



Palmerston North Boys' High School

Newsletter 2017 - April

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8 April 2017



Harrison Porritt was awarded Athlete of the Meet at recent School Athletics Championships



Last year's Year 12s who received Excellence endorsement in NCEA - Level 2



Year 9 Class Captains for 2017:

Back (L-R): Reid Philpott (9GA), Micah Teitinga (9GU), Cory Sharratt (9HW), Sam McFadzean (9MQ).

Middle (L-R): Dan van der Spuy (9PA), Samisoni Tonu (9RS), Ryder Nuku (9BD), Jacob Dredge (9TV), Saifaldeen Hassan (9HO).

Front (L-R): Thomas van Stipriaan (9MT), Riley Hudson (9BX), Flynn Underwood (9OG), Max Clough (9VN), Adarsh Dutt (9LB).

Absent: Ben Irvine (9GI)



1st XI through to Gillette Cup at end of year



Benjamin Wall, who was awarded the Albert Pootjes Cup for the most outstanding performance at the Manawatu Inter-secondary Schools Athletics championships



Year 10 Class Captains for 2017.

Back (L-R): Quinn Burton-Brown (10LO), Xzavia Mason (10MA), Ryan Cutler (10PV), Alex Evans (10PG), Logan McNabb (10HG), Zac Matthewson-Booth (10DC)

Middle (L-R): Tom Hansen (10BS), Cody Garton (10NX), Ethan Walsh (10MI), Kabir Benipal (10MS), Alex Ball (10LI), Jordon King (10TR)

Front (L-R): Matthew Allen (10JO), Thomas Greig (10CE), Logan Pomana (10JH)



(left) Mitchell Floyd-Naylor who raised \$350 for Relay for Life
(above) OK Chorale first performance for the year
(right) U15 Rugby team wins Sir Gordon Tietjens Tournament





From the Rector Mr David Bovey

They are surrounded by tradition every day: honours boards, photographs, banners and trophies, framed shirts and jerseys, recognition of the achievements of our young men since 1902. Our young men walk on the shoulders of those names, those men who have come before them.

Dear Parents

Thank you for your continued support and interest throughout an extremely busy term. The new Year 9 cohort has begun in a positive fashion and have embraced the ethos of the school. Some have found it challenging; but those who respond positively to those challenges will be better off for it.

The young men of the school are aware of the importance of our traditions. They are surrounded by tradition every day: honours boards, photographs, banners and trophies, framed shirts and jerseys, recognition of the achievements of our young men since 1902. Our young men walk on the shoulders of those names, those men who have come before them. As such, every crop of young men new to the school have a responsibility to uphold our reputation.

To some, however, there is a perception that traditional boys' schools are anachronistic. Everyone is entitled to their opinions about the style of education they may favour and they have the right to make choices. We are fortunate in New Zealand to have an excellent state school system. Schools that use their traditions to guide them on their future path find those traditions vital. All schools must look forward and tread cautiously in some regards: the case of the Emperor's new clothes abounds in education and, indeed, in society. That said, we do have a bean bag in the library.

The recent season of Footloose, the school's annual musical production with PNGHS, was a huge success and makes a lie out of the assumption that boys' schools are all about sport. Sport is important to many of our young men, so many of them play sport, but equally important are the cultural opportunities; and Footloose showed us once again what a wonderfully talented group of young people we have at our two schools. Congratulations go to Mr Burton and his team for the consistently high standard of these productions.

Such things highlight how fortunate we are as a school community to have staff and helpers willing to commit themselves to providing opportunities for our young men. As Young Mr Grace said, 'You've all done very well!'

As I often do at the start of the winter season, when we have so many teams involved in competitions, whether they be local, regional or national, I will make comment about sideline behaviour. I have seen some appalling behaviour from so-called supporters on the sidelines, who think it their right to abuse the match official or opposition players. This is intolerable and embarrassing. At school we discuss our expectations of our teams and our young men and it is important that these are supported at home and on the sidelines. Thus, a Supporters Code of Conduct has been introduced which outlines the expected behaviour of those choosing to support PNBHS teams:

- 1 Always remember the boys are involved in sport for their enjoyment, not yours.
- 2 Set an example – applaud good play and good effort.
- 3 Do not criticise team members or opponents for making a mistake.
- 4 Criticism of referees or umpires is unacceptable – officials give freely of their time and effort and do not deserve to be harassed by people on the side-line.
- 5 Support all efforts to remove verbal and physical abuse from sporting activities.
- 6 Do not come on to the field of play; do not enter changing rooms. No parents in halftime huddles.
- 7 Recognise the value of coaches and managers who give their time to provide opportunities for our young men.

At the heart of the matter is that we want our young men playing because they enjoy playing. They do not want to be embarrassed by the conduct of family members or supporters on the side of the field. Not everyone will be a national representative; it is important to keep that in mind to provide a realistic context. It is important to remember also that not all staff members will be the next national coach and yet some on the sideline think it their right to criticise team selection and offer uninvited advice; not every referee or umpire will be a professional. We want to encourage all those involved to stay involved.

Uniform

Sports uniform

As young men join various sporting codes to represent PNBHS there will be a set uniform that boys must purchase. While representing the school it is expected that students wear their sports uniform correctly and abide by school rules. It is also expected that associated registration fees are paid on time or a suitable arrangement is made with the Teacher in Charge prior to playing. If fees are not paid or an arrangement is not made students will not be able to play.

All items of sports uniform can be purchased from Mrs Groube at the Uniform Shop.

I thank you in advance for assisting us in maintaining standards of dress and behaviour on and off the fields and courts this winter.

Polypropylene

As the cooler weather approaches a reminder that young men may wear polypropylene under the school uniform as long as it is not visible. We recommend that young men purchase black v neck polypropylene tops to wear under their school shirts. These are available from a wide variety of suppliers.

In Physical Education classes young men may wear their club rugby jersey in cooler weather or they may wear a polypropylene top the same colour as their club, underneath their club singlet.

