

NELSON COLLEGE FOR GIRLS

Te Kura Tamawāhine o Whakatū

NEWSLETTER

TERM 1 April 2024



UPCOMING KEY DATES

End of Term 1 Friday 12th April Start of Term 2 Monday 29th April King's Birthday Monday 3rd June (school closed) Matariki Friday 28th June (School closed)

End of Term 2 Friday 5th July

Principal's Welcome

Tēna tātou e te whānau,

It has been a fast and furious term one! You will see throughout the newsletter the achievements and successes of our ākonga | students in a large number of activities - sporting, cultural and academic. I have thoroughly enjoyed getting out and about to see as much as possible throughout the term while also getting to know our staff and ākonga and learning about Te Kura Tamawāhine o Whakatū | Nelson College for Girls.

One of the biggest changes this term has been the introduction of our new cell phone procedures and while there have been some teething issues, the vast majority of our ākonga have adapted well. It has been lovely to hear more interaction in the grounds during interval and lunchtime!

The end of term is an exciting one with Heptathlon tomorrow and the Cultural Diversity Day concert on Friday to end the term. Several of our students came into kura yesterday to decorate the hallways for the week - they look fantastic.

I hope you all have a safe and happy school holiday period and look forward to seeing our ākonga refreshed and ready for learning next term.

> Ngā manaakitanga, Whaea Claire



Tēnā koutou, talofa lava, mālō e lelei, kia orāna, fakaalofa lahi atu, fakatalofa atu, malo ni, ni sa bula vinaka, namaste, hola, konichiwa, sawasdee, nī hāo, mingălaba and warm greetings to you all.

It has been another busy term for the Poari/Board. The 2024 Poari team consists of:

WHĀNAU/PARENT REPRESENTATIVE: Myself - Helen Taylor-Young and David MacGibbon, serving as Presiding & Deputy Presiding Member. Claire O'Fee as our new Tumuaki/Principal. We are excited to also have Sarah Johns, Mirka Langford, Wendy Hunter, Louise Walsh and Penny Adams with us again this year.

RANGATAHI/STUDENT REPRESENTATIVE: Heidi Curtis

KAIMAHI/STAFF REPRESENTATIVE: Michelle Hulland

At the end of this term we would like to say farewell and thank Gina Gargiulo the Principal's Executive Assistant and Board Secretary for all the vast skills she brought to the Poari. We wish to welcome the new members and sincerely thank all continuing members of the Poari for their hard mahi and commitment to our kura, making a positive difference for the education of our rangatahi.

Te Kura Tamawāhine o Whakatū/ Nelson College for Girls Vision: Kia whakaakona, kia whakamanatia, kia whāngaia ia ākonga, kia tū maia rātou i roto i tō rātou ake ao. To educate, empower and nurture each student so they can confidently succeed in their world.

> Mauri ora, Helen

HELEN TAYLOR-YOUNG



BOARD PRESIDING MEMBER

2024 KEY DATES

- Friday 12th April Cultural Diversity Day
- Friday 12th April End of Term 1
- Monday 29th April Start of Term 2
- Monday 13th May Yr9 Yr13 finish at 12pm (Prep Stays Open)
- Monday 13th May PPTA PUM Meeting 1pm 3pm
- Friday 17th May Pink Shirt Day
- Friday 31st May Pink Ribbon Breakfast at NCG 7:30am 8:30am
- Monday 3rd June King's Birthday School closed
- Friday 28th June Matariki School closed
- Friday 5th July End of Term 2

