

Palmerston North Boys' High School



Newsletter 2017 - October

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Old Boy Brendon Hartley gets first ride in Formula One



Old Boy Hadleigh Parkes gets call-up for Wales



Phoenix win Shand Shield Choral

(above left) Mountain bikers Hayden Storrier, Caleb Bottcher and Adam Francis (page 9); Fred Hollows Day - Patrick Takurua and Hamzah Arafah show what it's like to have cataracts; Xavier Bowe, Chase Maniapoto and Mason Gerrard gained their level 1 in Mau Rakau, a Maori martial art



Senior Monrad Cup - Long Ball. Spot the ball!



(left to right) ICAS English - High Distinction winners; ICAS Distinction winners

Year 10 Specials vs 1992 1st XI Cricket reunion team

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

Dear Parents

The end of another busy year is nigh, and this last newsletter for 2017 celebrates another impressive range of achievement and involvement from the young men of the school. A number of the young men who feature in this edition will be leaving us in a few short weeks and heading out into the world.

While the achievements of the young men of the school, not just those who feature in this newsletter, but all of those who have done well throughout the year, are impressive, they do not happen by accident. For every achievement, be it on a stage, in the classroom, on a field, in a pool, there has been a significant amount of effort: hard work, dedication and sometimes sacrifice. In order to do one's very best, there is a lot of hard work to be done. Talent can only get you so far.

The same approach is now required for the examinations, both at senior and junior level. The NCEA examinations are upon us, and those who are well-prepared will be able to perform at a good level. For those who are not prepared, however, a different outcome awaits.

But our young men have been on the receiving end of this message for some time now and they are probably sick and tired of hearing it – but it is important for them to listen and understand.

Recently the school asked a number of sectors of the community to be involved in an in-depth look at character education in the school. It was encouraging to see that character education here at PNBHS is important to the wider school community, and as a result of the research we will work towards developing character education in the school over the coming years.

Some comments in the research report noted the importance of the school's values while also noting what some have termed the 'softer skills' are important to the young men of today. This is absolutely right, and while we often talk about the character traits we expect to see in a good man, words such as tolerance and kindness do not often appear. Kindness, in particular, is a word that perhaps makes some men uncomfortable, as if being kind somehow makes men less masculine; that being kind may make a man vulnerable because it might involve showing one's feelings.

Kindness and consideration are even more important in today's world, a world where actual conversations and relationships are being eroded by virtual ones, and an ever-increasing self-centeredness. Treat others as you would like to be treated, as the saying goes. Many young people would do well to remember that in their daily interactions with others. The ability to treat others with kindness is often an indication of maturity in young men; after all, as Swiss philosopher Jean-Jacques Rousseau once said, "What wisdom can you find that is greater than kindness?"

To all those young men leaving us at the end of the year, thank you for your contributions to Boys' High in your time here. Thank you, too, to those families whose direct involvement with the school is at an end with your son moving on. To those returning, we look forward to you being part of the Boys' High community once again next year.

Happy holidays.

Staffing

Appointments for 2018 have been made in the Science, Mathematics, English and Graphics areas at this stage.

Enrolments 2018

We have had to implement the enrolment scheme and as per the last newsletter a waiting list for students out of zone has been created. We have had to limit the Year 9 intake for 2018 to 370.

School Fees and Donations

A reminder that any outstanding fees need to be cleared before the end of the school year. A request, too, regarding the donation component of the school fees, which 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 an assembly towards the end of last term, awards were presented to young men who had achieved success in the Otago Science Quiz. 10 pupils received Merit awards, while Aidan Berkahn finished third in NZ for Year 12 students, and Ryan Adams finished third in NZ at Year 13.
- Performing Arts – Digby Werthmuller finished second in the speech and drama category of the National Young Performers competition, an outstanding effort.
- Rugby – James Stratton was selected in the NZ Barbarians Schools team; Stewart Cruden was named in the NZ Maori U18 team to play Tonga Schools and the Barbarians.
- Choral – the Noteworthy Barbershop Quartet finished eighth at the NZSS Young Singers in Harmony competition in Auckland.
- Basketball – the Premier A team won the Manawatu Secondary Schools' competition and also won the Manawatu Senior Men's competition for the second year running.
- Shand Shield – Winter Tournament day saw some movement in the overall standings. Phoenix came out on top on the day, with Murray second, followed by Kia Ora, Gordon, Vernon and Albion.
- Academia – a number of young men were presented with awards from the Manawatu Science and Technology Fair. Jacob Aull, Jonas Holman and a group of three senior pupils gained Fonterra High Distinction Awards, while a number of others were recognised for their efforts.
- Academia – Ryan Adams and Ciaran Carroll were awarded High Distinction certificates in the ICAS Science competition. 26 young men were awarded Distinction certificates.
- Shand Shield Choral – Phoenix took out the Choral competition, followed by Kia Ora, Vernon, Murray, Albion and Gordon.
- NZQA Digital Trial – a number of young men were involved in a trial digital examination in NCEA Level 1 Classical Studies and Level 1 English. We were one of a group of 12 schools from around the country to take part in the trial.
- Shand Shield – After the Senior Monrad Cup results the standings are thus: Murray in first with 94 points; Phoenix (101.5); Gordon (104.5); Albion (105.5); Kia Ora (111); Vernon (113.5).
- Basketball – at the NZSS Championships held in Palmerston North in the first week of the holidays, the Premier A team finished fifth, thus ending a long season: 58 games for 55 wins, three losses.
- Cycling – at the NZSS Championships held around the Manawatu area at the start of the recent school holidays, the Senior A team finished third overall. The U16 team won the Road Race title while Madi Hartley-Brown won both the U20 Road Race and the U20 Points Race – unheard of for a Year 12 pupil.
- Clay Target Shooting – the Senior A team finished in the fourth to eighth category at the NZSS event in Hamilton. Max Edwards and Glenn Stringer (from the Senior B team) were selected for the Wellington regional team. Max was subsequently selected in the North Island team that shot against the South.
- Agriculture – the PNBHS Young Farmers Club was named Teen Ag club of the year for the Taranaki/Manawatu region.
- Smallbore Shooting – Lachie McNair was selected in the NZSS Smallbore team.
- Languages – Alistair Keay-Graham won the National Concours competition and receives a trip to New Caledonia as a reward.
- Cycling – Angus Claasen has been selected for the NZ U19 track cycling team.
- Football – Jaeden Shaw has been selected for the NZ U19 team.
- Overseas Tours – the rugby tour to the UK was successful despite a number of injuries, while the Renaissance Tour to Croatia and Italy was a success also.
- Old Boys – three Old Boys have been selected in the NZ cricket team to tour India – Ross Taylor, Adam Milne and George Worker. Ross scored 95 in the first ODI, a match won by six wickets by the NZ team.
- Old Boys – Brendon Hartley made his Formula One debut at the US Grand Prix in Austin, Texas, where he finished a creditable 13th. He is NZ's first driver in F1 since 1984. Chris Pither finished fourth at the Bathurst 1000 race in Australia.



From the Deputy Rector

Character Education

Earlier this year we invited our school community – current students, parents, old boys, school staff – to contribute to research into the delivery of character education at Palmerston North Boys' High School. In recent days we have met with the consultants engaged to complete this investigation to discuss their preliminary findings. They have as clients, boys' schools across the globe – New Zealand, Australia, South Africa, the United Kingdom, Europe and North America – and are currently involved with projects through both the International Boys' School Coalition and the Association of Boys' Schools New Zealand to evaluate character education programmes. Consequently, they were able to locate the initial findings for our school in a global context.

