

NEWSLETTER

TERM 2 June 2023



UPCOMING DATES

Friday 30th June End of Term 2

Monday 17th July Start of Term 3

Acting Principal's Welcome

KIA ORA KOUTOU

It is difficult to believe it is the end of Term two and we are heading into the school holidays, halfway through the year!

It has been a disruptive term with rostering home and strikes, but we are all hopeful of a resolution now that both parties have entered into arbitration. I know how difficult it has been for students and whānau, but thank you for your continued patience, understanding and support.

Staff have worked hard to minimise disruption to learning and assessments and to support students to learn in different ways. This aside, our students continue to be involved and to achieve amazing things. This newsletter highlights the activities our students have had fun in, and excelled in, during the latter part of the term.

It is great to see initiatives that are student-led with groups not only following their passions, but leading and inspiring others.

Te Kura Tamawāhine o Whakatū had the pleasure of hosting the regional Ngā Manu Kōrero speech competitions in early June; a wonderful community experience.

I hope you are able to have a break with your whānau over the upcoming holidays; to relax, reconnect and reinvigorate ready for the start of Term three.

Ngā mihi nui Heather McEwen



Board News

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.

Ngā Manu Kōrero

Ngā Manu Kōrero Speech Competition was hosted by us in June with speakers from colleges from across Te Tau Ihu. The competition, formerly known as The Korimako Contest, has been running since 1965 and was originally sponsored by the former Governor-General, Sir Bernard Fergusson. The competition has grown since its inception and is now regarded as the most significant event on the Māori education calendar. The competition aims to develop the skills and confidence of Māori students in spoken English and te reo Māori. Ākonga spoke on a range of subjects, eloquently expressing



their views and laying down their challenges to the audience of peers, whānau, judges and parents. The atmosphere was energetic and all the speeches were responded to with enthusiasm by a healthy sized audience of supporters.

Many thanks to the judges:
Aaron Hemi, Louisa King
Pohe Stephens, Tiana
Alesana, Robyn McLaren
and
Johny O'Donnell who were
very encouraging and
supportive of the speakers.

Special thanks to: Viv Ruwhiu and Wayne Hippolite for stepping in last-minute to MC the event.

Matariki - 2023

This year, we encourage everyone to return to their whānau and their people, wherever and whoever that might be. We want people to journey back home and celebrate, feast and be with whānau and friends.

Furthermore, the theme is also underpinned with important environmental messages. The various stars in Matariki invite you to return to where you are from and reconnect with the mountains, rivers, ocean and land. It reminds us of our responsibility to the places we call home.

Ngā mihi nui o te wā Matariki - Have a wonderful Matariki with your whānau and friends.

Reconnect with the mountains, rivers, ocean and land

Mauri ora,

HELEN TAYLOR-YOUNG
(PRESIDING MEMBER)



Upcoming Events and Key Dates

Thursday 20th July - Zumba (Hall) - all students welcome at lunchtime

Friday 28th July - Experience NCG Day (for year 8s)

Saturday 5th August - NCG Sailing Team Fundraising Quiz (Hall)

Week 4: 7th August - 11th August is Well-being Week

Wednesday 9th August - Commemoration Service @ Nelson Catherdral (TBC)

Wednesday 16th August - Dress up as favourite book character for Book Week

Saturday 19th August - NCG Senior Ball (Yr12/13)

Tuesday 22nd August - Course Selection Evening (TBC)

Friday 25th August - Enrolments close for 2024

Week 7: 28th August - 1st September is Winter Tournament Week

Week 8: 4th September - 8th September is Tongan Language Week

Wednesday 6th September - School Exams Start

Wednesday 12th September - School Exams Finish

Thursday 21st September - House Arts Event 7pm

Friday 22nd September - End of Term 3

Monday 9th October - Start of Term 4

Board Meeting Dates

Wednesday 9 August

Wednesday 13 September

Wednesday 25 October

Wednesday 6 December







Primary Showcase

The first Music Showcase for local Primary Schools was a huge success, with more than 500 Primary and Intermediate students from 8 schools enjoying performances by our school choir, orchestra, rockbands, chamber groups and soloists. They absolutely loved it and wanted to know when the next one would be!



Big Sing



"BRAVO!" to Bel Canto, NCG's choir, who won:

- 1st place Own Choice Song (video),
- 2nd place NZ Composition/ Arrangement and were
- Commended overall at The Big Sing competition in Blenheim.

