

Palmerston North Boys' High School

Newsletter 2017 - February

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7 March 2017



Head Prefect Patrick Takurua and Deputy Greg Shaw



Former staff Member and Senior Master, Brent Costley passed away after a short battle with cancer



New and Returning Members of Staff



Prefects for 2017. This picture with names can be found on the School Website



Boys and Staff who completed the Crest to Crest



Y12 students who won Scholarships. (l-r) Ryan Adams, William Hunter, Stanley Jackson, Jae Lee, Finlay McRae, Gordon Zhao, Denzel Chung



Athletics Prelims - Ethan Johanson on the Hurdles and Armani Tupai winning a 60m sprint trial.



Carlo Finlayson and Callum McRae - the long and the short!



The Wall on the assault course at Waiouru



(Below) Canoe polo off to Oceania Games: Tom Whale, Josh Vivian, Patrick Bould and Bede Skinner-Vennell



Year 9s welcomed on Day 1 with a powhiri



From the Rector Mr David Bovey

We expect our young men to throw themselves into school life; we expect our young men to achieve to their potential; we expect our young men to be aspirational – to set goals and aim to do their best. They will have the opportunity to do so in a structured environment where discipline is key.

Dear Parents,

Welcome to the first newsletter for 2017. I would like to extend a warm welcome to all 'new' PNBHS parents and to Old Boys who are now re-joining their school as parents. For a number of our young men, and their parents, this first newsletter for the year will serve as not only an introduction to the 2017 school year but also as an affirmation of our expectations and philosophy.

We do have clear expectations of the young men of the school. We expect our young men to throw themselves into school life; we expect our young men to achieve to their potential; we expect our young men to be aspirational – to set goals and aim to do their best. They will have the opportunity to do so in a structured environment where discipline is key. As William Hague once said, "Let's not be afraid to speak the common sense truth: you can't have high standards without good discipline."

Our school vision is to develop educated men of outstanding character. It is a simple but lofty goal; one that we want all of our young men to aspire to. One that will see our young men leave our gates as good men, men of integrity, men who will be good role models, good fathers, husbands, partners. Men who have a strong set of values and a strong moral compass. To do that we must continue to emphasise the importance of maintaining our standards.

Thank you to parents who have supported our intention to maintain high standards of academia, dress and behaviour from the first day of the 2017 school year. It is clear that there is 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.

Recently we completed a process which has seen the development of a strategic vision for the school. It is, of course, aspirational, and will serve to guide us over the next five years. It recognises the importance of our traditions and our history, while looking to the future. There are five major focus areas: curriculum and academic achievement; co-curricular opportunities; staff; school ethos and identity; development and facilities. Each of these sections contains objectives and aims that will ensure we meet our overarching strategic focus: to continue setting high standards and to remain as a leading boys' school in New Zealand.

We have seen already that so many of our young men continue to meet and exceed expectations. Those involved in the Year 13 Mountain Trip, the Year 12 OPC camp, the Crest to Crest and Coast to Coast events were outstanding, meeting a number of challenges head on – a hugely positive start to the year. The challenge for all of these young men, indeed every young man of the school, is to maintain that commitment and focus throughout the year to ensure they achieve their goals.

I would like to wish the young men of the school and their families all the very best for a successful 2017.

D M Bovey

Student Achievement

- Academic – NCEA results for 2016 have been released by NZQA. Further detail contained in the BOT correspondence/notes. Year 11 Level 1 pass rate was 82.3% (national = 74.7), our second best result since records began in 2006, although down slightly on the previous year. 13.2% of Year 11 students passed NCEA Level 2, similar to 2015 (13.8%), and compared to 1.4% nationally; the Year 12 Level 2 results were a significant improvement on the 2015 results – 85.1% (76.7% last year) compared to 78.9% nationally; Year 13 Level 3 results were down from last year, reflecting the cohort whose Level 2 results were poor in 2015 – 63.8% (nationally 65.1%). Students who achieved NCEA Level 3 prior to Year 13 made up 14.6% compared to 1.7% nationally. University Entrance pass rates were correspondingly poor, 54.3% compared to a national figure of 48.7%.
- Academic - Scholarship results for 2016 were a pleasant surprise given the relative strength of the cohort. There were 37 scholarships including one at outstanding Level (Denzel Chung, a Year 12 pupil, in English) (pic right)---. Long Qian (Year 12) achieved four, while Nathan Hotter achieved three, as did Finlay McRae (Year 12). 2016 Proxime Accessit, Malachi Hill, achieved two, as did Callum Goacher and Corbin Paewai-Young. The most



successful department was Physics, with 11, followed by English (six, including the only Outstanding pass) and Calculus (also six). History (four) and Statistics (three) make up the 'top five' subjects.

- Academic – the school has been fortunate to have developed its relationship with Massey University over recent years and we have expanded the programme to provide more opportunities. These university papers are taught in a number of subject areas at PNBHS by our staff members. A total of 38 young men enrolled in 139 Massey University papers in 2016, achieving 33 A+, 20 A and 24 A- results. The top performers were 2016 Dux Litterarum Liam Allen and 2016 Proxime Accessit Malachi Hill with six A+ grades apiece, Samuel Reddish gained five A+ grades, Niall Malone four and Simon Su three. We would like to extend our thanks to Massey University for their continued support of the Massey/PNBHS partnership.
- Multisport – for the first time the school entered a three-man team in the iconic Coast to Coast multisport event. Madi Hartley-Brown (cycle), Samuel Bentham (mountain run) and Wade Bennett (kayak) combined for a time over the two-day event of 12.58.32. The team was second in the schools' category and third in the overall men's event. An outstanding result for a first effort. The event started with a 3km run to the first transition to a 55km cycle; then a 30.5km mountain run to end the

first day. A 15km cycle began day two before a 67km kayak and a 70km cycle leg to finish. The team was 4min 53 sec off first after beginning day two 23 minutes down.