Jackets

Any raincoat may be worn to school on a wet day but must be removed once inside the school grounds. Should a young man wish to wear a jacket within our grounds it must be one of the approved black jackets. These are not permitted in classrooms. Well done to Year 9 students who are about to complete their

first term as students at PNBHS. You are now part of the long and proud history of the school. To those students travelling away on tours in the coming weeks - safe travel.

All the best for the holiday break and we look forward to a positive term two.



D M Bovey
RECTOR

Student Achievement

- **Academic** – at a recent New Zealand Super Eight Schools Academic Assembly we recognised young men who were awarded NCEA endorsed with Excellence in 2016: Level One - Kaykay Adeyinka, Omar Arafah, Ajay Bansal, Josh Beattie, Richard Bell, George Brown, Tom Buckley, Isaac Chan, Rishabh De, Christopher Dewhurst, Sean Duigan, Max Edwards, Jake Faville, Zac Frida, Jaymon Furniss, James Harris, Xavier Hill, Kaleb Idemaru, Eric Kwon, Henry Leck, Adam Martin, Joshua Morris, Braiden Mudford, Manjeet Panwar, Cam Pomana, Liam Quelch, Dineth Rajapakse, George Reddish, Joe Reddish, Jordan Richard, Bede Skinner-Vennell, Nick Slegers, Dontae Stanshall, Callum Walcroft, Kevin Xu; Level Two - Ronan Carroll, Alex Chapple, Nasir Choudhary, Jarod Govers, Michael Harris, Jack Harvey, Alex Hoek, Roman Jensen, Ryan Joe, Matthew Joe, Alistair Keay-Graham, Luciano Lanham, Jonty Lombard, Finn Martin, Roger McEwan, Jack Nesdale, Asa Ngirazi, Alex Nguyen, Matthew O'Leary, Junius Ong (Level One and Level Two), Harrison Porritt, Dineth Rajapakse (Level One and Level Two), James Rosendale, Kieran Sanson, Patrick Takurua, Matthew Taylor, Gordon Zhao; Level Three - Ryan Adams, Nelson Braddon-Parsons, Denzel Chung, William Hunter, Stanley Jackson, Alan Kirk, Phillip Lee, Wei Lim, Finlay McRae, John Robinson, Emmanuel Joseph Shaji.
- **Student Forum 2017** – congratulations to the following young men, who were named as representatives for the Student Forum: Thomas van Stipriaan, Callum Spicer, Thomas Sun, Max Davis, Samuel Phillips, William Wood, Jamie Penn, Digby Werthmuller, Patrick Takurua, Greg Shaw, Hamzah Arafah, Sam Kennard and Alan Kirk.
- **Year 9 Class Captains** – congratulations to the following young men: Reid Philpott, Micah Teitinga, Cory Sharratt, Sam McFadzean, Thomas van Stipriaan, Riley Hudson, Flynn Underwood, Max Clough, Adarsh Dutt, Ben Irvine.
- **Year 10 Class Captains** - congratulations to the following young men: Quinn Burton-Brown, Xzavia Mason, Ryan Cutler, Alex Evans, Logan McNabb, Zac Matthewson-Booth, Tom Hansen, Cody Garton, Ethan Walsh, Kabir Benipal, Alex Ball, Jordon King, Matthew Allen, Thomas Greig, Logan Pomana.
- **Athletics** – Harrison Porritt was selected as the 'Athlete of the Meet' from the PNBHS Athletics Championships following his wins in the senior boys' 400m, 800m and high jump, as well as securing the open boys' steeplechase title.
- **Athletics** - Manawatu Intersecondary Schools' Athletics Championships – the PNBHS team gained a total of 27 first place finishes, 18 seconds and 22 thirds; a dominant set of results.
- **Athletics** – Year 11 student Benjamin Wall was awarded the Albert Pootjes trophy for the most outstanding performance at the Manawatu Inter-secondary Schools' Athletics Championships. Benjamin won both the intermediate 1500m and 3000m events in record times.
- **Athletics** – the following young men have been selected in the Manawatu team to compete in the upcoming North Island Secondary Schools Athletics' Championships: **Juniors:** Aden Porritt, Liam Wall, Guy Petersen, Bradyn Popow **Intermediate:** VJ Tauli, Reif Dawson, Mark Seumanu, Benjamin Wall, Jaeden Shaw **Senior:** Piers Savage, Harrison Porritt, Reuben Brown, Jack Nesdale, Alexander Hull.
- **Agri Investment Week** - senior students Dan Davidson, Harrison Ward, Luca James and McKenzie Collis gained a scholarship which gave them the opportunity to take part in Agri Investment week, a nationwide campaign to encourage young people into the Primary Industries.
- **PNBHS/PNGHS Senior Production** – the season of the 2017 senior production 'Footloose' has concluded. This was an outstanding production, showcasing the huge amount of talent amongst students at PNBHS and PNGHS.
- **Mountain Biking** - Year 11 student Caleb Bottcher, placed second in the Kahuterawa Challenge, completing the 34km course in 1hr 53min 21sec.
- **Athletics** – at the Athletics New Zealand track and field championships in Hamilton, Bradyn Popow walked a personal best to win the M18 3km walk. Benjamin Wall and Alexander Hull reached the finals of the 1500m and 3000m races. Jack Nesdale was fifth in the M18 discus with a best of 41.69m. Old Boy Ben Langton-Burnell gained his first national title, winning the javelin with a best effort of 76.59m, while fellow Old Boy Quin Hartley won the senior men's 400m - a stand out performance considering that a little over three years ago there was a real possibility of him not ever competing again in athletics, following a serious head injury in a high jump training accident.
- **Motorsport** - Year 12 student Jacob Cranston came 2nd place in Rotax Lights and Year 9 student Jackson Rooney came 3rd in Junior Rotax in Te Puke.
- **Old Boys** – Business Alumni: at a recent ceremony two further Old Boys were inducted into the Business Alumni, in recognition of their significant contribution to the world of business or public service. The inductees were Sir Brian Elwood and Mr Bruce Lambie.
- **Prefects** – Daniel Hodgetts and Alec Hart were named as further school Prefects for 2017.
- **Touch** – the Senior A Touch team came third overall at the Regional Zones tournament, qualifying for the national secondary schools finals in December.
- **Music** – congratulations to Robin Park, Carson Taare, Daniel Hodgetts, Keun Hee Lee and Josiah Nevell, who have all been selected in the National Secondary Students Choir. We were privileged to have the NSS Choir conductor, Mr Andrew Withington, at school recently to hold a workshop for aspiring members of the OK Chorale.
- **Leadership and Character Development** – Junior students have completed their introductory leadership sessions for 2017, and the first Barrowclough Seminars for Year 11 and Year 12 students were well attended.

