



February 2019: Term 1 Week 7

Facilities upgraded



The facilities available to our students continue to be improved.

This year two brand new Toyota Hiace vans are available for sports and cultural groups. There are 200 new student sports lockers in A and B Block and more white board tables in classrooms to support group work and helping students to show their thinking to others during a lesson.

This week we will be starting on re-surfacing the courts on Frost Road to provide another recreation space option during break time. Next term we will be bringing the E Block bathrooms up to date providing fresh, modern gender neutral facilities.

During term two we will be asking students to let us know their next priorities for upgrading our site and make our school a pleasant place to be in.

Thank you to everyone who has helped us this year through the voluntary donation. It really does help make a difference!



Greg Watson, Principal

Show time!

It was my privilege to see past and current students performing in Josh Iosefo's directorial debut, *Odd Daphne*, co-directed by our multi-talented HOD of Performing Arts, Emma Gillies. The messages relating to mental illness and the love of family amongst an eclectic performance were delivered in a raw but empowering way. Congratulations to all involved.

On the topic of performances, it is Polyfest week! The kapa haka dress rehearsal on Saturday was a fine-tuned performance demonstrating the many hours of hard work behind the scenes. It was particularly moving to hear the pride from those who were there and had seen our students grow into the confident young adults we see. I look forward to seeing Māna Taiohi and the Niuean, Indian, Samoan and Tongan groups this week and wish all of the students, their tutors and families well for the competition.



Marjet Pot, BOT chairperson

Polyfest

Students not performing at Polyfest are expected to be at school during normal school hours on Thursday and Friday. In order to support this, our groups have dress rehearsals for you at school!

Final Polyfest performances are held on the 13th – 16th March at the Manukau Sports Bowl, 1 Boundary Rd, Clover Park, Auckland (MRGS performance times indicated in bold).

Dress Rehearsals	Performance Group	Time
Wednesday 13 March	<i>Samoan Group Po Siva night (Hall)</i>	7pm - 8.30pm
Thursday 14 March	<i>Tongan Group Fiafia night (Hall)</i>	6pm - 8pm
Polyfest (performers only)	Performance Group	Time
Thursday 14 March	Kapa haka	8:58am
	India Group	3:50pm
Friday 15 March	Samoan Group	2:05pm
	Niuean Group	2:30pm
Saturday 16 March	Tongan Group 1st performance	9:30am
	Tongan Group 2nd performance	12:20pm

Excellence Awards

Congratulations to all students who gained Excellence Endorsement in NCEA Levels 1, 2 and 3 and Scholarship/s in 2018. We enjoyed celebrating our students' success with our students and families.



Photo credits: Helen Netshidzivhani

Learning Support

Every **Wednesday from 3.20pm-5.30pm** in Learning Extension (L3) we are running a **homework centre** that we are calling **“Catch Up”**.

“Catch Up” can be used when it suits for students to drop in and get the help they need in an array of subjects with teacher support. This is a great way to get one on one help from teachers or work with friends to help each other in a friendly environment. Come with questions!

“Kai time”

“Kai Time” (Breakfast Club) is up and running **Monday- Friday in Learning Extension (L3) 7.50am-8.50am** to support our students/your children to have the energy to get the most out of their learning.

We would like to acknowledge Sanitarium, Fonterra and the Ministry of Social Development who provide us with the kai for “Kai Time”.

2019 Mentoring



Thank you to families who attended the recent mentoring conference in order to set academic, co-curricular and career goals alongside our senior students.

For those who were unable to attend the recent mentoring conference we look forward to completing these meetings this week with you, supporting your child to achieve their goals in 2019

Your Child's Health

With the onset of flu/cold season ahead we ask that all students continue with hand hygiene – wash hands thoroughly with soap and water – for the time it takes to sing happy birthday or a song of similar length.

If your child has diarrhoea or vomiting **please keep them at home** to reduce infection potential for their classmates and teachers.

If your child is concerned about missing an NCEA assessment due to illness, the process is to get a medical certificate and bring it to their House Academic Dean and the assessment will be able to be completed on their return.

Whitewater



Following the success of last year's Vector Wero Whitewater Rafting Trip, the 2019 Year 12 recruits met the challenges of South Auckland's world class facility with mana. In teams of 6 students worked hard together to navigate the foaming rapids, swirling whirlpools and rip-roaring water jets.

The leadership and teamwork shown by individuals and in groups was outstanding, and made for many great examples of the key competencies that are explicitly taught through the P.E curriculum.

Ms Steel

Junior Health Curriculum: Year 9 & 10

Health is a compulsory subject for Year 9 and 10 students. Year 9 students study Health four times per week for one term, and Year 10 have 1 period per week for the whole year.

The MRGS Health curriculum is approved by The Board of Trustees and we revise our programme regularly to ensure we are meeting our students and community needs.

Sexuality Education is an essential aspect of Health Education in the New Zealand Curriculum and the lessons taught are planned to ensure students are informed about necessary life skills in a safe and respectful environment. The school is legally required to inform parents and caregivers of the teaching of Sexuality Education. **Letters regarding this will be going out to families of junior students later this term.** Should you wish to withdraw your child from all or parts of these lessons, please follow the instructions in the letter.

More information on the specific content of our Sexuality Education programme and our other learning areas within the MRGS Health programme, can be found on the school website (under the Academic heading, Physical Education and Health). A Curriculum Overview is also available to view at the school reception.

Alumni News



Ali Shariat [2003] trained as a lawyer, then took a job with the UNDP in Iran, working on microfinance and other projects.

He was inspired to set up a business providing ethically-sourced coconut products to western consumers. He has given back over \$2 million to these communities!

<https://www.theguardian.com/small-business-network/small-business-blog/2016/jan/16/small-business-spotlight-the-coconut-merchant>

Roskill stories

If you have Roskill stories about the success of current or past pupils, please share to alumni@mrgs.school.nz or message Mrs Collins on the MRGS Facebook page.

School Lunch Service

OUR SCHOOL IS GOING
EAT SMART

Our school canteen service provider, Libelle Group, is teaming up with the Heart Foundation Fuelled4life and BioPak to bring us a Fresh Made approved and eco-friendly packaged menu - Eat Smart.

So what does this mean for us? Eat Smart will be launched at our school and nationwide by the beginning of Term 1, 2019.

It is a nutritionally balanced, value-for-money school tuckshop

menu offered throughout the country!

The Eat Smart menu features balanced meals designed by a team of nutritionists for kiwi school kids, so they have the right fuel to learn!

The message is clear:

EAT WELL. DO BETTER.

BUY OR GIFT A LUNCH NOW AT
WWW.TXTMYLUNCH.CO.NZ

SEE THE FULL MENU AT
WWW.LIBELLE.CO.NZ

We are going digital with Txt My Lunch

Txt My Lunch is the solution to giving parents the guarantee that their hungry learner is getting a healthy, balanced meal - all for just \$6. Use Txt My Lunch to send a lunch directly to a students phone by text!

Save that 20 minutes of your day making lunch and buy or gift a meal ticket today at:
www.txtmylunch.co.nz

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