This was the first time NCG has entered the Big Sing since 2017, so we wholeheartedly applauded Choir Director Zoe Dee's hard mahi, building the choir up from scratch at the start of this year and getting them to such a great standard.

Ka Pai to all the choir - we're really looking forward to building on your successes as you get more and more experience.





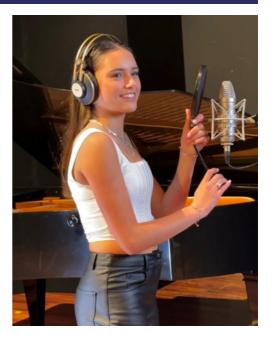
Music News Continued

Huge congratulations to Luciella Pessione (Yr12) who has not only released her first single "Rushed Love" on Spotify, but a music video as well! Rushed Love is a heartfelt song that shows the gentle moments in her voice as well as some real power. In her music video she has included her skills as a dancer to help convey the emotion as the song progresses. Head along to the links below and have a watch/listen, enjoy, follow, and share around!

Rushed Love Music Video

Rushed Love Spotify

Instagram eluciellapessionemusic



RockQuest

FAB results from the Smokefreerockquest



Tiana Simpson

- *1st Place overall Parallel Park (NCG - Florence McNabb, Nelson College & Nayland)
- *2nd Place overall Tangent (Kasey Brydon, Shayla King, Roarna Knowler, Georgie Levien & Emily Preston-Thomas)
- Best Musicianship Maddie Collis (Chaos)
- *Best Vocals Tiana Simpson (Choas)



Maddie Collins

Huge congratulations to everyone taking part, it was an amazing night



Parallel Park



Music News Continued

Chamber Competition

On the 15th June, 12 different students from NCG across 6 groups competed in the Nelson Marlborough Chamber Music Competition at the NCMA. All groups performed at an extremely high level with Wasabi Hot Stuff and The Block-Ettes both coming away with Highly Commended awards.



Wasabi Hot Stuff

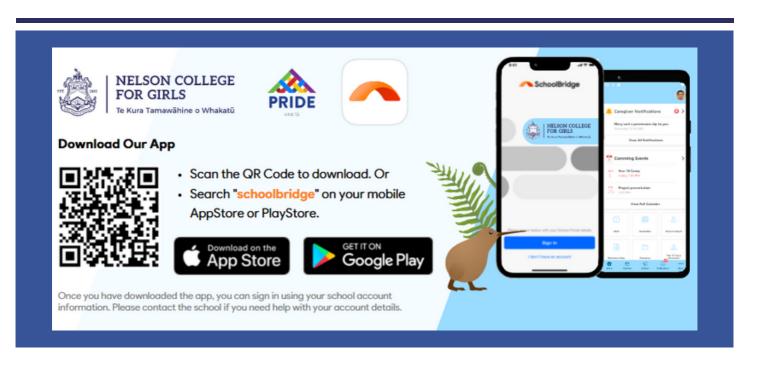


Block-Ettes



The Lemon Tree-O

Get the School Bridge App!



Sports News



Underwater Hockey:

Congratulations to our Junior A and Senior A Underwater hockey teams, who have qualified for NZSS National after their impressive Champs performances at the Central Zone Championships last weekend in Wellington.

Our Senior A team went unbeaten throughout the competition, in fact conceding only one goal in all matches!

Our Junior A team placed second, after a hard-fought final.

Best of luck to both teams when they go to the Nationals in Auckland in late August - we'll be cheering you on!!



Equestrian:

At the recent TSS Equestrian Event in Marlborough, our NCG team took out first place! This is the first time in seven years our team has won the event, so a big congratulations to Brydie Paterson, Sophie Gill, Sophie Kyle and Isla Young.



Senior A team



Junior A team 🧶



Volleyball:

Congratulations to Luseane Uia, Lola King, Kaley Conning, Ava Knowles, Cate Cook and Holly Dixon, who as members of the Tasman U19 team won the silver medal at the National Provincial Champs in Napier!

Student Profile - Mio Ball and Taekwon-Do

Mio Ball Year 11 - a star student at the Nelson (ITF) Taekwon-Do club. Mio recently graded in May to her Blue Belt and achieved an A Pass. Mio trains alongside one of our receptionists Anna Bulley.

What made you start doing Taekwon-Do?

- I was always interested in martial arts and Korean culture so when I found out that there were Taekwon-Do classes I jumped straight onto the opportunity.

