



# Excellere College

Whaia te Maramatanga o Te Karaiti

**Excellence in Learning - Christianity in Living**

Newsletter - Te Pānui

April 6 2023

Term 1 Week 10

## Upcoming Events

|                           |   |
|---------------------------|---|
| 7 - 23 April              | <b>TERM 1 HOLIDAYS</b>                        |
| 24 April<br>Mon           | <b>TEACHER ONLY DAY</b>                       |
| 25 April<br>Tues          | <b>ANZAC DAY<br/>(Public Holiday)</b>         |
| 26 April<br>Wed           | First School Day of<br>Term 2                 |
| 26 April<br>Wed           | Cyclocross at                                 |
| 27&28 April<br>Thurs, Fri | Workplace & Outdoor First                     |
| 1 & 2 May<br>Mon, Tues    | Scuba Course                                  |
| 5 May<br>Fri              | Assembly<br>Arise Church                      |
| 8&9 May<br>Mon, Tues      | Scuba Course<br>Year 12 PE                    |
| 10 May<br>Wed             | Cyber Safety Presentation                     |
| 11 May<br>Thurs           | School Cross Country<br>Year 1-13             |
| 16&17 May<br>Tues, Wed    | Food & Beverages Course<br>Year 11 @ Northtec |
| 16 May<br>Tues            | Turbo Touch Festival<br>Year 7 & 8            |
| 17 May<br>Wed             | Winter Sports Tournament<br>Year 7 & 8        |
| 16-19 May<br>Tues-Fri     | Duke Of Edinburgh Hike<br>Peach Cove          |
| 18 May<br>Thurs           | Mixed Turbo Touch - Cup<br>Year 9 & 10        |
| 23&24 May<br>Tues&Wed     | Food & Beverages Course<br>Year 11 @ Northtec |
| 24 May<br>Wed             | Winter Sports Tournament<br>Year 5 & 6        |

## From the Principal

Kia ora Excellere Whānau,

Well, that wraps up Term 1 already! It has been a joy to meet so many encouraging and faith-filled people over the last few weeks. I truly appreciate the community members who have taken the time to introduce themselves to me. Unfortunately, there have been several interruptions to the school programme but we do our very best to keep these to a minimum. Thank you so much for your understanding and patience.

Thank you so much to everyone who has worked to make the car park a much safer place at 3pm each day. I acknowledge that this is a very busy time of the day and your patience is very much appreciated. In the very near future we are having the lines repainted. This will include a pedestrian crossing and a "No Parking" zone to make it safer for the buses. Thank you also to the teachers who have been out there everyday keeping our precious tamariki safe.

Further work is going into a 20 Year Plan for our school. Ultimately, we are looking to expand the reach of our special character Christian education model. This would enable around 1000 students to progress through the New Zealand Curriculum whilst loving the Lord all the way. In the meantime our two new classrooms will be open for business by the beginning of Term 3. Thank you to the Whangārei Christian Education Trust (WCET) for their ongoing support and vision.

In the week before Easter we are reminded of the sacrifice that Our Heavenly Father made for us. His son Jesus died for our sins. This enables us to lead a life free from guilt and condemnation. Of course Jesus rose from the grave and now sits at the right hand of his Father.

1 Peter 1:3: "Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead."

Have a wonderful and safe holiday. We look forward to seeing you all back on Wednesday 26th April.

Ngā mihi  
Blessings  
Andy Mouat

## Progress on the New Classrooms and Offices

Due to be ready to use at the start of Term 3! We will have two new classrooms, a PE office and PE shed for all the sports equipment. Exciting times for Excellere College.





## Term 1 Assembly

We had a whole school assembly at Arise Church in Tuesday Week 10. It was great to have the whole school together after so many weeks and celebrate the successes and the reason for the Easter season. The house leaders received their badges and awards were given for athletics, swimming, NCEA achievement, Duke of Edinburgh, and credits gained in senior courses.

