



Palmerston North Boys' High School Newsletter 2015 - February

Volume 21 No 1

27 February 2015



Headboy, George Gaimster and Deputy, Liam Giltrap
Crest to Crest led by George and Liam enter the school gates after a gruelling five days
Prefects for 2015: L.Dukkipati, T.O'Connor, E.Te Awe Awe-Wall, B.Lee, T.Maine-More, L.Giltrap, J.Ratima, G.Gaimster, E.Auta, B.Pigott, C.Verdonk, M.Chard, L.Emery, C.Rowden, B.Werthmuller, G.Bates, A.Raumati, D.Chang
(kneeling) H.Washington-Smith, H.Phillips, C.Madigan, S.Whitta, R.Crowley, S.Liddicoat



Kyle Robertson, 2014 student, was awarded a Gold certificate by the Royal Society for his Crest research on the effects of urea on pasture



Edward Chen, a Year 10 student in 2014 gained an Outstanding Scholarship in Statistics



Fabien Kiri missed the appointment of prefects early in the term. With him is Brayden Iose, captain of the school 7s team who won the Plate in the National Schools' Competition

PNBHS and PNGHS present

WEST SIDE STORY

bookings@pnbhs.school.nz
Ph 06 354 5176 ext 799
or at the PNBHS Finance Office

Based on a conception of JEROME ROBBINS
Book by ARTHUR LAURENTS
Music by LEONARD BERNSTEIN
Lyrics by STEPHEN SONDHEIM

Book Original Production Director and Choreographer by JEROME ROBBINS
Originally produced on Broadway by Robert L. Griffith and Harold S. Prince
By arrangement with Hal Leonard Australia Pty Ltd Exclusive Agent for Music Theatre International (MTI)

Onstage at
The Speirs Centre
March 12 - 21

Fuji xerox



Sean Liddicoat also missed the awarding of prefects' badges due to sporting commitments



From the Rector Mr David Bovey

As a school, our aim is to continue to better what we do. Our vision is 'to develop educated men of outstanding character' and in order to do this we must have the ability to work as a collective – parents, teachers and young men, in striving to achieve this ideal.

Dear Parents

In this first newsletter of 2015 a warm welcome is extended to all new parents and to parents and families who continue to support the school in all facets of school life.

Thank you to parents who have supported our intention to maintain high standards of academia, dress and behaviour from the first day of the 2015 school year. There continues to be a direct correlation between basic standards being set and adhered to and the extensive list of successes that our young men and Old Boys achieve.

As a school, our aim is to continue to better what we do. Our vision is 'to develop educated men of outstanding character' and in order to do this we must have the ability to work as a collective – parents, teachers and young men, in striving to achieve this ideal.

I believe we have communicated very clearly with our young men and with parents about what we expect from each and every student. This term is the foundation for the remainder of the year. It is paramount that each lesson and each homework session is used to its maximum advantage. For our young men to achieve to their potential, good habits must be formed early: as Plato once said "The direction in which education starts a man will determine his future life."

It is with much sadness that we learned of the recent passing of Celia Lashlie, the well-regarded social commentator who worked with young men throughout New Zealand and in particular with boys' schools. Celia became the first woman to work as a prison guard in a men's prison and her experiences in this role, alongside her experiences as a solo mother, were to influence her later career and life. In 2004 she completed the Good Man project, working with 25 of New Zealand's boys' schools, including our school, a project aimed at creating a definition of what it is to be a good man.

One of Celia's strengths was her directness. A good deal of what she said would, had it come from a man, be deemed chauvinistic, but her advice for mothers was based on experience and was very clear. At a presentation here in Palmerston North last year, Celia gave the following advice to mothers of teenage boys: "Shut Up." Her advice was always heartfelt and practical; her lack of pretension, and wonderful disregard for political correctness, meant she connected and resonated with audiences the world over, but more importantly with those young men with whom she worked. Her desire for boys to grow into good men who would then go on to be role models for our next generation made her a compelling advocate for boys' education.

Celia knew that in today's world there are more and more boys who grow up without a significant male role model in their lives. Broken families are more common, and the disheartening decline in the number of male teachers, particularly at primary school level, means that so many young men get to secondary school and for the first time they have a male figure in their life. Fatherless boys, she called them, a societal issue too big for one person to solve.

Celia's life was devoted to helping young men, such as the young men of our school, and her death means we have lost an influential and inspirational New Zealander.

D M Bovey
Rector

Student Achievement

- Academic – Edward Chen has been selected in a training squad for the NZ International Mathematics Olympiad squad. The final team will be selected in April.
- Athletics – at the NZSS Athletics championships in Wanganui held in December last year, Aidan Smith won the junior javelin and was also a semi-finalist in the 100 metres. Harrison Porritt was 2nd in the junior 110m hurdles and fourth in the 800m. Brett Hooper was 6th in the 400 metres. Paddy Kellow was 5th in the senior (U20) 400m. The Junior 4x100m relay team finished 4th while the Senior relay team was 6th.
- Athletics – Aidan Smith and Harrison Porritt have both continued their record-breaking feats with outstanding performances in recent weeks. Harrison finished 1st in the 800m, 1500m and 100 hurdles, and 2nd in the 400m at the Colgate Games in Wellington. He set a new school record in the 800, which he then bettered at the Porritt Classic in Hamilton with a time of 1:59.03 – the third time he broke the school record this season. Aidan has broken the school javelin record twice this season in the U16 age-group, with his best a throw of 55.22 at the Cooks Gardens Classic in Wanganui. Benjamin Wall collected placings in the junior 400, 800 and 1500m events at the Colgate Games.
- Basketball – Oscar Oswald has been selected in the NZ U16 basketball team to compete in Australia later in the year. Matangirei Hipango has been selected in a NZ U15 selection to travel to Las Vegas, and Aidan Palmer has been selected for a NZ Academy selection that will also travel to Las Vegas.
- Canoe Polo – Harry Dickons, Donovan Lewis and Nic Jolly have been selected in the NZ U18 team to play Australia;

Nic has been named co-captain. Alex Nieuwenhuis has made the NZ U21 team.

