



Tēnā koutou

Greetings and welcome to week 9 of Term 1.

Mālō aupito, thank you to all the members of our school community who supported our students at Polyfest on Saturday. What a wonderful display of Pasifika culture throughout the day with approximately 30 schools performing. Our students certainly did our school proud after starting the journey to Saturday's event in January!

Summer tournament week is now upon us with two of our volleyball teams competing at the Nationals in Palmerston North while two other teams are involved locally with the satellite tournament. We also have our girls' softball team in Timaru and our mountain bike team in Methven. Preparing for these events takes a significant amount of commitment by players, coaches, managers and of course parents who often play the role of Uber drivers and supporters. Our thanks to all involved. We look forward to hearing the results over the next few days.

STAFF ONLY DAY - Monday 28th April

As you are aware, this is a time of significant curriculum change in New Zealand with several national priorities such as raising literacy and numeracy achievement becoming key areas of focus. To assist us with the work in these areas, the Ministry of Education has permitted high schools to have TWO staff-only days in 2025. Please be advised that the first day of Term 2 will be used for this purpose. Term 2 will therefore start at **8.30am on Tuesday 29 April. This applies to our Te Koroī students also.** Thank you for your understanding and support.

CULTURE FEST 2025!

We are delighted to invite you to the local Culture Fest, a lovely multicultural event to celebrate the amazing cultural diversity in our community.

The event will be run at the Riccarton High School Hall on **Friday, 4 April 2025 from 4.00pm to 7.30pm.**

Come and enjoy mouthwatering foods from local food trucks, cultural music, dance, and more!

For more details keep an eye out on our [Facebook page](#).



STUDENT UPDATE

A few weeks ago, we wished RHS student Leon Tymons the best of luck as he prepared to travel to Rotorua for the Crankworx Festival. Crankworx Rotorua is a mix of elite competitions, participatory events, and cultural celebrations, with events ranging from Downhill to Slopestyle mountain biking.

Leon was entered in two classes: the Crankworx Rotorua Air DH (a downhill/enduro event), and the RockShox Kārearea Downhill, (an intense downhill technical course). Leon competed in the under-17 age group even though he is only 14 years of age.

Leon achieved some great results (even when his handlebars misaligned during his final run), competing against competitors much older than him from the USA, Canada, Australia, Japan, Hong Kong, and China. As a result, Leon has now been signed off to jump all the advanced jumps at CAP (Christchurch Adventure Park) and has several companies considering sponsoring him.

You can view Leon's Rotorua RockShox Kārearea Downhill run [here](#).

Next week Leon, along with two other Riccarton High School students, will be competing in the South Island Secondary Schools Championships (SISSC) at Mount Hutt. We wish all three students the very best of luck.

CRASH BASH AND BEYOND

Parents, caregivers, and their young people are invited to an informal information session about keeping young drivers safe on the road.

This year's session is called "Know the Limits," and topics will include:

- Drivers licence conditions
- Insurance – untangling the fine print
- Distractions and driving habits
- Responsibilities for supervisors
- Speed and impaired driving

Join us on Thursday, 27 March 2025 at 6.00pm in the Riccarton High School staffroom. Nibbles will be served.



COUNSELLOR'S CORNER

Happiness – Part 2

Real happiness is **'head happiness.'** When we feel good about ourselves, it is a healthy protection against anxiety and depression.

The trouble is most people are too hard on themselves. Instead, remind yourself of the positive things you discovered when you read about happiness in our last Counsellor's Corner. Take a moment to reflect on those great qualities that make you unique and special.

Remind yourself often of these qualities.

Isn't it amazing how our younger years shape who we are today? Remember when you were 6, 8 or even 10 years old? It's like a little time capsule of memories that still influence us every day. Even though we've grown up and are now more adult than child, those early experiences stay with us and affect us every day.

Let's deal with the past by:

1. Retelling the story of a past problem
2. Deal with mistakes
3. Take away the things that hurt you
4. Drop the baggage
5. Move on

Yesterday.....is yesterday. Today is the launching pad of all your tomorrows. What would you really love to do? Try it. Start to climb new mountains.

Treat the future as your friend. Enjoy great people, great places and take opportunities. They are waiting for you. The future is your friend.

UPCOMING DATES FOR YOUR CALENDAR:

Wednesday 26 March	10C Camp to Orohaki
	10Y Social Studies Field Trip
	Board of Trustees Meeting. 5.00pm to 9.00pm. RHS Boardroom
Thursday 27 March	International Pot Luck Dinner. 5.30pm to 8.00pm. Manu Tiria 3 & 4
	Crash Bash and Beyond Parents Evening. 6.00pm RHS Staffroom
Friday 28 March	10Y Social Studies Field Trip
Wednesday 2 April	10N Camp to Orohaki
Friday 4 April	Senior Korfball Tournament
	Fortnightly Reports Issued
	Culture Fest. RHS hall and surrounding areas. 4.00pm to 7.30pm
Wednesday 9 April	10Y Camp to Orohaki
Friday 11 April	Last day of Term 1
Monday 28 April	Beginning of Term 2. TEACHERS ONLY DAY. SCHOOL CLOSED FOR INSTRUCTION
Tuesday 29 April	First day of instruction for Term 2, including Te Koroī students

Ngā mihi nui,

N Haywood

Neil Haywood
PRINCIPAL