble beckons at every turn? How do you make sure they learn the 'right' lessons, stay out of danger, to find a path to follow? How do you ensure they'll be OK? The new edition of Celia's honest, no-nonsense book includes a foreword by Michael Thompson PhD, an American clinical psychologist and co-author of the best-selling *Raising Cain: Protecting the Emotional Life of Boys*, an introduction by Celia's own gorgeous boy, Gene Hyde, and a selection of summarised letters from parents for which Celia's answers represent many of the concerns she dealt with during her years as a speaker and author."

Literacy

The advent of NCEA and standards-based assessment has significantly increased the importance of acquiring good literacy skills if students are to achieve academic success. Being able to accurately interpret assessment instructions and examination questions, and write detailed answers specifically tailored to the question asked, are essential skills. Assessment in subject areas where the literacy requirements were traditionally less demanding, such as Mathematics and the Sciences, has changed to more and more resemble the type of assessment customarily encountered in English and the Social Sciences. This means that the development of student expertise in terms of literacy is essential.

The acquisition of these skills for young men at Palmerston North Boys' High School is supported by a number of school wide initiatives. The most important and most visible of these initiatives is our SSR (Sustained Silent Reading) programme. For 15 minutes each day at the beginning of period five all students and teachers read an extended text – either fiction or non-fiction - of their choosing. An extended text is defined as a book or novel that is read over a prolonged period of time and excludes magazines, newspapers and comic books as well as

non-fiction manuals such as the road code. There is a large body of research internationally that links academic progress and academic success to reading 'mileage' – the total amount of time spent reading – and that high achieving students read for 65 minutes daily, while low achieving students read for only one minute. SSR audits are carried out several times a year to check that students have an appropriate book. These audits also gather information for the school library so we can ensure the most popular books are available for our young men.

Parental support of the SSR programme will help your son to take the maximum benefit from it. Encouraging your son to spend additional time reading, especially on days when he has less homework, and role modelling good reading habits, are powerful ways you can assist your son to build his vocabulary and literacy skills. Asking your son questions about the book he is reading - Who are the main characters? What happened in the pages you read today? Why are you enjoying the particular book? Who is your favourite author, and why? – is another simple, but effective, way you can support him. The aforementioned PISA testing and survey results highlight the effectiveness of such strategies. Suggested reading lists can be found under the Library tab on Stratus (stratus.pnbhs.school.nz) and may assist students who are struggling to find a suitable book. The librarians are also available (before school, morning interval, lunch time and after school) to assist young men to find a suitable book for SSR.

Other initiatives include weekly book reviews at assembly, where young men and staff members briefly review a book they have recently read to raise awareness of different authors and genre of texts, which are then made available via the school library. Subject departments have created vocabulary lists of terms specific to, and important for, their subject. This helps ensure students develop the appropriate vocabulary for academic achievement, and also helps to develop each young man's overall vocabulary. We have a regular 'Word of the Week' which is promoted during Form Time and the Rector uses it at some stage during assembly on Friday. The first young man to raise his hand when the word is used is rewarded with a canteen voucher. As parents you can support this initiative by regularly asking your son about the word of the week, what it means and for an example of how it could be used in a sentence.

Writing is a core component of literacy and an essential skill for academic success. Students are taught a common structure for writing paragraph answers: Point, Example, Comment (PEC). In this format the first sentence of the paragraph outlines the main point of the paragraph, the next sentences provide some examples or specific information to support the main point or theme of the paragraph, and the final sentences of the paragraph link the examples to overall question that is being answered. This simple structure assists young men to better organise the content of their an-

swers, and consequently improve the quality of their writing.

Regular vocabulary testing is undertaken to monitor the effectiveness of the SSR programme and associated literacy strategies. The results of this testing are reported to parents, and this information, alongside specific NCEA literacy data and overall NCEA results, continue to provide a strong endorsement of our literacy initiatives. Should you have any questions about the schools literacy initiatives, please contact Mrs Kathryn Rankin.

Year 9 Reading Challenge

The Year 9 Reading Challenge is an initiative to encourage young men to read and rewards them once they reach milestones in terms of the number of books completed. Once young men have logged 15 books the Bronze Challenge will be marked as complete. They can carry on and add more books to finish the Silver (30 books) part of the Challenge, and then the Gold (60 books).

Students who have logged 15 books (Bronze) will receive a certificate at assembly and a morning tea shout from the Rector. Students who meet the Silver and Gold criteria will receive additional certificates and morning tea shouts from the Rector. Students can check in with the library staff before school, at interval, lunchtime or afterschool, or with Dr O'Connor or Mrs Rankin from the English department on Monday mornings during Form Time.



Sports Talk with Peter Finch

It is with both excitement and some trepidation that I welcome over 1800 boys and their families to PNBHS for the 2016 sporting season. The excitement of having so many new young aspiring athletes is only slightly reduced by the challenge of providing appropriate sporting challenges to such a large group and attempting to meet their expectations.

