

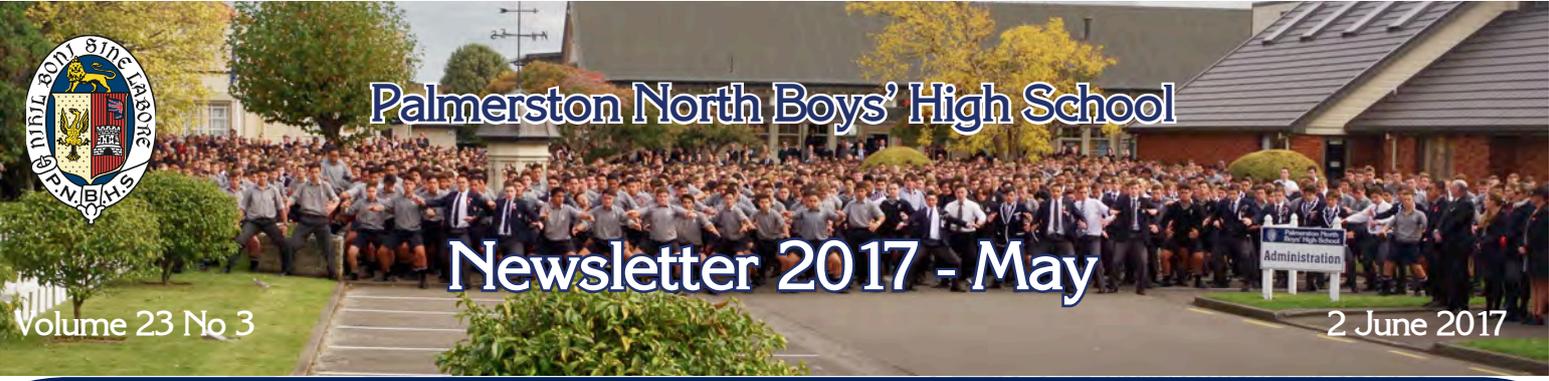


Palmerston North Boys' High School

Newsletter 2017 - May

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(left) RIP Jimmy Crowell. The picture above shows the farewell haka



(right) ANZAC address by Denzel Chung and Finlay McRae focussed on four new WWII deaths discovered.



(right) The school farewells Rob Ferreira who has gone to St John's, Hastings (left) Five new staff graduate: Mr Stevenson, Miss Belcher, Miss Close, Miss Kaandorp, Mr Braddock.



Three prefects from PNBHS joined leaders from PNGHS, Awatapu and UCOL to work with the Palmerston North Youth Council to address issues in our community.



Language Awards: N. Banerjee, E. Shaji, E.Kwon, S. Jiang, A. Berkahn, T. Ariyaratne, A. Keay-Graham



Congratulations to Year 12 student Jacob Cranston for his back to back win in Rounds 5 & 6 of the NZ Rotax Max Challenge (Rotax Light class) in Rotorua.



Pasifika Group visit and perform at Takaro School.



On the initiative of Mr Finn Barnett (Old Boy and teacher at PNINS) prefects held a leadership seminar with PNINS senior students. In picture, Mr Hamish Ruawai, new Principal and an Old Boy too



From the Rector Mr David Bovey

We saw it when one of our young men stood up for a stranger who was being verbally abused and confronted physically, by a group of young people, while trying to do his job – and our young man stood in front of the group and told them to leave. That young man made the right decision and showed real courage.

Dear Parents

The new term began in the worst possible way with the news that Mr Crosswell had passed away in the last week of the school holidays. He was an outstanding young man who was an important part of Palmerston North Boys' High School; a young man who was passionate about what he did and about our school. He was just 30 years of age. Mr Crosswell showed enormous courage throughout his ordeal but never once fell into self-pity or contemplated giving up.

We acknowledged in assembly that the school community was hurting, again: in particular, the staff of both the school and College House, and of course our young men.

Young men often struggle to express their grief. They struggle to understand why these things happen. The utter sadness, the unfairness, the absolute sense of loss that comes with such events can be difficult for young men to deal with. What we saw at Mr Crosswell's funeral, held here at school, was a group of young men united in their grief who were able to welcome Mr Crosswell's family with an emotional, powerful and, for many, cathartic haka.

What we also saw was the school community coming together to support each other through another difficult time, and I would like to thank members of the PNBHS community for the messages of support and your condolences. That support is sincerely appreciated.

Events of this type certainly help put many other things in perspective and remind us that some of the issues we face on a daily basis are, when all is said and done, trivial or inconsequential.

We often see courage displayed in the most unexpected ways. It is easy to see examples of physical courage when watching or playing sport; we see it when a young man gets up to sing in front of his peers, or perform, or speak. But we can also see it when a young man stands up for his mate; we can see it when a young man resists peer pressure and makes the right decision, not the easy one.

We saw it when one of our young men stood up for a stranger who was being verbally abused and confronted physically, by a group of young people while trying to do his job – and our young man stood in front of the group and told them to leave. That young man made the right decision and showed real courage.

Thucydides, the Athenian historian and general, once said "The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it".

Reporting

Teaching staff will begin preparing mid-year reports for all students over the coming weeks. Reports will be posted to parents at the end of the term. In the interim, I encourage you to discuss your son's examination and assessment results with him and where need arises do not hesitate to communicate with us. I encourage you to do the same when you receive his mid-year report.

Winter Sport

There are a significant number of young men playing winter sports codes and we have worked fervently to get a staff member as a coach or manager. As you can appreciate, this is a major undertaking for the school and I sincerely thank those staff and senior students who have given so freely of their time to maintain an essential part of our school life. I also thank parents and volunteers who are assisting with teams as this allows your sons to have the best coaching we have available. We have been most fortunate to attract passionate people with the boys' best interests at heart. Please remember that full and correct sporting uniform needs to be worn for all fixtures. We do not allow young men to have skins or similar clothing visible underneath their sports uniform. We have also reminded young men that it is our expectation that their socks are pulled up on the sports field and that the uniform is being worn correctly and with pride. We appreciate your support as standards are set in all aspects of school life. A further reminder that if a young man is away from school the day prior or day of a sporting fixture, he is ineligible to play.

Inter-School Fixtures and Field Trips

Before an inter-school fixture or field trip departs it is expected that any costs associated with the trip are paid in full to the Finance Office. Your son will receive a receipt for the payment and he should show this to his coach/manager. Young men who have not paid will not have permission to go on the trip, as is the case with the completion of appropriate documentation such as permission slips. Again, we appreciate your support in being up to date with all school fees.

Young men in 1st sporting teams and those in our top performing arts groups are expected to attend both home and away fixtures in full formal uniform (No 1s). It is expected that all members have their own formal uniform, including blazer. This allows the school's hire blazers to be utilised by those who do not regularly wear the formal uniform. Senior blazers can be ordered by seeing Mrs Groube in the Uniform Outlet.

For those young men wishing to hire blazers for 'one off' occasions a refundable deposit and associated fee is charged. Mrs Dearlove in The Speirs Centre can provide more information about this service.

Attendance

Please remember to ring the Attendance Officer to record an absence prior to the day or the day of an absence. This will alleviate the Attendance page 2

Officer ringing you to check why your son is not at school.

When your son returns to school please provide him with a signed note that he needs to give to me after assembly. These notes allow our Attendance Officer to check the absence and confirm your son's return to school.

Staffing

We have been fortunate to have former staff members Mr Will and Mrs Hill covering classes that have been affected by recent events and by the ill-health of two of our teachers. We will of course endeavour to ensure disruption is at a minimum but you will understand that sometimes circumstances may dictate otherwise. We welcome Mr Shankaran who has joined us in the English department this term.

School Fees & Donations

School fees and donations for 2017 have been sent to parents from our finance department. If you have specific questions about fees or the payment of a donation do not hesitate to talk to us.

Each year as fees and donations are due for distribution the media and Ministry of Education do disseminate information suggesting that schools are well funded and that education is, or at least should be, free in this country. Unfortunately, the level of funding we as a school receives is inadequate and so the payment of donations and other fees is

vital.

The school donations allow us to be the school we are. Specifically, without the donations we could not offer the depth in teaching at the school. Currently the Board of Trustees budgets a significant amount for additional teachers so that we can offer a wide breadth in our teaching subjects and this allows more subjects to have pathways from the junior school through to Year 13. Without paying for extra teachers we would have to reduce what we offer young men inside and outside the classroom.

School donations help put resources into curriculum areas and co-curricular areas and every dollar does help us to provide a high quality education. I would encourage you to support your son's education and Palmerston North Boys' High School by paying the donations. Remember, too, that the donation component is tax deductible.

