

What has been highlighted through a number of agencies recently is an increase in risk-taking behaviour by youth, especially around drugs and alcohol and associated behaviours while under the influence. We are not naive enough at Hurunui College to think we are immune from this type of behaviour and are always working hard to provide a range of education and support to help our teenagers make informed and sensible decisions around the use of drugs and alcohol. The effects of drug and alcohol use on the developing teenage brain are well documented and the evidence is now hard to ignore. One aspect is the forming of behaviours that can influence them into adulthood and the other critical consideration is the disruption of brain development during a major rewiring process that happens during adolescence. For boys, this rewiring process can still be happening well into their twenties. During this rewiring process adolescences display poor judgement and struggle to evaluate consequences. Add alcohol into this recipe and we have a potentially dangerous cocktail. Alcohol.org.nz provides some sensible advice for parents including the following...

- Not drinking alcohol is the safest option for children and young people.
- Those under 15 years are at the greatest risk of harm from drinking alcohol and this risk continues through to the age of 18 and into the early twenties. For young people, the safest option is to delay drinking for as long as possible.
- If teenagers do drink alcohol, they should be supervised, drink infrequently and at levels well below the adult daily limits.

What you can do

Delay your teenager's introduction to alcohol as long as possible. Most teens obtain alcohol from a parent, caregiver or another family member. Only one in ten purchase it for themselves. Research shows that the younger your kids or teens start drinking, the more likely it is that they will go on to drink harmfully in their late teens and adult life.

Small amounts - Teenagers have a lower tolerance to alcohol than adults and suffer disproportionately harm from alcohol use. Therefore, if you decide to supply your teen with alcohol, give only small amounts and never

exceed the recommended daily amounts for adults. If you are having a party where alcohol is allowed, you or a trusted adult need to actively supervise the party. Your involvement needs to be visible. Young people will be safer if adults are moving through the party regularly. Serving food achieves this effortlessly. If your teen is going to a party where alcohol is present, the adult hosts must have your express consent to supply alcohol to your teenager. This is the law.

We will continue to reinforce this message through the school, but what we do know is the greatest difference can be made in the home. Talk to your teenagers about harm reduction and the alternative choices they have to drug and alcohol use. Peer pressure is also a huge contributing factor and discuss the support you can give to them to help them make healthy decisions.

Nāku noa, nā
Stephen Beck
Tumuaki - Principal



The Hurunui College Sports Department would like to thank "The Trusts Community Foundation" for their funding grant which has helped us purchase a new set of Sports singlets.

Week ending 16th March 2018

Living Waters Hurunui Food Bank

Phone 261 3115



03 314 4430 (office)



office@hurunuicollege.school.nz



www.hurunuicollege.school.nz



Hurunui College School / Hurunui College PTA / Hurunui Nina Valley Restoration Group

SCHOOL NOTICES

RISE AWARDS Congratulations to the people who received RISE awards last week for demonstrating our school values. You have earned points for your House. The following people have had their names drawn to receive a principal's reward; see Mr Beck on Monday.

Year 0-7 Caitlyn Ferguson for helping another student do their work.

Year 8-13 Shakira Cameron for showing Excellence in PE.

Coming Events

Week 7

17 Mar Hawarden Show

Week 8

20 Mar Year 3-4 HPSSA T Ball (ppd 22nd Mar); Whanau Hui

22 Mar Nth Canty Swim Champs, Dudley Pool

23 Mar Year 1-7 Assembly

Week 9

30 Mar Good Friday, school closed

Week 10

2 Apr Easter Monday, school closed

3 Apr Easter Tuesday, school closed

5 Apr CPSSA Swimming, Selwyn

6 Apr ME Programme

Week 11

9 Apr Full School Assembly, 9am. HPV injection.

10 Apr HPSSA Triathlon

11 Apr CASAFest team departs, Akaroa

13 Apr CASAFest team returns; **Last day of term 1.**

Check our website at www.hurunuicollege.school.nz and follow the link to our school calendar for further school events.

NINA VALLEY RESTORATION GROUP TRIP Weekend of 24th March. Permission slips can be collected from the office.

WHANAU HUI

Nau mai haere mai! Calling all parents/ guardians of Maori students at Hurunui College. We are looking for keen and motivated parents to get our Maori focussed activities moving for 2018. The more we have in the group the easier it is to share the load. This year we are celebrating Matariki school wide, Kapahaka, Taiaha training camps, getting our marae plan out as well as a few other big ideas. **SO WE NEED YOUR HELP! TUESDAY 20TH MARCH 6.30PM** We'll start with kai so bring a plate - there'll be Fried bread! Maybe some other delicious kai too.