Many of our teams are well into their domestic and Super Eight competitions and we have typically started very well. A good summer has meant a lot of cricket has been played since our school break up and several interschool fixtures have already come and gone. Our Golfers, Volleyballers and Tennis players are presently all faring very well in their respective Super Eight competitions throughout the country. The athletics preliminaries have given all boys the opportunity and experience of competing against the best. For some, the scale is rather daunting and being amongst a hundred or more boys in an age group heat for an event is something new.

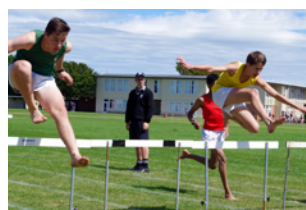
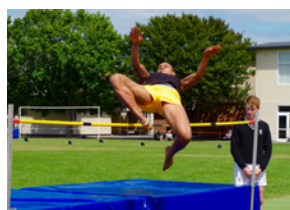
Athlete breakfasts will start Monday 7th of March in the Old Gym, so if you are training before school and may not be able to eat before school starts please call in between 8 am and 8.30 am for some cereal, milk and

canned fruit. This is also replicated at the pool on Wednesday mornings.

TBI Health is continuing in their support of staff and students from Palmy Boys' for physiotherapy needs. They are located within two mins walk of our front gate and offer 50% off services to us. This means our elite athletes can get in, get diagnosed and be treated a lot quicker. The school attempts to provide all athletes with the conditioning appropriate for the various codes, but if working in a smaller group with specialised staff would assist, please contact staff at Studio Rubix for nutritional and training advice and clinics

Trials for winter codes will commence in Week 6, so be sure to read school notices and attend meetings as instructed. We do all we can to ensure every boy is put into the most appropriate team and grade. We will miss some, and therefore would encourage those boys to honour our initial decision and show through performance that another team and/or grade is more suitable.

To all boys and families, please understand a commitment to a team is a commitment for the season. I wish all an enjoyable end to Term 1 and good luck for what you choose to do for the winter terms.



Science Dept News

The Science team at PNBHS welcome all new and returning students to another year at PNBHS, which is already promising to be a busy year filled with many educational activities. At PNBHS we aim to provide your son with an interesting, hands-on approach to Science and with our twenty experienced staff with expert knowledge, we hope to deliver what we believe is a true reflection of what the New Zealand curriculum sets out to achieve.



Our Level 1 Science results showed a 76% pass rate in the external examinations, which when compared with the National pass rate (75%) suggests we are pretty much on par with other schools nationally. Scholarship results were pleasing this year as well. Six scholarships were attained in Physics, two in Biology and five in Chemistry. Our IGCSE Ordinary Level (Cambridge 'O' Level) results were commendable too – for Combined Science, we got seven A's and one A* (above 95%); for Physics, three A's and three A*, for Biology, one A; and for Chemistry, one A and two A*s.

This year we have four classes at Year 9 doing the Enrichment course and three Learning Assistance classes. At Year 10, there are two Accelerated classes, two Enriched classes and again, three Learning Assistance classes. Our aim is to provide a wholesome learning environment for all our students irrespective of their ability.



I would strongly encourage those students in the Year 10 Accelerated classes to put in place a goal now that they will complete the accelerated programme and sit both NCEA Level 1 Science and the IGCSE Combined Science paper at the end of the year. Registration for this paper does cost close to \$100, but it is a worthwhile examination to do. It is an internationally-recognised programme

and it gives our young men a good grounding in General Science. It is also marks-based, which the students find a lot easier to do with maximum returns in good grades. Of course, students must work hard during the two year programme to see the fruits of their efforts.

At Level 1, there are nine General Science classes and three Alternate Science classes. This year, we have introduced a Level 2 General Science course for students who want to take Science further than Level 1. Students taking this course cannot carry on to do a Level 3 Science course as the standards at Level 3 do not follow on from Level 2. Nevertheless, this Level 2 course will be a good stepping stone for those students who need a Level 2 qualification in the Sciences for specific tertiary courses.



Looking ahead, we are hosting the **National Science Roadshow** again this year on the 15th and 16th of March. This show is part of the Junior Science programme and is always well received by our young men. The show provides interesting interactive activities, which sometimes, are beyond the scope of the school's budget and resources. Cost to this show is a mere \$7 per student – good value for

money in terms of vast amount of learning that will go on.

The **International Competitions and Assessments for Schools (ICAS)** competition will be held on the 31st of May this year and registration for this will be announced via the daily notices. This competition is open to all year levels and students can register online on Stratus. Later on in the year, the Otago Science competition will be calling for interested competitors. This competition is only open to the senior students and has monetary rewards for good results.



In June this year, there will be a **Careers** week, which will focus on the Science-related vocations that are available to our young men when they leave secondary school. The Careers Advisor has an open-door policy and is happy to talk to your son about his future decisions regarding his careers after school. Students will be notified of when this will be happening, so watch this space!