- **Mountain Biking** – Adam Francis won the under 15 Cross Country event at the Oceania Mountain Biking Championships in Toowoomba, Australia. At the same competition, Max Taylor placed fourth in the under 17 Cross Country.
- **Junior Musical Theatre** – nearly 50 young men have put themselves forward to be part of this group in 2017.
- **Cricket** – the 1st XI Cricket team had a first innings win over Auckland Grammar to retain the Oram Cup.
- **Relay for Life** – PNBHS was represented by a group of more than 60 young men who have collectively raised more than \$5000

for this very worthy charity.

- **Sevens Rugby** – the Under 15 side won their division of the Sir Gordon Tietjens 7's Tournament.
- **Sevens Rugby** - the Senior B Sevens team were the winners of the plate division at the Central Hawkes Bay Sevens tournament.
- **Volleyball** – The Senior A team finished third at the New Zealand Super Eight Schools tournament. Joseph Mafi and Pau Sekona were both named in the tournament team.



From the Deputy Rector

NCEA

Recently we presented New Zealand Super Eight Schools certificates and badges to young men who gained NCEA qualifications endorsed with excellence in 2016. It was fantastic to note the increased number of young men crossing the stage to accept these awards. In an environment in which 'qualification inflation' is rife, it is important that all young men are striving to achieve the best possible assessment grades that they can in order to keep the maximum number of future pathways open to them. Gaining a certificate or subject endorsement is one way of doing this. In 2016, 8.7% of Year 11 students gained NCEA Level One endorsed with excellence (9.8% in 2015), while 45.8% gained a Merit endorsement (41.5% in 2015). At Year 12, 8.8% gained NCEA Level Two endorsed with Excellence (5.7% in 2015), while 32.1% achieved this certificate endorsed with Merit (32% in 2015). At Year 13, 7.4% of students gained NCEA Level 3 endorsed with Excellence (4.9% in 2015), while 24.7% gained a Merit endorsement (28.4% in 2015).

PNBHS students gained a total of 37 Scholarship passes in 2016, 60% of all Scholarship passes achieved by boys in the Palmerston North/Manawatu region. Our congratulations to these young men who have elected to challenge themselves and sit the highest ranking New Zealand secondary school qualification. Again, these young men have provided themselves with a 'point of difference' that we hope will hold them in good stead in the future.

#PNBHSpeople

Those of you who follow us on Face Book (Palmerston North Boys' High School) may have noticed a number of recent stories profiling some of our young men.

We are aware that we have a huge number of young men who are achieving great things through their dedicated and diligent approach to school life. However, not all of these young men will rise to prominence through, for example, selection in an elite cultural group or first team. The #PNBHSpeople series will allow us to recognise the positive contributions of a wider range of young men.

Wellbeing and Adolescent Mental Health

Wellbeing is a topic receiving growing attention in New Zealand schools. Broadly, wellbeing encompasses the physical, mental, emotional, social and spiritual dimensions of health. When we are in a positive 'space' in all of these aspects, we are far more likely to flourish and achieve the goals that we set for ourselves; something equally applicable to all members of our school community.

At the recent New Zealand Positive Education conference, a number of concerning statistics were shared. Included in this was the revelation that more than half of the New Zealand population will meet the criteria for a mental health illness at some point in their lives; one quarter of New Zealand children experience a significant mental health problem before adolescence; and that 10% of the New Zealand male population has seriously contemplated suicide. It was also reported that, anecdotally, there has been a significant increase in self-harming amongst young people, with the current 'trend' to cut themselves in covered areas, such as around the hip, and to post images of this on snap chat. Young people who have self-harmed are at increased risk of depression and suicide. One of the conference presenters quoted a recent Australian government research project which reached the

Building resilience in young people is essential to counter such concerns and all of us play a part in this. Working with your son to give him strategies to assist when he experiences disappointment or failure – rather than jumping in to solve the problem on his behalf – is an important example.

conclusion that "in the average (Australian) Year 12 classroom there is one young person who has attempted suicide," a revelation which came soon after the release of statistics confirming New Zealand's youth suicide rates as higher than those of Australia.

These statistics are alarming and cause for genuine concern amongst parents and all those involved with young people. Some of the causal factors were discussed, chief among which is social isolation. While the current generation of young people are the most connected in history, many with extensive numbers of 'friends' on social media, their real life networks and friends have suffered. Dr Lucy Hone spoke about the "rise of the fragile thoroughbred" – bubble wrapped children raised by helicopter parents who have never had to face failure or challenging conditions that they have had to work through for themselves. Inevitably they are confronted by such circumstances, but are bereft of the tools to respond appropriately.

Dr Grant Rix explained that "ruminating about negative events is the strongest indicator of depression." It is important that young men accept that negative events will happen to them and that there will be times when they fail – despite the best efforts of many sectors in society to remove that concept from the school environment. Learning to accept that failure will happen, and developing a growth mindset in order to learn from these setbacks, are important skills for young men to develop. Having the ability to put such events behind them and to focus on being 'in the moment' and being present for what is currently happening, rather than focusing on what has happened, is important for young men. This is another aspect of wellbeing that can be affected by social media, where young men can sometimes find it difficult to escape from the results of failure or difficult situations.

