



St Patrick's College Silverstream

No 13

Friday 26 July 2019

Vision Statement

St Patrick's College, Silverstream is a boys' school of excellence, founded on Catholic and Marist values and traditions where students develop knowledge, skills, attitudes and values which enable them to become compassionate, just and successful citizens. Our students are challenged and motivated to achieve personal excellence in an innovative learning environment enhanced by tradition, superb facilities, quality teaching and a supportive College community



Tēnā koutou katoa, Greetings everyone

Welcome to the start of Term 3. I hope all students and families have enjoyed the break.

At the first Assembly this term I spoke to the students about developing and maintaining a positive attitude. For a number of our students it will be the last full term of academic study at Silverstream. It will bring their time to a close at this College.

We all experience problems or troubles in life. More importantly it is how we react to them. People who have positive attitudes still face disappointments, frustrations and pressures. It's the reaction that's different. Problems can cause unhappiness, can defeat you, if you allow them to. On the other hand, you can make problems work for you and use them to achieve happiness and success.

We must never stop growing as individuals. We must always be willing to learn. We do this by being attentive to what is happening around us and continue to ask ourselves what we need to do in order to grow professionally or personally.

I wish the College and extended whanau all the best for Term 3.

We began Term 3 with a Powhiri to welcome new staff to the College. We welcomed Mr Micheal Te Tana who joins us as the Te Reo teacher. Micheal was represented by a large whanau support group at his Powhiri and we wish him well during his time at Stream.

Adrienne Heath was also welcomed. Adrienne has currently been teaching at Stream but this was an opportunity to formally welcome her.

We also welcome Joshua Glatthaar our new Gap student from South Africa and Noah Sproll and Titus Takaath from Germany.

Sectare Fidem

Grahame Duffy
Rector



■ STAFFING

Katie Rawles, Deputy Rector Teaching and Learning has been appointed to the position of Deputy Principal at Wellington College. Katie will leave Stream on Friday 16 August.

In the time that Katie has been at Stream her contribution has been immense. From curriculum development to student voice, Kapa Haka and the support of staff in teaching and learning, she has been very giving of her professional knowledge and time.

I would like to take this opportunity to wish Katie and her family all the best as she takes up her new challenge.

■ SPECIAL CHARACTER

Our Sacramental Programme climaxed on 28 June with Mass at 9.00am for the Year 13 and Year 9 students, and at 11.15am with the other Years (10, 11 and 12). Both were a moving occasion with a good number of parents and friends present to be with the boys receiving the Sacraments.

At the 9.00am Mass, nine students received the sacrament of Baptism, and were joined by an additional six students to receive the Sacraments of Confirmation and First Holy Communion. At the 11.15am Mass, three students received Baptism and one more joined them for the other two. It has been a full journey for the participants but they have been an excellent group to work with, and were very excited on the actual day! The conferring of the Sacraments on students in the presence of their classmates is a moving and significant moment in our school year, and the general participation in the Liturgies certainly indicated something special was happening.

The students who received Sacraments will be issued with Certificates to record the special day, and the records of who received which Sacrament are kept both at the College and also in the office of the Parish of Our Lady of the Valleys, at Heretaunga.

Usually the Cardinal would be the Celebrant and confer the Sacraments. However, by the time we decided that 28 June would be the suitable date and then invited Cardinal John, he had already committed himself to another invitation. However, we will invite him to the College on a Thursday this term, to celebrate the Tutor Time mass and also to visit the College for the morning.



■ STUDENT LATENESS

This term we will focus on reducing students late to school in the morning. Over the winter months this is often an ongoing problem so I ask parents/caregivers to support the College in resolving this. Lateness causes disruption and causes an unsettled start to the day. Please encourage students to organise themselves the night before.

■ CAMERAS

We have had new security cameras installed in the gym. Cameras have also been updated around the laundry area covering carparks and entrance ways. All these improvements go towards making the College a safer environment for everyone.

■ O'SHEA SHIELD

O'Shea Shield 2019 was a brilliant experience for all the senior and junior students that attended. O'Shea Shield was hosted in Palmerston North by St. Peter's College and Hato Paora College. We were welcomed to the competition with a well performed powhiri into the St. Peter's College gym.

There was an abundance of talent from all the colleges as well as our own. I had the privilege of named Captain of the Silverstream O'Shea Shield team in my final year as a Streamer. It has been an honour to lead such a talented and respectful team of men. As always in life, there were some results that didn't go our way, and I commend the lads on their hard work and graciousness when competing against top quality opponents.