- Cricket – Isaac Harris represented Central Districts U19 at the National Tournament. Isaac has also represented Manawatu Senior Mens' team throughout the summer. It is worth noting that the New Zealand cricket team for the Cricket World Cup has two Old Boys in it (Ross Taylor and Adam Milne), there were four Old Boys in the Central Districts team that won the Ford Trophy and eight Old Boys in the Manawatu team that defended the Hawke Cup recently.
- Cricket – six PNBHS students were in the CD U17 team that won the National Tournament in January – Hugh Symes (capt.), Mason Hughes, Zoheb Akhter, Jack Lord, Harry Wenham and Whetu na Nagara, who was called in as a replacement during the tournament.
- Cricket – the 1st XI finished runners-up at the Super Eight tournament held this year in Tauranga. For the third year in a row the team lost to Hamilton Boys' in the final.
- Cycling – picking up where they left off in 2014, the cyclists have achieved notable success at the recent Elite/U19 track cycling National Championships held in Cambridge. Chris Denholm was 1st in the U19 Men's Scratch Race; Campbell Stewart 1st in the U19 Individual Pursuit, 2nd in the One Kilometre time trial and 2nd in the Match Sprints; the team of Stewart, Denholm, Carne Groube and Joel Yates won the U19 Team Pursuit and Cody Simpson was a member of the team that won the U19 Team Sprint.
- Cycling – Robert Stannard finished 2nd in the Oceania U19 Road Race in Toowoomba, Qld, with a 3rd in the individual time trial.
- Cycling – Campbell Stewart has been selected in the New Zealand team for the World U19 Track Cycling Championships to be held in Kazakhstan in August.
- Swimming – Cameron Gillespie, Xavier Hill and Shawn O'Hara were selected for a Wellington regional team to compete at the Swimming New Zealand Zonal Championships in Auckland. Xavier finished 2nd in the 100m and 200m butterfly and was 3rd in the 400m individual medley, while Cameron and Shawn were part of podium finishes with relay teams.
- Tennis – in the recent tennis exchange with Napier Boys' High the Senior A team won 5-4, and the Juniors 4-2 for an overall 9-6 win. In subsequent interschool fixtures, the team achieved victories over New Plymouth BHS 10-2 and Francis Douglas Memorial College on countback after a 6-all tie.
- Touch rugby – Ten PNBHS students have been selected for Manawatu age group teams to compete in the National Touch Championships: Isiah Edwards, Tama Faamausili, Jahlon Governor, DJ Hemopo, Darnel Hopkinson-Clayton, Heremaia Kendall, Zavier Pirini, Nikau Tangaroa, Bradley Taylor and Hayden Phillips.
- Triathlon – at the National Age Group series held in Kinloch, Jack Finlay finished 2nd in the 18-19 category and 9th overall in the sprint distance, which included the elite field; David Martin was 3rd in the 16-17 years category and 5th overall in the sprint distance. Adam Martin and Dineth Rajapakse were 4th and 7th respectively in the 15-17 years short course event.
- Prefects – the first group of school prefects for 2015 were announced at the first full school assembly. 24 were named to join George Gaimster, Head Prefect and his deputy, Liam Giltrap: Ezra Auta, Greg Bates, Daniel Chang, Matt Chard, Roddy Crowley, Likhit Dukkupati, Liam Emery, Mat Hardie, Fabien Kiri, Bogo Lee, Sean Liddicoat, Connor Madigan, Tungane Maine-More, Tom O'Connor, Hayden Phillips, Benjamin Pigott, Jacob Ratima, Anthony Raumati, Cameron Rowden, Ezra Te Awe Awe-Wall, Colson Verdonk, Hayden Washington-Smith, Ben Werthmuller and Sam Whitta. Well done to each of these young men.

General News and Administrative Notices

Academic Results 2014

The academic results of 2014 at the senior levels have set a high benchmark for 2015. You will find more detail in Mr Atkin's report in this newsletter, but there were some impressive achievements amongst the NCEA results. There were also some areas that were not done so well and a number of young men are now realising that a consistent effort throughout the year is required to achieve academic success.

The scholarship results were pleasing, with a small improvement on last year: a total of 45 scholarships were achieved, including two at Outstanding level. Liam Barber, 2014 Dux Litterarum, achieved five, as did Nadun Palmada. Felix Brookie, Year 12, achieved four, as did Louis Justice, one of which was an Outstanding Scholarship in Accounting. Jonathan Langton Burnell, Jack Mikkelsen, Callum Hill, Connor Allan, Jonathan Lloyd-West and Samuel Dobson (both Year 12) achieved two each. Edward Chen, Year 10, achieved an Outstanding Scholarship in Calculus. Other Year 12 students to achieve scholarships were Jhett Koo, Reuben Osborne, Andre Griffin and Bogo Lee.

We are immensely proud of the achievements of these young men and the results are testimony to their hard work and the support they received from quality teaching and mentoring.

Mr Atkin's report will also include details of the results from those

young men involved in the Massey University programme as part of the accelerate pathway. The results in 2014 were again impressive. The relationship with Massey University is a unique one which is proving to be extremely supportive of the academic rigour we are seeking in our classrooms and we are fortunate to have such a positive relationship with the University.

Administration

There are a number of administrative matters I wish to draw to your attention.

2015 Deans

The Year level Deans are:

Year 13 Mr Siebert and Mr Kensington

Year 12 Mr Moore and Mrs Kendal (Mr Barwick in Term 1)

Year 11 Mr Fogarty and Mr Johnson

Year 10 Mr Tutty and Mr Parrott

Year 9 Mr Greer and Mr Doolan

Dean of Maori Student Achievement
Sports and Cultural Dean
Accelerate Programme Coordinator
International Students Dean

Mr Tamatea
Mr Barwick
Mr Benn
Mr van Stipriaan

Should you have concerns about your son's progress please contact his form teacher in the first instance or his year level Dean.

New Staff



Mr Lane (Woodwork/Metalwork); Miss Patterson (English/Drama); Mr Blanks (Science/Biology); Mrs Mann (English); Mr Rehutai (Maths). Miss Senia Eastmure (Art); Mr John Kendal (Te Reo)

The standard of our teaching staff remains very high and I am pleased to welcome new staff members to PNBHS in 2015. We have been fortunate to attract well-qualified staff for a variety of positions and they have settled in well to their new school:

It is also a pleasure to welcome back Miss Eastmure (Art), Mr Kendal (Te Reo Maori) and Mr Davidson, who is in for Mr Moore during Term 1.

Attendance

If your son is absent for a genuine reason please phone the school and leave a message on the absence extension. When your son returns to school please provide him with an absence note. He will present the note to me after assembly. The written note is an essential record for the school.

Please ensure that your son attends school unless there is a genuine reason such as sickness or bereavement. The school does not support casual breaks during term time as such absences impact on the standard of education we can provide. Please communicate with me directly if you have any queries about pending or planned absences. We are obliged to record any absences according to the Ministry of Education absence classification system and as such 'unjustified' absences will be recorded as such.

Cycle Safety

Cycle Safety is a primary concern for the school as a large number of students travel to and from school on bikes. We expect all students to adhere to school rules on their way to and from school. It has been stressed to students in assembly this year a number of times that they need to follow the road rules and be responsible for their own safety while riding to and from school. I would ask that you join with us in talking to your son about his safety while getting to and from school.

Homework

All students are expected to have set homework for all subjects each night. All students have been provided with a homework diary where daily entries should be made. Please support your son and us by checking his homework.

Senior students will have set assignments and assessment tasks. These too should be logged in their diary so that they manage their time well.

If you have concerns about homework or assessments please contact your son's subject teacher, form teacher or year level Dean. Should your son not be receiving adequate homework please contact me directly.

School Rules

A copy of all school rules was sent electronically to each family in the first week of term. If any of the rules are unclear or ambiguous to you please contact me directly for further clarification. It is vital that the boys understand what is expected of them within our school environment.

Uniform & Grooming

Please note that at any time your son chooses to wear his uniform, whether it is after school, in town, or after a practice, he is expected to wear it correctly and with pride. He is identified as a PNBHS student and as such all school rules will apply to him while he wears our uniform. I would ask you to ensure that your son does not wear partial uniform in his own time.

We expect your son to be well groomed at all times. This includes a tidy haircut that meets our standards and he must be clean-shaven. Tattoos are not allowed to be visible.

Sustained Silent Reading

As part of the school-wide literacy programme our entire school reads for 15 minutes each day after lunch. The potential impact that this programme has on your son's development is significant. It is worth remembering that Cicero once said "A room without books is as a body without a soul".

