

Principal's Newsletter



Kia ora tātou,

This is my first newsletter as principal of Kelston Girls and it is a real pleasure to be here and working in such a vibrant community. We had a lovely powhiri on the first day of term and I was very impressed by the students. They performed beautifully and showed huge confidence and passion. They made me feel proud to be part of the school. Thank you to everyone who came. It was a great occasion.



I have been settling into the school and have spent the first two weeks meeting everyone and getting to know the place. My first impressions are that the students are lovely. They are happy and smiley. They are working hard in class and show that they are focused on learning as much as possible. The staff are caring, supportive and very professional. There is a lovely warm and supportive feel to the school and it is obvious that it is a great place to be.

I am hoping to meet with parents as well, so do keep an eye out for opportunities to come in and talk about what parents want for the school. I am happy to talk to parents so if you don't want to wait, do make contact with reception and we can arrange a time.

It has been a busy start to the term for everyone so I hope you all manage to find some time to discuss with your daughter how they are doing at school and what they need to concentrate on in order to learn well.

Ngā mihi nui

Sarah Stenson
Principal

IMPORTANT DATES

Mon 6/8 - Fri 10/8	Enrolment Week
Thurs 16/8	Chamber Group Concert 6.30pm
Mon 3/9	Mid Term Break (no school)
Tues 4/9 - Fri 7/9	Tournament Week

REFUGEES AS SURVIVORS

These fabulous young ladies stopped by *Refugees As Survivors* on the 5th July to deliver "welcome to NZ" cards for new arrivals! Thank you to our caring students .

Olivia Batiwale, Sauhannah Work, Annie Wallbank, Rose Isara



KGC SPORTS

NORTHERN FOOTBALL ASSOCIATION

Last week NFF continued the delivery of the Girls Futsal Programme at [Kelston Girls' College](#) by taking eight students through a Futsal Community Based Referee course.

The aim of the programme is to raise the profile and awareness of Futsal and offer interested Girls the chance to play. A total of 12 lunch time sessions will be delivered across Term 2 & 3 as well as a Futsal CBR Referee Course and Futsal Intro Coaching Course to the students.

NFF Futsal Development Officer Hayley Stirling said "It's great to see the girls that have been regular attendees at the lunch time sessions complete the Refereeing component of this project. This will go a long way to being able to help both these girls and their school set up Intra-School Futsal Leagues in the long term".



CAREERS EXPO

Another successful Careers Expo was held on Thursday 26th July in the hall. We were fortunate to have 22 different providers available. These included major universities and polytechnics as well as private training providers who offer courses in a wide range of areas including: hair and make-up, digital technologies, design, early childhood education, sports, hospitality and tourism. BCITO, who support students to enter the building and construction industries, were also present along with the defence and police forces.

The girls made the most of the opportunity to gather information, ask questions and map out their future pathways, this will be very helpful in assisting them to make decisions around subject choice and further study options. We received positive feedback from the providers about how polite and engaged our students were during the expo. They also had the chance to take part in fun activities such as having their hair done by Cut Above students, who were also ex KGC girls; looking around a construction site via virtual reality goggles at the BCITO stand and showing off their jumping skills to the NZ Institute of Sport.

For further assistance with decisions around future study and work options or help choosing option subjects, girls and their whanau are welcome to come into the Careers Department office and make an appointment to see our new careers advisor Ms Hinson.





Smoke Free New Zealand 2025

Are you ready?

In March 2011 the Government adopted the Smoke free 2025 goal for New Zealand. This was in response to the recommendations of a landmark Parliamentary inquiry by the Māori Affairs select committee.

- 5.3% of Māori youth smoke daily,
- Māori girls have the highest daily smoking rates across all youth.
- 3.5% of Pacific youth smoke daily,

Preventing tobacco use among youth is critical. Today most youth in New Zealand are smoke free with 4% of 15 to 17 year-olds currently smoking. Of those young people who do smoke nearly half said they wanted to stop smoking, and three in five tried to stop smoking in the past year, of which one in five remained smoke free.

Some ways you can help:

- Do Not smoke around children
- Make your car and house smoke free
- Talk to children about not starting smoking
- Encourage others to quit
- Encourage your local marae or church to be totally smoke free
- Organize a Worldwide Smoke free day event (May 31 annually).

Contact Quit line on 0800 778 778 when you are ready to Stop Smoking.

Or come and see us in Hauora Centre as we can help you STOP SMOKING too.

Some Other Tips: Young people are less likely to smoke if they:

- Are doing well at school
- Have future aspirations
- Take part in community activities or sports clubs
- Belong to a religion or have a spiritual practice
- Are connected with their family.