- Cricket – the 1st XI finished runners-up, again to Hamilton, in a nail-biter at the Super Eight tournament in Hamilton. The final was lost by one wicket; the team acquitted themselves very well given for many it was a first taste of 1st XI cricket. The team then followed this performance up with a 133 run over Napier Boys' in the annual exchange to reclaim the Challenge Shield.
- Prefects – the first group of school prefects for 2017 were announced at the first full school assembly. 33 were named to join Patrick Takurua and Greg Shaw: Hamzah Arafeh, Connor Beck, Samuel Benthams, Nelson Braddon-Parsons, Oliver Burgess-Hight, Denzel Chung, Tama Fa'amausili, Caleb Hansen, Jacob Hewetson-Talamaivao, Jesse Hyde, Michael Ioane, Arrooran Jeyamohan, Alan Kirk, Joseph Mafi, Ben McAlley, Finlay McRae, Joseph Medyckjy-Scott, Asa Ngirazi, Alex Nguyen, Ben O'Connor, Matt O'Leary, Matt Peel, Anson Price, Isaac Price, Benji Pritchard, Nick Punnett, Josh Sorensen, Jack Sturmey, Jamie Tinetti, Mikaere Tipene, Tom Tremain, Thomas Walshe and Matthew Watts., Alex Ward, Daniel Hodgetts.
- Sevens Rugby – Tyler Laubscher spent a day with the Samoa Sevens team prior to the Wellington leg of the World Sevens Series. He trained with the team under Sir Gordon Tietjens.
- Tennis – the Senior and Junior A teams played Napier in the annual exchange and performed well for an overall 14-1 win.
- Athletics - Bradyn Popow finished second in the Wellington 5000m walk championships Open event and won the U18 title in the process.
- Old Boys – Campbell Stewart won the Halberg Emerging Talent award at the recent awards event. Nominated for the second time, Campbell's success at national and international level was recognised on the highest stage in NZ sport.
- Old Boys – Ross Taylor equalled Nathan Astle's record for the most ODI centu-



ries. He is now poised to become the leading century maker for NZ in both ODIs and test cricket. Adam Milne has been recalled to the NZ side following an injury lay-off.

- Crest to Crest – the annual Crest to Crest challenge was completed in record time following a great leg on the Whanganui River.
- OPC – the Year 12 Leadership Camp at the Sir Edmund Hillary Outdoor Pursuits Centre gave 60 young men the opportunity to test themselves in an outdoor environment.
- Year 13 Mountain Trip - 200 Year 13 pupils spent the week on Mt Ruapehu and completed a number of activities, including a day at the Waiouru army base.
- Canoe Polo – Tom Whale, Patrick Bould and Josh Vivian have been selected for the NZ U18 Canoe Polo team to compete in the Oceania Championships. Tom has been named captain. Bede Skinner-Vennell has been selected for the U18 B team.
- Athletics – Alex Hull won the 10,000 metres, the first event of the 2017 Athletics Championships. Benjamin Wall finished second with Adam Martin third.
- Mountain Biking – Adam Martin won the national U15 title at the NZ Championships held recently in Cardrona. Max Taylor won the U17 event with Caleb Bottcher third.
- Clay Target – Max Edwards has been selected for the NZ U21 Sporting Clay Target team to compete at the Oceania Championships in New Caledonia in April.
- Triathlon – at the Manawatu Secondary Schools Triathlon Championships, Adam Martin won the U19 event with Timo Spitzhorn second; Sam Phillips won the U16 event with William Leong and Luke Scott second and third respectively. There was also a clean sweep in the U14 event, with Sam Parry winning, followed by Nelson Doolan and Rhys Ransom.
- Karting – Jacob Cranston has continued his good form in the Rotax Max Championship, winning one race in the latest round as well as achieving a number of other podium finishes.



General Notes from the Rector

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.

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 fifteen 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.

Laptop Computer Use

Young men from Year 10 are encouraged to bring laptop computers to school for use in class and with their assessments. Laptop lockers are available at school. These will be used in a number of classes but are not going to drive teaching and learning; instead, they are simply another tool for teaching and learning. Reading and writing are still at the top of the list in terms of importance for education.

School Fees and Donations

As has become de rigueur in recent years the beginning of the school year brings with it something of a focus in the media about school costs. In the past schools were able to charge fees in a number of areas to recoup the costs of providing programmes and opportunities for pupils. However, in some areas this is no longer the case and have decreed that schools can only ask for donations. While these are donations and therefore by definition optional we appreciate such payments being made as they are 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 donations are far and away the single most important contributor to the school's annual operating income. Unfortunately falling donations in recent years has meant that we have had to combine a number of smaller classes and, in some cases, discontinue areas of the

curriculum at some levels due to the increased costs.

PNBHS is a Decile 8 school which puts it at a low level of funding from the government. Only a little over 60% 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. There is a perception that higher decile schools are able to make up the shortfall in government funding through the donation component from its community. The reality is, however, very different.

We therefore 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 donations and all associated fees as promptly as possible. I thank you in advance for your support.

Many parents have already started an automatic weekly or fortnightly payment for 2017 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.

Please visit our Facebook page and the school website www.pnbhs.school.nz for latest news and events as they happen. We look forward to working with you throughout the 2017 academic year.



From the Deputy Rector

NCEA Results 2016

In the Rector's introduction to the newsletter you will have read a summary of our 2016 academic results. These results are currently being analysed and from this will be identified areas in which student achievement was particularly pleasing, and strategies to lift student achievement in those where weaknesses are recognised. Reports from our Heads of Departments are presented to the Rector and Board of Trustees, and help to ensure that our internal review processes are rigorous and that identified areas for development are acted upon promptly. As always, raising student achievement remains our primary focus.

Literacy and Numeracy

Our NCEA Literacy and Numeracy results continue to be very strong, above the average for New Zealand and for boys in Decile 8-10 schools. In 2016, 100% of our Year 13 students had gained both the literacy and numeracy requirements for NCEA.

Parental Support for Education

Your interest in your son's education sends a very clear message to him about what you value as important. In her 2013 book 'The Smartest Kids in the World and How They Got That Way', Amanda Ripley provides a salient summary of international research about the impact of parental involvement in education, based on the results of the international PISA test.

Children who were read to regularly when they were younger performed much better in reading at age 15 compared to those who had not been regularly read to in their younger years – in New Zealand, students whose parents had read to them regularly performed almost a year and a half on average ahead of those whose parents had not.