Extremely gratifying for us was the very high agreement rate across all sectors of our school community about the importance of character education, and the correspondingly high agreement that character education is an important strategic focus for Palmerston North Boys' High School. This level of community support and consensus was very high when compared to results for boys' schools throughout the world, and provides us with a very sound foundation to build from as we look to refine what is currently being done in this space and develop strategies to meet the needs of our young men for the future.

Character education at Palmerston North Boys' High School is firmly embedded in some aspects of school life, such as the Barrowclough Programme and Leadership Programme, and in some academic and co-curricular programmes. However, it is our desire to have a consistent emphasis on character through all that we do. To this end, we will be embarking upon a process over the coming years to develop a formal approach to the delivery of character education. This is an extremely exciting time for the school, and we look forward to continuing to work with our community as we develop this framework.

Examinations

Examinations are pending for all young men and it is essential that they give themselves the best chance to achieve to their potential through an organised and committed revision programme. The motivation and inclination to study and revise comes more easily to some young men than others, and while parents cannot do the work for their sons, your encouragement and support will have a significant impact on the quality of revision that your son undertakes.

You can assist by:

- Ensuring there is an appropriate study space in the house. It needs to be a quiet space with sufficient room for him to be able to spread out exercise and textbooks.

- Working with your son to establish a revision timetable. It is important that time is allocated to all subjects and achievement standards – not just those he enjoys or finds easy. Extra time and effort must be allocated to those areas that are challenging.
- Ensure your son gets plenty of sleep, regular exercise and has a healthy diet. These three factors will ensure he can study effectively, can concentrate in examinations and remains in good health during the examination period. Getting enough sleep is essential. Research over the past decade has confirmed the relationship between sleep and learning in adolescents. Because so much is going on in adolescents' brains - they are learning so much at such a fast pace, especially as they prepare for examinations - they need much more sleep than their parents; 9 1/4 hours per night has been identified as the optimal sleep time for adolescents. Please note: this is time asleep, not simply time in the bedroom where digital distractions can often reduce that figure significantly.
- Ensuring your son gets enough sleep might involve some difficult discussions and tough decisions around his access to digital devices in his bedroom for the next few weeks.
- Research has linked physical fitness to academic achievement. Encouraging your son to remain physically active during the examination period is important.
- You are what you eat - what you eat and drink affects your performance in any activity, especially one involving mental sharpness. As a parent, you should try to ensure that your son eats and drinks nutritious food during the coming weeks. Help him to avoid grazing on junk food, which can be very tempting at times of increased stress.
- Make sure there is an accessible copy of the examination timetable displayed prominently at home. Unfortunately, each year there are a small number of young men who miss their examinations because they have relied on their mates for information rather than consulting the examination timetable. In such situations there is nothing that can be done to help; they are simply ineligible to gain the available credits.

Examination papers from previous years will be an important revision tool. These can be found for all senior subjects on the NZQA website, along with marking schedules, exemplar answers and examiners reports <http://www.nzqa.govt.nz/qualifications-standards/qualifications/ncea/subjects/>

There are a number of other websites that provide revision tools, such as <http://www.studyit.org.nz/>, <http://studytime.co.nz/> and <https://learn-coach.co.nz/> that may be of assistance for your son.

Young men returning to PNBHS in 2018 need to be aware that there are prerequisites they need to achieve in order to be accepted into each subject and to move from one NCEA level to another. These prerequisites are independent of NCEA level certification and are based around the demonstration of sufficient background knowledge and understanding to proceed in a subject. The message from us is very simple: all young men must aim to achieve to the best of their ability and not be satisfied with anything less than their very best effort.

NCEA examinations begin on Thursday, November 9. Your son will receive personalised information regarding his examinations. If he is unsure of any details please consult the NZQA website (www.nzqa.govt.nz) or contact the school. By enrolling for NCEA your son is agreeing to abide by all NZQA assessment rules and procedures and that he will follow the instructions of the examination supervisors. All school rules also apply throughout the examination period. Please remind your son of the following in particular:

He must bring his admission slip to all examinations.

Cell phones are not permitted in examination rooms.

PNBHS expectations in relation to grooming apply at all times. It is important that he attends to this as being asked to rectify concerns immediately prior to an examination starting will create unnecessary stress for him.

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No student will be allowed to enter an examination room after the first 30 minutes.

Students sitting Scholarship examinations are required to bring photo ID as well as their admission slip.

It is a Palmerston North Boys' High School expectation that students remain in the examination room for the duration of their examination. We also expect that students will make a genuine attempt at all Achievement Standards they have been entered in. Achieving this will require that students make use all of the time available to them. Non-attendance at an examination, or leaving an examination early, will void a student from consideration for awards at the school Prizegiving.

Derived Grade Process

Should your son miss an NCEA examination through a legitimate illness or injury he may be eligible for a derived grade. In this instance, the grades he received in the school end-of-year examinations will be used to help determine his final grade. If your son finds himself in this position, please contact the school immediately. Official evidence of the injury or illness, such as a medical certificate, is essential. Further information about the derived grade process can be found on the NZQA website.

Accelerate/Massey University Programmes

It is timely to provide another reminder to accelerate students that they require a minimum of a Merit average, as well as University Entrance, if they wish to continue in the accelerate programme in 2018. Tentative enrolments for 2018 Massey papers have been taken. If your son has not completed this process it is essential that he contacts Mr Benn at school as soon as possible.

Resilience

By their very nature examinations are stressful, especially so for young men who may be struggling academically, or for those who may not have made the effort they could have throughout the year. Even for those young men who are well prepared, questions that were different to what they were expecting, or a change in the format of the examination paper, may be enough to throw them. Consequently, resilience is an essential quality for young men during the examination period. Having the ability to recover readily from frustrations and disappointments is important. Dwelling on problems is not productive.

You can assist your son with a quick debrief after each revision session or examination. This will allow him an opportunity to vent his possible frustrations, give you an opportunity to steer him in a positive direction and clearly demonstrate your interest in his education. In such conversations brevity is essential and statements such as "You should have done more work during the year" are counterproductive. Your son is after your support and encouragement so that he can make maximum use of the time that is available to him. Young men often find it difficult to put their struggles and concerns into perspective and consequently fairly minor concerns can, at times, become all consuming.

Parents can provide this perspective. Difficulties and failure are a fact of life and all of us have to face these issues at times. The most important thing is how we respond to setbacks. Viewing them as opportunities to learn is vital, as it is not the setbacks that define us, it is the manner in which we respond to them. Author James Michener summarised this eloquently when he stated that "Character consists of what you do on the third and fourth tries."

Summer Learning Loss

Summer learning loss is the decline in academic skills and knowledge over the course of the summer holidays. While not a common theme for discussion in New Zealand, it has been the subject of much research in overseas settings. The decline in learning varies between age levels and subjects. A common finding across numerous studies is that, on average, students scored lower in mathematics and reading tests at the end of the summer holidays than they had on the same tests administered prior to the holidays.

Recreational reading plays a key role in maintaining literacy skills. Parental encouragement and role modelling of regular reading during the holidays is therefore important. Providing a range of different experiences, and opportunities to do 'new' things over the summer holidays, can also go a long way to alleviating summer learning loss.