Our debating team started us strongly with a great debate against Garin College. We were negating the moot that *'the presence of morals demands the presence of God'*. However, we were unsuccessful. Maxx Martin, our Year 10 junior prepared speaker performed exceptionally well when giving his speech to a much larger audience than we anticipated. Kahutia Whaanga-Davies came very close with his Māori scripture reading and deserves recognition for all the hard work he put into learning the scripture as well as Jack Penman, who was our other scripture reader. Josef McDonnell performed a very moving piece of oratory in which he should be very proud of. Joseph Gray amazed the audience with a well-produced impromptu speech which came close to winning. The religious questions team did very well under pressure, handling some tough questions and answering adequately. The religious drama team should also be very proud as they said from the start that they wanted to give the audience a show and that is what they did. Well done to everyone who competed, you all deserve high praise for your efforts.

The Silverstream O'Shea Shield team of 2019 should be massively proud of their achievements and how well they represented our school. To the Year 13's, well done on a successful O'Shea year and I wish you luck with your future endeavours. Hopefully, O'Shea has helped you find a passion in public speaking or improved your self-confidence in public. To the other year levels, next year is your year to step up and continue the proud legacy of which we and many other O'Shea teams before us, have left for you.

Thank you again to all the coaches and staff who coached us to the best of our abilities. Congratulations to our brother school, St Patrick's College Town on their overall victory of the O'Shea Shield. They were deserved winners. I'm sure you will have strong competition from the Silverstream team next year.

There were a number of strong teams competing in the O'Shea Shield, with the likes of Saint Mary's, St Catherine's, St Bernard's and many other strong schools. I would like to congratulate and thank all of these teams for giving us a great experience and an exceptional competition. Thank you to St. Peter's and Hato Paora for hosting this wonderful event. It has been a pleasure to be a part of it.

Sectare Fidem

Will Adams

■ DONATIONS

At the College we are very fortunate to have the use of a number of great facilities such as the chapel, auditorium, music suite, old gymnasium and sports pavilion. These buildings are all in addition to the maximum floor area the Ministry of Education deems necessary for a school of our size. As a result these buildings do not qualify for funding from Attendance Dues or the Ministry of Education. This is where we rely on the generosity of donations to the College. Without donations the future of these buildings could be at risk and with declining donations and increasing costs there is a very real threat that in time the school will no longer be able to sustain the upkeep of these facilities. We urge you to please consider the impact the loss of any one of these facilities would have on the College when considering whether or not to donate to the school.

All donations to the school are eligible for a tax rebate of 33%. Many employers also now offer the option of Payroll Giving to schools and further information on this can be found here <http://www.payrollgivinginfo.org.nz/>

We are extremely grateful for any donations made to support the facilities and activities we are able to provide for your son.



Silverstream Foundation Manager

- Part time
- Build strong relationships with past students
- Experienced fundraiser
- Database co-ordinator

We have an opening for an enthusiastic person to work with the College Foundation. This role will focus on relationship building with past students and developing a positive fundraising programme by using initiative, organisation and superb people skills.

If this is you, please send your CV, with the names of three referees, and a covering letter to:

Grahame Duffy, Rector
St Patrick's College, Silverstream
Private Bag 906, Upper Hutt
Email: clarkd@stream.school.nz

SUPPORTING OUR YOUNG PEOPLE ONLINE

"Developing compassionate, just and successful global citizens."



We are proud to be a part of the Netsafe Schools Programme and we are officially a Netsafe School. Being a Netsafe School means that we have practices in place that show our commitment to planning for online safety, and that our practices are supported by New Zealand's online safety organisation, Netsafe. Find out more about Netsafe Schools at: <https://www.netsafe.org.nz/the-kit/netsafe-schools/>

Digital citizenship is not about how much someone knows about technology and the internet. However, it is more about how people use the tools and platforms provided by them. It is what we do with these amazing and sometimes mind boggling technologies that counts – as digital citizens we must at all times treat others and ourselves with respect but all too often this does not happen. Often our words, actions and behaviours online can be misunderstood and we run the risk of victimising ourselves and others.

Adults need to guide and help our young people navigate through the 'digital minefield'. It's important that conversations around technology are led by adults but owned and influenced by our young people. By and large they are the technology experts, however as they grow and mature into responsible adults they also need to learn about moderation, delayed gratification and how to be responsible citizens online – in essence they need and desire boundaries. It's our big responsibility as adults to give these to the teenagers/young adults we bring up and interact with.