The **Otago Science Competition** will be run in June this year for all students - Years 11 and above. Entry into this will be by registration and again, students will be notified prior.

Puhoro Massey Maori Science Academy - A three year pilot programme has been launched by Massey University to increase the number of Maori students staying involved in Science. PNBHS, along with other local schools, will be a part of the pilot programme where 16 students will be monitored and tracked during years 11-13. The programme involves fortnightly tutorials and quarterly field trips to Scientific Labs around the region and to science laboratories at Massey University. The support is aimed at not only helping students achieve well in NCEA Science but also Mathematics. The programme was launched on January 29, 2016. We urge and encourage the whanau of the selected students to be actively involved with their son's progress throughout their time at Puhoro.

I would like to wish all our young men a great year ahead and thank our Science teachers in advance, for the time and effort they put into teaching our young men to strive for excellence always.

*Geedha Reid
HOD Science*

Library News

We welcome the Year 9 students to the Library, which is open before school from 8:10am, throughout Interval and Lunch and after school as well. Students are able to stay comfortably here until 4:30pm every day. Students were able to issue books from the first day of school and some leapt at this opportunity to read something new after the long holidays!

We have 25 computers freely available for research, homework, printing and current affairs. There is a colour printer for printing assignments at 30c per coloured page. The black and white pages cost only 7c per page unless you print back-to-back, in which case they drop to 4c per page. Each student is given \$7.00 credit at the beginning of every term for school-related printing and photocopying.

We have a web-based library catalogue. Students and teachers can have a look at our great range of books, magazines and DVDs from the comfort of their home. From the school Stratus page, select the Library tab at the top. No password is necessary if you login as a guest. Boys can reserve books using their school ID number if they login with this and no password.



We encourage all parents to take an interest in the books, which their sons are reading during SSR. SSR is the Sustained Silent Reading period of 15 minutes straight after lunch. This is a time of silence throughout the school, when students can lose themselves in fantasy adventures or the exploits of their sports heroes.

Boys actually enjoy discussing what they've read and many of them are reading widely. Lee Child, John Flanagan, Robert Muchamore and Rick Riordan were our most popular authors for 2015!

Mrs V Langley

Leadership Programme - February 2016

"You cannot get away from it. The secret to success lies very simply in hard work."

The secret to success at PNBHS in 2016 in the words of a former Head Boy who visited recently.

The year has commenced with a roar. What is evident after a decade at PNBHS is that students are now in the game of having to take more responsibility for themselves, their actions and their future if they are to succeed here and in life. The one thing they cannot buy in the device enabled world is time and right now there is no time to pause. Everyone is committed and everyone must do their bit to get ahead. Now is the time to build the habits of a lifetime, through good old-fashioned hard work.



We have 37 Prefects leading the school in a diverse range of areas, led by Te Ariki Te Puni and Ben Blyde, and we have many more senior mentors leading without a badge

in what appears to be one of the strongest year groups of leaders the school has seen for some time. We have even more seniors stepping up to the plate and striving to lead through great role modelling. Year 11-13 students have the opportunity to get involved in the Barrowclough Programme – to set goals and seek to fulfil their promise across a range of areas where they can reap great rewards as they leave school. Key messages this year will revolve around using time wisely in an overcomplicated and time-scarce environment. The need to "Be Uncommon,

Pursue Excellence, Destroy Mediocrity and Be an Outlier" will be highlighted in all character education settings. The Rector has spoken to our young men of the need to work hard and build good future habits.

Elsewhere in character education, 60 young Year 12 men completed a week in good character building weather at the Hillary Outdoor Education Centre Leadership Challenge in National Park and they will be



expected to step up in 2016-17. Another group of Year 13 students have returned from an outstanding growth week in National Park and Waiouru: the attitude and efforts of these young men would suggest the school will be well led, well role-modelled and well mentored in 2016.

The day in Waiouru saw many tired limbs and the challenge to give it 100% was accepted and the rewards were clear to observe.



The first leadership presentations and seminars across all year groups developing the character of our young men have commenced with central presentations to Year 9 and 10. The Barrowclough Leadership series for Year 11 and 12 commences shortly. Leadership 101 has commenced for Year 13 students.

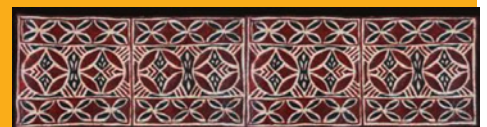
The leadership journey continues, aiming to develop the character of your young men. There have been a number of enquiries about what we do and how we do it so if you have any questions or wish to offer any feedback or assistance please contact me by email kingp@pnbhs.school.nz. You can find out more about the school Leadership Programme at <http://www.pnbhs.school.nz/at-palmy-boys/leadership/pnbhs-leadership-programme/> and the Barrowclough Programme at <http://www.pnbhs.school.nz/at-palmy-boys/leadership/barrowclough-programme/>

Paul King

Leadership Director



Maori & Pasifika News



Tēnā koutou katoa, Kia orana, Fakaalofa, Iahi atu, Mālō e lelei, Tālofa lava. Talofa ni.

