



**Term Three, Week One - Monday 22nd July - Friday 26th July 2024**



### **MELBOURNE NETBALL TOUR**

After 18 months of planning, on Thursday 11th July, 16 students, 2 staff and 3 extra adults headed across the ditch to Melbourne. This tour was a mix of netball, cultural experiences, sightseeing and shopping.

Staying at the Space Hotel, which is a backpackers in central Melbourne, this was the perfect base to access all our sport and activities. The group learnt to navigate the city using trams and trains, which was daunting to begin with, however, they coped well and their time management skills improved. We did not want to be left behind!



The netball side of our tour started on Sunday afternoon with an Australian style coaching session run by Robyne Dawson (Sophie Carr-Paterson's Coach) at the State Netball and Hockey Centre - Home of the Melbourne Vixens. The girls enjoyed a different style of warm up drills and they learnt how to do a one handed pass the Aussies are well known for.



Wednesday's visit to Genazzano rekindled the link between Ōtorohanga College and Genazzano which started in 2014 when Genazzano first visited NZ and were hosted by our College. Sarndra Kennerley was an exceptional host, driving us to venues in the Genazzano school bus. The warmth offered to us by the staff, netballers and families was wonderful. With 16 Year 12 netballers who had toured NZ with Genazzano in 2023, four mixed teams were created. We ran a mini tournament with finals where a 'Golden Child' was introduced allowing an eighth player in both teams to be a positional extra. This was a huge success. They then hosted us for social time, dinner and speeches.



On Thursday we travelled by train to Strathcona Girls College. Jordyn Becker our link with this school, organised two teams to play our teams. Despite losing these games the girls enjoyed the experience of playing against Australian school girls. We were again hosted for lunch, social time and speeches.



Woven around the netball the group toured the MCG, visited the Melbourne Aquarium, Werribee Open Range Safari Zoo, Luna Park, shopped, viewed the Street Art, Queen Vic Markets and for our final night we were extremely lucky to get tickets to The Beauty and the Beast Musical at Her Majesty's Theatre. This was an awesome finale to finish our tour.



This netball trip provided the girls with lifelong memories, they built new relationships and it opened their eyes to a wider world.

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## HEALTH AND PE FACULTY

It is great to be back! As Term 3 begins at Ōtorohanga College, our Health and Physical Education programmes are ready to launch into an exciting new term/semester. The Gym has been buzzing, albeit a bit chilly, with our students returning from holiday eager to engage and excel.

### TRAIN 2 GAIN: Building Strength and Resilience

The new intake of the Modules has now started and Train 2 Gain is packed with new students eager to improve their strength, endurance and overall fitness. This popular programme combines weight training, circuit workouts, cardio sessions and some rugby fit sessions to help students push their limits. Whether you're a seasoned athlete or new to fitness, Train 2 Gain supports all levels, helping everyone become stronger and more resilient.

### BOX FIT: Punching Up the Energy

Box Fit continues to be a hit among our students, offering a fun and challenging way to get fit. This high-energy Module incorporates boxing techniques, cardio workouts and core strength exercises. Students are learning the art of boxing while building confidence and coordination. The enthusiasm in each session is palpable as students punch, jab and sweat their way to better health. Box Fit students enjoy a supportive and energetic environment.

### NET FIT: Fitness Through Team Sports

Net Fit brings a unique twist to traditional netball, blending fitness drills with the fun and strategy of team sports. This Module focuses on improving cardiovascular fitness, agility and teamwork skills. Students participate in various drills and games that enhance their netball abilities while boosting overall fitness. The camaraderie and competitive spirit in Net Fit sessions make it a standout Module, drawing students who love to work together and challenge themselves.