The text read should be something sustainable such as a novel or non-fiction work, not magazines, road codes or newspapers. I encourage you to talk with your son about

the book he is currently reading. The library is well resourced with books for young men. It is open after school as well as during the school day so that your son has ready access to information in a variety of sources. No e-readers are permitted.

E-Communication

We have already sent a number of key messages and reminders to parents electronically this year. It is our intention to continue to do so throughout the year. Please ensure that we have your current email address and current mobile number.

Information regarding our electronic parent portal has been emailed to you. We hope you find the portal useful.

School Fees

We are expecting to e-mail school fees and donation material to parents in mid to late March. The Board of Trustees has determined that the school donation is \$330 this year. While this is a donation we appreciate such a payment being made as it is a vitally important contribution to the school. Without the income generated by these donations each year the school would struggle to operate. With state funding falling further and further behind, the donation is the single most important contributor to the school's annual operating income.

PNBHS is a Decile 8 school which puts it at a low level of funding from the government. Only a little over 63% of what we need as a school is covered by state funding which is expected to cover learning resources, support staff salaries, professional development, maintenance of buildings and grounds and all administration costs. However, every year this government funding has to be augmented by locally-raised funds.

We cannot be as effective as we want to be using only operational funds provided by the government. I would ask parents to please support the school by paying the donation and all associated fees as promptly as possible.

Many parents have already started an automatic weekly or fortnightly payment for 2015 school fees and our finance team will happily discuss this option with you should you be interested. Please call our finance office to make such an arrangement.

We are clearly noting the difference between compulsory fees and the school donations. Like in previous years there have been conflicting messages in the media about the provision of 'free education'. There will be subject fees that are compulsory, as your son will have been provided with equipment, workbooks or products for a subject

while other costs are not funded by the government.

Should you wish to make special arrangements with fees please contact the finance office, or for financial assistance, Mr Adams – Counsellor. I thank you in advance for your support.

Thank you for your support thus far. Please

be active in your son's education. Our aim is to educate him to his potential in and out of the classroom and this is a joint venture between home and school.

You will see that the school year is operating at a fast pace and already at this early stage of the year we are seeing some impressive achievements. The majority of young men are already showing initiative, focus and

drive. Some are already reaping rewards and experiencing success. It is our aim for all young men to perform to the best of their ability.

Please visit our website www.pnbhs.school.nz for latest news and events as they happen. We look forward to working with you throughout the 2015 academic year.



From the Deputy Rector

Success, in any field, does not happen by accident and a planned approach is essential. The introduction of NCEA with its internal assessment component has significantly altered the workload for students. Academic success is now reliant upon a consistent effort throughout the year.

2014 Academic Results

Below is a brief summary of our 2014 academic results. Our Heads of Departments are currently undertaking a review process, identifying areas in which student achievement was particularly pleasing, and strategies to lift student achievement in those areas where weaknesses are highlighted. These reports are presented to the Rector and Board of Trustees and help to ensure that our internal review processes are rigorous and that any identified areas for development are acted upon promptly. As always, raising student achievement remains our key goal.

NCEA

81.8% of Year 11 students gained NCEA Level 1 (National 71.5%)
12.3% of Year 11 students gained NCEA Level 2 (National 1.1%)
85.3% of Year 12 students gained NCEA Level 2 (National 74.3%)
16.3% of Year 12 students gained NCEA Level 3 (National 0.8%)
62.7% of Year 13 students gained NCEA Level 3 (National 60.1%)
58.5% of Year 13 students gained University Entrance (National 45.0%)

Scholarship

In 2014 PNBHS students earned 45 Scholarships, including two Outstanding Scholarships.

Of our 2014 Year 13 students, Dux Literarum Liam Barber and Nadun Palmada both achieved five Scholarship passes. Louis Justice gained three Scholarship passes as well as an Outstanding Scholarship in Accounting. Jonathan Langton Burnell, Jack Mikkelsen, Callum Hill, Connor Allan and Kenny Yee each achieved two Scholarship passes.

Year 12 students Felix Brookie (four), Jono Lloyd-West (two) and Samuel Dobson (two) all gained multiple Scholarship passes. Year 10 student Edward Chen (right) improved on his 2013 Scholarship pass in Mathematics with Calculus by gaining an Outstanding Scholarship.



Massey University

Palmerston North Boys' High School has developed a positive relationship with Massey University and university papers are taught in a number of subject areas at PNBHS by our staff members. In 2014 a total of 47 young men enrolled in 155 Massey University papers achieving 20 A+, 20 A and 18 A- results. The top performers were Liam Barber with five A+, Sang Ho Kim with four A+ and one A-, and Peter Tremain with three A+ and two A-. Andrew Lyall and Callum Hill both passed five papers with A range grades and Andrew McGhie passed four papers with grades in this range. Year 12 student Samuel Dobson gained A+ grades in two Calculus papers and Year 10 student Edward Chen gained two A+ grades in second year Massey University mathematics papers.

We would like to extend our thanks to Massey University for their

continued support of the Massey/PNBHS partnership.

Cambridge International Examinations

A number of students chose to extend themselves by completing IGCSE physics, biology, chemistry, combined science and mathematics. There were a total of 93 examination entries with 9 A*, 21 A and 35 B grade passes across all subjects. The top performing Year 10 students were Denzel Chung, Lukas Dreyer, William Hunter and Finlay McRae while the highest achieving Year 11 students were Nathan Hotter, Jacob Rasmussen and Malachi Hill.

As a school community we extend our congratulations to these young men, and indeed all young men, who were successful in reaching the goals they had set for themselves in terms of their academic achievement in 2014.

Success, in any field, does not happen by accident and a planned approach is essential. The introduction of NCEA with its internal assessment component has significantly altered the workload for students. Academic success is now reliant upon a consistent effort throughout the year. Most senior students sit six subjects and in many of these there will be three internal assessments to be completed during the year. Consequently many young men will complete a workload comprising 18 internal assessments. For students in fully internally assessed subjects, such as technology, physical education or visual arts, this figure is much higher. Your son has been issued with a homework diary and a wall planner to assist with his organisation. Fortnightly communication detailing upcoming internal assessment information will also be provided. I encourage you to work with your son and to help him establish good organisational processes so that he has every opportunity to achieve the best possible assessment grades that he can.

University Entrance

While the PNBHS University Entrance statistics reported above are pleasing, it is worth noting that this result has followed the national trend and is down on recent years, a consequence of changes to the University Entrance criteria that were introduced in 2015. The University Entrance criteria require students to achieve NCEA Level 3, including gaining 14 credits in each of three approved subjects, and meet specific Level 1 numeracy and Level 2 literacy requirements.

These requirements are considerably tougher than the previous University Entrance standard and have resulted in approximately 4400 fewer enrolments in New Zealand universities in 2015. It is vital that your son is aware of these requirements so that he can leave himself as many options as possible for the future. The University Entrance criteria be found at www.nzqa.govt.nz/qualifications-standards/awards/university-entrance/ and in the PNBHS NCEA Policies and Procedures booklet your son has been issued with.