We were lead in song by the school worship team and enjoyed a special easter duet by Mrs Matheson and Mr Osborne. We reviewed the term with a school slide show followed by a light-hearted easter video. To finish our Principal Mr Mouat spoke about aiming high when goal setting. Staff and parents enjoyed light refreshments in the school Whare afterwards.





## Year 12 Tangihua Camp Reflection

In Week 6, the Year 12's went on a 4 day camp in the Tangihua ranges. Mr Buchanan organised an amazing camp for the 15 students who attended, supported by Mrs Minnaar and Miss Hale. Thanks also to the parents who came and helped out: Mr Steve Dawson, Mr Mark Hollis, Mrs Mercelene Calitz, and Mrs Sharlene Ligget.

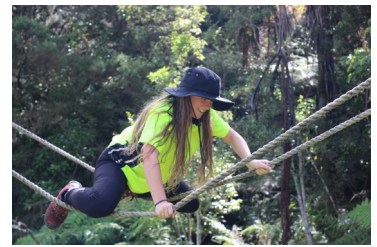
The students participated in a range of team building activities, the experienced making their own camp and sleeping/cooking outside, a challenging confidence course, setting and checking possum traps, and various bush hikes. A big thanks to Mr Keyte who came out for the afternoon and took a few keen ones on a 4 hour trek out to the Tangihua summit. Miss Lamason who lead the students in devotions on the first night and of course the nine past students who did such a good job of making the Burma trail a memorable experience.

*'My highlight was the challenge of the rope bridge. I attempted it twice and still didn't make it across, I did get plenty of rope burn though.'*—Aimee

*'The highlight of camp was summiting the Tangihuas. It was a quick but challenging walk with some awesome terrain and views of each coastline.'* —Joel

*'My highlight of the camp was walking in the bush setting the possum traps. We later caught 5 possums from about 10 traps that we had laid.'* —Ethan

*'My highlight was the Burma trail. As we were going through the Burma Trail; Jordan Allan an ex-classmate and other graduated students scaring us. It was awesome.'*—Morgan



## Learning About Brain Injury with Northland Brain Injury Association

Last week Vikki from the Northland office of the Brain Injury Association came to chat to the Y5&6's. We learned about different types of brain injuries, simple preventive things we can do to look after ourselves, and various ways head injuries can impact someone's daily life. Students got to touch a replica brain, and learn about the functions of the different parts of our brains. We had a hot chip and iceblock fundraiser to raise money for the Northland Brain Injury Association and raised \$487 for the cause.

*'You have to wear a helmet on your bike and scooter and seatbelt in the car. Always be careful to protect your head and your brain, to help you stay safe. A brain injury can damage your eye sight. My favourite thing was watching the kids try the concussion goggles and try to walk on the special mat.'*—Alana Gildenhuys

*I got to try the concussion goggles, it felt very weird! The lines on the mat looked like they had swapped places and there were different rainbow patterns on the edges. I definitely don't want a head injury after experiencing that! I'll always make sure I wear my helmet when I ride my horse!' - Sophia Restrepo*





## Level 1 Art Photography Trip

In week 8, the Level 1 art students went to the town basin to do a documentary photography project. They had to take a range of photos that captured the features of the town basin and also select one location to base their work on for the year.

We were very blessed with stunning weather and got some amazing shots of the town basin and surrounds. The dogs walking the loop with their owners were a favourite of the students as were the yachts motoring into the basin and the 12pm bridge raising.

With the weather being so hot we ended the Loop walk a little early with Mrs Anson electric scooting back to retrieve the school van and save us from the unrelenting sun.

- Julie Hale, HoD Visual Art



## Business Studies

Our Level 1 Business Studies students had the opportunity to take part in a speed coaching seminar where they had to present a product or service idea to local business owners and got some amazing feedback as well.

The students were very excited to share their ideas with the speed coaches and were amazing with their presentations. The students are working towards a big project that is happening in August. We will share some information with you in the near future.