Caroline Adams Miller quoted research identifying that people who have been rewarded for things they did not have to work hard to achieve literally have their brains rewired. This reward could take many forms, and most commonly in society it is the lavish praise that can accompany fairly benign achievement. Such praise makes people lazy and they come to expect praise and reward for only minimal effort. Conversely, "the happiest people wake up each day to the hardest goals." When we are forced out of our comfort zone, when we stretch our capabilities and learn and develop our skills by doing something new or different, we build genuine self-esteem. She went further to advocate the development of 'grit' - qualities we associate with perseverance, determination and commitment – as essential if we are to lead a flourishing life, concluding with the statement "If you're not failing, you're not challenging yourself. If you're not challenging yourself, you're not developing grit." (watch her TED talk for further information)

Building resilience in young people is essential to counter such concerns and all of us play a part in this. Working with your son to give him strategies to assist when he experiences disappointment or failure – rather than jumping in to solve the problem on his behalf – is an important example. When something does not go 'right', discuss this with him. But, rather than dwelling on laying blame, identify the lessons that need to be learned so that there is not a repeat in the future.

Work with your son to identify goals for him to work towards, both long term and short term, and then help him to break these goals into achievable step-by-step 'chunks' that he can work towards and achieve. When discussing goals, concentrate not only on 'what' your son wishes to become, but also on 'who' he wants to become. Often parents

and young men couch their ambitions for 'who' they want to be (for example honest, trustworthy, reliable, hardworking, caring, empathetic) in very different terms to 'what' they want to achieve (wealth, overseas travel, flash car etc.). One of these lists is more likely than the other to lead to genuine long term contentment.

New York Times columnist David Brooks discusses the difference between resume values and eulogy values. Resume values are those that we develop in order to build our resume; they assist in gaining employment and contribute to external success. Eulogy values – the traits of our personality and the results of our lives that we would like to have shared at our funerals - are much deeper and are at the core of our being; are we kind, honest courageous, what type of relationships have we formed? Brooks' concern is that many of us have clear strategies for, and an orientation towards, developing our resume values, but little planning goes into "how to develop a profound character." Most of us have thought about the materialistic embodiment of what success means to us, but have we considered the type of person we would like to be, and the type of person we would like our children to see us as?

In order to develop our profound character Brooks suggests that "example is the best teacher" and that when we come into contact with people we admire for their character we "consciously and unconsciously bend our lives to mimic theirs." These people "answer softly when challenged harshly. They are silent when unfairly abused. They are dignified when others try to unfairly humiliate them, restrained when others try to provoke them. But they get things done. They perform acts of sacrificial service with the same modest everyday spirit they would display if they were just getting the groceries. They are not thinking about what impressive work they are doing. They are not thinking about themselves at all."

This approach to life, in which true character is shown, is at stark odds to the materialistic and narcissistic approach to life that is so often portrayed through media, especially social media, targeting young people. Taking time to reflect on the truly important things in life is important in order to gain perspective. Experience helps us, as adults, to be able to do this. Without the benefit of experience, young people can struggle to put events into perspective, and this is how sometimes small and seemingly trivial problems can become all-consuming and place a significant burden on them. Discussions with your son about the admirable qualities in people – why they should be admired, respected and followed – might help to give him some of the 'bigger picture' perspective that can so often be missing.

Wellbeing is a multifaceted concept and I believe all of us are obliged to do all that we can to help the young men in our care develop in terms of their physical, mental, emotional, social and spiritual health. Should you have concerns about your son's wellbeing or mental health, please contact the school Guidance Counsellor, Mr Paul Pottinger (3545176 ext. 764). Other sources of help and support, available 24 hours a day, seven days a week, include: Lifeline New Zealand – 0800 543 354 / Healthline – 0800 611 116 / Depression Helpline – 0800 111 757 / Samaritans – 0800 726 666 / Suicide Crisis Helpline – 0508 828 865 (service for people who are having suicidal thoughts or who are concerned about family or friends) / <https://sparx.org.nz/> - an award-winning computer program that helps young people learn skills to deal with feeling down, depressed or stressed.

G M Atkin
DEPUTY RECTOR

Library News

We have seven new trainee Student Librarians, who have started off enthusiastically. In addition, most of the experienced ones have returned and make up a useful team of 24, keeping the library functioning well. Sam Bentham is our Head Student Librarian with the assistance of Emmanuel Joseph Shaji in the role of Deputy. Our Year 13 Librarians are Joel Grant, Jack Harvey, Jeremy Lloyd, Nick Punnett and John Robinson. New to the group are Dahrien Barnett, Nathan Emeck, Janos Heiser, Kaleb Humpage-Pinto, James Satherley, Luke Scott and Campbell Stevens.

Our Student Librarians each take a duty at the Issues desk, shelve books, help with student requests, like photocopying or printing unusual projects, and help staff with the covering and mending of books. This role is only open to Year 10s and upwards and we have a large contingent of seniors for a change. Our sole Year 10 team member is Jordan Neall, who is fitting in well.

Board games are played every Interval, Lunch time and after school and are a fantastic donation by the PTA. We have chess sets, draughts, Pentago, Othello, MiQube and the international bestseller, Blokus. Now may be a good time to clear out the bookshelves at home. We are very interested in donations of good copies of the popular titles which the Seniors may have outgrown e.g. Horrible Histories, Cherub series, John Flanagan's books, Derek Landy's books. For the large amount of students at this school, we can never have enough copies of these types of books.

Student Support Centre

LOST PROPERTY

It never ceases to amaze me the lost property that comes through my office UN-NAMED.

It is an easy transaction to get gear back to students if it is named.

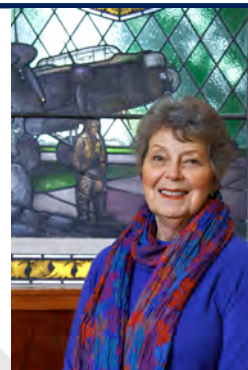
Please ensure that sports bags, sports gear, practice gear, & all items of school clothing are named.

It is only a matter of purchasing a permanent marker, even a biro will do the trick.

I thank you in advance for your consideration.