It is worth stressing that meeting NCEA University Entrance criteria is a minimum qualification. Entrance into a growing number of uni-

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

Obtaining Certificates

Candidates are entitled to one free copy of their Record of Achievement and one free copy of their School Result Summary. Additionally, if a candidate has achieved a qualification, such as NCEA Level One, they are entitled to one free certificate to show that qualification. Please be aware that these certificates are not automatically sent out by NZQA. Candidates need to log on and order these through the NZQA website. Additional copies of these documents incur a cost for the candidate. For further information please see the NZQA website (www.nzqa.govt.nz).

NCEA Policies and Procedures

By now all students sitting NCEA assessments should have received the PNBHS 2015 NCEA Policies and Procedures handbook. If your son did not receive a copy he can collect one from the Student Support Centre. I encourage you to familiarise yourself with this document as it explains the requirements for all NCEA assessments completed at PNBHS.

Should you have any questions relating to NCEA or NZQA matters please contact myself, or Mr Paul Gibbs (gibbsp@pnbhs.school.nz), the NZQA Principal's Nominee, at school.

Literacy

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

The acquisition of these skills for young men at Palmerston North Boys' High School is supported by a number of school wide initiatives. The most important, and most visible, of these initiatives is our SSR (Sustained Silent Reading) programme. For 15 minutes each day at the beginning of period five all students and teachers read an extended text – either fiction or non-fiction – of their choosing. An extended text is defined as a book or novel that is read over a prolonged period of time and excludes magazines, newspapers and comic books as well as non-fiction manuals such as the road code. There is a large body of research internationally that links academic progress and academic success to reading 'mileage' – the total amount of time spent reading – and that high achieving students read for 65 minutes daily, while low achieving students read for only one minute. SSR audits are carried out several times a year to check that students have an appropriate book. These audits also gather information for the school library so we can ensure the most popular books are available for our young men.

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

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

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

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

Year 9 Reading Challenge

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

Students who have logged 15 books (Bronze section) will receive a certificate at assembly and a morning tea shout from the Rector. Students who attain the Silver and Gold sections, will receive additional certificates and morning tea shouts from the Rector. Students can check in with Mrs Langley (Library) or Dr O'Connor and Mrs Rankin from the English department on Monday mornings during Form Time from Week 4 onwards.

Barrowclough Award



The final weeks of 2014 saw the culmination of organised events in the Barrowclough Programme. On Wednesday 3rd December, Year 9 students participated in a very successful beach clean up at Himatangi and Foxton beaches. This was organised in conjunction with the Sir Peter Blake Trusts 'Care for our Coast' programme.

At the conclusion of the 2014 school year we celebrated the successes of young men in the junior school who had been involved in the Barrowclough Programme. 278 Year 10 students were recognised for their participation in community service, service to the school, involvement in the schools extra-curricular programme and their positive classroom attitude and behaviour

(through achieving at least a 'B' grade average, and no 'D' grades, for attitude on their end of year school report). It was fantastic to be able to extend this recognition to such a large number of young men and we hope that this will encourage others to 'lift the bar' even further in terms of their attitude and all round involvement at school.

An ever increasing number of young men in the senior school are choosing to enrol in the Barrowclough Award. In 2014, 83 Gold, 33 Silver and 60 Bronze awards were presented. These young men exhibited a strong commitment to all aspects of school life, having earned 'points' for 'A' and 'B' grades for attitude on their school reports, attending evening leadership and character development seminars and providing service to the school and wider community.

The following recipients achieved a Gold Barrowclough Award in 2012, 2013 and 2014 thus earning the right to be presented with their final award at the 2014 Prizegiving: Ben Clark, James Harvey, Callum Hill, Sang Ho Kim, Mike Lai, Niam Macdonald, Philip Palfreyman, David Robinson, Peter Tremain, Bernard van der Spuy.

2015

There has been a strong interest shown in the Barrowclough Award by senior students so far in 2015. The Year 11 Students had their Barrowclough Award Assembly on February 25 and their first evening Leadership Seminar will follow shortly after that. Similar activities are coming up for Year 12 Students.

110 Year 13's applied and were accepted as Mentors for junior form classes. Their job is to be role models to the junior school and to provide advice and guidance. This is also a chance for a large number of senior students to gain valuable leadership experience. Many Year 13's are also busy with lunch time sausage sizzles in preparation for the Relay for Life on March 7 & 8.

The following extract written about Sir Harold Barrowclough was taken from the NZ Defence Force Website....

"His leadership in peace and war earned him the highest praise from all who served with him. He had the reputation of doing everything possible for the welfare of his men, and by his personal drive and courage set an outstanding example for the NZ soldier. He always demanded much of himself, and worked tirelessly with kindness, courtesy and a readiness to assist others. His former school now runs a programme and award honouring him with the aim to foster and recognise young 'educated men of outstanding character' who display the values of courage, humility, industry, integrity, pride and respect. His outstanding achievements and exemplary character continue to inspire."

It is never too late to join up to the Barrowclough Award. Senior students wanting an application form should see Mr King, Leadership Director.



Sports Talk with Peter Finch

As celebrations of achievements made last year and New years resolutions are quickly fading (conveniently for some) into the distance, it is time to refocus on a busy year ahead. Fortunately for us we have continued to experience great summer sport weather.

Many sports are well under way and have represented the school well on a Regional and National stage.

Our school 1st XI cricket team had a long week at the end of January competing in the Super Eight tournament and were placed second. David Martin was selected in the NZ U19 Triathlon team to compete in Chicago later this year in the World Age group championships after some very strong summer performances. Our school cyclists have continued their winning ways at the Track Nationals. Robert Stannard was placed in two top Mountain biking events in Australia in the U19 category (the only rider to do so). Harry Dickons, Donovan Lewis, Nic Jolly and Alex Nieuwenhuis were named in the N.Z. age group Canoe Polo teams to play against Australia next month. The schools Senior Sevens team played as an invitational team at this

years National Marist schools Sevens tournament and won the Plate after two days of intense competition. Many of our top Basketballers have been playing all summer and Jack Pinder was selected for the NZ U14 team and toured Australia, whilst Oscar Oswald was named in the NZ U16's. Interschool fixtures are well under way and all teams have fared very well, of particular note was a very good tennis performance in beating Napier Boys in Week 2. An impressive start to 2015.

The staff have continued to be incredibly supportive in assisting all of our school sports to occur and to assist our young men to compete in sport on a regular basis and at the highest level they are capable of. In regards to this though any parental assistance with afternoon cricket would be greatly appreciated by the school.

Within a short time of writing this, we will have Volleyball, Tennis and Golf teams involved in Super Eight competitions and I wish all boys the best of luck. Good preparation is one sure way of increasing the amount of luck that comes your way.

Please continue to feed sports related information through to me either in person or via email finchp@pnbs.school.nz

PNBHS Leadership Update

"Sir, to be honest, I could have done a bit better last year."

A trend I noticed talking to young men on a long walk on a mountain recently.

"Sir, I am really happy with my achievements last year. Thanks for all your help and the goals set in the Barrowclough Programme kept me on track."

Another trend I noticed talking to young men on a long walk up a mountain or at the Hillary Outdoor Education Centre recently.

The year has commenced in extremely positive fashion. The new students and returning students seem to have a positive spring in their step and with the eight week first term compared to 12 weeks last year there is no time to waste. Urgency is a good thing and every year group is stepping up to the plate. This is the tenth year of the programme and we continue to roll on. You reap what you sow and get out what you put in. Everything in life is an individual choice. If you are a senior, to quote the Rector, "get into it." By get into it, I would advise you are enrolled in the Barrowclough Programme, setting goals and making the most of your time and opportunities. The rest follows with hard work as the saying goes.

