

# Waihi News

### 15 March 2024

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Dear Parents,

Last week I spent two days in Christchurch with educators from across Australasia and Asia as part of their Round Square Forum. Round Square is an internationally diverse network of 250+ likeminded schools in 50 countries on six continents that connect and collaborate to offer world-class programmes and experiences, developing global competence, character, and confidence in students.

Round Square schools share a commitment to character education and experiential learning built around six themes, they term IDEALs — International Understanding, Democracy, Environmental Stewardship, Adventure, Leadership and Service. These schools are like-minded in their shared understanding of the hardwired link between character education and academic success. They also believe that to equip students for positive, active and engaged global citizenship we must offer them more than academic knowledge and qualifications.

Understanding that some of life's most powerful lessons come from practical experience, Round Square schools encourage students to take on challenges, go beyond their comfort zone and discover that there is more in each of us than know.

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### Parent Teacher Meetings: Thursday 28 March 2024

Please logon to <u>www.schoolinterviews.co.nz</u> enter our school code **5kf54** and press 'Go'.

You will be guided through three steps, after which you will receive an email confirming your interview time(s).

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The Round Square network of schools is based on the educational concepts of Kurt Hahn. This is that same Kurt Hahn who in 1940, together with a businessman Lawrence Holt, formed the Outward-Bound program in Aberdovey, Wales. In turn this became the foundation of modern Outdoor Education programs around the world.

We introduced the Outdoor education programme at Waihi seven years ago and I am often asked by parents and other educators why I think it is so important. Well like most things we do at Waihi it is research and evidence based.

In addition to being a fun way to get students engaged and excited about learning, the benefits of outdoor learning are vast. These benefits can improve a student's health and, in turn, help them perform well in school. For example, time spent outdoors allows students to get exposed to sunlight. Sun exposure helps keep sleep cycles in tune, making it easier to fall asleep at night. Students who have a healthy sleep schedule are less likely to report that they feel depressed, anxious or unfocused, symptoms that can make it difficult to fully participate in class.

Stress levels can also be affected by time spent learning outside. The amount of stress we feel is influenced by a hormone called cortisol. In a healthy body, cortisol levels spike upon waking, drop around midday, plateau through the afternoon and taper off until you go to bed. A team of German researchers conducted an experiment where they measured the cortisiol levels of two groups of students throughout the school day. One group spent time outdoors every day; one group did not. They discovered that the group that went outdoors showed the healthy cortisol drop around midday – a definite benefit of outdoor education. The group that did not go outdoors did not show the drop. They stayed at a heightened stress level, which likely affected how they felt and behaved in the classroom. Even a short period of time outdoors can positively affect a student's mental health.

Several studies of outdoor education have shown other health benefits. For children that like to get dirty, touching soil can increase their serotonin levels. Children with ADHD can experience less inattention and hyperactivity after spending time outdoors. Both adults and children alike experience a decrease in blood pressure while outside. Running, jumping, and climbing help a child stay physically healthy.

Over the past two mornings the staff team have been working 'virtually' via a webinar, with neuroscience educator Nathan Wallis. The topic has been brain development in the age group 5-12 and how science can help inform good practice for us all. I will touch further on this work in subsequent newsletters, and if there is interest, we will gladly share our research at a parent forum.

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One takeaway from the webinar was around hormonal influence on the brain and what we can do about this for the benefit of our children. Nathan spoke about the positive effects of endorphins (learning hormones) such as serotonin and dopamine and the potential negative outcomes when we receive too much cortisol, our 'stress' hormone.

You might be interested to know what science has to say about the top ways to release endorphins:

- 1. Music
- 2. Laughter
- 3. Movement and Physical Exercise

So, at Waihi the incorporation of outdoor education, as well as our music and other specialist programmes into our educational practice, has a scientific basis and can help our students in ways we might not even initially think of.

Kind regards

Allan Short Headmaster



## Winter Uniform and Winter Sports Kit



Please ensure you have all Winter uniform and Winter sport kit items ready for the beginning of Term Two.

The most efficient way to place your order is via our online uniform order form located on our school website:

https://waihi.school.nz/uniforms or by sending an email to uniform@waihi.school.nz

## Name Labels for Uníform Items

We have found over many years the woven stitched on name labels are legendry for staying put and lasting longer than many other label options.

