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Weeks Ahead - Term One 2025

WEEK FIVE

- Wed 26 Feb Hereworth arrive into billeting
- Thu 27 Feb Hereworth Fixture @ Waihi School
- Sun 2 Mar Year 7s depart for camp

WEEK SIX

- Thu 6 Mar SCPSSA Triathlon
- Thu 6 Mar Y7 campers return
- Thu 6 Mar Southern Lakes Community Visit, Millbrook Resort: 6.00pm - 8.00pm
- Fri 7 Mar - Wanaka A&P Show
- Sat 8 Mar

WEEK SEVEN

- Mon 10 Mar Cathedral Grammar Fixture @ Waihi School
- Sat 15 Mar Allan Short's farewell function

WEEK EIGHT

- Wed 19 Mar SCDHB Y8 Immunisations
- Fri 21 Mar House Singing Competition
- Allan Short's last day

EXEAT Weekend: 22-24 Mar 2025

Our next exeat weekend runs from
Sat 22 Mar through to and including Mon 24 Mar 2025
- no school on Monday, boarders arrive back from 5.00pm Monday evening

FROM THE HEADMASTER'S DESK

Dear Parents,

Understanding that some of life's most powerful lessons come from practical experience, and at Waihi, that can mean encouraging students to take on challenges, go beyond their comfort zone and discover that there is more in each of us than we know.

We introduced the Outdoor education programme at Waihi eight years ago, and parents and other educators often ask me why I think it is so important. Well, like most things we do at Waihi, it is research—and evidence-based.

In addition to being a fun way to get students engaged and excited about learning, the benefits of outdoor learning are vast. These benefits can improve a student's health and, in turn, help them perform well in school. For example, time spent outdoors allows students to get exposed to sunlight. Sun exposure helps keep sleep cycles in tune, making it easier to fall asleep at night. Students who have a healthy sleep schedule are less likely to report that they feel depressed, anxious or unfocused, symptoms that can make it difficult to fully participate in class.

Stress levels can also be affected by time spent learning outside. The amount of stress we feel is influenced by a hormone called cortisol. In a healthy body, cortisol levels spike upon waking, drop around midday, plateau through the afternoon and taper off until you go to bed. A team of German researchers conducted an experiment where they measured the cortisol levels of two groups of students throughout the school day. One group spent time outdoors every day; one group did not. They discovered that the group that went outdoors showed a healthy cortisol drop around midday – a definite benefit of outdoor education. The group that did not go outdoors did not show the drop. They stayed at a heightened stress level, which likely affected how they felt and behaved in the classroom. Even a short period of time outdoors can positively affect a student's mental health.

Several studies of outdoor education have shown other health benefits. For children who like to get dirty, touching soil can increase their serotonin levels. Children with ADHD can experience less inattention and hyperactivity after spending time outdoors. Both adults and children alike experience a decrease in blood pressure while outside. Running, jumping, and climbing help a child stay physically healthy.

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Last year, the staff team worked 'virtually' via a webinar with neuroscience educator Nathan Wallis. The topic was brain development in the age group 5-12 and how science can help inform good practice for us all. One takeaway from the webinar was about the hormonal influence on the brain and what we can do about this for the benefit of our children. Nathan spoke about the positive effects of endorphins (learning hormones) such as serotonin and dopamine and the potential negative outcomes when we receive too much cortisol, our 'stress' hormone.

You might be interested to know what science has to say about the top ways to release endorphins:

1. Music
2. Laughter
3. Movement and Physical Exercise

So, at Waihi, the incorporation of outdoor education, as well as our music and other specialist programmes into our educational practice, has a scientific basis and can help our students in ways we might not even initially think of. With that in mind, after the success of our Junior Camp to Wainui last week, next week it is the turn of Year 7, who will be visiting Abel Tasman – we are looking forward to hearing all about it on their return.

Kind regards
Allan

Headmaster's Thought for the Week

“Plus Est En Vous”

- There is More In You

The motto of Gordonstoun School - founded by educationist Kurt Hahn

WAIHI NOTICES

Upcoming Events | Information | Updates

Uniform Shop

It is that time of year to start thinking about your child's Winter uniform / Winter sports kit requirements. Full gear lists can be found for all students by following the below link to the uniform section of our Waihi School website:

<https://waihi.school.nz/uniforms>

WAIHI SPORTS CHAIR



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A GREAT GIFT FOR OLD BOYS/GIRLS AND CURRENT FAMILIES!

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Health and Wellbeing Programme

As part of the Health and Wellbeing programme at Waihi, Mr Clayson has been working behind the scenes with the YMCA and Netsafe.

Children in the Juniors and Year 7 have been fortunate to be actively involved in a session on Digital Safety. They have explored a range of topics within this subject and learnt much about the risks, rules, and consequences. They have also learnt that when used well, the internet is a great tool. We are very fortunate at Waihi that we can access the support of outside agencies because it raises awareness for our children of what the world can look like beyond the hedge.

There will be another session on Healthy Relationships in the coming weeks.



JUNIOR CAMP

Mon 17 - Wed 19 Feb 2025



WAIHI SWIMMING SPORTS

Friday 21 February 2025



PYNE HOUSE

Through the lens of the camera... capturing some boarder activities



Good men in the making

Join us at our Open Day
Sunday 9 March,
1pm - 3pm

*Learning Together
Growing Together*

www.timaruboysschool.nz



**TIMARU BOYS'
HIGH SCHOOL**

ON THE BUSES

Feb / Mar 2025

Another month rolls by and the PdoubleTs start to see wilting flowers as “autumnism” (Made up word / Autumn effects) and long school days take a toll on some.

It's Friday afternoon as we stop to let some pupils off at their stop. Softly, "Wake up, you're at your stop" comes a whisper immediately followed by a less subtle, "OY, WAKE UP AND GET OFF" from elsewhere on the bus.

"Hey, be kind, been a long week." "It's all good, take your time" replies an older voice and tone. "See you Monday, have a great weekend" elicits a simple, "yep" as bags in hand they head to the waiting car.

Of particular interest as the rules of bus travel start to be explained a couple of voices ask, "It says here ... be proud, what does proud mean".

Another philosophical dilemma for the PdoubleT to try an answer.

Ask yourself, How do you describe "be proud of your school / uniform / who you are, or whatever the 'be proud of' relates to?"

The old sawdust that we call grey-matter starts to activate (it may be sawdust, but it comes from a tree of knowledge) to try and give an opinion to what seems a question that everyone would know the answer to.

It's not really known if the answer by the PdoubleT was right or wrong, but it certainly smoked a bit of old sawdust that's for sure.

Anyone one with an answer that youngsters would understand, please share it.

You might be surprised how hard it is to explain, or not.

FRIDAY AFTERNOON BUSES AFTER SWIMMING SPORTS

Please remember to let Kat (executive@waihi.school.nz) know if your child is not using the school bus service for any reason morning or afternoon.

Friday after swimming sports two bus drivers turned up for work and did not have any children report to them for transporting home...

Pleasant Point	3 children	Geraldine	0 children
Ashburton	1 child	Mid Canterbury	0 children
Timaru	1 child		