One of the key early messages that will be delivered to our young men this year will centre on how they will make a difference in this busy complicated world; to assist in this I have sought input and thoughts (wisdom) from a "Gang of Ten" older and wiser lifelong learners - these will be passed on progressively as the year unfolds.

The need to "Be Uncommon, Pursue Excellence, Destroy Mediocrity and Be an Outlier" will be highlighted in all character educa-

A DECADE OF CHARACTER EDUCATION AT PNBHS



PNBHS LEADERSHIP PROGRAMME: IMPLEMENTATION PLAN 2015

tion settings. The Rector has spoken to our young men of "resilience – the art of getting up and having a go, even if you are not the best or make a few mistakes, to keep on getting into it."

It is great to observe the positive approach of our senior year groups this year and their enthusiasm to role model well and drive the school. With 45 Scholarships under the belt last year the bar has been set for 2015. George Gaimster and Liam Giltrap are cutting into their work leading 26 Prefects cho-



sen to lead the school in 2015.

At the coal face of character education, 60 young Year 12 men (below) took up the challenge to complete the week at the Hillary Outdoor Education Centre Leadership Challenge in National Park and they

will be expected to step up in 2015-16. A unique opportunity arose during this challenge when another school cancelled and a further group of young men will attend a similar course in March. A large group of close to 200 Year 13 students have returned from an outstanding growth week in National Park and Waiouru: the attitude and efforts of these young men would suggest the school will be well led, well role modelled and well mentored in 2015. The day in Waiouru saw many tired limbs and the challenge to give it 100% was accepted and the rewards were clear to observe.

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

Billy Brokenshire on Outliers: 2014



The character education programme at Boys' High, I believe, is what marks our school as an outlier. The idea of pursuing excellence and rejecting mediocrity is at the forefront of the programme and is expanded on with a combination of traditional and fresh ideas. At its core I've found that the leadership/character development programme at our school can be encapsulated by the phrase of "be an outlier, lad."

PNBHS Head Boy 2014 Billy Brokenshire Prizegiving Address

Leadership 101 has commenced for Year 13 students.

The leadership journey continues, aiming to develop the character of your young men. If you have any questions or wish to offer any feedback or assistance please contact me by email kingp@pnbhs.school.nz.

Paul King - Leadership Director

Information on the approaching Hockey Season

The school hockey season begins Term 1 Week 9 and finishes in September for 1st XI and 2nd XI teams. The secondary schools' competition begins Term 2, Week 2 and ends in late August with the division finals. This year we will be entering at least 14 teams in the local competition, so there is room for all students who would like to play hockey, even if they have had no prior experience.

Most games take place at the Fitzherbert Turfs between 4.00 pm and 9.00 pm. There may be a few games at the Feilding and Levin turfs. Games will be regularly on Mondays, Tuesdays, Wednesdays and Thursdays for all teams except 1st XI and 2nd XI. There will be approximately 15 games per team in the secondary division. Players will know their draw in advance. Practices are on the school turf.

Please ensure that correct uniform is worn for games and that a mouth guard is worn during practices and match games. Hockey and football teams wear the same strip which can be purchased through the school Uniform Shop. White shirt with navy collar \$52, navy shorts \$37 and navy socks with two white stripes \$15. Prompt attention to uniform would be appreciated, so that all players have uniforms ready for the start of the season. Fees for the 2015 season are yet to be confirmed. 2014 fees were \$210 for the 1st XI, including subscription and turf fees; \$220 for the 2nd XI, includ-

ing subscription and turf fees; \$165 for all other teams, including subscription, turf fees and practice ball.

All fees need to be paid before the start of the season at the Finance Office. If you wish to arrange to pay these fees by automatic payment, please contact the Finance Office.

Trials will be held at the Fitzherbert Turfs from 4.00pm to 5.30pm on the following dates:

Friday 6 March : 1st XI, 2nd XI, Under 15 Colts and 3rd XI

Friday 13 March: Year 9 teams (at least 4 teams)

Friday 20 March: All other teams

There will also be extra skills drills at lunchtime to have a closer look at players.

Teams will be provisional until Term 2 Week 7. Students who feel that they have been put into the wrong team have time to prove it. Students who wish to play for a club team must also play for a school team. We have always encouraged this, but players need to see Mr Bovey and complete a Partial Release Form.

If you have any queries, please contact Mr Tutty at school.

Year 13 spend a week up the Mountain

On Monday, 9 February at 8.30am, 180 Year 13 Boys' High students and 23 staff members left for a hard week at Ruapehu. Little did I know (and I'm sure the rest of the boys feel the same way) how hard the coming week was to be. After a quick lunch break in Taihape, we arrived at Mount Ruapehu on the Whakapapa side. There, we were put into one of nine lodges with 16 to 25 Boys' in each. After carrying our food for the week and then our own bags up to our lodges we went for the first walk of our trip. This was a quick walk through the Pihanga Scenic Reserve, which is located around Lake Rotopounamu. This took us around two hours to complete. Some of the braver lads went for a swim in the lake with Mr. Johnson being the only teacher joining them. Once back to our lodges we were assigned our duty rosters for cooking and cleaning, which we would do throughout the week. Yes parents, we actually cooked AND sometimes even cleaned up after ourselves.

On Day 2 we split into two groups of roughly 90 boys and we were either assigned to do the Tongariro Crossing or the Mountain walks. The boys were given two options for the Mountain walks: either to walk the Waihohonu track (through the Rangipo desert) or climb to the summit of Ruapehu. I was part of the Crossing group and many of the boys struggled but almost all completed it, save the injured lads.

The next morning I think most of our legs struggled to get us out of bed. Day 3 held surprises for most of the boys. After a long bus trip down the Mountain we made it to Waiouru Army camp. There, we were separated into our cabin groups and we were handed over to Mr. Toomer for an RFL, which is the Required Fitness Level test for the Army. We then had to do our maximum push-ups, sit-ups and fastest 2.4 km run time. The team with the highest number of repetitions and fastest run times were the winners of that challenge. I personally found the run the hardest as we had a false start, but only after most of us had sprinted the first kilometre. For the rest of the day we were split into six random groups. Then we were sent to six different stations where we were to complete various activities. These ranged from physical to mental activities. The first activity my group completed was a hill run, which we ran for 20 minutes, trying to do as many laps as possible. This, after doing the 19.6 km crossing the day before and the 2.4 km run, was a graft to say the least. Next station was observation, where we had to judge the distances between objects. We had three different boxes in which our team could stand in and we were given three different distances which each corresponded to one of the boxes. The number of students in the correct box gave you points. The third station was an equipment run, which was simply running different equipment such as logs, tyres, jerry cans and rope between two sets of cones. Each piece of equipment gained a different number of points, and again the team with the highest number of points came first for that station. Task four was to count the number of man-made items hidden in



the forest line, thus being our second mental task. A maximum of three people were allowed to relay the objects to the teacher in charge, which actually meant organisation from a bunch of teenage boys. Then we had to run part of the assault course (with a barrel if we wanted extra points). The last challenge sounded like the easiest but really wasn't, we had to put up a tent. Now I know that may sound simple but it was an Army tent, made of thick heavy canvas and bigger than a small garage. At the end of all the activities the boys had lunch and then walked over to the start of the assault course where the winning group was announced. Team 3, my team I might add, was the winner. We were given the advantage of starting the assault course first ahead of the crowd and the first showers. The assault course included a rope swing, wall vaults, streams, mud crawl under barbed wire, stepping stones, monkey bars, a wall climb and a rope climb. As you can see the boys had a lot on their plate that day. If I were looking for a word that sums up the Year 13 boys of 2015 who took on the Mountain trip, it would be hard working. For many of them it would have been the hardest day of their lives so far.