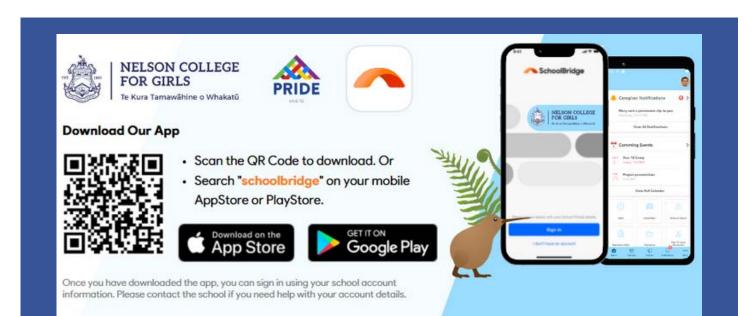


Board of Trustees

All meetings will commence at 4:45pm

Term 2	
Week 2	Wednesday 1 May
Week 7	Wednesday 5 June
Week 10	Wednesday 26 June
Term 3	
Week 4	Wednesday 7 August
Week 9	Wednesday 11 September
Term 4	
Week 2	Wednesday 23 October
Week 9	Wednesday 4 December

Get the School Bridge App!



Strategies to improve school attendance -Whānau & caregivers, we need your support!

In the last newsletter I shared some information regarding how to report your child's absence should they be away from school. Regular school attendance (90% or higher – NZ Ministry of Education definition) is important for academic success and future career opportunities. Parents and caregivers play a vital role in enabling or empowering young people's attitude towards resilience and school life.

Be firm but fair and encourage a positive attitude. Attending school is not an optional choice and parents and caregivers are legally required to ensure under 16 year olds attend school. There will be times when your child encounters a challenge at school, it could be with friendships, schoolwork or feeling overwhelmed. Supporting your child to seek help and work out strategies to deal with these challenges is a positive way to build resilience. Kathryn Berkett (NZ Educational Psychologist) talks about 'tolerable stress', a certain amount of exposure to stress helps children build resilience. Deans, counsellors, kaiārahi | mentor teacher and other staff are all available to talk through issues to do with school both with parents/caregivers and students.

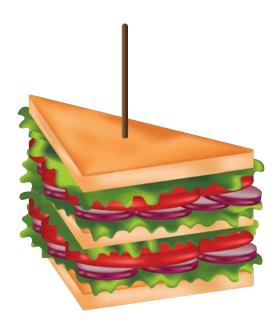
3 Create a routine. Create a routine schedule that balances school, work and personal life. Rushing in the morning or waking up after very little sleep builds a negative association with school which can be hard to shift. Set boundaries around bedtimes and device use. It's also important to build in time where you talk to your child about how school is going, what they are learning, what have been highlights and what's coming up for them. It is not always easy when you have an uncommunicative teenager! But showing an interest and being involved shows them that you care and support them. **2** Let us know. Let us know about any medical or personal issues that may school attendance. affect Communication between school and home has a significant positive impact on attendance. In lots of cases, with your permission, we can refer to outside agencies for support and we can remove some barriers to education such as supplying uniform items and providing stationery. Please contact the Student Office if your child will be absent or if you would like to discuss attendance issues in more depth, please contact your child's kaiārahi or Dean.

4 Celebrate. Most children react well to positive reinforcement, encouraging words and noticing the good stuff. For children who struggle with school, it may be appropriate to celebrate and recognise regular attendance with a reward and it doesn't have to be costly. Being allowed to have friends over, cooking a special meal or just one on one time doing something fun are all ways to positively reinforce regular attendance. Let us know too, Deans and kaiārahi can back up what's happening at home and can also help with incentives at school.

If you'd like to know more about Kathryn Berkett's work or discuss anything mentioned here, feel free to get in contact with me, Nichola Hayes, Assistant Principal.

Kai Klub

Every Tuesday at lunch, NCG and the amazing people at Kai Rescue supply a limited amount of free food to students. Most of the product we get is bread or bread rolls and we are in desperate need of any donations of jam, honey, marmite/vegemite, peanut butter or spread (margarine/olive oil etc). If you could help us out, please drop any donations into reception. Thank you. Nichola Hayes AP



Pastoral News

Every year NCG participates in a snapshot survey of Year 10 vaping. This survey is put together by ASH (Action for Smokefree 2025) and was delivered to year 10 students last year in Term 2.

We recently received the results for our kura | school along with comparisons to the national statistics for this year level. As you will see below, the results make for some worrisome reading. 47.7% of year 10s at NCG report having had tried vaping, 30% are regular vapers and 18.2% are daily vapers – these statistics are all well above the national averages. The positive news is that smoking (not shown in these documents) amongst young people has declined significantly.

