



# TRIDENT LEADS

Newsletter 18  
14th June 2019  
Term 2, Week 7

**PPTA  
REGIONAL STRIKES  
STARTING JUNE 17  
CALLED OFF**

Kia ora whanau

Important life decisions can be challenging to make. For our young people, making a decision about something can be almost overwhelming. They are often complicated, involving many factors, some of them with competing interests. The stakes may also be high, and they are right to be concerned about making the best decision possible.

Gut reactions can be important because they cut to the chase and reveal how a person may really feel about each option. The powers of the mind, which involves the thinking brain- the source of slower, thoughtful responses can often benefit when dealing with important decisions from your careful consideration and analysis of each option.

But sometimes thinking seems to get a person nowhere. Even after days of analysing the options, a person may be unable to effectively weigh the pros and cons, determine what they really want, or settle on what they think is best. How can a young person stop going around in circles? Or an old person for that matter? Plus, sometimes our minds lead us astray. How can we be sure we are not mistakenly rationalising one option over the others due to unwarranted fear or unfounded fantasy? How can we help our young people to make decisions that will benefit them?

In a word: *Mindfulness.*

Mindfulness means that you are conscious and aware, focused on the present moment, and able to calmly observe and accept all your feelings, thoughts, and bodily sensations. Mindfulness means you are able to pause, reflect, and listen to your inner wisdom. Mindfulness means that you can focus on the relevant information, know when to cut your losses, stay aware of your biases, and check your ego. Mounting research shows that mindfulness benefits decision-making.

Six tips on how we can help our young people to be mindful as they make important decisions and determine what is best for them.

**1. Slow down.**

Mindfulness means taking your time. Your slow, deliberate reflection can grant you clarity.

**2. Accept that making important decisions can be hard.**

Instead of wishing a big decision were easier, honour the fact that it is not, nor should it be. Embrace the thoughts and feelings you have as a testament to the significance of this crossroads.

**3. Aim for integrity.**

Aiming for integrity means being true to your authentic self, your priorities, and your values.

**4. Focus on being, not doing.**

*What you do* is not as important as *who you are*. Strive to be trustworthy, responsible, and kind, and you will attract people with the same stripes.

Likewise, *what you do* is not as important as *who you do it with*. For example, which would you rather: Dig ditches with a group of fun, trustworthy, kind people, or work your dream job with a group of mean-spirited, two-faced, manipulative people? It is not the doing, but the *being* that is most important.

**5. Ask others to tell you about hard decisions they have faced.**

It can be immensely helpful to hear other people reflect on the choices they have made. Share with your child some of the tough decisions that you have had to make.

**6. Trust your process.**

Whatever you decide to do, it is impossible for you to make a wrong decision. Even if you have regrets with hindsight, you can learn extremely valuable lessons from mistakes and failures—

lessons that can lead you down a path of even greater fulfilment

Even if you feel caught between a rock and a hard place, take heart. By tapping into your gut's wisdom and harnessing your brain's mindfulness, you can determine the path that is best for you.

Reference: Deborah L. Davis



Kia Manawa Nui

*Philip Gurney*  
**Philip Gurney**  
M. Teaching (Dist),  
M.Ed (Dist), B.A Hons  
Principal

**QUALITY WORK – RESPECT FOR OTHERS**

Trident High School | Arawa Rd, Whakatane | Phone: 64 7 308 8159 | Fax: 64 7 308 0184  
Website: www.trident.school.nz | Email: principal@trident.school.nz

## IMPORTANT DATES

Friday 14th June	Junior Reports out
<b>Wednesday 19th June</b>	<b>Junior Parent Teacher Interviews</b>
	<b>School finishes at 2pm—see below</b>
Friday 5th July	End of Term 2
Monday 22nd July	Start of Term 3

## JUNIOR PARENT TEACHER INTERVIEWS

Year 9 and 10 students are invited to Parent Teacher Interviews on **Wednesday 19th June between 3.15pm—6.45pm.**

**Please note school will have 5 shortened periods and finish at 2pm.**

Please bring your son or daughter to discuss academic progress with their subject Teacher.