We hope your son has settled back into organised routine; it is vital that he has a consistent and regular time set aside to complete homework. Take time to find out what topics and assessments he is working on. If you do have any concerns please contact his subject teachers in the first instance.

Ngā Manu Kōrero Speech Competition – Workshop

Congratulations to the following boys who were selected to take part in this year's PNBHS competition. The workshop was held at Te Hotu Manawa Marae and involved our boys getting tips from our head boy - Te Ariki Te Puni. They also heard from Marjorie Lipsham who has judged at our regional speech competitions, to get a better understanding of the marking criteria.

Kodie Albert-Papuni, Zirae Hyde, Wiremu Kawana- Rogers, Finn Martin, Xzavia Mason, Finlay McRae, Tamati Ruawai, Isaiah Smiler, Zody Takurua and Kaea Taylor

WAP hui ā Kura

This term we have had the WAP team from Auckland University visit and speak to our rangatahi who may be interested in a career in health and are ideally taking Applied Sciences, (Biology, Chemistry, Physics), Maths and English. These presentations were very student-centred and focussed on academic pathways to a career in health.

PNBHS Whānau Hui/Fono Meeting

Date: Tuesday 22 March Time: 6.00 p.m Venue: Speirs Centre

We have a number of staff who provide support for our Māori and Pasifika students to ensure they are well supported across all academic, sporting and cultural activities they become involved in. This is an opportunity for you to meet staff who are here to tautoko your son. Please confirm your attendance for catering purposes by email or text kendalj@pnbhs.school.nz 022 0907858

Race Unity Speech Competition 2016



Stand Up for Race Unity – don't be a bystander!

Tū mai, tautokona te kotahitanga o ngā iwi – kua e tū atu!

This year, Te Ariki Te Puni will be representing Palmerston North Boys' High School

Date: Wednesday 23 March

Time: 4.00 p.m

Venue: DHQ Police Station, Cuba Street

Māori & Pasifika Achievement

The following websites provide good examples of best practice and the types of initiatives that are now happening in secondary school education. As we look to continually improve outcomes for our Māori and Pasifika students, we would encourage you to take some time to read and listen to the material presented.

<http://elearning.tki.org.nz/Leadership/Maori-achieving-success-as-Maori>

<http://pasifika.tki.org.nz/Effective-teaching>

PASIFIKA NIUS

Malo e lelei, Talofa lava, Bula Vinaka, Kia orana, Taloha Ni, Fakalofa lahi atu & Warm Pasifika Greetings.

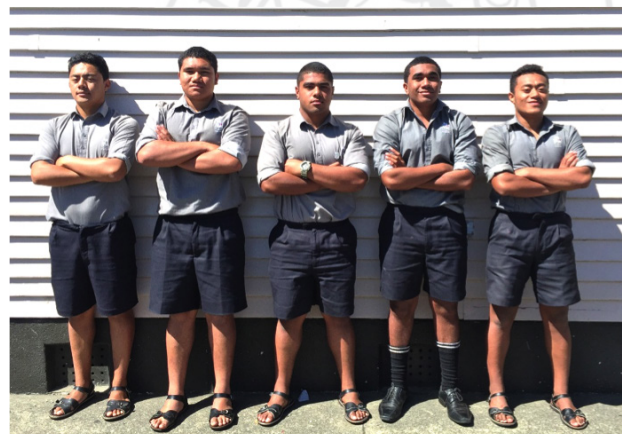
Hope that you all have had a restful break with family and loved ones. 2016 brings new goals, opportunities and events for our Pasifika students.

PASIFIKA FUSION SIGNUPS

Last Thursday morning, we had our first meeting with all students who wanted to participate in this year Pasifika Fusion Festival in Term 2. A lot of planning and organisation is involved for this festival as there are cultural performance and academic categories your son can enter.

Our biggest category so far is the cultural performance which had a total of 50 plus students wanting to join. This is very exciting and our leaders are keen to get started as soon as possible with practices.

Other categories entered include Drama performance, essay writing, poetry, science projects and more.



Our senior student leaders for our Pasifika Club are, Melo Tuimana, Michael Ioane, Wesley Veikoso, Etuate Veigo and Sila Sinamoni.

Year 9 visual arts students are currently working on Tapa/ Hiapo/ Siapo designs. Here are some of the awesome designs expressing our Pasifika cultures in the arts by Makaloni Taukolo (9MF) and Omar Hamouda (9MQ).



Senia Eastmure
Pasifika Support Teacher



Manawatu Top Art Exhibition

Five art students from Palmerston North Boys' High School have had their work selected to feature in the annual regional secondary school Top Art Exhibition held at Te Manawa Art Gallery. The Top Art Exhibition is an annual exhibition featuring a selection of the NCEA Level 3 Art portfolios from around the greater Manawatu region that achieved Excellence in Visual Art in the previous year.