Vaping and the potential dangers of vaping are covered in Health classes and all students caught vaping are offered the opportunity to meet with our Alcohol and Drug counsellor, Jay Blazek to support them to minimize or stop vaping. Any student caught vaping must also hand over their vape and parents are informed so we can work together to support our students to make informed decisions about their health. We encourage all our whānau | family to have conversations about vaping at home and to set out what your whānau | family expectations are. This link takes you to a page on Te Whatu Ora's website about how to have conversations with teens about vaping - <u>How to talk to young people about vaping | Te Whatu Ora | Health Promotion (hpa.org.nz)</u> Another useful website is <u>Vaping Facts</u>.

If you would like to discuss this further, please contact Nichola Hayes, Assistant Principal.

About vaping

Vapes heat a liquid, turning it into a vapour that the user breathes in. Some look like pens or USB sticks. They may or may not contain nicotine and may be flavoured. Evidence shows that vaping poses only a small fraction of the risks of smoking and switching completely from smoking to vaping conveys substantial health benefits.¹ If Principals are concerned with the level of vaping at their school they should refer to <u>Tūturu.org.nz</u>, the <u>Vapefree Schools website</u>, and/or contact their <u>local Stop Smoking Service</u>.

About the ASH Year 10 Snapshot Survey

The ASH Year 10 Snapshot Survey is an annual cross-sectional census of New Zealand 14 and 15-year-old school students' smoking prevalence and associated behaviours. The Survey forms part of the Ministry of Health's public health monitoring programme and all schools with Year 10 students are invited to participate.

The ASH Year 10 Snapshot surveys 20,000-30,000 students every year on their smoking and vaping behaviour and attitudes – one of the largest youth smoking and vaping surveys in the world. It uses robust and validated measures, and is conducted to a high methodological standard that has been subject to peer review and ethics approval. The data has integrity and can therefore be relied upon. To find out more about the Survey, visit the <u>ASH website</u>.

Nelson College For Girls's contribution to the ASH Year 10 Snapshot Survey helps inform policy initiatives, health promotion, legislative changes, and education activities. Participants were first asked if they had ever tried a vape/e-cigarette in 2014, and were first asked about their frequency of vaping in 2015.

Nelson College For Girls and the ASH Year 10 Snapshot — vaping statistics 2014—2023

		% Tried vaping		% Regular vaping		1	% Daily vaping		
Year	N	School	National	School	National		School	National	
2014	187	5.9	20.8	-	-		-	-	
2015	206	9.2	23.0	2.0	3.5		1.0	1.1	
2016	146	13.0	25.0	0.7	4.4		0.7	1.4	
2017	175	20.0	29.1	2.8	6.5		0	1.9	
2018	172	26.2	33.3	5.4	7.4		1.2	1.8	
2019	122	32.8	37.3	12.6	12.0		4.2	3.1	
2020*	-	-	-	-	-		-	-	
2021	108	44.4	42.7	22.4	20.2		11.2	9.6	
2022	117	39.3	40.1	20.4	18.2		15.9	10.1	
2023	109	47.7	37.5	30.0	16.4		18.2	10.0	

Ever tried: Year 10 students who reported trying vaping, even just a single puff or vape **Regular use:** Year 10 students who reported vaping daily, weekly, or monthly **Daily use:** Year 10 students who reported vaping at least once a day **N** is the number of Year 10 student participants from Nelson College For Girls

'The 2020 ASH Year 10 Snapshot Survey was cancelled due to Covid-19.

¹ McNeill et al. 2018. E-cigarettes and heated tobacco products: evidence review. Retrieved from https://www.gov.uk





Earlier this term we ran a student-led activities expo which highlighted all the available clubs, groups and committees available at NCG. It was very successful with many student leaders stating how thrilled they were with the number of student sign-ups and interest shown in taking part in extra-curricular activities.

