



# Palmerston North Boys' High School

## Newsletter 2017 - September

Volume 23 No 6

29 September 2017



Top Massey scholars who gained three or more A+ grades:  
(l-r) John Robinson, Denzel Chung, Finlay McRae, Ryan Adams, Stanley Jackson, William Hunter, Nick Punnett



(above) Colts Hockey team (story page 11)  
(top right) Start of New Plymouth Exchange  
(below) The winning team at Badminton nationals (story page 10)



Oscar Oswald, captain of Regional Basketball winning team



Junius Ong, newly elected BOT Student representative



(above) 2nd Group of boys on Tama Tu Tama Ora  
(left) Trade Fair winning team: Manav Dhillon, Mr Doolan, Alex Evans, Noah Holden, Jay Ranchhod, (absent) Ram Biswa  
(centre) Alistair Keay-Graham off to New Caledonia  
(right) Emmanuel Shaji receives award at Science Fair

(far left) Modern day education - first English exams being written on line  
(left below) Year 12's involved in "Loves Me Not" programme (see story page 6)

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



## **From the Rector Mr David Bovey**

People contacted us to let us know how impressed they were with the conduct of our young men; how positive, courteous, respectful they were. Such compliments about the character of our young men are always appreciated, and when success follows it is gratifying that this has been achieved while maintaining our standards.

Dear Parents

The recent winter tournament week was for many of our young men the climax of a very busy few months. Those who were involved during this particular week had the opportunity to test themselves against some of the very best teams from throughout the country. A number of the teams did well, exceeding their own expectations while others did not do as well as they had hoped.

The same applies to other areas of school life. Those involved in cultural activities have also competed or performed often during the year. All of these very worthwhile endeavours place demands on a young man's time. And amidst all this busyness, we must remember that the primary focus for our young men must be academic. At the time of writing, the seniors will be coming to the end of their school examinations which are crucial as preparation for the external examinations later in the year. Like tournament week, these examinations give our young men the opportunity to test themselves, to see how ready they are, how prepared they are, for their NCEA examinations.

But for many of our young men, these exams will be on them before they know it. Pink Floyd once sang "And you run and you run to catch up with the sun but it's sinking, racing around to come up behind you again..." Our young men will appreciate what that feels like – the feeling that the day is on you before you're ready. But proper preparation will enable them to face the academic challenges with greater confidence.

Another pleasing aspect to come out of the recent tournament week was the number of positive messages we received from officials and organisers, from parents, from accommodation providers and from Old Boys throughout the country. People contacted us to let us know how impressed they were with the conduct of our young men; how positive, courteous, respectful they were. Such compliments about the character of our young men are always appreciated, and when success follows it is gratifying that this has been achieved while maintaining our standards.

Oftentimes these standards are not easy to maintain when we see the way some top sportspeople conduct themselves on the field. Constant arguing with a referee, or showing open dissent when a decision goes against them; showing a lack of respect to the opposition by the way they applaud when a mistake is made; throwing a ball away so the opposition can't get it. It is disappointing to note the creep of such things into our national teams.

But I digress. As we head into the school holidays, our young men need to ensure they are using this time to begin in earnest their preparations for the NCEA examinations. The single most important focus for senior students henceforth is the achievement of their academic goals. Some sacrifice may be called for; some hard work will be necessary but the absolute priority for each and every one of our young men must be on achieving to their potential. Study, study, study.

All the best to those teams who are competing in a range of national competitions during the coming break. Have a well-deserved break and return ready to go.

### **Staffing**

Vacancies for 2018 have been advertised and a number of interviews have been conducted.

### **Enrolments 2018**

At this stage there are close to 380 enrolment applications received for Year 9 in 2018. We have had to implement the enrolment scheme and a waiting list for students out of zone has been created.

### **School Fees and Donations**

Our thanks are extended to all families who have paid their son's school fees and donations for 2017. The fees and donations are absolutely vital to the school's continued ability to offer the opportunities available for our young men. Many of the programmes and opportunities the school offers would not be able to be offered without these contributions.

D M Bovey  
Rector



## Student Achievement

- Academia – at a recent assembly presentations were made to young men in the Year 13 Accelerate Programme who had achieved A-, A or A+ grades in Semester 1 Massey University Papers.
- Mathex – at the annual Mathex competition, Year 9 teams finished first, third and fifth while the Year 10 teams finished first, second and third.
- Basketball – Jake McKinlay has been selected in the NZ U17 basketball team.
- School Ball – this year's School Ball received some attention from Seven Sharp.
- Cultural Exchange – the annual cultural exchange with New Plymouth BHS was held recently with a concert at the end of the day. A great opportunity for musicians to perform with those from another Super Eight school.
- Go Karting – Jacob Cranston qualified for the World Rotax Max Challenge Finals in Portugal in November following a successful domestic season.
- Jimmy Carter Quiz – the PNBHS team won the Manawatu Jimmy Carter Quiz for the first time since 2009.
- Student BOT Rep – Junius Ong won the recent election to become the 2018 Student Representative on the Board of Trustees.
- Power Lifting – Harrison Richards finished second in the U74kg class at the NZ Powerlifting Championships.
- Winter Sport – a number of football, hockey and rugby teams won their respective local competitions from the winter season.
- Athletics – Bradyn Popow has been selected in the NZ U16 Athletics team to compete in Australia in December.
- Dance – Zac Maskill won the Year 10 solo category at the Dance NZmade regional competition.
- Smallbore Shooting – Lachie McNair finished third at the NZSSS Championships.
- Winter Tournament Week:
- Badminton – Senior A team won Division II; Senior B team fourth in the same division
- Basketball – the Prem A team won the regional qualifying tournament; the U16 team finished third at their tournament in New Plymouth
- Football – the 1st XI finished 30th at the NZSS tournament in Napier; the 2nd XI finished fifth at their tournament, and the Junior team ninth.
- Golf – the Senior A team finished seventh at the NZSS Championships in Hastings.
- Hockey – the 1st XI finished third at the Rankin Cup; the 2nd XI won the Galletly Cup, the national tournament for 2nd XIs and the U15 Colts won the Tanner Cup.
- Rugby – the U16 team won their annual quad tournament for the first time since 2009; the U15 Colts finished ninth at the National Invitational tournament in Wellington; the U14 team finished sixth at the Colquhoun tournament hosted by PNBHS.
- Table Tennis – the Senior A team finished seventh in A Grade at the NZSS Championships in Palmerston North.
- Wrestling – Jack Scrimshaw won two gold medals, a silver and also had a fourth placing at the NZ Wrestling Championships.
- Loves Me Not - a programme delivered in conjunction with the police, the Loves Me Not programme was delivered to the Year 12 boys and is based around healthy and respectful relationships.
- Golf – Greg Shaw finished eighth at the NZ U19 Championships.
- Triathlon – Adam Martin finished third in the U19 Sprint Race at the ITU World Triathlon Finals in Rotterdam, Netherlands. Older brother and recent Old Boy David finished fifth.



### From the Deputy Rector

#### Senior Examinations

As you read this, young men in the senior school will have completed their school examinations and, in most instances, have received the grades from these important assessments. As the assessment papers are marked, and moderation processes completed, grades will become available for parents to view via the Parent Portal. I encourage your interest in these examinations. While some young men may claim that they are only 'mock', or not important because they do not count for credits, the opposite is the case. These examinations will provide both your son and his teachers with a concrete indication of his progress to date in the Achievement Standards to be assessed in the external examinations. As such, the feedback that your son receives will be vital for his preparation for these examinations, and will also help to inform the programmes that teachers implement in the short time remaining at school for senior students.

Achieving the best assessment grades that he can will assist your son to leave as many future pathways open to him as possible. It is important that he begins his preparation for the external examinations as soon as possible. The human brain learns through repetition. Short periods of revision over a long period of time will leave your son much better prepared, with information stored in his memory and able to be retrieved when required, than will 'cramming' at the last minute. While the prospect of spending the school holidays revising is unlikely to appeal to many young men, it does provide parents with an opportunity to help

Kardaras posits that to get ahead in an increasingly tech savvy world young people need sharper minds, capable of critical and creative thinking and problem solving. He highlights the irony in this, with "research clearly showing us that screens are dulling rather than sharpening young developing brains."

their sons put in place a plan to maximise the time available to them over the coming weeks. Examination leave for senior students begins at the end-of-school on Friday, November 3.