School Prizegiving

Our annual school Prizegiving takes place on Thursday, December 7, beginning at 7.00pm in the Arena 2 stadium. The Prizegiving is a highlight of the school year and allows the school community to celebrate the achievements of our young men in a diverse range of academic, cultural and sporting areas. All students are expected to attend the Prizegiving and an invitation is extended to all families and friends of the school to join us for the evening. At the conclusion of the Prizegiving, all Year 13 Leavers are invited to the 'Leavers Supper' in the school hall, provided by the PTA.

In a change from previous years, our annual Sports and Cultural prizegiving, also on December 7, will also be held at the Arena 2 stadium. This change is to allow parents and whānau to attend. We will communicate further details with you in due course.

Defaulters

Ensuring the return of textbooks, library books, sports uniform and other equipment which has been issued to students, along with the payment of school fees, is an essential exercise at the end of each school year. These matters need to be attended to by 1.30pm on Thursday, December 7, otherwise your son will be placed onto the Defaulters List. To avoid being put in this position, I encourage you to work with your son to ensure that he has met all of the necessary commitments. If you are unsure of your current position with regard to school fees, please contact the team in the Finance Office (3545176 ext. 799).

Stationery and Workbooks 2018

Stationery and workbooks for ALL year levels 9-13 will again be sold by OfficeMax online at myschool.co.nz/pnbhs. We are currently working on the stationery lists and will communicate the relevant information with you once the details are finalised.

G M Atkin
DEPUTY RECTOR
2017 OCTOBER

Character Education

"Character grows in the soil of experience with the fertilisation of example, the moisture of ambition, and the sunshine of satisfaction. Character cannot be purchased, bargained for, inherited, rented or imported from afar. It must be home-grown. Purely intellectual development without commensurate internal character development makes as much sense as putting a high-powered sports car in the hands of a teenager who is high on drugs. Yet all too often in the academic world, that's exactly what we do by not focusing on the character development of young people." Steven Covey

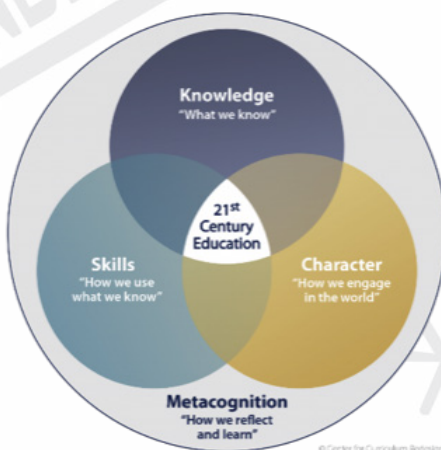
As another year draws to a very quick end, we have become aware that we have developed an "accidental" character education programme through (112 years of) osmosis.

In 2016/2017 CIRCLE (The Centre for Innovation, Research, Creativity and Leadership in Education) visited the school as part of an extension to their collaborative research project – the "Measuring Character Education Project" to assist with the articulation, measurement and evaluation of character education in boys' schools.

This involved recruiting 48 international schools to the next phase of their project: the development of specific tools for evaluation of character education, as well as the collation and promulgation of a body of knowledge about exemplary practice in this area in boys' schools. They have recently briefed the Board of Trustees, Senior Management Team and in outline, the staff as to their current findings and future intent.

In essence, they identified that we have a "world class" character education programme here at PNBHS and with further articulation of a Framework for Character Education at the school including the formation of a Character Education Team, we as a community can take it to another level. Education of the 21st Century Man will revolve around Knowledge, Skills and Character – we have been developing men around a philosophy of Education, Character and Confidence so there should be a good base to build on. Good news all round.

As an aside to this review we asked a quick question to some senior Barrowclough students last week to solicit their thoughts on the value of a PNBHS education. Specifically, students were asked "What effect do you think PNBHS has had on the development of your character as a person?" The replies received from a sample of senior students follow (non-attribution of course):



"I believe through attending PNBHS I have developed the character of an outstanding young man. The values, leadership and character I have adapted from PNBHS will be what I can base myself on in both my professional work life, sporting life and personal life. Attending PNBHS has meant that I have understood and learnt what values are needed not only to gain success or be an influencing leader, but to live a decent and happy life."

"Through all my time at PNBHS, I am much more mentally capable of representing and putting myself forward as a person. This is including my personal values, characteristics, mannerisms to build my character in which I thoroughly take pride in as does the school too; PNBHS has shaped both me and the vast majority in my bracket."

"PNBHS has helped shape me into the person I am today, in every way."

"Coming to PNBHS was the best decision that my parents made for me. I was on a risky path during my 3rd and 4th forms but the constant leadership seminars/Barrowclough programmes have moulded me into a better person. I now know how to excel in our society and make an impact on the environment around me."

"Coming to PNBHS has developed my character from a quiet person not wanting to put my hand up to being much keener to interact and not afraid of failure. On and off the field behaviour go hand in hand, so to excel in my rugby I also needed to make changes in the classroom with making sure I present myself appropriately at all times until it becomes a habit. Nihil Boni Sine Labore - nothing achieved without hard work is an accurate motto that encourages me to work harder and go for my goals."

"The effect/impact PNBHS has had on the development of my character as a person has been immense; the standards at PNBHS have a considerable effect on converting young men into outstanding role models for society today. Personally, PNBHS has improved the status of my character, through the school motto of 'Nothing Achieved Without Hard Work!' and through most importantly, ATTITUDE. Learning that Attitude = 100% of developing an outstanding character. Overall, PNBHS would be (in my opinion) the best school in the country to attend, but not only to attend, but to learn the school values of humility, industry, pride, respect, integrity and the importance of discipline."

"I have attended PNBHS for five years. My father and father before him attended this school, I was automatically enrolled by my parents since I could even decide which high school. When I first starting going to this

school it seemed strict... but after a few weeks you realise it's just a normal expectation of the real world. I do not believe I would have the respect, manners, and be well set for the world. I believe PNBHS creates men of outstanding character like its core values, I do not only believe that I have gained this well-mannered attitude but the boys around me. You see it in everyday life knowing these boys for five years and seeing them change dramatically."

"This school has taught me the reality of a man with values and purpose which has developed my character to be one with higher order thinking and extend my empathetic values to help understand others. The range of activities and extra-curricular options to extend more than just academic learning has helped me to realise bigger picture things that life has to offer. To be more conscious of the impact that I have on others and not just on the work and various tasks I do."

And so after twelve years of leader development and character education we move to an exciting new level. The evidence suggests that our students are leading their school well. Whilst there will always be room for improvement and you will never stop the odd bad behaviour and bad things happening, we will strive for our best in all areas.

Eleven Year 12 students recently attended the yLead Rangatira Leadership Conference in Rotorua (sponsored by Old Boy Mr Bill Kermod) with about 80 peers from fellow Super Eight boys' and girls' schools. The intent was to inspire them to continue raising the beam in education and character in our school in 2018.



This year this group has involved many others from their peer group in planning positive initiatives to improve their school in 2018 and beyond. Once again, they benefitted from an outstanding transformational leadership development experience. They have considered proposals to assist in making their school better in 2018 and these have been presented to the Rector and Deputy Rector. There is no doubt that through their vision to "enhance the sense of brotherhood at the school" that they will succeed in continuing to build a good foundation in the area of mentoring for future PNBHS students to develop and grow in confidence, in cultural additions to the school and in a student led tutoring programme. The CEO of yLead provided the following feedback on our young men from the conference they attended.