The information in this newsletter is based on the following resources:

- ✂ <https://www.startnow.org/>
- ✂ <https://psychcentral.com/blog/25-questions-for-discussing-tech-use-with-your-teen/>
- ✂ <https://www.noted.co.nz/health/psychology/new-zealands-youth-suicide-rate-need-to-know-more/>
- ✂ <https://www.noted.co.nz/currently/social-issues/youth-mental-health-nz-crisis-failing-to-keep-up/>



Our Responsible Digital Citizen User Agreement states:

To support a safe and enjoyable learning environment guided by our College's Marist values I:

1. appreciate that technology is available to support me as a learner and will use devices for appropriate activities, following the agreed individual classroom guidelines.
2. understand the need to keep my personal information, details and devices safe, including passwords.
3. understand the need to respect the privacy, personal information and belongings of others and will seek informed consent before sharing or taking photos, videos or recordings.
4. will have the courage not to engage in online behaviours that are harmful or inappropriate, and will seek guidance and support if I see something that concerns me.
5. will be cyber smart when interacting with people and sites I do not know and will take precautions to ensure the environments I am working in are safe and lawful.
6. understand that what I post online can be a permanent part of my digital footprint and that I need to think of the long-term implications of my online interactions.

I will be prepared for my learning by bringing my device to school charged and ready to use.

WHAKAPONO
FAITH
FA'ATUATUA



KOTAHITANGA
UNITY
TU FA'ATASI



MANAAKITANGA
SUPPORT
LAGOLAGO



HAUTOA
COURAGE
LOTO TELE



NGĀKAU PĀPAKU
HUMILITY
LOTO MAUALALO

"Kids' use of technology is not the problem. The problem is our kids' extreme overuse of entertainment technologies that is displacing the experiences that are fundamental to a strong mind and a happy, successful life."

(Richard Freed, Wired Child)

"Technology saves us time, allows us to keep in touch, and for the most part can simplify busy and committed lives. So technology isn't necessarily a bad thing, but the way we use it as human beings can be detrimental. When research is telling us that the average phone user checks their phone every 4-5 waking minutes, or that the teen suicide rate has risen with the surge of social media, we have to wonder if we – and our kids – are using technology to our benefit. Increasingly families can feel overwhelmed by the challenge of knowing how to raise digitally healthy kids, however these are the conversations that we need to increasingly have". <https://www.westartnow.org/>

What does the research say?

- ✕ **LESS IS MORE:** Research has found teenagers who get a small amount of screen time, *between 1-5 hours per week, are happier* than ones who used screens for 20+ hours per week. The *average child spends 7 hours a day* in front of a screen, but only 4-7 minutes playing outdoors.
- ✕ **80% OF TEENS:** use their phones when they are supposed to be sleeping – including many *who stay up most of the night* or wake for every notification.
- ✕ **PHUBBING:** the practice of snubbing others in favour of our mobile phones – has led to a decline in quality of relationships for kids, teens, and adults alike.
- ✕ **11 YEARS OLD:** is the average age of first pornography exposure, with 88% of scenes in *mainstream pornography* portraying a man being violent towards a woman.
- ✕ **PARENT ATTUNEMENT:** the rise of unpredictable parenting, governed by the beeps of smartphones, offers children a world where parents are present physically, yet *missing emotional cues and opportunities to respond*, which are critical for human learning and character development.

Not sure where to go for support? Try <https://www.netsafe.org.nz/advice/parenting/>
And most importantly - *have a conversation with your son!*

As parents, you are the most important people in your son's journey of learning to navigate their experiences. *Consider using some of these as a conversation starters:* (adapted from <https://psychcentral.com/blog/25-questions-for-discussing-tech-use-with-your-teen/>)

1. Can you think of any technology that has made the world worse? How about a piece of technology that has made the world better?
2. Are my technology habits helping me to connect with others, including my parents and siblings? Or are they driving me away from others?
3. Is my online behaviour appropriate?
4. Am I being the "me" I want to be?
5. Is the content I'm looking at/paying attention to appropriate?
6. Does my use of technology support my passions and values?
7. Does my use of technology help me stay committed to my goals and life direction?
8. Does it connect me to other things I'd like to commit to? Or does it undermine my commitments?
9. How many social media platforms do I use? Are they open and/or hidden?
10. Am I using social media right now because I need approval?
11. Would it be more helpful to talk to someone offline about my feelings?
12. Am I relating to others in a healthy way e.g. being positive, kind and honest?
13. Am I too dependent on technology? Am I controlling it or is it controlling me?

Need help? Talk to one of our pastoral team:

Deans

[Blair Hungerford](#) (Y9)
[Jane Nolan](#) (Y10)
[Dan Sales](#) (Y11)
[Reuben Pivac](#) (Y12)
[Sam Dean](#) (Y13)

Guidance Counsellors

[Geoff Charles](#)
[Chris Fouhy](#)

Assistant Rector (Pastoral)

[Mike Savali](#)

WHAKAPONO
FAITH
FA'ATUATUA



KOTAHITANGA
UNITY
TU FA'ATASI



MANAAKITANGA
SUPPORT
LAGOLAGO



HAUTOA
COURAGE
LOTO TELE



NGĀKAU PĀPAKU
HUMILITY
LOTO MAUALALO

■ BALL 2019





■ CONGRATULATIONS

St Patrick's College Wellington vs Stream Traditional Results

Golf: Stream 4-0

Road Race: Stream 2-1

Junior A Basketball: Stream 81-66

1st XI Hockey: Town 7-1

Colts Football: Stream 1-0

Badminton: Town 6-0

U15 Rugby: Town 24-15

1st XV Rugby: Stream 33-24

Senior A Basketball: Stream 13-55

1st XI Football: Town 2-1



CONGRATULATIONS



Two Streamers won the Under 14 Futsal Nationals
Armande Westmoreland (Year 10) and Isa Prins (Year 9)
beating Waikato on penalties.

