





Three speakers at Leadership Week: Mr Jo Schmidt (former staff member), Mr Mark Cross and Mr Ross Brown. (right) Reihana Wetere winner of Year 9 Kapa Haka Contest











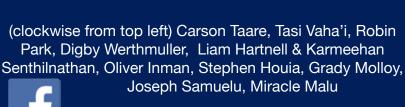




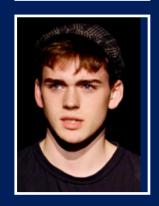












From the Rector



Dear Parents

The recent International Boys' Schools Coalition (IBSC) conference provided an opportunity for staff from boys' schools throughout the world to meet, to listen to some outstanding presentations, to share war stories, to talk about best practice and to focus on education for boys and young men in today's world. Boys' schools the world over, indeed all schools the world over, are faced with their share of challenges and issues. The majority of schools in the IBSC are private or independent schools where some of the fees are mind-boggling to those of us in the state system. By far

the majority of state schools who are members of the IBSC are from New Zealand – and we are fortunate that in this country we have a strong state school system. Mr Atkin will discuss aspects of the conference in more detail in this newsletter.

A research paper was presented at the conference by Mr David Ferguson, Headmaster of West-lake Boys' High School in Auckland, which focused on the academic achievement of boys at boys' schools in New Zealand. The data, compiled and analysed by independent researchers, was unequivocal: that at every possible measure – regardless of decile or ethnicity, for example – boys in boys' schools achieved at a higher academic level than boys in co-educational schools. In many cases, the difference in achievement levels was significant, even when noted that academic qualifications are often more challenging at boys' schools who, the researcher found, were more likely to contain more of an emphasis on external assessments and examinations.

Another presentation focused on the importance to boys of a sense of belonging, which has been noted not only in a number of the surveys we as a school have conducted, but also in a wide range of research. The international research shows that the extent of identification with one's school is a much better predictor of academic outcomes than traditional indicators such as family income and ethnicity which was an illuminating discovery. In other words, the boys who have a sense of pride in their school and recognise the importance and value of our traditions and values will be more engaged and will consequently achieve more success academically.

While it is fair to say that different schools suit different people, and that our school is not for everyone, so many of our young men feel obvious pride in our school; they are proud of their own accomplishments and proud of the accomplishments of their 'brothers'. This sense of brotherhood that many of our young men talk about was perhaps never better evoked than in Henry V's oft-quoted St Crispin's Day speech:

This story shall the good man teach his son; And Crispin Crispian shall ne'er go by, From this day to the ending of the world, But we in it shall be remembered – We few, we happy few, we band of brothers; For he to-day that sheds his blood with me Shall be my brother...

All the best for the remainder of the term.

David Bovey Rector

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Rector's Administrative Notices

Staffing

We welcome Ms Morgan, who has joined the staff as Head of the English Department. Mr Mafi has joined the staff and will be working in a mentoring and support role across a number of departments when his current Turbos commitments allow.

Open Day

The recent Open Day saw large numbers visit the school throughout the three sessions, two of which, in particular, saw larger numbers than in recent years. I would like to thank those involved in Open Day; the staff and the many young men who gave their time to ensure Open Day was a success. Special thanks go to Year 9 pupils Aadesh Ganugapati and Telson Liuvaie who, along with Head Prefect Digby Werthmuller, spoke at each of the presentations. My thanks also to those young men who acted as tour guides and did a superb job of providing their groups with information about the school from a young man's perspective.

Enrolments for 2019 close on Monday 3 September. Due to the current school roll, we will be limiting the numbers at Year 9 for 2019 so out of zone applications received after the due date may be unsuccessful. If you require further detail, please contact the school office on 06 3545 176.

NCEA Internal Assessments

All parents of young men sitting NCEA this year should be receiving fortnightly electronic or hard copy updates from us regarding internal assessments that are due in the following two-week period. We hope these are useful and

would encourage you to discuss your son's assessment schedule with him so that he meets all deadlines and can pass all assessments at a level commensurate with his ability and level of application.

The teaching and assessment programme for young men sitting NCEA this year is at the business end of the year. It is essential that young men maximise the use of their time so that they can secure a qualification of worth.

Internal school examinations take place from Friday 14 September to Friday 21 September and young men need to take these examinations seriously. Effectively these are practice examinations for the externals they will sit in November and it is the last opportunity for them to receive indicators as to their progress.

The results from these examinations will also be used if a young man should require an NZQA derived grade because of bereavement, serious illness or an accident during the external examination period that causes him to miss an external examination. Thus, we would stress that young men take these examinations very seriously as every year we have a number of students who need this type of assistance. Sometimes young men think that it will not affect them.

Winter Tournament Week

We wish all of our teams competing in National and Regional tournaments all the very best as they travel throughout the country in week seven of the term.

Student Achievements

- Academic Competition two Year 9 teams competed successfully in the Manawatu Readers Cup, a literary competition held recently in Feilding.
- Performing Arts a number of PNBHS pupils were involved in theatrical productions in recent weeks. Tyler Purdy, Tom Varney, Ezra Davis, Eli Hancock performed in Seussical; Hayden Day, Finn Davidson, Trent Hooper and Ryan Ngarimu were in Peter Pan, while Callum Crawley, Nick James, Chris Dewhurst and Oliver Inman have been selected for the cast of Wicked currently on at the Regent.
- St.Pat's, Silverstream Exchange the 1st XI and Junior A football teams both had good page 3

- wins, 5-1, the 1st XV lost 7-25 while the 2nd XV won 17-14.
- Shand Shield Vernon won the Shand Shield squash competition, with Albion 2nd, followed by Phoenix, Kia Ora, Murray and Gordon.
- Super Eight Badminton the Senior A team



won the Super Eight title for the third year in a row when hosting the tournament recently.

- Year 9 Haka Challenge 9MT won the annual Year 9 Haka Challenge, with 9HW second and 9BS third. Reihana Wetere of 9MT won the Best Kaea award.
- Student Achievement Junius Ong, in captaining the Senior A Badminton team to their

title, was thus awarded with his fifth Super Eight badge – three for badminton that join his two Super Eight Scholar badges. This is a rare achievement.