"The Palmerston North Boys' have always presented to Rangatira with outstanding character, a strong sense of moral values and a genuine desire to lead their school. I think this speaks volumes about the character and leadership development structures that exist at school – as well as the process that identifies boys' with leadership interest/potential."

I felt that the boys from PNBHS this year embraced the experience quickly and showed great depth of character, as well as a solid understanding of the school values and ethos. They had a wide range of personalities and skills, but a deep respect towards each other that allowed for strong collaboration. They were strong contributors to all sessions and groups and networked well with students from other schools."

In conducting final interviews and reviews of the goals and achievements of the 288 (up from 254 in 2016) seniors in the Barrowclough Programme, the power of this programme continues to speak for itself: not only does it provide these men with something to strive for, it is proving to be the point of difference when applying for positions in the senior school and beyond school when applying for positions in hostels, job placements, career pathways and for NZ and international university scholarships.

As another year ends and a chapter closes for many young men in their life at this school, thank you to the young men who have stood up to the challenge to lead, the challenge to stand out from your peers, to do the right thing when no one is watching, to do your very best, to be uncommon and pursue excellence, to destroy mediocrity and be the outliers who believe that anything can be achieved with a lot of hard work, a good attitude, a touch of common sense, a true moral compass and a sound values and belief system – you are living proof that good things do happen.

To the many young men who led without a badge, with the badge of courage pinned in their pride for the school, you made a huge difference with your great attitude and role modelling. Thank you – in giving, you receive so keep up the model of servant leadership.

2017 has been another year where we have witnessed so many of our young men stepping up to lead and take advantage of opportunities to lead and make a difference. To Head Boy Patrick Takurua and his Deputy Greg Shaw, well done and well led. To Hamzah Arafeh who led the Ball Committee and to Benji Pritchard and Matt Watts (Hamzah Arafeh and Alan Kirk) who led the efforts in all things World Vision – well done and thanks for your commitment.

Learning Leadership winds up this term for Year 9 with "Delegation of Passing the Buck" and for Year 10 with a session on "Character". Wishing everyone the best for your exams, a good holiday and continued development as or towards becoming educated men of outstanding character. The journey will continue.

Paul King
Leadership Director

Library News

We are very grateful to the Parent Teacher Association (PTA) for their generous donation of another red three-seater couch, two free-standing book shelves for displaying books with their covers facing out and more chess sets.

As exams draw near, please remember that the Library is open right through the day from 8am to 4:30pm; so is available as a study space as well as a space to relax in after a morning exam. We run a Holiday Reading programme over the Summer, where students may borrow up to twenty books. Parents just need to sign their application forms, which are available from the Library.

Year 9s should be signing in for their Reading Competition, where after 15 books, they get a certificate from the Rector and enjoy a morning tea shout! They can sign in with their teacher or at the Library.

Silver CREST NZIFST Food Technology Challenge

Teacher in Charge: Anna Fletcher

Food Technology is Whey Cool

A notice was put into the morning notices during the middle of Term 1 to see if any students were interested in developing a new food product. Lachlan Walcroft, Rohan Sharma and Davis Farrar-Ferguson accepted the challenge.



We were paired up with a Food Technology expert from Fonterra's beverage department Mr Sam Harper – an old boy of the school. He gave the team a brief to try and make a sports drink with added protein for recovery and reduced sugar.

The team completed background research and market research, based

on this research, we surveyed a group of PNBHS sportsmen and asked them about what they would like.

The next step was product development. Professor Steve Flint, Team Leader of Food Bioscience at Massey University kindly gave us permission to use the food development laboratories in the Riddet Complex. This was a fantastic opportunity as we got to work with first year Massey University students and we learnt a wide range of skills and a lot about food safety.

Once the drink was made, a different group of PNBHS sportsmen were brave enough to try it and give feedback to the team. From here we



the team. For students thinking about taking Food Technology at Massey University, Chemistry, Physics and Calculus are the subjects to take.

had to write a report, design packaging and a label for our drink, and a scientific poster.

Judging occurred on Wednesday 27th September, the young men gained a commended award from NZIFST for their efforts and were also presented with the Silver CREST Certificates and Badges. Thanks to Dr Lee Huffman at Plant and Food for sponsoring

Performing Arts

Congratulations to Digby Werthmuller who won second place in the recent National Young Performers Awards with a dynamic mix of performance skills. It is well-earned recognition for his long term efforts in Speech and Drama.

All classes from Year 10 up are in examination mode and we wish students well in testing their ability to write about what they have learned under exam conditions.

Anything Goes: as we go to print auditions are underway after a number of workshops. The full cast will be announced and then we will continue with principal workshops and auditions. The full cast should be known by the time you are reading this. Recruitment is also underway for band and crew. Extra information and application forms can be found on our website via the icon on Stratus.



Junior Performing Arts Showcase 2017

The Speirs Centre and The Little Theatre
Nov 21—23 (Week 6)

5 performances over 3 nights and two days
Junior Concert Band (M3): gold coin entry
Drama/Dance/MT performances (Little Theatre):

Adult \$5 School age \$3

Nights 1 and 3: Tues Nov 21/ Thurs Nov 23
7pm Year 9 Concert Band in M3
followed by
7.30pm Drama/Dance/MT (Little Theatre)

Night 2: Weds Nov 22 No band
7.30pm Drama/Dance/MT (Little Theatre)

PNBHS - offering outstanding performing arts opportunities for young men

Sports Talk with Peter Finch



As Term 4 rolls in and winter code highs and lows fade into the past, we are reminded that, for most boys, the emphasis must shift clearly to the academic challenges that ultimately will define the year of 2017.

Playing a summer sport or being involved in a summer recreation will offer an ideal break and balance to the intense nature of the school's final internals and then studying for the end of year externals.

The term 'balance' is easy to say, but much harder to achieve. It requires a real sense of self awareness, a long term vision and the strength of character to make and stand by decisions in the face of temptations.

The fourth term is also an ideal opportunity to let the body recover after what for some has been a long and hard season of sport, both physically and mentally. To switch off completely from what may have been a 10-11 month season is imperative if goals of high performance are to be achieved in the future. At the very top in sport, coaches will ensure there is time to really freshen up and yet, at school level, athletes are being sucked into training all the time. This sometimes requires the athlete to say "You know what? I think I need a break". Good coaches get it. The difficulty sometimes arises where the coach is thinking about results rather than the athlete and the challenge for the athlete is to articulate their needs as a part of a long term view.

I wish all boys luck with their summer activities and exams but just remember "The harder you work, the luckier you will be".



OfficeMax MySCHOOL

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Assessment of Language Competence Examinations

The online Assessment of Language Competence examinations, organised by the Australian Council of Educational Research, were sat by 59 Year 10-12 students of French, German and Japanese during the month of August. These examinations continue to challenge our students to practise strategies to identify detail in spoken and written language, which are prerequisites for success in the external NCEA examinations.