A list of all our clubs/groups and activities is included here in this newsletter.









Pastoral News - School Groups and Committees

GROUP/ACTIVITY	DESCRIPTION	DETAILS
Amnesty International	We promote human rights and take actions such assigning petitions. (Tuesday at lunch in Room 7)	Anna Hickman - staff Amy Webb & Rozene Jayasundara Anna.hickman@ncg.school.nz
Anime/Manga	Watch Anime/ Manga in Japanese – (Wednesdays at lunch in Room 1)	Student-Led
Arts / Sports / Academic / Well- being Committees	Applications are at the start of the year. Please see the relevant Head Student Leaders of these committees.	See Individual Head Students
By the Gate	We hang out, talk about what's going on in your life; pray for each other and pray over the school.	Louisa Walters - staff louisa.walters@ncg.school.nz Kate Nunez-Angulo
Chamber Music	Small groups of students on classical instruments rehearsing and performing complex works in preparationfor the Chamber Music Competition.	TBC
Chess Club	Wednesday at lunchtime in the library	Maya Dalton
Creative Writing/Young Writers Club	Talk about writing, work on writing projects, theme of themonth, play games, eat food, talk, hang out. (Wednesday at Lunchtime in Room 17)	Rachel Craw - staff <u>rachael.craw@ncg.school.nz</u> Kyra Ng
Debating	We develop our debating skills and twice a term attend an inter-school debating competition. (Tuesdays at Lunchtime in Kea)	Tony Bellew - staff tony.bellew@ncg.school.nz
Duke of Edinburgh Award	Complete activities to gain Duke of Edinburgh award.	Annette Vartha - staff annette.vartha@ncg.school.nz
Enviro Action Group	Try and help our environment at school and in the wider community through fun projects. As a group we decide what to work on. Some of our projects include the thrift shop, making beeswax wrappers, hosting talks, organisingevents like the Climate Strike, beach clean-ups and improving our recycling. (every second Friday in T3)	Renee Clothier - staff <u>renee.clothier@ncg.school.nz</u>
PRISM is NCG's Alliance of LGBTQIA +	We talk, organise events (e.g. Pride Week, Day of Silence) and activities to raise awareness of LGBTQIA+ issues within the school and promote acceptance of LGBTQIA+ students. (Mondays at Lunch in A3)	Jason McCormick - staff jason.mccormick@ncg.school.nz Grace Barrow-Dean
House Committees	Students from each of the houses are invited to apply for a position in the Committee. Plan all house events for the school.	House Leaders
International Students	Bring International Students together for planning futureevents.	Sarah Turner - staff sarah.turner@ncg.school.nz
Jazz Band	Jazz group for saxophones, brass and rhythm sectioninstruments, around grade 4 standard. Monday lunchtime in PA1	Brad Banks - staff brad.banks@ncg.school.nz
Librarian	Helping on the issues desk and with daily Library tasks.	Staff at the Library library.ncg@ncg.school.nz
Magazine Committee	We work to collate articles, design and create the annualschool magazine.	Michael Brewster - staff michael.brewster@ncg.school.nz
Music Committee	Help organise and promote music around school. (Mondays at lunch in PA3)	Brad Banks - staff brad.banks@ncg.school.nz
NCG Pasifika group	Celebrate Pasifika Culture! Plan and practice for events. A space to talk, laugh and connect with others.	Tracy Hazlewood (staff) & Talupe Uia <u>tracy.hazlewood@ncg.school.nz</u>
Orchestra	A large string group with clarinets meeting weekly torehearse and prepare for events.	Music Dept
Pre-Orchestra	This is a beginner string group that helps prepare studentsto join the school orchestra.	
Pikimai	We learn the performing arts side of our Māori culture. We also perform for the school, communities around thearea and support anyone that would like to get involved.	Sela Manu - staff sela.manu@ncg.school.nz
Rock Bands	Form a Rock Band and even enter Rockquest.	Jared Altments - staff Jared.altments@ncg.school.nz
NCG Choir	Bel Canto Thursday lunchtime (no experience required) NC/ NCG Combined choir Friday 8am – 9am	Brad Banks - staff