What do you enjoy the most about Taekwon-Do?

- I enjoy the fun environment yet the slight strictness of the instructors and the wide range of things we do, from sparring to self defence to technical work and many other things such as grading.

How has doing Taekwon-Do training improved/added to your life?

- Even though I may be busy with school and other activities, I always look forward to Taekwon-Do classes where I forget about my problems and focus on that moment. I have also become more determined to improve on myself and my skills.

I have noticed that I became much more confident when standing in front of audiences

as we do this often when grading for a new belt.

The higher the belt level you get, the harder things become but instead of giving up I continue to work on the obstacles and once I finish, I can look back at how much I've progressed through that time.

If someone else was looking to start doing Taekwon-Do what would you tell them?

- I would say that no matter how nervous you are to start something new or to join the club, taekwondo is a place where everyone greets you warmly and respects you for being who you are. You're welcome anytime and we'll always greet you with open arms.









Library News

Book Tower Reading Challenge - Keep it up!





The Book Tower Reading Challenge is still on and going strong! We have already had more entries than last year, and we've still got the holidays to go, so well done all!

Remember to keep adding your pages during the holidays – pizzas await the winning classes, plus there are individual prizes for students who have put in an awesome effort.

To enter, use the QR code provided, or head to the Library website: https://aiscloud.nz/NLS05/#!dashboard

The challenge runs from 24th April – 17th July.

Pride Week & Out on the Shelves

We have an exciting range of books which include Rainbow characters as part of the story.

We put a focus on these during PRIDE week with this colourful display, bookmarks, stickers and recommendations.



To find these books you can go to the Quicklist on the NCG Library website:

https://aiscloud.nz/NLS05/?serviceId=ExternalEvent&rlSn=13&rlKey=43927898

'Out on the Shelves', is another online reading resource that has excellent lists of books that incorporate rainbow themes and characters:

https://outontheshelves.insideout.org.nz/

Library News Continued

The Top of the South Readers Cup Competition

This year the TOTS Readers Cup competition was held at Nayland College, with 15 teams from 10 participating schools around the region. Each team of 5 students must read 6 set books, and then try to correctly answer as many questions as they can. They are competing for the top spot, and a place in the National Final.

The competition encourages students to read a wide variety of different genres and develops their ability to work together as a team. It also provides a fun opportunity to meet students from other schools who share their passion for reading.

The event is generously supported by many local businesses and in addition to the prizes taken home by the winning teams, every student takes home a new book. There is also a prize awarded for best team costume.









The winning team overall this year was from Waimea College.

Congratulations to our fabulous NCG team who placed 10th equal with a team from the Boys College.

Arts Week by Emily Preston-Thomas



During week 8, the school was transformed into a vibrant space of art, music and dance.

Throughout the week, our talented students showcased their creativity and school spirit during "anything but a bag" where students were tasked with bringing anything... but a bag, from push prams to traffic cones, to a massive Lego head!



We also put our imaginations to the test with teacher portraits, turning boring pictures of Mr. A and Ms. McEwen into magnificent masterpieces.









Wednesday held the NCG Talent Show, with various talented acts, from musical mashups, and dances, to beautiful musical theater songs and teacher TikTok's. A huge congratulations to Flornce Mcnabb, Lois Breukel, and Scarlette Reeves, who swept the board with their NCG old girl dance act.



Arts Week by Emily Preston-Thomas Continued

Our Arahi chalk design activity covered the school pavements in gorgeous chalk designs and created an awesome space for each house to hang out and get some art onto the ground.





Arts week concluded with a jam-packed arts assembly, with Just Dance, talent show finalists, and a special guest appearance from some of the teachers; as well as the famous SPIRIT Day. Every year the group had a theme and every year-group blew it out of the water.



A special thank you to Mr. A, Ms. Darragh, and Ms. Heinz, without these teachers, arts week could not have been possible. And a huge thank you to the students for participating and making this arts week so memorable!

Arts Week Photos



Arts Week Photos



Manu Korero

Nelson College for Girls had the privilege of hosting the regional

Ngā Manu Kōrero

competitions this year.

We had 2 entries from Pīata Taylor and Māhina Taylor. Pīata entering in the senior English section and Māhina entering in the junior Māori.

Pīata received 2nd place overall for senior English. Both sisters worked really hard in the lead up to Manu Kōrero and we are very proud of them both!







