



KEI KONEI TĀTOU E TŪ ANA
HERE WE STAND

WAIHI COLLEGE

NEWSLETTER

ISSUE 20 | 2024

YEAR 7 & 8 SPELLING BEE

Last week, our Year 7 and 8 students showcased their spelling prowess in the school Spelling Bee, expertly organised by Academic Leader Hayaat Dass. Following classroom competitions, the top spellers from each class advanced to the Tainui and Te Arawa semi-finals. These brave students faced their peers and tackled challenging words with confidence. We commend all participants for their courage and determination.

The semi-final winners went head-to-head in the thrilling Spelling Bee final, held in the school hall with all Year 7 & 8 ākonga. Congratulations to Jimi Randell, our Year 7 champion, and Daniel Te Rire McNeil, who claimed the Year 8 title.



Year 7:

- 1st - Jimi Randell
- 2nd - Ellana Mannix
- 3rd - Poppy Bolderston
- 4rd - Xavier Hope

Year 8:

- 1st - Daniel Te Rire McNeil
- 2nd - Brielle Michalchuk
- 3rd - Harleen Kaur
- 4th - Paolo Mancia

WHEELER'S LUCK

Don't' forget to grab your tickets!!
Opening show is Wednesday 7th, with
a second performance on Thursday
8th. Don't miss
out!



Links are on
our website
and social me-
dia pages.

PRINCIPAL'S COMMENT

Kia ora Whanau,

As you will remember, we have a Teacher Only Day on Tuesday this week.

We are really excited here at Waihi College, to have Jase Williams come and spend the day with us.. He has extensive experience in working with the effects of trauma and the huge need we have as a society, to connect and wrap around those, who often ask for help, in the most tricky of ways. Many of our students experience all kinds of trauma, and this does impact on their daily lives, how their neurological pathways are developed, and how their reactions can be in response to various daily things that 'activate' them.

We are hugely thankful to Hauraki Kahui Ako, for giving us this day with Jase!

"The school's Trauma Informed Approach raised attendance, academic achievement, and improved health outcomes for students at the school. Henry Hill School were the winners of the most recent Prime Minister's Education Excellence Awards - Wellbeing category.

As a Ministry of Education Accredited Facilitator he has worked with thousands of educators and hundreds of ECE, Primary School, Intermediate and High Schools across the country and he has also presented internationally."

On another notes, over the weekend, we had the fabulous WaiTaiko Drummers, come and perform for our community - we love it when our space can be used to benefit other groups, and this is no exception - the ground vibrated in response to their incredible skills drumming and bamboo flute playing - they will be back in December at Christmas at the Lake, so be sure you don't miss out!

Speaking of performances - our very own Ms Berry, has helped our students craft a fabulous performance, to entertain and blow us away! If you haven't booked your tickets, best be in quick! We have 2 nights performing, this Wednesday and Thursday - and it looks like a real treat! My thanks to all the staff who have walked alongside our students, crafting an excellent evening's entertainment!

Have a fabulous week. Nga manaakitanga, Briar



Thames Valley Secondary Schools Badminton

Last Friday we had the following students enter into the annual Thames Valley Secondary Schools Senior Badminton Championships. The students were Rylee Morgan, Kendall Tacon, Cole Nidogma, Brea Peka, and Shaniah Manawat. The increase in numbers this year was great to see. Although we didn't get any placings our students got involved and had fun.

World Cup Basketball

Last Thursday we had 3 teams enter into the annual Tauranga City Basketball Year 7&8 World Cup Basketball event. Well done to all our tamariki for getting in there and being involved.

Well done and Congratulations to Brielle Michalchuk and Jayce Phillips for both being awarded a prize for Best and Fairest.

Netball

Congratulations to Dakota Cardie and Palace O'Brien and their Wahine Toa Netball team for winning their semi final game on Friday night vs Heresons 71-47. The girls head to Aroha to play in the Finals this Friday.

We have the following teams in the Waihi Tuesday Night Competition playing in Finals this week. Senior Girls Development vs Whangamata Vixens, Year 9a vs Whangamata Oceans, Year 7&8 Kereru vs Year 9 Development. Good luck to all teams.

We also have the following teams playing for 3rd and 4th Year 10/11 Mixed vs Whangamata Fusion, Year 7&8 Kea vs Whangamata Dynamite. Our year 7&8 A and Year 7&8 Development are also playing for 5th and 6th. Good luck to all our teams

Our College A girls are playing for 3rd and 4th this coming Thursday in Tauranga at Baypark. Best of luck ladies



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UNDERSTANDING ADHD

What is ADHD?