You can book appointments online at [www.schoolinterviews.co.nz](http://www.schoolinterviews.co.nz) using the

booking code: **qagp5**

The portal is now open for bookings.

If you are unable to make it to an interview on this day, please contact the subject Teacher to arrange another time.

Junior Reports will be emailed home on **Friday 14th June.**

Buses will run as normal at 3pm. Bus students will be supervised in the Library.

## GIVEALITTLE TO GET JACOB TO POWER CHAIR FOOTBALL TOURNAMANT IN AUSTRALIA

Trident's Year 12 student Jacob Lane is set to represent New Zealand in the U21 New Zealand Power Chair Football Team who are playing in Sydney in October. Jacob's friends Zac and Matthys are raising money to ensure Jacob and his family can get to the tournament. Please help get this fundraising underway, click on the link below to GiveALittle. Thank you for your support to help Jacob!

<https://givealittle.co.nz/cause/get-jacob-to-his-power-chair-football-tournament?>



## TRIDENT HIGH SCHOOL IS NOW ON INSTAGRAM!

We look forward to having another channel to share our school news with you - Please follow our account!"



## 2019 ANNUAL BLOOD DRIVE

The annual Blood Drive was at school on Thursday.

We had 55 donations, including 3 Teachers. 88 volunteers, 23 were declined. So quite a good outcome! Each person donates around 500ml of blood and afterward they stay to have a cup of Tea or Raro and biscuits.

Thanks to all of you who donated. Blood is taken into our health system and used in many life-saving operations.



## CROSS COUNTRY BIKE RACE— JOSHUA BARRY

Joshua Barry competed at the Craters Classic Cross Country bike race this weekend. Joshua was in the short course race and came 1st in the U19s and 3rd out of 125 in the short course. At just 15 years old this is a great result. Well done Joshua!



## PE - WHITE WATER RAFTING

On Friday 7th June Mr Stanhope and Miss Howe's Level 3 PE students went white water rafting on the Tarawera River in Kawerau. The rafting trip was part of a risk management assessment which the students are currently studying which sees them identify risk and plan strategies to reduce risk in an outdoor environment.

The students had a great time and learnt valuable lessons about keeping safe during challenging outdoor activities.

The students, as always, represented the school so well and were a credit to us.

A great afternoon of education outside the classroom.



## MICROSOFT COMPETITION

On Wednesday, Mrs Frisby took 4 Students to Toi Ohomai Mokoia in Rotorua to compete in the regional round of the Worldwide Microsoft Office Championship competition.



The competition involves practical and technical components where competitors strive to get the highest score in the fastest time. This year the ultimate prize is an all expenses paid trip to New York to compete against students from around the world. Trident has already had two National and one Regional winner over the years. This year Michael Rush, Courtney Wilson, Shivaun Burgess and Max Cornwell took on students from Rotorua Lakes and Rotorua Girls High Schools. Max and Shivaun scored highly in their chosen applications. Michael missed out on a winning place by a matter of a few points and Courtney took out the title of Regional Champion for Word. Courtney now has to wait for a few weeks to see if her score is enough to get her a boarding pass for a trip of a lifetime. Well done to all four students, especially as they assisted in setting up the classroom prior to the other schools arrival and hung around afterwards to help pack everything away. The organisers said they were a credit to the school.



## MEN'S SENIOR GOLF CHAMPION— YEAR 12 TYLER VAN ASSELT

In the final round of the Ohope International 2019 Men's Strokeplay Championships held last weekend, Year 12 student Tyler van Asselt prevailed with a 2 day score of 148, taking out the title of Senior Champion. There was a great battle over the two days across all divisions. Of note, former student Daniel Robb retained his Intermediate title with an overall score of 156. Matthew Purdy, another ex Trident student placed 3<sup>rd</sup> in the Senior grade with a score of 154. Senior grade players are ranked on lowest club handicaps.

