



# Palmerston North Boys' High School

## Newsletter 2015 May

Volume 21 No 3

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### ANZAC Day Services 2015

(top left clockwise) Sheridan Smitham talking at Dawn parade; Prefects, 1st XV and Kapa Haka salute veterans; whole school passed through the Walk of Remembrance; 1st Royal Gurkha soldiers greeted by a haka at the school gates.



Hockey Tour party entering Scotland



Renaissance men in gold mine in Australia



Jackson Ferris in full flight vs Wellington



Than Oo beating the Wellington opposition

### Phil Skoglund passes away

Phil Skoglund, a PNBHS Old Boy and one of New Zealand's greatest lawn bowlers passed away recently. Phil's father was P.O. Skoglund: a teacher at School, 1st XV coach and then Minister of Education.



### Success in Many Fields



Manawatu/Wanganui Schools' Golf winners: Jamie Connell, Greg Shaw, Liam Finlayson, Campbell McHugh



Tauranga Invitational Squash winners: Mitchell Power, Richard Bell, Corban Faint, Blake Koolen, Jordan Bell



Triathlon medal winners: (front) Sam Bentham, Campbell Stewart, David Martin, Jack Finlay, Max Taylor (middle) Madi Hartley-Brown, Fergus Washington-Smith, Lane Gordon, Brynn Gordon (back) Benjamin Moore, Sam Phillips, Luke Scott



Warwick exercise books put up 3 tablets to be won for purchasing of stationery through My School Back to School with OfficeMax. One of the Lucky winners is Justin Marshall, Year 11, student at PNBHS.



## From the Rector Mr David Bovey

“We think that even if your children have the academic skills they need – and we’re doing our best to make sure they do – if our young adults grow up and they don’t have strong character skills, then they don’t have very much.” (Paul Tough)

Welcome to the first newsletter of Term II.

Earlier this term the school held its annual ANZAC Service. This gives our school community the opportunity to remember the 199 Old Boys of PNBHS who fell in the conflicts of the 20th Century. This year we were privileged to be joined by representatives of the Royal Gurkha Regiment, who were celebrating in 2015, their 200th year of service with the British Army. The 1st Gurkha Rifles, the regiment who joined us for the day, was the very regiment who fought alongside the Kiwis at Gallipoli 100 years ago, where a number of our Old Boys were killed.

A column appeared in a newspaper around the time of ANZAC Day which accused many of glorifying war through ceremonies such as our ANZAC service. The writer of said column missed the point; we are not in any way attempting to glorify or celebrate war. On the contrary, all acknowledge that it should never be allowed to happen again. But it is important to remember those who did serve and those who were killed while serving our country.

We were also privileged to have with us at the ANZAC service the flag that flew over the New Zealand canteen from 1916 through to the end of the Great War. It was the only New Zealand flag to have flown over our men during that terrible conflict and its presence at our service gave added poignancy to the proceedings.

The Royal Gurkhas, based in Brunei, left the following day to return to their homeland to help following the terrible natural disaster that brought such destruction to Nepal. Our thoughts are with all those in Nepal and hope that the long process of rebuilding their country can begin soon.

During the latter stages of Term I, the New Zealand cricket team’s performances at the recent Cricket World Cup dominated our sporting landscape, and justifiably so. The team, led by the inspirational Brendan McCullum, played superbly to reach the final for the first time in the tournament’s history. While the performance in the final and its outcome were disappointing, it was great to see a team achieve success while playing sport the way it should be played: hard and aggressive, yes, but without resorting to the appalling behaviour seen from a small number of other teams. It was a great lesson to all our young men – throughout the tournament the Kiwi team won with humility and, ultimately, were gracious in defeat. The semi-final win over South Africa was sporting drama of the highest calibre and saw two very good sides playing great cricket and giving it everything. What we saw from the New Zealand team, and from the skipper in particular, was character, which is of course a real focus for us at PNBHS.

In *How Children Succeed – Grit, Curiosity, and the Hidden Power of Character* by Paul Tough, the author noted something that certainly resonates with what we aim to teach our young men. A school principal says in a presentation to parents: “We think that even if your children have the academic skills they need – and we’re doing our best to make sure they do – if our young adults grow up and they don’t have strong character skills, then they don’t have very much. Because we know that character is what keeps people happy and successful and fulfilled.” At times this year, our young men will have their character tested and they will learn a good deal about themselves.

In Mr Tough’s book, research showed that students’ mind-sets predicted their academic trajectories: those who believe that people can improve their intelligence actually do improve their grades. It is a timely message as we head into exams and assessments – that with hard work and determination good results can be achieved.

### Reporting

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

### Amendments to Fundamental School Rules

The PNBHS Board of Trustees have approved an amendment to the Fundamental School Rules under Section 2 – Prohibition on Drugs and Alcohol - to cover non-prescribed drugs. Points 2.1 and 2.2 now read:

2.1 No student shall consume, sell, purchase, supply, have in his possession or be under the influence of alcohol, illegal drugs, non-prescribed drugs, R18 legal drugs or party pills whether or not lawful under the law of New Zealand, while under the authority of the school.

2.2 In relation to prescribed drugs; no student shall consume, sell, purchase, supply, have in his possession or be under the influence of prescribed drugs while under the authority of the school unless it is in accordance with the specific instructions of a registered health professional.

### Winter Sport

There are a significant number of young men playing winter sports codes and we have worked fervently to get a staff member as a coach or manager. As you can appreciate, this is a major undertaking for the school and I sincerely thank those staff and senior students who have given so freely of their time to maintain an essential part of our school life. I also thank parents and volunteers who are assisting with teams as this allows your sons to have the best coaching we have available. We have been most fortunate to attract passionate people with the boys’ best interests at heart.

Please remember that full and correct sporting uniform needs to be worn for all fixtures. We do not allow young men to have skins or similar clothing visible underneath their sports uniform. We have also reminded young men that it is our expectation that their socks are pulled up on the sports field and that the uniform is being worn correctly and with pride. We appreciate your support as standards are set in all aspects of school life. A further reminder that if a young man is away from school the day prior or day of a sporting fixture, he is ineligible to play.

### Inter-School Fixtures and Field Trips

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

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

For those young men wishing to hire blazers for ‘one off’ occasions a refundable deposit and associated fee is charged. Mrs Dearlove in the

Speirs Centre can provide more information about this service.

### Attendance

Please remember to ring the Attendance Officer to record an absence prior to the day or the day of an absence. This will mean the Attendance Officer will not need to ring you to check why your son is not at school.

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

### School Fees & Donations

School fees and donations for 2015 have been sent to parents from our Finance Department. If you have specific questions about fees or the payment of a donation, do not hesitate to talk to us.

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

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

School donations help put resources into curriculum areas and extra-curricular areas and every dollar does help us to provide a high quality education. I would encourage you to support your son's education and Palmerston North Boys' High School by paying the donations.

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

D M Bovey  
Rector

## Student Achievement

- Community Service – in response to the cyclone that hit Vanuatu, the boys donated money and food supplies, as did a number of the school's suppliers, including \$45k worth of supplies from Prepack. Ten pallets of supplies were sent over by military transporters from the school. Above - outstanding effort by Jesse Gunn 9VN
- Swimming – at the Manawatu SS championships, Xavier Hill and Oliver Inman won four races each, while Michan Hunter and Shawn O'Hara won three. All relays were won by school teams.
- Athletics – This year saw the school hosting the MISSA championships out at the Massey track. PNBHS contested 41 events for 33 firsts, 25 seconds and 17 thirds. Tevita Fehoko won the Albert Pootjes Trophy for most outstanding individual performance. Aidan Smith broke the intermediate javelin record set in 1980. He was also first in the intermediate 100m and second in the 200m. Mark Seumanu broke his own school record set at this year's athletics championships, breaking the Manwatu junior high jump record in the process. He was also first in the triple jump and 400m. Others to win two events were: Benjamin Wall, Brett Hooper, Harrison Porritt, Paddy Kellow and Ohga Aoki.
- Tennis – finished 8th in New Zealand
- Volleyball – the Senior A team finished third in Division III to win promotion to Division II for next year
- Year 10 Cricket – after qualifying for the NZCT tournament for the first time in a number of years the team finished fifth in the country.
- Canoe Polo – for the second consecutive year, the Senior A team finished runners-up at the NZSS tournament.
- Leadership – Ben Pigott was selected for the Sir Peter Blake Trust Youth Environmental Leaders' Forum which occurred during the recent holidays. Te Ariki Te Puni was selected for the 2015 Next Generation Leaders' Forum in Auckland.
- Water Polo – the Senior A team qualified for Nationals following their performances at the NISS tournament. At the Nationals the team finished 14th.