- Duke of Edinburgh Awards Ajay Bansal, Finn Campbell and Nicholas Tuck were presented with their Silver Duke of Edinburgh Awards at a recent ceremony.
- NZ Leadership Week a successful week, with guest speakers Mr Joe Schmidt, current coach of the Ireland rugby team; Old Boy and former staff member Mr Ross Brown, and Old Boy Mr Mark Cross who completed the Gobi Desert ultra-marathon.
- Pasifika Fusion overall the Pasifika Group finished third at the Pasifika Fusion Festival. Telson Liuvaie won the Niuean speech competition, while the contemporary dance group also won their category. A number of other young men received top three placings across a range of categories.
- Water Polo Cam Pomana has been selected in the final NZ Men's Youth squad to travel to Montenegro and Hungary.
- Wellington College Exchange a successful winter exchange with Wellington College at home: seven wins and a draw in the sports exchanges with two close losses in the debating. 1st XI football won 5-3, 1st XI hockey drew 2-2 (and retained the Bartholomew Cup), while the Premier A basketball team won 67-51. 2nd XI and Junior A football, U15 Colts hockey and rugby, and Junior A basketball were the other teams involved.
- Polson Banner Exchange the annual exchange in Napier saw 16 teams competing.
 Napier won the overall exchange 9-7, including the 1st XV match which saw them retain the Polson Banner, the oldest trophy of its



kind in the country. Wins to the 2nd XV, 2nd XI hockey, U15 Colts hockey, Junior football, Golf, Senior and Junior debating; losses to 1st XV, 3rd XV, U15 Colts, U14 Rugby, 1st XI hockey, 1st XI and 2nd XI football, Premier A and Junior A basketball.

 Music – at the recent NZ Brass Band Championships in Blenheim, Joe Inman (Year 10)

finished in second place in the U15 Cornet section.

- Softball Jacahn Roberts was selected in the NZ U15 softball team.
- Super Eight Tournaments the Premier A
 basketball team successfully defended their
 title, beating Napier BHS in the final. The 1st
 XI hockey performed creditably to finish third.
- Mountain Biking Max Taylor was selected in the NZ team to compete at the 2018 Youth Olympics in Buenos Aires, Argentina.
- School Concert another outstanding display from the school's performing arts groups,

including a number of superb solo performances.

- Martial Arts Brad Morgan finished third in the 52kg category at the National Jujitsu Championships.
- Music String trio No Frets won the Barrett Trophy for overall winners at the Manawatu Ensemble Competition.
 Members Ray Su, Ciaran Car-

roll and Paul Teoh are all Year 11 pupils.

• Blood Donor Day – a large number of pupils

donated blood as part of the annual Blood Donor Day.

- Touch Rugby Carson
 Hepi has been selected in
 a NZ Mixed team to compete at the Touch Youth
 World Cup in Malaysia.
- Water Polo Jake Thompson, Levi Timms and Leo Nikolaou have all been selected for NZ Water Polo High Performance squads. Mr Ross has been appointed as manager of the 'Born 2003' squad.
- Football the 1st XI continued their good form with a 7-0 win over Scot's College of Wellington.





From the Deputy Rector



NCEA update

Recently you will have received communication from the Rector

confirming changes to the amount of assessment we are offering at NCEA Level One from 2019. As a school we are excited about the opportunities this provides for us to reconsider our curriculum programmes to ensure they are meeting young men's needs as well as effectively preparing them for assessment at NCEA Level Two. We will continue to follow and be involved with the current review of NCEA, but do have significant concerns with a number of the suggested changes and some of the rhetoric that has accompanied the review, which appears to ignore established research about effective teaching and learning. Indeed, we believe that there is significant risk in promoting approaches to teaching and learning that may well widen the gaps between low and high achieving students.

2018 NCEA Fees



NEW ZEALAND QUALIFICATIONS AUTHORITY MANA TOHU MĀTAURANGA O AOTEAROA

Thank you to the vast majority of families who have paid their NZQA fees for 2018, or who have been in contact with the Finance Office should there be circumstances making payment of these fees difficult. NZQA will not officially register NCEA credits gained until the fee is paid and an additional NZQA penalty fee of \$50 is added to late fees. If you have not paid your son's NZQA fee for 2018, please contact the Finance Office urgently so that we can work with you to achieve the best outcome for him.

Senior Examinations

Senior examinations take place towards the end of this term, Friday, September 14 to Friday, September 21. These examinations will provide your son and his teachers with very concrete feedback about the topics he has developed a good understanding of, and those which should receive greater emphasis in the lead up to the external NCEA examinations. Additionally, should page 5

your son miss an external examination because of illness or a family bereavement and require a derived grade, his school examination results will be used. Consequently, the school examinations are important, so please do not accept responses from your son indicating that they are 'only mocks' so he does not need to prepare for them.

In order to learn something new, whether it be a skill or a specific piece of information, we need to move it from our short-term or working memory into our long-term memory. There is plenty of evidence that this is best achieved through repetition - regular practice over an extended period of time. Being specifically taught knowledge and skills in class, revising for an end-of-topic test, studying for school examinations and then revising again for external examinations, is an example of how material might be effectively moved into our long-term memory. An excuse some young men use to avoid working in preparation for the school examinations is that they will forget what they cover before the external examinations. The opposite is in fact true: a genuine effort with revision for the school examinations will help move the relevant knowledge and skills into their long-term memory and greatly increase their chances of success in the external examinations.

2019 Subject Selection

Subject selections for 2019 are now being made. This process is completed online via the Parent Portal and instructions have been emailed to all parents. Young men who will be in Year 10 in 2019 need to have their subjects selected by Thursday, September 6, while the deadline for young men in the senior school in 2019 is Monday, September 3. I appreciate that from a student and parent perspective 2019 is some time off. However, this information is essential for us as we begin to look at staffing, resource allocation and budgeting processes for next year. Should you have any questions regarding the subject selection process, please contact the relevant Year Level Dean.

