



## New Hospitality Suite

The Hospitality suite was a concept first shared to Nigel Wright by Priscilla Tooley, it was a great idea! Having the classroom right beside a commercial kitchen, used for the boarding students, allows us to offer Hospitality as a course up to level 3 and potentially beyond. The suite itself will be a six figure investment paid for out of attendance dues. Thank you to all parents who pay these dues so diligently.

This learning environment has its own hygiene area, freezers, pantries, storage facilities, washing machine and dryer, video facilities to watch Miss Leach prepare food and the option of gas or electricity to cook. Students have been keen to get into this classroom for sometime and its awesome that time has come. A big thank you to Roger Marshall, who looks after the Adventist school buildings around New Zealand (16 schools) and Andy the builder and his team.



The suite was described by an expert in her field as the best Hospitality facility she has seen in a secondary school and for that we are truly blessed.

In the coming months we are looking to have an opening for the room so there will be more details to come.



## Term One Calendar Dates

Tue. 4<sup>th</sup> April Parent Teacher Interviews 3.30-7pm

Thu. 13<sup>th</sup> April Chapel, period 4

Thu. 13<sup>th</sup> April Term 1 Ends

## Term Two Calendar Dates

Mon. 1<sup>st</sup> May Term 2 Begins

Tue. 9<sup>th</sup> May Year 10 Social Studies to Wellington

Wed. 10<sup>th</sup> May School Cross Country 2.15pm

Thu. 11<sup>th</sup> May Board of Trustees meeting, from 4.00pm

Fri. 19<sup>th</sup> May Y7/8 Option Group 1 rotation ends

Mon 22<sup>nd</sup> May Year 7/8 Option Group 2 begins

Mon. 22<sup>nd</sup> May Week of Worship, speaker Brock Goodall to Fri. 26<sup>th</sup> May from the Central Coast, Aus.

Fri. 26<sup>th</sup> May Excursion - Tough Guy'n'Girl Challenge

Wed. 31<sup>st</sup> May 5-weekly Review

Mon. 5<sup>th</sup> June Queen's Birthday Holiday

Fri. 9<sup>th</sup> June 40-Hour Famine

Thu. 22<sup>nd</sup> June Board of Trustees meeting, from 5.30pm

Mon. 3<sup>rd</sup> July Year 9 and 10 Option 2 begins

Fri. 7<sup>th</sup> July Reports sent out by this date

Fri. 7<sup>th</sup> July Term 2 Ends

## Future School Dates

Mon. 24<sup>th</sup> July Term 3 Begins

Fri/ 29<sup>th</sup> Sept. Term 3 Ends

Mon. 16<sup>th</sup> Oct. Term 4 Begins

Friday 8<sup>th</sup> Dec. Term 4 Ends



## Out of the Mouth of Babes

*'Pray that I may proclaim it clearly, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.'*  
[Colossians 4:4-6 \(NIV\)](#)

It is commonly accepted that Paul wrote Colossians with one of the main themes being around how we should live our lives as believers in Christ.

Being intelligent means you know stuff (information); in comparison, being wise is about making choices that lead to positive outcomes. Sadly, our world has more than enough intelligent terrorists and drug lords.

We live in a world where many struggle with a lack of

hope and purpose. Paul calls us to fearlessly speak truth into the world; not through judgement, which causes division, but with wisdom. As sinners ourselves we should clarify to all that we are in 'the same boat', each with the need of desiring Him. An acceptance that we all fall short but that He has paid the price is an attractive truth.

As we allow the words of the Bible and the Holy Spirit to sprinkle down on us, we have some flavour in what we say and it will taste good. The conversations will be preserved in people's minds and, while we may not see the harvest, the seed will be sown.

Have faith, each of us, not just the intelligent, has been called to be the 'hands and feet'. Often it is in our young people that we see this simple faith, and it is said simple truths come 'out of the mouths of babes'.

[Brendan van Oostveen](#), School Principal



## Parent Teacher Interviews

Year 7-13 Parent-Teacher Interviews are on **Tuesday, 4th April** between 3:30 and 7:00 pm. These interviews are an opportunity for parents and teachers to share information that can help maximise the students' success at school. Parents are strongly encouraged to include their child/ren in the interviews. The primary focus of these interviews is celebrate the successes and look at the next steps forward to ensure the academic progress of each student.

Y7-8 Interviews are in the students' home rooms and will be approximately 10 minutes in length.

Y9-13 Interviews are upstairs in 'A' block and are approximately 5 minutes in length with each teacher. Bring your child/ren's timetable along if you are likely to forget which teachers you need to see.

We look forward to seeing as many of you there as possible.