The exhibition was set up a number of years ago to celebrate the dedication, commitment and creative excellence of art students from the area.

Students from Palmerston North Boys' High School who feature in this year's exhibition for Painting include Matt Bond and Travis Willacy. For Design, Jason Gardner and for Photography, Manuka Gotty and Mason Hughes.

You are encouraged to view the exhibition at Te Manawa Art Gallery from March 11 – April 3.

Year 13 Mountain Trip, including the Waiouru Experience

Report from Nathan Hotter

Our pilgrimage began on Monday (15th February) with a drive to the Tongariro National Park. At this point we did not know our true purpose. We packed up and got into the buses far too early in the morning. The drive awaited. A stop in Taihape stretched our legs and gave Macdonalds an opportunity to make enough money for the next two weeks from 170 ravenous men.

On arrival at the Top of the Bruce on the Whakapapa side of Mt Ruapehu, we explored our surroundings. Our cabin was situated in the thin air on the slopes of Mt Ruapehu. Sharp, rough, grey rocks spiked out of the ground in every direction. Throughout the trip we experienced frequent whiteouts. Cloud drifted in and obscured our vision with a white blanket.

In the afternoon we drove down to Lake Rotopounamu where a brief walk around the lake showed us some fabulous bush. This culminated



ed in a swim. The bottom of the lake felt like you were standing in cow patties. The mud and rotting reeds clung to your feet. Yet, the swim was still refreshing.

On Tuesday our agenda consisted of the Tongariro Crossing (some lodges climbed to the



summit of Mt Ruapehu and some walked the Waihohonu Track out to the Desert Road). The Tongariro crossing was fascinating, black cliffs rose from the Earth, casting shadows into the valley. Ngauruhoe ominously loomed over the walk the entire time. A dark god judging us with every step. Sitting menacingly on the

defaulters list.

At the end of the valley we began ascending the Devil's Staircase. "Up, up, up, up the stairs we go." By the end of the climb the lactic acid build up in our legs was a painful reminder of how far we had come to ascend Tongariro. By now the vegetation had largely vanished and the black basalt stood rigid and strong.

Next we descended onto a flat plain. Tussock grass grew sparsely upon the red rock. The landscape was very Martian. Tongariro's peak ascended on the other side. Red landslides ran down its slopes. On the ridge towers of rock balanced precariously, looking like sentinels standing an eternal guard.

Eventually we reached the red crater. We saw how it was aptly named. Jutting out prominently was a black cliff followed by a red cliff then a light grey, like dominoes. This was a striking image, the contrast between each definitive colour was stunning. As we descended we came upon the emerald lakes. Small expanses of green, surrounded by steam vents and sulphur on the mountainside. We stopped briefly before descending further, and in a valley to the right was a red stream running down to a larger lake, emerald in the deep and dark blue in the shallows. Descending we entered an enormous crater with a black basalt cap in the centre from the last large eruption. The moonscape was upon us. Finally we reached the other side to see the Blue Lake. The long descent began through tussock and forest



till we finally got to the car park. Surprise, surprise the sun finally came out. Everyone's sun block had worn off and as we waited for the buses some of us got sunburnt.

Arriving back at base the mission for the cocoa powder began in our lodge. The purpose, to make chocolate muffins for the night.

On Wednesday we went to the Waiouru Army Camp. This was mostly occupied by painful exercise with no apparent purpose. However the distance estimation group activity was fun. Seeing and knowing are two different things. Distances are not always what they appear. The day ended with the obstacle course and mud run. This was enjoyable, sloshing through the



mud in trenches and under barbed wire. With the exhaustion came the reality that climbing over a shoulder height wall was now difficult. This all ended with the most brilliant shower ever in the Fire Station's decontamination Unit. A few jets sprayed cold water from every direction. Walking through almost immediately removed all the mud and grime. Inside the air was filled with mist and water and it was impossible to breathe, in addition you could see nothing.

On Thursday the weather was horrible, torrential rain and wind which made venturing outdoors unsafe. So we stayed at camp in our lodges and rested our tired bodies. The day



was primarily spent playing card games and socialising with other students and staff. Many games of Mafia were played and included a school shooting with gruesome deaths!

On Friday we cleaned up the lodges and began our drive back home to end our camp. And yay we were back at school where Mr Bovey, fellow students and staff awaited us, and we had the weekend to look forward to in our own beds!



Various Sporting and Cultural Reports

PNBHS Sir Gordon Tietjens Tournament 2016

The 3rd Annual PNBHS Sir Gordon Tietjens 7's Rugby Tournament took place on Friday 26 and Saturday 27 February at the Sport and Rugby Institute, Massey University. The tour-



nament opened with an official powhiri for all visiting teams. We were very fortunate to have Andrea Tamatea and whānau in attendance as we formally blessed the two new Dawson Tamatea trophies which were awarded to the best player in the Open Boys and Girls divisions.