Many parents are now paying by automatic payment on a regular basis that suits them. Our finance team will happily work with you to make arrangements and payment schedules that suit your individual needs. Thank you for your support.



D M Bovey
RECTOR

Student Achievement

Athletics – at the North Island SS Championships, Harrison Porritt won the Senior Boys 800m and 1500m double; Reuben Brown was second in the Senior Boys high jump, beaten by 1cm in the last jump of the competition; Benjamin Wall won the Intermediate Boys 800m and 1500m double; Mark Seumanu was first equal in the Intermediate Boys high jump; Bradyn Popow was second in the Open 3000m walk. Piers Savage was part of the Manawatu 4x100m relay team that finished second.

Road Race – in the last week of Term I the annual Road Race was held at and around Ongley Park. The first three finishers home in each category were: Junior – Liam Wall, Nelson Doolan, Angus Wallace; Minor Intermediate – Andre Le Pine-Day, William Leong, Jack Pronk; Major Intermediate – Benjamin Wall, Luke Scott, Samuel Phillips; Senior – Alex Hull, Harrison Porritt, Sam Bentham. Club placings were as follows: 1st – Albion; 2nd equal – Gordon and Vernon; 4th – Phoenix, then Murray and Kia Ora.

Swimming – at the school Swimming Championships, Kia Ora finished first in the club points, with Phoenix second, then Vernon, Murray, Gordon and Albion. Xavier Hill broke two records: both the 100m and 200m individual medleys.

Swimming – at the Manawatu Secondary Schools Championships, the School swimming team achieved 40 first placings, 24 seconds and 15 thirds. Michan Hunter, Ryan Cutler and Xavier Hill all broke Manawatu records.

Basketball – the Premier A team and the Junior A team both won their respective competitions at the annual St. Pat's Classic tournament held in Wellington recently.

Cross Country – more than 600 young men took part in the annual Cross Country event held at Keeble Farm, Massey University. In the Junior race, Nelson Doolan was first, followed by Liam Wall and Aden Porritt; in the Intermediate category the first three home were Benjamin Wall, Samuel Phillips and Luke Scott; in the Senior event Sam Bentham won followed by Harrison Porritt and Adam Martin. In the club points, Albion won the day, followed by Murray, Vernon, Kia Ora, Phoenix and Gordon.

Performing Arts – Zac Maskill, Ryan Ngarimu and Matt Deakin are all finalists in the Manawatu Guardian's Entertain Us competition.

Mountain Running – Samuel Bentham won the 24km Marmot T42 Central Plateau event. Year 9 pupil Matt Shaw won the 6.5km race.

Music – At the Hawke's Bay Festival of Bands, the Concert Band were given a bronze award, the Stage Band a silver and Keun Hee Lee was awarded the Best Solo performer for his trombone solo.

Cycling – Dylan Simpson finished third in the U19 category at the NZ Club Road Cycling Nationals in Cambridge. Staff member Mr Briggs finished third in the Senior Men's event.

Tours – the Commerce Tour and French Tour returned recently from successful and enjoyable trips.

Old Boys - Aaron Hape has been elected as a Fellow of the Royal Society of Arts for his work in international relations and strengthening global networks.

Old Boys – George Worker, Ross Taylor (both cricket), Jamie Booth (7s rugby), Sean Liddicoat, Jack-Henry Sinclair (both U20 football) have played for national sides of late.

Agriculture – a group of senior students won the regional Teen Ag competition held at Otiwhiti Station out of Hunterville.

Swimming – at the North Island SS Championships in Palmerston North, Xavier Hill won four events, breaking three NISS records in the process. Ryan Cutler won one event and finished second in three, while Jacob Thompson and Kokoro Frost also had podium finishes. Overall, the team finished third out of 32 teams.

ERO – the Education Review Office team was with us in weeks one and two of this term. The draft report will be with us in three to four weeks.

Cross Country – at the MSS Championships held in Foxton, the team had a successful day: all three teams (Junior, Intermediate and Senior) convincingly won their events. Individual results: Liam Wall won the junior event with Nelson Doolan second. Seven of the first 10 home were our runners; Benjamin Wall won the Intermediate race with Samuel Phillips third. Seven of the first eight home; Alex Hull won the Senior race with Harrison Porritt second and Sam Bentham third. First five home; six of the first seven. A good performance in the build-up to Super Eight Cross Country.



From the Deputy Rector

Recently an anti-bullying campaign was launched by our Prefects. The message behind this campaign is that our young men are 'brothers' here at school, part of a family, and as such they have a responsibility to look out for each other.

Junior Examinations

Junior examinations have recently been completed and young men will now be awaiting their first written report for 2017. For many students, formal examinations can be an unsettling experience. Please take the time to discuss your son's examination performance with him. While it is natural to concentrate on the outcomes of the examinations, the mark obtained and whether or not this is a pass or fail, it is equally as important that there is discussion around his preparation for the examinations and, in particular, identifying what he could do differently next time in order to be better prepared and give himself the opportunity to further improve on his achievements to date. Term three parent-teacher interviews are an opportunity for you to gain further information on his examination performance and the next steps in his academic progress. We firmly believe that junior examinations are an essential step in preparing young men for external NCEA examinations. Consequently, their importance cannot be overstated.

NCEA

We have entered a demanding time of year for young men in the senior school in terms of their assessment workload. This, coupled with the busy nature of our co-curricular programme over the winter terms, means that young men's time management and organisational skills will be tested. To assist your son with this we provide him with a wall planner, a homework diary was available through Office Max (and can now be purchased from the Finance Office), the assessment schedule is available electronically via Stratus and an email is sent to parents each fortnight with reminders of upcoming assessment deadlines. We encourage you to work with your son to help him develop the organisational and planning skills necessary for him to achieve to his potential in this busy environment. Being able to prioritise and work to multiple deadlines have become increasingly essential skills for success under the NCEA system. Typically, many boys procrastinate, and the often rushed last minute effort produced, results in lower assessment grades than they are capable of.

NZQA Fees

Invoices have recently been processed requesting the payment of NZQA fees, with a due date of Friday, July 7, the end of this term. Please work with your son to check that the subjects and standards listed on the invoice are correct. If there are any questions regarding this, or if you think an error has been made, please contact me at school.

Some students may qualify for financial assistance. Information regarding financial assistance and the relevant application forms can be found on the NZQA website (www.nzqa.govt.nz). Please be prompt with your NCEA fees payment. NZQA charges fees for lateness and will not process entries until the payment has been received. Please feel free to contact the Finance Office if you have any questions regarding the payment of NZQA fees.

Scholarship Entries

Scholarship provides an academic challenge as well as a number of financial incentives for successful students. While we encourage all eligible students to consider enrolling in Scholarship examinations, it does require a significant extra commitment in terms of revision and examination preparation. Many departments will run additional tutorials to assist with this. However, for some students the extra time required may be an impediment to their success at Level 3 and in gaining University Entrance. For this reason, we encourage all young men contemplating enrolling in Scholarship to discuss this with their parents and teachers so that an informed decision is made.

Young men who wish to enter Scholarship assessments will need to complete the PNBHS Scholarship Entry Form and return this, along with the required payment of \$30 per subject, to the Finance Office by Friday, July 28, at the latest. The PNBHS Scholarship Entry Form can be obtained from the Finance Office.

2016 Achievement Data

Recently we have been provided with updated achievement data from 2016. This data - Public Achievement Information - is available on the Ministry of Education website for all schools in New Zealand. The results for PNBHS show a continued upward trend in student achievement, especially in relation to the critical NCEA Level Two qualification. In 2016, 91.1% of young men who left PNBHS had gained the NCEA Level Two qualification, up from 82.2% in 2012. Within this total, the number of Maori students leaving with NCEA Level Two has increased from 66.7% in 2012 to 84.9% in 2016, over a period of time in which the number of leavers who identify as Maori has jumped from 26 to 62. The achievement rates for Pasifika students at NCEA Level Two have also increased, from 60% in 2012 to 100% in 2016, while the number of Pasifika leavers has increased from six in 2012 to 18 in 2016. The increases in the number of Maori and Pasifika student leavers reflect the changing ethnic composition of our school. Our retention rates, measured by the percentage of young men remaining at school until at least the age of 17, have also increased. While the 2016 retention data has not yet been released, 2015 data indicates that 93.9% of our young men remain in education until this age. The figure for our Maori students is 96.4% and 90.5% for Pasifika. We believe that these are very positive statistics indeed and place us above the comparative national figures.

