



Palmerston North Boys' High School

Newsletter 2015 - September

Volume 21 No 6

21 September 2015

2x Junior World Champion



Campbell Stewart
Two Golds at Youth World
Champs
in Kazakhstan
see details p.3



Year 9 Japanese students learn words
using a haka!!

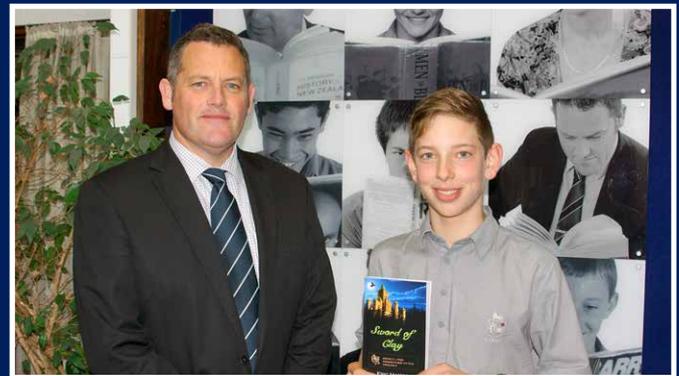


Student CHOGM organised by two
Old Boys, Patrick Lindsay (left) and
Aaron Hape (right)



(right) Year 10, Eric McKee, published his first book - a PNBHS
first?

(above) Great Swimming performances - see details on p.3

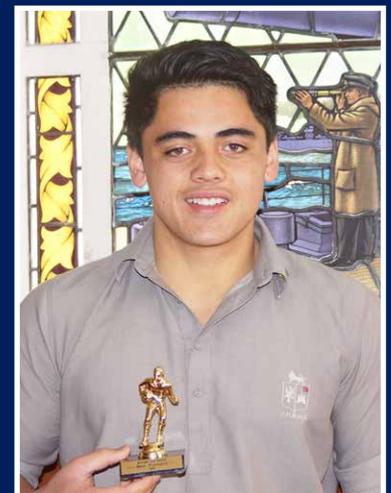


(above) Paul O'Brien address school on financial
literacy



(mid) Brodie Grant, captain of the Cheetahs

(right) Te Ariki Te Puni awarded Best Forward at U16
Quad Tournament





From the Rector Mr David Bovey

".....no matter how tough things got, or how insurmountable a challenge might appear, his mantra was "This Too Shall Pass". An aphorism that defines resilience, and that can be applied to so many different situations that our young men face, indeed that we all face."

Dear Parents,

That Palmerston North Boys' High School is a busy place is never better illustrated by the list of goings-on in recent times. Our performing arts groups have been engaged in a number of ways – from Dramafest through to the Stage Band performing at the Auckland Old Boys' dinner. The academic workload, for seniors in particular, has been inexorable, and for some unrelenting; the recent senior school examinations providing an ideal yardstick, and ideal preparation for our young men as they hurtle towards the NCEA examinations later in the year. The sporting calendar is always jam-packed at this time of the year, with a number of our teams involved throughout winter tournament week in national or regional competitions. Thus, the young men of the school can look forward to a well-earned break over the coming holidays. At least those who are not involved in school activities can...

So how do we achieve some semblance of balance in times like this? Throughout what has been a difficult term for the whole school community, some have found it hard to achieve a balance with such a high level of involvement. We all of us have different strategies during periods where we feel we are being stretched this way and that. Given that self-management is a concept alien to your average teenage boy, balance may be hard to find, and at times some things must be sacrificed to enable us to prioritise tasks that must be done. With that, the busy times will be dealt with.

During his address to the school during Leadership Week at the end of Term II, Rob Hamill said something that resonated with me in this regard. Mr Hamill, a successful Trans-Atlantic rower and a man who has faced a number of significant challenges in his life, told assembly that no matter how tough things got, or how insurmountable a challenge might appear, his mantra was "This Too Shall Pass". An aphorism that defines resilience, and that can be applied to so many different situations that our young men face, indeed that we all face.

Te Ariki Te Puni, who won his section of the regional Nga Manu Korero oratory competition, presented his winning speech at assembly recently. Te Ariki used a wonderful metaphor where life was compared to a river; the rapids are unavoidable, and we cannot simply turn back and paddle upstream, so they must be confronted, and dealt with. An evocative image, and a superb epilogue to Mr Hamill's message.

There has been significant success for our young men of late, more of which will feature in this newsletter. And what a range: Campbell Stewart returned from Kazakhstan as a double Junior World Champion in track cycling; a number of teams and groups won their local competitions; we had a large group of senior students who acted as outstanding representatives of the school on Open Day, the Mathex teams performed with distinction; a young man in Year 10, Eric McKee, published his first book.

In the midst of this success came a letter from a member of the community describing how he had encountered a number of our young men recently: "I was most favourably impressed. Each student was immaculately groomed, was courteous, extremely well-mannered, respectful, helpful and displayed a sense of humour. What wonderful people. These young men will grow to become ideal husbands, fathers, partners, employees or employers and make a positive and valuable contribution to our society".

That, to me, is success.

As we are proud of these young men, we are proud of all who conduct themselves well and who are superb ambassadors for our school and their families. We are proud, too, of the teams and groups who strive to do their best, as we saw during the recent tournament

week. Detailed reports will follow, but it is worth summarising those efforts briefly here:

- Senior A Badminton – 5th at the NZSS National Tournament
- 1st XI Hockey – 5th at Rankin Cup, NZSS National Tournament
- 2nd XI Hockey – 4th at Galletly Cup, National 2nd XI Tournament
- U15 Hockey – 7th at their invitational tournament in Hamilton
- 1st XI Football – 12th at the Lotto Cup, NZSS National Tournament
- Senior A Golf – 8th at the NZSS Championships
- U16A Rugby – 4th at the annual quad tournament in Hamilton
- U15 Colts Rugby – 11th at the National Invitational Tournament
- U15B Rugby – 4th at the Lindisfarne Invitational Tournament
- U14A Rugby – 7th at the Colquhoun Invitational Tournament
- Premier A Basketball – 5th at the Regional Qualifying Tournament
- Junior A Basketball – runners-up at the Regional Tournament
- Junior B Basketball – 14th at the Regional Tournament
- Senior A Table Tennis – 8th at the NZSS National Tournament
- Senior B Table Tennis – 2nd in Division B at the NZSS National Tournament
- Senior C Table Tennis – 3rd in Division B at the NZSS National Tournament

Good luck to those teams and groups who will be involved in their national competitions in the coming weeks (and to the Barbershop Chorus and swimming team who are about to compete as I write this): the cycling team, the clay target shooters, smallbore shooters, skiing team, chess team and Premier A basketball team. Good luck also to those groups touring overseas in the holiday break, the cricketers, stage band and commerce group.