- Hockey – the 1st XI Development hockey squad returned from a successful tour of the UK & Ireland. The team played 12 matches for six wins, two draws and four losses.
- Rugby – the 1st XV played three matches during the holidays, defeating St Paul's Collegiate 19-7 in the annual fixture, Cranbrook School from Sydney 50-5 and Tu Toa 41-10.
- Football – the 1st XI's season has also begun, playing three fixtures in their regional (senior men's) league. The team also played Nelson College during the holidays, losing 1-4.
- Basketball – the Premier A team finished runners-up at the St Pat's Classic tournament, a promising result from a young team. The Junior A team won the junior section at the same tournament.
- Wrestling – Three PNBHS students competed at the NZSS Olympic Wrestling championships. All three, Cameron Loughran, Jack Scrimshaw and Tyson Tregoweth won silver medals. Tyson then competed in his first MMA fight, winning that as part of the Shuriken MMA tournament held in Auckland.
- Cycling – At the Road Nationals held recently in Napier, Campbell Stewart won the U19 105km Road Race, with Robert Stannard second. Robert also finished third in the 25km Individual Time Trial. A number of other PNBHS students also performed well.
- Cricket – the 1st XI won the regional final against Francis Douglas Memorial College to qualify for the NZSS Gillette Cup finals to be held later in the year. This will be the 15th time PNBHS has qualified for this event (for the top six teams in the country).
- Karting – Jacob Cranston was first in the Junior Rotax section (13-17 yrs) at the 2015 National championships. He and Bayley Walker won their sections at the Lower North Island championships.
- Clay Target Shooting – Max Edwards has been selected in a New Zealand U18 Sporting Clay Target team to travel to the US in July.
- ANZAC Services – the school was well represented at the Dawn Service, where College House students performed a haka as the veterans and special guests left the service, and at the Civic Service, where the Prefects, Kapa Haka group and 1st XV did the same. Sheridan Smitham gave the ANZAC address at the Dawn Service and did a superb job.
- Rugby – the 1st XV had wins over Francis Douglas Memorial Col-

lege and Hutt International Boys' School, both of whom they lost to in corresponding fixtures in the previous two fixtures.

- Cross Country – following the ANZAC Service, the annual Cross Country was held at Keeble Farm, Massey. Large numbers of competitors in each age-group resulted in some close finishes. Murray won each section, despite Albion having the first five place-getters in the Junior race. Albion finished second overall, Phoenix third, Kia Ora and Gordon fourth equal and Vernon sixth.
- Fly Fishing – John Gummer finished fourth at the National Fly Fishing Championships. He has been selected to represent NZ at the 2016 Commonwealth Championships in Quebec, Canada.
- Swimming – Xavier Hill won three gold medals at the National Age Group Swimming Championships, setting Manawatu age-group records in the 100m and 200m butterfly. He also won two silvers and a bronze.
- Golf – the Senior A team convincingly won the team title at the Manawatu-Wanganui Intercollegiate tournament which has seen them qualify for Nationals in August. Greg Shaw won the

individual title, one shot ahead of Liam Finlayson.

- Football – the 1st XI have had a number of good results in the Federation League, three wins and a draw in their last four matches. The first traditional interschool fixture was against St Pat's Town in Wellington.
- Rugby – the 1st XV has had a number of pre-season fixtures, including a traditional match vs St Paul's Collegiate of Hamilton, which was won 19-7. Other pre-season wins have been over Hutt International Boys' School, Wellington College and Cranbrook School from Sydney, with a loss to Feilding High School in Napier.
- Student Forum – the 12 forum representatives have been presented with their badges in assembly and will meet on a regular basis. The forum comprises the Student BOT rep, the Head Prefect and two representatives from each year level.
- Cycling – Mitchell Kinghorn was selected to race in the NZ U19 team for round 3 of the Calder Stewart Elite Series in the South Island. Mitchell came 3rd in the U23 race on the 135km course.



## From the Deputy Rector

### Assessment Update

As you read this we are approaching the middle of Term 2, approximately the halfway point for the 2015 academic school year for senior students who are busy working through a demanding schedule of NCEA internal assessment. This will be placing great demands upon their time management and organisational skills. Being able to prioritise and work to multiple deadlines have become increasingly essential skills for young men to master in order for them to succeed within the NCEA system. Typically, many boys procrastinate and the often rushed, last minute effort, produces lower grades than they are capable of.

Should this be an area of concern for your son, I would urge you to contact his year level Dean so that we can provide him with some strategies to assist with developing his time management. An internal assessment schedule can be found on Stratus (under the Parents tab) to assist with your sons organisation.

### NZQA News

NCEA fees information was recently sent to the parents of all young men undertaking NCEA assessment in 2015. The due date for NCEA fees is Friday, July 3, the end of Term 2. Please work with your son to check that the subjects and standards listed on the invoice are correct. If there are any questions regarding this, or if you think an error has been made, please contact me at school.

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

### Scholarship Entries

Scholarship provides an academic challenge as well as a number of financial incentives for successful students. In a change from previous years, a cost of \$30 per subject has been introduced by NZQA. While we encourage all eligible students to consider the Scholarship examinations, it does require a significant extra commitment in terms of revision and examination preparation. Many departments will run additional tutorials to assist with this. However, for some students the extra time required may be an impediment to their success at Level 3. For this reason we encourage all young men contemplating enrolling in Scholarship to discuss this with their parents and teach-

There is consistent evidence in video game research that video game play can lead to changes in terms of physiological, psychological and cognitive development. Video game playing has been linked to reduced academic performance.

ers so that an informed decision is made.

There are significant financial awards available for successful students, ranging from a one-off \$500 payment through to the top awards where students receive \$10 000 annually for three years provided they maintain a 'B' average at university. Further details of the scholarship examinations and the financial awards can be found on the NZQA website.

Young men who wish to enter Scholarship assessments will need to complete the PNBHS Scholarship Entry Form and return this, along with the required payment, to the Finance Office by Friday, July 31, at the latest. The PNBHS Scholarship Entry Form can be obtained from the Finance Office or from Mr Atkin.

### Junior Examinations

Mid-year junior examinations have been completed and young men will now be awaiting their first written report for 2015. We realise that for many junior students, especially those in Year 9, formal written examinations can be an unsettling experience. Please take the time to discuss your son's examination performance with him. While it is natural to concentrate on the outcomes of the examinations, the mark obtained and whether or not this is a pass or fail, it is equally as important that there is discussion around his preparation for the examinations and, in particular, identifying what he could do differently next time in order to be better prepared and give himself the opportunity to further improve on his achievements to date. The second round of parent-teacher interviews in Term 3 will provide an opportunity for you to gain detailed information on his examination performance. We believe very firmly that the junior examinations provide an important stepping stone in preparing young men for their external NCEA examinations and therefore their importance cannot be overstated.

### Digital Distraction

Online social media, gaming and other modes of electronic communication have been frequent topics of conversation this year in a variety of contexts. It is apparent that the distractions associated with such activities are having an increasingly negative impact on a growing number of young men's lives. An international study conducted at Nottingham University concluded that most young people spend more time watching screen media than in any other activity apart from sleeping. A number of the key findings from this study are outlined below:

- There is consistent evidence in video game research that video

game play can lead to changes in terms of physiological, psychological and cognitive development. Video game playing has been linked to reduced academic performance.

- Video game playing is associated with increases in risk taking behaviour in adolescence and young adulthood, with those who played video games reporting higher levels of drug use, alcohol drinking, and poorer relationships with friends and family.
- Studies conducted with children and adolescents found that video game exposure correlates significantly with an acceptance amongst the children of physical aggression and decreased empathy. Similar findings have been reported with studies conducted on young adults. Research with children has reported an increase in aggressive behaviour with those who play violent video games.

A meta-study conducted by Iowa State University's Centre for the Study of Violence, combining results from 130 research reports on more than 130,000 subjects worldwide, concluded that exposure to violent video games directly causes increased aggressive thoughts and behaviour, and decreased empathy in the young people exposed to them. The study identified that exposure to violent video games increases the likelihood of aggressive behaviour.

### Energy drinks

Recently the New Zealand Herald reported the findings of studies linking health concerns and the consumption of energy drinks. In particular the concerns related to a number of the ingredients such as caffeine, guarana, ginseng and taurine and how these ingredients interact. The research concluded that too many energy drinks can trigger sudden heart attacks, even in healthy people, and warned parents to watch how many cans their children consume.

Almost one in three 12 to 19-year-olds reported regularly consuming energy drinks which often contain high levels of caffeine. They can also contain "hidden" caffeine in the form of "masking agents" such as guarana, which comes from a Brazilian plant and is identical to caffeine found in coffee beans, but at twice the concentration. The studies strongly recommended that adolescents should not consume more than 250ml of the drinks daily. In New Zealand, popular energy drinks such as V, Monster and Red Bull, which contain some or all of the ingredients identified as of concern, warn against the products being consumed by children.

Further information about the effects of 'gaming' and energy drinks can be found on Stratus (under the Parents tab/Education Research).

### Sleep

The combination of digital distractions, especially gaming, and the consumption of energy drinks creates cause for concern. A growing number of young men are reporting that they regularly stay up late during the week to 'game' and use energy drinks to keep them awake to do so. This combination exposes young men to not only the concerns outlined above, but also has a significant negative impact on their academic performance. They are unable to perform to their potential in the classroom and with assessment tasks without regular sleep. Essentially, these young men are setting themselves up for academic failure as well as putting themselves at risk of long term health issues.