Sunday 9 June 2019; Strokeplay Championship Results



Ohope 2019 Strokeplay Championship winners; From left, Chris Vaughan Junior, Kade Erceg C Grade, Tyler van Asselt Senior, Daniel Robb Intermediate.

Picture  
supplied

## CAREERS CORNER

### Looking Ahead

#### Students going to University in 2020

It's time now for senior students to start applying for scholarships, accommodation and enrolling with their provider of choice. Students should check the website for each university they are interested in. The process for applying for scholarships is different each year and students need to check the university website for information on the application process. Also refer to the "transition from school to university" booklet given out at the start of the year for tips on scholarship applications.

#### The World of Work

Many of our senior students will be heading to work at the end of this year. Seven skills which employers look for are:

- Positive Attitude
- Communication
- Teamwork
- Willingness to learn
- Thinking Skills (Problem solving and decision making)
- Self Management
- Resilience

These skills are often referred to as soft skills. It's important to become familiar with these employability skills and it is good for families to talk about them and identify the skills which a student needs or wants to develop and how that could happen.

#### Driver Licences

Possessing a clean restricted driver licence is one of the attributes that employers look for in a school leaver. For many students, obtaining a restricted licence before leaving school is an important goal. Students are also reminded that driving within their licence conditions is key to retaining that licence.

A recent theme in the **Licence to Work Programme** was "Willingness to Learn" and how that looks in the workplace. The differences between praise, criticism and feedback were discussed and students were involved in deciding which category various work place scenario statements would fall into. Here is a quote we shared:

**"If you're not willing to learn, no one can help you.  
If you're willing to learn, no one can stop you."**

## AUDIO BOOKS @ TRIDENT



GO TO APP STORE OR GOOGLE PLAY AND DOWNLOAD  
THE WHEELERS EPLATFORM

FIND TRIDENT HIGH SCHOOL, THEN SEARCH FOR A BOOK (AUDIO BOOKS HAVE A SOUND SYMBOL ON THEM). SIGN IN TO ISSUE THE BOOK WITH YOUR STUDENT NUMBER AND SCHOOL PASSWORD



Newsletter by email? If you would like to receive this newsletter by email please email [newsletter@trident.school.nz](mailto:newsletter@trident.school.nz)

## NEW ZEALAND HERALD INTERVIEW WITH MICHAEL ESTERHUIZEN CANOE RACING NZ

Michael Esterhuizen talks to the NZ Herald about being selected for Canoe Racing New Zealand's high performance athlete pathway. Great interview Michael!

<https://www.nzherald.co.nz/premium/news/video.cfm?>



## RUGBY NEWS

Playing in hurricane like conditions Trident's 1<sup>st</sup> XV had an emphatic win 61-10 in Tauranga against Aquinas College. Led by Captain Zane McLellan and an uncompromising forward pack who withstood Aquinas's early onslaught Trident had two long range tries set up by Rihari Jobe and barnstorming forward play by Kade Taylor and Brodie Palmer. The score was quickly 19-3 at half time. Nephi Sanarieve was unstoppable off the back of the scrum and had support from Corey McComb, Jesse King and Te Ua Keepa. The game opened up and Aquinas scored an opportunist try from Trident's quick line-out making the score 19-10. After some rib crunching tackles, skilful off loads from Daniel Ford and Whetu Wiremu, tries were being scored thick and fast with great impact from the bench from Aymon Te Hauwaho. By the end of the game Simon Prout and Dallas Teepa both scored a hat trick of tries with Ethan Wharewera converting 8 of the 9 tries scored.