#### Junior Examinations

The end-of-year examinations for junior students (November 6 – 10) are likewise very important. These examinations will provide your son with a very concrete picture of his progress during the second half of this year, and, most importantly, provide him with feedback so that he can continue his academic development. The upcoming school holidays will provide an opportune time for you to work with your son to ensure that his notes are up-to-date and that he has completed homework tasks that have been set. Developing a revision timetable is another important task parents can assist with. Young men tend to spend more time revising the things they enjoy the most or are already good at. However, it is those things that your son finds difficult that really need the greatest emphasis.

#### Global Trends - Boys' Education

The recent Australia-New Zealand regional conference hosted by the International Boys' Schools Coalition (IBSC) was themed 'Bucking the trend: What works for boys.' The trend referred to in the conference title is one of boys underachievement. Globally there is a growing gap between the educational achievement of girls and boys. This gap is apparent in both New Zealand and Australian schools. However,

in neither country do central government have any plan for addressing this gap, somewhat at odds with the emphasis that has justifiably been placed on lifting achievement levels for underperforming groups in recent years. In New Zealand, at NCEA Level Two the achievement gap is small, about 4%, and has narrowed over recent years. However, at NCEA Level Three the gap between the achievement of girls and boys is closer to 13%.

Boys' schools are cognizant of the vital role they play in addressing this situation and in New Zealand research undertaken in recent years indicates clearly that boys who attend boys' schools are more likely to achieve NCEA and Scholarship qualifications than boys who attend co-educational schools. The Association of Boys' Schools New Zealand has commissioned research in an attempt to understand in more detail why this is and we look forward to being able to share this with you on the coming years.

The deliberate crafting of school culture was identified at the IBSC conference as an essential common element of the work of boys' schools. In boys' schools, it was noted, striving for academic excellence is a given. It is the 'extras' that are offered though that make a difference in terms of engaging young men and assisting them to find meaning in what they are doing. Consequently, we place great emphasis on our school vision, To Develop Educated Men of Outstanding Character, as we believe the work that we do, in partnership with our parent body and school community, is so important in shaping our future generations so that they might flourish for their own good and the good of our wider community and society.

## Glow Kids

The soft, warm glow highlights the glassy eyes hypnotically staring at the screen. It could be pretty much any time, day or night. Sound familiar? Glow kids, the term used to describe those illuminated by their screens, is the title of a recent publication by addiction expert Dr Nicholas Kardaras. Kardaras weaves together the results of research into the effects of internet use and screen time on adolescents and his own, sometimes shocking, clinical experiences dealing with young people who have been caught out by the deliberately addictive nature of computer games and the internet.

Many of the statistics, anecdotes and stories from practice shared by Kardaras are concerning and certainly deserving of our attention. A number of salient points have been collated below:

There is no credible research that shows children exposed to more technology at an earlier age have better educational outcomes than technology-free children.

There is an increasing amount of clinical research correlating screen time with disorders such as ADHD, addiction, anxiety, depression and increased anxiety.

Brain-imaging studies indicate that excessive screen exposure can neurologically damage a young person's developing brain in the same way that cocaine addiction does. Screen addiction is more difficult to treat than cocaine addiction. There is no regulation of 'screens'. Furthermore, children – the most vulnerable to the effects of screen time – are deliberately targeted by video game makers.

Video games stimulate the 'flight or fight' centres of the brain that were responsible for human survival over many thousands of years. However, unlike our ancestors, whose brains were able to rest after the threat had dissipated, video games are specifically designed to maintain this sense of arousal, something people are not evolved to cope with.

Any time there is arousal, there can be addiction. The more frequent the arousal, the greater the chance of addiction.

Many young people are being placed in a vicious cycle of arousal; "The more I stimulate a child, the more I need to keep stimulating that child in order to hold his or her attention. As with a drug addict, tolerance and desensitization develop, and the hyper stimulated child needs ever-increasing levels of visual stimulation to continue to stay engaged."

For 20 years, beginning in the 1960's, a longitudinal German study identified a 1% per year loss of sensory awareness in university students as

a result of exposure to television. While 1% might not sound like a lot, over a twenty-year period it is significant. Kardaras points out that this study concluded in the early 1980's, well before the advent of laptop computers, tablets or the ubiquitous smartphone, all devices likely to have a greater impact on the human brain than the television programmes of the 1970's and 1980's.

In a 2011 New York Times article it was revealed that many tech executives and engineers working for Silicon Valley companies chose to have their children educated in Waldorf schools because of their educational philosophy that eschews technology. Steve Jobs was a notoriously low-tech parent. Silicon Valley tech executives and engineers enroll their kids in no-tech Waldorf Schools. Google founders Sergey Brin and Larry Page went to no-tech Montessori Schools, as did Amazon creator Jeff Bezos and Wikipedia founder Jimmy Wales.

Education psychologist Dr Jane Healy reported, after years of research into the impact of computers on children's education, that "time on the computer might interfere with development of everything from the young child's motor skills to his or her ability to think logically and distinguish between reality and fantasy."

Kardaras posits that to get ahead in an increasingly tech savvy world young people need sharper minds, capable of critical and creative thinking and problem solving. He highlights the irony in this, with "research clearly showing us that screens are dulling rather than sharpening young developing brains."

The access of young people to pornography, especially violent pornography, is warping their understanding of what is appropriate and expected behaviour in their relationships with females. At the aforementioned IBSC conference one presenter explained that there is a significant spike in visits to pornographic websites between 3.30pm and 7.00pm – the time between young people leaving the school gates and their parents arriving home.

Dr Leonard Sax notes that in addition to being addictive, video games do not engender the resilience or drive that flourishing in the real world requires. If you are playing sport, learning an instrument or involved in other cultural activities, you will experience failure and disappointment and go through tough times. Each time we experience these difficulties we learn from the experience and consequently we become more resilient. When you lose in a video game you hit reset and start over again. There is learning in this, but the message is very different.

Kardaras refers to screens as 'digital heroin' given the similarities in the effects their use has on the brain.

Exposure to technology is essential for our young men. They are growing up in, and will go on to work in, a world that is becoming increasingly tech driven. However, it is essential that the manner in which they are exposed to this technology is controlled and monitored so that the benefits are not diminished by the proven negatives.

As a school we have been very deliberate in our approach to the incorporation of digital technology in our curriculum and teaching programmes. Digital technology provides educators with a range of incredibly powerful tools. However, our approach as a school is that IT is just that – a tool. One that should be used when appropriate in the classroom, and one that will be more appropriate for certain topics and for certain subjects on some occasions, but less appropriate in other subject areas and at other times. We understand how essential it is that young men develop the necessary skills to use digital technologies. We also understand how essential it is that young men develop problem solving, communication, interpersonal, relational and teamwork skills, and there are many ways in which these can be developed through the use of both traditional and contemporary pedagogies.

'Glow kids: How screen addiction is hijacking our kids-and how to break the trance' by Nicholas Kardaras, Ph.D.

## The Impact of Digital Distraction

Increasingly we are finding that young men who come to prominence through poor behaviour, poor attendance or academic underachievement are exhibiting concerning behaviour in relation to their use of

screens, in most cases this relates to gaming and social media use. If you are concerned about your sons use of digital devices – how much time he spends on them, the impact this is having on his real world relationships, increases in aggressive behaviour, asking you to call in sick for him because he stayed up late gaming – to name just a few, please contact the school Guidance Counsellor, Mr Paul Pottinger (pottingerp@pnbhs.school.nz or 3545176 ext. 764).

## Cybersafety Presentations for Young People and Parents

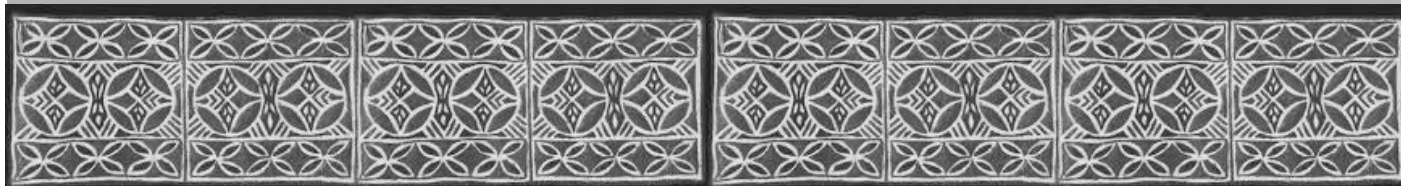
John Parsons will be running a series of FREE workshops and seminars in Palmerston North from the 24th-27th October 2017. John has been invited to Palmerston North by the Social Socks Charitable Trust and MidCentral Public Health Service, with sponsorship through the Palmerston North Local Initiatives Fund, Crest Hospital, and the Palmerston

North Hospital Postgraduate Society.

