



TRIDENT LEADS

Newsletter 4
22nd February 2019
Term 1, Week 4

Kia ora whanau

CULTIVATE AN ATTITUDE OF GRATITUDE AT SCHOOL AND HOME

Gratitude is a powerful character trait! Studies have shown that even small expressions of gratitude can increase optimism, positivity and connectedness. These are essential in developing strong character and healthy well-being in young people. Learning how to see beyond challenges and to focus on what we are grateful for improves mental health. One of the most important skills I share with youth is that they have a choice:

**To react from their emotions
or To act from their character.**

Character based choices go beyond emotions, based on character traits that are important to them. Making choices from character traits they value helps them develop confidence and become more resilient in their lives.

Gratitude is an important character trait to develop in order to become more confident and resilient. Below are 4 simple, fun and effective activities that can be used at school or at home to help develop the character trait of **GRATITUDE**.

Being reminded to focus on what we enjoy and being grateful about life shifts our mood and mind to a happier state.

Gratitude is transformational! When you are choosing to focus on what you are grateful for it transforms how you interact with the world around you in developing specific skills:

Self-awareness: The ability to accurately recognise one's emotions and thoughts and their influence on behaviour. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism. Students develop a deeper awareness of their thoughts and feelings when they reflect mindfully on their experience of gratitude. Choosing to express gratitude also enhances students' confidence and optimism.

Self-management: The ability to regulate one's emotions, thoughts, and behaviours effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals. Choosing to respond with gratitude, when experiencing kindness from others, requires students to regulate their thoughts, feelings and actions.

Social awareness: The ability to take the perspective of and empathise with others from diverse backgrounds and cultures, to understand social and ethical norms for behaviour, and to recognise family, school, and community resources and supports. By considering the intentions and efforts of those they are grateful to, students develop social awareness. In particular, they develop the ability to take the perspective of others and to empathise with them.

Relationship skills: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed. When they express gratitude, students establish and maintain healthy relationships with others. Planning and carrying out acts of kindness toward others also strengthens relationship skills.

Responsible decision making: The ability to make constructive and respectful choices about personal behaviour and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others. In choosing to express gratitude, students practice responsible decision-making and enhance the well-being of others, themselves and the community.

At Trident we have much to be grateful for. The way in which our students engaged with staff in the Sports Day alternative events on Thursday, the outstanding Scholarship results, our dedicated teachers and our supportive community, families and friends are all essential elements of our community and show what we could do for each other if we acknowledged and worked on the good for all.

Kia Manawa Nui

Philip Gurney

M.Teaching (Distinction), M.Ed (Distinction), B.A Hons

Principal

On Athletics Day form class 9JR practising their Kara Kobras' pose!



QUALITY WORK – RESPECT FOR OTHERS

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IMPORTANT DATES

Wed 27th February	Year 9 Beach Day 9DG, 9JR, 9PR
Thurs 28th Feb	Year 9 Beach Day 9JB, 9MP, 9GR
Friday 1st March	Year 9 Beach Day 9SS, 9SB
Thursday 7th March	Swimming Sports
Monday 18th March	Teacher Only Day

BOP ATHLETICS CHAMPS 5TH MARCH – TAURANGA

Due to our Athletics day been rained off can all Year 11, 12 and 13 students who would like to attend the BOP Athletics Champs please come and sign up with Mrs Marrow in the Sports Coordinators office and advise which events you would like to do. I need these entries completed by Tuesday.

Junior Students – Yr 9 and 10

As our Athletics day was rained off we are going to hold some events on Monday to enable students who want to compete at the BOP Athletics Champs in Tauranga on March 5th to enter.

Monday Lunchtime – High Jump

After School from 3.10pm – 100m, 400m, Long Jump, Shot Put and Discus

Please come and attend these sessions if you wish to be considered for entry. If you can't make Monday then please come and see Mrs Marrow in the Sports Coordinators office.

TRIDENT MEETS CHALLENGING 5 YEAR ELECTRICITY SAVING GOAL IN LESS THAN 5 1/2 YEARS!

The school's electricity saving goal of a 40% reduction in costs was achieved in January. This is just 5 years and 5 months after the start of the projects to introduce cost saving and greater sustainability into the electricity usage at Trident. The initiatives have been the work of Dave Dobbin and the student based APEX Energy Council, as well as students completing their Level 3 Metal Tech projects.

Electricity Usage Summary - Trident High School					
	PEAK May 2012	NOW	Savings Difference	Reduction	Cumulative Savings since Peak May 2012
Total Cost / 12 mth	\$ 109,548	\$ 65,516	\$ 44,032	40.2%	\$ 200,695.85
Usage kWh / 12mth	446,433	292,608	153,825	34.5%	
kWh/m2 (9015m2)	49.52	32.46	17.1	34.5%	
Trident Electricity Use equivalent No. Houses per year	46.0	30.2	-15.9	Family Homes	

These initiatives include insulating hot water cylinders, replacing bulbs with LED ones, putting corridor lights on light sensitive movement sensors and extensive introduction of photovoltaic panels on the roofing at school. Trident's overall kilowatt hour consumption is now down by 34.5%. This represents a saving of \$200,000 over the five years. This saving is the equivalent of running 16 houses. Most of the initiatives have been funded by grants applied for by the students over the four years. The school's solar panels also yielded over \$160 worth of income to Trident over the summer break!