New Curriculum Courses

As we prepared for our recent visit from the Education Review Office, we compiled information about the changes that have been made in the last three years, in particular, the expansion of our curriculum programmes. The rapid recent increase in student retention rates has resulted in a significant increase in the number of young men who are completing Year 13 but not going to university. The most recent data we have tells us that about 45% of our young men are studying at university at age 19. Consequently, we have put a lot of emphasis in recent years on developing a range of meaningful pathways for young men following a non-university pathway.

Since 2013 we have introduced new junior school courses in Digital Art and Electronics, while in the senior school we have introduced the Achievement Support Programme (Year 11 and Year 12); Level Two General Science; Level One Technical Drawing; Employment Pathways Programme at Year 13; have gone from one Gateway class to three; refocused the Transition course with an emphasis on NCEA Level Two and movement into appropriate pathways for employment; Transport and Logistics course at Year 13; Business Studies to Level 3; Mathematics course at Level 3 alongside Calculus and Statistics; Calculus and Statistics courses at Level 2 alongside the Mathematics course; Maori Performing Arts at Level 1, Level 2 and Level 3; Digital Technologies at Level 1, Level 2 and Level 3; and, a practical Agriculture course at Year 13.

While these new programmes put us in a much better position to meet the needs of the young men who are attending our school, the introduction of a number of courses that do not count for University Entrance has affected our statistics in this area. However, we believe that young men who wish to go to university have appropriate programmes of study to achieve this, and that we are now better able to meet the needs of the growing number of young men who are not following a

university pathway.

Student Wellbeing

'Don't be a bystander, be an UPSTANDER: say NO to bullying'

Recently an anti-bullying campaign was launched by our Prefects. The message behind this campaign is that our young men are 'brothers' here at school, part of a family, and as such they have a responsibility to look out for each other. This means that rather than ignoring bullying behaviour, we are all obliged to stand up and do something about it.

Unfortunately, it is not uncommon to find examples of bullying behaviour in groups of people. While we would love to be able to say that our school is free from bullying, we are not naïve enough to believe that this is the case and it is an aspect of student wellbeing that we will continue to work on. However, we do believe that to make progress in this respect a community wide approach is required, and hence we ask for the support of parents in this endeavour. Talking to your son about bullying, and what to do if he is bullied or sees bullying occurring, will help to raise awareness of this issue and will provide him with strategies, should he require them.

Bullying behaviour is serious and complex and is a form of aggressive behaviour. Most widely accepted definitions of bullying behaviour are based around four characteristics. Firstly, bullying is deliberate - there is an intention to cause physical and/or psychological pain or discomfort to another person. Secondly, bullying involves a power imbalance. There is an actual or perceived unequal relationship between the person doing the bullying and the person being bullied that may be based on physical size, age, gender, social status or digital capacity and access. Third, bullying has an element of repetition - bully behaviour is not usually a one off. It is repeated over time, with the threat of further incidents leading to fear and anxiety. Repeated acts of bullying may involve single acts on a person, as well as multiple acts on the same person. Lastly, bullying is harmful - there is short or long term physical or psychological harm to the person being bullied.

An important message is that bullies only succeed under the cloak of secrecy. If you are being bullied, talking to someone about it is an essential first step. Often other students are aware of bullying and the emphasis on them to stand up against this is the key message of our campaign. Being an UPSTANDER requires courage, and this can take many forms. If you feel uncomfortable standing up yourself, tell a teacher, parent, dean, guidance counsellor or one of the senior management at school. Often the excuse is made "it's just a joke" or "we're just having fun." Often for the bully it is a joke or it is fun. However, the victims feel very different to this. We need to respect each other and make sure that the behaviour we show towards others is behaviour we would be happy to have shown to us.

We ALL have an obligation to do something about bullying. It is not fair or right that some people have to experience this type of behaviour. If we act with integrity - in other words, if we do the 'right' thing at all times - there should be no bullying.

Unravelling the Adolescent Brain

It was very pleasing to see a large number of parents attend the recent presentation from the Brainwave Trust, 'Unravelling the Adolescent Brain.' Research was highlighted showing that during adolescence -



the period from the early teens to the mid to late 20's - brain growth is such that there is an increasing gap between the development of the limbic system (the section of the brain that acts as the accelerator and seeks the rewards that come from risky behaviour) and the prefrontal cortex (the executive function centre of the brain that helps us to regulate our behaviour and to see the longer term consequences

of our actions). Consequently, young men going through adolescence are likely to be more impulsive and seek the 'buzz' that comes from risk taking activities, while simultaneously being less cognizant of the consequences of their actions. While there is no 'silver bullet' solution to this situation, there is a growing body of research that suggests stable and positive relationships with adults is a key factor in reducing involvement in risk taking behaviour. Family and whanau relationships are the most important, but positive involvement with a range of other adults -including teachers - will also help to reduce risk, validation of the adage that it takes a village to raise a child.

Another key message reinforced was the saying 'practice makes perfect'. The more we repeat an action, the stronger the pathways associated with this activity in our brains become. This illustrates the importance of repetition when we are trying to learn information, or when we are revising for a test or developing our skills in cultural and sporting contexts. However, there can be risks associated with this, and this aspect was well encapsulated in a quote from Dr Jay Giedd that was shared at the presentation: "If a teen is doing music or sports or academics, those are the cells and connections that will be hardwired. If they're lying on the couch or playing video games or MTV, those are the cells and connections that are going to survive."

Sleep was another topic addressed. In order to foster brain growth and development, and to aid the retention of learned skills and knowledge, young men require an appropriate amount of sleep. For those going through adolescence this is between 8 ½ and 9 ½ hours per night. With many young men having access to digital distractions in their bedrooms the reality is that many are not getting this amount of sleep -there is a significant difference often between time spent in their bedroom and time spent asleep. Over a period of time this can become detrimental to their cognitive functioning and capacity to process information in the classroom.

Thank you very much to the Parent Teacher Association, whose support made this free presentation possible.

Digital Distraction and Academic Achievement

The most recent PISA testing -an international assessment of student achievement at age 15 - asked students questions about their online activity and use of digital devices. One in six New Zealand 15-year-olds is now online for more than six hours a day, a figure classed as "extreme". This has almost trebled from 6.1 per cent in the 2012 survey to 17.3 per cent in 2015. The OECD report concluded that the school work - measured by school attendance and academic achievement - of "extreme" users of digital devices is suffering. We are aware that we have some young men in our school who fit this category and we frequently see the impact this extreme use of the internet and devices has on student progress. If you have concerns in relation to your son, please contact the Guidance Counsellor, Mr Paul Pottinger (3545176 ext. 764).

Curriculum based Articles

A New Course for Motivated Students



A new course was introduced in 2017 for senior students, being Transport and Logistics. It is a course outside of the NCEA programme but nonetheless one that links directly into the workforce of New Zealand. Twenty percent of New Zealand's economy can be attributed to the Supply Chain sector and Palmerston North, being a major cargo hub, is a large contributor to this ratio. For the duration of the first semester, the PNBHS cohort has been enrolled in the New Zealand National Certificate of Project Management - a core discipline in the Supply Chain Management/Transport Logistics Industry. However, it is a very portable discipline applicable to every profession and industry - from health to farm gate. Eighteen of our students will be graduating with this very marketable certificate in August of this year.

Ken Benn

KEN BENN | ACCELERATE PROGRAMME COORDINATOR

How to help your child with reading

from Mrs Rankin

A clever man called Chris Gamble once showed me how to improve the reading skills of my students.

He said that improving skills is like tidying a messy bedroom. The secret is to tidy things into the right drawer ('to classify is to understand'). Imagine a young person's bedroom. There are items lying all over the place. You have to show that person how to put the socks into the socks drawer and the T shirts into the T shirt drawer.

Then when you need socks or a T shirt, you know where to find them (you have organised your brain!). It's no good just giving more and more bedrooms to tidy if the young person has not been shown how to use the drawers.

And there are only seven drawers! (all the knowledge of the world can be put into just seven drawers - whatever the subject!)

The drawers are: **WHO** (or what am I

talking about ie subject, noun plus adjectives); **WHAT** is happening (ie action, verb); **WHERE; WHEN; HOW; WHY; RESPONSE**.

I make seven columns on a landscape page and call it my 5W+H+R spreadsheet (if you then rotate it 90 degrees it actually looks like a set of drawers!)