John Parsons is an Internet Safety and Risk Assessment Consultant to schools, the private sector and health sector, providing specialist advice and direction on the safe use of digital communication technology. John works with New Zealand Police, Child Youth and Family, Safeguarding Children Initiative (SCI New Zealand), Government sector agencies, Barnardos, New Zealand schools and private sector organisations.

- **Workshop for young people.** Wednesday 25th October 4pm onwards. Hosted by the Youth One Stop Shop (YOSS). For information contact Trissel Mayor: trissel@yoss.org.nz
- **Open evening for Parents.** Thursday 26th October 7.30pm – 9pm (tea and coffee available from 7pm). Globe Theatre. RSVP info@socialsocks.co.nz

## Pasifika News



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

## Pasifika News & Updates

It has been a while since the Festival and our Pasifika cohort has been resting from the busy 1st week of this term which saw them do well in the Pasifika Fusion. In the meantime, all students are preparing for upcoming assessment deadlines and examinations.

## Examinations & Study

As the year continues to close in, our senior and junior students will be preparing to complete internal and external assessments. I would encourage you to keep talking to your son about his school work and also if there are any important deadlines he has to meet. Also, ensure that your son knows the time, venue and whatever equipment needed for the examinations. There are plenty of places in which your son can choose to work on his studies for exam preparation:

**PNBHS Homework Centre** - Thursdays from 3.30 - 5.00pm in C10 with teachers

**POWERUP Homework Centre** - Pacific Centre, Bill Brown Park, Havelock Avenue, Highbury

**School Lunchtime & Afterschool Tutorials** - In our daily notices, there are always opportunities given for your son to attend group tutorials during lunchtime and afterschool.

If you have any concerns about your son's progress at our school, please contact our school or call into the front office

*Senia Samuelu Eastmure*

*Dean of Pasifika*

## Voices from the Pacific



### Feite Anitele'a

(Left)  
9RS, Samoa

"I love our school, being Samoan & part of the Pasifika club makes me feel special. I'm proud to be Samoan and I want to do well in school for my family"

### Samisoni Tonu

(Right)  
9RS, Tonga

"I love Palmy Boys, it's the best ever. Love the brotherhood here, so very happy. Mr Doolan likes us, so that makes it even better. I like the muffins he brings us at Homework Centre"

### Mitchell Floyd-Naylor

12BC, Cook Islands  
Rarotonga

"I play a lot of sports such as golf, rugby and basketball. My favourite motivational quote is from Rarotonga, 'Te maata i taau ka oronga ko te maata rai ia i taau ka rauka' which means the more you give to anything in life, the more rewards you receive through learning."

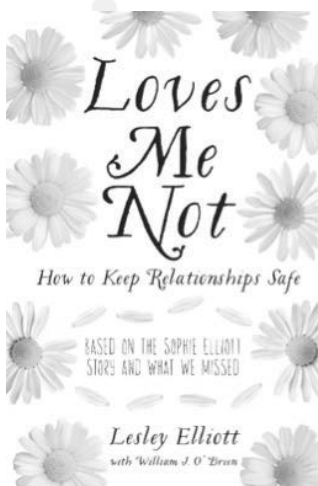
My future aspirations are to either be an electrical fitter or be a policeman.

I just want to give back to my parents."



## "Loves Me Not" programme for Year 12

In 2008, the horrific murder of Sophie Elliott by her former boyfriend and tutor, Clayton Weatherston, shocked New Zealand. Following her death Sophie's mother, Lesley Elliott, quickly realised that if they had both missed the signs of an abusive relationship so could many others. So with the help of the Police she developed a programme called 'Loves-Me-Not' for Year 12 students.



Thursday 7th September the Year 12 students at PNBHS completed the programme which included exploring healthy relationships and the sometimes difficult subject of relationship abuse and consent with the long-term outcome, that young people live their lives free from the harm of unhealthy and abusive relationships.

'Loves-Me-Not' focuses on healthy (equal) relationships as opposed to unhealthy (controlling) ones.

The programme was facilitated by Police, Non-Government Organisations and staff from PNBHS.

From this programme, the students will be able to:

- recognise qualities of good relationships
- recognise early signs of relationship abuse
- understand sexual consent, what it means, and why they need it
- apply critical thinking about who is advantaged by societal myths, and how these myths may perpetuate relationship abuse and acts of sexual abuse
- explore if, when and how to be an active bystander
- 'take action for change' for themselves, their friends and family, and the wider community to have safer communities together.

At the end of the day, the Police gave a copy of Lesley's book to everyone. The book includes advice and suggestions on how to identify problems, how to deal with them and where to seek help.

A big thank you to everyone involved.

## Manawatu Science and Technology Fair



Over the weekend of 17th -20th August, PNBHS students entered their Science projects into the Manawatu Science and Technology Fair. They had to summarise their project onto a board, talk with research scientists about their project and answer questions. Jacob Aull, Jonas Holman and a group of Lachlan Walcraft, Rohan Sharma and Davis Farrar-Ferguson all gained Fonterra High Distinction

Awards. Special Prizes were also picked up in the following categories: Massey University, IFS Highly Commended Statistics Prize – Emmanuel Joseph Shaji, John Robinson and Alan Kirk; New Zealand Institute of Chemistry First Place Prize – Jonas Holman; Jacob Aull won the National Collective – Te Tahuri Whenua Prize, Ministry for Pacific Peoples Vaka Science Excellence Award First Place Science Section and Highly Commended in the Pasifika Theme Projects. A big thank you to Ms Taylor for all her behind the scenes work she does with the students helping them with their projects.



## Library news

Our boys are reading! With a good book series, boys know what to expect. They often feel a connection to the characters, which is deeper than that made with characters in a single title, so they are eager to keep reading. A series is a great way to help boys catch the reading habit! Our Library has many different series from Action adventure to Fantasy and Science Fiction. Popular ones are highlighted on our Stratus page. Some students have to renew their books because "Mum/Dad wants to read it after me". Book discussions with teenagers are only to be encouraged!

We have launched our new collection of eBooks, which operates through Wheelers ePlatform. This is not a large collection due to the high cost of some digital books but worth a look!

Our Year 11 and 12 Student Librarians who are working hard this year are Finn Davidson, Nic Frost, Trent Hooper, Connor Hurnard, Jacob Jochem, William Jones, Andrew Karatea, Antoine Ryba-Edwards and Nick Slegers. We welcome a few more new team members; Matthew McEwen, Jordan Neall, Christopher Dewhurst, Keegan Leask and Matt Deakin.

Mrs Kennedy keeps interest high in the Library, with her varied displays. Before the Ball, boys could practice tying different neckties with instructions, a mirror and four to choose from, along with relevant books about good manners and social etiquette. Even Year 9's got involved. She's organised an off-road motorbike to promote our books and teaches us about climate change, among many other fun and factual displays.

*Mrs Langley*

## French Students Do Well

The Alliance Française Concours Oral winners for the Central Region are taken from the DELF Scolaire Examination results for 2017. Congratulations to the following students whose efforts have been rewarded:

Year 9	Elliott Motion (First Place)
Year 10	Jordon Long-Lay (First Place)
Year 11	Nikhil Banerjee (Fourth Place)
Year 12	Michael Poff (First Place)
	Alistair Keay-Graham (Second Place)
	Aidan Berkahn (Fourth Place)

## Alastair off to New Caledonia

Alistair Keay-Graham went forward to the National Concours Oral for Year 12 on Saturday 9 September and won first place. The prize is a two-week trip to New Caledonia in December, thanks to sponsors Aircalin, Education Perfect, New Zealand Association of French Teachers and the Mission d'Accompagnement à la Scolarité en province Nord in New Caledonia. Alistair will certainly enjoy the experience of two weeks in a French-speaking, tropical environment, a well-deserved reward. We wish him all the best for his exciting adventure in New Caledonia.



## Leadership Update - September

Young men frequently offer great advice on all manner of things regarding the future and things we can do better.

A young man recently shared some quotes with me which I wanted to share with you. *"Plus est en vous - there is more in you than you think."* Kurt Hahn.

We have completed another two journeys (June and August) into the wilderness with 75 Year 10 students on Tama Tu Tama Ora this year, and the outcomes in personal growth, hardship and (weather driven) misery for most of these young men was hard to comprehend. But it was clear that they all realised at the end of it that in the top two inches they were all capable of going further. So it is for all of us.

But how often do we make the effort to push ourselves a little bit further? Or do we find it better to stay in our zone of comfort? Reading their journals from their experiences, it was evident that they all agreed that their character had been significantly enhanced by their experiences.

This provides a neat segue to the second quote: *"What lies behind us and what lies before us are tiny matters compared to what lies within us."* Ralph Waldo Emerson.