NCG Happenings

TREE PLANTING SINGING

Bronte Morton & Briana Williams (both Yr11) sang beautifully at the tree planting for King Charles III in Queen's Garden, Nelson. The beautiful ceremony was organised by Nelson City Council and attended by Deputy British High Commissioner Sam Pass, Rachel Boyack MP for Nelson, Nelson Mayor Nick Smith, kaumātua, Councillors, Cathedral Dean Graham O'Brien and students from Tāhunanui School and Nelson College for Girls.

The tree plantings across Aotearoa New Zealand are part of He Rā Rākau Tītapu – King Charles III Coronation Plantings. The Government has provided S1 million to plant 100,000 trees in honour of the King's recent coronation. As well as being the day New Zealand celebrates the sovereign's birthday (King's Birthday), today is also World Environment Day, so a fitting day to plant this beautiful tōtara tree.

The ongoing relationship between Iwi and the Crown was also acknowledged and celebrated today.









SAMOAN LANGUAGE WEEK

There was a crush in the Hall at lunchtime today, as everyone scrambled to get involved in the #SamoanLanguageWeek workshops.

Whether it was making Ula Loles (Iollie necklaces traditionally made for graduations or special family occasions), or making coconut milk and koko (chocolate), or joining together for wonderful dances, games (So Makalo) and traditional samoan calling (done before performances), there was plenty to keep everyone busy! Fiafia Tele @

Big thanks to Vaaloa Manuo'uiha and her great team of helpers who organised the event!









NCG Happenings Continued

GEOGRAPHY FIELD TRIP

The Year 13 Geography class spent two days at Wharariki and Farewell Spit collecting data about coastal processes. This included measuring wave frequency, longshore drift and dune

The sun was shining and the students worked together making sure everyone had what they needed. Just what Geography is all about, out there living it!

Highlights included the Farewell Spit Eco tour, seal spotting and having Ms Thomas join us with her wealth of knowledge about

the area.









WEARABLE ARTS

CONGRATULATIONS to Kaylin Grobelaar (Yr13) who won Star of the Night with her Wearable Art creation 'Humorous Despair' in the open category of ShowQuest, with exceptional storytelling, outstanding stage presence and innovative use of materials.

Made mostly from recycled and second-hand materials, Humorous Despair was designed, made and modelled by Kaylin, who said it was, "A garment to reflect the performative roles society/ourselves assign one another and how that ties into the human experience."

It looks amazing, Kaylin - what a great achievement!







Pink Ribbon Breakfast

PINK RIBBON BREAKFAST

Kia Ora everyone! We just wanted to say a massive thank you to everyone who helped make our #PinkRibbonBreakfastNZ possible!

Thank you to all of our wonderful sponsors for providing us with food and donations to ensure this amazing event could happen. And a special thank you to Nelson Hospital's Dr Kate Gregory who gave an incredible talk.

Finally, of course, a big thank you to everyone who came along!

We feel so privileged to have been part of this year's breakfast! Although it was tough at some points, we managed to pull through!

#ComeTogetherForGood #ncgforcommunity #pinkribbonnz

encgsocialservices - Organisers of this wonderful event

















Deanery News

To contact your child's Dean in Term 3:

Dun Dean Jo Beggs: jo.beggs@ncg.school.nz

Whangamoa Dean Rani de Smit Tobin: rani.desmit@ncg.school.nz

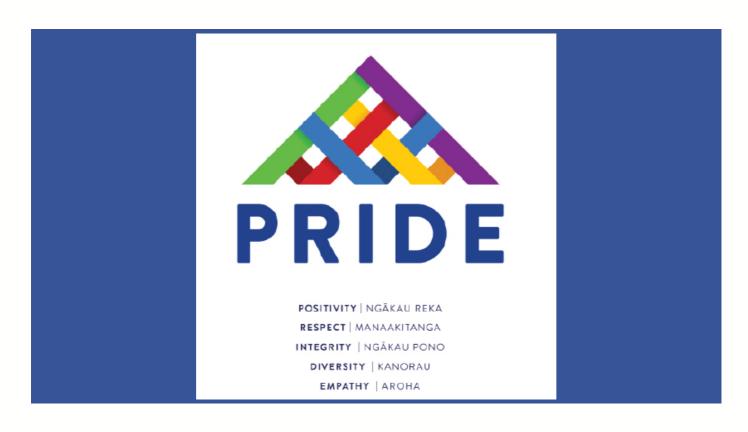
Maungatapu Dean Renee Clothier: renee.clothier@ncg.school.nz

Maitai Dean Symon Claridge: symon.claridge@ncg.school.nz

Waimea Dean Shelly Hulland: shelly.hulland@ncg.school.nz

Please note that Anna Keogan will be going on sabbatical in Term 3.