The specific amount of sleep teenagers require in order for their development is estimated at between eight and a half and nine and a half hours per night. Getting a great night's sleep is essential for brain health and especially important when learning and studying. Researcher Chris Evans believes the most important function of sleep is to allow your brain to consider the new things that have been learned that day. He suggests new learnings are filed and consolidated in the memory system during sleep. Lack of sleep affects brain function including mood, concentration, memory and problem solving ability. To help your son get a good night's sleep you might like to consider the following:

- It is essential that bedroom spaces are calming and comfortable. The brain loves neat and tidy. Sleeping in an over busy and messy room can stimulate the brain making it harder to relax. Studies show that temperatures 5-10 degrees lower than the daytime average help with sleep.
- The effects of screens on the brain, before bed, are well documented. While checking your phone, or reading on a device just before bed might seem natural enough, it is not for your brain. A stream of photons from the screen tells your brain it is not time to go to sleep. In turn, this prevents the secretion of Melatonin, the chemical responsible for sleep timing and blood pressure regulation. Even just the small glow of the phone screen when you check the time at night can be enough to interrupt sleep patterns. Turn off all electronic devices an hour before you go to bed.
- Foods to avoid before bed include spicy foods, caffeine and high fat foods. It is best to avoid eating large meals in the hours leading up to bedtime. If you have to eat right before bed, make it a small snack.
- Dim the lights while you get ready for bed, turn off bright overhead lamps as your body is programmed to sleep when it's dark. Attempt to go to bed at the same time every night. Choose a time when you normally feel tired and try not to break this routine on weekends when it may be tempting to stay up late.

### What can parents do?

Responding to these concerns is not easy. However, failure to address them with your son can have long term negative consequences for both his academic achievement, relationships and health. Establishing boundaries of what is acceptable in terms of the length of time spent on digital devices, and how much sleep he requires, might be a good starting point. Even though young men may be reluctant to change these behaviours, most will still at least acknowledge the concerns and are aware of what they 'should' be doing.

Getting your son to adhere to these boundaries is unlikely to be easy and you will almost certainly encounter some resistance and, potentially, hostility. Drastic measures, such as turning off or removing the wireless modem at night, might well be required. Most young men will sleep in close proximity to their mobile phone and this distraction will affect their sleep. Removing your son's mobile phone from the bedroom at night will not make you popular, but will help to ensure he gets the rest that he requires. Energy drinks are not necessary for secondary school students. Those marketed as 'sports drinks' generally fall into the same category. The risks associated with heart failure and, longer term, obesity and diabetes, provide compelling reasons for removing them from your son's diet.

In each of these situations, your role modelling of appropriate behaviour will be important. Young men are quick to recognise inconsistencies and are more likely to accept expectations about things such as no use of mobile phones overnight, if you also meet this expectation.

Should you have any concerns about your son and require some support to address them, please contact the school Guidance Counsellor, Mr John Adams.

### Resilience

My congratulations to all those who participated in the annual school road race towards the end of Term 1. This year's event was particularly notable for the obvious endeavour put in by the vast majority of competitors. I'm always impressed by the number of 'non athletic' young men who get out and simply run as hard and fast as they can around the course. They are never going to finish near the top of the field, but simply do the very best that they can. These young men should be proud of their endeavours as their effort speaks volumes about their character and they show resilience in what can often be a fairly obvious physical struggle.

At the opposite end of the continuum, part of my role is to collect excuse notes from students who are unable to participate. We have a small number of young men who have medical complaints that prevent them from participating in physical activity and, at any point in time, we also have a small number of young men who are injured and temporarily unable to participate in such activities. It was both frustrating and concerning to note the significant spike in the number of young men who suffered serious ankle sprains over the weekend prior to the road race, and the spike in the number of students who were afflicted by 24 hour illnesses on the day of the road race. Undoubtedly some of these cases were genuine. However, the numbers indicate that some young men simply chose to opt out. Unfortunately, in many of these cases, parents have been duped into providing an excuse note for their son, unaware of the choice he was making.

While the young men who competed demonstrated their character and resilience, the opposite is true of those who simply opted out.

We encourage all young men to give their best in all activities and not to take soft options. American author H. Jackson Brown Jr said "Life doesn't require that we be the best, only that we try our best." Young men who do this, who consistently give their best effort, learn many lessons about the intrinsic and extrinsic rewards that come from being determined and committed in their approach and from persevering in the face of physical, academic, social and emotional challenges. This type of approach assists young men to develop resilience.

G M Atkin  
Deputy Rector



## Sports Talk with Peter Finch

The last few weeks have seen a massive effort from the Teachers in Charge and teachers to register, select and staff around 130 major winter code teams. The school and respective codes have attempted to be as transparent and as accountable as is possible in placing the hundreds of young men into appropriate teams. We will admit that we may not have got it right in every case, but are comfortable we have done as much as possible in the very short window provided. In most

codes there will be ongoing moderation in a further attempt to achieve our goal of providing an appropriate level of competition for every boy who wishes to play sport for the school.

In this edition I would like to advise families and athletes regarding match nutrition.

It is ideal to have a substantial breakfast or meal between 2-3 hours before matches start. This should be high in carbohydrate and low in fat, sugar, spices and salt. Three to four Weetbix with milk, yogurt and fruit would be a great start to the day for a morning game. A pasta dish with tomato sauce could be a lunch option if playing in the afternoon. An hour before the whistle a small snack could be taken and this could include a simple honey sandwich, piece of fruit or low fat/sugar snack bar, plus 600-800 mls of water drunk in this same period up to the beginning of the warm up.

In most cases, water is sufficient at halftime and then becomes a non negotiable post match recovery protocol.

Any athlete who is not presently having breakfast before school, please make yourself known to me to be included in our Monday morning Breakfast club which runs from 8.15-8.30am.

I wish all Coaches, managers, parents and players a positively memorable season.

Peter Finch

Director of Sport

## Barrowclough Programme



On ANZAC Day, Isaiah Smiler went to the ANZAC Memorial Bridge in Kaiparoro to take part in their ANZAC service. Isaiah researched and presented a speech on Donald Pallant, an old boy of PNBHS who is one of the soldiers' names on the bridge. Isaiah met some descendants of Donald Pallant which made the day more meaningful, as if it wasn't already! The organisers were very impressed with Isaiah's maturity and humility.



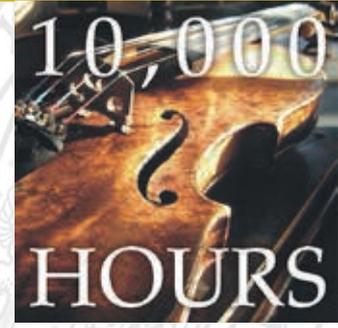
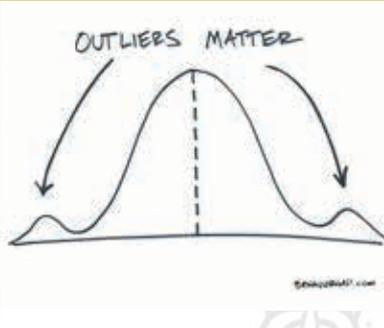
At the ANZAC service this year, we were honoured to host Sir Harold's daughter, Mrs Clouston and his grandson, Mr Peter Barrowclough-Clouston. (pictured left).

Year 13 Mentors have been busy in junior form classes on Monday, Wednesday and Friday morning roll calls and on 1 May, they had an extended session giving out examination revision schedules and advice on how to study.

On Saturday, 16 May, Barrowclough Award students had a Working Bee at Sixtus Lodge. Many of these types of lodges have fallen into a state of disrepair but Sixtus Lodge remains a desirable place to stay. In the past, Mr Ray Wilkins from the Sixtus Lodge committee, has praised the boys for their exceptional effort and attitude.

The Barrowclough Seminar series for Year 12 and 11 students continue this term. Get involved, see Mr King to get your goal setting sheets and head along to the Leadership seminars.

## PNBHS Leadership Update



### Two paths – one journey.

The 199 Old Boys of our school who fell, grow not old, as we that are left grow old; age no longer wearies them, but if they were to have had an extra 10,000 hours added to their lives, how would they spend them? We have been pondering many “what ifs” over the last few weeks as we built up to the 100th commemoration ceremonies marking the Gallipoli Campaign. One of the points we are making with our young men is spending the valuable resource of time wisely, encouraging seniors to be outliers and seize the day and become masterful at their proficiencies. The lingering question really comes down simply to this: if these fine men who fell were to be back in our presence today, would we be able to look them in the eye and say proudly that we are honouring their sacrifice and making the best use of the time they do not have, with the freedom they won for us? Which kind of outlier are we choosing to be to truly honour their sacrifice? The rest is up to us.