We live in the here and now. Whilst history is important and having a vision to shape the future is also important, it is of paramount importance to live in the here and now, to do the little things that matter, to not miss the shiny little opportunities that present themselves daily that may lead to something great - in short - to do the basics well. Hard work always leads to something great. The final words of wisdom from our young man, *"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year inherit a fortune. If you want happiness for a lifetime, help somebody. Chinese proverb."*

Never a truer word spoken - one of my favourite books on the reading list is "Serve to Lead"



by James Strock. The happiest people seem to be people who are doing something for others, be it small or plentiful. Have you ever wondered why the great philanthropists do what they do? Once they had achieved wealth they all worked out that life is best spent in spreading happiness. It does not need to be linked to fortune. Time is another great resource and time spent helping others brings great satisfaction. Put another way, Albert Schweitzer defines it something like this: "Those of you who will be most happy are those who have sought and found how to serve."

### Seizing the Day.

- The school involvement in Sir Peter Blake NZ Leadership Week in July was a magnificent week, with a wide range of speakers (pilot/adventurers, philosopher/historians; Antarctic researcher/scientists, an Old Boy Doctor and our returning super motivator Rowie McEvoy) providing great messages around dreaming, seizing opportunities, making a plan, never giving up, being a person of principle, being courageous, making a difference in our climate affected world and working hard. As always, the importance of good character rang from the rafters and there was something for everyone.
- The school also conducted a "Leadership Forum" on "Change and Our Response to Change" with over 350 students from 13 regional schools attending.
- In the area of character development, the entire Year 12 cohort have recently completed a NZ Police and other NGO led "Love Me Not" programme on relationships based on the Sophie Elliot story. It was a powerful, hard hitting and enrich-

ing experience for the young men.

- Ten young men from Year 12 have recently been selected to attend a transformational Leadership Conference in the school holidays with yLead.

Benji Pritchard and Matt Watts have continued to lead their highly motivated World Vision team in fund raising for the people of Syria with a range of activities and are to be highly commended for their work and leadership.

- Learning Leadership has continued through the Barrowclough Programme, with the delivery of the final seminars for the year to Year 11 and 12. The scene was set by Simon Sinek on "Millennials in the Workplace" which is a highly recommended piece to watch providing much food for thought. All senior Barrowclough students have been challenged this year to step up, be uncommon by pursuing excellence, destroying mediocrity and becoming an outlier to lead the school next year.
- Once again it has been pleasing to see the high percentage of Barrowclough students crossing the stage to receive awards not only in sporting, music and other cultural pursuits, but also NCEA Excellence awards - goal setting seems to work and the harder you work, the luckier you seem to get!
- The junior school have received presentations on Optimism and Tolerance and Tama Tu Tama Ora (Year 9) and 20 Rules for Women (Year 10) as part of their ongoing character education. The leadership journey continues - thank you for your support to our young men.

Paul King  
Leadership Director

### Words of the Week: For Life

1. Dream; have a strong plan; Never, never give up
2. In Life - we learn from failure
3. Relationships - listen to your wife; family; be a good father
4. Resilience: do not be afraid to fail
5. We are limited only by the limitations we set upon ourselves
6. Agnotology: the deliberate use of information not to act on something we know
7. Make a 2% difference per year
8. Do not hide behind the fact that you can't make a difference
9. Act on fact, not on fiction - hard work and knowledge hold the key to success
10. Courage; Action; Never Give Up
11. Leadership occurs in many ways but it is a skill you can work on and develop over time
12. Character - a stamping tool; character means the self chosen stamp we put on our self chosen personality; we are responsible for who we are
13. Virtues: wisdom, justice, courage and self control
14. Character is the foundation of integrity and leadership: everything you do today shapes your character
15. Lead by your own good actions
16. Be a principled person; everyone has the ability to lead
17. Look after the most vulnerable in society
18. Explore the world
19. School offers opportunities, but you need to set goals and actually take those opportunities; be dedicated to your goals and be adaptable



"Always do what you are

afraid to do."

— Ralph Waldo Emerson





## Performing Arts

### Drama

**Curriculum** focus for senior students has now shifted entirely to exams the school version of which have recently drawn to a close. We have encouraged Level 2 and 3 students to look closely at how many credits they need, what the requirements of other subjects are and make a reasoned choice about whether to attempt one or both papers for the school exams. Quality is far more valuable than quantity and past experience has shown that a number of students end up doing both papers poorly. We would rather they did one well. Doing none is not an option. Exams should be returned next week (last week of term) and this will give students a clear picture of what they need to focus on before externals. They can decide to do both papers in externals if they choose.

**Year 10 students** have begun work towards their Achievement Standard assessing their use of Drama techniques and Year 9 students have just begun their final cycle of Drama/IT.

**A dance team, Just words, that's all**, competed at the recent Dance NZ Made regionals in the Regent Theatre and comprised Tom Bowie, Connor Philpott, Luke Scott, Zac Maskill, Callum Prichard and Hayden Day. They performed a piece they had choreographed themselves over the last two terms. Combining a range of experiences against some very polished teams they did well and while they could have competed at Nationals, with exams on they made the call that they did not have the time to put in the necessary practice. Zac, a young man with exciting potential, also performed a solo self-choreographed item and was selected for National finals. We wish him well. Thanks go to student teacher Ms Georgina Agius for her support of the team.

**Theatresports**, under the leadership of Charles Johnson and Leveson Jensen, ran their own competition over recent weeks. Congratulations to Zain Collins and Trent Hooper who won and earned a tuckshop voucher. Thanks to Charles and Leveson for their enthusiastic and dedicated coaching throughout the year.

Both companies of **Junior Musical Theatre** are in full and highly enthusiastic swing! Mrs Kirsten Clark (assisted by Mr Mark Kilsby and Finn Davidson) is directing A Company's selection from Newsies. B Company is led by senior students: Chris Dewhurst, Callum Crawley, Aidan Berkahn, Nick James, Trent Hooper and Connor Hurnard and working up a number from Grease. Both will perform as part of the Junior Performing Arts Showcase in Term 4. We look forward to seeing a number of these young men bringing their skills to auditions for Anything Goes.

**Junior Play** under the direction of Ms Sophie Belcher and Mrs Jess Lowry, are rehearsing a play Ms Belcher has written for them. Again there is a lot of enthusiasm as they build towards Showcase too.

By the time you read this, we will have had our compulsory Information Evening for next year's PNBHS/PNGHS senior production of the



Noel Coward classic, Anything Goes. Workshops and rehearsals commence on the first day of Term 4 and run over 3 weeks. All information can be found on the Company Information page of our new website: <https://burtonc7.wixsite.com/pnbhspnghsproduction>

*Creating outstanding performing arts' opportunities for young men*

### Music

#### Cultural Exchange with New Plymouth



On Wednesday August 30th, the music department hosted the Cultural exchange with New Plymouth Boys' High School. This had to be rescheduled from April when a storm cut off the access through Whanganui. The New Plymouth group were welcomed on to the school grounds with a Wero from the senior Maori students. A very powerful occasion which set the scene for the day. There were various workshops throughout

the day, a voice technique workshop in the morning attended by Maori and Pacifica students, a Jazz improve workshop, Junior and senior debates and the morning programme culminated in a combined lunch at College House.

The afternoon programme saw the groups divide off a little more with a Kapa Haka workshop in the hall, a Stage Band workshop in the rehearsal room, a barber-shop choral workshop in the auditorium, a singer songwriting workshop in the music block and senior debating in the Library.



A very successful day finished with a combined schools concert and all groups showcasing a little bit of what they had learnt during the day. It is really good to be able to form a cultural partnership with one of our traditional neighbouring boys' schools and definitely an annual exchange that we wish to keep going.

Congratulations to our barbershop quartet who participated in the national Young Singers in harmony competition held at Westlake Boys' High School on Wednesday 20th August, as this goes to print we are waiting for the result.

Congratulations also to Patrick Takurua who scored a High Distinction 95% pass in the Trinity College Advanced Performers exam on piano, a very accomplished result.

There are three concerts at the end of next term to put in your diary.

**The Junior Performing Arts evening** will see the Year 9 concert band perform on Tuesday 21st November in the Speirs centre and the Year 10 band will perform on Thursday the 23rd November this will be followed by junior performances in the Drama department.

The Stage band is now working hard towards their **Stage Band Christmas Dine and Dance** to be held at the Manawatu Golf Club on Wednesday November 1st at 7pm. This was a fantastic night last year and a good way to celebrate an early Christmas with friends and family. Tickets are pre-selling fast and will be available at the finance office. \$50 for dinner, glass of bubbles on arrival and spot prizes during the night, or table of 10 for \$450.00.

