



Principal's comments

"Therefore encourage one another and build each other up, just as in fact you are doing." 1 Thessalonians 5:11 (NIV)

Last week was 'Week of Worship' and on Tuesday our speaker, Josh Stothers, spoke about how comparison is a chain that binds. I particularly enjoyed the way he used to love his 'usual' breakfast until he did a Google search and found out that there are some amazing breakfasts out there. His 'usual' breakfast was now a disappointment, second (or third) prize and maybe even a failure.

I can always find someone better than me, no matter what the topic. We can put down that person to try to feel better about ourselves or celebrate the truth that God loves me and the person who is 'better' than me is equally loved, amen.

I recently watched a story on the programme 'Sunday'. It was about professional tennis player Bernard Tomic, a multi-millionaire aged 24. He is 'better' than each of us at playing tennis, his house in Monaco is better, as is his yellow sports car, and I imagine he earns more than the vast majority of us. Strangely the sadness and emptiness in his life was about not being good enough. Minutes 2.30 to 3.00 on the fifteen minute video are quite moving.

<https://www.tvnz.co.nz/shows/sunday> (scroll down the page, it's the 6 August episode)

It is an amazing and absolute love that God has for us that cannot be bettered - game over.

'Week of Worship' can be viewed on www.lac.school.nz

New Teacher

We welcome Mr Simon Eastick from the Isle of Wight. Prior to being in the UK, Simon was

based in Hamilton and is very much a New Zealander! He takes on the roll of the new Maths teacher and is no doubt in the process of settling in. Already Mr Eastick has involved himself in extra-curricular activities and is working with a number of students on their individual mathematics programmes.

Volunteer Boarding Deans

A big welcome to Katie Zoch and Alexander Hales. Katie (from Texas) and Alex (from Delaware) have recently arrived to take on roles as volunteer deans in LAC House. It has been really pleasing to see them embrace New Zealand culture and the day to day challenges of their roles. A third volunteer dean (Kofi Amoah) is arriving in the next two weeks and we look forward to welcoming him to LAC House also.

Avondale College Teacher Trainees

At the start of the term we had three teacher trainees from Avondale College of Higher Education (Australia) start their placements: Travis Metz, Melanie Reyes and Madeleine Rashleigh. That time has gone by quickly, and they find themselves at the end of their 'prac'. We thoroughly enjoyed their presence and banter, particularly the professional development session they ran around the use of IT. Having spoken with all three of them, I know that they have thoroughly enjoyed their experience and will take valuable memories back to Avondale with them. A big 'thank you' to Mr Rashleigh who organised the whole visit, and also to Mrs Henry and her team in the dormitories who provided board and accommodation for the trainees' stay.

[Brendan van Oostveen](#),
School Principal



Parent Teacher Interviews

Date: **Tuesday 22 August**

Year 7/8: **9.00am - 4.30pm**

Bookings essential - details in separate letter already sent out.

Year 9-13: **3.30 - 7.00pm**

This is a great opportunity to share the learning journey of students and identify shared understandings of next steps. We encourage students to attend with their parents/caregivers.



Congratulations Victoria Graduates!

The following LAC Alumni graduated from Victoria University between June 2016 and May 2017

| | |
|----------------|--------------------------------------|
| Jonathon Reid | BAHONS - Bachelor of Arts w. Honours |
| Jaydene Tesese | BA - Bachelor of Arts |
| Shayna Tweed | BMUSIC - Bachelor of Music |
| Shayna Tweed | PGDIPM - PGDip in Music |

Uniform Reminder

It is pleasing to see our students taking pride in their presentation and wearing of the LAC uniform. We appreciate students arriving at school with ties on and wearing correct jackets and shoes. Ms Burnett has a shelf full of spare shoes for those that forget! Girls are reminded to wear either navy knee length socks, navy cotton tights or navy opaque stockings.