All three Certificates assess listening and reading. The following students achieved High Distinction or Distinction:

French Certificate 1

High Distinction in Listening and Distinction in Reading: Fergus Congdon, Eric Jiang, Jacob Mildenhall, Kavindith Rodrigo

High Distinction in Reading and Distinction in Listening: Thomas Sun
Distinction in Listening and Reading: Jack Cleland, Jordon Long-Lay, William Ward

Distinction in Listening: Rob Hindmarsh, Kieran Spence

Distinction in Reading: Tomas Luque

French Certificate 2

Distinction in Listening and Reading: Nikhil Banerjee, Andrew Harris,



(l-r) Eric Jian (French), Kavindith Rodrigo (French), Eric Kwon (Japanese), Aidan Berkahn (French), Jacob Mildenhall (French), Thomas Sun (French), Fergus Congdon (French)

Jack Harrison

French Certificate 3

High Distinction in Reading and Distinction in Listening: Aidan Berkahn

Distinction in Listening and Reading: Toor Butt, Michael Poff, Lachlan Walcroft

Distinction in Reading: Alistair Keay-Graham

German Certificate 1

Distinction in Listening and Reading: Ahmed Hamouda, Paul Kaiser

Distinction in Listening: Luca Kenyon, Daniel Mitchell, Flynn Roache

Distinction in Reading: Anton Campbell, Oscar Wight

German Certificate 2

Distinction in Listening: Cody Hiri, Andrew Karatea

Distinction in Reading: Ben Roberts

Japanese Certificate 2

High Distinction in Listening and Reading: Eric Kwon

Distinction in Reading: Luke Just, Rohan Sharma

Various Sporting Reports

NZSS Smallbore Shooting Competition

This year's competition was held in Palmerston North, at the MSRA range in Totara Road, over the first weekend of the recent holiday. Twenty two teams and their accompanying support personnel, from the North and South Islands attended, an increase on the previous year.

The PNBHS team consisting of Harry Kinghorn, Shaun Jeffery and Lachie McNair completed their practice shoots on Friday and early Saturday morning prior to the start of the main events.

The results of the first competitive round ranks schools and individuals. The top 10 individuals (plus two shooting reserves) from the North Island schools then compete against the top 12 shooters from the South Island schools.

PNBHS came 5th in this round which is a significant improvement on last year's result.

Additionally, Lachie achieved 2nd place and Shaun 11th place (shooting reserve) and both were included in the North Island team.

The North v South competition was won by the South. However, Lachie achieved a sufficiently high score to be included in the New Zealand Team. This team, comprising the top 12 shooters from the North v South competition, went on to shoot against the U.K. in a postal match.

Shaun went on to successfully lift The Plate trophy by competing in a mixed 9 student team.

Scores:

Competition	Harry	Lachie	Shaun
1	275.5	293.15	285.8
N v S -	191.3	187.0	
NZ v UK -	192	-	
Plate	191.6	-	196.6

The event, organized by Target Shooting New Zealand, was extremely page 8

well organised and our thanks go to all of those involved.

Our season has now finished but will recommence at the start of Term 2 next year.

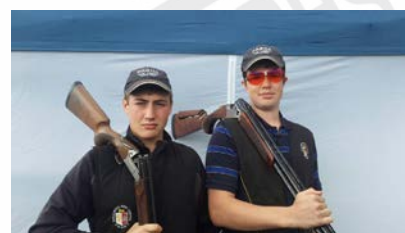
Clay target shooters finish just off the podium at Nationals.

Twelve of our shooters travelled to Hamilton at the conclusion of Term 3 for three days of shooting. This involved the North Island and National DTL championships as well as Skeet.

Saturday saw us compete in the North Island Secondary Schools DTL event. Strangely, for a reasonably experienced team, nerves were showing and the A team were very jittery as the shooting started. Things did not improve greatly and the boys were well off the pace in the team event.

Sunday saw the National DTL events take place. The shocking weather with howling, swirly winds and sheeting rain seemed to suit our boys - who felt quite at home in these conditions. As the nerves had settled so the scores improved. At the conclusion of the team event our score of 271 / 300 was somewhat average for our A team this year, but reasonable in the conditions. Coming off the mark we knew it was good, but would probably be nowhere near enough to win. A short while later we found that a score of 276 had won the day and we were not that far off after all. So for the fourth year in a row we had finished just off the podium.

Among the few individual highlights were Max Edwards and Glenn Stringer (pic right) (Glenn is from our B team) who made the five person Wellington region rep team. These are selected by Fish and Game region, hence we are part of the wider Wellington Area.



More impressively Max Edwards was selected in the five person North Island team who beat the South Island.

Monday was the North Island and National Skeet events take place. If it was possible the weather was even worse! Howling, gusty wind made some targets a lottery. Targets seemed to resemble wallabies or kangaroos the way they bounced up and down. The competition seemed to boil down to who could handle their frustrations the best and still break the hittable targets. Max Edwards continued his excellent form over the weekend and finished first for boys in North Island skeet.

Under 14 Water Polo

During the first weekend of the holidays the Under 14 water polo team travelled to Lower Hutt to play in the Nippers Cup. The team played incredibly well against club sides from Wellington and Blenheim finishing with the silver medal. The team beat Marlborough 15-5, Harbour City 11-5, and Maranui 8-6 before losing a great game 4-3 to Hutt in the round robin.

The semi-final was another 8-6 victory over Maranui. This set up a final against Hutt who we had also lost 11-2 to in the final of the Wellington league on the Thursday night before the tournament. The 6-2 loss in the final of the Nippers Cup does not tell the story of how close the game was.

Jake Thompson was especially potent at both ends of the pool all weekend. His tally of 14 goals was by far and away the most for any player at the tournament. Leo Gordon with seven goals, Daniel Turrill and Levi Holman with four goals each were others to impress on attack. Rhys Ransom was particularly good on defence. All of the young men who played improved a lot during the weekend and now build towards Nationals at the end of the year.

Mountain Biking North Island Champs

In early October, three PNBHS riders travelled to the North Island Secondary School Championships in Tauranga. This event consisted of individual age group races in the morning followed by a 2hr, 3-person relay in the afternoon.

Adam Francis rode back from a start line crash to take the win in the Under 15 category by over 2 minutes! Hayden Storrier had an unfortunate mechanical incident but still managed to place 9th in Under 16. Caleb Bottcher rode a strong race; he won the Under 17. Two convincing wins for PNBHS. In the relay, Caleb, Adam and Hayden built a solid leading margin before Hayden once again suffered bike problems and had to run the rest of his lap, costing the team valuable time and places. The boys rode back strongly and managed to still place 3rd in Under 20. This was good considering the bad luck and their age, being all under 17.



Thanks to 100% glasses and kit, Yeti cycles, Cannondale bikes, Mr Waters and Mrs Papworth for doing the managing roles and especially to our parents for all their help and support. Your help is appreciated.

New Zealand Secondary School's Cycling Nationals 2017

16km Team Time Trial: Saturday 30 September- Koportuna/Levin

This year the school had 9 teams entered in the team's time trial, Six in the U16 and three in the U20's grades. With limited wind, it was near perfect riding conditions for all teams.

