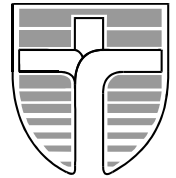




John Paul College, Rotorua

Whitworth Road, Rotorua. www.jpc.co.nz Ph: 07 3478 795 Fx: 07 3461 271
A WEEKLY NEWSLETTER FOR THE JOHN PAUL COLLEGE COMMUNITY
Term 4, Issue 34 27th October 2015



Ma te pono Me te aroha – Through Faith and Love
2015 School Theme : ‘Per Ardua Ad Astra – Through Adversity To The Stars’

Dear Parents/ Caregivers

Kia Ora, Malo e Lelei, Talofa, Greetings

SENIOR PRIZEGIVING Thursday November 5th: 7p.m, Edmund Rice Centre

Parents, caregivers and grandparents are cordially invited to attend our senior academic prizegiving, which recognises the outstanding academic achievements of our senior students. It is a wonderful opportunity to gather as a JPC community and celebrate all that has been achieved this year.

SCHOOL THEME FOR 2016

Success is not final, Failure is not fatal. It is the courage to continue that counts
~ Winston Churchill

This theme stresses the following

- Building resilience to setback and failure
- Learning from one’s mistakes
- Celebrate success but always look for the next challenge
- Every day is a fresh canvas
- Enjoy the journey

God bless

Patrick Walsh - Principal

DEAR PARENTS OF LEAVING SENIORS

Please ensure you have received the Leaver’s Form from your child. It requires your signature and your child’s destination next year. This is an MOE directive and forms must be returned by this Friday.

Alternatively, please email sue.rowles@jpc.school.nz with the leaver’s confirmation and destination.

SENIOR’S LAST WEEK next week

- Tuesday 3rd Co-curricular Prizegiving 1p.m at JPC
- Thursday 5th Leavers Mass 10.30a.m at St Mary’s Church
- Thursday 7th Senior Prizegiving 7 p.m at JPC
- Monday 9th NCEA commences:



Refer to the last page for exam schedule

SENIORS ARE ASKED TO RETURN ALL OUTSTANDING LIBRARY BOOKS, TROPHIES, SPORTS UNIFORMS AND SCHOOL BLAZERS BEFORE **THIS** FRIDAY

2015 LEAVERS DINNER Wednesday 2nd December at the Rotorua Blue Baths

CELEBRATE the INDIAN FESTIVAL OF DIWALI WITH US AT JPC

The John Paul College school community has decided to celebrate the Indian Festival of Diwali. We would like to take this opportunity to extend an invitation for you to join us in the festivities.

Venue: JPC Edmund Rice Center **Date:** Friday 30th October 2015 **Time:** 6.00pm

There will be a show by members of John Paul College with dances and speeches followed by a light supper of Indian foods and sweets.

We would be honored if you would be able to come and make our night even more special.

There will be a limited number of traditional Indian clothes available to be dressed in on the night.



October

- 29-30th Speech Exams
28th Year 11 Cambridge Exams
Year 10 Market Day
29th/30th Year 8 Aquatics Day
30th-31st BoP Rugby Sevens – Juniors



November

- 3rd Snr Co-curricular Prizegiving
5th Leaver's Mass 10.30am St Marys Church
5th Snr Prizegiving
6th Jnr BoP Tennis Champs
NCEA Scholarship Exams commence
9th NCEA Exams commence
Junior Exams commence
12th Year 10 Youth Summit
16th-30th Life Ed
16th Year 8 Camp Week
Orientation Week 2016 Year 7s
23rd- 30th Year 10 Activity Week
24th Year 9 Activity Day
26-29th NISS Water Polo Juniors

December

- 1st Years 7 & 8 CoCurricular Prizegiving
3rd Years 9 & 10 CoCurricular Prizegiving
4th NCEA/Scholarship Exams finish
4th Junior Prizegiving
Junior Reports Issued
School closes for 2015 at 12.05pm

WHANAU SUPPORT GROUP HUI



Monday 2nd November
5.30pm to 7pm
In the Whare
This will be a combined hui with the whanau groups from St Michaels and St Marys, with a view to

forming closer ties with our primary schools.