- Chantel Minnaar, Business Studies Teacher



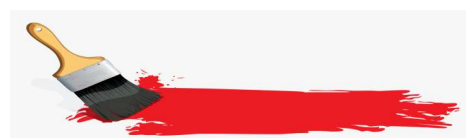
## School DIY Project Help

Dear Parents and Whanau

We are planning to give a few of the areas around the school a makeover and the students will be helping out and restore some furniture. If you have any extra paint, varnish, brushes, or diy supplies lying around the house, please drop them off at the school office!

Also, if you have any items we can use for our foyer display for Easter, please do bring them in!

We really appreciate your help,  
Blessings.



## Excellere College School Board Casual Vacancy for Parent Rep.

A casual vacancy has arisen on the School Board for an elected parent representative. The Board has decided to fill the vacancy by **selection** rather than calling for a by-election. If you wish to be considered for the selection for Parent Representative then please send a letter explaining what skills and interests you could bring to the board, along with a short CV . Please forward your CV & letter to [office@excellerecollege.school.nz](mailto:office@excellerecollege.school.nz), as we would love to have a range of skills on our Board. If 10% or more of eligible voters on the school roll ask the Board within 28 days of this notice being published, to hold a by-election to fill the vacancy rather than fill the vacancy by selection, then a by-election will be held.

Requests for a by-election should be posted to:

Mirko Wojnowski,

Presiding Member (Chair) Excellere School Board

C/- Excellere College 39 Great North Road, Whangārei 0112

by: 3:00pm 3<sup>rd</sup> May 2023



## Year 5 & 6 Touch Tournament

During week 8 our Year 5 & 6's had the opportunity to compete at a local Touch Carnival at Kensington park. We had an absolute blast with 2 girls teams and 1 boys team entered. Our players showed great integrity and sportsmanship.

Thank you to those parents who came and were part of the day. A special mention needs to go out to Mia Van der Hulst who was selected for a standout prize from the organisers. Well done to everyone who was there

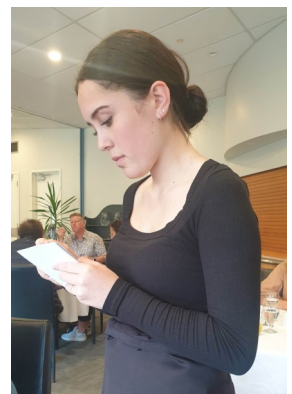
- Zola McDonald, Sports Co-ordinator



## Year 11 Food and Beverages Course at NorthTec

Over the last few weeks, half of the Year 11 students have been attending a food and beverages course at Northtec. The staff at Excellere College were very lucky to go and be served by them last week and experience what they have been learning.

While the service was provided by the Year 11's, we were delighted to find out that the food was made by Northtec's Level 4 hospitality students which included one of our graduate students Bianca Allan.





## Wild Kiwi Winner

On Saturday 11 March Mr Keyte competed in the Wild Kiwi 15km trail run. He managed to get into the leading pack for the first 4km, then was able to get a gap from them while going up the 1206 stairs up Mt Lion.

While on the ridgeline his broad shoulders made it hard to weave through the trees and stay upright in the very muddy conditions. However he was able to hold on and win the race in a time of 1:30 hours.



## NASA Engineer Presentation

We were blessed to have Frank Ritzert, a NASA engineer, at a special assembly last week. Frank spoke of how he had worked on some of the biggest rockets being used today.

He also reminded us that God can do great things through us when we walk in His ways.



## WPSSA Swimming Sports

This term, our Year 5-8s had the opportunity to qualify and participate at the Whangarei Primary Sports Swimming Championships held at Whangarei Intermediate School. We had a team of 5 who made the grade, and all swimmers did so well.

The competition was REALLY tough, but we did great to come away with a 2nd overall in the Year 5 girls breaststroke, so a very special mention to Emma Posthumus for this huge achievement. Emma will now have the opportunity to compete at the Northland area championships in Dargaville.

Update: Congratulations to Emma Posthumus who went on to compete at the Northland Area Swimming Sports Championships and placed 3rd in the 9 Year old girls 100m freestyle event. — Zola McDonald, Sports Coordinator.