Attendance Reminder

If a student is absent, parents and caregivers are asked to ring reception and leave a message explaining the reason for the absence before 9.00am on the day. For on-going absences, please continue to leave messages at reception. The school is required to know where all students are during the school day and we have to account for the reason of absence too. Students are asked to bring a note from a parent/caregiver when they return to school.

Key School Dates

Term 3

August

| | |
|---------------|---|
| Tue 22 | Parent/Teacher/Child Interviews Year 7/8: 9.00am - 4.30pm Year 9-13: 3.30pm - 7.00pm |
| Thu 24 | Donate Blood |
| Thu 24 | Mufti Day Fundraiser for Ronald McDonald House |
| Fri 25 | BOT Student Representative Elections - Nominations open |
| Fri 25 | Y7&8 Group 2 Option rotation ends |
| Fri 25 | Massey Vice Chancellor Visit 2pm |
| Sun 27 | LAC House: Ski Trip to Turoa, Mt Ruapehu |
| Mon 28 | Y7&8 Group 3 Option rotation begins |
| Tue 29 | Chapel 9am |
| Tue 29 | Regional Year 11 Commerce Quiz 5.30pm - 7.30pm TBC |
| Thu 31 | Waikato University Course Planning for Year 13: 11.00am - 12.00pm |

September

| | |
|---------|--|
| Tue 5 | Thursday 7th September: Y13 Snow Trip |
| Tue 5 | Board of Governors' Meeting: 10.00am |
| Tue 5 | Board of Trustees' Meeting: 5.30pm |
| Thu 7 | Auckland University Course Planning for Year 13: 11.00am |
| Thu 7 | Chapel - House Competition: Big Sing |
| Fri 8 | BOT Student Representative Elections: Nominations Close |
| Sun 10 | Leaver's Banquet 6pm Orlando Country Club. Tickets \$75. See Mrs Bain / Miss Leach |
| Thu 14 | BOT Student Representative Voting Opens |
| Tue 19 | Otago University Registration/Course Planning: 9.00am |
| 20 - 22 | Y11 - 13 EDGE (Trial) Exams |
| Fri 22 | BOT Student Representative Elections: Voting closes 12 noon |
| Fri 22 | HPV & DTap Vaccinations |

September

| | |
|---------|---|
| 23 - 24 | <i>SDA Volleyball Tournament</i> |
| Wed 27 | 5-weekly review |
| Thu 28 | Chapel (Term 3 Awards & House Parables Competition) |
| Fri 29 | BOT Student Representative commences duties |
| Fri 29 | Term 3 ends |

Term 4

October

| | |
|---------|---------------------------|
| 2 - 13 | School holidays |
| Mon 16 | Term 4 begins |
| Thur 19 | BOT Meeting: 5.30pm |
| Fri 20 | Operation Christmas Child |
| Sun 23 | Labour Day Holiday |
| Tue 31 | Y13 Clearance |

November

| | |
|---------------|--|
| Wed 1 | Year 13 last day |
| Thu 2 | Year 11&12 Clearance |
| Fri 3 | Y13 Graduation Dinner 5.30pm: 6.30pm |
| Fri 3 | Graduation Vesper Programme: 7.30pm |
| Sat 4 | Graduation Church Programme: 10.00am - 12.00pm |
| Sat 4 | Year 13 Graduation LAC Chapel 7.30pm - 10.00pm |
| Mon 6 | Year 11 & 12 Prize-giving and last day |
| 9 Nov - 1 Dec | NCEA Exams |
| Wed 15 | Year 7-10 5-Weekly Review |
| Thu 30 | Board of Governors' Meeting: 10.00am Board of Trustees' Meeting: 5.30pm |

December

| | |
|--------------|---|
| Sun 3 | LAC House: Splash Planet, Hastings |
| 4 - 7 | Year 10 Work Experience |
| 5 - 7 | Year 9 Camp |
| Fri 8 | Year 7 - 10 Prize-giving: 1.00pm |
| Fri 8 | Term 4 ends |



NCEA ACHIEVEMENT

We are proud of our LAC students who continue to achieve at increasingly higher standards. Here are some statistics on how well they performed:

Over 2015 and 2016, an average of 81.5% of LAC student leavers had gained NCEA Level 3 with the national average being 63.4% in 2016.