## Bible Department

The Bible Department has had a positive start to the school year. We have welcomed in 3 staff members this year - Mr Rashleigh, Mrs Van Wyk and Mrs Ngarepa - teaching Yr 9 - 11 Bible classes, respectively. We also welcomed 50 new students into Bible classes across all year levels and pray that their time will be one of great personal and spiritual growth, knowing that Jesus loves them deeply for who they are. Mrs Paki's Intermediate students have the pleasure of being taught Bible by Mr Gredig, and the eagerness and enthusiasm to learn has been delightful to witness. Looking forward to a blessed year where students can testify to the working of Christ in their lives and in those around them. LAC is honored to be called a place for God's family to dwell.

*"So then you are no longer strangers and aliens, but you are fellow citizens with the members of the household of God"* [Ephesians 2:19 NIV](#)

[Tamar Aiono](#),  
Assistant Principal, HOD Bible



## Restorative Practices Professional Development

We recently had a Teacher Only Day on the 15th of May. All the teaching, admin and boarding staff came together in the cafeteria for training on how to use restorative practices. This professional development is a school-wide initiative facilitated by Waikato University and will run throughout this year. We will be looking to strengthen our use of restorative practices when working with our young people.

## Weetbix TRYathlon

Year 12 students volunteered at the Weetbix TRYathlon in Palmerston North on Tuesday 21st March. The students and accompanying staff assisted in the running of the event with around 2,200 participants – a new midweek participant record for the event. All of the students turned up around 6.45am and didn't leave until after 3pm. We were proud of the effort of these students as they demonstrated commitment to following the task through to the end. Year 12 participation in volunteering for this event is becoming a tradition for LAC and we hope that this will continue in the future.

[Rosalind Burnett](#), Deputy Principal





# Athletics Day

This year we saw another successful day at the Manawatu Community athletics track. Students participated in 6 field events, high jump, long jump, triple jump, javelin, shot put and discus as well as 3 Track events, 1500m, 400m and 100m. A highlight was also inter-house 4x100m relays. The winning house was Wesley, closely followed by Luther and in third place Tyndale.

## Age Group Champions

Age 10 and 11 Girls Chayille Collette	Age 10 and 11 Boys Griffyn Kapao
Age 12 and 13 Girls Rebekah Mudford	Age 12 and 13 Boys Jarn Doyle
Age 14 and 15 Girls Josephine Ma'u	Age 14 and 15 Boys Jayden Shilton-Hart
Age 16 plus Girls Phoebe McNae	Age 16 plus Boys Trae Brooking

## Record Breakers

Girls Age 10 & 11 Javelin	Joyce Suai	13.02m
Girls Age 10 & 11 100m	Chayille Collette	14.24sec
Girls Age 12 & 13	Javelin Macy Paki	15.09m
Girls Age 14 & 15 High Jump	Michelle Elia Josephine Ma'u <i>(Equalled Record)</i>	135cm
Girls Age 14 & 15 1500m	Elizabeth Martin	6min
Boys Age 14 & 15 Discus	Kini Afu	32.35m
Boys Age 14 & 15 100m	Jayden Shilton-Hart	11.97sec
Boys Age 16 plus High Jump	Trae Brooking	180cm

The full list of LAC's Athletics records can be found here:  
<https://www.lac.school.nz/students/sport/>





## Year 13 Camp

Most Year 13 Students along with Mr Woollaston, Mrs Korte, Ms Grayson, Mr Cornford, Mr Baldwin and Mr Rashleigh attended a camp in the Turangi and Taupo region.

Year 13 Camp was a great experience for all involved, and both staff and students were challenged with activities that took them out of their comfort zone and allowed them to experience God's creation in an up close and personal way.

The Tongariro Crossing was a highlight for many, and it was unfortunate that the weather didn't allow us to enjoy the views from the top. Wind and rain didn't dampen enthusiasm, but everything else was damp by the end!

The initiative activities and the amazing race through Taupo required teamwork and trust, and the hot pools allowed some relief for sore leg muscles.

The rafting at the end of week allowed students to experience the Tongariro River up close, the cold white water was... refreshing?

I have no doubt that the memories made will be cherished, and that everyone has a greater respect and knowledge for the amazing world that God has made.

[Greg Woollaston,](#)

Year 13 Dean, Physics & Mathematics Teacher







## Volleyball Nationals

Last Friday our Senior Girls' volleyball team has finished a week competing in the Secondary School Volleyball Nationals here in Palmerston North. This year there were 92 girls' teams and 76 boys' teams entered into the tournament. Going in, our girls' team was placed into Division 5/6.

Two wins in the first day's grading pool games saw us into Division 5. The team played hard all week, experiencing many highs and unfortunately some lows too. We finished the week with 4 wins and 4 losses, coming 12th in Division 5. The girls learnt some valuable lessons, all while having a fun time and playing the game they love.