In addition we will review our years activities and plan towards 2016, all whanau are welcome and we share kai from 7pm to 7.30pm. In 2016 we are working towards regular school Maori Mass on Wednesdays and senior students taking a speaking role in the Monthly Maori mass at St Michaels.

Nga mihi, Eugene - Chairperson

THE UNIFORM SHOP IS OPEN

MONDAY, WEDNESDAY, FRIDAY
8.00a.m to 4.00p.m Term time only
CLOSED 11.30-12.30

Please note that Postie Plus stock no JPC uniforms



Find us on
Facebook

PTA 2nd HAND UNIFORMS

We gratefully accept any second hand uniforms for resale. Please bring any unwanted, 'grown-out-of' uniforms to the main reception. *Thank you in anticipation.*

FROM THE P.E DEPARTMENT YEAR 7 BEACH EDUCATION

The dates and days for our Year 7 classes to travel to the Omanu Surf Life Saving Club for the above programme are:

Thursday 26th Nov, 7WJ and 7SK

Friday 27th Nov, 7CV and 7JS

Monday 30th Nov, 7SJ and 7CG

The information went out last week and is required to be returned asap. We are reliant on parents/caregivers to provide assistance on the day with transport and adult supervisors of our students.

Ms B Northey

E: barb.northey@jpc.school.nz



The JPC YOUNG VINNIES wish to thank those people who have already donated embellishments etc for the Christmas cards.

Over the next five weeks hundreds of cards for prisons, the hospital and the elderly will be created, however there is still a shortage of cardboard and plain cards, and more embellishments are always very readily appreciated.

Also, we are still collecting food for the food bank until the end of this term.

EUTHANASIA DISCUSSIONS

There will be discussion groups at St Mary's at the following times.

Tuesday 27th October 2.15 pm

and

Wednesday 28th October

after the Midday Mass in the Church Foyer and also at 7.00 pm.

These meetings may go for approximately 45 minutes and depending on the need they may become weekly. All parents from the school community are welcome.

Fr Eamon

Parish Priest

MUFTI DAY FRIDAY 30TH

To raise funds for the Syrian refugees

Appropriate mufti must be worn

Applications for 2016 Rotorua Lakes Youth Council

are now open. The Youth Council is a group of 13-18 year old who provide a youth perspective to the RD Council. As part of the Youth Council you will learn about how Council operates, be part of cool events and meet new people. If you are interested, grab a form from the student counter or complete online at rotoruyouthcouncil.weebly.com. Applications close on 16th November. If you have any questions see Matt, Daham, Te Rina, Te Mahara or Kesia



If your child has lost unnamed clothing please come to the student counter to identify and collect. Unclaimed property will go to the PTA for resale

Congratulations to ex JPC student Edin Whitehead

who will graduate from Auckland University with a Bachelor of Science degree this year, has received the Enderby Trust 'Spirit of Enderby' Scholarship. This award gives young New Zealanders the opportunity to visit the Subantarctic Islands and become ambassadors for our natural heritage.

Between the 22nd December 2015 and the 12th January 2016 Edin will travel onboard the Heritage Expeditions ship *The Spirit of Enderby* to visit and photograph the Auckland, Campbell, Snares, and Macquarie Islands.

Upon her return, she will deliver photographic presentations on the biodiversity, history, and environmental issues of the Southern Ocean.

The 2016 Waiariki Scholarships for School Leavers close next Friday, 30 October and we thought we would have had applications from students at your school. Here's the link:

<http://www.waiariki.ac.nz/study-options/fees-and-finance/scholarship-and-grants/all-scholarships-and-grants/waiariki-scholarships-for-school-leavers>

with all the details on the scholarships being offered – mostly on our degree programmes, along with two diplomas in Forest Management, and Tourism and Travel.

There are 27 scholarships on offer, valued at \$2,000 each. Successful recipients would also be able to apply for the 50% refund of tuition fees for the first year of study and a 25% refund of tuition fees for the 2nd year of study, on programmes with a minimum of 60 credits when passing 75% of their courses. So for some students it would virtually mean the first year of study would be free!