Student Council	Forum for year groups to air their concerns as a consultative group. This group provides a student-centred perspective on life at the College. Applications open at the start of the year.	Nichola Hayes - staff nichola.hayes@ncg.school.nz
Social Services Committee	Organise and coordinate fundraising and charity work, eg.Mufti Days, Pink Ribbon Breakfast, Relay for Life, Food Drives, The Big Give of Christmas gifts, etc. Supports the most vulnerable members of our society.	Tamzin Darragh - staff tamzin.darragh@ncg.school.nz
	(Tuesday at Interval in Kereru)	
Te Kahui Tauira	We contribute our ideas and organise events for Matariki, Māori language week and other Māori related school events during the year. Our purpose for this group is to bring more of our culture into the school as we think it is important to keep the culture alive not only within our Kura but also in NZ.	Kaitaunaki Leaders Tessa Liddicoat and Pīata Taylor
Tech Crew	Learning about and helping with the lights and soundsetup in the Hall.	Jared Altments - staff jared.altments@ncg.school.nz
Theatre Sports	Learn lots of fun drama games and take part in the SchoolTheatre Sports competition. (Thursday at lunch in PA1)	Grace Barrow-Dean grace.barrowdean@ncg.school.nz
Volunteer NCG	Information about volunteering opportunities coming up inthe Nelson community.	Claudia Strang & Briana Williams
Well-Being Committee And	Help promote positive mental health and well-being atNCG! We spread awareness, ensure that this issue is considered in all aspects of our school and work on fun initiatives alongside other groups. Initiatives include PinkShirt Day and Mental Health Awareness Week. Committee members meet at interval every in room	Siena Hemingway and Georgia Sloan - Well being Student leaders Kathryn Stahl, Jo Beggs – staff ārahi facilitators
Thursday lunchtimes	Open to all - every Thursday lunchtime in room	kathryn.stahl@ncg.school.nz jo.beggs@ncg.school.nz

Infectious enthusiasm from Rose Northey

Last week, Rose Northey, Wellington-based comedian, poet, illustrator and software engineer visited our school library. A small group of our Senior students enjoyed a performance and then an interactive workshop with Rose. She presented new ways of creating a poem that raised a lot of laughs and engaged their attention to the max. Her energy and enthusiasm were infectious and our students from the Preparatory school also enjoyed creating artwork inspired by Rose's unique process. Thank you ReadNZ for organising this for us.





Readers Cup 2024 pre-selection

There was quite a rush of students eager to participate in the Readers Cup this year. We can only enter two teams so we held a pre-selection Kahoot quiz to decide who would enter the regionals of this national competition. This literary competition asks students to read six selected books and then answer questions on them. They work as a team and of course the more books they've read or even re-read the better. Good luck to our 2024 teams!

Easter Dewey

A fun way for our students to learn about the Dewey Decimal system was to complete our Easter quiz. This proved extremely popular especially as there were Easter treats waiting as rewards.



Careers News



CAREER EVENTS 2024

MAY 2024

WEDNESDAY 8th – NRDA Conservation Careers Day - Various Locations WEDNESDAY 15th – NRDA Aquaculture Careers Day – Various Locations MONDAY 20th – University of Canterbury, Scholarship and Accommodation talk, 1:15pm Careers Centre TUESDAY 21st – Careers Roadshow – 12:30pm – 3:10pm – School hall THURSDAY 23rd – Victoria University – Information Evening, more info to come FRIDAY 24th – Queenstown Resort College (QRC) – 1:15pm – Careers Centre MONDAY 27th – FRIDAY 31st – NMIT Taster Week. See Careers Centre for more information

JUNE 2024

THURSDAY 6th - NRDA Trades Careers Day - Various Locations WEDNESDAY 12th - NRDA Forestry Day - Various Locations

TERTIARY OPEN DAYS 2024

Massey University, Wellington Campus – TBC – Friday 23rd of August Victoria University – Friday 23rd of August University of Canterbury – Friday 30th of August Lincoln University – Friday 19th of July 2024 University of Auckland – Online Info Evening, Tuesday 25th of June Open Day, Saturday 24th of August

Tertiary Information Evenings 2024 Victoria University – Thursday 23rd of May – Nelson location TBC

Gateway First Aid Course

Congratulations to the students that completed the Abel Health Workplace First Aid Course. The course went for two days and is an essential life skill tool for the students before they start their work placements in term two. Not only do they get their certificate but also credits that go towards NCEA.