Boys Education – a Global Perspective

The recent International Boys' Schools Coalition (IBSC) conference provided an opportunity for teachers and leaders in boys' schools across the globe to meet and share the achievements and challenges in their respective schools. What is striking from this gathering of schools is how

lucky we are in New Zealand to have an effective state school system in which students can gain a high quality education at relatively minimal cost. Within the IBSC state schools are a small minority, and most of the state boys' schools involved with the organisation are from New Zealand. In a number of overseas settings it increasingly appears that state provided education is in crisis and those parents that can afford it are choosing private education for their sons.

In recent years, a number of our staff have had the opportunity to visit some of these private schools in other countries. In many cases, the facilities they boast are incredibly impressive and would be far more than any state school could ever dream of. However, when one considers the range of opportunities available to students through both academic and co-curricular programmes and, most importantly, the young men who leave these institutions at the conclusion of their schooling, I do believe we are doing exceedingly well and can proudly compare our young men to those in some of the most august boys' schools around the world.

Girls Outperforming Boys



That girls are educationally outperforming boys is a global phenomenon. The gap between girls achievement has grown in recent years and is now very obvious both at secondary school and university level. Females are dominating tertiary enrolments globally, with males making up 40% of graduates and females 60%, and the indications are that this gap is widening. Female students are also achieving at a higher level than males at tertiary level. These global trends are also reflected in New Zealand's secondary school and tertiary academic results.

Professor Tim Brailsford, President of Queensland's Bond University, linked this growing disparity in achievement to personality types. Personality types can be divided into five very broad categories: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism, under the acronym OCEAN. All people have elements of the 'big five' in differing degrees. Over time, and by the late 20's, most people's personality page 6

types are very similar and most people are emotionally stable. However, during adolescence the differences are exaggerated, with males scoring higher in openness and extraversion and females higher in agreeableness and conscientiousness. In other words, adolescent females score higher in the areas which are more likely to lead to higher levels of academic achievement, while adolescent males score higher in areas that are more likely to cause their inclusion in a raft of negative statistics, including educational underachievement. A brief description of the 'big five' personality types is given below.

Openness - People who like to learn new things and enjoy new experiences usually score high in openness. Openness includes traits like being insightful and imaginative and having a wide variety of interests. Also, more likely to engage in risk-taking behaviour.

Conscientiousness - People that have a high degree of conscientiousness are reliable and prompt. Traits include being organised, methodic, and thorough.

Extraversion - Extraversion traits include being; energetic, talkative, and assertive (sometime seen as outspoken by Introverts). Extraverts get their energy and drive from others, while introverts are self-driven get their drive from within themselves. **Agreeableness** - As it perhaps sounds, these individuals are warm, friendly, compassionate and cooperative and traits include being kind, affectionate, and sympathetic. In contrast, people with lower levels of agreeableness may be more distant.

Neuroticism - Neuroticism or Emotional Stability relates to degree of negative emotions. People that score high on neuroticism often experience emotional instability and negative emotions. Characteristics typically include being moody and tense.

Online Activity

Both the amount of time that young men are spending online and the nature of their online activity are causing concern around the world. Recent OECD research has identified a relationship between the amount of time spent on digital devices and achievement; students who spend more time online achieve at lower levels in mathematics tests (a finding that held true regardless of whether the assessment was completed on a computer or via traditional pen and paper), while reading performance also decreases with increased time spent on computers.

There is also evidence indicating that in general boys spend more time online than girls, likely to be another factor contributing to the growing disparity in academic achievement between males and females. Further research is beginning to establish links between time spent on computers and loneliness in adult populations. Given that young men spend more time engaged in such activity than similar-aged females, this is of concern for the future. It was commented that "Technology is a wonderful servant, but a poor master."

Mental Health and Wellbeing

Worldwide it is estimated that 13.4% of young people are affected by a mental health disorder, although in developed countries the figure is higher, and may be as great as 20%. This would tend to suggest that there are some lifestyle factors associated with mental health disorders. Globally, suicide is the leading cause of death for adolescent males in developed countries, and New Zealand, unfortunately, has the worst record in the world.

Canadian mental health expert Dr Tracy Vaillancourt highlighted the importance of having an authoritative approach to both parenting and teaching. Such an approach stresses support – love in the case of parents – as well as structure and high expectations. An authoritative approach stresses working together under the guidance of the adult in the relationship, and should not be confused with an authoritarian approach – structure and rules without the support. Dr Vaillancourt also identified that a laissez faire approach – a lack of boundaries and expectations – from parents and schools is associated with poor mental health outcomes.

How are Schools Responding?

While there are a number of concerns that are shared at a global scale in relation to the education and achievement of young men, there is also a significant amount of purposeful work being done in response to these challenges.

Professor Ian Hickie highlighted that "having strong social connections and being physically active through adolescence are two of the biggest things that boys' schools do to protect against the development of mental health issues." Continuing to offer a wide-range of co-curricular activities and encouraging young men to get involved continues to be a priority for us as a school.

Providing an environment that is both highly structured and highly supportive is important. Dr page 7

Vaillancourt commented that contrary to many people's opinions, it is not necessary to choose between these two methodologies, they can be implemented together and would be characteristic of an authoritative approach as outlined above. High levels of communication, responsiveness and nurturing are important, and these characteristics are derived from environments in which there are positive relationships. Dr Vaillancourt also commented that schools with highly structured and highly supportive environments tend to have lower incidences of bullying behaviour and consequently are safer environments for students.

We believe that our structure and clear expectations are well established, and we continue to work to develop the relationships within our school environment. Alongside their core role as teachers, the involvement of staff in coaching, managing, directing, conducting and mentoring in co-curricular activities helps to build on the relationships that are cultivated in the classroom.

As Mr Bovey notes on page 2, independent research commissioned by the Association of Boys' Schools New Zealand has examined boys achievement data in New Zealand schools between 2012 and 2016 concluded that boys achievement in boys' schools is better than boys in co-educational schools in all categories - every decile, every ethnicity, every level of NCEA, University Entrance and Scholarship. This research also noted that typically assessment programmes at boys' schools are more challenging than those at co-educational schools as there is a higher proportion of external assessment.