Parents who discussed books, current affairs, documentaries and movies with their children had teenagers who were better at reading. 15 year olds whose parents discussed complicated social issues with them scored higher on PISA tests and reported enjoying reading more.

Having high expectations of children – that they will give their best effort at all times and pushing them to try harder – was also linked to high levels of achievement.

If parents read for pleasure at home, their children are more likely to enjoy reading.

Psychologist Angela Duckworth has investigated what makes people 'gritty' – in other words, what helps them to develop attributes such as persistence, perseverance, fortitude, resolve and moral character.

Ripley concludes her discussion on parental impacts on learning with this advice: "...just asking children about their school days and showing genuine interest in what they are learning could have the same effect on PISA scores as hours of private tutoring. Asking serious questions about a child's book had more value than congratulating the child for finishing it."

Parent-teacher interviews take place in weeks 10 and 11 of this term. These will provide an opportunity for you to obtain information both about your son's progress to date and the next steps in his learning. Your attendance, or otherwise, at these interviews sends a clear message to your son about the value you place on his education.

Literacy programmes at PNBHS

Having good literacy skills is a cornerstone of academic achievement and the development of these skills is supported by a number of school-wide initiatives. The 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 considerable 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 each day. 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.

Encouraging your son to spend additional time reading, 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 that 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, which are then made available via the school library. Subject departments have created vocabulary lists of terms specific to, and important for, their subject. This helps ensure students develop the appropriate vocabulary for academic achievement, and also helps to develop each young man's overall vocabulary. We have a regular 'Word of the Week' which is promoted 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 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.

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 our literacy initiatives, please contact Mrs Kathryn Rankin.

Year 9 Reading Challenge

The Year 9 Reading Challenge is an initiative to encourage young men to read and rewards them once they reach milestones in terms of the number of books completed. 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) will receive a certificate at assembly and a morning tea shout from the Rector. Students who meet the Silver and Gold criteria will receive additional certificates and morning tea shouts from the Rector. Students can check in with the library staff before school, at interval, lunchtime or afterschool, or with Dr O'Connor or Mrs Rankin from the English department on Monday mornings during Form Time.

Co-curricular Involvement

As a school we strongly encourage involvement in co-curricular activities. From such activities young men learn a lot about team work, making and meeting a commitment, as well as developing skills around time management, organisation and relationship building. In any co-curricular activity there are going to be successes and failures, and this arena is a unique one for teaching lessons about courage and perseverance in trying circumstances, and about remaining respectful and humble in victory. The importance of co-curricular involvement was reinforced through the employer engagement meetings we held


last year, when a diverse range of local employers explained the emphasis they place on co-curricular involvement when appointing new employees.

Psychologist Angela Duckworth has investigated what makes people 'gritty' – in other words, what helps them to develop attributes such as persistence, perseverance, fortitude, resolve and moral character. Duckworth states that there are countless research studies identifying that young people who are involved in co-curricular activities "fare better on just about every conceivable metric – they earn better grades, have higher self-esteem, are less likely to get into trouble". The qualities that Duckworth associates with grit are more evident in people who have been involved with co-curricular activities over an extended period of time – at least two years. She posits that these people have had numerous difficulties, challenges and failures to overcome and, rather than quitting, have faced these situations and learned from the experience. Her general message is that more participation predicts better outcomes.

The New York Times recently reported studies concluding that exercise can significantly improve children's cognitive abilities and their academic performance, as well as their health. This publication quoted "a growing body of evidence" indicating that children who are more active are better able to focus their attention, are quicker to perform simple tasks, and have better working memories and problem solving skills than less-active children. While acknowledging that academic performance is influenced by factors like parental involvement and socio-economic status, there is evidence that active children tend to achieve at higher levels, especially in reading and mathematics. An article in the Journal of Paediatrics identified a link between physical fitness and academic success. The researcher, Dr. Esteban-Cornejo, concluded that having higher levels of physical fitness may help to reduce the risk of failure at school and that all efforts should be made to promote physical activity in teenagers in a bid to improve their academic grades.

Additionally, being actively involved in co-curricular activities has obvious health benefits. At a time in which more and more of young men's time is spent in a sedentary mode, primarily in front of a screen of some description, and with increases in the health issues associated with an increasingly overweight population, developing a healthy approach to exercise is important. Doing this in a team environment can help with both motivation and enjoyment, as the social component of team or group activities has such a strong influence. Given the benefits associated with co-curricular involvement, we hope that you will work with your son to encourage him to become involved.

G M Atkin
DEPUTY RECTOR



16 - 18 MARCH
MANFELD PARK, FEILDING

Old Boys, Friends of PNBHS and prospective members of our school community: come and see us at the Central Districts Field Days and find out about what we offer at Palmerston North Boys' High School and our boarding hostel, College House. You will be able to find us in the Rural Lifestyle Pavilion. We extend a particular invitation to Old Boys of the school and hostel – come along and catch up with the Rector, Mr David Bovey, College House Manager, Mr Matt Davidson and the Head Prefect of PNBHS and College House, Patrick Takurua, on Thursday, March 16. Hostel and school staff members, as well as day boys and boarders, will be onsite for you to talk to and to provide you with information throughout the duration of the Field Days.

Library News

We are enjoying meeting our new students and showing them our web-based library catalogue. Students, parents and teachers can have a look at our great range of books, magazines and DVDs from the comfort of their home. From STRATUS, choose the Library page tab at the top and click on the link to SELECT A BOOK (Access-It), which takes you to our online catalogue. No password is necessary. Boys can reserve books using their own dashboard when they login with their ID number. We encourage all parents to take an interest in the books which their sons are reading during SSR. SSR is the Sustained Silent Reading period of 15 minutes straight after lunch. This is a time of silence throughout the school, when students can lose themselves in the latest fantasy adventures or the exploits of their sports heroes. Boys actually enjoy discussing what they've read and many of them are reading widely. It is encouraging to see how many of the boys are bringing books from home. This shows that many parents feel it is worthwhile to encourage reading at home, by buying books for their sons. The next step is to talk about what they are reading and share some quality time.

Please be aware that the library is a welcoming place after school as well and students are able to stay comfortably here until 4:30pm.