(Attention deficit hyperactivity disorder) ADHD is a condition that's caused by [differences in the brain](https://www.understood.org/en/articles/adhd-and-the-brain) (https://www.understood.org/en/articles/adhd-and-the-brain). People with ADHD have trouble with focus. But some are also [hyperactive](https://www.understood.org/en/articles/understanding-impulsivity) and [impulsive](https://www.understood.org/en/articles/understanding-impulsivity) (https://www.understood.org/en/articles/understanding-impulsivity). ADHD can also impact other skills, including managing emotions. That's especially true with kids and teens. People with ADHD have trouble with a group of key skills known as [executive function](https://www.understood.org/en/articles/types-of-executive-function-skills) (https://www.understood.org/en/articles/types-of-executive-function-skills). And that creates challenges in many areas of life, from school to work to everyday living. For example, people with ADHD often struggle to get organized, follow directions, and manage their emotions. ADHD [isn't a matter of laziness or willpower](https://www.understood.org/en/articles/adhd-and-the-myth-of-laziness-what-you-need-to-know) (https://www.understood.org/en/articles/adhd-and-the-myth-of-laziness-what-you-need-to-know) — that's one of many [myths](https://www.understood.org/en/articles/common-myths-about-adhd) (https://www.understood.org/en/articles/common-myths-about-adhd) about it. In fact, people with ADHD are often trying as hard as they can to focus and keep their impulses in check. For a long time, people thought ADHD was something only kids — boys, in particular — had. But research shows that adults also struggle with ADHD, and that [women and girls have it as often as men and boys](https://www.understood.org/en/articles/do-boys-and-girls-show-same-adhd-symptoms) (https://www.understood.org/en/articles/do-boys-and-girls-show-same-adhd-symptoms)

However people with ADHD who have trouble focusing most of the time can often “hyperfocus” on tasks or activities they find really interesting. For instance, a child might

focus for hours while doing a craft project but drift off five minutes after starting homework. Or an adult may [hyperfocus](https://www.understood.org/en/articles/adhd-and-hyperfocus) (https://www.understood.org/en/articles/adhd-and-hyperfocus) on video games or a TV show, to the point that they don't hear their name being called. Signs of ADHD can pop up at any age. Kids can show signs as young as preschool. But many don't show signs until later on, as school gets harder and they have more to juggle. Some people don't realize that what they experience is ADHD until they're in college or working. Some people aren't diagnosed with ADHD until after high school or as adults. No matter when people are diagnosed with ADHD, there are treatments that can make symptoms more manageable and supports that can make things easier at school and at work.

People with ADHD often struggle with:

- Managing time
- Getting and staying organized
- Setting priorities
- Planning
- Managing emotions
- Paying attention and remembering things
- Shifting focus from one thing to another
- Getting started on and finishing tasks

UNDERSTANDING ADHD continued

How ADHD is diagnosed

There are no tests for ADHD. Instead, evaluators use a variety of tools to determine if a child has ADHD. One is a questionnaire about behavior. Another is a clinical interview. To initiate a referral for diagnosis parents need to consult their child's teacher and request documentation (for example a learner profile is available at Waihi College) which indicates ADHD characteristics. This will be helpful in providing your family doctor or pediatrician with the necessary knowledge to proceed with the referral process. Schools are not able to diagnose ADHD this needs to be done through consultation with your GP.

Explore this topic Further

Try a simulation to [see ADHD through a child's eyes](https://www.understood.org/en/articles/through-your-childs-eyes) (https://www.understood.org/en/articles/through-your-childs-eyes).

Get answers to [common questions about ADHD](https://www.understood.org/en/articles/adhd-your-questions-answered) (https://www.understood.org/en/articles/adhd-your-questions-answered).

Explore a collection of [ADHD personal stories](https://www.understood.org/en/articles/adhd-success-stories) (https://www.understood.org/en/articles/adhd-success-stories).