Initial work to understand why this is the case



has identified the culture developed within boys' schools as a central to the level of academic success enjoyed by students. Many boys' schools put great emphasis on tradition and structure,

as well as on the provision of an 'all-round' education. The curricular and co-curricular programmes boys' schools offer are carefully planned to meet a range of outcomes. At Palmerston North Boys' High School we consider the value that our programmes offer towards achieving our vision to Develop Educated Men of Outstanding Character. What we do on a daily basis contributes in a deliberate manner to our school culture and ethos.

Over recent weeks, young men on the Student Forum and those on the College House Boarders Council have been working to identify and examine our school and College House traditions. They have been challenging the purpose of much of what we do on a daily, weekly or annual basis to establish why we do it, and in particular, how these traditions contribute to the development of the character of our young men. This work is ongoing and it has been a very worthwhile process to have key contributors to our school culture challenged and critiqued from a student perspective.

Character - It's Not All About Me

An emphasis on character development is another commonality among boys' schools internationally. The concept of character is multidimensional and can mean different things to different people. However, there are general similarities in the various definitions of character. Consequently, character programmes frequently focus on the contributions that each of us can make to our society, rather than emphasising development for the sake of individual goals or achievements. Traditionally, this emphasis came through religion. However, growing atheism has fundamentally changed this. Where then, in contemporary society, do young people find a sense of belonging to something greater than themselves? For some it will be in their contributions to their families, for others it will be through co-curricular activities, employment or other social groups. As a school, we hope that the opportunities we provide and the sense of pride we work to engender within our young men can also provide a forum in which they can experience belonging, form strong social bonds, and have the chance to understand the satisfaction that comes from contributing to 'something' larger than the individual.

If we are individually striving to be the best version of ourselves that we can be, then collectively we can make a huge positive difference to our society. Holocaust survivor Viktor Frankl noted in his seminal work 'Man's Search for Meaning' page 8

"Don't aim for success—the more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue...as the unintended sideeffect of one's personal dedication to a course greater than oneself."



Online Health and Wellbeing

We were privileged recently to host New Zealand Cybersecurity expert Mr John Parsons for a series of presentations to students, staff and parents. Mr Parsons shared ideas with our young men about how they can develop a positive and safe online presence. Hopefully your son has discussed this with you. If not, asking him about what he is doing to develop a positive online presence could be a good starting point for a very important conversation. Checks of online activity are firmly established as part of the recruitment process for many companies, and, if stories in the media are correct, are becoming an increasingly common part of the background checks included when looking for a rental property or seeking a loan.

Mr Parsons shared his guidelines for parents: Become your child's "friend" in any social net-

work environment your child creates.

1. Maintain easy access to your child's profile

- 1. Maintain easy access to your child's profile via their log in.....you will see everything.
- 2. Ensure that you can always have access to your child's phone to help them stay safe (i.e. it is not a no-go area) ...check the quality of how they are communicating with others; talk about how they connect and communicate with friends. Is it consistent with the values of your family?
- Educate your children about the importance of protecting family and friends imagesteach them to seek permission of another before they send or upload images to the internet.

- 4. Try to always maintain open lines of communication with children. Do not over-react if you see something that alarms you or makes you angry.... share your concerns, and always talk about the issues and how they relate to them and their friends' safety.
- 5. Agree on a time in the evening to stop using the technology within the home...that's everyone. "Remember, what we model today will either come back and embrace us or bite us tomorrow" John Parsons.
- 6. Talk/ask about their friends and social activity as a way to reduce the opportunity for cyber-

- separation to develop.....encourage being open about new friends and what they are up to, and who their parents are. When in doubt, call the parents and introduce yourself.
- Teach your children to protect their online identity, as a way to future proof themselves for employment.....we need to nurture and protect them online and teach them how to protect themselves as they engage information technology.

Thank you to the Palmerston North Boys' High School Parent Teacher Association for their support in providing these excellent presentations for

Performing Arts

Music News

and 11 band, the **Senior Concert Band** who are preparing to take part in the NZ Concert Band Festival being held in Wellington in the middle of August. The performances of



the **S.O.A.P Choir**, consisting of around 95 students, the



OK Chorale and the PNBHS Stage Band were scattered throughout the programme and were supported by some very talented ensembles in the form of No Frets String Trio, (Ciaran Carroll, Paul Teoh, Ray Su), this is a highly accomplished Chamber Music group and it is always a pleasure to listen to them. Drum Squad, Blue Avenue Jazz Combo and the sax

quartet **Sax Attack** rounded out the ensemble programme with some very dedicated performances.

The school's cultural groups, **Kapa Haka** and **Pasifika**, shared their talents on alternate nights and they definitely added



colour and passion to the evening concert.

The outstanding acts of the evening were the students who stepped up and performed their solo items. This started with Carson Taare, a member of the OK Chorale and NZ secondary students' choir who had just returned from a tour to China. He performed the iconic 'Operator' by Jim Croce, a highlight for many in the audience. Robin Park also a member of the OK Chorale and NZ secondary students' choir performed the classic "OI' Man River' by Jerome Kern and Oscar Hammerstein. This was perfectly suited to his lovely warm bass voice.

School Concert 2018

The students of the Palmerston North Boys' High School Music and Arts faculty once again wowed audiences with their talent in the annual school Music Concert, held on Tuesday 7th and Wednesday 8th August. It was a strong programme of solid group and exceptional solo performances that entertained one of the larger audiences we have had for the school concert over the last few years.

The concert opened with The **OK Chorale** entering to *Ubi Caritas*, this was followed by *'The Rose'* with solo from Tasi Vaha'i.



The OK Chorale have been selected for the National Big Sing Finale in Wellington at the end of the month and this was to be one of the two sets they will be singing in the competition.

The Concert showcased our larger groups, **Sinfonia Concert Band** which is the Year 10 page 9

Joe Inman a Year 10 student wowed with his performance on



the cornet. Joe was second by 1 point in the NZ Brass Band under 15 Cornet Champs held last holidays in Blenheim. He played *Fantaisie Concertante* for cornet and piano by Hoch/ Theodore

The solos were rounded out by an emotional and powerful performance of the Les Miserables standard 'Bring him Home' sung by Tasi Vaha'i. I don't think there was a dry eye in the house once Tasi had completed his song.

The staff choir made a comeback this year and was preceded by a skit called *The Fatal Beating*, undertaken by Phil Mills and supported by Hugh Drake.