While the sporting and cultural life of the school has been full, academic expectations and commitments remain high. Highlights of our academic programme in recent times have included:

- NCEA Excellence Awards presented in assembly
- Massey University results from senior accelerate students
- Year 10 and Year 9 Mathex teams
- Language Awards presented in assembly
- Jimmy Carter Quiz team runners-up

Well done to all concerned and we look forward to another purposeful term in Term IV.

Enrolments 2016

At this stage there are close to 380 enrolment applications received for Year 9 in 2016. There is still time to submit late enrolments although given the projected numbers the school may need to implement the enrolment scheme and a waiting list for students out of zone be created.

School Fees and Donations

Our thanks are extended to all families who have paid their son's school fees and donations for 2015. We appreciate your support as we aim to maximise the opportunities provided to all young men. Many of the programmes and opportunities the school offers would not be able to be offered without these contributions.

D M Bovey
Rector

Student Achievement

- **School Concert** – the 2015 concert was a success, held over two nights recently in the Speirs Centre.
- **Music** – the Stage Band travelled to Auckland to perform at the Old Boys dinner. A very positive night and the band were superb.
- **Table Tennis** – the Senior A team won the Manawatu Regional Championship with Jae Lee winning the U19 individual title.
- **Martial Arts** – Sam Mafi and Wade Bennett achieved success at a karate tournament held recently in the USA. Sam won a gold and two silver medals, Wade a silver and a bronze.
- **Squash** – the Senior A team finished fourth at the recent NZSS Championships in Palmerston North. Corbin Faint was named as a reserve for the NZSS Squash team while Jordan Bell was named in the NZSS Junior team.
- **Cycling** – at the Manawatu Cycling Championships PNBHS riders finished first, second and third in the U20 Time Trial, the U20 Hill Climb, the U15 Criterion, the U15 Hill Climb and the U15 Time Trial. Max Taylor (U15) and Robert Stannard (U20) were age group overall winners.
- **Duathlon** – Jack Finlay finished seventh in the senior boys category at the recent NZSS Championships. Samuel Phillips finished fourth in the U14 category.
- **Swimming** – Chris Arbuthnott swam eight personal best times on his way to winning eight gold medals at the National Short Course Championships held on the North Shore recently. Xavier Hill won six medals, despite suffering from the ‘flu which meant he was forced to withdraw from his last two races (he lost five kg during the week). He won two golds, three silvers and a bronze medal and broke his own Manawatu record in the 50m butterfly.
- **Cycling** – As noted above, Campbell Stewart won two gold medals at the World Junior Track Cycling championships held in Astana, Kazakhstan recently. He won the 10k Scratch Race and the Omnium events in his first year in the U19 category. Campbell is 17 and he will have the opportunity to compete in that same category next year
- **Wrestling** – James Bramley won two gold medals at the recent NI Wrestling Championships in Hamilton. Jack Scrimshaw won a silver medal also.
- **Cycling** – Robert Stannard won the U19 Road Race at the Cootamundra Classic in Sydney as he prepares for the World Junior Road Cycling championships in the USA later this term.
- **Academic** – Samuel Dobson has been selected for a Massey University three-person programming team to enter the ACM Programming Competition, a worldwide computer science competition.



From the Deputy Rector

“.....students who had been allowed to take risks and experience failure through their childhood and adolescence were less likely to be confronted by mental health issues.”

Preparation for Examinations

NCEA examinations are rapidly approaching, as are school examinations for junior students. For many students there is often a tendency to leave preparation for these until the last possible moment. The unfortunate consequence of this for young men is that they will not be suitably prepared to achieve the assessment results they are capable of. It is therefore vital that your son begins his preparation as soon as possible.

An essential starting point for senior students will be a review of performances in the end-of-year school examinations to identify topics and achievement standards he performed well in, and topics and standards that require greater attention. NZQA have collated a range of resources for parents (<http://www.nzqa.govt.nz/audience-pages/parents/>) and further suggestions can be found on Stratus (under the Academic tab/Assessment).

The NZQA website provides resources for all NCEA subjects. Examiners reports, assessment schedules and examination papers from previous years, have been collated and are easy to find (simply search by subject name). Practice at previous years examination papers and reference to the examiners reports, which highlight key points, are important components of any revision programme. You can support your son by working with him as he checks the website and downloads and prints the relevant materials. In Term 4, many departments will be offering tutorials to assist students with their preparation for examinations. It is important that your son speaks to his teachers to identify any such opportunities and takes advantage of these opportunities.

Junior students should consult their teachers and Stratus for information relating to examinations and previous years examination papers.

Further exam tips for parents of both junior and senior students include:

1. Know your son's exam schedule - Put a copy of the exam timetable page 3

1. ble on the family notice board or fridge. Make sure you and your son are aware when he has to be in school for each exam.
2. Ensure your son is present for each paper - Make sure he is up, dressed and fed each morning before you leave the house.
3. Make a checklist of daily requirements, based on each day's papers - Has your son got the equipment they need to sit the exam? Pens, erasers, calculators etc should be checked, along with personal requirements such as reading glasses and asthma inhalers.
4. Listen to the story of their day and move on - After each day's exams, allow your son to recount to you his daily story. Do not be tempted to review in detail the errors or omissions he may have made. Such a process achieves absolutely nothing, other than to increase stress levels. Just allow him the time to tell his story and move on.
5. Help him to focus on the next day's exams - It can be helpful to review the next paper. Simple questions, such as "What is up next?", "Have you got some old exam papers?", can be useful in helping students plan their revision schedule for the time available before the next exam.
6. Help him to maintain a balanced routine - ensure he maintains a proper balance between study and rest. After an exam, he needs time to recharge before study for the next paper. Remember that this is an ongoing process and he needs to be mentally sharp for each exam. Late-night study sessions should be avoided.
7. A good night's sleep improves examination performance - all revision should end at least an hour before bed to allow your son to unwind. Falling straight into bed from the study desk means his mind will be buzzing for hours as he attempts to fall asleep. Remove digital distractions from your son's bedroom to help him sleep without interruption.
8. You are what you eat - what you eat and drink affects your per-

formance in any activity, especially one involving mental sharpness. As a parent, you should try to ensure that your son eats and drinks nutritious food during the coming weeks. Help him to avoid grazing on junk food, this can be very tempting at times of increased stress.

9. Don't stress the importance of any examination - make it clear to your son that your love and regard for him is in no way dependent on how he performs in exams. This affirmation is the best gift you can give them on the eve of their exams.
10. Make sure your son continues to mix with friends and family - don't isolate him in his bedroom. Contact with his friends is very important to maintaining his spirits during the coming weeks. You can also support them and have a friendly chat when they are taking a break from their revision.

Physical Activity and Academic Success

An article in the Journal of Paediatrics identified a link between physical fitness and academic success. The researcher, Dr. Esteban-Cornejo, concluded that having higher levels of physical fitness may help to reduce the risk of failure at school and that all efforts should be made to promote physical activity in teenagers in a bid to improve their academic grades. As a school we strongly promote and encourage involvement in co-curricular activities, and this study provides a further compelling reason for this. The end of the winter sport season will result in a reduction in regular physical activity for many young men and taking steps to maintain fitness levels may well have academic benefits for the approaching examination period.