Leadership Report

"We must all reach our potential and be involved in the ethos, character and the opportunities that this school has to offer. I challenge you this year, to answer a personal question - What is your purpose? What's your purpose for putting on that grey shirt every day before you come to school?... Find your passion... with hard work and perseverance, us young men can, and will, achieve our potential."
Patrick Takurua – Head Boy 2017: First Assembly Speech to the school



2017 has only just begun but it seems like we will be at the end in short order! The Prefects in 2017 are seeking to "ignite passion and pride for the school and its culture through participation and respect." This is their vision, nested in the school vision to "develop educated men of outstanding character". It builds on the vision of the 2016 Prefects to "unite the school through a sense of pride and community." The whole school community witnessed this vision becoming a reality. Building the foundations of a good society, one step at a time. As night follows day, year groups are beginning to turn the vision into reality. We are here to support them in their passion, and the Head Boy has questioned each young man to find their purpose and passion and work hard to achieve it in 2017.

Many young men are stepping up:

- 375 Year 9 students stepped up to the challenge to come to the school and to learn and live up to the ethos of the school commencing this year.
- Nearly 200 Year 13 students stepped up and pushed themselves through a week on the Mountain Trip to Ruapehu but more impressively they all gave 100% effort in the activities planned for them in Waiouru.



- 60 Year 12 students have completed the Hillary Outdoor Education Centre Leadership Challenge and as a collective group they were well challenged and all benefitted in some way from the experience of stepping into a challenging environment to learn about team leadership.

- Year 13 Mentors are stepping up into junior classes to get things off to a fruitful goal setting start to the year. Senior mentors will be delivering "My Character: Serving to Lead" to Year 9 form classes - this is the first edition of a personal workbook for developing educated men of outstanding character which has evolved out of the programme over the last decade. Many students in the senior school are setting their

goals through the Barrowclough Programme, a must for all students wanting to lead in the senior school and in life beyond school to provide them with a point of difference when applying for future career options and opportunities beyond the classroom.

Once again, the same old themes in the early part of the year are reappearing – lots of young men visiting with a broad grin to say that their goals from last year were successful because of the hard work they put in. There are also a number of young men visiting to see how they can become involved because the penny has dropped and they realise they need to make some personal changes around best utilisation of time and that the social media and game time needs to be reduced in favour of more productive pursuits. It is both heartening and rewarding to see both sets of students: the journey starts with the first step and it never too late.

We have 37 Prefects leading the school across a range of areas and led by Patrick Takurua and Greg Shaw, there is much work to do.

- The first leadership presentations and seminars across all year groups have commenced.
- A large group of students are gearing up for the World Vision Youth Conference in Wellington at the end of the month and
- another group are leading from the front for the Relay for Life.

The leadership journey continues, aiming to develop the character of your young men. There have been a number of enquiries about what we do and how we do it, so if you have any questions or wish to offer any feedback or assistance, please contact me by email kingp@pnbhs.school.nz. You can find out more about the school Leadership Programme at <http://www.pnbhs.school.nz/at-palmy-boys/leadership/pnbhs-leadership-programme/> the Barrowclough Programme at <http://www.pnbhs.school.nz/at-palmy-boys/leadership/barrowclough-programme/> and there are some recommended readings for parents at <http://www.pnbhs.school.nz/at-palmy-boys/developing-young-men/recommended-reading-list-for-parents/>

Have a great year.
Paul King
Leadership Director



Sports Talk with Peter Finch

With the new school year well underway and many things already to be very proud of (such as our new National titleholders, the 1st XI cricket season so far and the three 2nd places and one 3rd place so far in our Super Eight competitions) we are also very mindful of the big season ahead of our winter codes.

Training in most major winter codes is in full swing and trials will soon be upon us. In preparation, the school is offering before assembly breakfasts for any first team players/trainers on Mondays and Wednesdays. The breakfasts are held in the tennis pavilion and our thanks go to the suppliers: Fonterra, Sanitarium and Countdown Rangitikei.

An integral part of conditioning and performing is the adherence to good sleeping habits. Young men don't generally need to be taught how to sleep but more how to use the sleep they get better. To maximise the benefits sleep has to offer, avoid computer screens and phones for an hour before bed; this allows the brain waves to settle and prepare for restful sleep. Hours before midnight are far more productive than hours post, so don't just count the total hours slept as recovery, repair and growth occur in the early sleep cycles and early in the evening. Ventilate your room and attempt to keep it dark. Enjoy your sleep so you can train and play at your peak.

To the summer codes nearing the end of their season and to the winter codes starting theirs: eat well, train well, sleep well and good luck.

Crest to Crest Breaks Record

Leg 1 (21 km Mountain Run) by Nick Punnett

On a windy Monday morning, we arrived at school with our gear, excited and uncertain for what the week would entail. Four hours later we arrived in Whakapapa Village, ready to complete the first leg: the mountain run. Typically, this would be a climb up to the top of Mount Ruapehu, however due to very high winds and rain we were unable to do this. Instead we completed a 21km section of the Round the Mountain track, going from Whakapapa Village to the Desert Road, via Waihohonu Hut.

With the weather deteriorating, we set off at a brisk walk, so as to keep a level playing field with other Crest years. We battled extremely high winds and rain, visibility being limited to about twenty metres. At the one-and-a-half-hour mark, we stepped up the pace and began running, by now well and truly soaked, having also crossed a number of streams. We made good time to Waihohonu hut, getting a well-earned break. As we continued to the Desert Road, footing became very poor and slippery; however, we managed to keep up a decent pace, finishing in a time of 2 hours 27 minutes, only 8 minutes behind the record for Leg 1. We then returned to the lodge at Whakapapa for a hot shower, getting a well-needed rest for a full-on day two.

TIME: 2 hrs 27 mins

Leg 2 (70 km Mountain Bike) - Thomas Walshe

Day two greeted us with an early start and a further dose of foul weather, as we set off to begin the day's mahi, a 70 km mountain bike and 40 km paddle down the Whanganui river. Slippery conditions proved troublesome before the clock was even started as Arrooran Jeyamohan was sent flying in a superman-like dive onto the tarseal, inside the first corner.