Barbara Shorter

Student Support Centre



The Renaissance Men

The Renaissance Men is a group of identified top scholars who have completed their university entrance by the end of year 12 as well as earned at least one scholarship in year 12, or shown themselves to be particularly talented within a specific discipline. The Renaissance Men for 2017 are: (l-r) Emmanuel Joseph Shaji 13WE, Nelson Braddon-Parsons 13WT, Wei Lim 13TY, William Hunter 13TY, John Robinson 13LD, Denzel Chung 13WE, Stanley Jackson 13DH, Ryan Adams 13WT, Alan Kirk 13LD, Phillip Lee 13TY, Finlay McRae 13DH, Jae Lee 13TY.



Leadership Report

"The basic manners in life; How to treat adults and pupils; Nothing achieved without hard work; Never give up; the actions of a man speak louder than words; the smallest actions have consequences; leadership is not a title but rather it is an action; at the end of the day, everything comes down to your character; the six core values of the school will help me for the rest of my life; respect and courtesy can go a long way and hard work will always be rewarded; take every opportunity that comes your way at PNBHS to make your time at school worthwhile; step outside your comfort zone; character; banter; give back; challenge oneself; never do things half-heartedly; it's not okay to do okay – destroy mediocrity; be respectful to be respected; win with humility, lose with dignity; Perhaps not the things I have learnt but the things I have absorbed from role models and teachers and things that have become part of who I am. The school values, I will continue to live by, have shaped my character. I believe being surrounded by other people who live by these values has taught me more than those who only preach them; Critical thinking; Essential skills that will be crucial for my future – academically (IQ) and people (EQ); Importance of everyday manners can get you a long way; How to time manage; Set goals at excellence level and work hard to beat them; Put in 100% effort in all aspects of life not just the main focuses e.g. habits; to have good relationships; Work ethic – hard work and persistence overcome all challenges, academic or otherwise; Learnt not to be shy, speak up and allow your opinion to be heard – confidence and communication are key; Stay true to your word – you will gain the respect of your peers and be able to interact with them in a positive manner; Sign up for and do as much of the things you want to do as possible; Not so much as learnt, as gained; Amazing friends who mean the world to me; Met some awesome teachers with vast deposits of knowledge; Was provided with amazing opportunities, like various camps and the like; Became more accepting of people and their beliefs; Character and reputation is important when entering the real world; When you put your mind to something and work hard you can achieve your goals; Nothing is impossible; Respect those around you and create friendships; No sweating small stuff, seeing the big picture; Respect can get you a long way; Hard work and persistence pay off; Be humble and do not overreact to negative situations; Be proud of myself and keep my chin high; Love family and friends and look after the ones closest to you. Read more, run more, listen more."

A Collected Record of the "Things I Learned at PNBHS" by leaving Year 13 Barrowclough Programme Students 2016

The summer season is drawing to a close and as we farewell daylight saving, we welcome the season of "boy heaven" where mud flies and grit and perseverance come to the fore as the academic and other pressures come on - great stuff.

We are knee deep in character education season and the young men are getting stuck in wherever you look.

- Barrowclough Leadership Seminars for Year 11 and 12 as well as Leadership 101 with a fine bunch of Year 13 students, have all commenced. With more than 100 in the Year 11 and Year 12 Barrowclough student groups we are having lively discussions on all things "Trump" and "Hit and Run" as we debate the leadership issues of the day – there is no shortage of fodder to sink our teeth into!
- A recent book review even became a "Book Preview" as the young men were challenged to take the first steps to writing a book on Harold Barrowclough.
- 38 young men took up the challenge to travel to the World Vision Youth Conference in Wellington and this has seen a great group of students across all year groups step up to lead the push for this worthwhile school-driven effort to raise funds for charity. Benji Pritchard is leading the push here with Alan Kirk and Hamzah Arafah in support.
- Year 9 and 10 Form Class Captains have been selected and appointed. Our Prefects are running very settled Head Prefect assemblies and we are pleased to say that once again the school is in a settled state for another challenging year ahead. We have witnessed great commitment and leadership from all involved in the school production.
- Senior Year 13 Mentors have been given licence to inspire and lead junior form classes – the rest of course is up to them; they will get out what they put in, reap what they sow.
- Sam Kennard self-started the PNBHS Harriers group at Head Prefect assembly recently and was overwhelmed with the response.

Young men are leading – look out!

You will see the collected thoughts of senior students who departed at the end of 2016 – how pleasing it is to see the

repetition of what it is we set out to do developing educated men of outstanding character through hard work based on solid school values ringing loud and clear. There are too many negative distractions – we are full steam ahead developing character in young men. Look out - here we come! There will be bruises and mistakes along the way and many will do the wrong thing. We will put them back on the tracks, give them some consequences and keep pushing them to the end goal where they are willing to go for it with a positive attitude.



Some books for your young men to consider reading in the holidays, amongst the exercise programme in the Manawatu Gorge, are depicted.

Read more, run more, listen more! Thank you for your continued support of your young men. The Leadership Journey continues.

Paul King
Leadership Director

Performing Arts - it's all go



Footloose was perhaps the most successful PNBHS/PNGHS senior production yet. A simply amazing group of 95 young adults excelled in their theatre technologies operation, musicianship and singing, dancing and acting. As well, they were superb in their offstage co-operation, support and leadership.

With occupancy at a record 99% (we reinstated the front row to meet demand for the last two performances), it was certainly appreciated by the community.

Thanks must go to the team of adults who made this opportunity possible, especially the following:

- Mr Paul Dredge whose onstage band were simply outstanding,
- Mrs Kirsten Clark who drew superb harmonies and solos from the cast,
- Ms Cara Hesselin and Ms Alex Hughes for creating the action-filled choreography,
- Mr Brett Greer, Ms Jennifer Mann and Ms Pam Marks for addressing a host of production tasks;
- Mrs Sally Darby and Mrs Carol Kellett who dressed our cast so effectively,
- Mrs Angie Baines and Mrs Kelly Pfeffer-Marshall for supervising the GHS makeup team,
- Ms Nikki Weston for supervising Props and supporting company members,
- Mrs Sue Taylor, the backstage Company Mum,
- Nev Lauridsen (nlproductions) for his outstanding sound engineering and
- Rhys Doherty (ignz) for lighting design and installation.
- As well, we are indebted to Rich Marshall for producing an outstanding programme and Jon Clarke and Brendan Lodge for their photography expertise.

