



WILLIAM COLENZO COLLEGE NEWSLETTER / PĀNUI

Term Two: 16th - 27th May 2022



"Today was a Difficult Day," said Pooh.
There was a pause.
"Do you want to talk about it?" asked Piglet.
"No," said Pooh after a bit. "No, I don't think I do."
"That's okay," said Piglet, and he came and sat beside his friend.
"What are you doing?" asked Pooh.
"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either."
"But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."
And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right." (A.A. Milne)



Experiencing hardship and adversity:

Whether we are facing a global or personal crisis - or a mix of both - building resilience can help us cope with stress, overcome adversity, and enjoy the better days to come.
Lately, New Zealand and the world seem to be lurching from one crisis to another. We've experienced a global pandemic, dramatic changes to how we conduct our daily lives, economic uncertainty, political and social turmoil, as well as an array of natural disasters.
Then there are the personal traumas that people are also having to deal with, such as the loss of a loved one, declining health, interrupted education, unemployment, violent crime, or tragic accidents. For many of us, this is a time of unprecedented struggle and upheaval.
Whether the source of disruption in your life is a global emergency or a personal tragedy - or both - living through difficult times can take a heavy toll on your mood, health, and outlook. It can leave you feeling helpless and overwhelmed by stress and anxiety. You may feel your life is out of control and you're powerless to affect whatever may happen next.
While there's no way to avoid sorrow, adversity, or distress in life, there are ways to help smooth the rough waters and regain a sense of control. Resilience is the ability to cope with the loss, change, and trauma that have been inevitable parts of life even before these extraordinary times. Building resilience can help you better adapt to life-changing events, cope with turbulent times, and bounce back from hardship and tragedy.
While everyone's situation is different, it is true that people with resilience tend to have a higher tolerance for the emotional distress generated by hard times.

We all go through bad times, we all experience disappointment, loss, and change, and we all feel sad, anxious, and stressed at various times in our lives. But building resilience can help you to maintain a positive outlook, face an uncertain future with less fear, and get through even the darkest days.

Building resilience can also help you to:

- Stay focused, flexible, and productive, in both good and bad times.
- Feel less afraid of new experiences or an uncertain future.
- Manage and tolerate strong emotions outside your comfort zone, even those you'd rather avoid like anger or despair.
- Strengthen your relationships and improve your communication skills, especially under pressure.
- Bolster your self-esteem
- Be confident you'll eventually find a solution to a problem, even when one isn't immediately apparent.

You can develop and improve these qualities of resilience at any time, regardless of your age, background, or circumstances. Resilience can help you face hardships with more confidence, better cope with these tumultuous times, and make it through to the brighter, more hopeful days ahead.

Sending thoughts to those going through difficult times and hope you have your own Piglet to sit beside you through difficult moments.

Ngā Mihi
Whaea Jocelyn
Tumuaki / Principal

WHĀNAU HUI - PARENT / TEACHER MEETINGS

On Wednesday 29th June from 2pm-6pm we will be holding our whānau hui - parent/teacher meetings. Students will finish school at 1.30pm to allow the meetings to commence at 2pm.

Each meeting will have a 10 minute allocation. This will provide time to have discussion about your child's progress and next steps with their classroom / form teacher. Student reports will also be presented at these meetings.

Appointment times are via online, more information on this will be provided in the next newsletter and posted on our school facebook page, school app and sent out via email.

SPORT SPONSORSHIP

Big thanks and appreciation to Apollo Projects who are generously sponsoring WCC with a sporting sponsorship.



Apollo Projects are a nationwide Design & Build Construction company and have recently established themselves in HB and are currently completing the HB Aquatic Facility and the Pettigrew Green Arena extension.

Many thanks to Paul Lloyd - Director of Apollo Projects for this awesome opportunity.

SCHOOL UNIFORM - BOYS SOCKS



From Term Two boys will have the option of wearing either the black school socks with a green stripe, or a plain black sock. Either of these options are available to purchase from The Warehouse. Socks are not to be worn with sandals, only with covered-in shoes.



SCHOOL TIMETABLE

The school timetable will return to normal from this term, Term Two, there will be no early finishes on a Friday. Many thanks to parents/caregivers for your understanding with regards to this.

CAREERS/PATHWAY TRIP

All Year 12 & 13 students will be attending the Futureopoly event at the Hastings Showgrounds, Tuesday 31st May.