Prizegiving 2015

Our annual school prizegiving takes place on Wednesday, December 9. This is a highlight of the school year and provides us, as a school community, the opportunity to recognise the achievements of our young men. In recent years we have utilised two 'big screens' at the stadium to make the event more visible to the large audience. As with all initiatives of this nature, there is a cost, which we endeavour to cover through sponsorship arrangements. If you are aware of any businesses who might be interested in entering into a sponsorship arrangement to help cover the costs, please contact me at school (atking@pnbhs.school.nz).

Public Achievement Information

In the previous newsletter I shared some Public Achievement Information generated by the Ministry of Education. Below is a further summary, this time related to school leavers in 2014 who achieved the University Entrance qualification.

Year	2012	2013	2014
Palmerston North Boys' High School	51.8%	56.6%	59.9%
Manawatu/Wanganui Region (male)	35.5%	35.9%	34.8%
New Zealand (male)	41.6%	43.1%	43.1%
Decile 9 (male)	56.7%	60.0%	60.9%
New Zealand (total)	49.0%	49.4%	49.8%

We are particularly pleased at the continuing upward trend in terms of our achievement in this qualification as, consequently, a greater range of options are available for our young men.

Further NZQA data informs us that, by the age of 19, 40.4% of our school leavers are enrolled in a university course and 56.5% are in another form of tertiary study – including 'on the job' training and apprenticeships. These figures underscore the importance of being a 'life-long learner', and we hope that the skills learned at school hold our young men in good stead for this.

Employment Skills

In a recent Sunday Star-Times article titled 'Keeping up with the job market', it was identified that being 'employable', offering a range of skills and attributes sought by employers, is essential. This article emphasised the growing importance of 'soft skills' such as relationship building, interpersonal abilities and empathy. Such skills are components of one's EQ, or emotional quotient. While the idea of IQ, or intelligence quotient, is well established and understood, the concept of EQ is much more recent. However, the recognition of the importance of EQ skills is rapidly growing; being able to relate well to others, to form positive relationships with a wide range of people from diverse backgrounds and to have empathy for the situation and emotions of others, are some of the key attributes.

Being self-aware is a key component of developing EQ and includes; knowing your emotions, managing your own emotions, motivating yourself, recognising and understanding other people's emotions and managing relationships. The ability to effectively collaborate with others is becoming essential in increasingly connected work environments, making the acquisition of such skills vital for future success. Being of 'good character' encompasses attributes such as these, and emphasises several of our school values; acting with integrity at all times, having humility and treating others with respect are all traits contributing to the development of ones EQ.

Resilience

A further character trait, and one that is in-

creasingly coming under the spotlight, is resilience. As those of us with a bit more experience under our belts understand, life is full of challenges, and we will inevitably face setbacks and failure. It is often through experiencing failure, or in endeavouring to overcome hurdles to our progress, that we learn the most. The manner in which we respond when 'the going gets tough' – to either persevere and produce our best effort regardless of the circumstances, or give up in the face of a challenge – is a reflection of our individual level of resilience. Our level of resilience, in turn, is a product of our upbringing and life experiences.

In the recently published 'How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success', author Julie Lythcott-Haims voices her concern that the growing culture of 'helicopter parenting' is preventing young people from developing the ability to deal with all that life puts before them. No longer do many parents usher their children into adulthood by 'walking alongside them' and guiding them through life's obstacles and periods of challenge, more and more they are 'walking in front' and removing the obstacles and challenges so their children do not have to face them.

It is understandable, to an extent, that parents increasingly take this approach. However, in doing so their children do not get to experience the learning that comes through persevering in the face of a challenge, or the invaluable learning that comes from experiencing failure. Lythcott-Haims asks "When and why did parenting change from preparing children for life to protecting them from life?"

She argues that a change of perspective is needed. If we focus on raising a child, that is exactly what we will get; a child. Instead, we should be focused on raising an adult, as ultimately that is what our children will become. Further questions she poses include "Have parents done so much for their children that they have been deprived of opportunities to develop a belief in their own selves? What will become of young people who are qualified and accomplished on paper but lack the ability to make their way in the world without the constant involvement of their parents? How will the real world feel to young people who have grown accustomed to problems being solved for them and praise being heaped upon them at every turn?" and, most tellingly, "How, and when, do young people become adults?"

Lythcott-Haims links the advent of the cell phone to a decrease in young people's ability to problem solve and organise themselves, referring to them as "the world's longest umbilical cord." Instead of attempting to solve issues for themselves, many young people's first instinct is to contact someone, usually a parent, to solve the problem for them. Prior to cell phones we had to speak with our par-

ents in the morning and organise what was going to happen during the day and then had to ensure we were on time and ready for the commitments we had made. Nowadays much of this has disappeared; no thought is given to prior planning and there is an expectation that the person on the end of the phone will drop what they are doing to respond. How is this suitable preparation for an independent and autonomous adult life?

It is essential that parents are engaged in their son's schooling. Indeed there is much evidence to tell us that parental involvement is an essential component of academic success. However, there is a distinct difference between parental support, in which young men are given advice and direction on how to approach life's difficulties, and parental dominance, in which any problems or issues that arise are resolved by the parent.

A checklist of essential skills is provided by Lythcott-Haims, who states that an eighteen year old:

- Must be able to talk to strangers – be able to make health care appointments, talk to a mechanic about their car, open a bank account, negotiate with a landlord.
- Must be able to navigate – whether this is around town, in getting from city to city, around a university or polytech campus.
- Must be able to contribute to the running of the household – make their own lunch, cook meals, do their own laundry, mow the lawns.
- Must be able to handle interpersonal problems – be able to talk with peers, employers or teachers when there are problems.
- Must be able to cope with the ups and

downs of academic programmes – respond positively to failure, understand that this is only a setback, not a terminal problem.

- Must be able to earn and manage money – find employment outside of parental contacts, and have to budget what they have earned.
- Must be able to take risks – if they don't, how do they learn from failure, how do they develop their perseverance skills?

How many of these things does your son do for himself, and how many of these are done for him? Celia Lashlie's advice for parents – mothers in particular – was to stop making their son's lunch. Why? Because this will be a first step in forcing him to take responsibility for himself. It is also likely to teach some lessons about cause and consequence – the consequence of him not making his lunch is that he will be hungry.

Overparenting is beginning to be linked to increases in adolescent mental health issues. The conclusions from a 2010 study, that students with helicopter parents were generally more vulnerable, anxious and self-conscious, were typical of the results. Conversely, a number of studies identified that students who had been allowed to take risks and experience failure through their childhood and adolescence were less likely to be confronted by mental health issues.