Over the last 2 years, 81.8% of LAC student leavers gained NCEA Level 2 (national average being 77.2% in 2016).

The 2016 LAC Year 13 class continued this trend, and these were their results:

In 2016, there were 59 Year 13 students.

Of those 59 students:

- 8.4% left during the year (work or tertiary study)
- 83.6% gained NCEA Level 3
- 21.7% gained NCEA with Merit endorsements at Level 3
- 10.9% gained NCEA with Excellence endorsements at Level 3
- 47.3% gained University Entrance with others gaining required results for specific vocational pathways

We look forward to seeing some fantastic results in the Emergency Grade Exams and subsequently, the NCEA external exams commencing on 9th of November.

EDGE: Emergency Derived Grade Exams *(Trial Exams)*

The Emergency Derived Grade Exams for Year 11 - 13 will be held in Term 3, Week 9 on **Wednesday 20th - Friday 22nd of September**. The schedule will be supplied to all senior students closer to the time. Please make all the academic preparations necessary to achieve your very best. We look forward to some great results!

NZQA Fees Due

NZQA fees need to be paid for all Year 11, 12 and 13 students for 2017. These fees must be paid to the school by September 1. Paying the fee enables NCEA results to be recorded on a Record of Achievement. It also means that students can receive or obtain any certificates. If fees are not paid to the school on time then there is the opportunity for Parents/Caregivers to pay the fee directly to NZQA by the 1st of December. This involves obtaining a special form that needs to be filled in by the Parent/Caregiver and student, attaching the required payment (by cheque) and posting it to NZQA. Alternatively, the fee can be paid online through the student's NZQA log-in and you will require a credit card to do this.

If NZQA fees are not paid by the 1st of December then an additional late fee of \$50.00 is added to the due amount.

NZQA Fees - full fees

(without Financial Assistance)

| | |
|-----------------------------|---------------------|
| NCEA entry | \$76.70 |
| Each NZ Scholarship subject | \$30.00 per subject |

Fees for International Fee Paying Students (no financial assistance available)

| | |
|-----------------------------|----------------------|
| NCEA entry | \$383.30 |
| Each NZ Scholarship subject | \$102.20 per subject |

Financial Assistance

If you are a Domestic Student you can apply for Financial Assistance if your family cannot afford to pay your fees. To get this help parents or caregivers must meet one of the following conditions:

- Be receiving a Work and Income or Study-Link benefit or have a Community Services Card.
- Have a joint family income that qualifies for a Community Services Card.
- Have 2 or more children entered as candidates with fees more than \$200.

Approved Financial Assistance Applications by NZQA will be \$20 per student or a maximum of \$30 per family.

To get financial assistance, please fill this Financial Assistance Form and give it to Mrs Flood at the main office. If students lose this form they can request a copy from Mrs Aiono. If you have any further queries please contact the front office or visit the NZQA website:

www.nzqa.govt.nz/ncea

Week of Worship

One of the many challenges that face our teenagers is being who they are truly meant to be. Without knowing, many are 'bound' by fear, comparison, shame, religion, and lies – amongst others. These topics were the daily focus of our central idea of being "Unchained".

Pr Josh Stothers, the youth pastor at PN Central Seventh-day Adventist Church, opened ideas and put out challenges on some not so well talked about issues that teenagers face. His engagement of students and staff through personal (and often humorous) anecdotes and references to scriptural stories and texts confronted and challenged. His presentations were supported by powerful music and special items.

A shout out must go to the senior students who organised the programme and the background mural.

Please check out the daily presentation videos on www.lac.school.nz/2017/08/week-worship-august-2017 and be blessed.