Under 16 Results:

Junior F: James Gardner, Max Ferguson, Jack Carson, Alex Montgomery- 29th
 Junior E: Matthew Cooper, Darcy Ainsworth, Liam Ainsworth, Nelson Doolan - 20th place
 Junior D: Caleb Falkner, Nathaniel Leask, Logan McKinnon, Logan Hey- 12th
 Junior C: Fergus Lloyd, Chenuka Rajapakse, Dra's Caldwell, Sam Russell- 11th
 Junior B: Jamie Dennis, Ewan Cousins, Ben Orr, Ben Irvine- 8th place

Junior A: Aiden Jones, Jack Pronk, Adam Francis, Michael Richmond- 1st Place - Time: 23:30

With the Junior A team winning the "Paul Matthews Cup" for fastest Under 16 team, it is only the 3rd time in the school's history we have won this event. All our junior teams produced times and places that were not matched by any other school in this division.



Under 20 Results:

Senior C: William Kelly, Campbell Ware, Nicholas Tuck, Nathan Greenwood, Luke Scott- 44th

Senior B: Dineth Rajapakse, Keegan Leask, Angus Claasen, Cam Jones, Ethan Craine- 20th

Senior A: Madi Hartley-Brown, Dylan Simpson, Adam Martin, Max Taylor, Thomas Stannard- 6th

The experience the three senior teams have had from this event will put them in good stead for 2018. All riders in these teams will be returning to school next year and will build on this experience for a much-improved effort next year.

Road Race Championship Colyton- Sunday 1 October

Under 14 Road Race- 18km

Chenuka Rajapakse demonstrated his strong cycling ability with a commendable 6th place. He was just shut out of a podium finish after a large sprint finish with 17 riders all jostling over the last 200m. Nelson Doolan also had a strong showing coming in 15th with the lead bunch. Max Ferguson 29th and Alex Montgomery 34th both in their first year of riding showed with further development and experience they will be competitive in this grade next year.

Under 15 Road Race- 18km

In the under 15 grade our team had 15 riders and we wanted to use these numbers to help get as many riders into the top 10. The race came down a sprint finish with 45 riders contesting the final 400m. All our riders had a strong performance. Results: Adam Francis 4th, Ewan Cousins 7th, Ben Irvine 10th, Dra's Caldwell 11th, Fergus Lloyd 13th, Darcy Ainsworth 19th, Ben Orr 23rd, Nathaniel Leask 26th, Logan McKinnon 29th, Logan Hey 33rd, Liam Ainsworth 38th, Caleb Falkner 39th, James Gardner 46th. Jack Carson 51st.

Under 16 Road Race- 36km

With a small but strong group of riders contesting this grade our riders wanted to attack from the start of the race. Jamie Dennis at the end of the first lap had himself a 20 second lead with Michael Richmond and Jack Pronk controlling the chasing bunch helping Jamie's chances. However, the bunch came together soon after the first lap when a rider from another school shot away which the bunch could not catch. Aiden Jones (4th) was the best of our riders to finish. Other results: Jamie Dennis 15th, Michael Richmond 25th, Jack Pronk 28th, Sam Russell 42nd.

Under 16 B Road Race- 36km

Matthew Cooper and Nathan Greenwood lined up in this race. Matthew Cooper 14th road well to stay with the main bunch to contest the strong finish. Unfortunately for Matthew, his sprint was interrupted by another race which affected his placing. Nathan Greenwood had a technical which did not allow him to stay with the main bunch.

Under 17 Road Race- 36km

With a strong field of riders contesting this race again, it came down to a sprint finish like a number of other races on the day. Angus Claasen attacked with 800m to go but was caught by the chasing pack with 150m to go. Ethan Craine was the best of our riders finishing 11th, with Max Taylor 25th, Angus Claasen 29th, Cam Jones 31st.

Under 17 B Road Race- 36km

Luke Scott (3rd) and Keegan Leask (4th) showed their ability to race tactically to

finish strongly in the Under 17 B grade. Campbell Ware riding in his first nationals showed that with further development he has the ability to compete at this level. Nick Tuck, unfortunately, couldn't stay with the lead pack due to technical issues with his bike.

Under 20 Road Race- 54km

A very large and strong group of Under 20 riders assembled for this race. At the completion of the first 18km lap, a group of 12 riders broke away from the main bunch to have a one minute lead. Madi Hartley-Brown was part of this lead bunch, by the end of the second lap, this group had dropped six riders with Madi still in the lead bunch. This bunch stayed together on the final lap to set up a sprint finish with Madi showing tactical awareness and strength to outsprint the other five riders.

Adam Martin had a strong race finishing a respectable 12th, Dylan Simpson 17th, Liam Valentine 21st, Denith Rajapakse 29th, Thomas Stannard 31st, William Kelly 45th.

With all our riders still eligible to ride in this grade again next year, the team should have a strong showing again.

Points Race Championship Manfeild – Monday 2 October

With strong to gale force winds for all races, it meant for tactical and hard racing.

Under 14 Points Race- 6 laps

Chenuka Rajapakse gains points on all three points laps which resulted in him gaining third place. His was a fantastic achievement in such tricky conditions. Nelson Doolan performed strongly all weekend to finish 23rd, Alex Montgomery 27th and Max Ferguson 30th.

Under 15 Points Race- 6 laps

After three sprint laps, we had three riders who gained top 10 finishes. Ben Irvine 5th, Adam Francis 8th and Ewan Cousins 9th. Which helped to accumulate points for the overall school. Ben Orr 14th, Dra's Caldwell 16th, Nathaniel Leask 17th, Jack Carson 25th, Logan Hey 26th, Caleb Falkner 35th, Logan McKinnon 36th, Liam Ainsworth 38th, Fergus Lloyd 40th, Darcy Ainsworth 41st, James Gardner 51st.

Under 16 Points Race- 8 laps

With a large field lining up for the Under 16 points race it was important that our riders worked together as a team to gain the maximum advantage on points laps. Jamie Dennis and Aiden Jones showed excellent team riding throughout the race to attack and counter-attack when required. This helped Jack Pronk and Michael Richmond to accumulate points which eventually saw Jack 3rd and Michael 7th. Other results- Jamie Dennis 14th, Aiden Jones 32nd, Sam Russell 37th, Matthew Cooper 52nd, Nathan Greenwood 60th.

Under 17 Points Race- 8 laps

Like the previous day, our riders in this grade struggled to make an impact in this race. Ethan Craine was 15th, Angus Claassen 44th, Keegan Leask 47th, Luke Scott 48th, Cam Jones 50th, Campbell Ware 64th.

Under 20 Points Race- 13 laps

The senior boy's race was the final race of nationals for 2017 and it was sceptical for all watching. With conditions making it hard for breakaways it meant that most point laps came down to a sprint finish. Madi Hartley-Brown again showed his class in this race by accumulating points on 4 out of the 7 point laps. At the completion of the race, Madi was tied on points with another rider from Christchurch Boys' High School for 1st place. However, with Madi winning the final string to the line he was awarded 1st place. For Madi to win both the National Under 20 Road and Points Race he joins only a handful of riders to ever do this. What is even more remarkable is he Year 12 so will be back again next year to defend his titles.

Madi was well supported Dylan Simpson 19th, Adam Martin 28th, Liam Valentine 30th. Unfortunately, Denith Rajapakse and William Kelly we involved in an accident and Thomas Stannard had a technical with brought their race to an end early.

Overall Schools Championship. The PNBHS team finished 3rd, only 5 points behind the winning School.

Prem A Basketball Nationals

Pool Games

vs Kelston Boys' High School won 94 - 43.

vs Cashmere won 80 - 52.

vs New Plymouth Boys' High School won 100 - 37

vs Wellington College won 83 - 66

vs Christ's College won 50 - 47.