The 2<sup>nd</sup> XV had an impressive win against Rotorua Boys' on Saturday. Playing at home the team scored 11 tries to win 61-17. Te Kapua Amoroa, Te Iwikino Kepa and Timi Tuwairua scored two tries each whilst Cullan Atkinson-Grunwell, Te Huaki Kurei, Liam Tangira, Austyn Te Naiti and Jadon Barry also touched down. Special mention to Reegan Dawson and Tiare Page for some outstanding defence.

## BOYS' HOCKEY REPORT

The boys' managed another win on Thursday against Taupo-nui-a-Tia College securing themselves Top of the Table for this round, the first win in at least 3 years against this team who previously remained unbeaten.

The boys' started off strong with a quick goal from Josh Cairns. With great passing and communication Trident dominated a good percentage of the game. Some great skills from Goal Keeper Keeley McChesney and fantastic defence from our backs kept Taupo scoreless in the first half.

Two more goals from Vance Harvey one from Dan Ford and finally one from Bradley Rothwell secured the win 5-1.

Well done boys an outstanding first round – next week Semis.

Next term the boys will be playing in the Midlands Intercity Competition and this will be on Wednesday nights to help with the build-up for the Top National Tournament in September.

## GIRLS' FOOTBALL

The 1<sup>st</sup> XI Girls' travelled to a very windy and wet Katikati to play on Saturday and came away with a 4-0 win. In difficult conditions coupled with a small field the girls found it hard to get the balls into the goal despite several attempts.

Eventually Amelia Jefferies, Kyra Maui and Francesca Kay all found the back of the net using the wind to their advantage in the 1<sup>st</sup> half. Ella Rose Bain managed to score in the 2<sup>nd</sup> half and numerous other players also had some great shots.

Notable mentions for the team was Teagan Andrews—Paul before she injured her ankle who was everywhere and tried to connect a couple of times with her head off corners and Stella Collier who had a solid game in defence. Francesca Kay was awarded Player of the Day, she was instrumental in the mid field linking up with other players and scored an amazing goal.

Our 2<sup>nd</sup> XI Girls' played Aquinas College and though they lost are improving each week. Down by 2 goals at half time the girls fought hard and scored 2 goals from Luella Howe and Bonnie Harvey. Bonnie had an awesome game and was awarded Player of the Day. The girls didn't give up but Aquinas were able to score again in the second half.

Our 3<sup>rd</sup> XI Girls' played Ohope Beach last Saturday and although they lost the game, the girls' remained positive and managed to score a goal in the 2<sup>nd</sup> half (Goal scored by Bonnie-Marie Wetting-Davidson). Mikayla McChesney stepped into goalie position in the 2<sup>nd</sup> half and gave it her all. She was on the ground, diving for the ball in only a matter of minutes and developed her confidence considerably throughout the game. Mikayla's efforts saw her gain player of the day.

## WEEKEND GAMES

### Football

1 <sup>st</sup> XI Girls	Away	V Otumoetai	10.00am
2 <sup>nd</sup> XI Girls	Away	V Taupo	12.00pm
3 <sup>rd</sup> XI Girls	Home	V Whk Town	09.00am
Senior A Boys	Away	V Taupo	12.00pm
Senior B Boys	Home	V Edgecumbe	10.30am
Junior Boys	Home	V JPC Jaguars (2)	10.30am

### Rugby

1 <sup>st</sup> XV	Away	V Western Heights	12.00pm
2 <sup>nd</sup> XV	Away	V Tongariro	12.00pm
U15	Home	V Western Heights	10.30am
U14	Home	V Rotorua Boys Blue	3.30pm

### Netball

Prem 1	V The Cult Ct 2	2.30pm
Prem 2	V Last minute Ct 2	1.00pm
Prem 3	V Edgecumbe Juniors Ct 6	11.30am
Junior Blue	V Tarawera HS Ct 6	2.30pm
Junior White	V Ruatoki Ct 9	11.30am

## TUTOR WANTED

Level 3 Physics and / or Calculus Tutor.

Next week for 3 weeks only 2-3 hours per week.

Phone: 027 2059340