Kevin Gredig, School Chaplain





Christian Religious Education (CRE)

During Terms 2 and 3, a group of Year 13 students spend 30 minutes each Friday morning at a local state school sharing the Bible stories through values. The lessons are appreciated by the students and staff alike. The principal and staff are very impressed with the calibre of our students and their ability to relate to students and staff.

The Kairanga students love to have teenaged 'teachers' come and work with them. The LAC students conduct themselves professionally and are terrific ambassadors for both LAC and for Jesus Christ.

In the past, some of the students, as a result of having taken part in CRE, have entered the teaching profession.



Term 2 Deans' Awards

- Year 7 & 8: awards unavailable
- Year 9: awards unavailable
- Year 10: Macy Paki – for being a fantastic student and a delight to have in class. She is highly motivated, follows instructions and has good time management. She is always respectful and polite and wants to do her best.
- Year 10: Sandra Namani - for being a delightful student and wonderful to have in class. She works diligently and her work output is very high. She is always respectful and polite and is a formidable learner.
- Year 11: Lily Bull
- Year 12: Jotham Tesese
- Year 13: Kyle Pram - for his continually great attitude towards his work, and his willingness to work hard and achieve at his full potential.

Term 2 PB4L Awards

Congratulations to the following students for gaining the highest number of stamps in their roll-mark classes for Term 2, 2017:

- | | |
|----------------------|--------------------|
| Angelina Cariga Y7 | Hannah Mardon Y7 |
| Emmanuel Madembo Y9 | Daphne Piiti Y10 |
| Hannah Jourdain Y10 | Tui Unua Y11 |
| Rachel Jaboon Y11 | Naomi Jaboon Y12 |
| Jotham Tesese Y12 | Auta Moceisuva Y13 |
| Georgina Sapulai Y13 | |



LAC Tuckshop

The tuckshop is open in the cafeteria on Monday, Wednesday and Friday during both breaks for students and staff to purchase food and drink.

This term we are trialling a hot main dish on Wednesday during 2nd break. Students can order the main during first break on the day. We would appreciate your support as we work towards providing a varied healthy menu. Hot drinks are also going to be served courtesy of the Hospitality Class under Miss Leach's guidance.

Wednesday 2nd Break Term 3

Menu

| | |
|--|--------|
| Week 4: Pizza & Chips (2 slices) | \$4:00 |
| Week 5: Mac & Cheese | \$3:00 |
| Week 6: Toasted Sandwiches Cheese & Tomato | \$2:50 |
| Week 7: Noodle Stir-Fry | \$3:50 |
| Week 8: Burger Cheese, Tomato Sauce & Patty | \$3:50 |
| The Works (Salad, Cheese, Patty, Sauce) | \$4:00 |
| Week 9: Pasta Salad | \$3:00 |
| Week 10: Small Nachos | \$2:50 |
| 'The Works' | \$3:50 |

STAR & Gateway Courses at LAC

Why wait until after school to think about a career?

Year 11-13 students—did you know you can start your career while you are at school? With STAR/Gateway you can try your hand at some great careers AND gain credits. If you are thinking already of what you might like to do and want more information about a STAR or Gateway course, come and see Mrs Mancer in the library. Even if you don't know what you want to do, I can give you heaps of ideas on courses that give you work experience and practical knowledge.

Here Are A Few Examples Of The Courses Available:

I want to be a BUILDER!

BCITO Building Tour—29 June 2017



Photo: Judan Kakaraya, Peniel Koroka, Jaidyn Ngwele & Thomas Nepia

Four of our students went on the BCITO Building Tour last term to discover what it is like working in the building/construction industry. They visited four local employers and got some valuable advice - "finish school (we wish we had), maths is important, and don't be scared of hard work."

"I learned what qualifications and attributes you need to be a good builder. I enjoyed seeing the stuff the builders made in such a short time, from the ground up. I also enjoyed seeing the FMG building and how concrete is made and sold. I definitely enjoyed the pizza at Mitre 10 Mega, the pizza made it a good day!"