### EXERT FROM OUR SCHOOL WEBSITE:

It is important that all uniform is named. Embroidered, stitched-in labels are the hardest wearing. An order form for MARK IT WOVEN LABELS can be found: https://www.webbing.co.nz/product/mark-it-woven-labels-name-labels/

### Waihi Rugby Jersey : Merchandise item

For those families who have ordered this clothing item, the order has been placed, and we will update you when we are aware of their arrival date.



## Weeks Ahead...

### Term One 2024 (weeks 8 - 11)

<mark>WEEK EIGHT</mark> Monday 18 March

Tuesday 19 March

Wednesday 20 March

WEEK NINE Thursday 28 March

Friday 29 March

<mark>WEEK TEN</mark> Monday 1 April

Tuesday 2 April

Wednesday 3 April

Thursday 4 April

Friday 5 April

<mark>WEEK ELEVEN</mark> Thursday 11 April

Friday 12 April

Storylines Story Tour (Juniors)

Girls Cricket trip to Dunedin Kids Lit Quiz at Grantlea Downs, Timaru

Y8 vaccinations (9:45am) \*\*AMENDED DATE\*\*

No lessons today Parent Teacher Meetings

Good Friday – Exeat Weekend

Easter Monday – Exeat Weekend Mackenzie A&P Show Agri-Sports

No School today – Exeat Weekend Boarders return at 5:00pm St Kentigern's School arrive into billeting

St Kentigern's fixture (Cricket and Tennis)

St Kentigern's depart

SCPSSA Swimming Sports

Waihi School Board meeting

House Singing Competition (PM) End of Term One

### SCHOOL HOLIDAYS: Week One

Monday 15 April - Thursday 18 April

Waihi Autumn Holiday Programme

## **WAIHI SCHOOL : Value of the Week**

### **WEEK FIVE : HONESTY**

#### Congratulations for this week go to:

Junior BW	Clara Wright
6NW	Florence Black
6TW	Ben Brown
8PG	Charlie Claridge
Boarding	Arthur Redfern



## **WAIHI SCHOOL : Value of the Week**

### WEEK SIX : TU IGITUR PERFER ADVERSA

#### Congratulations for this week go to:

Junior BW	Ollie Murphy
6NW	Ryan Harrison
6TW	Tom Thatcher
7EH	Sophie Gilmore
8PG	Darrah Langton



## WAIHI SCHOOL : Value of the Week

### **WEEK SEVEN : Consideration and Cooperation**

### Congratulations for this week go to:

Junior BWHenry Marsden6NWDarcy Sinton6TWAdele Overcomer7EHTilly Taylor8NMNathan Morland8TCGeorge Brown



### Cathedral Grammar: Summer Sports Thursday 29<sup>th</sup> February 2024

#### Tennis/ Cricket / Touch Rugby:

Mr Morland and Mrs Cameron travelled to Christchurch with 11x Cricket and 8x Tennis players for this fixture, and a Touch Rugby team was put together from the travelling players.

### **PALs Day with the House Leaders** Physical Activity Leadership Day with the House Leaders

Last Tuesday, the eight house leaders took part in a Physical Activity Leadership day in Ashburton. They explored the many qualities of a leader before being introduced to different ideas and games to lead, as well as ways to adapt these, depending on different scenarios. They then worked together to lead their own activity to students from other participating schools, which they all completed with confidence and great leadership skills.

This was a fantastic stepping stone for their leadership journey and provided them with skills and knowledge that they will build upon in school. Over the coming weeks, these skills will assist them in implementing some new ideas and initiatives during break times, in and around school, alongside the two sport leaders. **Miss Haynes** 



## VAIHI SPORTS

Upcoming Events I Information I Updates

### **Physical Education: Term 1**

We have recently finished off what has been an enjoyable 5 weeks of learning all things volleyball. The students have been working hard to grasp the different skills needed for the game, and consolidated these successfully, into some fun and competitive volleyball games to finish off this block of learning.

Last week, saw the move to squash, which without doubt, has been a huge hit for all! We have been incredibly lucky to get George Thomas, a Welsh international, on board until the end of term for some squash lessons. The introductory lessons in week 6 took place at school, using specialised squash nets, before being invited up to Geraldine Squash Courts from this week onwards.