Jo Beggs will be returning to the Deanery as Dean of Dun house for Term 3. Thank you Jo for stepping into this busy role!



Gateway News





PRIDE HINE TŪ





POSITIVITY | NGĀKAU REKA

- · Be brave and fall forwards
- Maintain motivation and enthusiasm at work placement
- Be aware of, and grateful for the opportunitites presented to you



RESPECT | MANAAKITANGA

- · Be on time
- Follow workplace policies and proceedures
- · Be aware of others and the environment
- · Listen activly and communicate effectivly



INTEGRITY | NGĀKAU PONO

- Take responsibility and be accountable for your actions
- Be professional and avoid office politics
- · Be lawful at all times



DIVERSITY | KANORAU

- · Embrace differences and learn from them
- Understand why people have set beliefs
- · Be willing to teach others



EMPATHY | AROHA

- Notice how others are feeling
- Understand differences, strengths and struggles
- Be aware of how your attitude may impact on others

Languages

International languages week 6th to 9th of June.

International language week is an event held in New Zealand to promote language and culture from around the world.

Young New Zealanders today have exposure to a huge number of international languages, more than 160 are spoken in New Zealand.

Knowing an international language means knowing about the culture that is the foundation of that language. The international committee decided to organise a small session to celebrate the International Languages week on Wednesday 7th of June, in Room I during lunch time. Students found out how to write their name, how to greet others and more, in different languages. There were Korean, Japanese, Chinese, Myanmar Chin, Spanish, and German. Nelson College for Girls has two international language classes which are Japanese and French, and we have over 10 different nationalities at our school. On Tuesday, there was a French movie at lunchtime in room 3 and on Thursday a Japanese anime movie in room 1.

By Secyoung Park, Y13 leader of International Committee 2023







International Students

Last week, Nelson College for Girls hosted 'LET'S DANCE IN NEON' International Dance 2023. International students from NCG, Nelson College, Nayland College, Waimea College, Garin College and Motueka High School attended. The dance floor was a real hit, and the slices went down a treat! A big thank you to staff, the International and Social Committees, for your support running this fantastic and fun event.















International Students

The Nelson College for Girls International students represent a number of countries including Hong Kong, Korea, China, Japan, Thailand, Germany, Switzerland, France and the United States.



ARE YOU INTERESTED IN HOSTING AN INTERNATIONAL STUDENT?

Nelson College for Girls is taking expressions of interest from families who wish to host an international student. Students need to be in a safe and caring environment so that they will feel at home and be part of the family. This will help them integrate into everyday home life which is extremely important to their wellbeing. We have international students seeking both long-term and short-term placements.

Host families will be paid a remuneration for this role and receive ongoing support from the International Department throughout the duration of your student's stay. As a host you would be expected to provide the following:

- Own room with comfortable bed, desk, and chair
- Good lighting and heating available in their room
- Enough drawer/wardrobe space for belongings
 Access to clean toilet and bathroom
- Access to laundry facilities
- Three nutritious meals per day
- Access to Internet

Police vetting will be carried out for all family members over the age of 18 living in the home and we will do a home visit and meet with you before placing any students.

If you have any queries please contact Sarah Turner, International Director

Email: sarah.turner@ncg.school.nz or cell: 021 264 6691



BOARDING NEWS



Affordable excellence in Nelson central

Where every student belongs

7 day, 5 day, casual and short term
options available.

Our boarders enjoy academic success, make lifelong friendships and build strong connections within the school and boarding environment.

Enquire at boarding@ncg.school.nz



WHAT'S BEEN HAPPENING

WEEKEND BAKING

Our weekend staff have started running baking sessions most weekends. Baking chocolate and carrot cakes, plus decorating cookies. The girls have been having a lot of fun doing this.

BADMINTON CLUB

Every Monday night girls head to the old gym to play badminton with the Trafalger badminton club. It is a fantastic opportunity for them to meet new people, while getting some fitness in.

SMALLBORE RIFLE CLUB

Every Tuesday night a group of girls head to Saxton for target shooting. It is great to be able to offer the girls something a little different in the boarding house.