### NCEA Level 1 Results

- Jessica Dawson: Merit Endorsement for PE, Visual Art and NCEA Level 1
- Bryn Hollis: Merit for Visual Art
- Jaeyun Kim: Merit Endorsement for Science, Excellence Endorsement for Maths and NCEA Level 1
- Daniela Webster: Merit Endorsement for NCEA Level
- Willie Volschenk: Merit Endorsement for English, PE and NCEA Level 1
- Aimee Whitehead: Merit Endorsement for PE and NCEA Level 1
- Joel Schoemaker: Merit Endorsement for PE, English and NCEA Level 1
- Ani Ripia: Excellence Endorsement in Visual Art and Merit Endorsement in English
- Owen van Heerden: Merit Endorsement in Visual Art
- Morgan Swanepoel: Merit Endorsement in PE
- Ella Edwards: Merit Endorsement in PE

### NCEA Level 2 Results:

- Melisa Tshuma: Merit Endorsement in L2 English
- Caleb Duinkerke: Merit Endorsement in L2 History, English and NCEA Level 2.
- Kitchie Turque: Merit Endorsement for Health, English and NCEA Level 2.
- Zyber Sta Cruz: Merit Endorsement in Level 2 Health and NCEA Level 2

### NCEA Level 3 Results:

- Guinevere Janse van Rensburg: Merit Endorsement in Level 3 Painting and Design.

**KATRINA AUBREY**  
Director  
Clinical Sleep and Fatigue  
Management Consultant



- Level 3 Home based sleep testing
- Sleep hygiene consultation
- Corporate sleep and fatigue management workshops

Contact:  
021 0900 0117  
katrina.aubrey@soundsleep.co.nz  
facebook.com/soundsleepnorthland  
linkedin.com/katrinaaubrey



Hikurangi: Joel Schoemaker & Willie Volschenk



Parakiore: Morgan Swanepoel and Melisa Tshuma



Hurupaki: Ulricke Schreuder and Zyber Sta Cruz



Parihaka: Rhazarius Gordon and Micah Ellis



## Year 7-13 Athletics Continued.....

During Week 8 we managed to hold our 1500m final and our house relays. In the house relays we saw Parihaka take out 1st place, followed by Parakiore, Hikurangi then Hurupaki - well done teams.

For the 1500m we saw some serious speed on the track, no one managed to finish ahead of Mr Keyte ('vintage' has still got it), but there is always next year. The results are below, but a special mention needs to go out to Kelly de Beer who smashed the U14 girls record by 9 seconds. Well done Kelly!

### House Relay Results

1st

Parihaka

2nd

Parakiore

3rd

Hikurangi

4th

Hurupaki



### 1500m Race Results

#### U12 Girls

1st: Kylie Bradley  
2nd: Emilee-Jae Bristowe  
3rd: Sarah Philander

#### U12 Boys

1st: Izzy Yung 5.54min

#### U16 Boys

1st: Josh Carter 5.18min  
2nd: LJ Volschenk  
3rd: Levi Yung

#### U14 Girls

1st: Kelly De Beer 5.56min

#### U14 Boys

1st: Declin Edgecombe 5.25min  
2nd: James Bradley

## Year 5-9 Table Tennis Coaching

Excellere College was privileged to have Naina from Whangarei Table Tennis Club come in to our school to give our students a 'table tennis taster' this week. Years 5-9 have had the opportunity. These are the high lights from Week 1 of our taster session. From here, the students who are keen to learn more will be offered the opportunity to join the Excellere College Table Tennis club that Naina will come in to our school to take the students for sessions

The goal here is to be able to enter events that are on the sports calendar and to have confident players amongst all year levels. If your child is keen to learn more about Table Tennis and would like to be involved the Whangarei club, just let me know.

- Zola McDonald, Sports Coordinator





## Northland Secondary Schools Athletics

Congratulations to our athletics champions who went on to represent Excellere College at the NSSSA athletics championships during Week 7. We had a small team of 5 students who went into compete at numerous field events, including, discus, shot put, javelin, long jump, high jump and triple jump. We came away with some awesome results:



**Aiden Marais, 1st junior boys discus**

**Joshua Carter, 3rd int. boys triple jump**

**Miguel Shortland, 2nd int. boys javelin**

Congratulations to all of our athletes, it is honestly a big deal to qualify for this event as you are up against the best of the best from the area. Well done to you all.