Teams were drawn from around the country with Westlake Boys' High School, St Paul's Collegiate, St Bede's and Tauranga Boys' College entering teams for the first time. Congratulations to Brayden Iose who was selected in the Open Boys PNBHS Sir Gordon Tietjens

Tournament team for 2016. PNBHS finished 3rd overall. After a patchy start to the tournament they managed to qualify 8th to narrowly make the quarter finals.

This placed the team against the tournament favourites FAHS who had gone through pool play untroubled. However, in a hard fought and tightly contested match, PNBHS showed resilience and determination to upset the top seeds and knock them out of the Championship playoffs 15-12' which relegated them to a 5th place finish. Tauranga Boys' College won the Open Boys' division and St Mary's won the Open Girls' title.

PNBHS Sir Gordon Tietjens Open Boys' Team



Toka Rei Apou
Taine Craig-Ranga
Flynn Kelly
Masese Dawai

Manukura
Tauranga Boys' College
Tauranga Boys' College
Feilding High School

John Lomu
Vilimoni Koroi
Brayden Iose
Al Momoisea
Della Neli
Jacob Katipa
Ariki Hood-Kaitapu
Reuben Cotter

Feilding High School
Feilding High School
PNBHS
Napier BHS
St Paul's Collegiate
Westlake BHS
Westlake BHS
St Bede's College

PNBHS Sir Gordon Tietjens U15 Team



Tyrese Ratahi
Brooklyn Herewini
Tom Finlay
Josh Maoate
Carson Hepi
William Treder
Damien Henare
Ilisoni Vonomatairatu
William Mitford
Taratu Mankelow
Jack Robertson
Dylan Chesney

Manukura
Manukura
PNBHS
PNBHS
PNBHS
PNBHS
Hato Paora
Tu Toa
Tu Toa
Tauranga Boys' College
WestlakeBHS
Westlake BHS

School Golf Championship Manawatu Golf Club 22 February

The annual PNBHS School Golf Championship was played again at Manawatu Golf Club.

There were 15 entries on a very hot and sunny Monday afternoon. In the gross competition Liam Finlayson and Greg Shaw were close for most of the round with Liam holding a one shot lead going into the last hole. Greg Shaw managed a birdie with a 20 foot putt and Liam could only make bogey. Greg won with a 69, Liam a very close 2nd with a 70. The roles reversed from 2015 where Liam won on the 1st play off hole. In the net competition Scott Eru was the runaway winner with a net 65. The stableford competition was won by Bradley McSherry with 38 stableford points. Mention must be made of Mitchell Hughes, Campbell McHugh, Jackson Woodcock who all played to their handicap.



The final round was going to show the team which handles pressure the best. Campbell McHugh who had previously been struggling with form, burned the course up, three under after seven holes and still one under after 16. Unfortunately, a double bogey and bogey on the 17th and 18th holes ruined what may have been a very special round. Campbell finishing with 74, Liam, Jamie and Greg were consistent as always with 74, 78 and 78 respectively.

The A team won Super Eight by a convincing 12 shots over Napier Boys' High School. Liam Finlayson won the best gross by one shot with 7 over after three rounds. This is the 2nd time that the golf team has won Super Eight in the past three years.

B Division

The B division is a stableford competition, and we have never really featured in the placings for this. Unfortunately, 2016 would prove to be the same.

After the first round we were well off the pace, Steven Bamford the best round with an 86 (32 stableford points) and Ethan Dodds with a 91 (28 points) was the next best. The second round was not much better Steven 86 (31 points) the only score of note. Many of the boys decided that in the 3rd round they would manage the course better, with all of the team having their best rounds. Steven had an impressive 80 (38 points), Mitchell Hughes 89 (30 points), Kaleb Idemaru 89 (31 points) and Ethan Dodds 89 (30 points).

The B team gaining a respectable 5th place. Many will need to hone their games for 2017 as there will be three positions free in the A team.



Super Eight Golf A Division

Super Eight Golf this year was hosted by New Plymouth Boys' High School at New Plymouth Golf Course.

The first round on Monday morning greeted the teams with rain and slowly lifted throughout the morning. Liam Finalyson had the low round of the morning with an even par 72, Greg Shaw and Jamie Connell with a 76 and 77 respectively. After the first round we sat in 2nd place, 1 shot behind Napier. There were 5 teams within 6 shots. The 2nd round was steady as it goes, Liam 77, Greg 73 and Jamie 76 were the counting scores. After the first day we were in 2nd place, a daunting 4 shots behind New Plymouth Boys' who had the lowest combined round of the tournament.



Super Eight Cricket Tournament

25 – 29 February - Gisborne

Day 1

Captain Whetu na Nagara lost the toss and we were asked to field on a scorching Gisborne morning at the Harry Barker Reserve.