- A teacher needs to give a student a short text (very simple to begin with; remember, you can use this method with students at any level)).
- Then select a single word or a short phrase from the text. Ask the student: which drawer do I put this word in?
- Accept different answers but a student must be able to justify his or her choice.
- Very quickly, a student will realise a word might be able to go in more than one 'drawer'. Encourage the student to write the word/s smaller or bigger in each possible drawer, depending on how important it is in that drawer.
- Explain to a student that different subjects use subject-specific words that still just mean 5W+H+R.

Science might use 'process' for WHAT and 'method' for HOW; English might use 'plot' for WHAT and 'mood' or 'atmosphere' or 'technique' for HOW. It is very empowering for a student to realise that these basic organising ideas (as de Bono would call them) are common to all subjects! The students will also realise that the RESPONSE drawer is the most significant.

At its simplest level, RESPONSE is often dialogue - humans mostly respond to each other by talking. At a deeper level, this 'drawer' will include things like prediction, judgement, evaluation, results, effects, impact, appreciation - typically the responses needed for Merit and Excellence in NCEA assessments.

Finally, having deconstructed text by putting items on a spreadsheet, a student can use the same spreadsheet to plan and then write - ie reconstruct text.

Careers Expo



Our Year 10 students and selected Senior students had the opportunity to attend the annual Sort It Careers Expo which was held in the Central

Energy Trust Arena 2, Palmerston North.

The expo has been expanded from previous years, both in terms of the number of exhibitors who are present and the range of study and career pathways that are displayed.

The expo assists our young men to make good decisions about future study and career pathways.

Gateway - Land Based Training (LBT) Agriculture Competition

On a wet Thursday morning a team of 8 students, captained by Ben Wood, left PNBHS to compete in the Land Based Training (LBT) Agriculture Competition. The competition was held at Otiwhiti Station near Hunterville and consisted of eight agricultural based tasks such as quad bike riding, fencing and shooting. The team consistently performed well in all tasks and were especially outstanding in the cooking task where they produced pikelets that scored a maximum score of 20 out of 20. Such was the overall strength of the team that they were placed first and were able to bring home the LBT Agricultural Shield.



The team consisted of (l-r) Jesse Gunn, Jack Sturme, Ben McAlly, Harry Newman, Ben Wood (Captain), Luke Perry, Ryan Codlin, and Clay Simpson-Smith



More on Careers

There have been very well-attended visits from the **Broadcasting School** and **Lincoln University**.

We have also hosted parents information evenings for both **Victoria** and **Auckland Universities**.

11 boys have completed the first cycle of the **Red Shirts (Service IQ)** Programme hosted by The Warehouse, while 4 more students have just started their course. This programme exposes boys to careers in the retail sector, the

biggest provider of first jobs in NZ, as well as gaining them 22 credits towards NCEA Level 2.

The **Gateway** programme continues to go from strength to strength with 60 boys registered with the Tertiary Education Commission this year. The boys are all working towards qualifications in their chosen trade while at school.

Infrastructure Programme. The school is currently working with UCOL and local employers to establish a Civil Engineering programme during the second half of this year. The programme comprises 41 Level 2 Credits and provides a very real pathway into civil engineering. There are jobs at the end of this programme!

Careers Expo. The Careers Expo was held on Thursday May 18. All Yr 10 students were given the opportunity to attend, along with a small group of seniors. It was pleasing to see a significant number of local employers in attendance at this year's expo.

Cooking – Two groups of seniors completed



a cooking course with Wholegrain Organics on The Square. The course culminated with the boys having to serve a three course meal to invited guests, including some staff. By all accounts it was a worthwhile programme and we're keen to see this become a regular offering at PNBHS.

Trades Academy. This year we have around 40 seniors involved in Trades Academy programmes either at UCOL or Taratahi. The students study one less subject at school, and spend one day a week, exploring a trade of their choice with UCOL/Taratahi. The vast majority of boys who have taken this option seem to be getting a lot out of it. The Pathway for Yr 12 Trades Academy students is into the Gateway programme in Yr 13.

Careers Week – June 19 – 23

This year there will be 3 presentations each day and senior boys will be able to opt to attend any 3 of them. There will be a range of career possibilities and pathways presented and students are encouraged to take advantage of this opportunity. The presentations and sign up options will be published on the Stratus Careers page shortly.

“Attitude” Seminars



It was a pleasure on Friday to have Paula Fakalata from *Attitude* – the youth education division of The Parenting Place – present to our young men. *Attitude* is dedicated to equipping teenagers with the information and skills they need to negotiate the adolescent years and build meaningful lives. The presentations covered a range of ‘real’ issues facing young men in today’s society. We have included a brief overview below to assist parents in sparking some ongoing conversations at home with their sons.

Year 13 The PITS: Depression, mental health and wellbeing. What does it mean to have good mental health? What can we do if we have concerns about our own mental health and wellbeing or that of a friend? It is important to speak up and seek help – reach out to friends and family.

Year 12 Sex With Attitude: What are the important things in a relationship? Honesty, personality, friendship and mutual support are far more important for a healthy relationship than ‘looks’ and physical attraction. What is the impact of pornography? It promotes an unrealistic emphasis on physical attraction and creates an unrealistic and very shallow picture of what relationships are really about.

Year 11 Attitude It’s all about choices: The choices you make in the next 24 hours are more important than all you have made in the last 10 years. You can’t change your past but you can influence your future. The parts of your life are like chapters in a book. Sometimes your teenage years are rough but that chapter will eventually end and your life will head in to new chapters that are better.

Year 10 Hardwired: The talk today was based on drugs and alcohol. The main messages focused on helping students understand that there are better ways of meeting the needs in life, rather than turning to drugs and alcohol. Problems such as boredom, issues with friends and happiness were discussed, as was the quote, “A problem shared, is a problem halved.” The second message was aimed towards helping

the students to make decisions based on weighing up the positives and negatives of their decisions.

Year 9 Hauora: The physical, social and spiritual components of wellbeing for young people – the impact of bullying (for both the victim and the bully), the importance of selecting good mates, what it means to be a good mate and the importance of good decision making in the teenage years.

All of the presentations were engaging and informative, and we hope that our young men got a lot out of these opportunities.

Commerce Tour of USA



See story of the Tour on page 11

John Prestage Junior Debating

PNBHS junior debating is underway with six teams having debated their Term One round affirming or negating the moot “This house believes that Auckland should be the capital city of New Zealand.” Initially this seemed like a one sided moot that the negating teams would easily win but it so happened that it had become a topical moot as the debates were being prepared. Newspaper coverage at that time looked at Auckland’s vulnerability with Rangitoto billed as a volcano about to blow anytime. Wellington’s Dominion newspaper also had headlines describing Wellington as hopelessly unprepared for the isolation and damage that will be caused by a major earthquake. Consequently, five teams came out of the debates victorious and high on confidence. The Term 2 moot is “That sport should be compulsory for High School students.” We are grateful to senior students who are enthusiastic mentors for our junior debaters.



Māori and Pasifika News



Malo e lelei, Talofa lava, Bula Vinaka, Kia Orana, Taloha Ni, Fakalofa lahi atu, Halo Olaketa, Ia Orana, Warm Pasifika Greetings

The term has kicked off positively, as our Pasifika cohort continues to come together in preparation for the upcoming Pasifika Fusion Festival in July. This annual event has grown in numbers over the years, as more participants from fellow schools aim to get the top trophy. It is great to see more junior students participating in our choir and cultural group this year, and we hope this continues for more years to come.

PASIFIKA FUSION DETAILS

The theme for this year's festival is 'Communities of Learning: School Pride and Empowerment. How does, "It takes a village to raise a child" relate to learning and education?' The festival takes place on Wednesday 26th and Thursday 27th July at the Regent Theatre. If your son is involved in the academic categories, other than cultural categories, please share and discuss this theme with him. He may gain some inspiring ideas for his work.

STUDENT PROFILES

RYAN PALE, Tonga - Year 9

Ryan is enjoying all aspects of school here at PNBHS, especially being involved in the Pasifika Club. Ryan's aspirations for this year is to do well in his school work. Ryan's goal is to have a rugby career in the future, and plan B is to do something in construction and building.



Favourite Motivational Quote:

'Ofa ma'u pe ki ho famili - Always love your family

MICHAEL IOANE, Samoa - Year 13

Michael is one of our school prefects. He is involved in the Rugby 1st XV, OK Chorale Squad and is a keen Pasifika Club member and leader. His main goal is to gain University Entrance and have a rugby career.