## Excellere Results at Glenbervie Trail Run

Congratulations to Kelly de Beer and Mr Keyte for their top efforts at the Parihaka trail run - Glenbervie Edition.

Kelly placed 2nd overall and was first female in the 5km event, with a time of 27mins.

Mr Keyte came 2nd in the 12km race with a time of 55min.



## Year 12 PE Trip to the Poor Knights

On the 3rd of March the Y12 Physical Education class went to the Poor Knight islands as the final part of an assessment looking at risk management.

We were blessed with blue skies and calm seas. Dolphins escorted the boat out from Tutukaka, and followed it on the way back, a real highlight for everyone. The students were able to snorkel in clear water, kayak and paddleboard.

No real risks arose due to the students sound planning and a great day was had by all.



## Excellere EnviroSchool Presentation

Excellere College is an EnviroSchool and an educational branch of Keep New Zealand Beautiful. Recently we had a visit from a council marine biosecurity biologist last Tuesday. Aless gave a presentation to Year 7's and 8's about the job. The students learned about some of the pests, where they come from and what harm they can cause to the New Zealand marine ecosystem.

Year 10 and 11 students, however, learned hands on by dissecting a marine pest called "fan worms", looking at the female worm cells to identify if they were carrying eggs.

- Mehrzad Zamanpour HoD Science, EnviroSchool Coordinator





## Advertise Here!

Advertise your event or business in the school newsletter. For more information and pricing contact  
[julie.hale@excellerecollege.school.nz](mailto:julie.hale@excellerecollege.school.nz)

P: 0800 120 449 M: 022 393 7887  
E: [lee@balanceadvisors.co.nz](mailto:lee@balanceadvisors.co.nz)  
W: [www.balanceadvisors.co.nz](http://www.balanceadvisors.co.nz)  
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## Cyber Safety Information Evening

Whangarei Life Education Trust is excited to bring Rob Cope to Whangarei to equip Parents/Teachers/Educators with all the information they need to make sure kids are safe and protected when online.

Rob has masses of knowledge after years of research in this field. He will be speaking on the 10th of May at Kamo Intermediate school. Further details below:



Life Education Trust Whangarei presents:

### Parents Cyber Safety Evening

With Rob Cope – Author, Parent & Filmmaker of the 2020 documentary: 'Our Kids Online'

- Understand the harms our kids are facing online in relation to cyber bullying, predators, pornography, gaming, social media and the 24/7 switched on effect on the developing brain.
- Learn practical solutions to keep your children safer online.
- Get advice on healthy ways to approach these tricky topics.
- Learn what to do when your child has been exposed to something harmful.

Watch the promotional video here – [Our Kids Online Parent Evening](#).

KAMO INTERMEDIATE SCHOOL  
WEDNESDAY 10TH MAY 2023 | 6.30PM - 8.30PM  
10 HAI LES ROAD, KAMO, WHANGAREI  
PLEASE PURCHASE TICKETS HERE: <https://mytickets.co.nz/keeping-our-kids-safe-online>

To find out more about Rob's work visit [www.ourkidsonline.info](http://www.ourkidsonline.info)

## Term 2 Sport Calendar

### Term 2 Events Year 1-6

#### Week 3:

Excellere Cross Country + Renew, Years 1-13, Thurs May 11

**Week 6:** WPSSA sports Tournament, Years 5-6, Wed May 31

### Term 2 Events Year 7-9

**Week 1:** Cyclocross event in-school, Years 7-13, Wed April 26  
Seniors at lunchtime, bring your own bike or borrow one on the day, dress up optional

#### Week 3:

Excellere Cross Country +Renew, Years 1-13, Thurs May 11

#### Week 4:

Turbo Touch years 7-8, Tues May 16

WPSSA Sports Tournament, Years 7-8, Wed May 17

#### Week 7:

Basketball 3x3, Year 9-10, Thurs June 8

#### Week 8:

Table Tennis, Year 7-8 Thurs June 15

#### Week 10:

Interschool Cross Country, Years 7-13, Tues June 27

Renew sports exchange, Wed June 28

### Term 2 Events Year 10+

#### Week 1:

Cyclocross event, Years 7-13, Wed 26th April. Seniors at lunchtime, bring your own bike or borrow one on the day, dress up optional.