The **OK Chorale** will also be holding an end of year concert this time combining with PN Girls High School and will be held at St Peter's Church Terrace End on Saturday 4th November with a gold coin entry.

The music department will round off their years' activities with all of the senior groups performing at the school prizegiving.





### Twenty years of Super Eight School's competition

Arguably the single most powerful inter-school competition anywhere in New Zealand. The SES has provided over the last two decades a platform for highly competitive contests between eight of N.Z.'s leading boys school's. The concept and structure is the envy of many other school's and in particular the large catchment area of Auckland.

This wide ranging competition serves some what as a litmus test for the participating school's as it gives hundreds of boys the chance to compete against the best in their given sport or cultural pursuit.

The NZSES was the brainchild of Chris Grinter, headmaster of Rotorua Boys'. He called a meeting of every state school from the North Island and received a lot of expressions of interest. Several schools such as Wesley College and Whangarei Boys' had to concede transport was too much of a hurdle. It was then decided to invite only State Boys' schools.

The final eight schools were: Hamilton, Tauranga, Rotorua, New Plymouth, Gisborne, Napier, Hastings and Palmerston North.

Over the years this sporting competition has evolved to accommo-

date cultural activities as well with the introduction of Kapa Haka, debating and chess.

The NZSES competitions have proven to produce top teams and a direct pathway post school into higher honours.. The performance of teams like Hastings Boys' 1st XV, Palmerston North Boys' Prem A Basketball team and New Plymouth Boys' Cross Country teams show boys no longer need to seek out scholarships at some of the private or 'cashed up' State schools to advance in their careers. The athletes can stay at home, strengthen their domestic programme and progress to the top using the platform provided. In fact, I believe in most cases resisting the temptations offered by other schools has meant the boys have probably achieved at a higher level whilst at high school and afterwards.

One of the questions put to Mr Grinter on the inception of the NZSES competition was around its sustainability. After twenty years of competition and growth the answer is "Absolutely".

Congratulations to Basketball, Badminton and Chess for their SES title wins this year. Twenty years of Super Eight School's competition



## Reports from Tournament Week Teams

### Prem A Basketball Win Regionals

The Prem A Basketball team had big wins in their pool games over Hawera, Upper Hutt, St John's Hastings and Onslow to set up a quarter final with Napier Boys' High School.

Intensity was demanded by the coaches and the Prem A were ruthless all tournament.

Up 18 - 4 at 1/4 time, Napier rallied but a big 3rd quarter by PNBHS who out-scored Napier by 21 points meant that the game was comfortably won at three quarter time. The Prem A went on to win 94 - 38. Jacob Collis top scored with 15 points.

The semi final against Wellington College was going to be tough. We lost to Wellington College at the beginning of Term 3 in our inter-school fixture. Wellington are big and strong and play very hard. Taine Evans was everywhere in this game. His hard, physical approach hurt Wellington and forced many turnovers. Tama Fa'amausili top scored with 16 points and another five players scored in double figures. Final score was a 103 - 57 win.

The final was against Rongotai College. At finals time, big players step up and there are none bigger than Callum McRae. Callum top scored with 28 points and got 19 rebounds. Captain Oscar Oswald scored 16 points but, as with the whole tournament, all the players had good contributions. Final result was a 100 - 71 point win. The team appreciated all the support they received throughout the tournament.



This was the first time PNBHS won Zone 3 Regionals since this format started in 2003. It was also pleasing to see that all four Super Eight teams at Zone 3 Regionals made the top six teams therefore all qualifying for Nationals. Last year's Zone 3 Regional winners did not make top 8 at Nationals, so the team know that there is a tough 3 weeks of training

heading into Nationals.

### Junior A Basketball

#### Regional Tournament (New Plymouth 01 Sep - 05 Sep)

The team played 4 pool games, winning all of them and finishing top of the pool. Josh Viljoen led the scoring, with 19 points, against Feilding as we ran out very comfortable winners 103 - 24. Our next opponents



were Onslow College whom we beat 117 - 59 (La-Quahn Matakatea 25 points). The game against Hutt Valley High School resulted in a win 83 - 52 (La-Quahn Matakatea 21 points). Hastings BHS pushed us all the way, but we eventually won 77 - 60 (La-Quahn Matakatea 21 points).

An excellent performance against Mana College in the quarter-final, 113 - 50 (Ryan Cutler 29 points), ensured we qualified for the top 4. A replay of last year's semi-final against Napier BHS, was the first real challenge we faced in the tournament, and unfortunately we failed to rise to it. Napier comfortably beat us 70 - 108 (La-Quahn Matakatea 22 points).

There was still a job to do in the 3rd/4th playoff game against New Plymouth BHS. We started strong, and despite a fightback from them in the last quarter, we held on to win 74 - 54. (La-Quahn Matakatea 22 points).

Although disappointing, everyone contributed to a fine spectacle of junior basketball. The team played 13 games this season and only lost 1 game. Well done boys.

## Senior A Badminton win NZSS Badminton Division 2

On Sunday 3rd August 2017, both the Senior A and Senior B badminton teams travelled to Napier to compete in the annual New Zealand Secondary Schools Badminton Nationals (NZSS). The Senior A's performed exceptionally well on the first day despite having to play 3 teams in one day: Tauranga Boys' College, Hutt Valley High and Waitaki Boys' High. The boys had convincing 5-1 wins over Tauranga Boys' and Hutt Valley High and a 6-0 win over Waitaki Boys' High from Oamaru. The next day started at 6.30pm for the Senior A's and the additional rest proved useful, allowing us to win 6-0 against Whanganui High. This put us top of Group A and pitted us against the runner-up of Group B, Auckland Grammar 2.

On Wednesday morning, we played against a young Auckland Grammar 2 team, a school well-known for its strong badminton players. Beating this school would allow us to advance to the semifinals, whereas losing would result in us being 'knocked out' of the top four draw. Due to this immense pressure, the boys played to their full potential and won the tie 5-1, allowing us to proceed forwards to the semis. In the semis,



and every member of the Senior A team put in 110% in every rally and game and ultimately, resulted in us winning the tie 5-1 making us the champions for our division.

2017 has been one of the most successful years for the Senior A badminton team as the team has been undefeated for 2017. We played a total of 14 matches and won all of them. None of this would have been possible without the boys giving it their all in every after-school Wednesday trainings and early Sunday morning trainings. On behalf of the Senior A boys we would like to thank Mr Ong for training, coaching and managing the team for all these years as we would not be here today without all his hard-work.

## PNBHS 1st XI Football team finishes 30th at National Tournament

Sam Jones (captain), Kyle Rowe, Finlay McRae, Jaeden Shaw, Cam Wallace, Scott Hilson, Josh Davenport (vice-captain), Luke Minshull, Kaykay Adeyinka, Jacob Cranston, Jett MacGregor-Dunn, Sam Stewart, Kaisei Lee, Jack Bron, Ryan McDermott, Matthew Pearn.

Palmerston North Boys' High 1st XI football team played in the National tournament in Sunny Napier, winning 2 games and losing 5. On the final day they finished in 30th place, playing St Peter's College Auckland, losing 0 - 1, in an entertaining encounter.

Despite finishing in 30th place, the team played well in most games, dominating some phases of the game, but failing to execute on their chances when it counted. A loss in their first game with Nelson College, followed by a loss to Auckland Grammar put the team under pressure early in the tournament. An emphatic win against St John's Hamilton was not quite enough to qualify for the top 16, finishing 3rd in their pool. A loss to Francis Douglas Memorial College after a penalty shoot-out was followed by a narrow loss to Macleans College. A win against Hastings Boys' High School meant that the team was playing for 29th/ 30th place against St Peter's College Auckland, which was subsequently lost, 0 - 1. The 1st XI are a young team and will build on their experiences from the National Tournament.

## 2nd XI - 5th at Tournament

In less than dry New Plymouth conditions, the 2nd XI played 6 matches over 4 days during Winter Tournament Week. The team performed exceptionally well, with convincing wins over Francis Douglas Memorial College (5 - 1), Kuranui College (6 - 0, hat trick I.

Franklin) and Hauraki Plains College (6 - 0). The team was beaten after a penalty shootout against traditional foes Napier Boys' High and advanced to the 5th / 6th playoff after beating Central Hawkes Bay (2 - 0) where they played Kuranui again. PNBHS were too strong and prevailed, sealing 5th spot in the tournament. Captain Nelson Braddon-Parsons was a fantastic leader on and off the pitch, while Isaac Franklin claimed the 'unofficial' Golden Boot with 7 goals for the tournament. Alex Bowden was voted the team's Most Valuable Player by the opposing teams.