A selection of photographs can be seen on the back page.

Term 1 in the Music Department

The year has been off to its typical manic start for the Performing Arts. Many have been focused on the school production but at the same time are gearing up for the year and for the competition season in Term Two. Numbers are high. Our itinerant music programme is bursting at the seams with just over 200 students attending instrument lessons each week. Our all-comers choir, Son of a Pitch [SOAP] has over 60 members and both our Year 10 and Senior Concert bands have more than 50 players each. When you add the smaller ensembles, barbershop quartets and contemporary music to this, there is plenty happening.

Our two elite ensembles are already in top gear preparing for the year ahead. Stage Band, which has a large number of new players, spent a weekend at Highland Home to workshop new material before their first gig at Relay for Life. This young group [nine of the 17 players are from Years 9-11] performed very creditably and showed great potential at their first outing. Their first competitive test is at the Tauranga Jazz Festival over Easter and we wish them well.

OK Chorale was fortunate to have National Secondary Students Choir Director Andrew Withington for a day of workshops and to help select the final squad on March 3. This was an empowering day where the guys gained a great deal from a gifted and exuberant facilitator. In a break with tradition OK Chorale numbers 17 this year, the largest group in its twenty-four year history. Of this number, five have been selected for the 2017-18 National Secondary Students Choir. This is an outstanding result when you consider that the cultural hub of Christchurch has only four members in total from all schools.

Andrew will return to work with Chorale in Term 2 in preparation for the Big Sing competition.

Now that groups are finalised and we are starting to rev up, there are a number of performances and competition dates to put in your diary.

Incoming!

- April 5: New Plymouth BHS Cultural Exchange, combined schools concert – 5pm Spiers Centre
- April 29-30: Stageband/ OK Chorale: Manawatu Tattoo, Manfield Park Stadium, Feilding, Concerts Saturday 7pm, Sunday 2pm
- May 7: Concert Band/ Stageband: Hawkes Bay Festival of Bands,
- May 19: Rockquest Regional Heats Globe Theatre
- May 27: OK Chorale and ensemble groups: Rotary Youth Festival, PN 10am - 2pm cafes and venues around PN
- May TBC: SOAP and quartets: Barbershop Regionals- Wellington
- June 2: Rockquest Regional final
- June 3: Stage Band: Manawatu Jazz Festival Schools competition
- June 8: Chamber music groups: Chamber Music NZ Schools Competition Spiers Centre 4pm-9pm
- June 12: Stage Band / OK Chorale: Primetimers Crossroads Church [community service] 2pm
- OK Chorale - Musica Viva – Square Edge, 7pm
- June 14: OK Chorale, SOAP, Pasifika choir and 9-10 PMU choir: Big Sing regionals, Regent Theatre. Day sessions and evening Gala Concert.

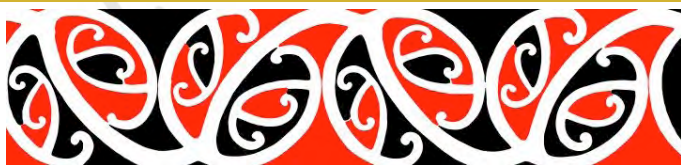
Relay for Life

Despite the wet conditions, PNBHS had its most successful year ever raising well over \$5,000 to go towards cancer research. A large contingent of senior students got sponsorship for the event with Mitchell Floyd-Naylor (\$350), Matthew Watts (\$330), Alex Nguyen (\$198) and Benji Pritchard (\$175) leading the way. Special mention goes to Caleb Hansen, Daniel Hodgetts, Jesse Hyde, Tom Tremain, Andrew Matheou, Ben O'Connor, Omar Arafeh, and Reuben Dods who raised over \$100 each. Students also had five



sausage sizzles.

Thanks to Hamzah Arafeh for his organizational skills. Thanks to the Crawley family for donating a few hundred sausages on the day. Thanks also to parents and staff for all your support and lastly, thank you to the Manawatu Cancer Society for organizing Relay for Life 2017.



Tēnā koutou katoa

A special thanks to all our whānau who were able to attend our hui in week 9 of this term. We wish Kaea Taylor and Finlay McRae all the best for the Regional Race Unity Speech Awards being held at the NZ Police Central Districts HQ, Civil Defence House 170 Cuba Street Palmerston North.

Date: Thursday 6th March Time: 5.30 p.m

Māori & Pasifika Achievement Committee - Whānau Representatives

We would like to have four parents/caregivers join our Māori Kaiako Committee which meets once a term. As discussed, we believe that there is an opportunity to have greater whānau input into gaining positive outcomes for our tauira. We are looking for two people for PNBHS Māori Achievement and two people for PNBHS Māori Fundraising.

We will also include nominated student representatives into our committee. If you would like to be a part of this group, please forward a brief expression of interest outlining your experience and what strengths you could bring to the group. Please forward these to me no later than Tuesday 11 April - kendalj@pnbhs.school.nz

PNBHS Whānau Hui/Fono Meeting

Date: Thursday 15 June Time: 6.00 p.m Venue: Speirs Centre

We accept that, at times, life gets hectic and busy for us all. Our whānau hui are communicated well in advance via multiple forms of communication. Please pencil this date into your calendar. These meetings are open to all students who wish to connect with kaupapa Māori events and activities happening within the school. Nau Mai, Haere Mai.

Māori Student Profiles

Name: **Mikaere Pore-Tipene** Year: 13 Leadership: 2017 Prefect Club: Vernon

Mikaere has a deep passion and commitment for Kapa Haka. He has performed on the national stage for Te Piringa and more recently at the national Te Matatini, performing for Te Tā Mataora. Mikaere attributes his involvement with Kapa Haka to the late Pā Dawson Tamatea. "He believed in me and told me to keep going even when practice and trainings were challenging and difficult".