There is also a small, selected group attending coaching sessions in Temuka on Tuesday nights. If this proves to be a popular and desired initiative, then this is something we will look to continue throughout the year and open up to more students.

This is a fantastic opportunity, and one that I feel very fortunate for the students to be part of. The reception it has received from them has been phenomenal and shows how much they are enjoying and embracing it.

**Emily Haynes** 

### **Basketball**

Year 7 and 8 basketball has tipped off for the term. I was blown away with the immense number of interested individuals, resulting in the need to enter four teams into the competition this time round, one of which, is Waihi's first ever girls' team! A huge shoutout to Roz Swete for sharing all your expertise and experience with the girls and showing them the way. Thank you also, to all parents who are helping with transport and coaching. Without you, we simply cannot provide all these opportunities, for all our eager tamariki.



For all general Sport enquiries, please email sport@waihi.school.nz

## NAIHI SPORTS

Upcoming Events I Information I Updates

### **Yeah Girls Cricket**

The girls have been enjoying their cricket sessions with South Canterbury Cricket on Tuesday lunchtimes. The attendance at these sessions has been consistently high, which is fantastic to see. I'm sure I speak on behalf of Mr. Morland and Miss. Sharp as well when I say this, but it is just amazing to witness the growth and building excitement surrounding girls' cricket at Waihi currently. Keep up the amazing work and commitment girls!



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Upcoming Events I

Information I

Updates

### 2024 Waihi Production

We're thrilled to reveal that this year's Waihi Production will feature Disney's blockbuster "High School Musical Jr." It's going to be an absolutely fantastic show!

Make sure to mark your calendars for November 25th to 28th.



## WAIHI MUSIC

Upcoming Events I Information I Updates

### **North Island Cultural Tour**

The North Island Cultural Tour is all booked from Monday 13<sup>th</sup> May 13th to Wednesday 15<sup>th</sup> May. We are excited to accompany a group of Year 8 students to the cultural hub of New Zealand, Wellington, and we are confident they will relish what the city has in store for them.

A supporter group is being coordinated by Amanda Johnston. If you are interested in attending and showing your support at the tour's various events throughout the day, please reach out to Amanda at <u>amandajohnston.nz@gmail.com</u>



### Itinerant Music Lessons: Term Two

Several students have expressed interest in learning a musical instrument during Term Two. If you wish for your child to begin this journey, kindly complete this Google Form at <a href="https://tinyurl.com/WaihiMusic2023">https://tinyurl.com/WaihiMusic2023</a> or reach out to us via email at: <a href="music@waihi.school.nz">music@waihi.school.nz</a>

Please contact us as soon as possible so that we can coordinate arrangements with the different tutors. Certain options have already reached full capacity, so please provide a second choice as well.