The undulating mountain bike included both sealed and gravel surfaces, highlights being the steep winding descents with the boys being able to test their masculinity, or lack thereof. Once the clock was started the ride went smoothly with only one mishap, this being Mr Durie's impressive parallel parking effort into the ditch. We then arrived at the bank of the river, with it now being the time to grind our upper body for the next day and a half. After initial safety procedures and securing our gear, we were into the monotonous rhythm of the paddle. After a lacklustre first hour of paddling, with the boys coming to grips with their positions in the boat, or having a much needed personal swap, we upped the ante, realising this could be a leg of strength for our group, with high water flow in the river. After four hours of paddling and the spotting of the occasional goat, we made it to the John Coull hut in quick time. After a thorough carbo loading



feed we hit the sack early to prepare for day three.

TIME: 2 hrs 38 mins

Leg 3 (98 km Canoe Paddle) - Finlay McRae

New Zealand's wet summer meant that, as the lads got into their canoes, the Whanganui river had a healthy flow. Following decent efforts on the mountain run and bike, this leg would make or break any aspirations we had of beating the record.

Being a tandem activity, the canoeing necessitated the allocation of powerful rowers to become the "engines"; the more astute rowers would become the boats' rudders. This balance took a while to achieve but learning was done quickly to avoid losing too much time. The first section of the river was covered in a time of 3 hours and 48 minutes. This time reflected our strength on the river and we felt that we could use our advantage in this area to cut back our total time significantly.

Packaged like sardines in the John Coull Hut, our sleep on Tuesday night allowed little fatigue to subside before we set off again the next morning. The stagnancy and mind-numbing tedium of the river was enough to invoke dangerously deep thought, such as wonderment at why we thought 10,000 strokes was our idea of a fulfilling day. However, our heavy units persisted well, rousing the group to strive for a sub-10-hour time. The final sweeping curve of the river was approached with caution but this was abandoned when we made a mad rush for the boat ramp. This effort was rewarded with a record breaking time of 9 hours and 49 minutes. The mental struggle was over and a blend of exhaustion and satisfaction was prevalent. As for the record, it was well and truly game on!

TIME: 9 hrs 49 mins

Leg 4 (170 km Road Bike) - Sam Bentham

On the 16th of February, a Thursday morning we woke up early to prepare ourselves for the 170km road cycle from Ohakune to Feilding. After an early start we ate breakfast, packed, and were ready to go. We left the lodge at 7.45, cycling through Ohakune and it's cool, crisp morning air, with a stunning view to the mountain. Our ride was relatively uneventful for the majority of the day, apart from Patrick getting a flat tyre a few just out of Waiouru, which was swiftly fixed and we were on our way again. We then stopped in Waiouru for a quick break before leaving and not stopping again until lunch in Mangaweka. Coming into Mangaweka we had to wrestle a rather large hill which definitely tested some of the lads, but we all managed to push through it and make it to the top. After our lunch break we

set of to get thrown straight into another arduous hill climb but as before we pushed through it, to be rewarded with a swift downhill afterwards. As we were making our way to Hunterville we had a slight crash, nothing major luckily. The crash only left a few boys with some wee scrapes and bruises, nothing they couldn't handle. We then stopped briefly once again in Hunterville for a drink and chat before leaving for our next stop in Bulls. Traveling from Hunterville to Bulls seemed to go quickly, yet it was the longest stint on the bike, travelling down long straights that went on and on and on. After our final stop in Bulls we set off on the last stretch of a 170 km journey to Feilding. This last leg was mostly into the wind, making it hard going for those who were already pretty tired from the week's previous disciplines. But they put their head down and got in the grind and before we knew it we were at our accommodation for that night. Once we arrived at Aorangi marae where we were staying, the boys were quick to eat and drink, refueling their aching bodies for our last day on the 2017 Crest 2 Crest.

TIME: 5 hrs 57 mins

Leg 5 (24 km Road Run) - Patrick Takurua

The rain persisted as we packed our bags for the last time for the week, in the Wharenui of Aorangi Marae. Day 5 of the Crest to Crest would see us boys complete the final leg of the challenge - a 24 km run from Feilding to PNBHS (via Awahuri). The run started off at a steady pace, before a quick stop at Awahuri after 10 km of the leg. Here we replenished our fuel tanks and again set off for what remained of the already long week. By the Newbury straights Mr van Stipriaan had the lads pumping with a stirring chant. His deep, booming voice encouraging the group in an exceptional manner. We then broke into a rousing rendition of the School Song, Gaudeamus Igitur and Motto Song, as we quite aptly exclaimed "Nihil Boni Sine Labore!" on our last push for the city. Before long, Newbury blurred into Rangitikei Line as we passed JFK Drive and Tremaine



Ave, that blurred into Featherston Street, and lo, we set our eyes on the Memorial Gallery Gate of Boys' High. Jolly Mr Doolan keenly greeted us at the gate, and directed us to our destination, as we ran past the Year 9 students lined on the front lawns, to the School Crest mounted on the Admin Block building. Four years ago I stood on the front lawns of the school as I watched a group of large men, large-

er than fear or failure, capable of conquest and success, being led by a bulging-muscled Head Prefect to that very Crest. From seeing that moment, I formulated my one aspiration and goal since arriving at PNBHS - to complete the Crest to Crest. Being a part of the tradition, the challenge, and the legacy that is Crest to Crest, hit me in a wave of euphoric pride as I, along with 18 other Year 13's, ran through those gates. A challenge for sure, mentally and physically, an opportunity like never before. An experience that I'll certainly never forget.

But perhaps most importantly on behalf of the lads, I must acknowledge and thank all of the staff that make this all possible. To Mr Durie and Mr King, thank you for your exceptional support of us boys throughout the week, from kai time to driving our gear along the entire way. To Mr Barwick, Mr Finch, Mr Brokenshire and Mr van Stipriaan, your guts and grind to complete the whole week with us boys, is unbelievable and a huge credit to your commitment in making the Crest to Crest Challenge what it is. I find myself quite proud of the boys, so my congratulations go out to all the Crest boys for conjuring a spectacular effort to achieve a remarkable feat. Crest to Crest is most certainly a week that'll never be forgotten. It's because of this that I encourage boys in the coming years to apply for a position on Crest. It's a fantastic opportunity that provides a huge physical and mental challenge, and really does show that nothing is achieved without hard work.