## Junior Football X1 - 10th in Hillsdene Trophy

Squad; Sandesh Biswa, Coebine Castell-Spence, Devon Charles, Mason Charlton, Zac Farmer, Matthew Goacher, Kane Henderson, Callum Kennett, Alex Kilkelly, Takasane Ogawa, Caleb Palmer, Callum Parsons, Ben Pitcher, Jacob



Riley, Joshua Tamblyn, Tom Warnock. Coach Mr. W Docherty, manager, Mr. J Richards. Tournament results were; lost two, drew one and won six. The final placing of the Junior X1 was tenth.

In pool group the first game was against King's HS Dunedin, the eventual winners of the tournament. The boys were taken by surprise at the speed and intensity of the game. The outcome was a loss 1-0. The second pool game was equally intense and fast. The opposition was last year tournament winner, Westlake BH.

we were up against our Senior B team who were eager to prove to our coach that they were Senior A material. However, the Senior A's were not ready to give up their spots in the team and won the tie 6-0.

On the final day, we were up against Burnside High in the finals. As the Senior A team consisted mainly of Year 13's we realised that this would be our last tie with this team. Knowing this, the boys wanted to finish off the year with a strong performance. Each

The game see-sawed back and forth. Westlake managed an equaliser in the last ten minutes of the game, 2-2. The last pool game was against Matamata, which was easily won by 4-0. Unfortunately, with a loss and a draw this meant that the boys were in the bottom group.

With each game the team improved, and their performance resulted in a series of decisive wins and even mismatch games.

PNBHS had the highest scores, 10-1 and 8-0 which proved that they should have been in the top group. Coebine netted sixteen goals in the tournament and deservedly was awarded Golden Boot and MVP.

The Hillsdene Football Tournament held at Tauranga was a great experience for our young men and for the future of football at PNBHS. There is no substitute for competitive game time. The Junior Football X1 boys performed well and were good ambassadors for the school. It was a pleasure to be part of that experience.

## Table Tennis Nationals

Palmerston North hosted the NZ Secondary Schools Table Tennis Championships during Tournament week. We entered three teams. One team qualified for A Grade and two teams entered the C grade competition.

The A grade team of Jae Lee, Thomas Sun and William Hunter came 7th in their competition against Auckland, Christchurch and Waikato Schools. They won against Wellington College.

The C grade PNBHS 2 team of Dan Heaphy, Changhee Cho, Rishabh De and Kaushal Patel came 2nd losing only to Tauranga Boys' College.

The PNBHS 3 team of Jin Shim, Sam James, Angus Lyver and Cameron Pearce came 4th in the C grade competition, with a loss to Tauranga Boys', PNBHS team 2 and the Freyberg/PNBHS combined team. They won against Long-

burn Adventist College. Weiyang Teh, who joined us from Christchurch during this term joined Kazumi Sato and Scott Lohead from Freyberg High School in a combined team.

Competition from Auckland Grammar, Burnside High School, St Peter's Cambridge, Westlake High, St Kentigerns and Tauranga Boys' proved very strong with Burnside High School taking out the A Grade Championship. The boys all thoroughly enjoyed their three days of tough competition.

## Golf Team finish 7th out of 17

The NZSS Golf was played at Hawkes Bay Golf Club. The team finished a credible 7th out of 17 teams. Highlights include a 2 under by Kaleb Idemaru in the 1st round, Bradley McSherry a 3 under in the second round. Greg Shaw was consistent carding 2 and 3 over rounds. Ethan Dodds shot a 76 in the first round of the U19's the following day. It must be also mentioned that Greg Shaw finished 8th at under 19's after being placed 3rd after the second day. Greg has contributed a lot to PNBHS Golf playing for the A team since he was Year 9. He will be sorely missed next year.



## 1st XI Hockey - 3rd in Rankin Cup

Rankin Cup is the premier national hockey tournament for men's secondary school hockey. The tournament initially starts with the best 32 teams in New Zealand ranked in eight pools of four. After a round robin competition, the top two teams in each pool play for the Rankin Cup and the bottom two teams in each pool play for the second division India Shield.



This year's tournament was hosted by Hamilton. PNBHS's pool included the 2016 champions St Paul's Collegiate, the Auckland City Competition Winners' St Kentigern's College and Whanganui High School. The first challenge was for PNBHS to be placed in the top two of its pool!

Day 1 – Pool match vs St Paul's Collegiate – loss 4-1.

Pool match vs St Kentigern's College – win 3-1

Day 2 – Pool match vs Whanganui High School – win 3-0

Day 3 – Top 8 match vs Auckland Grammar School – win 4-1

Day 4 – Quarter-final vs St Andrew's College – win 2-1

Day 5 – Semi-final vs Christchurch Boys' High School – loss 3-2

Day 6 – Bronze Medal Match vs King's College – win 2-1

This tournament was a hugely successful week for the 1st XI Hockey Team being placed third nationally. As an additional bonus, the 1st XI won the Bartholomew Trophy – taking this off King's College in their final match.

## 2nd XI Hockey win Galletly Cup again

The Palmerston North Boys' High School 2nd XI Hockey travelled to Levin to defend their Galletly Cup title from 2016. The Galletly Cup is contested between 2nd XI teams, however this year three 1st XIs were also included. Tough games against Napier Boys' and Wellington meant that two wins against Northcote and Tauranga Boys' were needed to progress from pool play. Strong performances meant that the team finished top of the pool and played Hamilton Boys' 2nd XI in the semi final. A goal from Hayden Skou put the team ahead and strong defence weathered the Hamilton attack including multi penalty corners with time up on the clock. In the final against the unbeaten St Patrick's (Town) 1st XI, the boys jumped out to a two nil lead with quick goals to Hugo Wakeling and Zane McGoldrick, and dominated play through the midfield. St Pat's fought back in the last 10 minutes, snatching a goal, but solid defence and attacking overheads kept the team ahead and securing the Cup for another year.

Results:

vs Napier BHS 2nd XI: 1-0 win (H Wakeling)

vs Wellington College 2nd XI: 2-2 draw (H Wakeling 2)

vs Northcote 1st XI: 4-0 win (J Gibbs 3, H Skou)

vs Tauranga BC 2nd XI: 4-1 win (J Gibbs 2, H Wakeling, A Pedersen)

Semi final vs Hamilton BHS 2nd XI: 1-0 win (H Skou)

Final vs St Pats (Town) 1st XI: 2-1 win (H Wakeling, Z McGoldrick)

PNBHS MVP: Jack Gibbs

Tournament MVP: Matt Taylor

### Team

Alec Hart (C), Zane McGoldrick (C), Jack Gibbs, Jack Hildred, Jonty Lombard, Tom Lyne, David Mafi, Angus Moody, Alec Pedersen, Jacob Petersen, Hayden Skou, Matt Taylor, Hugo Wakeling, Digby Werthmuller, Josh White (GK)

Coach: Mr D Tomlinson, Manager: Mr R Fogarty

## U15 Colts Hockey – Winners of Tanner Cup 2017

The PNBHS U15 Colts hockey team travelled to Tauranga to compete for the Tanner Cup during tournament week. The Tanner Cup was created by St Paul's Collegiate School from Hamilton in 2012. They saw a need to develop U15's hockey as a natural progression towards future 1st XI's. It is an invitational tournament only from schools with a positive relationship with St Paul's and a shared passion for hockey. Teams travelled from as far south as Dunedin and Whangarei to the north. It is usually played at St Paul's in Hamilton on their own turf but this was unavailable this year due to Rankin Cup and India Shield being played in Hamilton.



Fourteen teams competed this year, split over four pools. PNBHS beat Kamo High School from Whangarei 7-0, then beat Christ's College from Christchurch 1 nil to advance to the quarter-finals. The quarter-final match against Tauranga Boys' College was won 3 nil and our semi-final match on the same day against Auckland Grammar was won 2 nil. The



final was played against Wanganui Collegiate and we won this 4-1 making us Tanner Cup champions for the first time.

We scored 17 goals (Tom Hansen 5, Blake Rhodes-Robinson 3, Connor Managh 3, Ben Loudon 2, Lucas Grapes, Matthew Dellow, Lachie Craven & Zac Buinimasi) with only 1 against. Goalie William Morgan was in fine form saving a penalty stroke against Christs. All players were a credit to PNBHS and performed admirably throughout the tournament. Tom Hansen was named Most Valuable Player from the final. We wish all players well in their future aspirations for 1st XI places.