Wellington Secondary Schools 2019 Swimming Championships

The annual swimming champs were held at Huia Pool on Thursday the 4 July and involved over 150 students from 32 Secondary Schools in the Wellington region.

St Patrick's Silverstream had one Representative, Kody Touelle, in the 14 and Under category. Kody contested the 100m IM, the 100m Freestyle, the 50m Freestyle and the 50m Breaststroke resulting in three Gold Medals and one Bronze Medal and achieved Best Times in all four events.



■ BLENDED FAMILY SUCCESS

Discover how to help children in your step family adjust and create a united, supportive home life. **Overcome common challenges and learn practical strategies that really work.** Live happily ever after in your stepfamily! ONE NIGHT ONLY. You must register to secure your place.

When: Tuesday 17 September, 7.00pm – 9.00pm

Venue: 21 Hania Street, Wellington Central

For more information go to: www.blendedfamilysuccess.nz/events email: adele@stepfamilyhelp.info

■ MOBILE APP

Don't miss out on important College messages!



SchoolAppsNZ

St Patrick's College Silverstream community, (Parents, Students and Staff) use the Mobile App to receive daily notices of events and other important school messages, like "*today is Formal Uniform day*", student absentees, sporting reminders and if an event has been cancelled due to weather etc.

To upgrade to our school app please use link <http://stream.apps.school.nz/share/> to download the SchoolAppsNZ app. Access to the App is via the icon once downloaded.



STUDY SMARTER

Techniques for Studying **SMARTER**, Not **HARDER**

Study Tips and Memory Strategies

Learn the powerful strategies that make a difference to your study. Through the use of **simple, easy to apply, practical** ideas, you can **boost your own performance** and your exam results... Far too many people study harder rather than smarter and they end up burning out. Sitting and passing exams is supposed to get you ahead in life - not make you a nervous wreck!

With **simple and effective techniques** described in this seminar you can **massively increase your ability to pass** exams and even **reduce your study time**. In this one day fast-paced interactive presentation, international presenter, Karen-Tui Boyes from Spectrum Education will share many simple and practical ideas. Education is the key to the future... working smarter not harder is the key to success.

REGISTRATION FORM

Yes, please reserve ____ places for me at the 'Study Smarter' Seminar in **Upper Hutt** held at **St Patrick's College**, Silverstream.

Date: Monday Sept 30th (first day of school holidays)

Time: 9am-3pm

Investment: \$149 per person PLUS you can bring a friend for FREE... PLUS book your place before the 30th August and you will receive a 27 Study Tips For Success Mini Poster FREE...

Parent Name: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Student Name: _____ Year _____

Friend for Free: _____ Year _____

☐ Yes! I've enclosed a cheque (Payable to Spectrum Education) for \$ _____

☐ Yes! Please send me an invoice so I can pay with Internet banking

☐ Yes! Please send me an invoice so I can pay with a Credit Card via Paypal

Please send your completed form to:

Spectrum Education, PO Box 30 818 Lower Hutt or

Phone 0800 37 33 77 or +64 4 5289969

Email: info@spectrumeducation.com

Here's what you will learn...

- Seven keys to recalling facts, dates and concepts
- How forgetting occurs and how to remember
- How to structure your study time for maximum effect
- Time management strategies
- Understand your brain and how to study accordingly
- How music makes a big difference to effective learning
- How to set up a successful study environment
- The top 10 brain foods
- How to maintain fast recall in an exam
- Study Tips for Success & more!

Karen-Tui Boyes is an expert in effective teaching and learning, study skills, motivation and positive thinking. She was recognised with the NZ Educator of the Year award in 2014 and 2017, and works in schools globally, teaching students how to Study Smart and teachers how to raise achievement. As the Founder of Spectrum Education, an author, publisher of the Teachers Matter Magazine plus the designer of the STUDY SMART Board Game, Karen inspires teachers and students with practical techniques that make a real difference.



Spectrum Guarantee... Just apply four techniques from this seminar and if you don't pass your exams we'll bring you back to our next seminar for free. If you still don't pass, your investment will be refunded in full.