TIME: 2hrs 8 mins

Overall TIME: 22 hrs 59 mins (NEW RECORD)



On behalf of the Crest to Crest team I would like to acknowledge AutoKraft Ltd for their support of our team with the donation of UHF Radios. They were a valuable safety tool for our team over the week and your generosity is much appreciated.

Year 13 Mountain Trip 2017

On the 13th of February, Monday morning at 7:30am, 198 young boys and 20 staff left from Palmerston North Boys' High School to Mt Ruapehu, National Park. As we got to the mountain, the rain came at us sideways with a fog that you couldn't see 3 metres ahead of yourself. This set the mood for the day as we sat on the bus finding out which of the 9 lodges we were in and which friends were with us.

I got allocated into the lodge called Puketoi, which was on the hill with a few other lodges. Climbing this hill was not my idea of fun in the rain and I found out I had Mr Ross and Mr Kensington which I was pretty chuffed with. We got to our lodges and I was expecting most of the lodges like DOC have but was I wrong! These lodges were really nice! With nice bathrooms, newly carpeted floors even in our one. The next day half the



boys were to do the Tongariro Crossing and half to climb Mt Ruapehu but due to rain and high winds we were split into three groups, doing the Waihaha track, Whakapapaiti track and Old Coach Road track.

We also had to get up at 6:30 am everyday which for some boys was very new! But however, we went with plan B, which for my group was the Whakapapaiti walk. The rain mostly held at bay that day with us walking on a pretty decent walk over streams (some people may have gotten knee deep...)

and some great Kiwi bush. We also had the biggest test of that week on our walk which was Mr King's gate test. You had to pass to go forward past him with the other boys, I think Sam Jones was lucky enough to do it twice.

When we got back we had to prepare our dinner for my lodge, this was hamburgers, yum! No regrets there. The most fun and physical pain would be the Waiouru Military Camp on the Wednesday which was a beautiful and really hot day. We got to do the RFL test (Army Required Fitness Level Test), 6 team building experiences that involved using our strength and mind as well as the army confidence course which tested a lot of us who have a fear of heights. My favourite part was running through the confidence course when we had to go deep into a stream and then into a mud run. There were two types of people that day; those who ran through sliding on their front or those who stood up walking on the sides. I think most of us were type B.

We then came home and had a good treat of ice cream for dessert. The next day, a lot of our muscles were aching, which for the teachers was quite funny watching us try to move around at 6:30 am as we tried to make our ham and cheese toasties (a staple of our diet on this camp alongside raro). We waited for the news if we were going to do the Tongariro Crossing or Mt Ruapehu or a plan B walk as the weather forecast was not on our side. We found out it was best for us to split into three groups again and do a different walk, this time; Tama Lakes/Taranaki Falls walk, Whakapapa track and the Old Coach Road track. This time I got to do the Old Coach Road which was really nice and mostly flat but the scenery was beautiful with these old bridges that an American president had come across many years ago!



The best part of that day was Mr King hiding in an old tunnel and the boys walking through feeling something tapping their leg from Mr King's walking stick and then hearing their very girlish shrieks. Mr Ross that day had plenty of good banter for us lads at the front and I hear so did Mr Benn. On our final day we left for Palmy but we made sure we stopped for some good old Kiwi classic Maccas in Taihape. It was swarmed with hungry teenage boys and some good lads even managed to stop for Subway. But these weren't the best moments of camp. The best moments were sitting down at 8 pm on a cold night after a hard day's tramp with the boys from your lodge, some you'd known for 4+ years and some you'd never even talked to. Talking for hours or playing the board game Risk or the classic's Uno, Poker and Mafia which Sam Lebourne was deadly good at... and if we were adventurous, Cards against Humanity. Also talking to the teachers was really good it just made such a good bond. Honestly, if you want some good banter talk to Mr Ross or Mr Kensington.

The camp wasn't as planned but turned out even better. I've come out with new mates, better bond with my teachers and an experience I'll never forget. On behalf of the 2017 Year 13's, I'd like to thank every teacher, bus driver, Mr Bovey, Year

13 Deans and parents who supported and made the trip possible. I urge everyone to go on this trip next year if they can, they will never forget it!

Harrison Ward 13WE

Maori and Pasifika News

Tena koutou katoa

We hope your son has settled back into an organised routine; it is vital that he has a consistent and regular time set aside to complete homework. Please take the time to find out what topics and assessments he is working on. If you do have any concerns, contact his subject teachers in the first instance.

Maori & Pasifika Achievement Committee

We took another step forward in strengthening our relationship with our whanau at Te Hotu Manawa Marae in Term 4 of 2016. This enabled all our teaching and support staff to be involved in a number of workshops facilitated by members of our Maori and Pasifika committee. All Year 9 students have been introduced to members of staff who are here to tautoko and help your son make a successful transition to Nga Tamatane o Te Papaoeia.



Josh Strickland: HOD Maori
stricklandj@pnbhs.school.nz;
Damon Durie: HOD Physical Education
duried@pnbhs.school.nz;
Sarah Kendal: Yr 12 Dean/English
kendals@pnbhs.school.nz;
tutavahak@pnbhs.school.nz;
eastmures@pnbhs.school.nz;
retemeyerl@pnbhs.school.nz;
cameronl@pnbhs.school.nz;
lamberts@pnbhs.school.nz;
rehutaia@pnbhs.school.nz;
kendalj@pnbhs.school.nz;

Kate Tutavaha: English
Senia Eastmure: Arts/Photography
Lance Retemeyer: International/English
Liz Cameron: Physical Education
Stacey Lambert: Science
Anthony Rehutai: Mathematics
John Kendal: Dean Maori Achievement/Social Studies/Maori
Howard Pinder: Senior Master/Mathematics pinderh@pnbhs.school.nz;

PNBHS Whanau Hui/Fono Meeting

Date: Tuesday 28 March Time: 6.00 p.m Venue: Speirs Centre
We have a number of staff who provide support for our Maori and Pasifika students to ensure they are well supported across all academic, sporting and cultural activities they become involved in. This is an opportunity for you to meet staff who are here to tautoko your son. Please confirm your attendance for catering purposes by email or text kendalj@pnbhs.school.nz 022 0907858.