A very talented and accomplished exhibition of work from students in the Art Department was displayed in the foyer for perusal during the interval and before or after the concert. This certainly added another dimen-

> sion to the evening.

> Head Prefect and OK Chorale member Digby Werthmuller was the compere this

year and ensued that the show ran smoothly and the continuity carried out with his own distinctive style of humour made for a slick and polished event.

The music department now look forward to the PNBHS Concert Band performance at the NZ Concert Band Festival held at Victoria University, Wellington.

The OK Chorale travelling to Wellington for the National Big Sing Finale, 30th August to 2nd September, and then a rest over the holiday break.

For all the latest up to date information and photos pertaining to the Music Department like our facebook page, PNBHS Music Department.

Link: Facebook - Music

Drama News

A very busy year continues.

Chris Dewhurst, Nick James, Callum Prichard and Oliver Inman have just taken the stage for the beginning of the Abbey

Wicken

Total Annual Mar Fallet Direct

Theatre's season of *Wicked*. We are incredibly proud to have 22 current or former PNBHS/PNGHS Senior Production Company performers involved.

Cast: Cara Hesselin (Dance Captain), Alex Hughes, Jacob

McDonald, Marian Sun, Amy McLaren, Anya Darby, Kirsten Clark. Band: Barry Jones, Dave Edmonds, Hayden Lauridsen, Ciaran Carroll and Nicole Cheng. Crew: Dylan Jay Falkner, Emily MacKay, Tyler Purdy, Laura Signal and Courtney Laing. This is an indication of the posi-

tive impact our junior and senior programmes are having. We have just taken a group of students to view the show and it has to be the most spectacular

production to ever grace the Regent stage – make sure you see it!!

Dramafest is in progress with four very successful performances of Howard Pinter's **Mountain Language** from

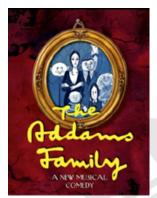
Miss Belcher's and Mr
Greer's Level
1 classes. The
levels of performance were
outstanding
with the following receiving Excellence

grades: Raymond Tuputupu, Tyler Purdy, Nick Power, Tomas Ortiz-Mina, Kordel D'Ath, Sol Ross, Karmeehan Senthilnathan, Matt Allen, Caleb Rayner, Sam Parry, Ollie Grant and Ollie Gillespie – top effort guys!

Miss Belcher's Level 2 **Devised** performances showed a remarkable depth of creativity with the students creating and then performing short dramas based on disasters that have occurred in New Zealand.

In a week's time, Mr Burton's Level 3 students will present a production of the well known NZ drama, *Foreskin's Lament.*

Junior Musical Theatre and Theatresports continue to involve large numbers of our young men with a number of seniors taking leadership roles: Finn Davidson, Callum Crawley, Zac Maskill, Tyler Purdy and Oliver Lodge.



In the last week of this term,

- Monday Sept 24, 7.30pm in The Speirs Centre, there is the compulsory information evening for all those wanting to audition for band or cast for our 2019 PNBHS/PNGHS Senior Production, *The Addams Family*.
- Interest is expected to be high for this zany spoof.
- Cast is open to students who will be in Year 11 and above in 2019; Crew and Band to students who will be in Y10 and above.
- Details will be posted from now on the PNBHS Drama Facebook page and on our Company website: https://www.pnbhspnghsproduction.com
- Workshop/auditions will take place in the first three weeks of next term.

Pasifika News

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

The year has gone by so fast and our school's Pasifika cohort has been busy promoting themselves in the school and community. A lot has happened since April this year, and our work is slowing down now with a focus on preparing for the upcoming junior and senior examinations. It is also an important time for our Year 13s to make the most of their remaining weeks at school before going off into the real world of work, tertiary or polytech study. No doubt, our families will be proud seeing their sons being involved in so many school activities - academcially, culturally and on the sports field.

PASIFIKA FUSION 2018

On Wednesday 4th and Thursday 5th July, our Pasifika Club participated in the annual Pasifika Fusion Festival held at the Regent Theatre. There were a lot of mixed emotions and late nights building up to and during the festival itself. The first night was nerve wracking as our speech participants, debating and quiz teams took on some challenging rivals from other Manawatu schools. However, we still came out of these great days with positive results:

- QUIZ Team 2nd place;
- CINEMATOGRAPHY Miracle Malu 2nd place;
- VISUAL ARTS Christian Hawira-Seanoa: 3rd place;
- SPEECH (English) Lisale Talamaivao: 3rd place;

- SPEECH (Samoan) Pajoe Mapuilesua: 2nd place;
- SPEECH (Niuean) Telson Liuvaie: 1st place;
- ESSAY WRITING Telson Liuvaie: 3rd place;
- POETRY Jesse Teumohenga: 3rd place;
- TALENT (Contemporary Dance): Le FAFAfiafiagaz - 1st place.
- OVERALL PLACING: 3RD

A big thank you to our supporting parents and teachers who helped our group prepare for these busy days last term.

A special mention going out to Mr Maruna Engu who has helped sell Cook Island donuts for our club fundraisers, and our 'Mamas', Mrs Aatasi Leung-Wai, Mrs Sina Eastmure and Mrs Ateliana Lei Malu for our uniform preparations.

AMANAKI STEM ACADEMY

Our school has been supportive of this local Pasifika initiative to support academic achievement for a small group of our Pasifika students.

The Amanaki STEM Academy is a non-funded organisation that offers free tutoring by Pasifika parents and academic members of our community.

The founders are Viliami and Tanya Teumohenga who have been pushing for more academic focus on Science, Technology, Engineering and Mathematics. If you are a parent who can assist with tutoring in these areas, please email me at Eastmures@pnbhs.school.nz.

Pictures of the various activities can be seen on page 15 which also has links to the Photo Albums.

Library News

For Term 3, we have been given free access to 1500 For Year 13s and school leavers: eBooks plus 600 audiobooks, which have been added to our collection of eBooks, which operates through Wheelers ePlatform. Take advantage of this opportunity to read or listen to great books, by going to Stratus then Library tab and following the instructions there. It operates on the students/teachers' Single Sign On details and loans can be taken for two weeks.