Reuben Harris ensured it was a fantastic start for PNBHS as he broke the off stump with his first ball. Some inconsistent bowling followed, allowing Gisborne to race to 30 for 1 off of 6 overs. The introduction of James Stratton had a telling effect as the school clawed back the run rate and he was rewarded with a valuable wicket. The advent of the spinners seemed to baffle the opposition as Ben O'Connor and Braden Rowe produced suffocating spells of bowling which not only stifled the scoring but resulted in regular wickets. Gisborne finished with a paltry 100 all out from 35.4 overs. Braden Rowe – 10 overs, 4 for 21, Ben O'Connor – 10 Overs, 3 for 21.

The run chase started with an early wicket, but PNBHS kept the scoreboard ticking with some positive stroke-making and good running between the wickets. A vital third wicket partnership between Tom Tremain (45 from 30 balls) and Whetu Na Nagara set up a comfortable victory. Tom was particularly brutal on the opposition's bowlers. Despite the loss of 4 wickets, the first XI reached the 101 required in 13.4 overs, making for an early close of play.

Gisborne Boys' High – 100 All out (Ben O'Connor – 3 for 21; Braden Rowe – 4 for 21)

PNBHS – 101 for 4 from 13.4 overs. (Tom Tremain – 45)

Day 2

After winning the toss, captain Whetu na Nagara chose to bat on a grassy, but hard wicket. The openers made a positive start, putting on 35 in 5 overs. The introduction of spin from both ends halted the cascade of runs and yielded three quick wickets (including Charles Parker for 32) and necessitated a rebuilding phase in the batting. Whetu Na Nagara and Trey Bidois steadied the ship and after a period of consolidation, were able to accelerate again. Their partnership for the fifth wicket comprised 79 runs, with Trey contributing 40. Whetu was joined by an aggressive James Stratton who allowed the team to gain momentum go-

ing into the final overs. Unfortunately, after their demise (Whetu for a well-constructed 55), the lower order lost regular wickets in attempting to finish with a flourish, resulting in a creditable 221; a.o in 47.3 overs.

Stratton carried his aggressive approach through to his bowling and put the opposition batsmen under pressure in a hostile spell. He managed to snare an early wicket and this was soon followed by another from Floyd na Nagara. Hastings Number 3 and captain, then proceeded to put the field under pressure with some classy strokeplay and they progressed to 142 for 2 in the 27th over. Captain Whetu cannily introduced a bowling partnership of Braden Rowe and Bryn Wilson, which immediately bore fruit and put Hastings on the back foot. A steady procession of wickets followed as the First XI mopped up the rest of the batting to dismiss the opposition for 162 in 38.4 overs. Bryn took 3 for 24 and Braden continued his exploits, taking 4 for 20.

PNBHS – 221 All out (Charles Parker – 32; Trey Bidois – 40; Whetu na Nagara – 55)

Hastings Boys' High – 161 All out (Bryn Wilson – 3 for 24; Braden Rowe – 4 for 20)

Day 3

After inserting the opposition, PNBHS were soon under pressure as New Plymouth came out with all guns blazing. They continued in this vein throughout and amassed a daunting total of 316 for 8. The only bowler who was able to contain the batsmen was Floyd na Nagara who managed 2 for 33 off of 9 overs of accurate bowling.

After lunch, the First XI set about the run chase. We immediately put ourselves under further pressure by losing two early wickets. Whetu na Nagara (50) and Tom Tremain (69) set about restoring the innings with a 93 run third wicket stand at better than a run a ball. Unfortunately, once this partnership was broken, regular wickets fell as the scoreboard pressure mounted preying on the inexperience of the lower middle order. The team ended up being bowled out for 209.

New Plymouth Boys' High - 316 for 8. (Jack Harris - 2 for 56; Floyd na Nagara - 2 for 33)

PNBHS - 209 all out. (Whetu na Nagara - 50; Tom Tremain - 69)

Day 4 was scheduled to be a playoff for 3rd and 4th place against Tauranga Boys' High but was rained off, meaning PNBHS ended the tournament in joint 3rd place.

OK Chorale Workshop

On February 26, the twenty-eight members of the OK Chorale squad gathered for workshops presented by nationally noted choir director and mentor Rowan Johnston. Rowan is currently completing his Masters in Choral Conducting at Auckland University and directs Westlake's Choral choir, which is frequently NZ's top secondary school choir.

Rowan worked with the group to develop their vocal technique and understand how to get the maximum sound and tone for their instrument. Rowan is a great communicator and the boys responded well, despite limited experience from many in the squad. By lunchtime the group had developed a well-rounded sound.

In the business part of the day, each section of the choir was "voice matched" to establish the final make-up of this year's OK Chorale, meaning that at least twelve would be cut. This was very stressful and challenging, as the squad was very even and a number of combinations were possible.

The final group of fifteen has potential to be a classy ensemble, but individual members will have to work hard to retain their places. There are ready replacements should they take their inclusion lightly. The day concluded with a brief concert to friends and family. The first public performance for the 2016 OK Chorale will be at the Central Districts Field days, where they will support Stageband in their annual appearance at this event. This is the start of a busy year of performances for Music department groups.