Celebrating Maori Cultural Excellence

Te Matatini is a significant cultural festival and the pinnacle event for Maori performing arts. Held every two years, it is one of the most highly anticipated events for performers, their whanau and the mass of passionate Kapa Haka fans throughout the world. Josh Strickland was honoured to be part of the haka powhiri and perform the wero to welcome visitors to this year's event.





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

Happy New Year and a warm welcome to all our Pasifika students and families. 2017 brings new opportunities, goals and events for all.

Pasifika Leaders

As part of our preparation for the year, a small group of Year 12 and 13 students have volunteered to mentor and drive our large Pasifika group into achieving success through academic and cultural involvements. If your son is currently in Year 9 or 10, he will have a Pasifika mentor as another point of contact if he faces challenges in school.

Student Profiles

LEEJEAN ENGU - Rarotonga - Year 13

Enjoys playing volleyball and encouraging young Pasifika pupils to succeed.

Favourite Quote:

"Apu no uritimu"

Strive for greatness



PAJOE MAPUILESUA - Samoa - Year 12

Wants to achieve well in school and is passionate about his Samoan culture and heritage.

Favourite Quote:

"O le ala i le pule, o le tautua"

The path to leadership, is through service.



Please take time to talk to your son about school assessments and homework. Self-management and organisation is important for him to establish at the beginning of the year. We have many support staff for our Maori and Pasifika students. If you have any questions, my email is eastmures@pnbhs.school.nz or (06)3545176 ext. 788.

Science Department: March 2017

In late March, we have the travelling Science Roadshow visiting. Year 9 and Year 10 students will be allowed to go to this worthwhile Science exhibition, which will cost \$7 per student. Each junior Science class will be taken to the show, which will be held in the main school hall, and shown around the Science exhibitions. Many of the experiments in the show are well-resourced and ones that we cannot carry out at school. It is certainly an experience and highly recommended that every student goes.

The 2017 International Competitions and Assessments for Schools (ICAS) Science test will be held on Tuesday, 30 May this year. Information about registering for this test will be passed on to the students via their Science teacher and the school daily notices. The cost for each student will be \$8.50 and is available to all students from Year 9 to Year 13.

If you have any queries regarding your son's Science programme throughout the year, please do not hesitate to contact me via email: reidg@pnbhs.school.nz or by telephone – (06) 354 5176 ext 715.

Geedha Reid (HOD Science)

Careers Dept Update

The Careers Department in the school has had a busy start to the year with a new course starting at Year 13 level, called Employment Pathways, a fully subscribed Gateway programme, more boys undertaking Trades Academy programmes at Ucol and Taratahi and initial interviews for all Year 13 students.

Communication is always an issue within the school and while we make extensive use of noticeboards, assembly and daily notices we would encourage boys and parents to regularly check on the Careers part of Stratus and the PNBHS Careers Facebook page.

Gateway numbers are up considerably this year and we have gone from 25 funded places to 44 funded places. There will be around 54 boys going through the Gateway programme in 2017. Trades Academy places are also up with 34 PNBHS students attending a Trades Academy one day a week in 2017.

We have already had a Plan Your Future one day course for seniors and several First Aid courses, Lattitude GAP Year staff have visited, as have Auckland University of Technology

Coming Up this term:

March 8	Your Education (GAP Year)
March 10	Massey Uni Liaison Staff
March 14	Victoria Uni Liaison Staff
March 15	Auckland Uni Liaison Staff
March 24	Canterbury Uni Liaison Staff

For more information:

- PNBHS Careers on Facebook
- Careers on Stratus

Work Experience Opportunities Wanted

Students who are undertaking our new Year 13 Employment Pathways Programme are seeking work experience opportunities for a week as follows:

Term 1 Week 10 (3 – 9 April)

Term 2 Week 9 (26 June – 2 July)

The ideal would be for the boys to experience the world of work in any of the following areas:

- Primary industries,
- Retail/Distribution or
- Tourism/Hospitality, although any placement would be considered.

If you think you may be able to provide an opportunity for either of those weeks, or require more information, John Adams, the Careers Adviser would love to hear from you – 354 5176 ext 763 or careers@pnbhs.school.nz

PNBHS/PNGHS Senior Production 2017

Dancing is NOT a crime!

By the time you are reading this Footloose will be getting very close to performance stage.

Currently, two weeks out, we are ahead of usual due to a very determined and focused company taking individual responsibility for their various contributions. It is starting to look very sharp and will certainly be one of the top musical theatre shows in the region

in 2017. Not only are we ahead on stage but early ticket sales are at a level only previously rivalled by our production of Grease in 2011, with 65% already gone.

Lighting was rigged and programmed this week, set dressing is underway and sound goes in next week. It's all go!!



1st XI and 2nd XI Inter-school Cricket

vs Napier Boys' High School

Batting first in the annual Challenge Shield game at Ongley Park, PNBHS lost an early wicket but a 60 run 2nd wicket stand between Tom Tremain (20) and Caleb Hansen (53) set the ship right. This allowed the lower middle order to accelerate toward the end of the innings, with Ruben Love (25), Ben O'Connor (28) and Sam Russell (35) being particularly effective. This allowed the team to set a challenging 210 for 9 on a lush outfield.

The Napier Boys' innings was never allowed to flourish as effective bowling and fielding stifled any attempt at breaking the shackles. Jack Harris took the first 2 wickets in consecutive balls in the first over and wickets fell regularly after that. They eventually stuttered to 67 all out in the 31st over. Jack Harris took 4 for 15, Bryn Wilson 2 for 19 and they were well supported by all the other bowlers. PNBHS won by 133 runs and reclaimed The Challenge Shield.

vs Wellington College

After inclement weather, our annual 2-day fixture against Wellington College was reduced to a 50 over match. On arriving in Wellington, we were informed that a damp pitch would make it a late start and reduce the number of overs played to 45.

Having lost the toss and been asked to field, the bowlers soon settled to their task and made it difficult for the Wellington batsmen to score. Tight bowling and good catching allowed the 1st XI to limit Wellington to 153 for 8 in their 45 overs. Finn Martin took 2 for 20, Ben O'Connor 2 for 21, Cam Harridge 2 for 24 and Jack Harris 2 for 34.