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 are our most popular authors for 2018!

Careers Update

- All school leavers should have applied for a testimonial from the school by now.
- All students intending to study at a NZ University next year, and hoping to stay in a Hall of Residence, will need to apply for a Common Confidential Reference Form (CCRF) - accessible from the University's Hall's application site, Stratus or Careerwise. Once the student has completed their part of the application (a two-minute job) it will automatically come through to the school to be completed.
- Applications for Halls at all Universities are now open and it is highly recommended that students get in early. Applications close at the end of September. They should be submitted by at least September 15.
- Mr Adams is running drop-in sessions for help with Halls/Uni applications before school/ lunch time and after school in the Careers Room.

For all students:

CV Workshops, Drivers Licence Courses and some Star courses are on-going - keep an eve on Careerwise for the latest information.



- Applications for places on Trades Academy programmes and on the Gateway programme for 2019 are also being considered and students wanting to explore these options should be talking to Mr Adams or Mr Johnson NOW.
- A lot of things are being promoted at the moment and students should be regularly checking Careerwise for the latest - jobs, scholarships, courses for next year, opportunities, guest speakers, course planning, workshops.
- Click here to go to CareerWise

from the Director of Sport



Supplementation for Athletes

An advertisement or advert with this heading would normally draw the attention of many. Within our school community there will be young men who are looking for an edge and who may want to know if this could help.

Due to sophisticated marketing, we live in a society that believes all ailments and deficiencies can be solved by a course of vitamins, minerals or nutritional packages. A certian level of gullibility has been cultured and nurtured and exponentially assisted by access to the internet.

Most physical inadequacies are related to our inability to mitigate the widening gap between the slow rate of evolution and the accelerating rate of socio physical change. More simply said our digestive, locomotive and domestic demands have changed at a much faster rate than the body can adapt to, giving rise to musculoskeletal injuries, obesity, early degeneration etc.

Aspiring athletes of today and tomorrow have in most cases had a deficient physical developmental phase, compared with the previous generation and yet the demands in most cases to perform at higher levels are far more demanding. This widening gap gives rise to quick fix remedies, but, as with things like weight loss or gain, the faster things happen the less likely they are to be sustainable, ethical or safe.

It is always the athlete's personal responsibility for what they ingest and so knowing what products are on the banned substance list and how simple mistakes can have far reaching consequences stops with them. Many of our top performing athletes are already "carded players" which means they can be randomly tested and any negative tests could prematurely end a career. Cold/flu remedies, fat burners and muscle builders are common products that target the ignorant and vulnerable. For further information relating to banned substances refer to Drugfree Sport NZ website.

Some products claim to enhance recovery. Sleep, especially hours before midnight is the best recovery modality available and costs nothing.

Nutritionally our young men should be able to derive all energy requirements, muscle development and adequate recovery from a well balanced diet and sensible top ups. This means that in most cases supplements are providing the body with products that are not needed above normal existing levels and in some cases require a lot of energy to process and be eliminated.

Budding athletes should instead look to:

- Be aware of their Physical training age and be realistic about outcomes and timelines
- Never skip breakfast
- Plan snacks for post training, between meals etc.
- Stay hydrated with 'a little bit but often' approach
- Have healthy snacks available in school bag or in the car
- Start the day with carbohydrate rich meal and end on Protein rich snack
- Try to get variety and colour into main meals
- Eat a lot of fruit and vegetables and takeaways only occasionally
- Leave the skin on potatoes, carrots, parsnips etc.
- · Limit sugary and high caffeine drinks
- Take shelf supplementation only on the recommendation of Nutritionist or Physician.

So you want to gain the edge? Train hard, eat well and sleep deep.

Some Sports News

Prem A Win Super Eight Basketball

In pool play on day 1, PNBHS comfortably beat **Gisborne Boys' High School 92 - 36**, but lost to **Napier Boys 89 - 71** meaning it was a must win game against New Plymouth Boys' on Day 2 if the Prem A wanted to make the semi finals.

PNBHS led for most of the **New Plymouth** game but only by 2 - 3 points. PNBHS were in foul trouble and were guilty of turning over the ball far too often. In the end, the Prem A extended their lead and went on to win **83 - 73**, thus making the semi finals. Interestingly, PNBHS were the only team to make the semi finals last year and this year. Kopere Tanoa top scored with 18 points. Jacob Collis, Jake McKinlay and Kade Muru all scored double figures.

The semi final against **Tauranga** was always going to be tough, but in big games, big players need to step up and Jake McKinlay did. He had been quiet during the tournament, but shot 8 from 17 three point shots and ended up with 28 points and 11 rebounds. Jacob Collis scored 24 points with 13 rebounds. PNBHS were up 42 - 34 at half time, but a 27 - 15 third quarter to PNBHS put the game beyond doubt and PNBHS went on to win **89 - 71** and book a place in the Super Eight final for the second year running.

Having lost to Napier Boys' the previous week in the Inter-school fixture and losing to them in pool play, the Prem A knew Napier would be a tough challenge, but they also knew that if they stuck to their systems and trusted each other, then a win was possible.

PNBHS got out to an early lead, but Napier were ahead 44 - 41 at half time and 68 - 65 at 3/4 time. PNBHS out scored Napier 19 - 6 in the final quarter and went on to win the Super Eight Basketball final for the second year running.

Final score was 84 - 74.



Jacob Collis top scored with 23 points and claimed 13 rebounds, Kopere Tanoa and Xzavia Mason scored 17 and 14 points respectively.

Jake McKinlay, Kopere Tanoa and Jacob Collis were named in the 2018 Super 8 Tournament team with Jacob Collis named as the MVP.

PNBHS Win Super Eight Badminton



Palmerston North Boys' High School hosted the Super Eight Badminton tournament for the first time since the start of the Super Eight Badminton Competition in 1997. Six Super Eight schools (withdrawals from Rotorua and Gisborne Boys' High) participated in this year's tournament held at the Central Energy Trust Event Centre at Palmerston North from the 28th to 29th of June 2018.

The PNBHS Senior A team had comfortable 6-0 wins over New Plymouth, Napier and Hastings Boys' High and a 5-1 win over Tauranga Boys' College.