After a large dinner, short sleep then quick breakfast, the boys were up and ready for Day 4. Here the two groups switched, with half doing the Tongariro Crossing and the other half doing either of the two mountain walks. My group did the summit climb and the boys, after two long hard days of work, had to dig deep to carry on. We had to climb 1000 metres vertically with legs already burning. It was a three-hour walk to the summit, and a two-hour descent. When we reached the summit we were all breathless, both literally and metaphorically. The views, as I'm sure you'll see on the photo page, were incredible and shocked a lot of us. For people thinking of doing the summit walk, it really is an amazing experience.

Friday was just a lodge cleanup and pack-up day. After that was just the bus ride home. Credit must be given to the 23 teachers for putting up with 180 loud (sometimes) teenage boys, but the winners of the week were the students themselves. Each and every person who tried their hardest got the most out of the week. The boys really got to reap what they had sown. Those who worked the hardest gained the most out of the mountain trip. I personally got to know people from my year, which may be a obvious thing to say, but I really did. I met and got to know people from my year who I had never been in a conversation with. For me, the year 13 Mountain trip was a great experience. I got to know my year group better, met different teachers and got to work my butt off. A truly worthwhile experience to undertake, and I would certainly encourage any junior students to look forward to it in their final year.

By Sam Whitta

Super Eight Cricket

Traditionally, the first big challenge for the new 2015 1st XI cricket team was Super Eight which was held in Tauranga from the 26th -29th of January. The 1st XI had lost to Hamilton BHS in the final of Super Eight for the last 2 years and were keen to make amends. First though the team had to qualify for the final.

1st game v Tauranga BHS 2nd XI

Rotorua BHS withdrew from Super Eight, so Tauranga BHS 2nd XI have filled in to avoid a bye and were the 1st XI's opponents on Day 1. Tauranga won the toss and decided to bat first. Isaac Harris made immediate inroads into Tauranga's top order taking 3 wickets including 2 spectacular caught and bowleds. Jack Lord was then the first change bowler and bowled in great areas with superb consistency and was very miserly bowling a bunch of maidens and regularly taking wickets. Tauranga's tail briefly wagged enough for them to barely pass the hundred and they were 106 all out.

Jack Lord 3-6 off 10 overs

Isaac Harris 3-21

Bradley Fulton 2-28

In reply the 1st XI lost an early wicket but after that the batsman batted aggressively and achieved the target for the loss of 2 wickets off 17.3 overs. This was largely thanks to Mason Hughes who bullied the Tauranga bowlers at times and combined this with positive running between the wickets with Whetu na Ngagara (18) and Tom O'Connor (14 not out). Mason scored 62 not out off 54 balls which included 9 fours and a six.

Win to PNBHS by 8 wickets

2nd game v New Plymouth Boys' High School

Tom O'Connor won the toss and inserted New Plymouth BHS on a slightly damp wicket. NPBHS struggled to form any partnerships of note against a tight bowling and fielding performance from the 1st XI. The innings was highlighted by 3 clinical run outs and only a substantial 10th wicket partnership got NPBHS to a respectable 173 all out.

In reply, the 1st XI made a solid beginning seeing off two reputable opening bowlers. Although there was some nervous moments in the middle overs, an unflappable Floyd na Nagara made an accomplished 62 not out where he regularly rotated the strike and put the bad balls away. Harry Wenham then extinguished a potential tense situation by striking 3 quick boundaries including a massive six over long on to win the game.

Result: a win to the 1st XI by 3 wickets.

3rd game v Hastings BHS

Hastings BHS won the toss and decided to bat. After Jack Lord taking an early wicket, Hastings BHS cautiously repaired their innings and appeared well set at 75/2 off 24 overs. However, some miserly and impressive bowling from Bradley Fulton and Harry Wenham through the middle overs had Hastings BHS struggling at 102/9. A stubborn last wicket stand gave the scoreboard some respectability at 149 all out.

Bradley Fulton 4-17 off 10 overs

Harry Wenham 2-20 off 20 overs.

Final v Hamilton BHS

Here was the 1st XI's chance for some revenge. Hamilton BHS won the toss and elected to bowl. The 1st XI started solidly and were well set up at 52/1. Unfortunately, the loss of Mason Hughes was the catalyst for a middle order collapse against the Hamilton BHS spinners. Some solid batting from Isaac Harris and hard hitting from Braden Rowe began to resurrect the innings and at 131/6 a competitive total was possible but unfortunately, the last 4 wickets fell for 2 runs as the 1st XI made 133 all out.

Isaac Harris 24

Mason Hughes 22

In reply, Hamilton BHS were hardly convincing in their chase and at 74/4 the 1st XI were sensing a chance, but Hamilton's middle order fired and they cruised to a comfortable 5 wicket win.

Bradley Fulton 2-29 off 10 overs

Braden Rowe 2-36 off 10 overs.

Second 3 years in a row was frustrating, but there were a lot of positives that can be taken from the week and the 1st XI can look at 2015 with a degree of confidence.

Plate Winners in NZSS 7s Competition



Plate Winners, Palmerston North Boys' High School

The 2015 Sevens season is well under way with two senior teams and three junior teams preparing for upcoming tournaments. The Senior Sevens team recently won the Plate Division at New Zealand Marist Secondary Schools' 7's Tournament.

We will once again host the PNBHS & Sir Gordon Tietjens 7's Tournament on Friday 13th and Saturday 14th March, which will be held at the Sport and Rugby Institute at Massey University. This year Sir Gordon Tietjens will select a senior boys' tournament team. To view the full draw and teams competing in this year's tournament, visit <http://sgt7s.com>

During the summer tournament week (Saturday 28th March), the Senior A team will travel to Sydney, Australia to compete in the Scots College Rugby 7's Tournament. This will be the third year that PNBHS has attended this prestigious tournament. The tournament is streamed live via the internet at www.schoolboyrugbysevens.com.au

Tennis Report

With most of the Year 13 group and some of the Year 12 players away on camp, the NPBHS traditional has been modified to an Intermediate and Junior exchange. The year, Francis Douglas Memorial College asked if we could play them while up there, which was agreed to. Both exchanges were played in great conditions and enjoyed by players and spectators alike.

vs New Plymouth BHS

Intermediate Squad

PNBHS won this 4 – 2, with comfortable wins in both singles and doubles to Kurt Amey and Alec Pedersen paving the way for a good win.

Junior Squad

PNBHS won this 6 – 0 with good play all around across the whole squad. A 10 – 2 win was a deserving result for the quality of tennis played.

vs Francis Douglas Memorial College

As we were playing their full squad, rather than an Intermediate selection, the order was modified slightly from the previous day. There were some very close matches, and after 8 singles, the score was 4 all. Particular mention must go to number 3 Caleb Young (year 10), who, despite losing, managed to win a vital set off his Year 13 opponent. Players at number 4 (Jude Bell-White Yr 11), 7 (Caleb Martin Yr 9) and 8 (Ryan Gleeson Yr 9) performed well, winning with good margins to keep the game scores close.