INCOME - money earned from exporting electricity (rate = 8 cents/kWh):

Dec 748 kWh = \$59.04

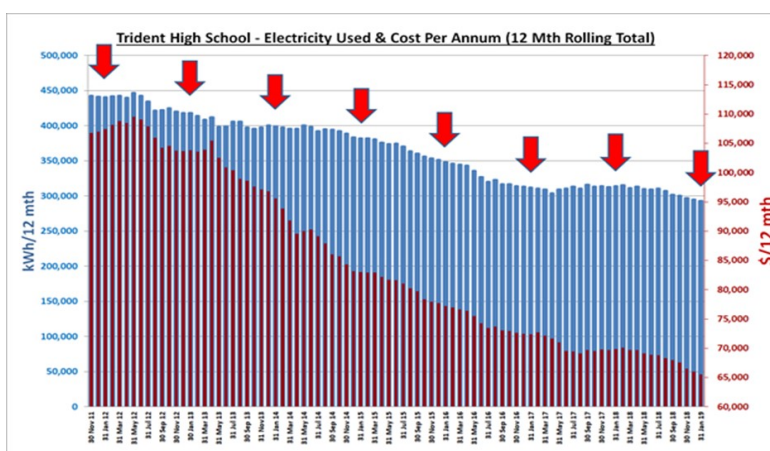
Jan 1275 kWh = \$100.66 **Total \$159.70**

RECORD LOW USAGE AND COST

Dec \$511 less than Dec 2017

Jan \$526 less than Jan 2018

As a school we are keen to continue the good work of the last four years by keeping the sustainability projects running this year. There are further electricity savings initiatives to come and the current initiatives need to be maintained. The school has also won the Enviro Challenge for the last two years. Students who are interested in being part of this challenge to maintain our efforts in this area should speak to Mr Andrew and join the elective which will run more sustainability initiatives in the school.



Electricity graph showing energy savings at Trident High School over 5 years and 5 months.

ATHLETICS DAY

Well done to the PE department and House Leaders for making the most of the sudden weather change. All students were having a great time and representing their houses so well! Kara won the Chant Battle...(part of their chant)
"We are tough, we are strong, we rep Kara all day long, We are Kara, we are great, we are going to win today!"
 Kara Kobras



Year 10 GBI class feeding the whole school!



SCHOOL TRUSTEE ELECTIONS

Make a difference
 Ki te whakapiki

How about becoming a trustee and using your skills and experiences to help shape a positive future for our children?

Who can become a trustee?

The membership of the school board includes 5 elected parent representatives, an elected staff representative and the principal. If the school has students above Year 9, the board also includes a student representative.

There will be a Parent Representative Election in June this year.

Nominations are invited for the election of 5 parent representatives to the Trident High School Board of Trustees. You are encouraged to seek information from current Board members or Philip Gurney, the Principal about the role of a trustee. The Board of Trustees' key areas of contribution are: Representation, Leadership, and Accountability and as Employer. The timeline for the election is:

Nomination forms will be posted by **10 May 2019**

Nominations close at noon on **24 May 2019**.

A voting paper will be posted to you by **29 May 2019**.

Voting closes at noon on **7 June 2019**.

Votes are counted on **13 June 2019**.

Lynette Bendikson, Returning Officer

CAREERS CORNER

CAREER DEVELOPMENT AT TRIDENT HIGH SCHOOL

I would like to extend a warm welcome to students and their whanau to the Career Centre at Trident High School. My name is Robyn Cannell and I will be providing Careers Development services for your students.

University Visits

Universities make two visits to school each year. The first visit is during term 1 or 2 and is an introduction advising what is on offer for students and a lot of information about university life generally. This covers entrance qualifications, university jargon, degree options and subjects available, scholarship opportunities and accommodation. While each university has an emphasis on their own offerings, the content of each first round presentation is valuable information across all New Zealand universities.

The second visit happens in term 3 or 4 and at this time school liaison officers provide course planning – that is the choice of papers and assistance with degree structure – support with completion of applications for accommodation and courses, information on scholarship application etc.

These visits are a great way for students to gain a greater understanding of what is available and what might be best for them. Here is an update of visits booked for the near future.

Date	Event
Thursday 28th Feb 9.30am—10.30am	FRV Waikato University
Thursday 14th March 8.55am	FRV Massey University
Thursday 14th March 10am	FRV WINTEC Library
Monday 8th April 11.30am	FRV Victoria University of Wellington Library
Wednesday 10th April 9am	FRV Canterbury University Library
Wednesday 10th April 12pm	FRV Otago University Library

Careers advice and guidance—Individual appointments are available for students to discuss subject choices, career options, further education etc. Students can make appointments by coming to the careers room.