In the finals, the team were up against our rivals, Hamilton Boys' High School, who were keen to take back the shield they lost two years ago. After the two doubles matches, the score was evenly poised with both schools winning one tie each. Strong performances in our singles allowed the team to take the lead and, ultimately, retain the shield with a 4-2 win over Hamilton Boys' High.

This makes it three wins in a row for Palmerston North Boys' High School. This is even more remarkable as the team has lost quite a number of experienced players this year and is made up of three debutants.



above: Collage of pics from the Year 11 and Year 12 Dramas. More pics: Year 12 Year 11 below: 140 Pictures to support the Pasifika report, click on this link: Pasifika Photos August 2018





above: Pictures from the Polson Banner games 1sts, 2nds, 3rds, Colts & U14. To view more pics click this link Rugby pics vs Napier BHS

below: Pics of the annual Music Concert. To view full collection click this link Music Dept Concert 2018





PNBHS 2020 Rugby Tour of England, Ireland, Scotland & Weles



The Board of Trustees has approved the PNBHS 2020 Rugby Tour of England, Ireland, Scotland & Wales. The proposed tour is set for the end of the Term Three holidays in October 2020. The tour will be for approximately 21 days.

If you are a parent of a 2018 Year 9, 10 or 11 rugby player, the following information will give you a broad outline of the proposed tour:

The tour will follow the same format of the three previous tours with games in Scotland, Ireland, Wales an England.

We will be looking to select two teams to tour: The 2020 1st XV and a development team. The development team will be made up of players we believe have the potential to play 1st XV or 2nd XV rugby for the school in 2021. There will be 44 boys selected in total and six staff.

While it is difficult to estimate the cost of the trip, a sensible estimate would be \$8000 per player. There will be a number of fundraising opportunities for the boys that will reduce this cost.

At this stage, we are looking for an expression of interest from families who would like their son to be considered for selection. This is a two part process:

- Provide your son's details and position to Mr Greer who will collate the list.
- 2. Pay a refundable deposit of \$100 to the Finance Office as soon as possible. If your son is not selected, the deposit will be returned to you.

The selection of players for the tour will be made by PNBHS rugby staff who will watch games and consult with coaches to determine the best fit for each position. Not being in a top year level rugby team does not preclude your son from being considered. We understand that players develop at different paces and there are plenty of talented players who are not in "A" sides at present.

There will be information evenings in the future, once dates and venues have been confirmed.

Also it would be advantageous to follow the PNBHS rugby page, if you are not already. Information will be posted there as necessary.

If you have any questions please contact

Brett Greer

greerb@pnbhs.school.nz



Stolen? Or Simply Left Behind

In the past few weeks we have had a number of young men, and their parents, extremely concerned about stolen property – jackets, jerseys etc. The school takes theft extremely seriously and will do what it can to solve cases of theft. The consequences for anyone caught stealing at Palmerston North Boys' High School will be serious.

However, please note that almost all of the recent cases of reported theft have, in fact, not been theft at all. In nearly every case, the young men have simply left their clothing or bag behind and the

property had been handed in to the Student Support Centre. This is despite the fact that the students were adamant that their "gear" had been stolen and they had told their parents that this was the case.



However, he first needs to check in at the Student Support Centre to see if it has been handed in. Most property left behind usually "turns up" within a few days. Another good task is to go around his previous classrooms and teachers and see if he has simply left his clothing in a previous lesson, as this is very common.

The amount of clothing that is simply left around the school on a daily basis is staggering. The majority of what you see in these photos comprises the clothing handed in to the Student Support Centre within one to two days only.