- Thomas Nepia

Building Construction is a Gateway course available to selected students. Some other courses this year have been: Electrotechnology, Early Childhood, Equine, Dairy. See Mrs Mancer if you are interested in a similar course; that includes work experience in 2018.

I want to work in RETAIL or CUSTOMER SERVICES!



Photo: Danielle Matenga & Naomi Jaboon

Congratulations to James Locke, Seren Wohlrab, Luke Mitchell, Naomi Jaboon, Danielle Matenga, Cassandra Doyle, Summa Moore and Nathan Mudford for

completing a Red Shirts in Schools programme at The Warehouse this year.

Red Shirts in Schools is a Gateway course and will be available again to Year 12 students in Term 1, 2018. Please see Mrs Mancer in the library if you are interested. There is also a Blue Shirts in Schools programme run at Warehouse Stationery.

I want to be a LAWYER

"Legal Studies has enabled me to gain a better understanding of the different types of concepts of law and justice so far. I get given a practice task booklet which has interesting information regarding legal issues in New Zealand, and tasks for me to answer. After completing the practice booklet and the set tasks, I get given an assessment which enables me to explain, evaluate and analyse what I have learned from the practice booklets. One factor about this STAR course that I love is the fact that the assessment tasks given to me not only give me 'Achieved', it also gives me the opportunity to gain Merit and Excellence grades.

Additionally, I am grateful for taking this course this year as not only has it prepared me for Law School (which I plan to attend next year at Victoria University, Wellington) but it has also helped me improve my analysing skills, enabling me to weigh up arguments and support them with sufficient evidence which has helped me with typing up argumentative essays in other subjects I take.

Overall, I find this STAR course interesting as it has provided me with information regarding New Zealand's justice system and the perceived problems that some of the laws in New Zealand have. I would love to recommend this Legal Studies STAR course to the Year 13s of 2018 who plan on studying Law in New Zealand or anything to do with New Zealand's legal system." - Georgina Sapulai

STAR Theory courses are available in a whole range of subjects including: beekeeping, equine, agriculture, legal studies, work skills, early childhood, tourism and many more. Come and see Mrs Mancer in the library if you are thinking of an option that is not on LAC's standard curriculum for 2018.

I want to gain WORK SKILLS!

"As a Year 13 student, I have been given the chance to attend an Industry Training Solutions X-Factor Plus course which has been beneficial for me in multiple ways. Throughout the five-day course I have enhanced my skills on how to communicate and cooperate more effectively within a group environment. This will be advantageous for me in the near future, regardless of what I do.

I've also furthered my confidence within all areas of myself. I would recommend this course for people who have an interest in going into retail businesses and/or customer service, as it has been extremely helpful and educational in these areas. I'm very thankful to have been given the opportunity to be involved with this course and I cannot wait to apply my newly-learned skills appropriately and efficiently!" - Yasmin Ahmad



Scholarships

Scholarships are a great way to fund tertiary study. It is often assumed that they are only available to the academic elite. However, there are actually many types of scholarships available.

Scholarships are not just for smart people, but you need to apply. Also, you need to know where to look:

- [GivMe](#) website available at school with 4000+ scholarships
- The institution webpage under scholarships
- The Careers NZ website: www.careers.govt.nz/courses/scholarships-grants-and-awards/
- Or Study Link : <https://www.studylink.govt.nz/starting-study/whats-available/extra-help.html>

Follow these 5 steps to apply

1. Know what's on offer. Do your research – find out what scholarships are available.
2. Make sure you qualify. Make your application worthwhile – be sure you understand what the qualifying criteria are and that you meet them.
3. Gather your information. You'll need to fill out forms when you apply for most scholarships. Find out exactly what supporting documentation you need. For example, you may be asked to supply school results, evidence of community involvement or proof of financial hardship.
4. Make a good impression. Remember the three Ts – be tidy, thorough and timely. Submit a neat application with all the relevant documentation – on time!

