



# POMPELLIER CATHOLIC COLLEGE

*Diligere Verum*

*Love the Truth*

18 JUNE 2009

NEWSLETTER NO. 9

Greetings, Tena Koutou Katoa,

## SWINE FLU

All of you should now be aware that a swine flu virus (H1N1) is affecting people in New Zealand and overseas. The WHO (World Health Organisation) has declared a pandemic.

The government is working on minimising the effects of the influenza pandemic in New Zealand. Schools have been asked to update their own pandemic plans.

Our school is in communication with the Ministry of Health and the Ministry of Education and we have been advised that there is no reason for alarm.

Our College will remain open until further notice. Our own pandemic plans mean that we have systems in place to help us cope if anything changes.

The most important thing you can do as parents and caregivers is reinforce these messages to your children:

- Ensure that they wash and dry their hands thoroughly and regularly (20sec washing, 20sec drying) - especially before meals and after toileting.

- Always use a disposable tissue when coughing or sneezing and discard it in a closed rubbish bin.

If your child develops flu-like symptoms, keep them at home until a doctor or nurse has checked them and given permission for them to return to school.

Swine flu symptoms are similar to seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhoea and vomiting (see the table below for further information).

We are updating our emergency contact details for all students and staff. **Please check the form that has been sent home with your child and return it to your child's homeroom teacher ASAP.**

The Board of Trustees and I are working closely with the staff to ensure that all students at our College are kept as safe as possible.

If you have any queries or concerns please contact me directly.

*continued on page 2 ...*

## INFLUENZA

## COMMON COLD

<b>Fever</b>	Usual - sudden onset 38-40°, lasts 3-4 days	Rare
<b>Headache</b>	Usual - can be severe	Rare
<b>Aches &amp; pains</b>	Usual - can be severe	Rare
<b>Fatigue, weakness</b>	Usual - can last 2-3 weeks or more after illness	Sometimes - mild
<b>Debilitating fatigue</b>	Usual - early onset, can be severe	Rare
<b>Nausea, vomiting, diarrhoea</b>	In children over 5 years old	Rare
<b>Watery eyes</b>	Rare	Usual
<b>Runny, stuffy nose</b>	Rare	Usual
<b>Sneezing</b>	Rare in early stages	Usual
<b>Sore throat</b>	Usual	Usual
<b>Chest discomfort</b>	Usual - can be severe	Sometimes - mild to moderate
<b>Complications</b>	Respiratory failure, can worsen current chronic condition, can be life threatening	Congestion, ear ache
<b>Prevention</b>	Influenza vaccine, frequent hand-washing, cover mouth when coughing	Frequent hand-washing, cover mouth when coughing

Life is like a conversation ... you're crazy if you try to do it alone.

*Wilson Dixon (US Comedian)*

## ... continued from Page 1

### SENIOR EXAMINATIONS

The senior school, Years 11 to 13, are currently sitting their mid-year examinations. Although none of these results will count towards their NCEA results, it does give you as parents and caregivers and us as a staff an indication as to how well your child is progressing in their studies.

Mid-year reports will be posted home at the end of the term and will include the current examination results.

### THE BIG SING

Mrs Nance and Mr McAteer took two choirs from the College to the Big Sing last Thursday. The Big Sing is a choir competition where secondary schools' choirs from Warkworth through to Kaitiaia perform.

Our choirs performed exceptionally well and all credit must be given to the individual choir members and Mrs Nance for such a first rate performance. The girls' choir was awarded the trophy for "Best Performance of a New Zealand Song".

### STAGE CHALLENGE

Wednesday night saw the culmination of much hard work by Mr Thornton and the drama group in the local Stage Challenge performances. Once again this proved to be a highly professional performance by a great group of 83 committed and enthusiastic students and staff.

Photos will be included in the next newsletter.

### JUMBO DAY

On **Tuesday 23 June there is a Teacher Only Day.** This is authorised by the Ministry of Education for teachers in the Whangarei area to get together as they make plans to implement the new curriculum. Jumbo Days are being organised throughout the country.

### COLLEGE BALL

On **Friday 26 June** the annual College Ball will be held at the Horahora Sports Centre from 7.30 - 11.30pm. Students will be made well aware of the College's expectations and so we look forward to a very enjoyable night.

Senior students (Years 11 - 13) may leave school at lunchtime (1.25 pm) on Friday to finish preparations for the ball. In order to do this they must present a letter from their parent or caregiver at the Student Centre before school or at interval so that they can receive an Out of School Pass **before** they sign out and leave the College grounds.