Favourite Motivational Quote:

Ou te mafaia mea uma lava, i le fa'amalosi mai o Keriso ia te a'u - I can do all things through him, who strengthens me

If you have any questions or would like to know some of the Pasifika initiatives at our school, please feel free to contact me through email: eastmures@pnbhs.school.nz or phone (06) 3545176 ext. 788

Senia Eastmure
Dean of Pasifika

Sports Talk with Peter Finch



Our National sports results of late have been nothing short of a rollercoaster with the disappointments of our All Black Sevens campaign and the Warriors' current run of form to the outstanding results of our cyclists, kayakers and the Super Rugby teams.

This wild ride is mirrored by most regions and indeed schools within them. Palmy Boys because of its sheer size and diversity is not immune to the oscillations that accompany the results of our many teams. As

a school we have experienced the same fluctuations experienced nationwide with sports numbers. We have more players involved in Basketball, Badminton, Harriers etc. this year and fewer in Rugby, Hockey and Football.

Over the winter terms the school supports over 165 teams. Club sport in the Manawatu is littered with PNBHS Old Boys who have continued to play post school. We have many athletes operating at National, Oceania and Internationally throughout the year and consistently produce more than 30 NZ reps and a similar number of NZ titleholders every year. Many of our teams play not for titles but for the sheer fun of being involved in a team with mates.

From the outside it may be assumed the success is due to the size of the school but research into school's of our size shows very few if any can match our academic, cultural and sporting success. Regionally we can get a distorted view of how we are performing when events are often flooded with our own athletes and teams. A good barometer for reflection is the Super Eight Schools' competition. We are incredibly proud of our consistency experienced in the Super Eight competitions, a competition second to none in NZ against the top like-minded boys schools and across 14 sports. 2016 saw us outperform the likes of Hamilton Boys, Rotorua Boys' etc overall, across the many codes.

The recipe to this consistency is partly down to the character of the school and its ethos towards education outside the classroom and the attributes it demands our young men to aspire to. But, the secret to achieving the above is only enabled by the incredible staff (current and previous) who see supporting co-curricular activities as a real opportunity to develop young men of outstanding character. We are truly blessed to have staff who share the school's vision and 99% of whom are prepared to use activity and interaction in their own time to make it happen. I doubt any other school in NZ could offer similar statistics.

To the boys, "Enjoy all the challenges sport offers, accept failure or defeat if you have given your all and thank the coaches and managers for their time".

asthma
8-18
year olds
needed
study

Help us understand more
about asthma and its causes.

MASSEY UNIVERSITY
UNIVERSITY OF WAIKATO
UNIVERSITY OF OTAGO
MASSEY UNIVERSITY
asthma

If you would like to assist in this research, please contact 0800 080 078 or asthma@massey.ac.nz

Leadership Report

Lead, lead, lead - the power of positivity – cups half full or overflowing?

There was a recent news article outlining the serious environmental issue facing Henderson Island in the South Pacific which, because of the ocean currents, seems to be the spot where all discarded floating plastics find a home. The article focussed on the “cup half full” approach, that is, all the problems associated with plastic rubbish. Thinking outside the box, there is probably a great opportunity to set up a good plastic recycling plant on the island to make plastic tarpaulins and tents to house refugees in some of the world’s trouble spots, or for some other worthy exploit/cause. Too often, the words of Anne Murray’s hit song “A Little Good News” echo from our news networks with bad news and cup half empty approaches to the challenges of our time. The breaking news from the decks at PNBHS sees young men with cups half full and many overflowing in an education well spent. These young men are literally wearing out and will not rust out or die wondering what the misery merchants of the media are going to die of!



Head Prefect Patrick Takurua is thriving on the positive difference he makes to planning each week for the input of the Prefects to keep the school positively moving forward – and it is reaping dividends. The assemblies he runs are the best and most settled the school has seen and really create a positive learning and teaching environment for follow on classes. Of great impact have been the visiting speakers, the music items and the impact of Prefects facing north in the Assembly Hall.

Hazmah Arafeh walked into the office of the Deputy Rector one day recently to push the cause for a leadership forum on “Change” to bring in more of our regional and Super Eight brother and sister schools. As a result of that spark, he has established a Forum for 368 students from 12 regional schools from as far away as Napier and New Plymouth. Co-educational, private, integrated and public schools will be attending including Tararua College, Feilding High School, PNGHS, New Plymouth Boys’ and Girls’ High Schools, Manawatu College, Wanganui Collegiate, Nga Tawa Diocesan School for Girls, Napier Girls’ High School, Longburn Adventist College, Awatapu College and our good friends from Hato Paora College.

20 Prefects and Senior Mentors have just been out for our semi annual gathering at Hato Paora College and once again had an exceptional day of leadership and character exchange. It was a truly memorable day for all concerned as Father Mark Walls, SM gave them food for thought around the concept of privilege and servant leadership. This school has spirit, and true depth of character in its education of young men and once again it proved to be a really transformational experience for our young men.

Our World Vision Leadership group led by the energetic Benji Pritchard are literally overflowing ‘full cups’ as they positively seek to raise the beam to aid the Syrian Refugee crisis this year. They have probably bitten off far more than they are able to chew and despite regular briefs back to tell them to slow down they are intent on achieving a level above



and beyond the frontiers of excellence of previous years where great merits were achieved. Apologies are extended to the parents and teachers of these young men but the journey of discovery in the long run for these young men through their actions will be extraordinary.

- 90 young men recently attended the Rotary ICONS Leadership talk by national campaigner for men’s health, Mike King. This was an outstanding forum for young people to engage and embrace some of the more difficult issues facing young people today.
- Matt Watts and Benji Pritchard led a group of 36 young men recently with the ANZAC Poppy collection and reports from our RSA Supervisors would suggest that they were beyond delighted with not only the level of support from the school but also the manner in which the students were organised and got on with the job. This was a powerful expression of support both for the school and for our fallen Old Boys.
- Recent Barrowclough Leadership Seminars for Year 11 students and Year 12 students have seen great turnouts as the young men were challenged to think around how they could make a difference as role models in the senior school especially in the area of use of the valuable time resource in relation to screen time.
- Leadership 101 continues as part of the Year 13 Rec programme and when complete 37 students will have completed this programme for the year.
- The school had an excellent start to the term in the respect it showed both in its ANZAC service to remember fallen Old Boys where Denzel Chung and Finlay McRae presented excellent accounts of recently discovered Old Boys Robert Turton, Colin Roy Baker, John Thomson and Walter Boocock taking our fallen Old Boy list to 203.

Denzel Chung: St Peter



Passion; Perseverance



• Denzel reinforced success with an excellent rendition on the leadership qualities of St Peter, the Apostle at Head Prefect assembly the following week.

• The International Boys’ School’s Coalition is conducting research into PNBHS at present and a number of staff and students have been involved in the research for this project.

Upcoming Learning Leadership Events

Upcoming presentations for Year 9 and 10 (7th June and 4th July) will include

- Leadership Styles and Emotional Intelligence for Year 9.
- Knowing What You Have to Offer and Playing to Your Strengths for Year 10.
- 36 brave, courageous or just plain silly Year 10 students depart on 11th June to take on the wilds of the Tararua Ranges in winter as part of the Tama Tu Tama Ora outdoor character education and leadership development programme.

• Looking forward to the last week of term, NZ Leadership Week will include guest speakers Mike Allsop - Adventurer, Professor Gary Wilson and Jacob Anderson from Antarctic Research, Author Andre van Heerden and Old Boy Dr Hamish Wright.

Thank you for your continued support of your young men. The Leadership Journey continues.

Paul King
Leadership Director

Performing Arts - it's all go



2018 PNBHS/PNGHS Senior Production

As you may have heard by now, the 2018 show is *Anything Goes*. This highly popular farce/romantic comedy takes place on board the ocean liner SS American in the 1930s and features the fabulous jazz/swing music and clever lyrics of Cole Porter.

As usual, interest will be called for in Term 3 with workshops and auditions for cast and band in the first three weeks of Term 4. Some 26 students are already taking tap dance lessons at Evolve Performing Arts Centre to ensure we can deliver the right package in 2018! Danceworks is also about to begin Tap sessions for keen auditionees.

Theatresports

As we went to press, Miss Belcher and two teams of Theatresports performers, junior and senior, were heading off to the Super Cultural Festival in Rotorua. We wish them well! We have been very fortunate to have the expertise of the new artistic Director at Centrepoint Theatre, Daniel Pengelly, at several training sessions.