OUIZ NIGHT WITH BOYS

The last two Monday nights we have had Nelson College Boarding house students here taking part in quiz nights. Juniors (yr9 & 10) first then the seniors (yr 11, 12 & 13). Thank you to Mrs D'Arcy for running these fantastic nights.

HIREAGE AT CJ BOARDING HOUSE



"CJ House was a wonderful place to stay for our sports tournament in Nelson. They have amazing facilities to use and delicious food for our players. Plus the staff were extremely helpful."



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

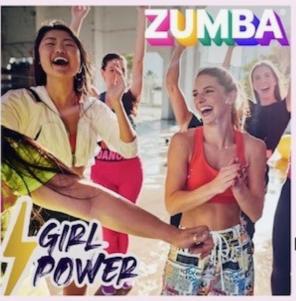


027 453 1122



boarding@ncg.school.nz

Zumba @ NCG!



Back by popular demand,

ZUMBA WITH RENATA.

Thursday lunchtimes, coming in Term 3!

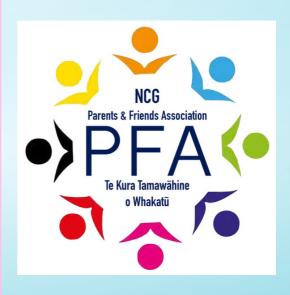
Funded by the NCG Parents & Friends Association (PFA)

PLUMBER REQUIRED!

The Parents & Friends Association and NCG Community worked hard last year to raise funds to purchase a new drinking fountain for the students.

We are looking for a registered plumber to install the new water fountain at school.

If you can help, or know of somebody who might be able to for a school supporter rate, please email ncgpfa@gmail.com by 21st July



Careers News

Careers Events 2023

JULY

MONDAY 31st @ 1:15pm - Victoria University (Course Planning) - Careers Centre

AUGUST

MONDAY 14TH @ 1:15pm- Otago University (Course Planning) – Careers Centre TUESDAY 22nd - Course Selection Evening

SEPTEMBER

THURSDAY 14th @ 10:30am - 11:30am - Lincoln University (Course planning) - Careers Centre FRIDAY 15th @1:15pm - 2:15pm - University of Canterbury (Course planning) - Careers Centre

TERTIARY OPEN DAYS 2023

Massey University – Wellington Friday 29 August Victoria University - Friday 25 August University of Canterbury - Friday 8 September Lincoln University – Friday 29 September

"Beyond the Front Doors"

A Health Careers Day hosted by Te Whatu Ora and also some from the Conservation Careers Day hosted by Nelson Regional Development Agency and NMIT













Community Notices





Come and try out Taekwon-Do, the Korean art of self-defence and the world's most popular martial art.

Taekwon-Do is fun for all ages and incorporates patterns, sparring, breaking, flying techniques, self-defence, and a whole lot more!

Classes are affordable, fun and a great way to learn something new.

Location: Old Gym, Nelson Boys College, Franklyn Street, Nelson

Class Times (School Term Time Only):

Kids: Tuesday 6pm-7pm

Adults/older kids: 7pm-8:30pm Tuesday

and Thursday

Contact:

itkdnelson@gmail.com

Visit:

https://www.facebook.com/nelsonitkd



Learn to LOVE Learning

Does your child require further support, over and above what can be offered at school?

Would your child benefit from bespoke and nurturing learning sessions from a highly experienced teacher designed to accelerate learning and boost confidence? We would love to help. We are a team of dedicated teachers, specialising in English and Maths support, for primary, intermediate and college students.

Visit www.boostyourlearning.co.nz for more information or contact Jenny 021 223 3349 to book a free consultation.





Are you between the ages of 12-24 and live in the Nelson/Tasman region?

What Nelson Youth Choir offers

The opportunity to perform across the region at a diverse range of events

A supportive and inclusive community of fellow music enthusiasts

The chance to explore various musical genres and styles

Lifelong friendships and unforgettable memories





Please scan the QR Code to complete the expression of interest form and we will get in touch shortly.





Think. Create. Innovate.

Develop a science experiment, research, technology or art project to win up to \$500 cash! Register now for the Cawthron Scitec Expo. 22 and 23 August at Founders Heritage Park in Nelson.

See cawthron.org.nz/scitec for more info.