Thank you for the tremendous parental support throughout the tournament and messages of encouragement from the wider school community.

The team comprised:

Tom Hansen (captain), Zac Buinimasi, Lachie Craven, Matthew Dellow, Lucas Grapes, Noah Holden, Maddock Leslie, Ben Loudon, Connor Managh, William Morgan, Finn O'Malley, Jay Ranchhod, Blake Rhodes-Robinson & Jamie Thompson.

Manager Miss Taylor & Coach Mr Kensington.

## Under 16 Rugby team win Quad Tournament



Game 1 v Hamilton BHS - Win - 15-12

Game 2 v Sacred Heart - Win - 24-22

Game 3 v St Paul's - Win - 20-0

FINAL PLACING = 1st

## Colts A

Game 1 v Wellington College - Win - 34-19

Game 2 v New Plymouth BHS - Loss - 23-8

Game 3 v Hamilton BHS - Loss - 31-0

Game 4 v St Pats Town - Win - 22-19

Game 5 v Mt Albert Grammar - Win - 29-19

## Colts B Rugby come 7th

Taine Ata, Neitana Blissett, Devon Chapman, Jacob Cowie, Floyd Fenn, Matt Fleming, Calvin Hemara, Tremaine Kinnear, William Leong, Zac Livingston, Zac Matthewson-Booth, Grady Molloy, Jonathan Neemia, Jared Sellwood, Sam Simpson, Jimi Smith, James Steele, Liam Street, Kaleb Terry, and Jackson Woodcock.

The team travelled to Hastings on Thursday 7th September and played their first game against St Peter's, Cambridge, that afternoon. Unfortun-



nately this resulted in a 45-0 loss. Friday saw the team play two games. The first was against Rathkeale College and the second against St John's College. Both performances were an improvement on Thursday's outing, but unfortunately the team went down 29-10 to Rathkeale and 10-7 to St John's.

On the final day of the tournament the PNBHS Colts B played off for 7th and 8th. A disappointing performance resulted in a 10-10 draw, meaning a joint 7th place finish.

Special mention must be given to Jimi Smith and Tremaine Kinnear who were named forward and back of the tournament respectively.

## Under 14 Rugby - Ian Colquhoun Tournament

Game 1 v Hastings BHS - Loss - 20-5

Game 2 v Rotorua BHS - Loss - 31-14

Game 3 v Wellington College - Win - 19-0

Game 4 v Tauranga BC - Loss - 29-19

FINAL PLACING = 6th.

## NZSS Swimming Championships 2017



A team of eight PNBHS swimmers travelled to Hamilton on Thursday 14 September to compete in the NZSS Swimming Championships.

The competition runs over three days, with two sessions per day for the Friday and Saturday, and a morning Session on Sunday.

Our boys performed well amongst the other 650 NZ students. The program is tight and runs continuously to time. Self-marshalling was new this year which meant the boys had to be in the right place at the right time, no one to check in with, and no one to tell you here you should be. Miss a race and you have a fine of \$50.

Our top placing was a silver medal for Ryan Cutler in the 200m backstroke 15yrs. Ryan also was placed 4th and 5th in the 100m and 50m backstroke events, breaking a PNBHS record in both lengths.

Jake Thompson, placed 5th in the 200m freestyle 14 yrs, 5th in the 50m breaststroke (breaking a PNBHS record) and 8th in the 100m breaststroke.

Our 15 yrs and under relay teams were placed 4th and 5th in both the medley and freestyle relays. Swimmers in these teams were Ryan Cutler, Kokoro Frost, Jake Thompson, Campbell Jackson and Levi Holman.

Overall, 22 personal best times were swum by our boys.

Overall in points, PNBHS were placed 18th from 55 male schools.



## Are you a parent/guardian concerned about how your child uses the internet or mobile phone?

A **FREE** seminar will be presented by NZ Internet Security Expert John Parsons. Cybercrime is a very real issue facing families in NZ, but there are easy practical steps to help prevent it. Social Socks Charitable Trust and the MidCentral Public Health Service invites you to a presentation on the issues and dangers associated with the inappropriate use of computers, mobile phones and the internet.

### INTERNET SAFETY PRESENTATION

**Venue:** The Globe Theatre  
**Date:** Thursday 26th October 2017  
**Time:** 7.30pm - 9pm (tea and coffee available from 7pm)  
**RSVP:** info@socialsocks.co.nz  
**Sponsored by the Palmerston North Local Initiatives Fund, Crest Hospital and the Palmerston North Hospital Postgraduate Society.**



### TOPICS COVERED

- Online grooming
- Sexting
- Damaged reputations
- Cyber bullying
- Reputation management
- Learning to repel & report
- Future proofing for employment

*Educating young people to understand the value of identity is the first step to using ICT safely*

*Educating young people to respect and protect friends and family identity is the second step*

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## Homestay Families Needed for 2018

If you are interested in being a homestay family for the 2018 year, please contact Wendy Christophers, Accommodation Manager, on christophersw@pnbhs.school.nz or 06 354 5176 ext 775

Short Term and Long Term Homestays Available

## The German Language and Culture Tour Group 2019 - Wine from Sileni Estates and Redmetal Vineyards.

Enjoy now or stock up your cellar for a special event or for the festive season! The wines available for purchase by the bottle or in case lots are:

**TĀHUNA ML Sauvignon Blanc 2014\*** (\$12.00 per bottle): This Marlborough Sauvignon Blanc labelled for our overseas market has ripe tropical and gooseberry fruit flavours with an impeccable balance soft and approachable finish. Food Match: Seafood and Asian cuisine, or drink as an aperitif with friends. Serve lightly chilled.

**OVERSTONE HB Pinot Gris 2016\*** (\$13.00 per bottle): This Hawke's Bay Pinot Gris labelled for our overseas markets has classic aromatic stone fruit flavours along with beautifully balanced acidity. It has ripe, juicy stone fruit, pear and citrus flavours, with a little spice and beautifully balanced acidity.

Serve with seafood, roast chicken or lightly spiced Asian cuisine. Food Match: Serve with seafood, roast chicken or lightly spiced Asian cuisine.

**SILENI Sparkling Pinot Gris\*** (\$13.00 per bottle): The Cellar Selection Sparkling Pinot Gris has aromatic pear and citrus flavours with a fresh, fruity finish. Food Match: Try this with a delicious platter - salami, bacon bits, apricots, figs, hummus and cheeses.

**GREYROCK HB Rose 2016\*** (\$13.00 per bottle): This Rose has ripe blackcurrant and plum aromas with elegant spice notes. Dark berry fruit flavours with excellent depth and roundness and a deliciously soft finish. Food Match: Try with spare ribs, rich pasta, braised meat or soft white cheeses. Serve lightly chilled.

**GREYROCK HB Merlot 2015\*** (\$15.00 per bottle): Great colour and aromas of plum and dark berry fruit, typical of Hawke's Bay Merlot. This wine is sourced from local vineyards and has silky tannins giving it a soft finish, perfect for drinking any time of the year. Food Match: Fantastic with hearty pastas, beef and New Zealand lamb.

**NERO D'AVOLA SICILY 2014, Organic Red wine** (\$15.00 per bottle): Imported from Sicily by Sileni Estates this wine is a deep red colour with purple tones. The nose of this organic wine from Sicily provides a mix of ripe sweet fruit, with red berry on the palate, soft tannins and a spicy finish. Food Match: Perfect with grilled meat, any Italian style dish or a platter of delicious hard cheeses.

\*Offer available while stocks last. Sileni Estates reserves the right to change vintage &/or brand of wine offered to a wine of equal quality and value dependant on stock levels.

If you would like to purchase some of this wine, please fill in an order form from the Main Office and leave it and the money at the Main Office, or contact Mrs Alison Dickinson at school 354-5176, email: dickinsona@pnbhs.school.nz.

The wine will be delivered late October/early November.

Thank you for your support.



## PNBHS Sponsors and Benefactors

The School wishes to recognise these organisations, businesses and people whose generous contributions and support enable us to provide a quality education for your sons.

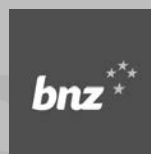
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### PREMIER SPONSORS



### SPONSORS



## The German Language and Culture Tour Group 2019

is selling olive oil from The Village Press in Hawkes Bay.

There are two gift packs available for purchase:

#### A. 3 BOTTLE GIFT PACK \$29.50

1 x extra virgin avocado oil 250 ml

1 x first press extra virgin olive oil 250 ml

1 x truffle infused olive oil 250 ml

#### B. 3 BOTTLE GIFT PACK \$29.50

1 x Tuscan garlic & rosemary infused olive oil 250 ml

1 x Mediterranean citrus infused olive oil 250ml 250 ml

1 x Spicy Sicilian orange infused olive oil 250ml 250 ml



Whether you want to dunk it, drizzle it on a salad or cook with it, it is delicious and great value.