5. Do a final check. Make sure your application doesn't have spelling mistakes and meets all the requirements.

E-mail: Careers@lac.school.nz for time set aside to plan your studies or get help with scholarships for 2018

Useful links

- Te Pōkai Tara Universities New Zealand website – explore the 40 scholarships available on their database. <http://www.universitiesnz.ac.nz/scholarships>
- Royal Society of New Zealand website – find out what scholarships the Royal Society funds: <http://www.royalsociety.org.nz/teaching-learning/funds-for-schools-and-students/>
- AMP website – find out more about the \$10,000 Study Start Scholarship <https://www.amp.co.nz/scholarships/scholarships/study-start-scholarship>
- Te Pōkai Tara Universities New Zealand website – get information about the Spark Scholarship <http://www.universitiesnz.ac.nz/scholarships/spark>
- AUT website – find out more about the Woolf Fisher First Scholarship <http://www.universitiesnz.ac.nz/scholarships/spark>
- Scholarship advice and information for Māori and Pasifika students https://www.careers.govt.nz/courses/scholarships-grants-and-awards/#cID_1964
- Get detailed advice on how to apply for a scholarship: <https://www.careers.govt.nz/courses/scholarships-grants-and-awards/step-by-step-guide-to-applying-for-a-scholarship/>

Driver Licence Training

Students, are you procrastinating about getting your licence? Need the support of a group environment to push you to pass? Parents, are you keen for your child to get started on their driver's licence? Then the new National Driver Training Centre courses at Manfeild, Feilding, might be just the ticket.

This is a self-funded course. So if you are looking at the course fees and thinking that they are high, please be assured that the little extra you pay (over and above the usual test fees - \$93.90 for Learners, \$134.80 for Restricted, and driving lessons average around \$70) is for the convenience of having the whole process

taken care of for you and for the expert driver training skills of the staff. There is also free mentoring available if necessary.

If you would like to book it yourself go online at www.ndtc.co.nz and hit the APPLY button. It will guide you through the registration process. If you would like help with the booking process, the LAC STAR/Gateway Department is currently organising a group to go this term.

Please contact Mrs Cathy Mancer on cathym@lac.school.nz for more information or check out the Training Centre website: www.ndtc.co.nz

Pasifika Fusion

2017 Pasifika Fusion was another huge success! Every year I am blown away by student participation in the annual event held at The Regent on Broadway. There were 15 Secondary schools around the Manawatu region who participated in over 11 different categories. The theme this year was Communities of Learning exploring school pride and empowerment, with the motto **"It takes a village to raise a child"**.

Huge congratulations to the students who placed in the following:

1st Place - Senior Poetry - Jotham Tesese

1st Place - Cinematography - Yukiko Nakao-Afeaki

2nd equal Place - Cinematography - Jotham Tesese

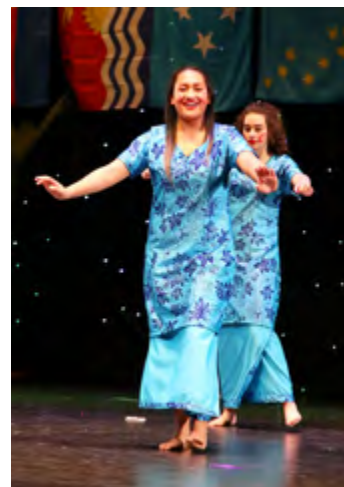
3rd Place - Wearable Arts - Sisi Panikoula & Evaysha Hala

There are so many people to thank for their contribution to costumes, rehearsals, student supervision, cinematography and wearable arts. However a big thank you to Torika Warren-Peu and her team for the amazing effort and tireless nights in preparing for PI Fusion.

Thank you to everyone who continues to be a part of our village, supporting our Pasifika students to be proud and confident individuals.

Juliana Paul, Teacher in charge

To view the cinematography entries, visit: <https://www.lac.school.nz/2017/08/pasifika-fusion-2017/>





Weekend Fun with LAC House

Marshmallow and spaghetti tower building competition



2018 Boarding Scholarship Applications Now Available

The purpose of the Longburn Adventist College (LAC) Boarding Scholarship is to aid quality students who come from a financially challenging background.