#### Mr & Mrs Bradley

Sporting Achievements

Results from the Waihi Swimming Sports held on Friday 1<sup>st</sup> March 2024

### WAIHI SCHOOL - SWIMMING SPORTS OVERALL RESULTS 2024

20 yards Junior Freestyle	Hope Challenge Cup	Oscar MURPHY
40 yards Junior Freestyle		Oscar MURPHY
100 yards Junior Freestyle		Oscar MURPHY
200 yards Junior Freestyle		Angus FERGUSON
20 yards Intermediate Freestyle		Angus WHILLANS
40 yards Intermediate Freestyle	Robinson Challenge Cup	Michael WILLIAMS
100 yards Intermediate Freestyle		Michael WILLIAMS
200 yards Intermediate Freestyle		Michael WILLIAMS
20 yards Senior Freestyle		Tom STEETSKAMP
40 yards Senior Freestyle	Fisher Cup	Tom STEETSKAMP
100 yards Senior Freestyle	Tim Burdon Cup	Tom STEETSKAMP
200 yards Senior Freestyle	Averill Langrell Cup	Tom STEETSKAMP
20 yards Junior Backstroke		Oscar MURPHY
40 yards Junior Backstroke		William JOHNSTON
20 yards Intermediate Backstroke	Dorothy A Fitzgerald Mem Cup	Carter BUSCH
40 yards Intermediate Backstroke	Gerald P Fitzgerald Mem Cup	Michael WILLIAMS
20 yards Senior Backstroke		Tom STEETSKAMP
40 yards Senior Backstroke	Sime Cup	Tom STEETSKAMP
20 yards Junior Breaststroke		William JOHNSTON
40 yards Junior Breaststroke		William JOHNSTON
20 yards Intermediate Breaststroke		Michael WILLIAMS
40 yards Intermediate Breaststroke	Jopp Family Cup	Michael WILLIAMS
20 yards Senior Breaststroke		Luka HARROP
40 yards Senior Breaststroke	Mrs A M Deans Cup	Tom STEETSKAMP
20 yards Junior Butterfly		Oscar MURPHY
40 yards Junior Butterfly		William JOHNSTON
20 yards Intermediate Butterfly		Michael WILLIAMS
40 yards Intermediate Butterfly		Michael WILLIAMS
20 yards Senior Butterfly	Rogers Cup	Tom STEETSKAMP
40 yards Senior Butterfly	Connolly Cup	Tom STEETSKAMP
Junior 4 x 1 Medley		William JOHNSTON
Intermediate 4 x 1 Medley		Michael WILLIAMS
Senior 4 x 1 Medley	Stace Cup	Tom STEETSKAMP

Results from the Waihi Swimming Sports held on Friday 1<sup>st</sup> March 2024 ~continued~

Runner Up Junior Swimming Champion	Aubrey Cup	Oscar MURPHY
Junior Swimming Champion - Boys	Gillanders Cup	William JOHNSTON
Junior Swimming Champion - Girls	Medal	Florence BLACK
Runner Up Intermediate Swimming Champion	Aubrey Cup	Carter BUSCH
Intermediate Swimming Champion - Boys	Simon Wood Cup	Michael WILLIAMS
Intermediate Swimming Champion - Girls	Medal	Lucy STEETSKAMP
Runner Up Senior Swimming Champion	Aubrey Cup	Matias JENKINS-HUGUET
Senior Swimming Champion - Boys	Moore & Good Challenge Cup	Tom STEETSKAMP
Senior Swimming Champion - Girls	Sharp Family Cup	Poppy MAWLE





### HOUSE RELAY

HOUSE S	SHIELD
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1	Orford	1 <sup>st</sup>	
2	Prosser	2 <sup>nd</sup>	
3	Everiss	3 <sup>rd</sup>	
4	Stone-Wigg	4 <sup>th</sup>	