It would be great if you could encourage some of your students to study locally and apply for a scholarship.

Kind regards

Sue Gunn

Head of Marketing and Communications, Directorate of Partnerships & Planning

Phone [+64 7 346 8928](tel:+6473468928). Mobile [+64 21 190 4011](tel:+64211904011) Email sue.gunn@waiariki.ac.nz

GREAT SUCCESS IN ICAS ENGLISH COMPETITION 2015

Congratulations to the following students who gained Distinction in the recent ICAS English competition:

Year 7 – Harper Lass

Year 8 – Hazel Hagan, Alesha Hemingway

Year 9 – Maia Berryman-Kamp, Sarah Dent, Jessica Fenwick, Christa Kurian, Natalya Lee, Anna Sinclair

Year 10 – Shannon Hayes, Hayley Hope, Lochlan Kessels, Jacques Terblanche

Year 12 – Bethany Cheesman

High Distinction Awards

Special congratulations to Year 8 student Janna Rutor, Year 9 students Charlotte Hutton-Smith, Matt Lindsay and Ashleigh Webb, and Year 10 Student Ellie Stubbs, who gained High Distinction awards in the competition placing them in the 99th percentile for New Zealand and the Pacific region.

Well done and congratulations once again to such a talented group of students.

Certificates for all those who entered the competition can be collected from Mr Bloomfield.

PODIUM ROTORUA RUNNING FESTIVAL is coming to town the weekend of the **21-22 November**. A fit and fun weekend, with distances for everyone!

Every entrant receives a **finisher medal for their effort and a gym towel**. There are also **lots of great spot prizes and merit prizes**.

Run or walk the cultural and natural highlights of Rotorua; the Redwoods Forest, serene golf courses, thermally active Sulphur Bay, world famous Rotorua Museum and the gorgeous Lake Rotorua.

Bring along the family, friends and whanau for a fun day out on the Sunday – there is a race option for everyone, including a **Kids 2k Dash, 4km Community Fun Run/Walk, 10km Run/Walk and the 21km Run**.

Also check out the exciting Saturday afternoon events in Eat St, with a short, fun Bolt Team Relay, followed by the Elite Bolt and Eat St Waiter Races.

Don't miss out on a fabulous local event - register now at: <http://www.runningfestival.co.nz>

2015 PACANZ NATIONAL YOUNG PERFORMER OF THE YEAR

The 2015 PACANZ National Young Performer of the Year was held in Palmerston North the weekend of the 16 October 2015. 2015 Head Girl Rebecca Colby and Steven Glyde represented Rotorua for Speech and Drama. Rebecca made the semi-finals and received the prestigious Potential Prize for most promising competitor and Audience Choice Award.

PACANZ is the pinnacle of achievement for many of our competitors giving them a unique opportunity to perform against outstanding talent at a national level. Rebecca and Steven did Rotorua and John Paul College proud. Special congratulations to Head Girl Rebecca Colby for her outstanding success.

Gabrielle Thurston HoD Drama

Congratulations to the following JPC girls that recently competed in the NZ Hockey Nationals U13 Collier Trophy Tournament.

The BOP representative team won the trophy for **BEST EFFORT** and placed 11th out of 24.

Hannah Muir, Madison Mitchell, Naomi Stubbs, Alyssa Towler and Danae Van der Merwe



Dear Parents/Caregivers

Re: JOHN PAUL COLLEGE WORKDAY OUT – FRIDAY 13TH NOVEMBER

The PTA of John Paul College has requested that years 7 – 10 have a Workday Out on Friday 13th November. This is a teacher only day. This was a very successful event last year, raising over \$12,000 for the PTA which has been used for the blazers, a water station, sun shades, concrete table tennis table, to name a few.

The essential features of the day include:

- Students choose a work experience for the day which could include home, neighbours or local businesses
- Students work for the day 9:00am – 3:00pm
- The students contribute a minimum of \$20.00 to the PTA
- The money will be put towards the technology building refurbishment
- It is not intended that the students simply have a 'day off' and you donate \$20.00 – students should learn to develop a strong work ethic and earn the money
- If you want your child to come to school they will be supervised
- Your child must either have a job and commit to the minimum of \$20.00 or come to school on that day

I hope that you will see the day as a positive initiative and support it.