Thank you for the support you give us in endeavouring to provide the best opportunities for your children.

**Greg Mutton**  
ACTING CO-PRINCIPAL

## FROM THE FRENCH DEPT ...

Recently, the Year 10s took a French cultural tour of Auckland, visiting **La Cigale** in Parnell, home of chic French clothing and wonderful French food-stuffs and homewares. Orangina juice was a popular choice.



Then it was on to **Le Bouchon**, the famous Kingsland restaurant with its king-size crepes and free soft drinks, with a peep at the **Cat & Fiddle** store full of Catholic and other religious relics.



We still had room for more food, so we drove the College minivan to Brown's Bay to sample the gorgeous array of pastries etc on offer at **La Tropezienne**, as well as try the marine-themed loo through the kitchen.

Despite the wet weather, we had a fun time and practised our French a little as well.

Year 10 - 13 students also took part recently in an **Alliance Francaise** students' evening along with students from WBHS, WGHS and others. A lot of fun and laughs were had as we engaged in a true/false quiz-race and a getting-to-know-you activity.



## SPORTS DEPARTMENT NEWS : Term 2, Week 6

### RESULTS

#### Senior Netball Team 3

Sat 30 May vs Kamo High 10B win 29-23  
Player of the Day - Kelsi Veld, Fair Play - Celeste Edwardson

Sat 6 June vs WGHS Silver win 40-21  
Player of the Day - Maia Garry, Fair Play - Hannah Beazley

#### Senior Netball Team 1

Sat 6 June vs WGHS Brown win 30-28  
Player of the Day - Charlie Isaacs, Fair Play - Tessa Hepi

#### Intermediate Navy Netball

Sat 23 May vs Rawhiti Roa lost 7-10  
Player of the Day - Kirsten, Fair Play - Vanessa

Sat 30 May vs Whangaruru RFC lost 6-10  
Player of the Day - Sarah B, Fair Play - Kira

#### Intermediate Gold Netball

Sat 6 June vs Kamo Int 4 win  
Player of the Day - Molly Farrell, Fair Play - Heather Martin

Sat 13 June vs Takahiwai win 26-8  
Player of the Day - Jaz Togiavalu, Fair Play - Nadene Togiavalu

#### Girls Soccer

3 June vs Kamo win 1-0  
Player of the Day - Gina Reed & Shelby Guidi

10 June vs Tauraroa draw 3-3  
Player of the Day - Lucy Wojcik

#### Boys Soccer

3 June vs Otamatea lost 4-5  
Player of the Day - Keane Gilles

10 June vs Kerikeri High School lost 0-2  
Player of the Day - Devon Stroud

### NSSA CROSS COUNTRY

Eight Pompallier Year 10 students helped at the above event. They did a great job as with the set-up and pack-up as well as assisting as marshalls. This was an opportunity to show responsibility and give service to the school. Well done to **William Arnold, Brendon Davies, Celeste Edwardson, Maia Garry, Ami Hammond, Dineo Mpe, Matthew Myburgh** and **Ben Pearson**. To those students who have yet to return tracksuits - please do so Monday next week.

We did not enter a full team for each age group, but our Year 9 Boys team placed 3rd and our U16 Girls team placed 4th. Our best individual results were **Harry Linford** (5th) and **Lloyd Patrick** (6th).

### POMPALLIER TROPHY RUGBY COMPETITION

Several of our students are representing Marist JB5 at North Harbour stadium this Sunday, competing against other Marist clubs in the annual Pompallier Trophy.

Good luck to **Jack Beazley, Eden Brown, Liam Crawford, Callan Eilering, Kieran King, Taylah King, Tairyn Phillips, Callum Porter** and **Shakeeb Saeedi** !!!

### SPORTS FEES LUCKY DRAW WINNER

Out of 80+ students whose sports fees were paid by the due date the winner was **Stephanie Dean**. Hope you find a good use for the \$50 sports voucher. Congratulations!

### WHANGAREI NETBALL CENTRE - PENALTIES 2009

We have been asked to circulate the following information regarding penalties and fines:-

#### A fine of \$25 for Seniors and \$10 for Intermediates will be enforced if a Club/School:

- Fails to complete the team card on time (by half time previous round.)
- Is late for their umpiring duty (including picking up the umpiring card by the end of previous round).