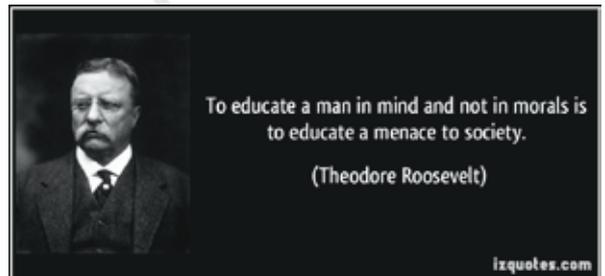
We are back in the throes of a busy and productive term where time is of the essence, using it wisely and doing the right thing is most important. The educated men of outstanding character and those striving to call themselves such are now well into the winter sports codes, classroom codes and other cultural codes. We had a recent visit from Rowie McEvoy who inspired a group of Year 11 and 12 students with her strong message of “Believing You Can” through courage: feel the fear and do it anyway; discipline: do what you should do, when you should do it, even if you don’t feel like it; and respect – for self and others – who you are and what you do should be the same thing. Melo Tuimana courageously thanked Rowie at the end of the presentation.



The Prefects had an outstanding workshop at Hato Paora College recently where they were hosted by the Hato Paora Prefects and completed a leadership workshop with Fr Mark Walls, SM. They were presented with stories and examples reflecting “The 10 Keys to Leadership”. These were: 1. Get Started; 2. Be Principle Centered; 3. Take control of your life; 4. Courage; 5. Teamwork; 6. Commitment to Excel-

lence; 7. The ability to fail; 8. Perseverance; 9. Servant leadership; 10. The call to greatness. It was wonderful to listen to leadership messages reinforcing many of the lessons our Prefects had encountered in their passage of leadership through PNBHS, especially in relation to 10,000 hours and the work of Malcolm Gladwell in becoming an Outlier.

This term will dish up the normal challenges for our young men and for us as staff as we try to educate them in mind as well as in morals, through Learning Leadership for Year 9 and 10 students, through leadership seminars for Year 11 and 12 students through the Barrowclough Programme,



through Leadership 101 for Year 13 students and in our favourite classroom, the bush, for Year 10 students who have taken up the challenge through the Tama Tu Tama Ora programme.

### Upcoming Learning Leadership Events

Barrowclough Seminars for Years 11 (May 14th 6-7.15 Speirs Centre) and 12 (May 20th 6-7.15 Speirs Centre); Year 9 and 10 – (Speirs Centre May 25th and June 30th); Sir Peter Blake Trust NZ Leadership Week (29th June – 3rd July) Theme is “Believe You Can” and “A Decade of Character Education” and we have a great line up of guest speakers and visitors.

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

Paul King



## Hockey Development Tour Of Singapore And The British Isles

Report by tour captain, Greg Bates

On the 27th of March 2015, 18 boys and 2 staff set off for an amazing tour to the UK and Ireland.

We left early from Palmerston North, flying to Auckland and then on to Singapore. When we arrived in Singapore it was late, muggy and very warm. As we settled down into our accommodation, it seemed unreal that we would be playing our first game of the tour at 8:00am the next day. Considering the heat and jet lag, the boys did well to win the first game 4-2 against our hosts, St Andrew's School. Goals to Brendan Payne, Tylah Greenwood, Ben McAlley and myself.

Sunday 29th saw us visit Universal Studios before getting back on the plane that night to fly to Heathrow Airport in England. From Heathrow, we picked up two minivans and drove to Bath, a city located south-west from London, which still has many buildings standing from Roman times. We stayed the next couple of nights at Millfield School



in Somerset. The boys were grateful for the kind hospitality at Millfield School, as all the travelling in the days before had taken its toll.

We started the 31st with a wander through their grounds, seeing a golf course, 3 hockey turfs and a 50 metre indoor swimming pool! The game against Millfield School started off well as we scored in under 2 minutes. Millfield was a determined team and they ended up dominating the rest of the half. However, tight defending and some good goal keeping allowed us to keep a 1 nil advantage until just before half time. A sloppy second half saw us down 2-1 quickly, but a frantic next 25 minutes ended with a long ball which went through everyone to find an unmarked Ben McAlley at the top of the circle who slotted the ball into the goal, giving us a 2 all draw against a classy team. Goals to Ben and myself.

The start of April saw us do a long day of travelling, seeing places like Stonehenge, before our game against Hurstpierpoint College in West Sussex. This is a team that had made the final of the school grade competition in England. We ended up losing 11-2. Goals to Christian Berrett and Ben McAlley.

The next few nights we spent in London sightseeing. We were allowed to explore the city in groups of 4 or more. Most of this time was spent either on the underground, sightseeing or shopping on Oxford Street.



Saturday 4th saw us go to York to play two games. Our first game was a win 3-2 against Abbeydale Sports Club in Yorkshire County. A massive highlight from this game being a base line goal from Levi Loudon. Goals to Ben McAlley, Thomas Walshe and Levi Loudon.

The second game the next day was a 4-1 win against Wakefield Hockey Club in Wakefield, where we played the game in quarters of 20 minutes. National anthems were played before the match. Goals to Brendan Payne, Tylah Greenwood and 2 to myself.

The next day we headed off to Edinburgh with a full day of travelling, and over the next two days had two good wins: first over the Inverleith Hockey Club in Edinburgh, 9-0. Goals to Matt Chard, Matt Small, Caleb Hansen, Brendan Payne, Bradley Grapes & 2 each to Ben McAlley & myself and then in Glasgow against Clydesdale Hockey Club, 3-2. Goals to Levi Loudon, Tylah Greenwood and myself.

On Friday the 10th of April we travelled to Northern Ireland, crossing on the Ferry from the West Coast of Scotland. First up, in Belfast we played against historic Campbell College. The boys fought out a hard 3-2 win, against a strong team. Goals to myself and 2 to Christian Berrett. We were kindly hosted at a parent's home that night.

The next day saw us play against The Wallace High School, the best team in Northern Ireland. We gave away a bit too much ball and lost 5-1. A highlight of this game was when it snowed and it was a good experience playing in the testing conditions. Goal to Tylah Greenwood.

Match 10 of the tour in Belfast, and 4th game in a row, was against Annadale Hockey Club where we decided to rest key players before our last two games in Dublin. In an unstructured scrappy game we ended up losing 8-1. Goal to Thomas Walshe.

It was on the road again, to Dublin before our game on Monday against The High School. This was our best performance of the tour, with strong tackles against a physically

strong and much older opposition. Both teams had good chances at goal before The High School took a 1 nil lead after half time. This score line remained the same until 5 minutes from the end when we had a break on goal and equalised. This was my 100th game for the 1st XI and I managed to score the equaliser with an off balance, one handed shot, spinning the ball past their keeper.

The next day, the boys were physically and mentally tired for their 6th game in a row. In the end we lost 7-3 to Three Rock Rovers Club, again, against older and physically stronger opposition. A hat-trick to Ben McAlley (which is a pretty special achievement for a Year 11) was the highlight for us from this match.

Then it was the homeward bound. We got the ferry back to Holyhead in Wales, and then drove to London via Old Trafford in Manchester. The next day was an early start to catch the Eurostar under the English Channel, be-



fore a full day sightseeing in Paris, including going up the Eiffel Tower. The next day, we then flew to Singapore, having a full day there, before flying to Auckland and back home.

It was an amazing trip in which my best advice for someone going on a tour is to make sure you are as fit as possible. As I needn't tell you, playing 12 games in 4 countries is physically demanding.

This is also the best preparation that we could have had before the season begins as we are looking to better ourselves from last year, having lost 7 players from the 2014 1st XI. This tour would not have been possible without the input of Mr Davidson, Mr Kensington and Rochelle Julian from Travel Brokers. I understand the commitment Mr Davidson has had to put into this especially as he would stay up late at night just to be able to call places to try organise games for us.

The Team comprised:

Greg Bates (captain), Christian Berrett, Matt Chard, Joel Fleet-Stevenson, Bradley Grapes, Tylah Greenwood, Caleb Hansen, Callum Judd, Levi Loudon, Ben McAlley, Ben O'Connor, Brendan Payne, Matt Peel, Simon Pritchard, Matt Small, Hamish Taylor, Matthew Taylor & Thomas Walshe.

Mr Davidson (tour leader) & Mr Kensington (coach).

## Drama

### Drama Term 2

Congratulations to all involved with West Side Story which demanded so much, but an awesome team stood and delivered and never stepped back. We are very grateful to the large number of people from our school community and beyond who supported us in many ways. Sadly, it was the last production with Liz O'Connor as Musical Director after working with us since the NZ Premiere of Paris in 2004 and providing so much of the impetus to get our productions to their present level. We are currently working to fill that role.

### Our 2016 production

will be the new musical Happy Days. It is based on the TV series with all those wonderful iconic characters we watched so avidly in the 1970s - 1980s. It has been written by Garry Marshall who wrote the TV scripts with music by the prolific writer of international hits, Paul Williams. We have just received the advance material and look forward to exploring it. There will be a compulsory information evening in the last week of Term 3 for all band and cast auditionees with workshops and auditions in the first three weeks of Term 4.