Young men need to be encouraged to take greater responsibility for themselves. Undoubtedly they require help and guidance, but more importantly they need the tools to get on successfully in life, and many of these are surprisingly basic. As starters they need to have the skills to organise their day in advance without relying on cell phone contact with parents. They need to be able to make their own lunch and bring it to school. They

need to understand the importance of being punctual and having a good attendance record (what employer will want them if they can't meet these basic expectations?).

Consequences

Some recent discipline issues have drawn varied responses from parents. In one situation, where the consequences of a student decision were fairly significant, the parent explained that they selected Palmerston North Boys' High School for their son because of the standards expected for young men. Consequently, when their son transgressed, they understood that there would be a response. This parent was 'pleased' the mistake had been made now, rather than in the future, as it represented an opportunity for their son to learn from his actions.

This contrasts starkly with a couple of other situations in which parents have made excuses to attempt to justify their son's poor decision making, have complained that the school rules are unfair, or thought that 'it's just boys being boys' should somehow excuse their son from accountability. No doubt their sons have also learned some lessons, but they are more likely to be about avoidance of responsibility.

Young men need to be responsible and accountable for their decisions, whether they are good or bad. If they are not held to account, and do not take responsibility, the lesson learned is that it is always someone else's fault. We know that on occasion young men make dumb decisions, and that these dumb decisions often have negative consequences. However, alongside these consequences goes a lot of learning; learning that is far too important for young men to be deprived of through parental intervention.

*G M Atkin
Deputy Rector*

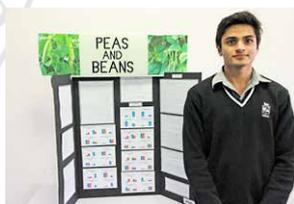
Manawatu Science and Technology Fair 2015

The Manawatu Science and Technology Fair was held on the 22th August. The purpose of the fair is to encourage creative thinking, innovation and enthusiasm in Science within the Manawatu region.

This year 4 projects were entered, all receiving prizes. Congratulations to all prize winners.



Likhit Dukkipati received a Highly Commended MSTF award and the Statistics NZ commended award for his project titled - 'Yeast Yeast Yeast'



Ajay Kumar received a Fonterra High Distinction award and a Vaka Science Excellence award (1st place) for his project titled - 'Peas v Beans'



Jacob Aull, Michael Ioane, Isaac Fonua, Josph Mafi a Vaka Science Excellence Award (3rd place) for their project titled - 'Eco-cook'



Zain Hussain received a Fonterra Highly commended Certification for his project titled - 'Slaters Adventure'.

Languages - French and German

IGCSE examinations

For the first time at PNBHS, some Year 12 and 13 students sat the IGCSE examination in German. All students passed the examination. Provisional results are: Samuel Dobson A* grade, Jim Harvey and Jordan Shilton A grades and Samuel Boakes, Matthew Knap, James Meek and Hayden Pettiford B grades. The students are to be congratulated on their success.

DELFScolaire examinations

In 2015, PNBHS became an examination centre for the French DELFScolaire examinations. This is an internationally recognised and accredited four-levelled qualification which tests listening, reading, speaking and writing. It extends our students and gives them a qualification which could enable them to study in a French university. Connor Cleland, Stuart Turrill, Steven Jiang and Alistair Keay-Graham sat the examinations and all gained the qualification at various levels.

International Languages Week 16-22 August

The annual national celebration of the five main languages taught in New Zealand schools – Chinese, French, German, Japanese and Spanish – took place 16-22 August. This week is designed to raise the profile of languages nationally, showing the whole school community the importance of valuing other languages and cultures and making people aware of the advantages of learning another language in the global community today.

Staff and students were encouraged to greet each other in the language of the day. Year 10-13 French students from Palmerston North Girls' High School joined our students for a movie. Our German students enjoyed some German food and a movie. Gina Dal Din from



Paris Bas Bank spoke to Years 10-13 students about career opportunities in banking and finance that are enhanced by having a qualification in a second language, whether NCEA or higher.

The football matches between the junior and senior French and German students were both hotly contested and skilfully played. The junior French team won 2-0, with Kaykay Adeyinka scoring both goals. The senior game was a tight contest with the German team winning 2-3.

Steven Jiang and Matthew O'Leary scored for the French team and Zared Griffiths (2) and Michael Kaloyanis scored for the German team.

PNBHS German Language and Culture Tour 2016 Fundraisers

To raise funds for the 2016 German Language and Culture Tour, the group is selling the following Sileni wines:

- Sileni CS Hawke's Bay "Wisp" Low Alcohol Sauvignon Blanc 2013 - \$10.00/bottle, \$120.00/case
- Sileni ES "The Straits" Marlborough Sauvignon Blanc 2012 - \$12.00/bottle, \$144.00/case
- Tahuna Hawke's Bay Pinot Gris 2012 - \$12.00/bottle, \$144.00/case
- Sileni Sparkling Pinot Gris - \$13.00/bottle, \$156.00/case
- Greyrock Hawke's Bay Merlot 2012 - \$15.00/bottle, \$180.00/case

If you are interested in supporting this fundraiser, or have any questions, you can order through Mrs Dickinson at dickinsona@pnbhs.school.nz or Mr Richards at richardsj@pnbhs.school.nz. Orders need to be made by Monday 12 October for delivery around 20 October.

The group is also selling The Village Press olive oil at great prices. Whether drizzled on a salad or as a Christmas gift, it is a bargain:

- 1 Litre Bag 'n Box - \$20.00/litre pack
- Varietal (Barnea, Frantoio and Manzanillo) 3 bottle gift pack - \$20/3-bottle pack
- Infused (Lime, Lemon and Garlic) 3 bottle gift pack - \$20/3-bottle pack

If you are interested in supporting this fundraiser, or have any questions, you can order through Mrs Dickinson at dickinsona@pnbhs.school.nz or Mr Richards at richardsj@pnbhs.school.nz. Orders need to be made by Monday 19 October for delivery around early November.



Addressing assembly in languages week: Leighton Smith says the Lord's Prayer in Japanese; Samuel Dobson talking about Germany and Carlos Canete, an exchange student from Spain, talking about his homeland.

Library News

This winter the Library has been full to bursting on many occasions as boys come in to get warm, meet their friends, type up their assessments or even read books or graphic novels. They can print or photocopy in colour, read The Dominion or Manawatu Standard newspapers or check the latest news on Stuff. The Library has 16 Chromebooks in addition to its 27 computers, which can be used during classes, often while lounging on the cushions or beanbags, as one does in the Modern Learning Environment. We even had a high, whiteboard table for a while as an experiment, but students seem to prefer the beanbags!

Our hard-working, long term Student Librarians are Aydin Partridge-Long, John Robinson, Harry Dickons, Sam Benthams, Stuart Turrill, Malachi Hill, Scott Harvey, Jeremy Lloyd, Joel Grant, Conor Wohlrab, Diamond Gore, and Sheridan Smitham. Our thanks go to them, for giving up their time to volunteer in the Library!