Big thank you to our coach Mosese Ma'u and our team mums, Rachel Paki and Juliana Paul for your time, passion and help in keeping me sane. Thank you to our families and the LAC staff for all the support both in person and by email.

Lastly, thank you to the team. You girls keep me young and age me both at the same time. I love the dancing, the singing (most of the time), and the great friendships. Looking forward to Nats 2018!

[Bex King](#), Librarian & Te Kura Coordinator



Photo from left to right: (backrow) Daphnne Piiti, Josephine Ma'u, Epenesa-Michelle Elia & Tianah Lauesi (front row) Yasmin Ahmad, Puna Suai, Sisi Panikoula, Torika Warren-Peu, Tia-Rhiena Martin Upton.

Team members not in photo: Monique Koolaard, Danielle Matenga & Ellie van Oostveen



## LAC Term 2 sports include :

- Basketball
- Table Tennis
- Football
- Hockey
- Badminton

### Have you found your sport yet?

<http://www.sportmanawatu.org.nz/find-your-sport/>

## Sport Volunteers

Volunteers are the heart of sport. Without volunteers, sport would not exist in the way it does in our country. At LAC we recognise the effort put in by volunteers and the contribution they make.

We can only offer sports where we have staff who, together with volunteers such as parents and students, make a difference and make it happen.

If you would like to volunteer to assist as a coach or manager of a team, please email [sport@lac.school.nz](mailto:sport@lac.school.nz)

## Winter Hockey

Winter Hockey starts in Term 2 for Year 9-13 Girls.

See Mr Baldwin if you are interested in playing:

Email [grantb@lac.school.nz](mailto:grantb@lac.school.nz)

## Sport can build confidence!

1. Playing sports will help you to make new friends.
2. You will learn that sometimes you win, sometimes you lose, but all that is important is if you try your best.
3. You will learn to better manage your time. By playing sports you do learn to manage and balance your time more effectively.
4. You will become stronger. By gaining strength your confidence will build as well.
5. You will think more effectively. Studies show that by participating in sports you will find you can think more clearly and more effectively. This often translates into better grades at school.

## Stay in the Game:

Take these five steps to prevent injuries so you can stay in the game:

1. Wear protective gear, such as helmets, protective pads.
2. Warm up and cool down.
3. Know the rules of the game.
4. Watch out for others.
5. Don't play when you're injured

## Basketball League

It is time to register and pay for your place on one of the LAC Basketball teams!

### [LAC Basketball Permission Form](#)

Please download and complete the required permission slip (link above) and return it to the school office before **Friday 7 April**. Please ensure fees are paid, or a payment arrangement has been made, by the end of the term. Once fees are paid, students are able to pick up their basketball uniform from Mrs King in the library.

## INTERMEDIATE LEAGUE

For Years 7 - 8

- Starts Wednesday 10 May
- Finals Wednesday 20 September
- Games are rostered each Wednesday, starting at; 4.00pm, 4.50pm, 5.40pm.

## SECONDARY LEAGUE

For Years 9 - 13

- Starts Friday 12 May
- Finals Friday 22 September
- All games are played at 4pm on Friday due to Sabbath commitments.
- Costs \$85 (Approx \$5.50 per game)
- Basketball runs all of Terms 2 & 3
- Mouth guards are compulsory (you will need to purchase your own)

- 4 x 10 minute running quarters
- All teams require duty support for scoring & refereeing - parental support is needed for this
- All teams must be accompanied by an adult
- No parents/spectators allowed on player benches
- All games are recorded by Glory League technology.

[Stephanie Ngarepa](#), Teacher

### DISCLAIMER TO BASKETBALL MANAWATU PARTICIPANT CONDITIONS:

Please note that by choosing to play in Basketball Manawatu run competitions, you will be filmed with Glory League technology and your game footage will be available to you and all player participants, coaches and parents associated to the Basketball Manawatu fixtures you play in. You acknowledge that by playing in Glory League Competitions offered by Basketball Manawatu, that all content is owned by Glory League, Basketball Manawatu and Sport Manawatu.

### BASKETBALL MANAWATU

Basketball Manawatu is the new brand name for PNBA (Palmerston North Basketball Association). Check out their website to keep updated with the game draws and results. They also have some good coaching and development information available. If you are interested in being a referee, there are teaching courses available and once you become a 'badged ref' you can get paid for every game you referee. There is also a Basketball Rules for Beginners section.