#### Week 3:

Excellere Cross Country +Renew, years 1-13, Thurs May 11

#### Week 4:

Turbo Touch Years 9-10, Thurs May 18

#### Week 7:

Basketball 3x3, Year 9-10, Thurs June 8

#### Week 8:

Basketball 3x3, Year 11-13, Tues June 13

#### Week 10:

Interschool Cross Country, Years 7-13, Tues June 27

Renew Sports exchange, Wed June 28





## Year 8—Term 1 Highlights

**Buddy Class** - This years fabulous Year 4s are our Buddy class. Ms Jongkind is their teacher and we had a variety of physical, paper-plane, Easter craft and Bible fun activities together. We really enjoy being with our “little” buddies. Here are a few photos of our little “whanau”.

**Adrenalin Park** - During week 8 we had the most amazing day at Adrenaline Park. The water was warm and the weather was perfect and we all loved being in the water. Some of us, including Mrs Hill, jumped from the High Tower.

**Sausage sizzle Mufti Day for Arthritis NZ Fundraiser** - Friday of Week 3, we did a very successful fundraiser for Mr Justin Hill. He started running from Cape Reinga in 2021 and was determined to finish the quest by April 2023 in Bluff. Excellere donated just over \$700. The Year 8s all made efforts to support Mr Hill before and during the cape2bluff4arthritis challenge.



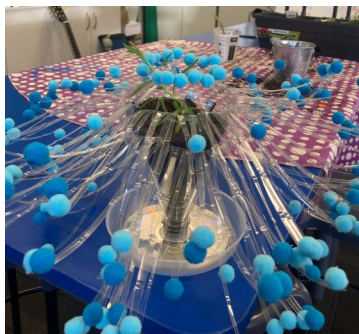
## Year 9—Term 1 Highlights

Hello whanau and families, despite slight setbacks and changes to plans across the term, we have had a successful 10 weeks together. Please continue to check our school website to keep up to date with information and to find out more about the school. [www.excellerecollege.school.nz](http://www.excellerecollege.school.nz)

Our Buddy Class this year are the Room 2 students and we have made some friends there. So far we have spent time together on the playground, watched a bit of Bluey together and done some craft activities. Its a great way to get to know other students in the school and for us older ones to be a support for the younger ones.



The Year 9 class had an opportunity to get back over and connect with some of the residents at Merrivale Rest home. As part of our learning this term we upcycled a plant pot and grew a plant to give as a gift to the elderly. It was an interesting and moving time as we got to know them and for some of our students this was the first time they had visited an establishment like this. The staff and the residents loved having us there and are looking forward to further visits.

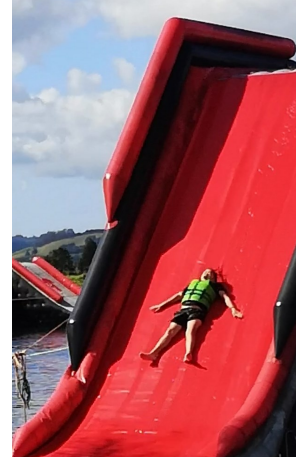




## Year 7-10 Adrenalin Adventure Park



The weather may not have been so good for February but this March has enabled us to get out and enjoy the outdoors. A highlight this term has been taking the year 7 - 10 students at the Adrenalin Adventure Park. It was a beautiful day to be diving and jumping into the much colder lake. Some of the teachers and parents were fully involved and immersed while others kept a close watch from the grassy bank. It was a fun day for students and helpers.



## House Event—Paper Plane Throwing