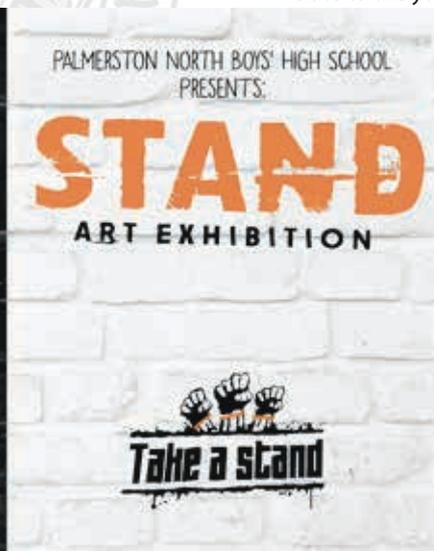


There will be a compulsory information evening in the last week of Term 3 for all band and cast auditionees with workshops and auditions in the first three weeks of Term 4.

**JMT – the Junior Musical Theatre** group is in extremely good heart under the skilful tuition of Mrs Kirsten Clark. We have 27 highly enthusiastic Year 9s and 10s singing, acting and dancing every Thursday morning. As we go to press they are in the final stages of auditioning roles for the two numbers from Bugsy Malone which they will perform in the Junior Performing Arts Showcase in Week 7. It's great to see the future of musical theatre at PNBHS in such good heart.

**Drama classes** are currently undergoing assessment for their first internal Achievement Standards. Soon they will begin preparing for their major assessments, their class productions. These are held during Dramafest Term 3, Weeks 3 -7. They are evening performances which are open to the public and all Drama students from Year 10 -13 will be performing.

**Theatresports** continue to involve a number of creative young men on Tuesday and Thursday lunchtimes with great leadership from senior students including Sheridan Smitham, Ben Orwin-Higgs and Sam Stevenson.



## Careers Update

### No Idea for The Future?

A Careers Search workshop may provide the answer.

The workshop involves a card sort and collation activity that once completed should provide the student with 4,5 or 6 ideas that they want to check out. It targets senior students and can be scheduled to take place during study time. There are limited places and any students who wish to complete the programme (it will involve 2/3 periods) need to see Mr Adams in the Careers Room to secure a place.

### How to Pass University Entrance (from NZ Herald, May 13 2015)

- Ensure you're studying sufficient literacy and numeracy credits
- Aim for more than the minimum number of credits
- Check your subjects are on the "approved" subject list
- Chat with Careers Adviser or Dean to double check other uni requirements
- Parents – make sure a plan is in place for your child to succeed

### Rowie McEvoy Presentation.

On Monday 11th of May, Rowie McEvoy spoke to a group of young men from the Year 12 Mentoring and Year 11 ASP programmes in the Speirs Centre. The topic she spoke about was standing out of the crowd, and in a school of 1700 that can tend to be a struggle for some. She spoke highly about adding 'Value' to your life and not being a 'sheeple' (someone who follows the crowd).

The three main values she spoke about were Courage- "Feel the fear and do it anyway", Discipline- "Do what you should do when you should do it, even if you don't feel like it" and Respect- "Do what you want BUT respect that there will be consequences". Rowie also spoke about being in-control of your life and not letting outside factors and addictions affect you and your decisions.

Rowie was particularly impressed with one of our students- Melo Tuimana. He "felt the fear and did it anyway", thanking Rowie for her presentation and gaining a valuable contact with his future aspirations.

Afterwards, students commented about 'finding it encouraging as she was talking about her background and where she is now', 'it was good listening to Rowie about things that I have never heard people talk about like tattoos being a fashion'. She made the presentation relate to the young men and they really took on what she said.

The students would like to Thank Mr Paul King for giving them opportunities to listen to inspiring speakers.

### Support World Vision

The PNBHS art department is this year joining World Vision in its mission to combat poverty in Bangladesh, through the sale of copies of original artwork of students in the senior school. The works will be for sale from the 15th of may through till the 9th of June being displayed at Square Edge. Join our fight against poverty in Bangladesh and come along and buy some pieces of the boys wonderful art.

## Renaissance Men investigate Victoria Study Options

PNBHS Renaissance Men, our top and emerging scholars, visited Melbourne and Bendigo at the end of last term.

The purpose of this trip was to investigate post graduate study opportunities. While it may seem somewhat premature for a school student to be thinking about Masters and PhD degrees, it is important to structure undergraduate studies at the early stage which can successfully lead into these higher degrees. However, it is not only the academic institutions that serve as attractive centres of excellence, but the allure of the regions and cities. After all, if a student is to uproot for a number of years to another location, there is more to consider than the library facilities and student café.

Bendigo gave us a taste of inland rural Victoria. A trip down the Central Deborah Goldmine was certainly one of the highlights of the tour. It was not only the adventure of being underground in a maze of nearly 1,600 km of tunnels, but the appreciation of how technology has changed over the last 100 years. The life expectancy of a miner towards the end of the 19th century was very short.

However, even though the technology improved, it was interesting to learn how politics and economic posturing changed the fortunes of the city. At one point in our underground adventure, the students were brought to a halt and asked to examine the ceiling above them. They found themselves looking at the ocean floor of 260 million years ago. It was a moment of wonder and realisation why the Renaissance Men's group exists.

This was reinforced by a night of astronomy

made possible through the generosity of the Bendigo Astronomical Society. We were able to gaze up at constellations, planets and stars as well track satellites. One of the highlights was being able to look at solar flares erupting from the setting sun. Using the large telescope we were able to look into deep space and see not only one, but clusters of galaxies. A sight that put a tingle down the spine was looking into the energy maelstrom of the Tarantula nebula. Mr Paul Foley and his society are generous to a fault. Their hospitality is exceeded only by their knowledge of the heavens.

La Trobe University opened its doors to the students giving them a good understanding of what tertiary study in small town Australia would be like. The engineering school's fluid dynamics laboratory was particularly interesting with its large wave tank, as was the dental school. Our students were able to see first-hand the clinical training required for this profession and talk to students on the programme, some of them New Zealanders.

Melbourne city certainly offered unique experiences for our Renaissance

Men. One of the highlights was a visit to the Melbourne Art gallery where they were given a unique opportunity to visit the art restoration workshop, a high security area strictly closed to the public! It was fascinating to

learn how science is used to maintain and restore irreplaceable artworks. However, as was pointed out to us, it is not so much the monetary value of art that makes it worth preserving, but the socio-cultural power precious works of art hold. If it were not so, ISIS would not be compelled to engage in the vandalism of ancient cultural monuments.

Melbourne University hosted the Renaissance Men in grand style. Besides the wonderful lunch and excellent facilities, 3-D visual modelling lab known as "The Cave", we learned about the very supportive post graduate programme.

Monash University sets itself apart by including professional development studies as an integral part of the programme. Many PhD candidates enrol into such a course in the hope of becoming a professional academic. The truth of the matter is that very few post graduate students end up in full time academia. The rest must apply their studies either as entrepreneurs or by taking up employment in the commercial sector. Monash University prepares their post graduate students for this eventuality, equipping them with personal and professional skills to make the transition as smooth as possible. It was also very helpful to meet some of the current PhD students and we were privileged to a presentation of their cutting edge research.

PNBHS would like to thank La Trobe and Monash Universities, The National Gallery of Victoria, Deborah Gold Mine and the Bendigo Astronomical Society for their generosity.

The students who participated in this excursion were:

Matthew Brennan, Daniel Chang, Connor Cleland, Sam Flint, Cameron Gray, Andre Griffin, Malachi Hill, Bogo Lee, Reuben Osborne



## Manawatu Orienteering

On Friday, 8th of May a group of 10 students from PNBHS travelled to the Esplanade to compete in the Manawatu Secondary Schools' Orienteering competition.

The weather was not inviting with dark clouds looming. Once checked in, many of the group proceeded to warm-up. Then, one by one, at two minute intervals the boys headed off.

Mrs Neale and fellow team members cheered each competitor on as they headed out around the secondary section of the course which was 2.7km long, taking the competitors in amongst bush, down very slippery and muddy tracks and over fields and bridges.

During the middle of the competition, a tor-

rential downpour occurred, drenching many of the team. Needless to say, a few boys finished muddy and sodden.

Overall, PNBHS won the Secondary section of the competition taking 9 of the top 10 places. David Martin took out first place for the second year in a row, with a time of 14 minutes 46 seconds, beating

his younger brother Adam Martin who had a time of 18 minutes and 7 seconds. Year 9 newcomer, Thor Kenyon placed a very respectable 4th with a time of 21 minutes and 41 seconds. Josh Van Rynbach placed 5rd, Finlay McRae 6th, Eric McKee 7th, Michael Richmond 8th, Liam Quelch 9th and Reuben Dods 10th. Unfortunately Alan Kirk was disqualified for missing two checkpoints along the way. Well done to all those who competed, especially those who competed for the first time.