Sports Talk with Peter Finch

As the third sporting term draws to an end the focus for many shifts to success in another field. NCEA now must be the prime motivator and for those athletes whose season runs up to and indeed into the holidays a delicate balance of study, training, nutrition and recovery will begin.

Top athletes are highly organised and this will be a test on several fronts. I wish those boys all the best in both study and athletic performance.

It was heartening to observe the camp dynamics of our Basketball teams over the Winter Sports Tournament week. We are fortunate to have such capable coaches and leaders who can model Best Practice for our boys as they experience this cauldron of pressure. To have Michelle, Stacey and Nick running teams must be the envy of many schools. The boys too, did their part as they demonstrated a professional approach to warm ups, time outs, warm downs, recovery protocols, nutrition, respect for opponents and officials and to play hard but fair.

It appears two of our school's most successful and long serving

coaches are in the process of handing the head coach baton on to the next generation. To Steve Burnley and Bruce Kensington, the school will always be in your debt. Collectively they have brought home 15 Super Eight titles, as well as many top 4 National results. The time and effort you both have put into generations of our boys have been a major driving factor towards the strength of our school. Thank you!

Sport is seldom without controversy and discussions of the level playing field have raged long and loud of late. Principals all agree to endorse and ensure that all sporting teams representing their school, compete with Integrity, Honesty and Fairness. Although these terms can be interpreted slightly differently, it appears that, because there is no real consequence for straying from those ideals, they can't be upheld. When winning means a compromise to beliefs and common agreements because "legally, no rules have been broken", sport at that level becomes a nonsense. Just as in all walks of life there are rules and consequences. I would hope the three ideals mentioned could be clearly understood and in future adhered to by all administrators of sport.

Leadership Report

To Be or Not to Be? To Lead or Not to Lead

Let's be honest. To develop educated men of outstanding character in the world today would be one of the most difficult tasks to take on by any organisation. There are so many forces working against us succeeding. At its core, it all comes down to young men wanting to be that man (the realisation that the journey starts with the first step which is the self-leadership piece of leadership – making a decision to be that man of good character and going for it).

As we near the final phase of the education year and put icing on the education cake (for those who are willing) it is clear that many young men get it, and are going for it, many are realising it and flicking the switch to do so, and some are still wondering in awe at just how far the social media and gaming revolution could take them in life. Listening to Gordon Tietjens on a recent All Black Sevens commercial he states that selection begins for him with character. If a player has character he can become a great player. So it all comes down to simple questions: do I want to shape my character for the better? Do I want to self-lead and set goals and achieve them? The astute reader will have noticed that this update has been reworded as a "character education" update because that is what the leadership programme delivers as an end product – character education for young men.

Seizing the Day. Ten young men from Year 12 have recently been selected to attend a Leadership Conference in the school holidays. From a pool of over 100 Year 12 students involved in self-leading and positively shaping their character through their involvement in the Barrowclough Programme, 57 were invited to apply for the ten positions. Selecting 10 young men from the applicants was extremely difficult. This is a good thing. We wish these young men well, and to those who missed out, keep up the good work. Five senior students recently attended the Student Commonwealth Heads of Government Meeting in Wellington and had an exceptional two days sparring off against their peers

TO BE OR NOT TO BE?
That is the question.
—WILLIAM SHAKESPEARE

representing Prime Ministers and Foreign Ministers from Commonwealth countries with many highlights. Aside from making new friends and contacts for life, they were intellectually challenged to solve the issues and find solutions to the many problems facing the Commonwealth. They also attended a State dinner in Parliament hosted by Peter Dunne with guests Phil Goff and

former Governor General of New Zealand Anand Satyanand, and had the opportunity to visit Parliament in action (and were appalled in some cases at the behaviour of our leaders!). Four junior students have been invited and will shortly attend the "Willie Apiata Youth Programme" where they will spend a day being challenged and mentored by Willie. This opportunity is sponsored by Westpac and is a great opportunity to shape the character of the young men selected. Following on from the outstanding work by Colson Verdonk and his team, Joel Fleet has received a World Vision Senior Scholarship Award whereby he has been selected by the school to attend a week long leadership conference in Auckland with all expenses paid. Well done Joel, and thank you Colson – by your actions you are known and in being proactive not reactive, you have reaped what you have sown which is great for the school.

Learning Leadership continues through the Barrowclough Programme, with the delivery of the final seminars to Year 11 and 12. The scene was set by a TED talk by Shawn Achor (http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en) and Great exchanges took place. These seniors are in no doubt about what is required for them to step up and be uncommon by pursuing excellence, destroying mediocrity and becoming an outlier. The junior school both received a Tribute to Mr Dawson Tamatea and at the end of the term will receive presentations on Optimism and Tolerance (Year 9) and Managing or Leading (Year 10) as well as some Food for Thought on how best to use their time to develop their character. The leadership journey continues through character education. What is it to be?

Paul King - Leadership Director



Performing Arts - a huge range of activity



PNBHS/PNGHS Senior Musical Production

Here we go again!! As we go to press, it is only a week or so until the information evening for next year's PNBHS/PNGHS senior musical theatre production, Happy Days.

Based on the TV series that ran from 1974 -1984, it features all the iconic characters such as The Fonz, The Cunninghams, Chachi, Potsie, Ralph the Malph, Pinky Tuscadero etc etc.

The information evening on Monday Sept 21 (Week 10) is compulsory for all students who want to audition for Cast or Band. Production is a huge commitment and students and their families need to go in with their eyes open – parents are welcome to attend. Cast is open to those who will be Year 11 or higher in 2016. Band and crew are open to all.

If you have a prior commitment that night you must contact Mr Burton (the Director) before the meeting – burtonc@pnbhs.school.nz or 0276237395 to be guaranteed the opportunity to audition. Further details of the production, pre-audition and audition material and forms can be found at:

- <https://sites.google.com/a/pnbhs.school.nz/seniorproduction/>
- PNBHS STRATUS via Co-curricular/Drama/Production
- the PNBHS/PNGHS companies' Facebook page (closed)
- The PNBHS Drama Facebook page (public)

Dramafest

Ten performances in ten evenings over 4 weeks certainly stretched our department, but provided excellent opportunities for our young men in Years 10-13 Drama to experience live public performance and test their skills and courage. In addition to these assessment performances, the Year 10 Drama class produced their play "Denial" - a difficult examination of what goes on in the minds of people in rehabilitation homes. (bottom pic)

As always, it was entertaining and challenging but of great value. Many thanks to the Drama staff who directed, supervised and supported our students and to Mrs Sally Darby for her costume expertise. Thanks also to the Theatre techies who brought their senior production skills in to crew for us: Terise Broodryk, Dylan Falkner, Chris Dewhurst, Ben Funke and James Blincoe and to the members of the Junior Musical Theatre group (JMT) who operated Front of House.