PNBHS - TERM THREE EVENTS - 20 WEEKS 6 - 10

WEEK 6 (27 Aug - 2 Sep) Tuesday 28 August Wednesday 29 August Wear 12 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm Wear 12 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm Wear 12 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm Wear 12 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm Wear 12 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm Wear 12 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm Wear 12 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm Year 12 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm Year 12 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm OK Chorale - Big Sing Finale - Wellington Requests for CCRF (Common Confidential Reference Forms) due to Careers Advisor Victoria/Massey Wellington University Open Day - Selected Students - Wellington Week 7 (3 Sep - 9 Sep) Winter Tournament Week	2/4/
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5 Friday 31 August Victoria/Massey Wellington University Open Day - Selected Students - Wellington	
	7// / 37 /
6 - 9 Mon 3 Sep - Thu 6 Sep Badminton - Division 1 & 2 - North Shore	
	131
6 - 7 Sat 1 Sep - Tue 4 Sep Basketball - Junior A – Napier	100
6 - 10 Mon 3 Sep - Fri 7 Sep Football - 1st XI, Lotto Cup – Christchurch	(())/
6 - 10 Mon 3 Sep - Fri 7 Sep Football - 2nd XI - New Plymouth	*/
6 - 9 Mon 3 Sep - Thu 6 Sep Junior Football - Tauranga Football Tournament - Tauranga	
1 Sun 2 Sep - Mon 3 Sep Golf - Palmerston North	
6 - 10 Mon 3 Sep - Fri 7 Sep Hockey - 1st XI, Rankin Cup – Tauranga	
6 - 10 Mon 3 Sep - Fri 7 Sep Hockey - 2nd XI, Galletly Cup - Hamilton	
6 - 8 Sun 2 Sep - Wed 5 Sep Hockey - U15 Colts - Hamilton	
6 - 7 Mon 3 Sep - Tue 4 Sep Rugby - U16 - St Paul's Collegiate Invitational Tournament - Hamilton	
6 - 10 Mon 3 Sep - Fri 7 Sep Rugby - Colts A – Auckland	
6 - 8 Mon 3 Sep - Wed 5 Sep Table Tennis - Auckland	
6 Monday 3 September Enrolment for 2019 Year 9 Students close - 4:30pm	
8 Wednesday 5 September PNBHS Snowsports - Race Team Coaching - Mt Ruapehu	
8 Wednesday 5 September Year 12 Presentations - "Loves Me Not" Programme	
9 Thursday 6 September Massey Classics Day - Level 2 & 3 Classics Fieldtrip - Massey	
Friday 7 September Mid-Term Break - School Closed	
WEEK 8 (10 Sep - 16 Sep) Māori Language week	
2 Tuesday 11 September Year 11 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm	
2 Tuesday 11 September PTA Meeting - Library, 5:30pm	
3 Wednesday 12 September Year 12 Barrowclough Leadership Seminar - Speirs Centre, 3:30-5:00pm	
3 Wednesday 12 September PNBHS Snowsports - Race Team Coaching - Mt Ruapehu	
4 Thursday 13 September Year 10 Business Studies Trade Fair - 11:30am-2:00pm	
4 - 5 Thu 13 Sep - Sun 16 Sep NZSS Swimming Championships - Wellington	
5 - 10 Fri 14 Sep - Fri 21 Sep PNBHS Examinations for Students Studying NCEA Level 1, 2 & 3 Subjects	
WEEK 9 (17 Sep - 23 Sep)	
6 - 8 Sun 16 Sep - Wed 19 Sep NISS Ski Championships - Turoa	
6 Monday 17 September Year 9 ICT & Drama Options Change	
9 Thursday 20 September PNBHS Board of Trustees Monthly Meeting, Boardroom, 6:30pm	
10 Friday 21 September PNBHS Examinations for NCEA Level 1, 2 & 3 Students - End	
10 Fri 21 Sep - Sun 23 Sep College House Year 12 Weekend - Taupo	
WEEK 10 (24 Sep - 30 Sep)	
1 - 3 Sun 23 Sep - Wed 26 Sep NISS Snowboard Championships - Turoa	
1 Monday 24 September PNBHS Bowls Championships - Palmerston North Bowling Club	
1 Monday 24 September Senior Production Information Evening - Speirs Centre, 7:30pm	
2 Tuesday 25 September Shand Shield Winter Tournament - Roll Call, Club Meetings, Assembly, Departure	
3 Wednesday 26 September Shand Shield Choral Competition	
4 - 5 Wed 26 Sep - Sat 20 Oct 1st XI Cricket Development Tour to Australia & Perth	
4 Thursday 27 September Senior Monrad Cup - Periods 4 & 5	
5 Friday 28 September Newsletter emailed home	
5 Fri 28 Sep - Mon 1 Oct NZSS Road Cycling Championships – Christchurch	
5 Friday 28 September End of Term III	
HOLIDAYS (29 Sep - 14 Oct)	
Wed 26 Sep - Sat 20 Oct 1st XI Cricket Development Tour to Australia & Perth	
//2./	
Fri 28 Sep - Sun 30 Sep NZSS Smallbore Shooting - Rangiora Set 30 Sep. Man 1 Oct. NZSS Clay Torget Shooting - Christopurable - Christopurab	
Sat 29 Sep - Mon 1 Oct NZSS Clay Target Shooting Championships - Christchurch	
Monday 1 October Closing Date for all NZ University Halls of Residence Applications	
Fri 28 Sep - Mon 1 Oct NZSS Road Cycling Championships – Christchurch	
Friday 12 October Uniform Outlet Shop Opens - 9:00am-12noon	
Fri 12 Oct - Sun 14 Oct Mau Rākau Grading - Rākautātahi Marae - Takapau	
LOOKING AHEAD	
Mon 15 Oct - Wed 12 Dec Term IV	
Friday 2 November Senior Students Study Leave Starts	
Mon 5 Nov - Fri 9 Nov Examinations For Year 9 & 10 Students	
Wednesday 7 November NCEA Examinations - Start	
Mon 3 Dec - Fri 7 Dec Outdoor Education Camps for all Year 10 Students	
Wednesday 12 December School Prizegiving – Arena Manawatu, 7:00pm	



German Tour Fundraiser

The German Tour group is selling white tea towels with the school crest in blue to raise funds. These would make great gifts for old boys or billets during sports exchanges. A sample is in the Main Office. The tea towels are available from Mrs Dickinson at a cost of \$12 for one or \$20 for two. Please contact Mrs Dickinson at school (06 354-5176) or by email (dickinsona@pnbhs.school.nz) if you would like to purchase some. Thank you for your support.



HELP WITH T SHIRTS - PLEASE DROP INTO SHOP

We, at the St Vincent de Paul shop in Rangitikei Street (opposite Noel Leeming), have found a group of volunteers to make shopping bags made from old T-shirts for our shop. However, we need T-shirts, medium to large sizes, as long as they are clean. This is a long-term plan to rid us of plastic bags so as many T-shirts as we can get, would be great. Thank you in anticipation of your help. *Toni Bidois - Shop Manager*

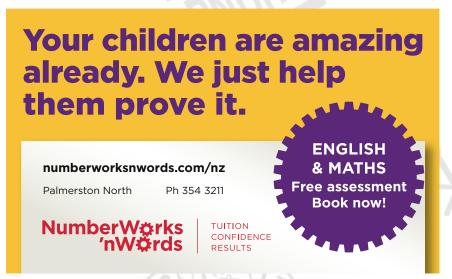


Photo Albums

If you wish to view picture albums of various events that have been posted up on Facebook, please click on this link, which will take you to the Albums on Facebook

PNBHS Facebook Photo Albums

Some other photo albums

Prem A Basketball vs Napier BHS

Football vs Napier BHS

Hockey vs Napier BHS

If you are reading a hard copy of this newsletter, you need to go to https://www.facebook.com/pg/PalmyBoys/photos/?tab=albums

WANTED: HOMESTAY FAMILIES

- SHORT & LONG-TERM OPTIONS (2 WEEKS, 5 WEEKS, 1 TERM, 2 TERMS, 1 YEAR)
- \$250 PER WEEK (2019)
- A GREAT WAY TO EXPLORE NEW CULTURES AND LANGUAGES WITH YOUR FAMILY
- A REWARDING AND ENRICHING EXPERIENCE TO SHOW A FOREIGN STUDENT THE KIWI WAY

Please contact Wendy Christophers, Accommodation Manager, at homestay@pnbhs.school.nz or 354 5176 ext 775 for more information.









Proactive Physio

Any student with a sports related injury has access to physio at school covered by the ACCC (Mon and Wed 7:30am-9:00am) or at the Proactive clinic at reduced rates. Please see Mr Finch for more information.



PNBHS Sponsors and Benefactors

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.





















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