The PNBHS batting effort made the now all too familiar stuttering start, being reduced to 27 for 3 in the 8th over. This immediately put them on the back foot and the middle order were forced to rebuild as runs dried up in an effort to preserve wickets. Once again, batsmen put in the hard work, only to perish from rash shots. It was left to James Stratton, at number 9, to restore some respectability as he plundered 40 from 30 balls, making batting look easy. He was ably supported by 10 and 11, but the team fell 16 runs short to be all out for 137.

2017 Super Eight Tournament

This year's Super 8 Cricket tournament was hosted by Hamilton Boys' High school from 23 to 26 January.

On the first day, PNBHS faced Hastings Boys' and elected to bat first. The 1st XI lost wickets early and regularly but maintained a strong run rate, scoring freely to end on 156 all out. Top scorers were Rishabh De with 22 and Caleb Hansen with 76. The bowling effort was disciplined from the start and the Hastings batsmen struggled to score, allowing Palmy to apply the pressure and pick up wickets. Hastings were dismissed for 106 and PNBHS won by 50 runs. The top bowlers were Bryn Wilson – 2 for 22, Jack Harris – 2 for 17 and Ben O'Connor – 4 for 11.

On the second day the 1st XI once again elected to bat against Gisborne Boys' High. The batting effort followed a similar pattern but the middle and lower order gave good account of themselves to finish on 177 all out. Caleb Hansen scored 46, Rishabh De 33 and Bryn Wilson 20. The PNBHS bowling effort was once again impressive and the Gisborne batsmen withered under the pressure to be all out for 78 runs. Finn Martin took 4 for 21, Bryn Wilson 2 for 13 and Ben O'Connor 2 for 1. PNBHS won by 99 runs.

Day 3 saw a virtual semi-final between the 2 unbeaten teams in the pool and Ben O'Connor once again decided to bat against New Plymouth Boys'. The top order were more patient but once again regular wickets fell and the lower middle order had to prop up the batting to finish on 146 all out. Rishabh De (30), Ruben Love (27) and Caleb Hansen (22) were the top scorers. The fielding and bowling effort was disciplined and their batsmen were unable to break the shackles despite occupying the crease for long periods. PNBHS bowled them out for 114, winning by 32 runs. Cam Harridge took 4 for 16 and Finn Martin 3 for 23. The final was played against the hosts, Hamilton Boys' and the 1st XI batted first. Regular wickets were the order of the day, but Thomas Walshe stayed patient for 39 and he was supported by Ruben Love with 45 and Sam Russell with 22, who accelerated in the later overs. PNBHS scored 172 for 8. The bowlers toiled hard in the second innings and their work eventually paid off with a succession of wickets in the latter part of the innings. Unfortunately, they were unable to break the final partnership and Hamilton passed the score with 3 balls to go.

The 1st XI thus lost the final by one wicket. Bryn Wilson took 3 for 33 and Finn Martin 2 for 33.

Credit must go to all the 1st XI players who performed well as a unit and came within a whisker of winning the Super 8 title.

Congratulations to Caleb Hansen, who won The Ceremonial Bat for scoring the most runs in the tournament – 164.

2nd XI vs Wellington College

Mitch Chrystal won the toss, consigning the opposition captain to his 15th consecutive toss loss and chose to field on a damp, but drying wicket. The early breakthrough did not come as desired and the opposition put on a 50 run first wicket partnership. A steady run rate saw them reach 148/5 in the 34th over, however, some big hitting saw them add 62 runs in the final six overs to set a challenging score of 210/8. (Henry Deans 4/40)

The reply started very cautiously, with the openers scoring 1 run in the first three overs. A well-crafted 43 from Max Harris and a swashbuckling 42 from 27 balls from Mitch Leach saw us into a position requiring 50 runs from the last five overs. However, the loss of wickets along the way denied us the luxury of wickets in hand for the final assault and we were all out in the 37th over for 170. A loss for the 2nds by 40 runs.

Match Stats: <https://www.crichq.com/#matches/485108>

Manawatu Knights Chess Club

This is looking like a very big year for our chess club as we have just been offered the rights to the 125 New Zealand Chess Congress in Palmerston North - the first time in 71 years.

If you would like to join the club:

Manawatu Knights Chess Club at the Hokowhitu Bowls Club

Albert Street, Palmerston North

Meeting: every Tuesday 5.30pm-7.00pm

Contact: Mark 027 3382040 or 06 3237003

www.manawatuknights.co.nz

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

Isabelle Poff-Pensole

Alliance Française Palmerston North Incorporated

Manawatu Top Art Exhibition 2017

Four Painting students from Palmerston North Boys' High School have had their work selected to feature in the annual regional secondary school Top Art Exhibition held at Te Manawa Art Gallery. 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 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 are: Alex Hoare, Campbell McHugh, Matt Sinclair and Gordon Zhao who also gained a Scholarship as a Year 12 student.

You are encouraged to view the exhibition at Te Manawa Art Gallery from March 2nd – April 16th.

Paintings overleaf are by Matt Sinclair and Alex Hoare



Matt Sinclair



Alex Hoare



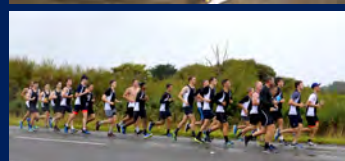
Ben O'Connor with the Challenge Shield; Caleb Hansen with the Super Eight bat; Ben O'Connor against Napier



2nd XI in action against Wellington College: (l-r) Hayden Skou, Craig Lawrence, Henry Deans, Max Harris, Mitch Leach



Tennis Super Eight: Alex Evans, Kurt Amey, Kieren Rooney, Caleb Young, Alec Pedersen; vs New Plymouth: Juniors: Ben Nixon, Dan van der Spuy, Jordan Viljoen, Reuben McKenzie-Robertson; Seniors: Kurt Amey, Blake Wilson, Caleb Martin, Alex Evans; Triathlon (page 3); Coast to Coast (page 2)



Crest to Crest (story on p. 8)



Year 13 Group challenged by the Waiohuru experience



Palmerston North Boys' High School
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The school acknowledges the above businesses, who through their significant sponsorship arrangements, assist us in developing young men of outstanding character. We appreciate their support and encourage you to also support them in return