Adam Martin, Alan Kirk, Michael Richmond, Reuben Dods, Josh van Rynbach, David Martin, Thor Kenyon, Finlay McRae, Eric McKee, Liam Quelch

# NI Athletics, Road Race and Cross Country

## NI Athletics

At the North Island SS Championships Harrison Porritt won the U16 800m, breaking the school record for the second time this year. Half an hour later Harrison finished 3rd in the 100m hurdles final. Aidan Smith won the U16 javelin, also breaking the school record in the process. The U16 4x100 relay team finished 3rd. Mark Seumanu finished 3rd in the Junior High Jump, equalling the school record he set earlier in the year.

## Cross Country

Overall result (from 1st to 6th): Murray, Albion, Phoenix, Gordon, Kia Ora, Vernon

## Road Race

Overall result: (from 1st to 6th): Albion, Gordon, Kia Ora, Murray, Phoenix, Vernon



2nd: Adam Fairclough, 1st Jack Finlay, 3rd David Martin



2nd Anson Price, 1st Samuel Bentham, 3rd Finn Stewart-Withers



2nd Dineth Rajapakse, 1st Harrison Porritt, 3rd Adam Martin



2nd Sam Phillips, 1st Benjamin Wall, 3rd Luke Scott



2nd Jack Finlay, 1st Adam Fairclough, 3rd Jacob Sievwright



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



2nd Sam Phillips, 1st Benjamin Wall, 3rd Luke Scott

## 1st XV off to a good start - Pre-season match reports

### vs Tu Toa

The 1st XV played its final game during the holiday period against Tu Toa at Aokautere. The game started well for the home side with a break of the defence early and a good crack at the line. As in previous games, the 1sts scrambled well and managed to hold the opposition out. Possession swung around and we started to show good accuracy at the breakdown with some good rushes. The Tu Toa line speed proved disruptive but the forwards started shifting the attack with some short passing and got in behind them. The increase in momentum allowed our backs to go one on one with the Tu Toa defenders and Tyler Larkan profited from a Jackson Ferris break to open the scoring. This was followed up with a penalty and a ten point lead after 15 minutes was a fair indication. From the next kick off Tu Toa managed to toe through loose possession and scored to close the game up again. This seemed to galvanise the 1sts who then stepped up a couple of gears at the breakdown and with Jackson Ferris, Tyler Larkan, Brayden Iose and Liam Giltrap carrying well, tries steadily flowed through the rest of the half. This led to a 31-5 lead at the break.

The second half started well with an early try; then the physical exertions of the Training Camp in Gisborne in the last week of the term led the team to begin to lose some accuracy and let Tu Toa back into the game, if not on the scoreboard, at least in terms of possession. The team continued to defend well and also continued to make their own breaks with some well constructed set piece moves but the lack of finishing from both sides meant the game standards slipped. Both sides scored one further try apiece for a final score of 41-10.

**Point Scorers: Tries:** Tyler Larkan 3, Brayden Iose 2, Jackson Ferris

**Conversions:** Tyler Larkan 4, **Penalties:** Tyler Larkan

### vs Francis Douglas Memorial College

A young 1st XV travelled away to play this tough annual preseason fixture. Persistent heavy rain just prior to kickoff left the field slippery and a dour forward orientated affair was in the offing. The opposition played very much a kick heavy game which led to their first points when a speculative box kick was not fielded well by the back three and the one kick chaser from Francis Douglas pounced to run untouched from thirty metres. This was closely followed by a penalty and the 1sts found themselves 10 points down after ten minutes despite making much of the play.

The team responded by setting up camp within the attacking 22 and attacked down narrow channels. With some superiority at the breakdown, this eventually wore the home side down and tries resulted for a hard running Brayden Iose and a fleet footed DJ Hemopo. FDMC again responded with a penalty and despite the 1st XV dominating possession and territory, we found ourselves down at the half, 12-13.

The second half was a replica of the first with set piece and breakdown dominance. Yards were being made through the forward channels but the home side were desperate and defended their line with pride, keeping them in the game. Time in the attacking 22 again resulted in a try to the irrepressible Brayden Iose before a fortuitous play from FDMC again saw them jump to the lead 18-17 with ten minutes to go. Once again the team headed into the 22 and were held up over the line countless times. With time up all but up on the clock,

one final 5m scrum saw the team again lay siege to the line. After multiple phases the backs called for the ball, went wide and Frank Tavai scored in the corner giving the team a 22-21 win.

In the end, this was a game that we deserved to win, but we left it to the last minute to do so.

**Points Scorers: Tries:** Brayden Iose 2, DJ Hemopo, Frank Tavai

**Conversion:** Tyler Larkan

### vs Hutt International Boys' School

The 1st XV returned to its home ground to play HIBS 1st XV, a team that has enjoyed success over us in recent times with two victories in the last two fixtures between the schools.

We started well with early dominance at ruck time and it became apparent that the forwards were playing well. This translated to a try in the first five minutes of the game after a well worked lineout drive. This was followed up by another try on the flank and we jumped out to a ten point lead. The game evened up through the middle stages of the first half but we were able to score two more tries – one to finish out the half – and it was 22-0 at halftime.

The second half started well with a try straight from the kick off. HIBS to their credit came back and exerted some pressure on the tryline. They were finally rewarded with a try to their fine number 8 who burrowed over after a quick tap. This was their only real scoring opportunity despite spending some time in our 22 through the 3rd quarter of the match. Once we broke out after some good defence we started to play some quality attacking rugby with players showing their passing skills and support play to score 41 points in the second half, finishing up with a 63-5 scoreline.

The scoreline wasn't a real reflection on the bruising nature of the game and the team had to work hard for its tries. That we were able to score the points we scored was testament to our ability to maintain shape and patterns and that was the most pleasing aspect of the game.

**Points Scorers: Tries:** Matene Ruawai 3, Liam Giltrap 2, Brayden Iose, Ben Nixon, Frank Tavai, Leighton Ralph, Hunter Waller, Tyler Larkan

**Conversions:** Stewart Cruden 1, Tyler Larkan 3

### vs Feilding High School

The first round of the Hurricanes preseason Festival kicked off with a game against Feilding High School in Napier.

Feilding started the game extremely well going close to scoring in the first minute of play through their fleet-footed fullback. Some scrambling defense kept them out but in a sign of things to come the Feilding side were playing at an intensity that we were not matching. Feilding's accuracy at the breakdown was causing us problems and we made too many errors when placed under pressure to play competitively at this level. Feilding stayed in our half for large periods of the first half and were rewarded with the 15 points at half time – a well worked try from set piece and an intercept try from 60 metres out. We scored a penalty and didn't look like doing much else with a real lack of creativity on attack combined with an inability to build any pressure through inaccuracy and errors.

The second half started much the same as the first with the ever dangerous Feilding fullback scoring

a chip and chase try from fifty metres out. This finally seemed to wake us up and we started to be more aggressive in our running and offer more options to our ball players, thus asking the opposition to have to actually think a bit what they were having to do on defence. We were able to force them into making some errors inside their own 22 and some concerted pressure resulted in a penalty try being awarded for continual infringements. Our scrum started to put their's under huge amounts of pressure and this set up another try to close the gap to 22-15 with ten minutes to go.

The team pushed hard in the final ten minutes and were unlucky not to be awarded an attacking scrum. Feilding were awarded a penalty shortly thereafter to extend out to an unassailable lead and ran out deserved winners.

In the end we were victims of our own demise in terms of the amount of handling errors we made and our lack of intensity for the first 50 minutes of the game. To come back as we did salvaged some pride but the damage had been done and the best team on the day won.

**Points Scorers: Tries:** Ben Nixon **Penalty Try**

**Conversion:** Tyler Larkan

**Penalty:** Tyler Larkan

### vs Wellington College

The 1st XV hosted Wellington College at IRANZ in the second round of the Hurricanes Preseason Festival, a game played in windy conditions.

Coming off the disappointment of the loss to Feilding the week before, the team wanted to bounce back and did so in enthusiastic fashion.

The team created early chances off the back of some patient defence and put Wellington under pressure. Scoring was opened after quick phase play created a one on one opportunity for Jackson Ferris whose run then set Tyler Larkan away. Play continued to be concentrated in the middle half of the field with neither side completely dominating the breakdown to string multiple phases together. When the team managed to up the tempo, breaches were made and again it was a period of quick ruck ball that allowed Adam Haworth to put Frank Tavai away down a narrow blindside. His chip and chase execution was accurate and he duly scored to put the team up 12-0 quarter of the way through. Jackson Ferris followed this up after again being put in a one on one with his opposition and the team found itself leading 19-0 after twenty five minutes. Wellington then got into the attacking 22 after some sloppy clearance work and after a series of pick and goes scored to make the halftime score 19-5.

The second half saw the team turn and play into the freshening Palmerston North zephyr. Inaccuracies at the breakdown continued to halt our flow of quick ball but the enthusiasm and vigor of the play was pleasing. When we did drive past the ball and present quick ball, we were able to make good yards and three tries resulted from this play – two to Leighton Ralph and one to Adam Haworth. Wellington scored two tries of their own with some strong running amongst the forwards but the performance was certainly a step up from previous weeks.