Sports News







NZSS Summer Tournament Week

Our NCG Swarm family sent close to 100 athletes across the country for School Sport NZ Summer Tournament Week 2024. Below is a snapshot of each sport:

Volleyball - Our senior A and B teams travelled to Palmerston North for the NZSS National Championships, competing in the largest volleyball tournament ever (111 girls teams). The senior A team finished a creditable 24th in the country, with some epic five set wins and close losses along the way. The B team finished 77th and did extremely well in the face of losing both setters early in the tournament.

Touch - Our Senior A team competed at the SISS champs in Christchurch and finished 11th, despite a myriad of injuries along the way. Highlights included a heartbreaking 'drop off' loss to Craighead on the final morning.

Sailing - Our A team and Development teams competed at the Top of the South Championships here in Nelson. The A team won the girls title and finished 5th overall (boys and girls), and the development team gained valuable experience (as most of the team are year 9). Special mention to Skipper Sally Roff, who was selected to represent New Zealand at youth section of the International Sail GP event in Christchurch.

Mountain biking - A young but hungry team of ten competed at the SISS champs in Queenstown, and their success was amazing. Lucy Vincent won all three events in the U16 category, and Isla Whitehouse placed 2nd overall as well in the same grade. Milla Druce produced a 3rd place in the U20 cross country, and Lucy Kempt took 3rd in the U17 Enduro. All our riders performed exceptionally well, and the future is bright for this sport at NCG.

Rowing - The 2024 edition of the Maadi Regatta (NZSS) was in Twizel this year at Lake Ruataniwha, and a large team (26) from NCG travelled for the event. We had five crews making A Finals, and multiple crews making B finals and Novice finals. Special shout out to Maddie Collis and Naomi Robertson for finishing 4th in the U18 double sculls A final.





Sports News - PE Camp

This years, year 11 PE camp was a great way for the students to gather evidence for there first assessment and a great opportunity to build some leadership and interpersonal skills within their classes and year group.

The camp took place over 3 days in week 7 at kaiteriteri. Students took part in activities such as orienteering, problem-solving games, volleyball, touch, waka ama, beach games and some team building based activities.











Wheelchair Basketball

Playing Wheelchair Basketball was an experience I'll never forget. Being in that chair was a total joy ride and gave me a understanding on people who are handicapped. I actually saw wheelchair basketball on an episode of 'Brum' on DVD. Making the wheelchair go in the direction I wanted was the hard part. If I put my hand on the left wheel the chair turned right and if I put my hand on the right wheel the chair turned left. I had fun riding my wheelchair and I moved around very quickly.

-Sharlit



Te Reo Māori - Glossary of Terms

Aroha – Empathy; one of our NCG PRIDE values.

Te Kura Tamawāhine o Whakatū - Nelson College for Girls Pikimai – the hill our kura is located on in Whakatū.



Race Unity Speech Awards

Tessa Liddicoat recently won the Te Tauihu (Top of the South) regional finals of the **Race Unity Speech Awards**. Her speech was about Te Taura Tangata, the Rope of Unity. Tessa will be heading to Tamaki Makaurau - Auckland for the national finals in May. Congratulations to Tessa!



