



TRIDENT LEADS

Newsletter 9
29th March 2019
Term 1, Week 9

Kia ora whanau

CIVIL SOCIETY

Who do you want to be? This is one question that we often ask our students at various stages of their school career. It will define their future success more than any other, because of how they treat people means everything. Either they lift people up by respecting them, making them feel valued, appreciated and heard, or they hold people down by making them feel small, insulted, disregarded or excluded.

What is incivility? It is disrespect. It includes mocking or belittling someone to teasing people in ways that sting to telling offensive jokes to texting in meetings. We may not mean to make someone feel disrespected, but when we do, it has consequences.

Incivility is a bug. It is contagious, and we become carriers of it just by being around it. It affects our emotions, our motivation, our performance and how we treat others. It even affects our attention and can take some of our brainpower. Researchers in Israel have actually shown that medical teams exposed to rudeness perform worse not only in all their diagnostics, but in all the procedures they did. This was mainly because the teams exposed to rudeness didn't share information as readily, and they stopped seeking help from their teammates.



Does civility pay? Yes, it does. And being civil does not just mean that you are not a disrespectful person. Not holding someone down is not the same as lifting them up. Being truly civil means doing the small things, like smiling and saying hello and listening fully when someone is speaking to you. Of course you can have strong opinions, disagree, have conflict or give negative feedback – but civilly, with respect.

Why does civility pay? People will see you as warm and competent, friendly and smart. In other words, being civil is not just about motivating others. It is about you. If you are civil, you are more likely to be seen as a leader.

So where do you start? How can you lift people up and make people feel respected? Small things can make a big difference. Thanking people, sharing credit, listening attentively, humbly asking questions, acknowledging others and smiling all have an impact.

Try the 10-5 way, where if you are within 10 feet of someone, you make eye contact and smile, and if you are within five feet, you say hello. Be tough-minded on standards and tender-hearted with people

Civility lifts people. People give more and function at their best if we are civil. Incivility chips away at people and their performance. It robs people of their potential, even if they are just working around it. When we have more civil environments, we are more productive, creative, helpful, happy and healthy.

SHAVE FOR A CURE 2019—SEE INSIDE FOR ARTICLE



Kia Manawa Nui

Philip Gurney

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

QUALITY WORK – RESPECT FOR OTHERS

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IMPORTANT DATES

Friday 29th March	Reports Out—whole school
Monday 1st April	TEACHER ONLY DAY No school on this day
Thursday 4th April	Cross Country—see below note No electives on this day
Friday 5th April	Y9-13 Form Teacher Goal setting Parent/Whanau Interviews—no classes
Friday 12th April	Term 1 finishes
Monday 29th April	Term 2 starts

YEAR 9—13 FORM TEACHER GOAL SETTING PARENT/WHANAU INTERVIEWS

Friday 5th April 2019 10am—6pm in A, L or M block.

Parents and whanau are invited to Form Teacher Goal setting interviews.

Please bring your son or daughter to discuss goal setting with their Form Teacher.

Booking appointments online using the information below:
The portal is now open.

<https://www.schoolinterviews.co.nz/code?code=8hxe5>

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

Please note: No classes for students on this day

CROSS COUNTRY 2019 – ALL AGE GROUPS

THURSDAY 4th APRIL 2019

START OF RACE IS AT REX MORPETH FOOTBALL CHANGING ROOMS – **YOU WILL NEED TO MEET IN THE AUDITORIUM AT 1PM AND WE WILL WALK DOWN – NO STUDENTS TO DRIVE DOWN UNDER ANY CIRCUMSTANCES**

The event will be held during Lunchtime and Period 5
(There will be no electives on this day)

This is a sign up only event so if you have not registered you will not be allowed to race -

There will be a Prize Draw for all entrants.

****This is a Championship event so only if you have signed up you will be running in the event****

House points will be available for all entrants.

PE UNIFORM MUST BE WORN FOR THIS EVENT

THANKS MR STANHOPE

CAREERS CORNER

Year 13 Students – Going to University?

Here is something you need to be planning for now.

Open Days are a great way to get an understanding of what it would be like to be part of a particular university. Most universities have set their dates now – here are a few of the open day dates for the universities most used by Trident students. If the university you are thinking of is not listed here – check their website for the date or see me.

School trips are provided to Waikato University Hamilton, Waikato University Tauranga and Victoria University of Wellington. Sign Up sheets are in the Careers Room and the initial letters have already gone out to students already signed up for the Waikato University Hamilton day. For other cities – it is best for you to travel with your family to these days. Particularly the University of Auckland Courses and Careers Day – it is best to stay in Auckland the night before and to do that you need to book the accommodation now as it gets booked out. It is an early start on the Saturday morning so you need to be there. The day goes very quickly.

Dunedin Tertiary Open Day is actually over two days and again is well worth the time and cost to attend. Again you will need to book flights and accommodation asap.

Dunedin Tertiary Open Day

Tertiary Open Day 2019 will take place over two days, Sunday 5 and Monday 6 May.