Whakatauki: *E hara taku toa i te toa takitahi, he toa takitini* – My strength



is not as an individual but as a collective.

Name: **Kaea Taylor** Year: 12 Leadership: Oratory & Kapa Haka Club: Phoenix

This year Kaea has taken on the challenge to enter the regional Race Unity Speech Competition.

This year's theme for the Speech Awards is 'Standing up to racism – that's us!' Kaea has also performed on the national stage twice for Te Piringa.

He strives for success and believes he has had plenty of strong models along the way.



Whakatauki: *Ko te kai a te rangatira he kōrero* – The food of chiefs is dialogue.

Name: **Finlay McRae** Year: 13 Leadership: 2017 Prefect & Oratory Club: Albion

Finlay was a member of the record breaking leadership team that broke the Crest to Crest record by in one hour and 20 minutes. Finlay was recently acknowledged at our Super Eight Schools Scholars' Assembly for gaining Excellence with Endorsement at Level Three in 2016. Finlay will also be competing in this year's Race Unity Speech Awards.



Whakatauki: *Mahia i runga i te rangimārie me te ngākau māhaki* – With a peaceful mind and respectful heart, we will always get the best results.

Mau Rākau (Māori Weaponry)

Students from PNBHS had the opportunity to attend a weekend at Te Kohanga Whakawhaiti Marae in Pahiatua to learn about the art of Māori weaponry. Our young men were joined by other groups from Wellington, Pahiatua, Takapau and Napier. From the students' perspective, it was an experience which put them to the test in terms of discipline, Te Reo Māori and establishing relationships with others.



Junior Science Roadshow



This week we have had the Science Roadshow visit and set up their Science exhibits in the School Hall. What a wonderful hands-on experience for our Junior students! Many of our Junior students come to PNBHS having never done any Science prior so this is a great way to introduce them to many key ideas to get them thinking about Science in the real world.

The Science Roadshow is a non-profit organisation, which takes Science to schools and their communities all around the country. For a minimal

charge of \$8 per student, the show is open to students up to Year 10. There are 70 hands-on exhibits and two demonstrations. Many of the exhibits are related to what the Junior school are or will be learning about in Science. The students thoroughly enjoyed the show and, hopefully, we can have them back again next year.



1st XI and 2nd XI Inter-school Cricket

vs St Pat's, Silverstream – 02/03/17

Batting first on the Silverstream pitch, it seemed that the 1st XI would have to rebuild their innings once again as two early wickets fell to have them at 15 for 2 in the 7th over. However, Thomas Walshe (played into form in Butler Cup) and Bryn Wilson put a stop to the rot with a 3rd wicket partnership of 112 runs. They both played sensibly and ran well between the wickets, putting the bad ball away. After the loss of Bryn's wicket, Thomas continued to work well with the middle and lower order and PNBHS set a competitive total of 196 for 9 in their 50 overs. Wilson scored 56 and Walshe 79.

The Boys' High bowlers started the second inning in uncharacteristic fashion, losing their discipline and conceding a number of extras and runs from loose deliveries. They did pick up four wickets but failed to apply scoreboard pressure as the St Pat's batsmen were allowed to maintain a good run rate, looking comfortable at 106 for 4 after 26 overs. Captain Ben O'Connor then introduced himself into the attack at the 23 over mark and, in conjunction with Bryn Wilson, put the brakes on the scoring. As the pressure built, wickets began to fall in quick succession. Some smart glove work from wicket keeper Ruben Love accounted for Silverstream's best batsman and O'Connor soon snaffled a handful. St Pat's were bowled out for 121 in the 37th over. Cameron Harridge took 2 for 30 but Ben O'Connor was the destroyer-in-chief with 5 for 10 from 7.1 overs.

The PNBHS 1st XI won by 75 runs.

vs Horowhenua College - 16/03/17

For their first 1st XI Championship knockout game of the year, PNBHS hosted Horowhenua College on the No 1 field at school. Ben O'Connor lost the toss and was asked to field first. The 1st XI bowlers soon settled into a good rhythm and made scoring tough. The pressure soon led to wickets and once Jack Harris had removed the opposition's top batsman, the rest of the team soon followed. They were bowled out for 66 in the 37th over. Jack took 2 for 7 in 6 overs and Ben O'Connor 4 for 8 in 8 overs.

After lunch, the PNBHS opening batsmen made short work of the total with some good running between the wickets and positive strokeplay, passing their score in the 12th over. The 1st XI won by 10 wickets. Thomas Walshe scored 31 not out.

vs Rathkeale - 21/03/17

The second 1st XI Championship knockout game of the year took place at the picturesque Rathkeale College oval. PNBHS won the toss and batted first. The top order failed to fire and it was again up to Bryn Wilson to marshal the middle order in a rebuilding phase. This took the team through the bulk of the middle overs and allowed the team to accelerate in the closing overs. First James Stratton, with 21 from 19, and then Ben O'Connor, with 55 from 30 took the score to 223 for 9. Bryn Wilson scored a mature 63.

Jack Harris and Cameron Harridge bowled a miserly opening spell which had the Rathkeale batsmen swinging at thin air at 8 for 3 after 10 overs. This set the trend and allowed the subsequent bowlers to pick up regular wickets as the opposition struggled to gain a foothold. Rathkeale eventually capitulated to end on 75 all out in the 32nd over. Jack Harris took 2 for 6, Bryn Wilson 2 for 8 and Finn Martin 3 for 37. PNBHS won the match by 148 runs.

vs Wanganui Collegiate - 27/03/17

The first game of CD Quad qualifying was played on Ongley artificial no 2 against Wanganui Collegiate. Having lost the toss and been asked to field, the 1st XI bowlers set about their task of strangling the opposition with precise, accurate bowling. Runs were at a premium and as soon as the Wanganui batsmen tried to dominate, they lost wickets. By the time Ben O'Connor introduced himself to the attack, they only had 57 on the board and were desperate for a competitive total. He soon put paid to that idea, taking 5 for 16 in 7.3 overs. The other wickets were shared around to have Collegiate all out for 95. A complete bowling performance on an artificial wicket.