Quarter Final vs Rangitoto College

This was a do or die game for both teams. PNBHS started well and got out to a first quarter lead of 15 - 12. Rangitoto are two time defending champions and they were not about to give up easily. Rangitoto edged ahead to lead 46 - 42 at the end of the third quarter. The game was there for the taking but in the end Rangitoto prevailed 65 - 54. Callum McRae top scored with 15 points. Haize Walker, Oscar Oswald and Jake McKinlay scored 14, 11 and 9 points respectively.



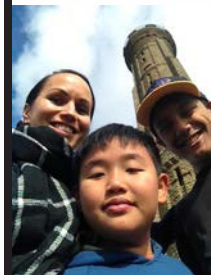
5th – 8th play-off vs Westlake Boys' High School

The Prem A started with good intensity but there were too many turnovers and too many free throws missed. PNBHS had a late run heading into half time to be up 34 - 28. In the second half, after some pretty direct talk from the coaches, PNBHS got combinations going and converted points from the paint. Final score was a comprehensive 70 - 50 point win to the Prem A. Oscar Oswald top scored with 20 points, Callum McRae scored 16 and Rangimarie Mita scored 11 points.

5th / 6th playoff vs Auckland Grammar

This was always going to be a tough game, the eighth game in six days. Both teams were up for it though and it turned out to be a classic game. Down 31 - 38 at half time, stern words and a change in tactics saw the Prem A have a big third quarter, out-scoring AGS by 25 - 16 to be up 56 - 54 going into the final quarter. A pulsating finish ensued where tactics, timeouts and fouls were aplenty. In the end PNBHS prevailed 78 - 73. Callum McRae and Haize Walker top scored with 19 points, which was fitting as these two have been in the team for four years and played their last of around 200 games for PNBHS. Oscar Oswald and Tama Fa'amausili who have been in the team three years and Cooper Boyce-Towler and Rangimarie Mita also played their last game. Losing one game to come 5th at Nationals is tough but that's how tournaments are.

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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.

Renaissance Tour of Italy and Croatia

The third PNBHS Renaissance Tour to Italy departed on 18 September. Twenty four adventurous students with two adventure seasoned teachers.

The journey began in Dubrovnik, Croatia, the beautiful 12th century stone city featured in the popular series, *Game of Thrones*. From there, the journey took the group through Split, Venice, Verona, Milan, Genoa, Sardinia, Pisa, the Cinque Terre, Florence, Siena, Bologna, Ischia, Pompeii, Herculaneum and Rome. The purpose of this adventure was not to notch up a list of 'I've been there' photographs and T-shirts, but rather a time of personal growth and reflection. Connections between the past and present are easily made in Italy. As the students travelled by train or ferry from city to city, their discussions about the sites they had seen became increasingly fascinating. Having the Renaissance Period as the central focus of the tour offered the ideal opportunity for students to connect with Classical Rome as well as the Medieval and Classical Periods, identifying the influence these cultures had upon the art and thinking of the Renaissance period and the present.

Much of the science and mathematics learned at school was developed during the Renaissance. Most critical of all, these disciplines functioned cooperatively with the arts, not competitively. This was revealed to them in the old Human Anatomy Theatre of Bologna University, the Sistine Chapel, standing outside Galileo's house in Florence or the perfectly preserved medieval town of Siena. The questions asked by the students as they observed the structural marvels of the Renaissance as well as the scientific artefacts were a constant reassurance of the high level of engagement and learning that was occurring. More encouraging was how many students recognised the significance of family crests like the Medicis, Pazzis and de la Rovere; extremely wealthy and powerful families and yet they used so much of their wealth to create public buildings and infrastructure as gifts to the cities in which they invested.

The Renaissance Tour was not all about monuments. Besides the wealth of knowledge and history, Italy and Croatia offered the students a unique experience to sample exquisite food and culture. It was wonderful to see our students sitting at restaurant tables and ordering boldly, sampling the local food. And this, at times, with McDonald's at hand! Further to that end, they learned to appreciate the wonderful lifestyle we have in New Zealand. This happened early on in the piece when catching a metro in Milan with full backpacks. They turned to me and said the train was full. No it wasn't. Just because all the seats are taken and there are some people standing doesn't mean it's full! We squashed on with ease and at the next stop another fifty people found gaps to fill.

But then, we had our moments away from the mad selfie-obsessed crowds. Our hotel in Dubrovnik was a minute's walk from the filming location of *Game of Thrones*. The particular bay concerned is known in the TV series as King's Landing. That aside, walking ten minutes in the opposite direction placed the students in one of



the most beautiful medieval stone cities of Europe which we enjoyed from a mountain top as well as kayak out in the bay: a wonderful water safari during the which the Rector demonstrated his cliff jumping skills. Dubrovnik is the perfect place to start the journey because of the safety, the ease of access and, as with the rest of Europe, hands on history.



Our days were full, sometimes beginning at 5:00 a.m. and ending near midnight. The students had their first taste of overnight ferry travel which was varied. Travelling by ferry was a novelty for the students but they soon adjusted to sleeping on board a ship and rolling with a surprise from the galley. At times, our patience was tested by inefficiencies, such as in La Spezia where we stayed in Europe's worst hostel run by something out of a Stephen King story. However, that's part of travel. It has easy times and tough times and very often, the tough times build the most lasting and positive memories.



The Renaissance tour caters for well-rounded students. Leonardo da Vinci, a key figure of the Renaissance, was a great athlete as well artist, engineer etc. There is always a physical component to the Renaissance Tour. This time, we embarked on a three-day cycling tour in Sardinia. It was challenging but very rewarding, cycling



along clifftops, next to beaches and even visiting the old Phoenician ruins of Tharos. Our boys did themselves proud taking on this challenging task and were well compensated with outstanding lunches and dinners, a key part of Sardinian hospitality.

As a teacher, it was rewarding to witness the growth in confidence of the students over four and a half weeks. When we arrived in Milan our students thought they'd stepped into Dante's ninth circle. The pace and scale of Milan overwhelmed them and they clung to the teachers for security. However, when we reached Rome three weeks later, such was the level of their confidence they surfed the metro and criss-crossed the city with panache meeting up on Spanish Steps or at Trevi Fountain, as the whim took them. And that was so good to see!

This was a unique trip where, because of the nature of our travel, students had to be responsible and self-manage. We were backpacking and travelling by train or ferry between cities. My compliments go to these students who, while enjoying themselves to an infectious level ... engaging in solid fun with tons of laughter, never once let themselves or the school down. Not a single travel arrangement compromised. Hugh Drake and I thank each of those young men for making the Renaissance Tour of 2017 one of the most memorable events of our teaching careers.

But what of after the trip, when the jet lag of the return journey has long worn off and the students are sitting examinations as I write this report? I often receive little snippets from colleagues about Renaissance Tour students who bring their experience into the classroom and relate it to the lesson that is in progress. Students from previous trips are often in contact letting me know they have returned to Italy or travelling to new lands putting into practice the skills they learned on the Renaissance Tour. The Renaissance Tour is a life changing experience for all of us.

I would like to pay tribute to Hugh Drake, my fellow staff member on the tour. I could not have wished for a better companion. His wisdom, calm disposition and good humour were more appreciated than he will ever know by the students and me. I look forward to travelling with him again in the future. He is most definitely a first choice. Thank you, Hugh.