Waikato University

Friday 17 May 2019

Canterbury University

Date: Thursday 11 July 2019 9am to 5pm

Register on line now

Victoria University

Friday 23 August 2019

Courses and Careers Day University of Auckland

Saturday 31 August 9am to 3.30pm

Robyn Cannell cannellr@trident.school.nz

Careers Specialist

UNWELL STUDENTS LEAVING SCHOOL

Some students are texting/phoning home saying they are unwell and asking parents to collect them; as a safety system they must go to the sick bay. Parents will be notified immediately should the student need to be collected. Please reinforce this procedure with your child. To ensure we can contact you in an emergency please make sure school is aware of any changes to your contact details.

SHAVE FOR A CURE 2019

Last Friday 22nd March, Trident hosted Shave for a Cure and Crazy Hair Day to support Leukaemia and Blood Cancer NZ. We had 25 Shavees, including 1 Teacher raising money through sponsorship and gold coin collection at the auditorium an outstanding **\$6,370**. The event at school was really fun, we made it a spectator sport with the Haircut Wheel of Fortune which gave the spinner whichever creative haircut they landed on. Overall the event was amazing and really successful. Thank you to all those that sponsored the Trident Shave for a Cure Team!



UNIFORM FOR SALE

We still have a few of the older style Polar Fleece for sale, only a selection left as below:

Large x 3, Small x 4, X Small x 6, 3XSmall x 4 \$30

Also, Waterproof jackets in Small and Large sizes \$35
Please pay at the office.

VOLLEYBALL NATIONALS FINAL RESULTS

Senior A girls' — Bronze Medal (Division 1)

Senior A boys' — Bronze Medal (Division 1)

Senior B boys' — 4th (Division 2)

Senior B girls' — 6th (Division 3)

Full wrap up from all the National teams' in next weeks newsletter and on the Facebook page.



Newsletter by email? If you would like to receive this newsletter by email please email newsletter@trident.school.nz

WAIKATO/BOP SECONDARY SCHOOL ATHLETIC CHAMPIONSHIPS

We had 3 students attend the Waikato/BOP Secondary School Athletic Championships on Saturday in Hamilton. To qualify for this event they had to place at the recent BOP School event earlier in March.

Sabian Clarke (Intermediate Girl) competed in the Long Jump 7th, High Jump 9th and Triple Jump 9th.

Oliver Ashburn (Intermediate Boy) competed in the 400m and came first with a personal best time of 54.24s, he also ran the 800m and came first with another personal best time of 2m 07.

Teagan Andrews—Paul (Senior Girl) ran the 400m and came first with a time of 61.7s which breaks the record she set last year at school.

Amazing results, Oliver and Teagan now qualify for the North Island Athletics Championships which are held in 2 weeks in Tauranga.

SWIMMING

Tessa Dodson, Joshua Jackson and Zoey Salt competed in the BOP Senior League in Rotorua this month. They were allowed to compete in 3 races and all swimmers competed in mixed events.

Results as follows:

Tessa Dodson

200 IM 2nd in age group

100 butterfly 3rd in age group

100 backstroke 3rd in age group

Zoey Salt

100 Free 7th in age group

100 Breast 5th in age group

100 backstroke 4th in age group

Joshua Jackson

200 IM 2nd in age group

50 breaststroke 5th in age group

50 backstroke 2nd in age group

Well done to Tessa, Zoey and Joshua!



SENIORS SURF LIFE SAVING NATIONALS

Last week seven of our lifeguards competed in the national event held in the Mount over three days.

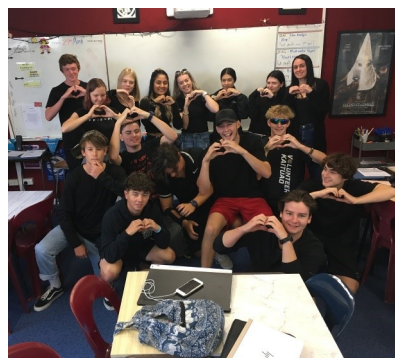
Mr Steve Williamson competed in the Masters event and got a 5th and 7th place in the swim events. Luke Seufert and Te Arohana Edgar competed for Opotiki Surfclub and paddled their way to a bronze medal in the U19 long course canoe. Luke then also got a silver medal in the U19 2km beach run. From Whakatane surf club, Francesca Kay and Clay Williams both moved up to the U19 age group this year and had some great races on their ski and boards making it through to semi finals. Ben Moir and Michael Esterhuizen both made it through to semi finals in their events and got a 7th place in their U16 taplin relay final. Ben Moir got a 7th place in the U16 beach flags and Michael Esterhuizen finished the weekend off with a bronze medal in the U16 ski race. Great racing by all our lifeguards in some challenging sea conditions!



YEAR 13—YEAR GROUP FUNDRAISER—BLACK SHIRTS FOR MAIA FOUNDATION

Year 13 class representatives organised a Mufti Day for the Year 13 students to wear a black shirt on Friday 29th March.

All money raised, **\$1,013** is going to the Maia Foundation, Christchurch Hospital and is specifically for trauma counselling for the First Responders after the terror attack. Look out for the article in the Beacon next week and our Facebook page.



Left photo:
Year 13 group

Right photo:
13JC form
class, showing
support and
aroha.