**Points: Tries:** Leighton Ralph 2, Adam Haworth, Jackson Ferris, Frank Tavai, Tyler Larkan

**Conversion:** Tyler Larkan 3, Stewart Cruden

## A Range of Sport Reports

### Squash

#### Manawatu Secondary Schools Competition

This year we have a great line up of teams in the Manawatu Secondary Schools competition with Palmerston North Boys' High School entering 26 teams. We have over 130 players now involved at school and we are going from strength to strength. This year we have our STRATUS page up and running so you can follow any of our latest news on there. We also have a Facebook page with all the latest on our top teams' achievements.

The Wednesday teams competition will run for Terms 2 and 3. There will be an individual players' competition after that with registrations held in Term 3. It is important that our players show up in the correct uniform and on time for their games so that the competition runs smoothly.

#### Ravens and Rattlesnakes:

The squash season got off to a good beginning with the first game being between the Ravens (Ethan Hayes, Ajay Bansal, Corban Beauchamp, Naseem Loumachi, Yuji Kikuchi) and the Rattlesnakes (Tom Beard, Zahn Fielder-Beaumont, Luke Murphy, Ahmad Barzak and Jack Harris). The Ravens were winners by 3-0. There were many close games, as well as a tied match (Naseem and Tom).

All games are on a Wednesday and team meetings are on Tuesdays at interval.

**Wolverines:** Angus Grimes, Matthew Horton, Mark Arunchayanon, Fraser Grant

**Wolves:** Lucas McLiver-Grant, Jacob Raima, Brodie Grant, Richard Rankin, Conor Hopkins.

**Bears:** Players: Corbin Faint, Jordan Bell, Richard Bell, Patrick Watts, Mitchell Power.

This team had an excellent start to the season with a solid win over a very competitive Team Badgers. This will be the team to beat for higher honours in the season.

**Badgers:** Players: Sam Whitta, Blake Koolen, Liam Gunning, Roddy Crowley, George Mikkelsen.

The team plays competitive squash and although losing to the Bears in the 1st round, all the players will be hard to beat this year.

**Grizzlies:** So far this season the Grizzlies team have won both of their competition matches 3 games to 1. The members of the team are Andrew Mack, Louis Chan, Alex Gaimster and Isaac Chan. Andrew has managed to win both of his games in the opening two weeks.

**Geckos:** The Geckos team members are Sam Scully, Taine Thompson, Josh Love and Finn Checkley. This team has a won 1, lost

1 record so far. Josh has been the standout player to date winning both of his fixtures.

### Golf

**The Manawatu Wanganui Intercollegiate Golf Tournament** was held at the Marton Golf Club on Thursday 30th April.

The "A" Team of Liam Finlayson, Greg Shaw, Jamie Connell and Campbell McHugh successfully defended the team title which the school has held for the last 4 years. They will now represent the region in the National Secondary Schools' finals to be held at the Manor Park Golf Course in August.



The "C" Team of Roddy Crowley, Bradley McSherry and Hugh Symes were second. The "B" Team of Steven Bamford, Kaleb Idemaru, Mitchell Hughes and Charlie Oliver-Tomlinson were fourth.

In a very close Individual Championship in conditions that really tested most players Greg Shaw won the title with a one over par 73. Last year's winner Liam Finlayson was one shot further back with a 74.

The best individual net score was recorded by Mitchell Floyd-Naylor with a net 68.

Jacob Saville had the best score for a non-handicapper with a gross 93.

Of note, other Old Boy winners of the Individual Trophy include; Craig Perks(1981-82-83. He went on to the PGA Tour and won the 2002 Players' Championship), Bob Farron (1984), Brendon Stewart (1987), Scott Fitchett (1988), Luke Beardmore (1999), Josh Sedgwick (2012), Nic Quantock-Holmes(2013).

### Basketball – Junior A

#### St Pat's Classic Tournament

Team - Jacob Collis (captain), Kobe Chapman, Taine Davis, Joshua Ellingham, Taine Evans, Ethan Johanson, Joshua Maoate, Jake McKinlay, Matthew Oldridge, Aidan Palmer, Jack Pinder, Korie Winters.

This annual tournament was held over two days in Wellington and included some of the top teams from the southern North Island and indicated the likely contenders for the regional tournament at the end of the season.

**Game 1: v Rongotai College.** Win 50 – 45. The boys played sluggishly and this kept the match close. Joshua Maoate made key free

throws in the last minute to clinch the win.

**Game 2: v Wellington College.** Win 52 – 36. PNBHS led 19-17 at half time then pulled away in the second half, maintaining good control and urgency until the final buzzer.

**Game 3: Semi-final v St Patrick's College.** Win 47 – 27. The boys made a strong statement in the first quarter ending with an 18-4 lead. The team's defence went from strength to strength allowing only five points in the second quarter and only two points in the third! With the game sown up, the coach was able to rest the starters in the fourth quarter.

**Game 4: Final v New Plymouth BHS.** The game was neck and neck for the first three quarters. PNBHS got a slight lead during the fourth quarter. The more the pressure increased, the grittier the boys played and New Plymouth had to foul in the last minute to have a chance. Jacob Collis and Korie Winters shot crucial free throws under pressure to ensure a PNBHS victory. Win 42 – 37.

Coach's MVP for the tournament was Matthew Oldridge.

PNBHS has now won this tournament for two years in a row.

### Parent-Teacher-Association News

The PTA is a group of dedicated parents supported by staff from the school's senior management team. Fundraising is our core activity. Extra funds raised by the PTA contribute to the provision of resources and facilities, which ensure a quality education for our boys.

Funds raised by the PTA in 2014 have contributed towards:

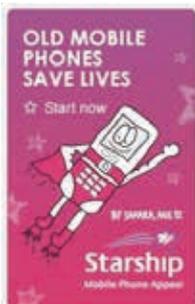
- extension of the new gym
- curriculum needs for educational, sporting, cultural and social activities
- books for end-of-year prize giving
- catering the end-of-year leavers' supper
- catering the the annual Christmas party for the younger children of staff members
- purchase of school blazers
- We also supply tea and coffee at school functions, concerts, productions and parent-teacher interviews.

At our AGM in March, we said farewell to our treasurer, Jenny Justice, and long-serving staff representative, Peter Truter. Cherie Smither committed herself to another year as Secretary and we welcomed Grant Sinclair (staff rep) and several new parent members. It would be great to see some more new faces at our monthly meetings (second Tuesday of the month at 5.30pm in the school library). If you'd like to join our dedicated team or become a 'friend of the committee' please come along to the meetings or email our secretary, Cherie at c.smither@xtra.co.nz.

Our major fundraiser this year is a raffle put together by a dedicated committee and generously sponsored by local businesses. Prizes have been carefully chosen to make the raffle appealing to a wide cross-section of our community. The funds raised from the raffle will be used to provide locker banks for the safe storage of student laptops. Details of the raffle and dates for ticket issue, allocation and student sales will be sent to PNBHS families in late May.

Catriona Jenkinson  
PTA Chairperson

### Starship Mobile Phone Appeal



Starship Childrens' Hospital.

Old mobile phones taking up space at home? Not sure how to dispose of them? Drop them off at the main school office and we will ensure they are added to the Starship Mobile Phone Appeal, a fundraiser for Starship Childrens' Hospital.

### Manawatu Gang Show presents... ShowTime!

*A great night out for all the family*

#### Show dates and times:

7.30pm, Wednesday 1 July 2015

7.30pm, Thursday 2 July 2015

7.30pm, Friday 3 July 2015

2.00pm, Saturday 4 July 2015 (Matinee)

8.00pm, Saturday 4 July 2015

Tickets available from the Regent Theatre or [TicketDirect](#)



### WINTER CRICKET COACHING IS ABOUT TO START!!!

The Manawatu Cricket Association Specialist Winter Training Camps are going to be run during the July school holidays in the world's only grass indoor cricket facility – the NZCT Cricket Centre.

Coaches will include former Black Caps Jacob Oram and Mike Mason, as well as Central Stags representative Dave Meiring.

July 7-9: 10-12 & 13-15 Year old camp (run simultaneously)

July 14-16: 16-19 Year old camp

For information costs and other camp details, please email Jacob Oram at [nzctcc@gmail.com](mailto:nzctcc@gmail.com)



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For enquiries, please contact Karen Hennessy  
Phone: 06 3545176  
Email: [hennessyk@pnbhs.school.nz](mailto:hennessyk@pnbhs.school.nz)

### PNBHS Short Term Homestay for 9 nights:



As happened last year (pic above), the International Department is hosting twenty two students from **Namiki High School, Japan** from 19th August to 28th August 2015.

We need warm, welcoming family homes to take care of these boys for their visit here in Palmerston North.

This is a fantastic opportunity for families to experience learning about a new country, culture and language. You will receive a lump sum of \$282.00 to host your student for that period.

Please email: [homestay@pnbhs.school.nz](mailto:homestay@pnbhs.school.nz) for a homestay application form or phone 354 5176 ext 775 for any questions.