Dramafest 2017

All Year 10 – 13 Drama students have been, or are about to be, cast in their class major productions for Dramafest in Term 3. These will be evening performances open to the public and are: Year 10 - Dreams, Level 1 - Mountain Language, Level 2 - Niu Sila and Level 3 - Shuriken. As part of our introduction to Niu Sila and its theme of cross cultural understanding, our Pasifika students were invited to talk to the class about their own cultures, their experiences of growing up in NZ and at PNBHS and their reactions to the play. This proved enlightening for a number of non-Polynesian students. At right, Miracle Malu, Pajoe Ma-puilesua and Isaiah Tuputupu share their stories.

Junior Musical Theatre

Auditions for the A Company have been completed thanks to Mrs Kirsten Clark and some enthusiastic seniors. Congratulations to the following:

Pulitzer: Ollie Grant, Jonathan: Sebastian Cave, Seitz: Gregory Wood, Weasel: Karmeehan Senthilnathan, Weasel's assistant: Harrison Hook, Jack: Zac Maskill, David: Tom Varney, Les: Ben Cen, Racetrack: Harry Flynn, Kidblink: Jacob Dredge, Boots: Ollie Gillespie, Skittery: Josiah Luoni, Mush: Liam Rodgers, Crutchy: Nick Dewhurst, Swifty: Grady Molloy, Bumlets: Grayson Lodge, Specs: Fergus Congdon, Pie Eater: Dylan Cryer, Snoddy: Tyler Purdy, Denton: Reuben Davis, Spot Conlon: Caleb Rayner, Brooklyn Newsie and Swing: Manu Easton, Brooklyn Newsie and Swing – Matthew Allen

All those who did not make this Company are eligible (without an audition) to be part of the senior student-led B Company if they choose.



Drama Trips

We are taking Drama students to two performances in the next couple of months – 1984 at the Globe Theatre and Lord of the Flies at Centrepoint Theatre. These are two outstanding opportunities for our young men to be mentally challenged and see a mix of amateur and professional artists at work. Congratulations to Finn Davidson who has been cast as Eric in Lord of the Flies. Permission slips will be distributed very soon for 1984.

Dance

Zac Maskill and Matt Deakin were busy with their Hip Hop groups recently in the Entertain Us competition. Several students have formed a team which will compete in the Manawatu section of the national interschool event, DanceNZMade. They will choreograph their own piece and are: Tom Bowie, Matt Deakin, Zac Maskill, Luke Scott, Connor Philpot, Hayden Day and Callum Prichard

Centrepoint Theatre Basement Company

Congratulations to our Austrian exchange student, Jonas Aichberger, and Finn Davidson for auditioning successfully for this superb opportunity to work alongside theatre professionals in every aspect of the industry

Aman Iqbal - a Personal Perspective

Aman's work documents his parents experiences immigrating to New Zealand from Pakistan. The first photograph, "Interview with Mr Zafar", shows different aspects and experiences being in the NZ home. The



interesting feature of this picture is that all the men are Aman's father. Very clever work! The second photograph, "Mrs Zafar's Story", tells of his mother's experiences of being a Pakistani woman in NZ. This picture can be viewed on the back page

Student Music Outreach into the Community

Recently a group of students performed for the residents at Aroha Rest Home as part of their community service for the Barrowclough Award. It is fantastic to see young men giving up some of their own time to make a difference in our community. Well done to all of the young men involved.



2017 Commerce Tour of the USA

Hawaii - by Richard Bell

On the morning of 8th of April the Commerce Tour 2017 touched down on the USA soil of Hawaii. The boys were totally overwhelmed by the sights that we saw as we exited the airport and made our way to the golden beaches and the palm trees that lined the streets of Honolulu. After a refreshing dip in the warm, tropical water of Waikiki Beach, the boys checked out the Ala Moana shopping mall which is the 7th largest shopping mall in the USA. A day trip out to Pearl Harbor was very interesting and shocking for many of the boys as we learnt about the devastation that took place there nearly 80 years ago where many



lives were lost. Also we walked aboard the U.S. Missouri in Pearl Harbor and checked out her large facilities and put ourselves in the boots of the men who worked below her deck. Later, we headed to the University of Hawaii including the Business School. We were shown around the University and got a good taste of how university life would be for any of the boys who would might consider studying there. And what would a university trip without checking out the university's football field, home to the Rainbow Warriors! After a very enjoyable stay we finally departed for the golden shores of L.A.

Los Angeles - by Sam Russell

All the boys were very relieved to be boarding on a plane for a flight that was only five hours and not 16, and the trip was made better by the fact that we would be in LA, the home of the happiest place on earth, Disneyland! We arrived in LA in late afternoon and settled into our hotel in Anaheim, only 200 metres from Disneyland. We spent the next day looking around one of America's prestigious universities, the University of South California. All of the boys were taken aback by the incredible sports facilities that USC encompassed. From the indoor golf driving range, the indoor football field to the incredible three story Apparel store that all the boys thoroughly enjoyed.



Old Boy Andy Mansell and his co-workers from Aviation Capital group travelled to our hotel the next day and they presented us as if we were possible investors in their company. They showed us the financial side of the business, what they do (lease out airplanes to big airlines such as American Airlines) and how they operate their business.

We met that night with PNBHS old boys living in LA: Sam Vanderkolk, Paul Louis and Mike Walker who shared with us insights into business opportunities for NZers in LA.

All of the boys went to sleep knowing we were heading to the happiest

place on earth. We headed to the park where the first four hours were spent at Disneyland. This included Tomorrowland, Adventureland, Frontierland and Fantasyland. Halfway through the day we skipped parks to California Adventure where we all got to experience the long and never ending wait lines for rides such as Goofy's Flight School and the Radiator Springs Car Ride ranging from 45 minutes to 110 minutes. By the end of the day all of the boys were exhausted but ready to tackle the next day. The second day at Disneyland was spent relatively the same with many of the boys knowing what rides they wanted to do first and using fast track tickets it allowed us to skip to the front of the line and ride the coasters we wanted to earlier and quicker. We finished off the



day with an incredible display of fireworks to let us say our goodbyes to Disneyland. After an exhausting five days in LA we left on our 12 hour trip to San Francisco.

San Francisco - by Thornton Ropiha

After the 12 hour bus ride from L.A and stopping at Santa Barbara and the town of Solvang we arrived in San Francisco to the best hotel so far: Hotel Zephyr. We would be staying here for the next four nights. San Francisco is known to have some of the best sightseeing landmarks in the U.S.A which meant a lot of time spent looking at these and what they provided. These included the Golden Gate Bridge, Alcatraz Prison, Oakland Coliseum and the famous piers on the Port of San Francisco. We made the most of the time we had at these which included going on tours and getting great experiences out of them. Salesforce and Kiwi Landing pad were businesses that we had insightful and inspiring talks from while we were in San Francisco. These talks gave every single boy a good idea of the opportunities that provided by these businesses and the fundamentals that make their business so successful and unique. San Francisco also provided us with a visit to Stanford University and University of California, Berkeley. Visiting these universities was one of the biggest highlights of the trip. Just seeing the pure size and learning about the quality of resources, facilities and seeing these world famous uni's up close was astonishing. We met with PNBHS old boys Richard Denton, Jules Boucher, Nathan Brown and Nigel Weekes for dinner one night. Each old boy gave us advice and an outline of how they've ended up in such a place like San Francisco. At the conclusion of our stay in this amazing city, we flew over the massive country to arrive in the most populated city in the U.S.A: New York City.

New York City - by Isaac Chan

After the journey from San Francisco, (with half of the boys taking a detour to Chicago), arriving in our New York hostel was much welcomed. We were greeted by the New York skyline most of us had only seen in pictures, and the concrete jungle that surrounded us left the boys in awe of the city. After navigating the New York subway throughout our time in New York, we found ourselves in many memorable places during our one week stay. Some of these were Wall street, where we visited financial landmarks such as the New York Stock Exchange, and seeing the Museum of American Finance later on in the day. Some of the sites visited, such as Yankee Stadium, the Empire State building, the Statue of Liberty, Central Park and Times Square were an experience that none of the boys will forget. Old boys Ian Newman and Will Bruce provided the boys with a talk at the end of a busy day.

Commerce Tour of USA continued

Manawatu Secondary Schools' Cross Country Championship

Venue: Manawatu College, Foxton

Junior Boys Race: 3.8km

In this grade, the junior boys had 12 runners in a field of 48 runners. Liam Wall was quick out of the blocks and stayed at the front for the whole race to finish 1st. Nelson Doolan had to work hard in the last 400m to sprint past Dannervirke High students and finished 2nd, followed closely behind by Aden Porritt (5th) and Bradyn Popow (6th).