Music News







The Music Department has a very full schedule this year and would like you to mark your calendars with the following dates:

May	Sat	18	RockQuest Regional Heats	Annesbrook
				Nelson
June	Wed	5	Combined NCG & NC Classical Concert	NCMA
			Combined Choir, Bel Canto, Prep Choir, Combined Concert Band, Combined Orchestra, Chamber Music G	roups, Soloists Nelson
June	Wed	12	The Big Sing	NCMA
			Bel Canto	Nelson
June	Fri	21	Jazz Quest	ARA
			Combined NCG & NC Jazz Combo	Christchurch
June	Sat	22	RockQuest Regional Final	Theatre Royal
				Nelson
July	Wed	31	Primary Schools Showcase Tour	Various
			All groups plus some bands & soloists	Nelson
August	Wed	7	Southern Jam	ASB Theatre
	Fri-Sat	9&10	Combined Jazz Band	Blenheim
August	Thu	15	BandQuest	Theatre Royal
			Prep Bands	Nelson
August	Wed	21	Combined NCG & NC Contemporary Concert	The Boathouse
			RockQuest Bands, SingerSongwriters, Combined Jazz Band, Combined Jazz Combo, PrepBands	Nelson
September	Fri-Sat	6&7	Aurora Festival	Burnside High Schoo
			Combined Concert Band, Combined Jazz Band, Combined Orchestra	Christchurch
Aug/Sept		tbc	Vocal NCEA Assessment	The Playhouse
aree and 12			NCEA Levels 2 & 3 vocal performers	Mapua
September	Thu-Fri	26 & 27	Burnside High School Music Exchange	NCG & NCMA
				Nelson

NB: 'Combined' = Nelson College for Girls and Nelson College students







Hireage at CJ Boarding House

HIREAGE AT CJ BOARDING HOUSE





Did you know that we hire our boarding house out during all school holiday periods? From dorms, to common areas, to dining room and laundry, it can all be used during a hireages stay.

If you know of any sports teams, art or cultural groups or large gatherings like a family reunion happening in Nelson. Please contact the boarding house and one of our lovely staff will be in touch.





18 Examiner Street, Nelson, 7010

HOSTEL



027 453 1122 03 548 1332



boarding@ncg.school.nz

CJ House



CJ HOUSE: WHAT'S BEEN HAPPENING?

The girls were let loose in the dining room with cupcakes, icing and all the toppings you could imagine. To decorate the best cupcake they could. It is fair to say that some of the girls ended up eating more of the icing and toppings than they put on their actual cupcakes. But the main thing is they had fun and got to eat a sweet treat.

We had our term 1 main house challenge a few weeks ago. Where the girls were given 1 egg and an assortment of random things to create a parachute and nest for the egg. Which they then threw off dorm 5 landing. There was a 50% survival rate amongst the groups. Leading to a draw in house points.

Up and coming events

Our lovely gap students Lara and Mariella are running activities Wednesday nights for our juniors.

Our head and deputy boarders are organising a mix and mingle for the new boards at both the boys and girls colleges.

We have been lucky enough to have Mr Whippy come right to the boarding house door for the girls to enjoy a delicious ice cream treat every fortnight for dessert.





Community Notices

CAPE EGMONT VIRTUAL HALF MARATHON 2024

Want to walk or run in your own time, but also be part of a fantastic event? Then we would love you to join us.

The Cape Egmont Virtual Half Marathon offers three distance options - 5 km, 10 km and 21 km. Which can be completed any time anywhere from the 1st to the 31st of July 2024. Simply record your time via Strava, Map my run, Fit Bit or screenshot and upload through our website. Every finisher receives a medal and all money raised goes to the Taranaki Cancer Society and the Taranaki Men Can Exercise Group. To help those in our province affected by cancer.

ENTER AT: www.capeegmonthalf.com ENQUIRES capeegmonthalf@gmail.com

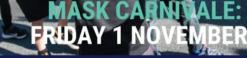












Save the dates | Full programme launches in late August: <u>nelsonartsfestival.nz</u>



Nelson Youth Theatre Company presents



We Will Rock You By Queen and Ben Elton

By Arrangement by David Spicer Productions "www.davidspicer.co.au"

THEATRE ROYAL NELSON 10-19 April 2024 Bookings: theatreroyalnelson.co.nz



Click here to subscribe' with <u>http://eepurl.com/iK5qW</u>k