## PNBHS - TERM TWO EVENTS - 2015

Day	WEEK / DATE / Day	EVENTS
<b>WEEK 7 (1 Jun - 7 Jun)</b>		
	Monday 1 June	<b>Queen's Birthday</b>
	Monday 1 June	Niger House Rugby - College House Year 9 v NPBHS Year 9 – PNBHS
2	Tuesday 2 June	Commerce Department's Dragons Den - 5:30-7:30pm
2	Tuesday 2 June	Year 10 Camp Information Issued To Students – Speirs Centre, Period 5
3	Wednesday 3 June	Stage Band - NZSM Jazz Festival - Wellington
3	Wednesday 3 June	ICAS Science Competition - Junior Students
3	Wednesday 3 June	Weltec Open Day - Selected students - Petone
4	Thursday 4 June	Summer Sport & Cultural Photographs & Year 10 Class Photographs
4	Thursday 4 June	Junior Jazz Combo - NZSM Jazz Festival - Wellington
5	Friday 5 June	Ronald McDonald Street Appeal - 10GU am, 10MQ pm - Barrowclough
5	Friday 5 June	Don Trow Presentation - Level 3 Accounting Students - Speirs Centre, Periods 1&2
	Saturday 6 June	Super 8 Rugby v Hastings BHS - 1st XV, 2nd XV & Colts - Hastings
	Saturday 6 June	NZSS Chamber Music Contest - Ensembles – Speirs Centre
	Sunday 7 June	Tama Tū Tama Ora Year 10 Outdoor Education Programme - Makahika Starts
<b>WEEK 8 (8 Jun - 14 Jun)</b>		
6	Monday 8 June	Year 13 Focus Group Meeting - Boardroom, Period 2
7	Tuesday 9 June	PTA Meeting, 5:30pm - Library
7	Tuesday 9 June	"Attitude Presentations" - Speirs Centre, Year 9, Year 10, Year 12
7 - 8	Tue 9 Jun - Wed 10 Jun	1st XI Football v FDMC - New Plymouth
8	Wednesday 10 June	OK Chorale; S.O.A.P & 9PMU - Big Sing Regionals - Regent Theatre
8	Wednesday 10 June	PTA Raffle Tickets Issued to Students - Extended Roll Call
8	Wednesday 10 June	Foodbank Collection - Presentation at Assembly
8	Wednesday 10 June	Otago University Science Quiz - Selected Year 11, 12 & 13 students - B6
9	Thursday 11 June	Foodbank Collection - Start of Assembly
9	Thursday 11 June	Year 9 Haka Practice - Hall, 2:10-3:20pm
9	Thursday 11 June	Junior Dance - PNBHS Hall, 6:30-9:30pm
10	Friday 12 June	<b>Class Photographs</b>
10	Fri 12 Jun - Sun 14 Jun	Te Piringa Kapa Haka Noho/Wananga - 6:00pm Fri - 1:00pm Sun
10	Fri 12 Jun - Sat 13 Jun	Super 8 Rugby v Hamilton Boys' - 1st XV, 2nd XV & Colts - PNBHS
1 - 2	Sat 13 Jun - Tue 16 Jun	U15 Development Football - Tauranga Football Tournament
	Sunday 14 June	Concert Band - Feilding Festival of Bands - Feilding
<b>WEEK 9 (15 Jun - 21 Jun)</b>		
<b>Careers Week</b>		
1 - 2	Sat 13 Jun - Tue 16 Jun	U15 Development Football - Tauranga Football Tournament
2	Tuesday 16 June	Pasifika Fono - Speirs Centre, 5:00pm
3	Wednesday 17 June	PTA Raffle - Collection Day #1
4	Thursday 18 June	Super 8 Rugby v New Plymouth BHS - 1st XV & 2nd XV - PNBHS
4	Thursday 18 June	1st XI, 2nd XI, Year 9 Specials Football v New Plymouth BHS - PNBHS
4	Thursday 18 June	1st XI Hockey v New Plymouth BHS - PNBHS
4	Thursday 18 June	Prem A & Jnr A Basketball v New Plymouth BHS - PNBHS
4	Thursday 18 June	Squash v New Plymouth BHS - PNBHS
4	Thursday 18 June	Otago Law Careers Seminar - Speirs Centre, Period 5
4	Thursday 18 June	PNBHS Board of Trustees Monthly Meeting - Boardroom, 6.30pm
4 - 5	Thu 18 Jun - Sat 21 Jun	Super 8 Badminton - Hamilton
5	Friday 19 June	Health Careers Day - Mid Central Health
5	Friday 19 June	Hearing Conservation and Manual Handling Course - Gateway Students - Library
5	Friday 19 June	Tama Tū Tama Ora Year 10 Outdoor Education Programme - Makahika - Return
5	Fri 19 Jun - Sat 20 Jun	Super 8 Chess - Hamilton
5	Fri 19 Jun - Sun 21 Jun	Te Piringa Kapa Haka Noho/Wananga - 6:00pm Fri - 1:00pm Sun
	Saturday 20 June	NZSS Cross Country - Dunedin
<b>WEEK 10 (22 Jun - 28 Jun)</b>		
6	Monday 22 June	Kapa Haka - Manawatu/Horowhenua SS Finals - The Regent on Broadway
7	Tuesday 23 June	Year 9 Haka Practice - Hall, 12:25-1:30pm
7	Tuesday 23 June	Year 10 NZ Studies Fieldtrip - Wellington
8	Wednesday 24 June	MSS Cycling Championships - Ashurst
8	Wednesday 24 June	PTA Raffle - Collection Day #2
8	Wednesday 24 June	St Pat's Silverstream exchange – 1st & 2nd XV Rugby - Wellington
8	Wednesday 24 June	St Pat's Silverstream exchange – 1st XI & U15 Football - Wellington
9	Thursday 25 June	Massey Day - Level 3 Accounting & Scholarship Economics Students
9	Thursday 25 June	Agriculture Careers Presentation - Speirs Centre, 9:00-10:15am
9	Thursday 25 June	Queenstown Resort College Presentation - Hotel and Adventure Tourism Management - C11, Period 4
9	Thursday 25 June	Whanau Hui - Speirs Centre, 6:00-7:00pm
10	Friday 26 June	Leadership Week Activities Start
10	Friday 26 June	Hearing Conservation and Manual Handling Course - Gateway Students - Library
10	Friday 26 June	Cricket Tour Fundraiser - Quiz Night - Hall
10	Fri 26 Jun - Sat 27 Jun	Super 8 Rugby v Tauranga Boys' College - 1st XV & 2nd XV - Tauranga
	Saturday 27 June	Vex Robotics - Kiwi Challenge Regionals - FHS
<b>WEEK 11 (29 Jun - 5 Jul)</b>		
<b>Leadership Week</b>		
1	Monday 29 June	Testimonial Applications Open
1	Monday 29 June	Contributing Schools Visit - Ross Intermediate, 9.20am
2	Tuesday 30 June	Year 10/9 Leadership - Speirs Centre & Year 9/10 Haka - Hall - Periods 4/5
2	Tuesday 30 June	Pasifika Fusion School Performance – Speirs Centre, Lunchtime
2	Tuesday 30 June	Cycle 2 of Tuesday Year 13 Recreation Ends
3	Wednesday 1 July	PTA Raffle - Collection Day #3 - All money/butts/unsold tickets except For "High Flyers"
4	Thursday 2 July	Mechanical/Electrical Engineering Presentation - C11, Period 1
4	Thursday 2 July	Junior Student Tracking
4	Thursday 2 July	Cycle 2 of Thursday Year 13 Recreation Ends
5	Friday 3 July	"Red Socks Day"
5	Friday 3 July	Year 9 Haka Challenge - Hall, Period 5
5	Friday 3 July	<b>End of Term II</b>
<b>HOLIDAYS (4 Jul - 19 Jul)</b>		
	Saturday 4 July	1st XV Regional Knockout
	Sat 4 Jul - Mon 6 Jul	NISS Cycling Championships - Cambridge
	Sun 5 Jul - Wed 8 Jul	Year 9 Football - Hamilton BHS - Hamilton
	Monday 6 July	1st XV v St Edmunds College from Canberra
	Mon 6 Jul - Tue 7 Jul	NISS Cycling Track Championships - Avanti Veladrome - Cambridge
	Fri 17 Jul - Sat 18 Jul	1st XV Rugby v King's College - Auckland
<b>LOOKING AHEAD</b>		
	Thursday 30 July	<b>School Open Day</b>
	Saturday 15 August	School Ball – Awapuni Racecourse, 8:00pm-Midnight
	Mon 31 Aug - Fri 4 Sep	Winter Tournament Week
	Friday 4 September	<b>Mid-Term Break - School Closed</b>
	Fri 11 Sep - Fri 18 Sep	Examinations For Students doing NCEA Level 1, 2 & 3 Subjects
	Mon 20 Jul - Fri 25 Sep	<b>Term III</b>
	Mon 12 Oct - Wed 9 Dec	<b>Term IV</b>



**2015 Road Race**



**1st XV in action**



**2015 Cross Country**

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