Standing out with Excellence grades for their performances were:

Level 3 - Foreskin's Lament (top pic): E8 - James French, E7 - Caleb Friedman, Ben Orwin-Higgs, Tim Attwood and Sheridan Smitham

Level 2 - Nui Sila: E8 – Chris Arbutnott, E7 – Vili Fonongaloa, Alex O'Connor, Junior Mamea and Paiki Thomson

Level 1 - 12 Angry Men: E8 Blake Janes, E7 Victor Dianu, Charlie Johnson

Pictures of these performances can be seen on Facebook, Stratus and on the back page.

Junior Performing Arts Showcase 2015

This highly successful event began last year and will again be staged page 8

in Term 4, for two public performances in the Little Theatre on Tues Nov 24 and Weds Nov 25 (Week 7) at 7.30pm for approximately an hour. Door sales only.

This year we have an expanded repertoire with the Junior Concert Band, Junior Play, Junior Dance and Junior Musical Theatre. Staff and students are hard at work preparing! JMT under Mrs Kirsten Clark with assistance from student teacher, Miss Anna Sullivan, has had a hugely enthusiastic year with 27 Y9-10 students rehearsing once or twice a week. We look forward to the first of the group's alumni auditioning for the senior production next term.

The Junior Play, *Chaired*, which will be directed by Miss Jess Patterson and Miss Rachel Kain, has just been cast and is:

Potential – Andrew Karatea/Hayden Day, Older Sibling – Finn Davidson/William Wood, Teacher – David Kakrada, Perfect – Oliver Inman, Coach – Trent Hooper, Friend – John Cole, Critic – Cameron Babb, Panicked Person – Ryan Ngarimu, Rival/Backstage Voice – Kalash Desai, Person in Need – Janos Heiser, Motivator – Zain Collins Thought – Thornton Ropiha



Dance

Since early in Term 2 a group of Juniors has been working hard to choreograph an original piece of dance which they presented at the regional DanceNZMade competition. Entirely devised by themselves, it was big learning curve for them and although unplaced, they performed very well and will repeat their moves for us in Showcase next term. The team, For the Lads, is Matt Deakin, Tom Bowie, Luke Scott and Connor Philpott.



Music

The barbershop chorus, **The B. S. Boys** and barbershop quartet **Fourte** travelled to Hamilton on September 8th-10th to compete at the National Young Singers in Harmony Barbershop Championships looking to improve on last years fourth placing.



This year the chorus was directed by old boy, Tim Shirriffs, who has added a new dimension to the group's performance. The Quartet was dealt a cruel blow when one of the members was unable to compete due to illness and the three remaining members who were not able to compete performed for evaluation only. Their commitment and tenacity to take the stage as a trio was roundly applauded.



The chorus performed to expectations but, in a very tight competition, were placed sixth, three points behind joint 4th Hastings Boys' and Tawa College and a further two points behind third placed Kristen School. When you consider that performances are marked out of 600 that is very close indeed. The boys should

be very proud of themselves; they practised very hard for this event and gave it their all. The winners were a very classy Burnside High with Auckland Grammar second.

Many thanks must go to Tim Shirriffs (pictured below in action in School Concert) who has put a great deal of time and effort into leading the group and developing them into a strong and cohesive unit.



Winter Tournament Reports

PNBHS 1st XI Hockey Report – 5th in Rankin Cup 2015

The PNBHS 1st XI hockey team competed in the newly combined premier schoolboy hockey tournament, Rankin Cup and second tier India Shield, now played as one tournament and comprising 32 teams played over six days. This was the first year of this format, hoping to include all teams capable of winning Rankin Cup but previously excluded as there were held in lower divisions based on historical results. The tournament was hosted by Auckland Hockey from 31st August – 5th September 2015 at Lloyd Elsmore Hockey Park and was also played at Kolmar Park in Papatoetoe.

Eight pools of four teams (based on historical rankings) competed over the first two days and were then split into sixteen teams playing for the Rankin Cup and the sixteen bottom teams playing for the India Shield. Subsequent matches were straight “knockout” for each cup, with further matches played to determine placings from 1-32. A drawn match in the “knockout stage” meant extra time was played with reduced players and with “golden goal – first to score” system played.

PNBHS played two pool matches on the first day and beat Christs College from Christchurch 4 nil and St Pat’s, Silverstream from Wellington 9 nil. Hayden Phillips scored a “hat trick” in the first game and Angus Griffin in goal saved a penalty stroke. Hayden Phillips and Brendan Payne both scored “hat tricks” in the second game with all players rested on a regular basis. These wins meant that whatever happened the next day, we were already top qualifiers in our pool. Our last pool match against Burnside High School also from Christchurch, was won 12-1 with Hayden Phillips scoring four goals and Tom O’Connor scoring a “hat trick”.

The first Rankin Cup match was against Rathkeale College from Masterton which we won 6 nil. This put PNBHS into the top eight quarter-finalists, against St Paul’s Collegiate School from Hamilton. Unfortunately, this being our first “tough” match saw us out muscled making uncharacteristic mistakes, and turning over possession on a regular basis. We lost this match 4-1.

This disappointment meant we were playing off for 5-8th placing. Our next match against Wairarapa College from Masterton was won 7-2 with Hayden scoring another “hat trick”. Our last match was against Hamilton Boys’ High School which we won 2-1. This was Matt Chard’s 100th game for the 1st XI. Final placing Rankin Cup 2015 – 5th place.

Westlake College from the North Shore won the Rankin Cup with private schools St Andrew’s College, King’s College and St Paul’s finishing above us. To lose only one game and finish 5th was disappointing but still a very credible result. Hayden Phillips was named “Most Valuable Player” for PNBHS and was the tournament’s top goal scorer with 16 goals. The PNBHS players were all a credit to their school.



Seven players are leaving the 2015 team and include Co-captains Greg Bates (128 games) & Hayden Phillips (124 games). Also leaving are Matt Chard (100), Angus Griffin (97), Callum Judd (41), Tom O’Connor (91) & Matt Small (51).

Mr Kensington, Coach 1st XI Hockey
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Palmerston North Boys’ High 1st XI Football team finishes 12th at National Tournament

Palmerston North Boys High 1st XI football team played in the National tournament in Nelson, winning three games, drawing one and losing three.

On the final day they finished in 12th place, playing Hutt International Boys’ School, losing 4 - 5, in a close encounter.

Despite finishing in 12th place, the team played well in most games, dominating some phases of the game, but failing to execute their chances. Losses to Auckland Grammar and New Plymouth were followed by wins against St Peter’s Cambridge, Hutt Valley High School and Otago Boys’ High, plus a draw with Mclean’s College.

Game 1: vs St Peter’s Cambridge in game 1, winning 2 - 0.

Goals from Sean Liddicoat and Blake Koolen. The team held on to the lead, despite strong pressure from the opposition.

Game 2: vs Maclean’s College in game 2, drawing 1 - 1.

Macleans college started better and were able to score early, through a undefended header that beat our defence.

Boys’ High responded with a well struck free kick and goal from Taylor Monk. Despite control, the team could not execute and a draw was the result.