1	Prosser	291 points
2	Stone-Wigg	288 points
3	Orford	285 points
4	Everiss	219 points



### Waihi School Swimming Sports Current Records: Boys and Girls

INTERMEDIATE			
Freestyle 20 yards (Boys)	0.09.60	J Sands	2013
Freestyle 20 yards (Girls)	0.11.75	A Bolt	2024
Freestyle 40 yards (Boys)	0.22.50	C Slee	2015
Freestyle 40 yards (Girls)	0.29.97	P Mawle	2023
Freestyle 100 yards (Boys)	1.01.81	W Hurst	2007
Freestyle 100 yards (Girls)	1.27.16	M Kain	2022
Freestyle 200 yards (Boys)	2.12.01	W MacLeod	2010
Freestyle 200 yards (Girls)	3.18.65	L Steetskamp	<mark>2024</mark>
Backstroke 20 yards (Boys)	0.12.18	W Hurst	2007
Backstroke 20 yards (Girls)	0.15.64	L Steetskamp	2024
Backstroke 40 yards (Boys)	0.27.22	W Hurst	2007
Backstroke 40 yards (Girls)	0.34.03	L Steetskamp	2024
Breaststroke 20 yards (Boys)	0.12.95	W Hurst	2007
Breaststroke 20 yards (Girls)	0.16.23	E O'Sullivan	2023
Breaststroke 40 yards (Boys)	0.30.62	W Hurst	2007
Breaststroke 40 yards (Girls)	0.38.03	A Bolt	2024
Butterfly 20 yards (Boys)	0.11.45	W MacLeod	2010
Butterfly 20 yards (Girls)	0.14.63	L Steetskamp	2024
Butterfly 40 yards (Boys)	0.24.84	C Slee	2015
Butterfly 40 yards (Girls)	0.36.31	L Steetskamp	2024
Medley 60 yards (Boys)	0.41.82	W Hurst	2007
Medley 60 yards (Girls)	N/A	N/A	N/A
Medley 4x1 (Boys)	0.57.22	W Hurst	2007
Medley 4x1 (Girls)	1.19.25	L Steetskamp	2024
SENIOR			
Freestyle 20 yards (Boys)	0.09.36	J Hoetjes	2002
Freestyle 20 yards (Girls)	0.11.28	M Hessell	2023
Freestyle 40 yards (Boys)	0.20.38	CSlee	2016
Freestyle 40 yards (Girls)	0.26.22	P Mawle	2024
Freestyle 100 yards (Boys)	0.58.70	W Hurst	2008
Freestyle 100 yards (Girls)	1.23.90	P Mawle	2024
Freestyle 200 yards (Boys)	2.08.09	W MacLeod	2011
Freestyle 200 yards (Girls)	3.09.40	S Colombus	2022
Backstroke 20 yards (Boys)	0.10.28	T Steetskamp	2024
Backstroke 20 yards (Girls)	0.14.38	M Hessell	2023
Backstroke 40 yards (Boys)	0.23.76	J Hoetjes	2002
Backstroke 40 yards (Girls)	0.31.44	M Hessell	2023
Breaststroke 20 yards (Boys)	0.12.16	C Slee	2016
Breaststroke 20 yards (Girls)	0.15.29	E O'Sullivan	2024
Breaststroke 40 yards (Boys)	0.25.64	C Slee	2016
Breaststroke 40 yards (Girls)	0.35.69	E O'Sullivan	2024
Butterfly 20 yards (Boys)	0.10.37	C Slee	2016
Butterfly 20 yards (Girls)	0.14.66	M Hessell	2023
Butterfly 40 yards (Boys)	0.22.40	C Slee	2016
Butterfly 40 yards (Girls)	0.33.55	A Johnston	2024
Medley 60 yards (Boys)	0.40.06	W Hurst	2008
Medley 60 yards (Girls)	0.56.50	S Colombus	2022
Medley 4x1 (Boys)	0.51.97	C Slee	2016
Medley 4x1 (Girls)	1.15.50	P Bell	2024

Sporting Achievements

Results from the SCPSSA Triathlon held on Friday 8<sup>th</sup> March 2024

### Year 7/8 boys

George Neal	1 <sup>st</sup>	22.10.30
Fergus Oliver	2 <sup>nd</sup>	22.56.50
Charlie Dwyer	19 <sup>th</sup>	
Charlie Greenslade	21 <sup>st</sup>	
Bentley Roughan	27 <sup>th</sup>	
Oscar Elliotte	35 <sup>th</sup>	
Luka Harrop	41 <sup>st</sup>	

### Year 7/8 girls

Olivia Copland	2 <sup>nd</sup>	24.18.90
Poppy Mawle	3rd	24.21.00
Rio Swete	7 <sup>th</sup>	
Stella Harley	20 <sup>th</sup>	
Penny Bell	25 <sup>th</sup>	
Grace Moore	37 <sup>th</sup>	

### Year 5/6 boys

George Dwyer	8 <sup>th</sup>
Oscar Murphy	14 <sup>th</sup>
Hunter Mackenzie	38 <sup>th</sup>

### Team Results:

### Year 7/8 boys

George Neal, Charlie Dwyer, Bentley Roughan	3rd
Luka Harrop, Charlie Greenslade, Fergus Oliver	5 <sup>th</sup>

### Year 7/8 girls

Olivia Copland, Stella Harley, Penny Bell	2 <sup>nd</sup> equal
Grace Moore, Poppy Mawle, Rio Swete	2 <sup>nd</sup> equal

### Year 5/6 boys

3rd equal Hunter Mackenzie, George Dwyer, Oscar Murphy

3rd

### Year 5/6 girls

Pip Neal, Neve Johnson, Annabel Maw









### Year 5/6 girls

Pip Neal	7 <sup>th</sup>
Annabel Maw	18 <sup>th</sup>
Neve Johnson	22 <sup>nd</sup>

### FOOD FOR THOUGHT : JUNIORS

On Tuesday 12<sup>th</sup> and Wednesday 13<sup>th</sup> March 2024, the junior classes participated in the Food for Thought Programme. This is run by a qualified nutritionist Karli Adams-Stachurski who visited Waihi School.