## Horse of the Year Event

Nikkita Cheesman (Y11) recently competed at Horse of the Year, New Zealand's premier equestrian event in Hawkes Bay. She was the youngest in a group of 15 adults competing for the title of 'Pleasure Horse of the Year', and was placed 6th. Despite the gruesomely wet conditions Nikkita also won 3rd place for 'Best Presented', 3rd place for 'Best Rider and Horse Combination', and 4th place for 'Best Mannered Horse'. Well done Nikkita. We are very proud of your achievements.

## Y7&8 Sports Day

Mr Williams, Mr Gredig and I took the intermediate department to the Christian Schools Annual Sports Day at Cornerstone Christian School. There were 7 schools represented. Firstly, we were welcomed with a powhiri and a chance to sing worship songs together as a group of 500+. We sounded amazing. Then we had a fantastic day playing Volleyball, Netball, Lacrosse, Hockey and Soccer. I was so proud of all of our LAC students participating and encouraging one another. We then had a Tug-o-War challenge.

Congratulations to the LAC team who came second in the Tug-o-War competition. The team was made up of To'o Foaga, Margaret Mafile'o, Michelle Madembo and Jamie Smith

[Rachel Paki](#), Intermediate Teacher



## A surprise achievement!

Last Tuesday, two LAC Equestrian teams travelled to Waikanae Park to take part in an inter-school equestrian competition hosted by Paraparumu High School.

It was a long hot day but surrounded by great people. There were some challenging moments but all riders ended on a good note. Well done too our place getters! They competed in classes with around 50-70 competitors, which is huge.

Equestrian team: Sophie Pigott, Jessica Horne, Charlotte Sowry, Lexi Rutherford-Blyth, Nikkita Cheeseman, Ebony Parker-Murrell

**Results:** Charlotte Sowry 80cms 4th, 90cms 4th.  
Sophie Pigott 50cms 4th, 60cms 5th, 70cms 2nd.  
Jessica Horne 60cms 4th.

Overall one of our teams (Sophie, Charlotte, Lexi and Jessica) placed second! It was a surprise but it goes to show consistency over the team creates success.

Thank you to the parents for bringing your children to the event and supporting them with this huge hobby called horse riding. I am proud of all the riders and how they showed sportsmanship and rode positively. Also last but not least, thank you for the Pizzas provided by the Sowry family and to Campbell for being a great groom on the day. Looking forward to the next one!

[Sophie Bain](#), Art Teacher





## World Vision Leadership Conference

Last Thursday, most of the school prefects were taken by Ms Jude Little & Mr Eifon Paul to a World Vision conference at the Wellington Opera House.

The day was filled with inspirational speakers with practical advice on how every student can be an agent of change and how to stand up for the oppressed. Everyone left energised to lead LAC's part in the global 40 Hour Famine taking place from 9-11 of June.

This year the fundraising efforts will again seek to assist hundreds of thousands of Syrian children in refugee camps fleeing civil war.

## Sailing

Malachi Taylor competed in the Hansa Class National Sailing Regatta held in Taupo over the weekend of March 11th and 12th. Malachi and his crew Monica placed 5th in their class. Overall there were twenty participants from throughout the North Island. Malachi's sail number is 2759 (blue).



## COMMUNITY NOTICES

### Asthma Research Study at Massey University

Massey University is currently undertaking an important health research study looking at the role of **bacteria** (that are naturally present in the airways) in the development of **childhood asthma**. One in 4 New Zealand children suffer from asthma. However, despite medication, 25% of these children still experience asthma symptoms and the reasons and underlying mechanisms are not clear. This study aims to investigate the possibility that airway bacteria are associated with causing childhood asthma in some New Zealand children.

The study seeks to recruit **600 children** with asthma, aged 8-18. If your child has asthma the researchers would greatly appreciate it if you could take part in this important health study. If you want more information or would like to take part in the study, then please e-mail or call Jean Feary Mckenzie at [j.fearymckenzie@massey.ac.nz](mailto:j.fearymckenzie@massey.ac.nz) or **0800 080 078 053**.

Jean Feary Mckenzie, Research Assistant  
Centre for Public Health Research,  
[publichealth.massey.ac.nz](http://publichealth.massey.ac.nz)



Lead with **INTEGRITY**

Act with **RESPECT**

Cultivate **RESILIENCE**



### 'Learning and Growing in God'

Palmerston North Adventist Christian School is a family school where Jesus and the Bible are central to learning and relationships. It is located next door to the Footsteps preschool.

Every child is known by the staff, the school is well resourced and academic excellence is built on the belief that each student is unique and of immeasurable worth.

Children are taught to value themselves and to value each other. Children from all faiths and cultures are welcomed.

If you want a school where students don't just attend, they belong... then look no further.



Primary School for Years 1-6

[www.pnacs.school.nz](http://www.pnacs.school.nz), 25 Snelson St, PN