The LAC boarding scholarship is available to students who are unable to afford the full cost of boarding fees. It has been set up to primarily help Seventh-day Adventist students who meet the application criteria.

- Scholarship amount: NZ\$3,000 towards Boarding fees only
- The Boarding Scholarship is available to domestic fee paying students only (including Australia, Cook Island, Niue & Tokelau residents)
- Applications need to be sent to glynisw@lac.school.nz (with application form if a new student) by Wednesday **6 November 2017**

For more information please visit:

www.lac.school.nz/boarding/boarding-scholarships/



Kyrewood Tradition: Rain

The day started out sunny but it didn't last for long! Riders competing for the day were: Ebony Parker-Murrell, Jessica Horne, Nikkita Cheesman, Sophie Pigott, Charlotte Sowry and Campbell Sowry. We were able to get all our dressage tests done while the sun shone. For dressage Jessica Horne placed 1st and Charlotte Sowry 3rd. A great achievement considering the grounds were very wet. After we had all finished our dressage tests the rain decided to pour. Thunder and lightening rolled around and we were soaked to the bone. Some riders decided to leave, and fair enough since the weather was touch and go. But LAC decided to stick it out. With the wet conditions, riders took it easy around the show cross course and as a team we placed 2nd. Thank you parents for bringing your riders along. We couldn't do it without you. Well done to riders for displaying good sportsmanship and a positive attitude. Onward to the next one!

Sophie Bain, Visual Art Teacher



Pool 4 Schools

In term 3, a group of 12 students have joined the Pool 4 Schools programme with Mr Aiono at the City Sports Club. The programme is organised by Gary Gillard, the NZ Head Cue Sports Coach. He is also an IBSF Master Coach and Examiner, as well as a World Snooker Coach. Our students are privileged to have secured Mr Pat Edwards, one of the very best ever players in NZ as their coach.

Of all the billiards games snooker is possibly the most exciting one. The game calls for persistence, concentration and talent. Snooker is one of the oldest and most popular games around the world. In the world of snooker some people enter because they love the game, some play to earn funds as well as prestige and some other look for a recreation.

- One benefit of the game is it aids you to enhance your coordination and concentration level.
- Snooker players are the ones who can still hold nerves even when the rest are panicking.
- Snooker is a great combination of applied physics and geometry. Those who play snooker regularly sharpen their minds unconsciously by

undertaking mathematical calculations as well as mental estimates. Someone bearing a sharp mind can excel in all aspects of life.

- Playing cue sports can improve your hand-eye coordination.
- The game can be played by people of all ages irrespective of their sex.
- It is played worldwide, so it is possible to play this game even though you travel abroad.
- At the same time you can acquire loads of confidence and a bunch of new friends.





Get Active at LAC

There are plenty of reasons why getting off the couch and into your games kit is a good thing: Physically, sport helps you lose weight, enjoy a more toned body and show stamina on the sports field. Regular exercise boosts self-confidence and mental concentration. Being fit is a big plus; enhancing co-ordination, agility and cardiovascular fitness. You'll probably even make some new friends while you're at it.

Benefits of sport

Regular exercise improves health and fitness. Health is defined as a state of complete mental, physical and social well-being. Fitness is the ability to meet the demands of the environment.

Mental benefits include:

- Improved confidence
- Relief of stress/tension and stress-related illness

Physical benefits include:

- Losing weight
- Improved posture
- Improved body shape

Social benefits include:

- Meeting people
- Making friends

Aesthetic appreciation

- Recognising quality of movement in a performance

Sport is a good way of relieving stress

Being a member of a sports club and regularly participating in sport will develop personal qualities from:

- Co-operation – working with others
- Competition – testing yourself against others
- Physical challenge – testing yourself against the environment or your best performances

Basketball

There are almost 50 students playing Basketball at LAC this year, and at least another 15 student helpers, one of our most popular sports this year. We have 5 teams representing the different age grades from Year 7 through to Year 13.