The next Renaissance Tour will take place in September/October 2020.

Ken Benn

Renaissance Tour Participants

Daniel Alvey, Jonathan Anderson, Pierce Blikendaal, Thomas Buckley, Jake Burgess-Hight, Ronan Carroll, Ryan Codlin, Lukas Dreyer, Jack Harvey, Kaleb Humpage-Pinto, Jarrod Kirk, Luciano Lanham, Kendall Lei, Tomas Lieferring, Oliver Lodge, Finn Martin, Callum Mayston, Jack Milne, Joshua Nixon, Benjamin Pritchard, Nicholas Punnett, Liam Quelch, Jack Scrimshaw, Patrick Takurua

More pictures on back page

1st XV and Development XV Tour of UK and Ireland

On Thursday, 21st September, the Rugby Tour Squad consisting of a 1st XV and a Development side set off on their tour to the UK. We arrived in Manchester after 24 hours' flight time and a four hour stop over in Hong Kong. We travelled from Manchester to York and enjoyed some sights of the countryside as it rushed past us. In York we enjoyed our first sights of castles and the boys' eyes lit up when we saw the massive York Minster Cathedral.

The next day saw the squad travelling to Edinburgh, Scotland where we played George Watson's and George Heriot's Colleges. The score for the Development XV vs George Heriot's College was 31-25 to George Heriot's. The 1st XV were lucky to play in the Edinburgh Rugby team's home ground and the score in this game was a 29-10 loss. The next day the boys got a chance to explore Edinburgh and its many amazing sights including the mighty Edinburgh Castle. The boys also got a chance to try the Scotland exclusive Irn Bru (caffeinated soft drink), which had some mixed reactions.

On the 25th, we set sail on a ferry to Belfast, Ireland. After an interesting drive and a stop at the Peace Wall in Belfast, we pressed on to Dublin where we met our host families from Castleknock College. After a great night with our hosts, it was game day and the boys were ready to go after recovering from jet lag. This morning we were welcomed to the school with an assembly, a planting of a native New Zealand tree and a tour of their castle. The scores for these game were: Development XV won 33-5, and the 1st XV won 42-19 - they were both great games.

On the 27th we said our goodbyes and gave our thanks to our hosts from Castleknock and proceeded to the astounding Aviva Stadium formerly known as Lansdowne Road Stadium, for a tour by the former Irish Rugby Bagman, Paddy O'Reilly. The tour included the press room, changing rooms, and we had the chance to stand field side also. The group then took advantage of a bit of free time in central Dublin for some shopping and food. Following this, we meet some familiar faces from Blackrock College, who had played against our 1st XV earlier in the year. The next day brought about an exciting game day. The Development XV had a great game despite their 22-15 loss. The 1st XV also suffered a loss of 27-13, but it was an outstanding game from the boys. There was definitely some sore bodies on the ferry from Scotland to Holyhead, Wales the next day. Following the ferry ride, we travelled to a small town Borth to set up in our accommodation and for our recovery swim in the Arctic swells.

30th September witnessed the group jump back on our Richmonds' bus to head to Llandovery College for our fourth game of tour. Prior to the game the boys were greeted by



Hadleigh Parkes, PNBHS Old Boy and current professional rugby player. Hadleigh talked to us about his time in PNBHS and gave us some inspiring words for the game ahead. On this day both teams came away with good wins: Development 43-0 and 1st XV 24-12. After the match, we travelled to Newport to stay the night.



On 1st October the lads had some time to explore Wales and had a chance to see Cardiff Arms Park. Later on, the boys got kitted up and prepared to take on Big Pit Coal mine. The boys loved the experience and had some good fun getting along with the workers. That afternoon we made a stop in Bridgend



and pushed on to Cheddar, (Home of Cheddar Cheese) where we explored the Cheddar Gorge, and later a few of us, with Mr Johnson and with a bit of Mr Calton's guidance, went fox and bat searching.

Fresh and ready to go, the boys set course for Millfield School. The boys arrived to astonishing facilities and another jaw dropping 1st XV

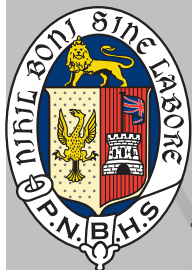


pitch. The tour party was then taken away by our hosts and some boys even joined in with club singing that night. The next day the boys prepped for the games against Millfield and were treated to using some of the school's facilities including the fencing gym, the indoor tennis courts and the practice golf course. The Development boys played at one o'clock and won convincingly with a 54-20 victory. The 1st XV played a good game with strong ball running and won 40-26. After this, the tour set their sights on the much anticipated city of London. For the next two nights we would stay at Safestay Holland Park Hostel, where we slept in three-bunk-high rooms and one room had 21 of the lads parked up in it. On the Thursday, we hit London in the underground trains; immediately five of us were lost before reaching our intended destination. Anyway, we sorted that out and went on to explore London in the famous double-decker red busses. The group saw sights that included, Trafalgar Square, Big Ben, The London Eye, Parliament and Buckingham Palace to name a few. The next day (6th Sept) we headed to Champion School for billeting. The next day the Development Team won 21-17 after being ahead at halftime with a score of 10-7. The 1st XV had a dominant 1st half but Champion capitalised on some penalties to make the final score 28-27 to Champion School. On the 8th, the boys said thanks to our billets for the last time on tour. We all enjoyed the billeting experiences and are truly grateful for their hospitality, and the friendships made will be cherished. After the farewells we chased the sea to Brighton. Brighton was a good time for the fellas with the Pier holding all sorts of adrenaline filled fun and leisure.

The next day brought the final game of the tour. Seaford is another great school with outstanding facilities. The games were played in high spirits for the boys leaving and for Mr Moore's last time taking the 1st XV and we had a 36-0 win for the 1st XV, and a 42-5 win for the Development team. Post game, we headed back to London for our last night in the UK. On our last day the boys did last minute gift shopping and sightseeing and a couple of us even managed to find Platform 9 ¾ in Kings Cross station. That night we departed from Heathrow at 10:20pm local time on a Cathay Airways flight back to Auckland via Hong Kong.

A big thanks goes out from the young men and their families involved in the tour to Mr Calton, Mr Van Stipriaan, Mr Moore, Mr Johnson and Mr Greer for their organisation of the tour and looking after us over there, it is immensely appreciated.

Flyn Yates



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Christmas Gift Vouchers Available

Language Tour to Germany Fundraiser

The German Tour group is selling white tea towels with the school crest in blue to raise funds. These would make great gifts for old boys or billets during sports exchanges. A sample is in the Main Office.

The tea towels are available from Mrs Dickinson at a cost of \$12 for one or \$20 for two.

Please contact Mrs Dickinson at school (06 354-5176) or by email (dickinsona@pnbhs.school.nz) if you would like to purchase some.

Thank you for your support.

Calling Families of Students Leaving PNBHS



Parents/Caregivers, if your son has no further use of his school uniform, you may consider donating it to the school.

We desperately need shoes, sandals, sox & school shorts.

We have students who are always in need of these items and they would be gratefully accepted.

Good luck to your son in his future endeavours.

Barbara Shorter
Student Support Centre



Renaissance Tour of Italy and Croatia



Art of the Month
Aman Iqbal (1,2,3) Jett Connolly,
Ryu Ongkapipat



Rugby Tour of UK and Ireland

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