Futureopoly is designed to enable rangatahi / young people to get connected, be inspired and feel empowered to choose a vocational career pathway that has meaning for them. Students will be transported to and from school.

PRACTICE EXAMS: YRS 10 -13

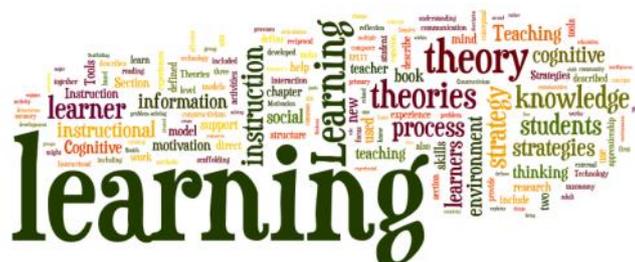
Practice exams will be held for all Year 10-13 students during the week of Monday 23rd - Friday 27th May.

	Monday 23/5	Tuesday 24/5	Wednesday 25/5	Thursday 26/5	Friday 27/5
Period 1		L1 Maths L2 Physics/ Chemistry L3 English		L1 Maths L1 English L1 Comm	
Period 2	Year 10 Maths Senior Dance	Year 10 English	Year 10 Social Studies Year 10 Dance	L1 Math L2 English L3 Physics/ Chemistry	
Period 3	L1 Science L2 English Senior Maori		L1 Science L3 Psychology	Year 10 Science	L1 Media
Period 4			L1 English L2 BESC I		

TEACHER ONLY 1/2 DAY

There is a half day **Wednesday 25th May** for all students, finishing school at 12.30pm.

This afternoon is to provide teachers with additional time to refresh and deepen their knowledge and practice around curriculum.



PHYSIO CLINIC FOR STUDENTS

Students are able to have access to a Physio Clinic at school every Tuesday from 11:30am. The clinic runs from the Student Office and bookings are essential.

Students are welcome but under 16 year olds must take a form home to be signed by a parent / caregiver before being booked.

Injuries must be due to an accident to be seen for FREE.

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SCHOOL UNIFORM JACKETS / CAPS



School jackets and caps are available for purchase from the School Office. These uniform items **are not sold at The Warehouse**. Cost for the jackets are \$103.50



The jackets are produced by Kooga Clothing; they are waterproof, windproof and very warm. This is the only item of clothing with a hood that may be worn to school. The caps are \$25 and are able to be worn at school.

CELLPHONES AT SCHOOL

CELLPHONES are not to be used in the classroom as they are a serious disruption to student learning and outcomes. Students can use their cellphone during break times only. Please support your child's learning by not texting or phoning during class time. If you need to contact your child please phone the college office and we can arrange a message to them.

FORMER STUDENTS / STAFF

We have a former students / staff (Toa Tauā) page on our school website: www.colenso.school.nz. We would love to hear from any ex-students, teachers, support staff who have been involved with either Colenso High School or William Colenso College.

The former students / staff (Toa Tauā) page can be found on the News & Events page via our website above.

TOA TAUĀ- We have given our WCC former students / staff group this name because it means “**A Leader of and for the Future Generation**”, a fitting name for this group of people. This section will be where news of ex students & staff of our Toa Tauā will be shared. Enjoy. If you have news of any ex-students / staff please get them to contact sue.martin@colenso.school.nz

KEY DATES

Mon 16th May:	Tane Tu Kaha Trip to Tumu Timbers Hastings: 12.30pm-3pm
Wed 18th May:	Pasifika University visit for Year 12/13 students: Library 11.30am
Fri 20th May:	Navy ano Tane Tu Kaha visit: 9am-1pm
Mon 23rd May:	Practice Exams for Years 10, 11, 12, 13 through till Fri 27th May Board of Trustees Meeting: 5.30pm
Wed 25th May:	Students finishing at 12.30pm - Teachers Professional Development
Fri 27th May:	Waikato University Trip
Tues 31st May:	Year 12/13 students to Futureopoly Careers Event at Hastings Showgrounds
Mon 6th June:	Queens Birthday - School Closed
Fri 10th June:	Whanau Hui for those students who attended Waikato University Trip Full School Assembly: 2.15pm
Tues 21st June:	Careers Expo for Years 11/ 12 at Pettigrew Arena: 12.30pm-2.30pm
Fri 24th June:	Matariki - School Closed
Wed 29th June:	Whanau Hui / Parent/Teacher Meetings: 2pm-6pm, students will finish for the day at 1.30pm
Fri 8th July:	End of Term Two