We would like to take this time to especially thank all the parent and community helpers that make Basketball a reality for our students, and a special thank you to our coaches and referees. Without our helpers, Basketball would not be possible. Your service is greatly appreciated!

A few dates to take notice of:

- Friday 18 August - entry to Basketball courts will be through Arena 2 only
- 6 & 8 September - No Basketball all week due to Winter Tournament
- 13 & 15 September - Semi Finals
- 20 & 22 September - Finals

All are welcome to come down to the Pascal Street Arena on Friday 4pm (Y9-13) or Wednesday afternoons (Y7-8) to support our students. Again, a huge thank you to all the supporters that make Basketball a reality for our students.

[Stephanie Ngarepa](#)
Teacher



Coach Rouru Kapao with the Intermediate Basketball team





Digital Tech Workshops

Digital Technology workshops being held across our region. These workshops are being held to provide an opportunity to learn more about the draft Digital Technologies | Hangarau Matihiko curriculum content and provide feedback.

An evening workshop is being held in Palmerston North that focuses on parents/caregivers, whānau, community and industry.

If you are interested in attending you can register your attendance by visiting the website:

http://www.conference.co.nz/moe17/other_events/digital_technologies/information

| | |
|--------|--|
| Where? | Distinction Hotel 175 Cuba Street, Palm. North |
| When? | 22 August, 6:30 pm – 8:00 pm |
| What? | Focused on parents, whānau, community and industry |

Online Safety for Parents at home

Here are 10 ideas from www.netsafe.org.nz. This is a great website to help to keep our children safe while they are on-line.

1. Set Expectations for use of Digital Technologies:

- How long your child will spend online;
- Appropriate Apps and Social Media Sites are ok to use;
- Appropriate content to view;
- Teach your child how to safely be online;
- Have Parental controls;

2. Understand what they do online and show an interest:

- Know what your child is using the internet for – music, videos, communication, learning, social, gaming;
- Know who is in their network;
- Know the information they share;
- Discuss these items with your child;

3. If you don't understand it, try it:

- Explore the websites and apps your child is using;
- Have your child teach you how to use the apps that they use;

4. Set a good example:

- Check what you know about online safety, privacy settings;
- Teach them the basics:
- Strong passwords;
- What personal information to protect online and not share: logins and passwords, bank account details, home address and phone numbers, birth date and other personal information;
- Not everything is as it seems – be cautious about friending someone they don't know;
- Digital footprint:
- Everyone has a digital footprint

6. Setting Up Social Media:

- Become their friend or follow them;

- Make sure they use their actual birth date – less likely then to see inappropriate content;

7. Give Them the Tools They Need:

Most social media organisations have a safety centre with tools for staying safe online. Take a look at the safety centres of the apps or websites your child uses, and teach them how to use the tools available.

Start with how to block people, how to report content and how to use the privacy settings.

Social media safety centres:

Facebook: [facebook.com/safety/tools/safety](https://www.facebook.com/safety/tools/safety)

Snapchat: [snapchat.com/l/en-gb/safety](https://www.snapchat.com/l/en-gb/safety)

Instagram: help.instagram.com/285881641526716

YouTube: [youtube.com/yt/policyandsafety/safety.html](https://www.youtube.com/yt/policyandsafety/safety.html)

Twitter: about.twitter.com/en-us/safety.html

8. On-line Bullying:

- Teach your child that bullying is not acceptable online or offline
- Teach your child how to respond if they become the target of online bullying.

Your Education Manawatu Information Meeting

Tuesday, August 15th 2017
6:00 – 7:00pm

Location:

Hancock Community House
77 King Street
Palmerston North

Come meet our team, bring your parents and learn more about our overseas high school programs for 2017 and 2018!

Lead with INTEGRITY

Act with RESPECT

Cultivate RESILIENCE

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