Other results were:

Connor Managh 7th; Luke Brown 8th; Sam Parry 9th; Angus Wallace 10th; Ben Irvine 12th; Max Ferguson 11th; Billy Davidson 19th; Thomas Harding 21st.

In the team competition, the four man team easily won with a combined point score of 15, with Dannevirke High School in second on 39 points.



Intermediate Boys Race: 4.8km

The team had a strong line-up of runners in this grade and the finishing results showed this. Benjamin Wall dominated the race from the beginning and looked very comfortable in winning the race. Samuel Phillips ran a very good race to finish 3rd.

The next five placings were all taken out by our remaining runners with Luke Scott 4th, William Leong 5th, Jamie Dennis 6th, Andre Le Pine-Day 7th and Jack Pronk 8th. This was an outstanding achievement from this group of runners with all members of the team finishing inside the top eight.



The four-man team had total points of 13 with the second closest team of Freyberg High School on 52 points.

Senior Boys Race: 4.8km

The white singlet of our runners dominated the race from the start. Alex Hull ran fantastically to run away to a 500 metre lead over Harrison Porritt (2nd) and Sam Bentham (3rd). Adam Martin and Timo Spitzhorn took the next two places to allow the school to take out the top five spots. The team was also well supported by Reuben Dods (7th) and Nick Punnett (15th).

Like the Junior and Intermediate teams, the senior 4 man team won with a combined score of 10 with the next closest school Freyberg High School, on 36 points.



Overall, a very successful day for the team, who are now building towards Super Eight Championship in two weeks.

Clay target shooters make a strong statement to start the season.

During the second week of the term two PNBHS clay target shooting teams attended the Murray Luke Memorial shoot in Taupo. This is our traditional 'kick start' to the season and the biggest shoot we attend other than the North Islands and Nationals. Individually, the A team were a little off the pace in the Single Rise event, but by the time they stepped up for the team event - the Points Score (scored as 3 points per target, not the usual 1) they were 'seeing them like pumpkins'. They posted a 294 / 300 - their best team score of the last three years, to win by 11 points. The B team



also did well finishing in fourth place, ahead of around 30 other teams. From the nearly 170 competitors we had three individuals place in the top five with Keegan Swarbrick placing 2nd, Tate Ferguson 3rd and Max Edwards 5th.

This was a real confidence boost to a relatively young team that have worked really hard over the last year or so. Although this makes a strong opening statement, we know that this is only the start of the season and all those other schools have the whole season to improve their game.

Waterpolo Nationals - Rotorua

During the April school holidays the Premier A Water Polo team travelled to Rotorua for the Division 2 Schoolboy Nationals. After a mixed performance at the North Island Secondary Schools, where the team finished 15th in Division 1, they were expected to be amongst the contenders for the title.

The team started with a scratchy 8-5 victory over Takapuna Grammar where plenty of quality chances went wide of the goal. The second game of pool play saw the team lose 9-5 to Northcote College in what can only be described as a performance that the team will want to forget. Despite the loss, the team went through to the top eight.

In the cross-over pool the team lost 8-4 to Western Springs. In what was becoming the story of the team's tournament, they hit the crossbar or the post 14 times in the game. The team then played the very familiar St Bernard's College, who we had beaten previously in the Wellington league. Once again poor shooting from us and good play from St Bernard's resulted in a 5-3 loss.

In the 5th-8th Semi-final against John Paul College, the Premier A team lost its composure at critical times. This resulted in us playing very unstructured water polo against a team who thrived on such encounters. The 8-7 loss was very hard to take. In the final match of the tournament the team played St Pat's Silverstream. Once again, poor shooting let the team down and despite a desperate last second attempt the Premier A team was only able to salvage a 7 all draw. The 7th place overall was disappointing. On the positive side the team is young and a number of the younger players stood up at this level. In this regard, both Jake Thompson and Ryan Cutler, who are in year 10, really made good progress. Team Captain, Cam Pomana, has been added to the New Zealand born "2000 squad on the back of his performances at the tournament and will now head to Montenegro in the middle of the year with this squad for international experience.

Tuesday Afternoon Tennis

A very fruitful first term learning the basics of tennis culminated in a close and exciting singles tournament being held. The tournament winner was Win Juntamongkon, with Marshall Burn as runner-up. During the course of the term the students learnt the basics of tennis. Good listening skills and a willingness to practise the basic skills involved with each stroke or shot resulted in a marked improvement in all of the students' competency on the court. This improvement was obvious in the tournament. The group were committed, regular attendees at the coaching sessions and this positive attitude was responsible for the increase in skill level acquired.

Junior A Basketball St Pat's 2-day Classic, Wellington (28/29 April)

The first tournament game of the season saw us fall behind to Rongatai College early on and we went into half-time down 27-32. A good defensive effort saw the boys restrict Rongatai to 2 points in the 3rd quarter and we went on to win the game 60-50

The next game, against Wellington College saw us leap out to an early lead 17-4 at the end of the first quarter. Despite struggling to dominate the opposition, we managed to hold on to win 43-32

In the semi-final against St Pat's a strong team performance saw us with a slender lead at half-time 25-19. Dominating the 3rd quarter, we pulled away and eventually won the game 54-30.

We started well in the final against New Plymouth Boys' High School and by the end of the first quarter the scores were tied 13-13. We were playing with good intensity and the decision-making was great which enabled us to extend to a slender 24-20 lead at half-time. New Plymouth struggled against our inside game and as time wore on were reduced to long range efforts which began to miss the basket more frequently. We eventually won the game 54-30.

It was great to win our first tournament outing of the year against 5 of the strongest teams in our region, however, the coaching staff still identified a lot of things we can do to improve on.

Orienteering 2017

On Friday the 18th of May a group of 18 students from PNBHS travelled to the Esplanade to compete in the local Manawatu Secondary Schools' Orienteering competition. The weather for the previous few days had not been great. However, the rain cleared and the day



turned out fine albeit with a very muddy course. Once checked in, many of the group proceeded to warm-up. Then, one by one, at two minute intervals the boys headed off. Mrs Neale and Mr Finch cheered each competitor on as they headed out around the secondary section of the course which was approximately 3km long, taking the competitors into and over various terrain, amongst bush, around the rail track and over bridges. It was a very successful competition with PNBHS taking out the Boys' Secondary section of the competition in a clean sweep of the top 18 spots. This year proved to be Adam Martin's year. He took out the number one spot for the first time with a course time of 14 minutes 27 seconds. Second place getter was Caleb Bottcher with a time of 16 minutes 10 seconds and Josh Van Rynbach came in third with a time of 19 minutes 36 seconds. Well done to all those who competed, especially those who competed for the first time.

Some Cycling Highlights

Congratulations to Year 12 student **Dylan Simpson (left)** who came 3rd in the New Zealand Under 19 Club Road Cycling Nationals (Road Race) and to PNBHS



Technology teacher **Mr Winston Briggs (right)** who came 3rd in the New Zealand Open Men's Club Road Cycling Nationals (Road Race) .

Congratulations to Year 12 student Dylan Simpson, who has been selected in the New Zealand team to compete at the Commonwealth Youth Games in the Bahamas from the 18th – 23rd July, 2017.

Dylan, a 2016 National U17 Men's School Cycling Championships gold medalist, will compete in the Road Race. Selection for the team is a huge achievement, with only athletes who have the potential to produce podium finishes at this international level being considered.

While many of the details about the road race at the games are yet to be finalised, Dylan explained that the events he competes in are typically between 80km and 110km in length. Dylan is currently cycling about 300km per week in training, as well as completing gym sessions and Pilates to work on his core strength. The last month has been busy for him, competing in a number of road tour events and national championships. We wish Dylan all the best as he continues his preparation for the Commonwealth Youth Games – his selection reflects his dedicated and determined approach.

Swimming Highlights

Well done to all our young men involved in Swimming Sports on Wednesday 12 April.

Congratulations to Xavier Hill who broke two records:

* Open 200m Medley - Xavier Hill - 2.11.85 | Old Record - 2.14.87

* Open 100m Medley - Xavier Hill - 1.01.13 | Old Record - 1.01.73

Club Points:

- 1st - Kia Ora - 261 points
- 2nd - Phoenix - 178 points
- 3rd - Vernon - 140 points
- 4th - Murray - 136 points
- 5th - Gordon - 135 points
- 6th - Albion - 90 points

2017 North Island Secondary Schools' Swimming Championships

Well done to our swimmers who competed at the 2017 North Island Secondary Schools' Swimming Championships on Saturday May 13th.