Careers Information and Dates

Coming Up

March 16 Victoria University Liaison Visit

March 17 University of Canterbury Liaison Visit

March 18 Hazard ID Course

April 6 Otago University Liaison Visit

April 8 Waikato University Liaison Visit

April 14 Height Safety Course

May 11 Victoria University Information Evening (Open to Parents and Students from Other Schools)

May 16 Auckland University of Technology Liaison Visit

May 18 Lincoln University Liaison Visit

May 19 Sort It Careers Expo (Pascal Street) – all Year 10's attend

2017 Intentions Survey

All Year 13 students have been asked to complete this survey to enable us to provide the help and support required to ensure they are properly prepared for life beyond school. The survey will take about three minutes to complete and may be found on the front page of the Stratus website (right hand block).



VIVA LA DOLCE VITA



RUTH PRETTY CATERING

An Evening of Sweet Life

7 pm Friday 8 April 2016



Caterer, cook-book author and cooking school guru Ruth Pretty will tell stories and share her secrets as she demonstrates eight delicious yet perfectly achievable 'long Italian-style lunch' dishes that you will be able to make at home! Ruth will give you the recipes!

Speirs Centre Palmerston North Boys' High School

Tickets: \$50 Each.

Available School Finance Office Tel: 06 354 5176



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<http://www.insurancepartners.kiwi.nz/info/manawatu-i-8.html>

As with all our sponsors, I would encourage our PNBHS family and friends to support those businesses who generously support us.

DM Bovey
Rector



SCOUTS
New Zealand

JOIN WEST END KAIRANGA SCOUTS!

We are New Zealand's biggest mixed youth organisation. We change lives by offering 5- to 26-year-olds fun and challenging activities, unique experiences, everyday adventure and the chance to help others so that we make a positive impact in our communities.

Keas	(years 1-3)	Mondays 5:30 – 6:30pm
Cubs	(years 3-6)	Wednesdays 6:30 – 8pm
Scouts	(years 6-10)	Thursdays 6:30 – 8:30pm

Meetings are held during the school term at the West End Scout Hall, 82 Fergusson Street, Awapuni

For more info, contact Elisabeth Hollier, Assistant Group Leader: Ph: 354 4462; Cell: 021 0550 998; Email: wekcubs@gmail.com

Introducing - FRIDAY NIGHT FIGHT

Trading card game club at The Badcave for players age 18 and younger.

86 Broadway Avenue, Palmerston North
4pm to 6pm every Friday - FREE TO PLAY
Play your favourite trading card game with other fans.

If you are new to the games we can teach you!

Promo card for participation each week.

League prizes at the end of each season!

We are seeking players for YuGiOh, Pokémon, Magic the Gathering and Cardfight Vanguard.

Safe environment, great after-school activity.

THE BADCAVE
84-86 Broadway Avenue
Palmerston North 4410
New Zealand

LIDO AQUATIC CENTRE

mai FM BIG Splash!
at Lido Aquatic Centre

Saturday 12th March 1-5pm

WATER BOMBING COMPETITION

WATER BOMB FIGHT • SAUSAGE SIZZLE

PRIZES • BOTTLE BOWLING

PLUS LOTS OF FUN FREE ACTIVITIES!

\$2 entry gives 3 attempts in the Bombing Competition. Standard pool entry and slide fees apply.

THE PLAZA | countdown Community | Cancer Society | Water Safety | BLACK & PEARL

Find out more: Lido Aquatic Centre
Park Road, Palmerston North
Ph: 06 357 2684
www.lidoaquaticcentre.co.nz

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The School wishes to recognise these organisations, businesses and people whose generous contributions and support enable us to provide a quality education for your sons.
We encourage you to support our sponsors.



PREMIER SPONSORS



SPONSORS



2016 Crest to Crest take the record!

The Crest to Crest Challenge is an event for a group of selected Year 13 students. It is a challenge that pushes young men to the limits of their endurance and courage. The boys work their way from the Crest of Mt Ruapehu to the (School) Crest at the front of the school over 5 days. The breakdown of this year's challenge is given below.

The group were unable to go to the top of Ruapehu due to weather conditions so they did the Waihohehu Track across to the Desert Rd. The rest of the legs are self-explanatory.

Stage One 22km Mountain Run: 2 hrs 42 minutes

Stage Two 70km Mountain Bike: 2 hrs 38 minutes

Stage Three 100km Kayak: 11 hrs 18 minutes

Stage Four 160km Road Cycle: 5 hrs 34 minutes (new record for the stage)

Stage Five 24km Run: 2 hr 03 minutes

Total time 24 hrs 15 minutes (New Record beating the previous record from 2007 of 24 hrs 31 minutes)





Sir Gordon Tietjens 7s



Year 13 Mountain Trip

Palmerston North Boys' High School
Premier Sponsor Partners



McVerry Crawford



The school acknowledges the above businesses, who through their significant sponsorship arrangements, assist us in developing young men of outstanding character. We appreciate their support and encourage you to also support them in return