The early finish to the innings meant that the PNBHS opening batsmen had to face 25 minutes of bowling before lunch and they managed this with 11 runs for the loss of one wicket. After lunch, Tom Tremain and Caleb Hansen batted sensibly, with staunch defence and good running between the wickets, accelerating the scoring as they got set. By the time Caleb perished for 25 in the 23rd over, the team was on 85 and within sight of victory. Tom went to his half-century by hitting the winning runs over the boundary, finishing on 53 not out in an 8 wicket victory over the old foe.

vs Nelson College - 28/03/17

The final of the CD Quad qualifying was played on grass against last year's qualifiers, Nelson College. PNBHS won the toss and elected to bat on a lively wicket. The opening batsmen made a steady start in the face of some tidy bowling and an opening stand of 31 in 10 overs looked to be setting up a promising score. Unfortunately, the all-too familiar malady of losing wickets in clumps then set in, leaving the 1st XI floundering at 68 for 6 in the

31st over. Luckily Ruben Love (30) and Sam Russell (21) came to the rescue with a 7th wicket stand of 52 to give the scoreboard some respectability. The team was bowled out for 124 in the 49th over. Thomas Walshe made a patient 23.

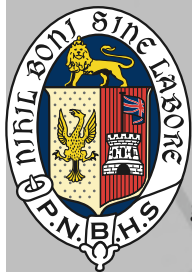
Defending a sub-par total was always going to require a determined effort and that is exactly what the 1st XI produced in the field. Tight bowling was backed up by sharp catching and fielding and the opposition was soon feeling the scoreboard pressure. This fighting spirit soon led to wickets and Nelson succumbed to be 56 all out in the 31st over with PNBHS winning by 68 runs. All the bowlers deserve to be recognised for their efforts: Jack Harris – 2 for 7; Cameron Harridge – 1 for 5; Bryn Wilson – 2 for 10; James Stratton 1 for 12; Ben O'Connor – 2 for 5 and Finn Martin 1 for 10.

This means that the PNBHS 1st XI now represent Central Districts at the NZSS 1st XI Cup in Christchurch in December.



Receiving their caps:
(top) Rishabh De receiving his 1st XI cap (no 765) from old boy Aaron Klee
(middle) Caleb Hansen - cap 756
(below) Captain Ben O'Connor receiving Central District Winner - Secondary Schools Boys' First XI Cup





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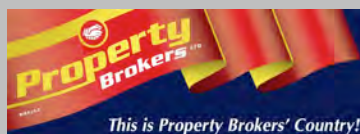
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Level 1 Geography field trip to study the 1931 Earthquake



On Wednesday, young men studying Level One Geography undertook a field trip to Napier. This excursion is intended to help students gain a better understanding of the causes and effects of the 1931 Napier earthquake, a key case study for one of the topics we are currently studying.

In groups we visited the Napier sea front, where we were able to see first-hand some of the impacts of the earthquake on the physical environment, and the CBD, where the effects of the earthquake could be seen on information boards, as well as visual evidence of the long term recovery – the rebuilding of Napier with its famous art deco architecture. The Napier museum provided an opportunity to see artefacts from the quake as well as to read and hear first-hand accounts from survivors.



From the top of Bluff Hill we were able to see what was formerly the Ahuriri Lagoon, a significant area of land that was uplifted and today is used for residential and commercial development, Napier airport and agriculture. At Park Island Cemetery we saw the mass grave where 86 of the victims of the earthquake were buried.



HOMESTAY A PNBHS INTERNATIONAL STUDENT

Have you ever thought about being a homestay to a PNBHS international student?
PNBHS have a number of Vietnamese students arriving in June for a short term stay:

1 June – 3 July (4 ½ weeks)

10 June – 8 July (4 weeks)

17 June – 1 July (2 weeks)

- \$240 per week for each student
- Comprehensive homestay support from PNBHS
- Rewarding & enriching experience
- Explore new cultures & languages
- Create lifelong relationships
- A wonderful addition to your family

For more information and to register your interest, please contact Wendy Christophers, Accommodation Manager, at homestay@pnbhs.school.nz or 06 354 5176 ext 775

Please feel free to pass onto any friends or family. It is not a requirement to be a parent of a current Palmerston North Boys' High School student in order to be one of our homestay families, however we do need to Police Vet all applicants.

Hi Palmy
Boys

Ice World is returning to the Palmerston North Square for the month of April

2017. This year the Ice Rink will be accompanied by a giant Snow Globe which can fit 10 -12 people at a time. The Ice Rink opens 1 April and will be open throughout the Easter and April school holidays from 9am to 9pm each day until 30 April.

Ice World are running a photo competition to be in the draw to win an Apple Watch. Photos taken on the Ice Rink and uploaded to the IceWorldNZ Facebook page go into the draw.

If you have any questions, please contact Wayne

ICE-WORLD new zealand

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E: wayne@ice-worldnewzealand.co.nz

www.ice-worldnewzealand.co.nz

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Ice World New Zealand is a division of Douglas Projects International
To find out more go to www.douglasinternational.co.nz



Massey University

Massey University Study - Asthma Research Study

Massey University is currently conducting an important health research study looking at the role of bacteria (that are naturally present in the airways) in the development of childhood asthma. One in 4 New Zealand children suffer from asthma. However, despite medication, 25% of these children still experience asthma symptoms and the reasons and underlying mechanisms are not clear. This study aims to investigate the possibility that airway bacteria are associated with causing childhood asthma in some New Zealand children.

The study seeks to recruit 600 children with asthma, aged 8-18. If your child has asthma the researchers would greatly appreciate it if you could take part in this important health study.

If you want more information or would like to take part in the study, then please e-mail or call
Jean Feary Mckenzie at j.fearymckenzie@massey.ac.nz or 0800 080 078 053.



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This month's Artwork



Christian Hawira-Seanoa



Harry Kinghorn



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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