Boys 15-18yrs:

- Xavier Hill
- 1st 100m Butterfly 57.81s = NISS record new Manawatu Boys 16yrs record
- 1st 50m Breaststroke 30.33 = NISS record AND Manawatu Boys 16yrs record
- 1st 100m Breaststroke 1:05.87 = NISS record
- 1st 50m Butterfly 26.33s

Boys 14yrs:

- Ryan Cutler
- 1st 200m Backstroke 2:23.02;
- 2nd 200m Freestyle 2:05.3; 2nd 200m Backstroke 2:23.02; 2nd 100m Backstroke 1:03.80
- Jacob Thompson
- 2nd 50m Breaststroke 34.09; 3rd 200m Breaststroke 2:49.07
- Kokoro Frost
- 3rd 50m Freestyle 26.47; 3rd 100m Backstroke 1:08.84; 4th 50m Breaststroke 34.82

- Boys 14 Medley Relay team = 3rd
- Boys 15yrs + Medley Relay team = 3rd





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PREMIER SPONSORS



SPONSORS



The boys then started our business challenge with Stepinac High School, where we spent two days working cooperatively with Stepinac on developing potential business ideas, to perform a final sales pitch to a panel of judges.



ing from Palmerston North. The talks received by the boys helped us to understand how business and commerce works on a bigger scale, and enlightened us about the real possibility of business opportunities in the world. The many opportunities and amazing activities undertaken in New York made it a trip none of the boys will ever forget, and was a great way to finish off the tour.

After enjoying and taking in the atmosphere New York had to offer, the last day of the tour came. A tour of the New York Federal Reserve Bank was made possible by old boy Luke Taylor, who also spoke to us about making a life in New York com-



PNBHS INTERNATIONAL

ARE LOOKING FOR:



WARM, WELCOMING FAMILIES TO HOMESTAY A JAPANESE STUDENT

- 15-16 YRS OLD
- COMPREHENSIVE HOMESTAY SUPPORT FROM PNBHS
- NEED THEIR OWN BEDROOM
- WILL ATTEND NORMAL SCHOOL DAYS
- LEARN ABOUT A NEW COUNTRY, CULTURE & LANGUAGE
- REWARDING & ENRICHING EXPERIENCE



9 NIGHTS (31 JULY – 9 AUG) | TOTAL \$315 PAYMENT

FOR MORE INFORMATION, PLEASE CONTACT
WENDY CHRISTOPHERS, ACCOMMODATION MANAGER, ON:
homestay@pnbhs.school.nz or 06 354 5176 ext 775

PNBHS does need to Police Vet all applicants.

HOMESTAY A PNBHS INTERNATIONAL STUDENT



Have you ever thought about being a homestay to a PNBHS international student? PNBHS have a number of Vietnamese students arriving in June for a short term stay:

- 1 June – 3 July (4 ½ weeks)
- 10 June – 8 July (4 weeks)
- 17 June – 1 July (2 weeks)

- \$240 per week for each student
- Comprehensive homestay support from PNBHS
- Rewarding & enriching experience
- Explore new cultures & languages
- Create lifelong relationships
- A wonderful addition to your family

For more information and to register your interest, please contact Wendy Christophers, Accommodation Manager, at homestay@pnbhs.school.nz or 06 354 5176 ext 775

Please feel free to pass onto any friends or family. It is not a requirement to be a parent of a current Palmerston North Boys' High School student in order to be one of our homestay families, however we do need to Police Vet all applicants.



The Sir Peter Blake Trust NZ Leadership Week

Character, Change, Leadership

Developing your potential to shape the world
The Challenge of Change and Our Response to Change: A Regional Senior School (Year 12 and 13) Student Forum

The need for young people to grow their natural leadership potential is greater than ever. Technology, the environment, geopolitical crises, economic woes, social upheaval, and the global leadership crisis all call for a new generation of leaders. Young people like you will shape the world of tomorrow; how well you rise to the task depends on your personal development. This program, presented by acclaimed leadership expert, author, and columnist, Andre van Heerden, will explore how to make your personal development and leadership capability an everyday reality.

IN THE MIDDLE
OF DIFFICULTY
LIES OPPORTUNITY
- ALBERT EINSTEIN



5th July 2017
0945 – 1530
Speirs Centre, PNBHS
Cost TBC \$20-30 per student
Lunch Provided
To Register:
admin@pnbhs.school.nz

The Goon Show



Live
with PNBHS Stage Band
and OK Choral

Harry Secombe, Peter Sellers and Spike Milligan reincarnated to play the classic Goon characters - Neddie Seagoon, Major Dennis Bloodnok, Grytpype-Thynne, Minnie Bannister and more! They will be accompanied by the PNBHS Stage Band who have won many awards for their rich jazz and swing sound as well as the nationally acclaimed OK Choral.

Classic BBC Radio Comedy and Jazz

Thurs 29 June 7pm	The Tallest Mountain in the World and The Dreaded Batter Pudding Hurler
Fri 30 June 7pm	The Tallest Mountain in the World and The Lost Treasure of Loch Lomand
Sat 1 July 6pm	The Tallest Mountain in the World and The Spanish Suitcase

Speirs Centre
Palmerston North Boys' High School
Tickets: \$20 Each.
Available School Finance Office Tel: 06 354 5176
Or online at Eventfinda
All Proceeds to assist students with education travel.

LOST PROPERTY

I am not only getting unnamed, school and sports gear, but on average one lap-top computer per day !!!

Please ensure everything bought to school is named or labelled in some way.

I have a huge pile of mufti gear which will be going to some OP SHOP!!!! It has been photographed and shown on the screen at assembly at least twice.

Thank you

Barbara Shorter
Student Support Centre

World Vision
PNBHS PRESENTS
WORLD VISION ART EXHIBITION
FOR FUNDS RAISED GO TOWARDS HELPING SYRIAN REFUGEES
WWW.WORLDDIVISION.ORG.NZ
ART REPRODUCTIONS OF ORIGINAL WORKS FOR SALE
OPENING JUNE 16 10:30AM. LIVE MUSIC! FOOD/DRINKS 1 CASH OR CHEQUE
LOCATED SQUARE EDGE 47 THE SQUARE PALMERSTON NORTH, 4414
OPEN JUNE 1 - JUNE 20 2017
PROUDLY SPONSORED BY freedom art & design



2018 ENROLMENTS



2018 Year 9 enrolment packs and application forms will be available to download from our website (or pick up from the School Office) at 8:00am on Monday 24 July 2017 & closes 4:30pm Monday 4 September 2017.

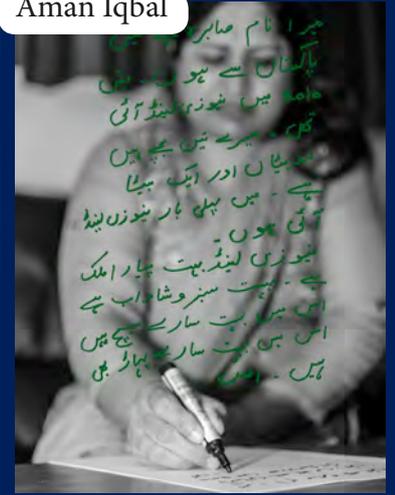


Emmanuel Joseph Shaji: Colour pencil on brown paper - Year 13



Ryu Ongkapipat: Pencil on card - Year 11

Aman Iqbal



1st XV Results

- Auckland Grammar win 22-17
- Francis Douglas Memorial College win 25-22
- Lindisfarne win 60-7
- St Pat's Town win 22-18
- St Paul's Collegiate loss 10-15
- Wairarapa College win 39-3
- Wellington College 22-13
- Gisborne BHS 21-3



2017 Cross Country



Seniors
2nd: Harrison Porritt
1st: Samuel Bentham
3rd: Adam Martin



Intermediate
2nd: Samuel Phillips
1st: Benjamin Wall
3rd: Luke Scott



Junior
2nd: Liam Wall
1st: Nelson Doolan
3rd: Aden Porritt

2017 Road Race



Juniors
2nd: Nelson Doolan
1st: Liam Wall
3rd: Angus Wallace



Minor Intermediate
2nd: William Leong
1st: Andre Le Pine-Day
3rd: Kack Pronk



Major Intermediate
3rd: Samuel Phillips
1st: Benjamin Wall
2nd: Luke Scott



Seniors
2nd: Harrison Porritt
1st: Alex Hull
3rd: Samuel Bentham



Palmerston North Boys' High School Major 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