If you would like to purchase some of this oil, please fill in an order form from the Main Office and leave it and the money at the Main Office, or contact Mrs Alison Dickinson at school 354-5176, email: [dickinsona@pnbhs.school.nz](mailto:dickinsona@pnbhs.school.nz).

The olive oil will be delivered late October. WW

Thank you for your support.





## PNBHS - TERM FOUR EVENTS - 2017

### WEEKS 1 - 5

DAY	WEEK / DATE / DAY	EVENTS
6	<b>WEEK 1 (16 Oct - 22 Oct)</b>	<b>START OF TERM IV</b> Renaissance Tour - Italy & Croatia - Return Year 8 College House Orientation, 10:30am Year 8 Testing - College House and Country Schools - Old Gym Year 10, 11 & 12 Subject Selection Interviews - Library Auckland University of Technology Course Planning - C11, 2:00-3:20pm PNBHS Board of Trustees Monthly Meeting - Boardroom, 6:30pm Scholarship Writing Course - Scholarship Students - College House Dining Room PNBHS Old Boys Sports Day - Cricket; Football; Golf; Hockey; Rugby 7s; Squash; Tennis; Volleyball; Water Polo 1992 1st XI Cricket Reunion
2	<b>WEEK 2 (23 Oct - 29 Oct)</b>	<b>LABOUR DAY</b> Newsletter - Deadline for articles Fred Hollows Day Collection Leadership - Year 10 (Period 2); Year 9 (Period 4) - Speirs Centre Manawatu SS Sports Awards - Awapuni Racecourse, 6:30-9:30pm Senior Music Assessments - Year 11-13 Students Year 10 Camps - Second Payment Date Enrolments for Massey Accelerate Students 2018 - Period 5 Mihi Whakatau/Fono/Welcome to Year 8 Maori/Pasifika Whanau - Speirs Centre, 6:00pm Orientation Evening - 2018 Year 9 - Hall, 7:00pm Gateway - Forklift Course (catch-up) - AB Equipment College House Parents Of The Leavers' Dinner
6	<b>WEEK 3 (30 Oct - 5 Nov)</b>	Assembly for All Accelerate Students - Speirs Centre Boxing Finals - Hall, 6:00pm Stage Band Dine and Dance - Manawatu Golf Club, 7:00pm Year 10 Camp Meeting with Parents - Speirs Centre, 7:30pm Newsletter issued to students - SSR in Form Rooms Senior Students Study Leave Starts: Year 13 - 1:20pm; Year 12 - 2:30pm; Year 11 - 3:20pm Senior Reports - Posted home
1-5	<b>WEEK 4 (6 Nov - 12 Nov)</b>	<b>Bells Change to 2-1-2 for this week</b> <b>Examinations For Year 9 and 10 Students</b> Year 13 Leavers' Dinner - College House, 6:30pm PTA Meeting - Library, 5:30pm <b>Scholarship Examinations Start</b> <b>NCEA Examinations Start</b>
7	<b>WEEK 5 (13 Nov - 19 Nov)</b>	Leadership - Year 10 (Period 2); Year 9 (Period 4) - Speirs Centre Year 10 Camp Meeting - Period 4 Year 9 Social Studies Fieldtrip - (9GA; 9GI; 9PA; 9RS) - Wellington Year 10 Visual Art Fieldtrip - UCOL, 9:20-11:30am Year 10 Camps - Final Payment Date PNBHS Board of Trustees Monthly Meeting - Boardroom, 6:30pm Junior A Tennis Quadrangular - Palmerston North Sports Development Programme - Trials For 2018 Year 9 Students Year 9 Social Studies Fieldtrip - (9BD; 9BX; 9GU; 9VN) - Wellington Staff PTA Children's Christmas Function - Library, 5:30pm



## PNBHS - TERM FOUR EVENTS - 2017

### WEEKS 6 - 8

DAY	WEEK / DATE / DAY	EVENTS
1	<b>WEEK 6 (20 Nov - 26 Nov)</b>	Junior Performing Arts Showcase - Dress Rehearsal - Little Theatre, Periods 1-5 Singing Practice - Year 9 - Hall, Period 2 Year 10 Visual Art Fieldtrip - UCOL, 12:25-3:20pm Year 9 & 10 Current Events and Junior Road Race Junior Performing Arts Showcase - Little Theatre, 7:30pm Year 9 Social Studies Fieldtrip - (9HW; 9MQ; 9MT; 9OG) - Wellington PTA Staff Morning Tea Shout Junior Performing Arts Showcase Matinee - Little Theatre, Period 5 Junior Water Polo - NISS Junior Water Polo Championships - Auckland Year 9 Social Studies Fieldtrip - (9HO; 9LB; 9TV) - Wellington Year 10 Speech Contest - Speirs Centre, Periods 3 & 4 Junior Performing Arts Showcase Matinee - Little Theatre, Period 5 Junior A Tennis Quadrangular - Palmerston North Year 9 Speech Competition - Speirs Centre, Periods 1 & 2 Singing Practice - Year 9 - Hall, Period 4 Camp Meeting - Year 10 - Various venues, Period 4 Club Meetings - Junior Monrad Cup arrangements Year 10 Camp Meeting - Hall, Period 5 NISS Vex Robotics Regional Championships - St Peter's College
6-10	<b>WEEK 7 (27 Nov - 3 Dec)</b>	<b>Outdoor Education Camps For all Year 10 Students</b> Year 9 Leadership Day - Selected Students - Linton Camp Year 9 Cricket Tournament - Napier NISS Junior Volleyball - Wellington Year 9 Visual Art Fieldtrip - UCOL, 11:10am-2:00pm NZSS Junior Badminton - Auckland Year 9 Community Service - Beach clean-up Year 9 Inter-Class Drama Competition - Little Theatre, Periods 3 & 4 Junior Rugby 7s - Condor 7s Tournament - Auckland NCEA Examinations End
1	<b>WEEK 8 (4 Dec - 10 Dec)</b>	Years 9 and 10 Students at School Years 9 and 10 Students at School Junior Monrad Cup and Junior Touch - Periods 4 & 5 All Students at School College House Leavers' Dinner School Sports & Cultural Prizegiving - Arena Manawatu, Time TBC (am) College House Prizegiving - Speirs Centre, 4:30pm School Prizegiving - Arena Manawatu, 7:00pm <b>End of Term IV For whole School after evening prizegiving</b>
	<b>HOLIDAYS &amp; Looking Ahead</b>	PNBHS Board of Trustees Monthly Meeting - Boardroom, 4:30pm U14 Water Polo - NZSS U14 Water Polo Championships
	<b>Arrangements For Start of 2018</b>	Senior Course Confirmation (Year 12 & 13 only), 8:30am - 1:00pm New Staff Orientation <b>Teacher Only Day</b> Senior Students (Year 11-13) Return Junior Students (Year 9 & 10) Return All Students Return Year 13 Camp and Crest to Crest Challenge, Year 12 OPC
	<b>2018 Term Dates</b>	Term 1 Mon 29 Jan - Fri 13 Apr Term 2 Mon 30 Apr - Fri 6 July Term 3 Tue 24 Jul - Fri 28 Sep Term 4 Mon 15 Oct - Wed 12 Dec



### Paintings of the Month

Ryu Ongkapipat  
-Level 1  
Xavier Reuben -  
Level 2  
Zefeng Chen - L2  
Lachie Sedgwick -  
Level 2



*1st XV vs King's 17-0*



### New Plymouth Cultural Exchange



Year 10 student Bradyn Popow, who has been selected in the NZ U16 Athletics team to compete in Adelaide in December.



### PNBHS wins 4 grades

Under 16 A captain Ethan Johanson, Under 15 Colts captain Logan Love, 4th XV captain Jarrod Kirk and Under 14 A captain Jordan Viljoen.



PNBHS won the Manawatu Jimmy Carter Quiz for the first time since 2009. Our team were Shaheer Hussain, Jamie Thompson, Andrew Karatea, Josh Hooper and Jack Beggs. Pictured below is Andrew Karatea with the trophy.



### Year 10 Drama production



PNBHS Year 9 Specials win Manawatu Hockey Secondary Schools Division 3

### Palmerston North Boys' High School Major Sponsor Partners



McVerry Crawford



The school acknowledges the above businesses, who through their significant sponsorship arrangements, assist us in developing young men of