Thanks to the set won in the singles, the equation was simple, win 2 doubles cleanly and we win. PNBHS won the bottom two doubles cleanly, and lost at the top in 3 sets, meaning we won the tie 15 sets to 12 after matches were tied at 6 all.

Overall

A very successful two days. The top players taken had a good variety of matches, while the depth of the squad was tested and came through.

PNBHS Parent Teacher Association

Annual General Meeting - Tuesday 10th March, 2015 5.30 pm in the School Library

The PTA comprises a committee of parents and three members of the School Management Team. A team of supporters assist the PTA in their activities.

Our aims are to act as a two-way channel of communication between parents and the school, and to undertake fundraising activities, which enable our boys to benefit from extra resources and improved facilities.

Over the last four years we have fundraised in various ways including the running of a major raffle. Contributions made from the extra funds raised include:

- upgrade of the school courtyard
- 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
- purchase of school blazers

- supply of tea and coffee at school functions, concerts, productions and parent-teacher interviews.

We need parents to help organise events and fundraising. If you are able to offer your time and expertise please complete the nomination form below and forward it to the PTA Secretary, care of the school.

If you are unable to commit to becoming a PTA committee member, we would love you to place your name on the Friends of the Committee list. By being on this list, the committee, at various times of the school year, will contact you to enlist your help with various fundraising, or school events, that the PTA have been requested to assist with.

The PTA is committed to the continued education of our boys by assisting the school and the Management Team wherever possible. Please consider joining our dedicated team.

Careers Update

Coming Up

Feb 23 Dreamcatcher Workshop After School (open to All) – Career Search Tool

Feb 24 Time Management Workshop After School (Level 2 Credits Available)

Feb 26 Star Automotive Taster Course (6 x Thursdays)

Career Search Workshop After School – for those who have no idea what to do beyond school

Mar 2 Dreamcatcher Workshop After School (open to All) – Career Search Tool

Mar 3 Self Directed Search Workshop After School – a tool to help identify career possibilities

Mar 11 Massey University Liaison Visit – Period 4 - Speirs Centre

Mar 16 University of Canterbury Liaison Visit – Period 4 - Speirs Centre

Mar 24 Get Ahead Day – Agriculture Careers – year 11 students interested in farming – expressions of interest to Mr Adams (Careers)

April 1 Victoria University Liaison Visit – Period 4 – Speirs Centre

April 22 Waikato University Liaison Visit – Period 4 – Speirs Centre

April 24 Otago University Liaison Visit – Period 4 – Speirs Centre

April 30 Auckland University Liaison Visit – Period 2 – Speirs Centre

May 5 Sort It Expo - local careers exhibition

May 6 Lincoln University Liaison Visit – Period 4 – Careers Room

May 7 Auckland University of Technology Liaison Visit – Period 4 - Speirs Centre

For information about any of these events, or to register see the Careers Adviser.

After School Workshops

In 2015 we will continue the after school workshop programme. Workshops topics will be

repeated throughout the year and will mostly be around an hour long. They are generally open to all year levels and some workshops have NZQA credits attached.

These are ideal for students who want to do something about gaps they have eg no idea what they want to do when they leave school, goal setting, time management and cv preparation

The Dreamcatcher workshop involves being introduced to a wonderful career/personal development programme that once set up students and boys will have access to at home as well as at school and covers topics such as key career competencies, goal setting and career exploration. This programme is available to Year 13's during study periods.

Another really useful tool for seniors who have no idea what they want to do is Career Search. This is a card sort exercise that works through a whole range of options and the career decision making process. This is open to all students and again Year 13 boys may opt for this during study periods.

Boys can register for these and any other workshops by talking to Mr Adams in the Careers Room

Careers Room

We now have a dedicated careers room in the school. The Careers Adviser, Mr Adams, and the Tertiary Course Adviser, Mr Costley, work out of this space in C Block (C11).

The room is open from 7.30am until at least 4.30pm, including lunchtimes. It contains a variety of careers material and a set of chrome books that boys can use for careers research.

All students are encouraged to make use of the facility

Library News

The Library was a popular place from Day 1 of the new term. The boys discovered new books and DVDs, which had been bought during the holidays and that the latest books in their favourite series had been purchased. Year 9 students have been coming in during their English classes to learn all about their Library. As always the Library is open all day from 8:10am to 4:30pm every school day and so serves as an ideal place for your sons to relax, do research, meet their friends, print their homework, play board games, social chess games (and some serious ones too) and spend time before their afternoon sports practices. Computers are available for students to use before school, during Interval and Lunch on their school assignments.

Please bear in mind that all schools have free access to expensive research resources on EPIC (Electronic Processing in Collaboration) database. These contain huge quantities of appropriate information for high school students. They are accessible from anywhere in the school via the Library page on STRATUS - AS WELL AS FROM HOME.

SCHOOL RULES PERTAINING TO STUDENT VEHICLE USAGE

To ensure the safety of our young men, all students driving a motor vehicle to or from school require a school vehicle permit.

See Mr Pinder for an Application form.

No Palmerston North Boys' High School student may be a passenger in a vehicle driven by a PNBHS student.

Crest to Crest 2015

First Leg: 21km Mountain Run (Whakapapa Village to Desert Road)

With a cool start to our first day of Crest to Crest, we arrived near the Chateau under Mt Ruapehu. The weather on the mountain was not looking favourable, with high winds and low cloud sticking around for long periods of time. The best and safest option, was to commence an alternative route rather than travel up Mt Ruapehu. This involved a walk/run along a DOC track which wound near the Tama Lakes and around a section of the mountain, leading us to the desert road.

The first section led by Mr Calton was a walk, but most of us had to almost run to keep up with the fast pace. We started on the Taranaki Falls track and wound our way onto the Old Tama Lakes track, then the Whakapapa-Waihohonu track and finally onto the Waihohonu track which led to the desert road, passing a very flash DOC hut along the way. We were itching at a chance to start running, and when the word was given, all 19 boys kept a good steady pace along the entire track that day. The track was by no means easy to run on at times, with pot-holes, uneven ground and tourists who must have thought we were mad, to contend with. There was also the low-lying scrub, which was often the culprit for trips and falls.

The mountain was clearly visible for most of our run, and often the cloud would disperse and we would get views of the summit, but we pushed on running away from the mountain and finished with a time of 2 hours and 36 minutes. We were all pretty chuffed with our first day on Crest and how it had turned out, but we had no idea of what was yet to come...

Time to complete Leg One: 2hrs 36mins

Written by: Benjamin Pigott

Second leg: 70km Mountain Bike (Whakapapa Village to Whakahoro)

Day 2 of Crest to Crest was a ride from Whakapapa Village to Whakahoro. This mountain bike ride was approximately 70km. It was a ride with a lot of steady climbs that some of the boys found very difficult, but through sheer determination and help from some of the gun riders' assistance they pushed through it. It was mostly a smooth, consistent ride with one timed stop. There were no punctures along the way; only one broken chain/derailleur. This problem was very quickly sorted with one of teachers handing over their bike and swiftly jumping in the following van with a big smirk on his face!