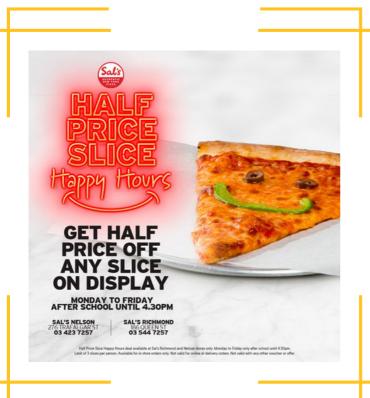






Thanks to Gold Sponsors Forsyth Barr, Nelson Pine Industries, Ngati Rārua and the many other businesses and organisations that support this event.







Horticulture ākonga (students) at Te Pūkenga NMIT develop their skills with an on-campus nursery, propagation house and market garden. Whilst learning necessary skills for employment in the many horticulture industries nationwide, ākonga also develop business and marketing skills that help them to achieve their own commercial dreams. The plant sale is a fun and informative part of the horticulture programmes at Te Pūkenga NMIT. Come along, support our learners, and be wowed at the diverse range of very well-priced plants including natives, fruit trees, herbs, flowers and shrubs, house plants and many more. We plan to have our next markets on the following dates: 16th Sept and 25th Nov 9-12 at the Richmond Campus, 390 Lower Queen Street.













Support to heal from an eating disorder



Connect with eating disorder experts

Find recommended resources

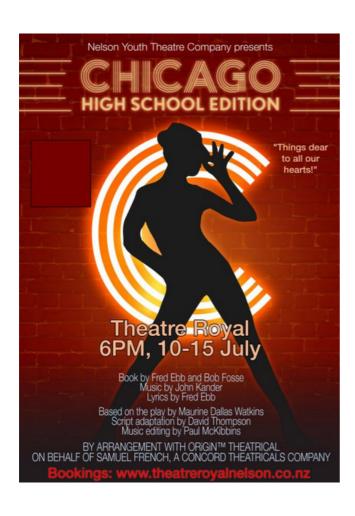
Join the WithLoveED Community Hub



"We can be better equipped to heal or help our loved ones with more understanding." Rebecca Toms, WithLoveED Founder

WithkoveED

www.withloveed.com







- Reliable distributors wanted for part-time work delivering circulars/newspapers into household letterboxes.
- · Best rates paid in town for newspaper deliveries
- We would prefer if you had a smartphone
- Materials to be distributed are delivered right to your door
- · Regular work twice weekly

EARN EXTRA CASH, GET YOUR DAILY EXERCISE & EXPLORE THE NEIGHBOURHOOD!

APPLY NOW!

Please visit: reach.nz/walker-signup or contact Kirsty 027 246 1020



Two nights sailing on the internationally renowned maxi yachts, Lion NZ or Steinlager2. Everybody on board has the opportunity to learn to sail the boats, help with the preparation of meals and sleep aboard.

Two nights are spent on the water with Auckland Sea Kayaks, where students learn how to kayak and camp in a safe, fun and supportive environment.

DUKE OF EDINBURGH (OPTIONAL)

The programme is structured in a way that allows the participants to participate and complete components of the Duke of Edinburgh Hillary Award (DOE). The programme components meet the requirements for the Adventurous Journey and as such, any participants who are interested in using this programme for DOE can do so.

For further information check out www.nzsailingtrust.com/hine-moana



KIDS AIKIDO (8-12 YRS)

Every Wednesday and Friday 5pm to 6pm

during school term Kids can be enrolled in the first 3 weeks of each Term.

Aikido is a Japanese martial art that uses strikes, locks, holds, throws and the opponent's momentum to fend off attacks. Beginners learn how to safely fall and roll. Aikido will help your child strengthen their body, mind and spirit.

> Contact Callum: 021 069 4211 for details First class is free If fees are a barrier - do not hesitate to contact us Uniform supplied for small cost

63 Tahunanui Drive (opposite McDonalds)







ADULT AND TEENAGER 5-WEEK COURSE

Adults, come with your teenager(s). Teenagers, come with your adult(s). Try a martial art. Improve confidence, fitness and learn self defence.

> Starts this coming School Term 3 19 July to 18 August 2023 Wednesdays 7:30pm to 8:30pm and

Fridays 4pm to 5pm

Only \$100 for both of you for 5 weeks Same fee for attending one or both evenings per week Contact Callum: 021 069 4211 63 Tahunanui Drive, Nelson (opposite McDonalds)

No previous experience needed. Returnees welcome too