Parents and caregivers are welcome to email cannellr@trident.school.nz, or phone 3088159 ext 217.

FACEBOOK PAGE

Please follow **Trident High School News** on Facebook for regular updates on our fantastic Trident Community.



NEWS REQUEST

Please email thompsonsh@trident.school.nz with details of your child's achievements so we can chat to them and share their success. Many thanks!



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

SPORTS NEWS

KAYAKING NATIONALS

Last week Friday to Sunday four of our students competed at the kayaking nationals at Karapiro.

Matthew Reihana-Asquith (*right*) competed in the U16 age group and did very well to make semis in all his individual events as he will be in the same age group next year.



Michael Esterhuizen qualified for finals in all his individual events and finished 4th in the 5km, 5th in the K1 500 and 9th in the K1 200.

The boys teamed up in the K2 events placing 6th both times and both paddled their way to a bronze medal in the K4 events.

Caitlyn Esterhuizen and Jess Cleghorn both competed in the U14 age group and managed a 3rd and 4th in the K1 200, 5th and 6th in the K1 500 and a 1st and 3rd in the 5km individual events.

The girls paddled their way to a Bronze medal in the K4 event, but the highlight for them was teaming up in the K2 boat and winning silver in the 200 distance and then gold in the 500 distance.

A great weekend of paddling for all four students and a huge buzz hanging out in the tent with team mate Olympian Lisa Carrington.



SCHOOL LEADERS

16-18 year olds

8-28 April - 21 days

For students transitioning to or in a leadership role in year 12 or 13.

Understand what it means to become a leader and work as part of a team. Learn how to inspire others and be a great role model. Form life-long friendships and networks with other young leaders from schools across New Zealand.

Key Outcomes:

- Explore and build on your leadership strengths
- Learn how to be part of a high performing team
- Communication skills including inspiring, coaching and understanding others perspectives
- Develop new networks and relationships with other young leaders across NZ
- Gain an understanding of how your personal values influence you as a leader

LEAPS & BOUNDS

13-15 year olds & parent/caregiver

11-18 April - 8 days

Leaps & Bounds is the ultimate parent/teen bonding experience.

Leave devices at home and reconnect with your teen over 8 days of outdoor challenge and adventure. Together you will problem solve, overcome challenges and celebrate each other's strengths.

Key Outcomes:

- Gain trust, respect and a more meaningful connection with each other
- Experience working in a partnership and as part of a wider team
- Push your own self-imposed boundaries and support your teen as they push theirs
- Develop an understanding of each other's strengths and capabilities
- Gain a better understanding and appreciation for the outdoors

To find out more go to outwardbound.co.nz or talk with our friendly team on 0800 688 927

SWIMMING NEWS

Zoe Christie swam in the Kiwanis Lake Rotoma swim on Waitangi Day and was placed 3rd in U16 woman's 1.5km swim. Well done to Zoe!

(Zoe on left)



CRICKET NEWS

Mr Gurney is pictured presenting Prefect and Trident cricketer Daniel Ford with his baggy cap.



On Saturday Trident XI faced Aquinas College. Trident won the toss and batted first finishing with 155/9.

Aquinas were all out for 97.

Dan Ford 42 runs

Jack Clark 22 runs

Ethan Forbes 22 runs

Harry Jones 20 runs

Lochlan White (*Opotiki*) 21 off 8 overs

Ethan Forbes 3-21 off 6 overs

Dan Ford 2-4 off 3 overs

Trainings are held every Thursday 3.30pm-5.30pm at the cricket nets. Any new players welcome.

SHOOTING NEWS

Ex student Bridget Hutching recently competed at the Shooting World Championship held at Trentham in Wellington. Bridget's team won gold!



PARENT TO PARENT—CALLING FOR VOLUNTEERS

Volunteers needed to help keep Kiwi kids safe this Children's Day. By joining us at your local Bunnings Store on Sunday 3rd March you could save a child's life!

We are looking for volunteers to help out at Parent to Parent's first ever SafeSquares event. The concept for SafeSquares springs from Kiwi grassroots, where farms had designated safe spots for kids to stand when there were tractors and vehicles operating nearby, or stock passing. These spots were usually marked by a paver.

We've adapted it for Urban kids too—particularly in light of toddlers tragically run over in their own driveways. It's also useful for older kids who are neurodiverse or have a disability.

Hosted by Bunnings nationwide, families will have the chance to decorate their own free SafeSquares paver and take it home.

We need volunteers up and down the country to make this happen. Would you be willing to donate a few hours of your time between 9am and 3pm next Sunday 3rd March?

Sign up as a volunteer here: <https://bit.ly/2AYqAmA>

KIA MANAWA NUI—HAVE COURAGE