Yours sincerely
Patrick Walsh
Principal

✂-----

I give permission for my child to participate in the Workday Out Yes / No

If no- my child will attend school on the day and be supervised

Signed Date

Child's Name Class

SENIORS OUTSTANDING LIBRARY BOOKS

Please return by this Friday: 30th.

Outstanding books will be invoiced

YEAR LEVEL	STUDENT	BOOK OUTSTANDING
11	Lexis Fergusson-Maxwell	Tigers on the Beach
	Ryan Hayes	Brother Band – The Hunters
	Ryan Hayes	Ranger's Apprentice – The Emperor of Nihon-Ja
	Tyla-Jo McMeeking	On A Good Day
	Georgia Dent	The Mystery of Smugglers Cove
	Courtney Marjoirbanks	Awakening
	Brianna Richardson	Ender's Game
	Benjamin Viper	Black Friday
	Megan Auge	Lies
	Gus Dube	After
	Liam Franklin	The 9/11 Terror Attacks
	Kalia Hare-Kingi	A Dance With Dragons
	Sophia Blatchford	The Accident
	Nevay Douglas	I Am Not Esther
	Maia Eason	Then
	Maia Eason	Once
	Daniel Towers	Small Steps
12	Bethany Cheesman	1Q84
	Katie Gimblett	Chinese Cinderella
	Kesia Kurian	Mice and Men
	Leia Wakefield	The Boy in Striped Pyjamas
	Warrick Auge	Band of Brothers
	Hannah Duthie	Wild Women
	Erin Kelly	Lord of the Flies
	Kasey Martin	Before I Die
	Kasey Martin	You Against Me
	Jayleeca Nicholls-Tau	Dirty Liar
	Priya Patel	Public Speaking
	Olivia Philip	I Am The Cheese
	Olivia Philip	Pride and Prejudice
	Olivia Philip	Much Ado About Nothing
	Abigail Ward	The Bridge
	Tiana Low	Lone Wolf
	Danielle Cooper	James K Baxter A Portrait
	Jeremy Scadden	Drugs – What's The Danger
	Jeremy Scadden	Drug Use and Abuse
	Jarod Tregilgas	Violence at School
Hannah Steens	The Power Of One	
13	Daham Nanayakkara	The Art of Sign Language
	Rebecca Veitch	Dread
	Madeline Gordine	Looking for JJ
	Lily Short	The Lovely Bones
	Zoe Spence	Much Ado About Nothing
	Maria MacKinnon	Jasper Jones
	Nicole Acton	The Beach
	Moomooga Filipo	The Book Thief
	Ella Florence	Never Go Back
	Stefan Sheffield	Twilight
Jack Tombleson	The Visitor	

EXAMINATION TIMETABLE YEARS 7-10

Level and Time		Monday (D6) 9 th November	Tuesday (D7) 10 th November	Wednesday (D8) 11 th November
Year 7	P1 & 2	Religious Studies	Science	Mathematics
	P 4 & 5	English	Social Studies	
Year 8	P1 & 2	Science	Religious Studies	Social Studies
	P 4 & 5	Mathematics	English	
Year 9	P1 & 2	Social Studies	Science	English
	P 4 & 5	Religious Studies	Mathematics	
Year 10	P1 & 2	English	Science	Social Studies
	P 4 & 5	Mathematics	Religious Studies	

Note:

- Year 7-10 Examinations will run Periods 1 and 2 and Periods 4 and 5.
- Classes will be allocated an examination room (see below).
- Supervisors will be, in most cases, their normal teachers for those periods and classes.
- Head of Faculties ensure that papers are placed in plenty of time on the table in the staffroom and instructions are clear.
- Rooms Changes and supervision relief will be given in the daily notices on each day.
- 10LJ students sitting NCEA examinations will be on examination leave on Monday 9th November, and Tuesday 10th November (am).