### PE

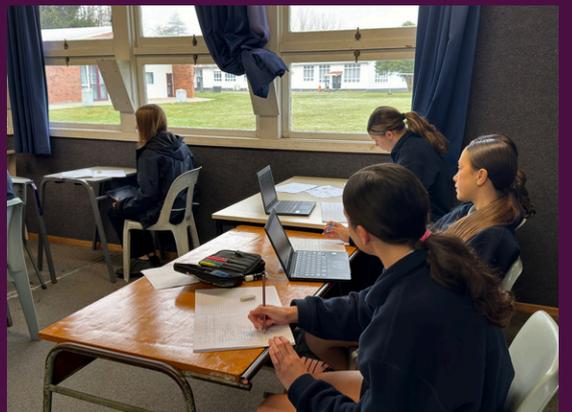
In PE this term, we have begun by launching into our Winter Sports Units. At the moment, students have been enjoying futsal and volleyball. These activities not only promote physical fitness, but also encourage teamwork and strategic thinking. Futsal's fast-paced nature keeps students on their toes, while volleyball helps them develop coordination and communication skills on the court.

### HEALTH

#### Health Education: Exploring Diverse Topics

In Health, students are exploring different topics at different year levels. From Mental Health to Sexuality to health issues in New Zealand, our curriculum is designed to provide comprehensive and relevant education. Younger students are delving into Mental Health, learning about emotional well-being and coping strategies. Middle year students are focusing on Sexuality, gaining knowledge and understanding of healthy relationships and personal safety. Senior students are examining health issues in New Zealand, discussing topics such as substance use, nutrition and public health policies.

We look forward to another successful term filled with growth, achievement and plenty of fun. Keep an eye out for updates on our progress and highlights of student achievements throughout the term.



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## FESTIVAL FOR THE FUTURE

Five of our Year 12 students, accompanied by Ms Roughton and Nicky Deeley from the Ōtorohanga District Council, attended the Festival for the Future in Wellington on 17 & 18 July. The Festival aims to inspire young people to not just think about being leaders of tomorrow, but to be leaders of today. The key themes that ran throughout the Festival were that being your authentic self was what the world needs and that being imperfect was perfectly acceptable.

Topics discussed were Toitū te Tiriti, innovation for a better tomorrow, exploring human stories behind systems, Kiwi's making waves globally and nationally, what does it mean to build a legacy, identity & belonging and making your voice heard. The speakers included Tory Whanau - Mayor of Wellington, Mike Smith, Jase Te Patu and a number of past winners of the young New Zealander of the year award. The highlight for all in attendance was to hear the thoughts of Tame Iti. There were workshops on poetry, investing, getting your startup off the ground, climate change and design thinking.

As well as attending the festival the group went to see a stage play at the Circa Theatre. It was an adaptation of 'Sense and Sensibility' by Jane Austen. It was a brilliant performance that was thoroughly enjoyed by all.

Over the coming months the group will now be working hard using the knowledge and skills gained from the conference to complete a project of benefit to the Ōtorohanga District.



## GOLF

Last Sunday was the first round of the Prodrive Junior Pennants Golf competition held at St Andrew's Golf Club in Hamilton .

Big thanks to coach Jaz for all the support and to Waitomo Golf Club for making this event a reality for our students. They are all looking forward to next weekend in Matamata.

## STUDENT SPORTING ACHIEVEMENT

A huge congratulations to Year 13 student Lana Roach! While representing Waikato U18s at Basketball Nationals, Lana and her team not only progressed to the final, but won the gold medal by beating Tauranga. Waikato U18 Girls 92 - Tauranga U18 Girls 84

Lana is 3rd from the left.



## GROWTH LEADERSHIP DAY

Today our Head Students and a group of Year 12s who are aspiring to have a leadership role in 2025 travelled to Papamoa College for a Growth Leadership training day. We were warmly greeted with a whakatau and were informed to keep an ear out for a special bell in case of a tsunami warning! Students worked and challenged themselves alongside an amazing group of students from all over the Bay of Plenty. We are grateful to have been invited to the Empower Your Rangatahi: Student Leadership Summit.

## KEY DATES AND FUTURE HIGHLIGHTS

Tuesday 30th July EOTC 1st XV Hauraki College Sports Exchange

Monday 12th August Photolife Team Photos

Monday 2nd - Friday 6th September Secondary School Tournament Week

Thursday 12th September - Wednesday 18th September Derived Grade Examinations

Friday 20th September College Ball

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