Learn [how boys may experience ADHD](https://www.understood.org/en/articles/adhd-in-boys) (https://www.understood.org/en/articles/adhd-in-boys) versus [how girls often experience it](https://www.understood.org/en/articles/adhd-in-girls) (https://www.understood.org/en/articles/adhd-in-girls)

See how [the ADHD brain is different](https://www.understood.org/en/articles/adhd-and-the-brain) (https://www.understood.org/en/articles/adhd-and-the-brain)

Watch as an expert explains [the process for diagnosing ADHD](https://www.understood.org/en/articles/video-how-is-adhd-diagnosed) (https://www.understood.org/en/articles/video-how-is-adhd-diagnosed).

ADHD NZ <https://www.adhd.org.nz/>

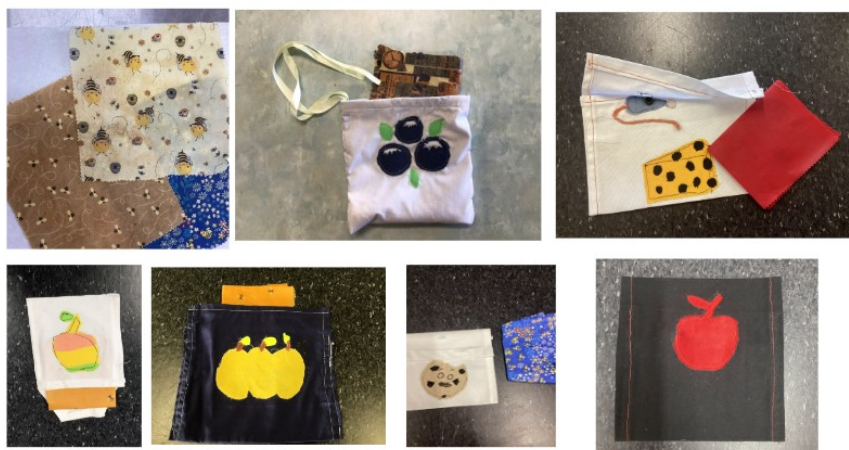
• *Formed in 1979, ADHD NZ are New Zealand's largest, longest-standing non-profit organization, committed to supporting those living with ADHD. The network includes hundreds of organizations that you can connect to, and get support from, through resources and events to improve the awareness and support of ADHD in New Zealand. The vision is to advance the ADHD community by providing practical information and support. They connect people and organizations, enabling members to collaborate on solutions and live with ADHD successfully. They inspire members to succeed through learning events and sharing their stories and help them act through expert advice and support.*

**THIS INFORMATION HAS ALSO BEEN
ADDED TO THE LATEST NEWS SECTION
OF OUR WEBSITE FOR FUTURE
REFERENCE**

YEAR 7&8 FABRICS

Year 7 & 8 students in fabric have been designing and making a bag to carry a snack in. They make a beeswax wrap and then design a small bag to contain the wrap. This is also very sustainable and we are aiming to reduce plastic wrap usage around the school.

Students have come up with some excellent ideas, and we have some amazing designers in the making.



KYORITSU GIRLS—NETBALL SKILLS

Here are some pictures from Tracy Te Wake and Korrina Lindsey practicing netball skills in the

Pavilion with the Kyoritsu girls. Such a fun activity!



NURSES CORNER

**WAIHI COLLEGE HAS A SCHOOL NURSE
AVAILABLE MONDAY-THURSDAY ALL DAY**

POP IN TO THE BUILDING NEXT TO THE TREE OF
LIFE
WALK IN APPOINTMENT, OR TEXT/PHONE TO
0272983787

LOOK FORWARD TO SEEING YOU IF YOU HAVE
ANY HEALTH NEEDS OR QUESTIONS
MARGIE GOLDSWORTHY / SCHOOL NURSE FOR
WAIHI COLLEGE



Ngā mihi, with kind regards
Margie (She/Her)

Margie Goldsworthy | SCHOOL NURSE

M: 0272983787

E: margie.goldsworthy@pinnacle.health.nz

SCHOOL LUNCHES—COMING UP

Please note meals and/or ingredients are subject to change without notice

WEEK 3

MONDAY Pasta Bolognese Served Hot

Pasta topped with beef cooked in a hidden veggie sauce. Served with a garlic roll.

TUESDAY teacher only day

WEDNESDAY Ham Pizza Served Hot or Ambient

Pizza slice with pizza sauce, ham and cheese, carrot sticks, corn chips and slice.

THURSDAY Chicken Loaded Wedges

FRIDAY Cheeseburger Wrap Served Hot

Classic cheeseburger ingredients, including a beef patty, cheese and salad, stuffed into a fresh wrap. Served with a brownie.