**PATHWAYS
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SPRING FAIR

Saturday 14 November 2015
10am-2pm
14 Larch Street, Rotorua

FAMILY FUN DAY

Cake Stall - Icecreams - Cafe Food - Games -
Lucky Dips - Story Telling - Art & Craft Stall -
Plant Stall - Music and Lots More!

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A MESSAGE FOR ALL SENIOR STUDENTS

6 TIPS FOR MANAGING EXAM STRESS

By Karen Boyes

There are four weeks to go before national school exams and if you are starting to get stressed about exam time – this is great news.

Why stress is good.....

Experiencing stress before exams is a good thing! Stress causes your adrenaline to pump and allows you to work longer hours and stay on task more. A 2013 study from Daniela Kaufer and Elizabeth Kirby at the University of California, Berkeley, found that small doses of stress can propel you forward and enable you to meet a challenge. As a time frame gets closer so the stress rises. This is natural and normal and managing it is important. Too much stress can have a negative effect on your memory. Of course, memory is essential in an exam – ultimately you are required to remember what you have learned and how to apply your knowledge to answer the questions.

What to do in the next 4 weeks...

1. **Make a plan for the next 4 weeks** – do not leave it to chance. Draw up a timetable and stick to it. Place in the important features of your next weeks, meal times, sports practice, church etc and add your study around these. If you can, you may wish to lessen your out of school activities for the next 4 weeks and then you can devote your time to them after the exams.
2. **Learn what you don't know** – of all the tips, the most important in the last few weeks is to concentrate on learning the information you don't know. Going over what you know is a waste of time – it might make you feel good, however learning is learning what you don't know. Pull out your old tests, assignments, practice exam papers and learn the questions you got wrong. This sounds simple and it can be hard yet is the **MOST IMPORTANT** tip. Ask your teachers to help clarify confusions, google other teachers lessons or search for study notes online to help.
3. **Study in small segments** – The best tip is to study for 20 minutes and take a 5 minute break. This is especially useful if motivation is lacking or the content is difficult. During the 5 minute break, ensure you leave the room so your brain knows you are on a break. You might choose to stretch, get some fresh air, do a few start jumps, eat some brain food, drink a glass of water and quickly check your social networking sites. To help keep you on a track, download the *iStudyAlarm* available for smart phones.
4. **Eat well** – Just as an athlete prepares for the big game or race, eating well in the weeks before your exams is imperative. Ensure you eat breakfast each day, as this will help minimise the bad stress. Eat smaller meals throughout the day, rather than big meals (that take a huge amount of energy to digest). Decrease your sugar and caffeine intake and increase your water consumption. Research shows eating an apple gives longer sustained focus than a cup of coffee.
5. **Relax** – To manage high stress levels, ensure you do something each day to relax. It may be as simple as 10 long slow breaths 2-3 times a day, some slow stretching, gentle swimming or jogging, meditation, yoga or any activity that helps you unwind and relax. Avoid screen time when relaxing as the changing images on the screen often cause your brain to go into a fight/flight state of high alert.
6. **Focus on the goal** – Four weeks is such a short time in your life so focus on the big picture – the reason you are sitting the exams; to get yourself ahead in life, to get into the course you want next year or whatever your goal is. A helpful activity is to visualise yourself being successful in your exams.

STUDY SMART & PASS – For your **FREE 27 Study Tips Poster**, please email

Karen@spectrumeducation.com

ABOUT THE AUTHOR: *Karen Boyes is an expert in effective teaching and learning, study skills, motivation and positive thinking. She was awarded the NSANZ Educator of the Year 2014 award and works in schools throughout Australasia teaching students how to Study Smart and teachers how to raise achievement.*