On Tuesday the students worked in small groups to learn about the different food groups (carbohydrates, fats, proteins, dairy and fruit and vegetables). The nutrients of food substances found in food and drink was also looked at and why nutrients are important to enable our bodies to function properly.

Students also learnt how to read the nutritional information on packaged foods and explored the sugar content in different drinks. They discovered that a 600ml bottle of Coca-Cola contains a staggering 16 teaspoons of sugar!

On Wednesday the classes visited New World in Temuka to put into practice all the theory that that they had learnt with a visit to a real supermarket. Different foods were looked at, breakfast cereals, bread, muesli bars, snack foods and milk/milk products and they were compared for energy, fat, sugar, dietary fibre and sodium per 100g/100ml. Students then saw whether these foods met the recommended guidelines.

For the next activity students had a look at the rainbow of colours of vegetables and fruit- finding all the different vegetables and fruit that were of the colours green, red, orange, yellow, white, purple/blue and brown. We learnt that vegetables and fruit are extremely important for us to give our bodies the essential vitamins and minerals they need.

It was great to have the Food for Thought team with us to give our students important lessons they can carry with them through life. If you are interested in learning more about Food for Thought, visit their website here: <u>www.foodforthought.co.nz</u>

A big thank you to Karli for running the Food for Thought Programme at Waihi schools and for Paul Joyce at New World Temuka for hosting us on our visit.

### CLASS LIBRARIANS FOR 2024

### Announcing the class librarians for this year are:

Junior BW	Annabel Shearer, Clara Wright, Van Bishop
6NW	Florence Black, Archie Kershaw
6TW	Harry Ewing-Metcalf, Neve Johnson
7EH	Harriet Acland, Jack Orbell
7JS	Katie Rollinson, Maggie McGregor
8NM	Riley McBain, Bentley Roughan
8PG	Hunter McDonald, James Gorrie, Darragh Langton
8TC	Harry Blackman, Otto Acland

### CELEBRATING OUR WAIHIANS

### SCIENCE CLUB BADGES

Technology Badge Advanced Explorer Badge Advanced Explorer Badge James Gorrie Oscar Murphy Harry Ewing-Metcalf

### A G R I K I D S, W I N C H E S T E R Saturday 2 March 2024

On the 2nd March 2024, 18 Waihi Agri-Kids went to compete in the Winchester A&P Future Farmer Kids Competition. We entered six teams. The Year 5/6 team consisting of Pip Neal, Florence Black and Annabel Maw won one of the modules for their age group. In the Year 7/8 section all four of the Waihi teams won modules.

The overall winning team was the Waihi Mowing Squad (George Neal, Sam Westgarth and George Brown).

The nine modules were amazing, as they were challenging but fun. Some of the events were grass-to-glass in that you had to order the cycle of the milking process. Another challenge was that you had to throw tennis balls at ducks and try to knock them down off the hay bales to win points. To get more points, you had to have good teamwork and great manners. The judges were really kind and friendly. We were all very grateful for the judges volunteering their own time to come out and judge us.

Overall, it was a great day out.

By George Brown, George Neal and Samuel Westgarth.

## Waihi School Staff Update

### Katrina Rodwell Sports Coordinator / Office Support

Hi all, I'm delighted to join the Waihi Team in the role of Sports Coordinator / Office Support.

For the past 7 years I have owned and operated an online and bricks & mortar Store in Geraldine. Prior to that my family and I lived in Australia for 12 years where I worked in the Management Team of a large Not for Profit Long Day Care.

My spare time is mostly spent running Miss 14 to the numerous sports she plays each season! And it was through her playing U15 Rugby that I found myself in a Team Manager role, which I loved! Hence, when this Sports Coordinator role came up, I knew it would be a position I'd enjoy on the daily.



My first couple of weeks here have been fantastic, and I'm looking forward to supporting Emily more in her Director of Sport role, as time goes on.

If you happen to be passing the office, please do pop in and say hi, so I can put more faces to the names.

## DINNER AT WAIHI



HOW LUCKY ARE OUR BOARDERS!