Game 3: vs Auckland Grammar in game 3, losing 0 - 6. We had several chances to score, but were unable to find the target. A disappointing loss that meant that Boys’ High finished 3rd in their pool.

Game 4: vs Hutt Valley High School in game 4, winning 4 - 0.

An exciting game with slick passing and possession play. A well taken penalty by Orin Ruaine-Prattley. Mitchell Cutts finished goal two after Joe Craven’s shot on goal. Goal three: Blake Koolen from a penalty. Goal four through a well worked header from Taylor Monk.

Game 5: vs Otago Boys’ High School in game 5, winning 3 - 1. Thomas Viles scored mid-way in the 1st half, after a shot by Mitchell Cutts was partially blocked by the keeper. Sean Liddicoat found the back of the net for goal two. Otago Boys’ responded with a goal soon after. Late in the game, Lewis Atherton found the back of the net after some slick passing between his team mates.

Game 6: vs New Plymouth Boys’ High School loss 2 - 3.

Boys High started poorly, allowing the opposition to dominate in most phases of the game. New Plymouth scored three unanswered goals before half time. In the 2nd half, goals from Sean Liddicoat and Nick Carrick. We battled to find the equaliser, but to no avail.

Game 7: vs Hutt International Boys School loss 4 - 5: 12th place in the tournament.

Boys’ High got off to a slow start with HIBS dominating the first encounters. HIBS scored early on from a goal mouth scramble. Boys’ High then equalised from a well worked corner, with Sean Liddicoat heading the ball into the net.

HIBS struck back to take the lead, 2-1, just before the break.

In the 2nd half Boys’ High equalised from a nice shot by Nick Carrick, then struck the lead after Sean Liddicoat snatched the ball in the box and found the back of the net. HIBS returned the favour 5 minutes later to make the score 3 all. A skillfull effort by Mitchell Cutts put Boys’ High into the lead again, but this was pegged back by HIBS moments later.

Finally, HIBS found the winning goal after poor defending of a long throw in. Final score 4-5 to HIBS.

All members of the team played to their potential, and made a valuable contribution in most games.

Sean Liddicoat, the 1st XI Football captain, was voted the team’s Most Valuable Player for Palmerston North Boys’, by the opposition coaches.

Galletly Cup – held in Blenheim - National Tournament for 2nd XI Hockey teams.

A top four finish leaves the 2nd XI Hockey thinking 'what if'.

Round robin play:

Wellington College Won 2 – 1

Tauranga Boys' College Won 3 – 1

Hamilton Boys' High School 'Development' (Colts / 3rd XI) Lost 0 – 2

Timaru Boys' High School Won 2 – 1

Semi Final:

Westlake Boys' High School Lost 1 – 3

Westlake were the class side of the tournament and we were every bit a match for them. In fact we dominated every stat but the score line.

Playoff game (3rd/ 4th):

Hamilton Boys' High School 2 Drew 2 – 2 (but lost in sudden death extra time)

On reflection there were two reasons we did not do as well as we might have expected. Firstly we did not make effective enough use of the quality attacking ball we had. In other words we did not turn attack into shots on goal. Secondly while we were physically as good as any team there, both in terms of skill and tactics, at crucial moment our mental strength and fortitude was found wanting.

New Zealand Secondary School Golf Championships (Nationals)



The New Zealand Secondary School Golf Champs were played in Wellington at Manor Park Golf course on Monday 31st August. The championship consisted of two rounds, the best three scores of four in each round

counting towards a team score. We went down on Sunday and had a practice round to prepare ourselves for Monday. On Monday the Wellington wind was swirling all day and the course was very wet. We knew that it was going to be a tough day. The team finished eighth overall with a total of 460 points, however disappointing back nines on the final round saw a top 5 placing go by the wayside. Individual scores were; Jamie Connell 78, 79, 157 Liam Finlayson 77, 74, 151 Campbell McHugh 84, 78, 162 Greg Shaw 74, 81, 155. St Peter's, Cambridge were the winners with a convincing eight shot win and a collective final score of 425. The team is looking forward to next year's tournament in Nelson with all players returning.

Following the tournament the boys stayed on for the New Zealand U19's played at Shandon Golf Club. Liam Finlayson placed 18th and Greg Shaw 23rd.

A huge thank you must go to Mr Retemeyer who goes out of his way to pick us up and take us to events, ensure we have practice rounds and that we are suitably dressed in new team tops.

Tanner Cup 2015

This year the PNBHS Colts Hockey team attended the Tanner Cup Under 15 invitational tournament held at St Paul's Collegiate in Hamilton during tournament week along with 11 other teams from throughout the country.

The competition started on Sunday with the first pool game against Tauranga Boys' College in the morning. This was a tough game which the boys needed to win to ensure that they qualified for the quarter finals on Tuesday.

The game was a tight tussle with both teams having chances, before we scored midway through the match to give us a 1 nil lead. The last page 10



Top: James Harris tackling a Wellington College player

Just above: PNBHS colts boys ready to defend a penalty corner.

ten minutes were tense, with the boys turning over possession and having to withstand a constant TBC attack, before a breakway goal to Thomas Grapes just before fulltime secured the win 2 nil.

On Monday the boys played Wellington College, who we had lost to in the inter school exchange prior to tournament. Unfortunately we conceded early goals, and while we dominated the middle part of the game, we were unable to catch up, going down 1 – 4.

In the evening, all teams attended the tournament dinner hosted at St Paul's Collegiate dining room. Here the students got to meet the other teams and listen to Nic Woods, a current member of the New Zealand Blacksticks team.

On Tuesday morning the team was scheduled to play St Paul's Collegiate in the quarter final, however after heavy rain, the turf was flooded, and the match was abandoned. As a result, we went straight to a shootout, which we lost 3 – 4. Slightly disappointing, as the boys were feeling confident about their chances.

Wellington College again in the afternoon playoff, and again we gave them a head start before chasing them down and nearly forcing a draw, narrowly losing 3 – 4.

On Wednesday the PNBHS Colts team played their last game for the tournament – the 7th/8th play off against Christ's College (Christchurch). The team played their best game of tournament, a well-structured game, clearly dominating the match; winning 4-0 and finishing 7th in the competition.

Team members: Adam Martin (C), Josh White (GK), Tom Lyne, Sean Chrystall, David Mafi, Flynn Yates, Kane Hobbs, Jimmy Harris, Harry Bird, Cassius Henman, Sam Russell, Sam Phillips, Angus Moody, Thomas Grapes, Zane McGoldrick.

Coach: Mr David Tomlinson

Manager: Mrs Sue Taylor

Premier A Basketball Regionals

Regionals were held in Palmerston North this year. In pool games PNBHS won 99-54 against Rongotai College, won 104 -91 against Wellington College, won 103 - 61 against Tawa College and won 103-73 against St Pat's Town to qualify top of pool A. In the cross over game, PNBHS lost 91-96 to eventual winners Hastings Boys', meaning they were in the playoff for positions 5 - 8. The Prem A's won 97-83 against Hutt Valley High School and then beat Wellington College again with a win 98 - 67 to finish in 5th place and qualifying for Nationals.