2015 NCEA Examination Timetable

Day	Date/Time	Level 1	Level 2	Level 3	Scholarship	
Day 1	Fri 6 Nov	9.30am			Drama	
		2.00pm				
Weekend						
Day 2	Mon 9 Nov	9.30am	Mathematics		Te Reo Māori	
		2.00pm		English		
Day 3	Tues 10 Nov	9.30am	Science	Earth and Space Science	Making Music	Biology
		2.00pm		Mathematics		
Day 4	Wed 11 Nov	9.30am	Music			English
		2.00pm	Te Reo Māori	Home Economics	Chemistry	Samoan
Day 5	Thurs 12 Nov	9.30am	Geography	Te Reo Māori	Home Economics	Statistics
		2.00pm	Social Studies	Economics	English	
Canterbury Anniversary Day Weekend						
Day 6	Mon 16 Nov	9.30am	English	Biology	Health	Physics
		2.00pm		Media Studies	Music Studies	
Day 7	Tues 17 Nov	9.30am	Japanese	Physics	Classical Studies	
		2.00pm	Media Studies		Drama	Calculus
Day 8	Wed 18 Nov	9.30am	French	Dance	French	Media Studies
		2.00pm		Spanish	Economics	Spanish
Day 9	Thurs 19 Nov	9.30am	Physics	Samoan		Geography
		2.00pm	Health	French	Statistics	Te Reo Rangatira
Day 10	Fri 20 Nov	9.30am	Dance	History	Physics	French
		2.00pm	Biology	Accounting	History	
Weekend						
Day 11	Mon 23 Nov	9.30am		Chemistry	Te Reo Rangatira	Classical Studies
		2.00pm	Home Economics	Agricultural and Horticultural Science	Biology	Accounting
Day 12	Tues 24 Nov	9.30am	Chemistry	Classical Studies	Earth and Space Science	Music
		2.00pm	History		Business Studies	History
Day 13	Wed 25 Nov	9.30am	Drama	Japanese	Geography	
		2.00pm	Economics	Drama	Calculus	
Day 14	Thurs 26 Nov	9.30am		Geography	Japanese	Economics
		2.00pm	German	Latin	Art History	
Day 15	Fri 27 Nov	9.30am	Business Studies		Media Studies	Chemistry
		2.00pm		Art History	Chinese	Latin
Weekend						
Day 16	Mon 30 Nov	9.30am	Agricultural and Horticultural Science	Music	Agricultural and Horticultural Science	Chinese
		2.00pm	Chinese	Health	Accounting	Art History
Day 17	Tues 1 Dec	9.30am	Accounting		German	Japanese
		2.00pm	Classical Studies	Business Studies	Te Reo Māori	Earth and Space Science
Day 18	Wed 2 Dec	9.30am		Chinese	Spanish	
		2.00pm	Spanish	Education for Sustainability	Dance	Agricultural and Horticultural Science
Day 19	Thurs 3 Dec	9.30am	Samoan	Te Reo Rangatira		
		2.00pm	Te Reo Rangatira	Social Studies	Samoan	German
Day 20	Fri 4 Dec	9.30am	Latin		Social Studies	
		2.00pm	Art History	German	Latin	

Rotorua YR 5/6 & 7/8 Hockey Player Development Programme

What Coaching Sessions, 6 week Programme

Venue: Smallbone Park

Date:

First Session:

Monday 9 November

Last Session:

Monday 14 December

Time: YR 5/6 – 3:30 – 4:30pm

YR 7/8 – 4:30 – 5:30pm

Cost: \$20 per player



This Development Programme aimed at all Year 5/6 & 7/8 players who wish to improve their hockey skills in order to take their hockey further or anyone who would like to give hockey a go!

This Programme is open to **ANYONE** in YR 5/6 and 7/8 and is not limited to current hockey players.

Registrations are to be made on the Coaching and Development page on the Rotorua Hockey website www.rotoruahockey.co.nz

Do you have a question? Contact Franki Traini

CoachForce Hockey Officer

Email: hockey@sportbop.co.nz

Mobile: 027 230 3214



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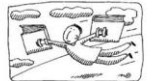
X-rays – No appointment necessary.

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 Thurs: 22 Oct: 6.00 – 7.00pm
 Friday: 23 Oct: 9.00 – 10.00am
 Saturday: 24 Oct: 9.00 – 10.00am
 Tues: 27 Oct: 12.00 – 1.00pm
 Wednesday: 28 Oct: 5.10 – 6.10pm

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Mon to Fri between 9.00am and 11.00am

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