Some of the boys who hadn't had a lot of mountain bike experience found the down hills quite nerve wracking and fast - at certain points hitting speeds of up to 70km, but after an hour or so, people became a lot more comfortable. Along the way we encountered some newly laid gravel that made the going a lot tougher. Over all, during the mountain bike ride, we dropped 900 meters from where we started, so this leg was one of the less intense part of our week long race.

We finished with a very fast time, which was only 4 minutes off the record.

Time to complete Leg Two: 2hrs 26mins

Written by Ben Werthmuller

Third leg: 98km Canoe (Whakahoro to Pipiriki)

On Tuesday 10th February the Crest to Crest team arrived at the Whakahoro after a 70 km mountain bike in the morning. For the canoeing leg which consisted of a day and a half paddling 100kms. The team understood going into this leg that this was going to be a big challenge mentally. This was not helped by the lack of water seen in the river.

The first day of canoeing was a 4 hr 30min paddle (36km) which most of the team found frustrating and hard work. Having to learn quickly to control your boat and work with your partner in the boat became frustrating. However, by the end of the 36km we started to move faster as we became more confident in the boat.

With our overnight stay at John Coull Hut the team was on the water bright and earlier to make the most of the good weather conditions. The team started off with a good pace and paddled for 5 hrs before we had a break for lunch. After lunch the team could not maintain the pace it had set earlier. The mental challenge of this leg was evident after lunch with the pain and boredom setting in. However after a quick break for a capsized by myself and Hayden we were eager to finish off the final 10km with a quick time. Arriving in Pipiriki was a great relief with all members of the team pleased to see this leg of the Crest over.

Personally, I found the canoe leg the hardest leg of the Crest to Crest, mainly because of the length and the mental strength required.

Time to complete Leg Three: 11hrs 41mins

Written by Liam Giltrap

Fourth leg: 170km Road Cycle (Ohakune to Feilding)

It was still early in the morning, but even before we set off, we knew it was going to be a hot day. At an altitude of over 600m, the sun was already piercing through onto our tired backs. The first part of the journey was to Waiouru, over rolling countryside, this took us approximately one hour, and fortunately there were no punctures to cost us time. Most of us were feeling good at our first quick stop, mostly a feeling of relief, not needing to paddle down that tedious and stagnant river. We were also fairly lucky that there was not a headwind, the air was very still, but we weren't as fortunate as the 2014 team who had a tailwind and completed this particular segment 20 minutes faster.

Back on the bikes, and through to Taihape with no hiccups other than Connor Madigan needing to use Mr. Barwick's after his chain-ring bolts came out, but this was swiftly sorted. We went straight through Taihape onto Mangaweka. Only one thing stood in front us, the infamous Mangaweka hill - ten minutes of a consistently steep gradient. This proved to be one of the hardest parts of the whole crest for some of the boys. Credit to some of our stronger riders who showed a strong sense of camaraderie by pushing the struggling riders and giving them a chance to recover. Once we hit Mangaweka, the boys got a well-deserved lunch break. We started off again, motivated that we were still making good time, but, after we left Mangaweka, it all seemed to fall apart. A puncture within five minutes and then, within ten minutes of going

again, the decisive crash that meant that Matt Chard couldn't finish this stage of the Crest, but to his credit, he battled on to finish the next day. Head boy George Gaimster and Greg Bates were also heavily grazed, but managed to keep going. From there on, there was no urgency to get to Feilding; the new goal was to get everyone there in one piece. It took us a long time to get back into a rhythm and some of the boys were starting to tire when we reached Hunterville. It was a slow grind to Bulls as the road was flat and long and the headwind was unwelcome. The riders were digging deep into their fuel reserves at this stage, and mental fatigue had well and truly set in.

The stop in Bulls was welcome, but the hardest part was still in front of us - the final 25km. If anyone was to stop, it would be along this final stretch. Fortunately, the stronger riders were able to help out their teammates, and, once we crested Mt Stewart, with everyone intact, we were instilled with confidence. There was still about 10km to go, but with no more hills, everyone was motivated to make it as they could smell the end of the ride. We arrived at the Marae, where we were to stay the night, and there was a strong sense of exhaustion as well as elation. Only a 24km run stood between us and the school gates the next morning.

Time to complete Leg Four: 6hrs 28mins

Written by Hayden Washington-Smith

Fifth leg: 23km Run (Aorangi Marae to PNBHS)

On Friday morning, we went for a brief warm-up run from Aorangi Marae in Feilding before stretching and then starting the stopwatch at 8.30am, beginning the final leg of the week. In the early stages of the run we had to navigate our way around the more populated areas of Feilding, getting ourselves across busy highways and bridges.

After about 6km, we had escaped the tangle of the town and were on a quiet road, setting a decent pace towards the halfway mark at which we were to have our first drink break. We made it there in good time, and, after a quick stop, we were back on the road. In about the 15th kilometer, fatigue and injury from Thursday's cycle started to take its toll, with myself struggling. However with great encouragement within the team and thoughts of how far we'd come already, we all managed to keep grinding to Newbury, where we elected to stop to make sure everyone made it over the line.

With only 5km from there, the spirit of the team was lifted, and in no time, we were rounding the final corner and heading towards the school gates. Words cannot describe the experience of having all the Year 9 students applauding us on the way in, and the relief of knowing that we had all made it through. We completed the run in a time of 2 hrs 25min, which meant our overall time for the week was 25hrs 36mins.

Huge thanks must be given to Mr van Stipriaan, Mr Barwick and Mr Finch who were with us every step of the way, and also to Mr King and Mr Liddicoat for driving the support vans and organizing meals for us.

Time to complete Leg Five: 2hrs 25mins

Written by George Gaimster

Overall time for the week: 25hrs 36mins

Manawatu Top Art Exhibition 2015



MANAWATU TOP ART EXHIBITION 2015

Five students from Palmerston North Boys' High School have had their work selected to feature in the annual regional secondary schools' Top Art Exhibition to be held at Te Manawa Art Gallery during the month of March.

The Top Art Exhibition is an annual exhibition featuring a selection of the NCEA Level 3 Art portfolios from around the greater Manawatu region that achieved Excellence in Visual



Painted by Ash McKenna (Y13 in 2014)

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

Students from Palmerston North Boys' High School who feature in this year's exhibition for Painting include Setelo Kauvaka, Ben Clark and Ash McKenna. For Design, Lewis Wilson and Michael McKeag.

More Cycling Success

Oceania Champs

Year 13 Chris Denholm with his hand up winning a national title in scratch race; at the NZ Track Nationals. At the same meet, Campbell Stewart and coach Mike McRedman, getting ready to race his way to NZ selection. Robert Stannard (right in both pics) on podium at Oceania Road champs in Toowoomba - the only NZ rider on podium.



Recycle your old phone

Starship Mobile Phone Appeal



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.

Aaron Cruden Book Launch

An Evening with Aaron Cruden



PNBHS in conjunction with Penguin Publishers and PaperPlus invite you to the launch of Aaron's book *The Beginner's Guide to Rugby* Wednesday 1 April in the Speir's Centre 6.00-8.00pm

Alliance Française

French Classes for children and toddlers after school. Different levels and age groups. For more information, call 06 560 0749 or email info@french.org.nz or visit www.french.org.nz