Overall this was an impressive display from the Prem A's. six wins and one crucial loss. The starting five really played well with Callum McRae and Haize Walker leading the way. Coach Michelle Swain also had the luxury of being able to rotate strong bench play-



ers when needed, and they rose to the occasion.

The benefit of playing in the Super Eight Tournament three weeks ago was helpful as the four Super Eight teams at Regionals all finished in the top five. The crowd throughout the tournament was very supportive and undoubtedly helped us. We look forward to this continuing at the Nationals held here in Palmerston North.

The team has three weeks until nationals and if they keep their momentum going they will achieve great things.

Junior A Basketball Regionals

Team - Jacob Collis (captain), Kobe Chapman, Taine Davis, Taine Evans, Miracle Malu, Joshua Maoate, Mikaera Marsh, Jake McKinlay, Aidan Palmer, Jack Pinder, Kopere Tanoa, Tre Wihongi, Korie Winters.

Game 1: v Stratford High School. Win 77 – 65.

Game 2: v Wanganui High School. Win 101 – 52.

Game 3: v Wellington College. Win 86 – 43.

Quarter-final: v Hastings BHS. Win 90 – 42.

Semi-final: v New Plymouth BHS. Win 94 – 61.

Final: v Rongotai College. Loss 63 – 69.

The boys played an outstanding tournament and were the team to beat throughout. The final was disappointing as the boys outscored Rongotai in all quarters but the second. Rongotai forced us into some uncharacteristic turnovers and we missed plenty of lay-ups that we would normally make. Still,



the team had a superb season and can be proud of how much they grew as players and as young men. Coach's MVP for the tournament was Jacob Collis.

Junior B Basketball Regionals

Coach: N Horvath

Manager: G McQueen-Davies

Due to a last minute withdrawal PNBHS were given an opportunity to provide a second team to this tournament. This provided a perfect opportunity to expose a developmental group of boys to a tournament environment.

We were well beaten in our three pool games, losing to Hastings BHS, St Pat's, Silverstream, and Hutt Valley High School.

In the bottom half of the draw, we lost to Wellington College, placing us in the group playing for 13th -16th.

Although our results until now had been disappointing for the boys, they played with heart and commitment. Our next game was against Cullinane, a team we believed we were capable of beating. We scored first giving us our first lead of the tournament, and as it transpired, a lead that we clung onto for the entire game.

Our final game saw us playing Hutt Valley High School again. Unfortunately, we were unable to repeat our winning performance.

The boys played well and worked hard all tournament. We finished 14th as a B team in an A team tournament.

Palmerston North Hosts NZ Sec Schools Table Tennis Nationals

2015 is the first of the three years that Table Tennis Manawatu has secured the rights to

host Secondary Schools' Nationals here in our city. Most years the tournament is held in Auckland and this year the Auckland schools welcomed the opportunity to make the trip south. It was disappointing however, that the tournament turned out to be much smaller this year with only Auckland, Hamilton, Tauranga and Palmerston North schools in the competition.

PNBHS had three teams in this Winter tournament. The PNBHS Premier team of Cameron Huston, Philipp Haegeler, Jae Lee and Mitchell Proctor was not placed in the top three. These boys played well but the competition from Westlake Boys, McLeans and Auckland Grammar was very strong.

The B grade PNBHS Team 2 of Matthew Johansen, Aaron Su and William Hunter was placed 2nd in the competition and the PNBHS Team 3 of Dominic Watson-Law, Dan Heaphy, Rishabh De and Changhee Cho were placed 3rd. These teams should be very proud of their effort and results.

Colts Rugby Tournament

Placed 11th. Great effort from all the lads. James Stratton 10 tries. An outstanding tournament played in freezing conditions. Very unlucky not to make the top 8 after losing to St Bede's 13-10.



Smallbore Results to date

The regional rep. smallbore rifle trial took place on Sunday 23rd August at the MSRA range. Twelve students from local secondary schools competed including three PNBHS students. Cameron Eveleigh shot the 4th highest score on the day with a total of 191.5 from a possible 200.20. Together with Justin Marshall and Regan Fraser, all three shooters will now represent the region at national level.

The inaugural Palmerston North Secondary Schools' Team trophy was also competed for, and this included shooters using a 'rest' to shoot from. The PNBHS team came 4th with six shooters competing. Duncan Peacock scored 187.3 which placed him 2nd in a field of 19 shooters.

As a result of this competition several of our students have shown the potential to advance to using a sling next season.

Inter-Collegiate Small-bore Competition Masterton

A team of four shooters travelled to Masterton on Saturday 5th September in order to compete in the annual open competition for secondary schools. Mat Hardie, Cameron Eveleigh, Justin Marshall and Regan Fraser shot well to secure second place overall, missing first place by only 5 points. Mat scored the 3rd highest individual total of 195.6. Once again the organisation of this event by the Masterton club was excellent, and we look forward to next year's competition.

National Smallbore Shooting Champs

We wish Cameron, Justin and Regan the best of luck at the Secondary Schools' National competition in Wellington, which is taking place

over the first weekend of the forthcoming holidays.

Cycling

As PNBHS build up to defend our national Team Time Trial title over the weekend of 26th-28th of September we celebrated the success of one of our top cyclists, Campbell Stewart.

Campbell recently competed at the 2015 Junior World Track Cycling Championships in Astana, Kazakhstan. At this event he rode extremely well and became a double world champion. The 16-year-old, who won the world title in the scratch race on the opening day, recovered from a crash in the final points race to claim his second rainbow jersey in the gruelling six-discipline omnium.

Campbell will now take a place in the senior A Team and hopefully PNBHS will be in for more success in the coming month.

Absence Procedures

If your son is going to be away from school for any reason, you must phone the school and leave a message on the attendance line.

On his return to school he must bring a signed note from PARENT or Guardian and hand this to Mr Bovey after assembly on his first day back.

If your son is away from more than 3 days due to sickness, he will need to produce a Medical Certificate on his return.

If you are going on holiday during school time prior approval must be obtained from Mr Bovey.



Level 3 Drama - Foreskin's Lament



Level 2 Drama - Nui Sila



The MCA and NZCT Cricket Centre are once again proud to offer school holiday clinics in the October holidays.

There will be 2 Specialist age group clinics run from Wednesday October 7th to Friday October 9th, catering for both 9-12 year olds and 13-16 year olds. Additionally there will be a High Performance clinic for 14-18 year olds running from Friday October 2nd to Monday October 5th.

All clinics will focus on the technical and tactical skills required for developing cricketers, with some mental skills and physical fitness covered as well.

For more information on coaches, logistics, venues and costs, please email Jacob Oram at nzctcc@gmail.com.



Level 1 Drama - 12 Angry Men



Year 10 Drama - Denial



Junior A Basketball Team vs Rongotai College



**Palmerston North Boys' High School
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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