#### A fine of \$50 for Seniors and \$25 for Intermediates will be enforced if a Club/School:

- Fails to turn up for their umpire duty when scheduled to do so on the draw.
- Fails to complete Control Duty (as per roster) and will be required to carry out the duty a second time.

#### A fine of \$50 for Seniors and \$25 for Intermediates and Loss of Game by default will be enforced in the following instances:

- The team plays a player who is *not registered* with their Club/school and has not completed a day registration form prior to the game commencing.
- The team plays a player *who is registered with another Club/school*.
- The team *plays a player in a lower ranked team or plays a player in another team within the same grade* (the team concerned shall lose the points)

#### A fine of \$50 for:

- Teams that default games within 48 hrs at 4pm of the playing day (exceptions will be considered in situations of bereavement).

#### Duty related penalties will be awarded in the following instances:

- Clubs/schools who do not complete their designated ground or pavilion duties as requested will be assigned the duty again.

**All fines and penalties are to be recorded in the Penalties Book** must state the team name, player concerned, penalty, reason and is to be signed off by an executive member.

- The Club/school shall be advised of the penalty imposed (if not on the day) then soon after, this will also have to be noted in the register book.
- Fines and penalty points accumulated in one round (Preliminary) will not be transferred to a following round (Championship) but will be cleared on the completion of a round.

The above penalty rules apply to Senior and Intermediate Grades only (not Primary)

**Clubs/Schools that do not pay their fines will have the team in question removed from the competition.**

Chantelle Yorke  
SPORTS CO-ORDINATOR

## SCIENCE FAIR

At present all students in Years 7 to 9 and some students in Year 10 are starting to prepare their Science Fair projects. Teachers are working with their students in class helping them to focus on the requirements of an effective Science Fair project and giving them some ideas for a suitable topic.

The project can be either a Science Investigation or a Technology exhibit. Students can enter an exhibit individually, or with another student in the same science class

The projects will be exhibited in the College Science Fair in the second week of Term 3. The winning exhibits will be entered in the Central Northland Science and Technology Fair at Forum North in August.

Choosing a suitable topic and planning their time effectively is often difficult for students, so the following information is provided for parents and students to assist in producing an effective Science Fair exhibit. **Remember, although guidance is encouraged, students MUST complete the project themselves.**

### CHOOSING A TOPIC

Choosing a topic and getting started can often be the most difficult part of a Science Fair project. Outlined below are a few ideas to help you.

- It should be about something that interests you, it should be driven by curiosity, and it should provide some kind of theory that other people could later go and test somewhere else.
- Do something simple but do it well.
- Don't get too hung up on originality. Try a variation on a tried and tested investigation.
- Ask for help. Adults can point you in the right direction, but remember to do the work yourself.
- Read the paper, watch TV and use the internet to search for ideas for science fair projects.

### SUGGESTED TIMELINE

#### Term 2

- Week 5** Choose Topic
- Week 6** Decide on key question and do background research
- Week 7** Plan your schedule
- Week 8 – 10** Carry out your experiments, fieldwork, research, analyse your results and draw conclusions.
- Holidays** Write up your investigation. Prepare your presentation / display

#### Term 3

- Week 1** Finish presentation / display
- Week 2** College Science Fair

If you have any queries please do not hesitate to contact your child's teacher.

**Peter Ackers**  
**HOD SCIENCE**



## MID WINTER CHRISTMAS DANCE PARTY

- Who?** Year 7 & 8 students
- Where?** Forum North Exhibition Hall  
Rust Avenue
- When?** Friday 26 June
- Time?** 8.00 - 9.30pm
- Cost?** \$3.00 entry

**!!! Christmas Theme !!! Prizes !!!**

Permission slips have been sent home (extras available at the College) and must be handed in at the door or students will not be allowed to enter.



## PTFA PHONE BOOK DELIVERY

Help is needed for the annual PTFA Telephone Book Delivery, commencing 24 July!!!

Whangarei West is our allocated area this year.

40 families = only 100 books each  
(approximately one or two hours work)

If anyone can offer the use of a truck for a one-off delivery to the hospital (around 500 books) please let us know.



For more information, or to register your offer of assistance, please contact:

Sheryl ☎ 435 4063  
or txt 021 100 6639

## FUNDRAISER - GARAGE SALE

- Where?** 23 Lupton Avenue
- When?** Saturday 20 June
- Time?** From 7.30am

We are fundraising for Pompallier Netball Team 1 to attend Tournament Week in August

Donations would be gratefully received.

John ☎ 027 283 6750