Nga mihi - Sonia Talivai (Kaitako Māori)

BASKETBALL DRAW FOR YEAR 5 TO 8 TEAMS

Friday 16th March as follows:

Hurunui Hotshots vs Nth Loburn All Stars	RNLS1	4pm,
Hurunui Hurricanes vs Ashgrove Raiders	Mega 2	7pm,
Hurunui Hustlers vs KJBC Raptors	RNLS 2	7.45pm
Hurunui Hoopsters vs KJBC Kings	Mega 2	5.30pm

Results from last week:

- Hurunui Hot Shots lost 17-7
- Hurunui Hurricanes lost 51-19
- Hurunui Hustlers lost 74-17
- Hurunui Hoopsters lost 84-8

CCHS ATHLETICS: Firstly I would like to thank all the students who attended this event last week. It was good to see most of you giving it a go and some great results were achieved. It is always hard to be fit for this event due to us holding our athletics back in November. Also a big thank you to all the parents who took transport and helped on the day. Many thanks again. Results are on the school website / blog.

CANTERBURY PRIMARY SWIMMING CHAMPIONSHIPS

Congratulations to the following students who have been selected to attend the Champs at Selwyn Aquatic Centre in Rolleston on Thursday 5 April. Sophie Thompson, Riley Abbott, Josh Gunn, Sam Earl, Blake Earl, Regan Kay, Olivia Frame, Geordie Hassall. Well done and all the best.

HURUNUI COLLEGE TRIATHLON Congratulations to all the students who competed in our school triathlon on Tuesday. Results as follows:

Individual Year 5-8

1st Regan Kay, 2nd Ella Ferguson, 3rd Olivia Frame

Team Year 5-8

1st Mateo Bonny, Geordie Hassall, Josh Gunn, 2nd Ollie Zino, Luke Chisnall, Sophie Wright, 3rd Blake Earl, Ben Spencer

Individual Year 9-13

1st Nathan Kay, 2nd Jacob Paton, 3rd Tessa Allan

Team Year 9-13

1st Tahlia Beck, Dean Cottrell, Jade Northover, 2nd Jackson Bau, Luke Sterne, Caleb Norton, 3rd Mitch Berry, Zahra Pengelly. Well done and thank you to everyone who helped on the day.

COMMUNITY NOTICES

CHURCH SERVICES SUNDAY 18TH MARCH 2018

Anglican/Presbyterian 10.00am St James

Catholic 6.00pm Culverden

Living Waters 10.30am - 12 noon at 47 Princes Street, Waikari

Waikari Gospel Hall Sunday 11:15am, Bible teaching and Sunday School, 5 Denham Terrace

FOOD BANK, FOOD BANK

Living Waters Hurunui Outreach Food Bank. Monday, Wednesday, Friday 9am-2pm. Contact after hours: ph 03 261 5114 or 027 448 6594. fb: Living Water Hurunui Outreach. web: <https://livingwatershurunui.wixsite.com/website>

SCOUT HALL / GYM CLOSED Wednesday 14th - Wednesday 21st due to the Hawarden Show.

HAWARDEN WAIKARI RED CROSS AT THE SHOW

We will have a knitting Stall at the Show with children's garments for sale as well as a Lucky Draw raffle. Four good prizes. Bring money to purchase!

HURUNUI COLLEGE PTA

Would you like your kids school trips, camps and activities subsidised? Would you like new equipment for your kids to use at school? Would you like new resources in your kids classrooms?

The PTA fundraise so we can give Hurunui college kids all of these things. But we need your help! Please come to the AGM in April. We need new faces and fresh ideas. We would like at least one representative from each year group. Please support your PTA to support YOUR kids!

AGM date to be advised. *Any enquires to Dee Ginders.*

WALKING GROUP

Date: Friday 23rd March. **Time:** 10am

Where: Meeting at the Waikari Medical Health Centre

Please come and join in for a walk along the Waikari Walkway, everyone is most welcome.

Cath Petrie, p 021 117 1142
e hwconnector@gmail.com

Hawarden Waikari
**COMMUNITY
CONNECTOR**

RUTHERFORD MEMORIAL FUND

The Hawarden Community Trust invites applications from individuals/organisations/clubs/charitable groups for assistance with providing programmes/courses/coaching etc that will benefit children under 12 years of age who live in the Hawarden/Waikari area. Application forms are available from – Hawarden Four Square, Waikari Health Centre, or Millers Garage, or by contacting Chris Taiaroa 314 4569, Brenda Twose 314 4483, or Richard Todd 314 4090.

Completed forms are to be sent to:

The Secretary, Hawarden/Waikari Trust, PO Box 20, Waikari 7442 by 30th April, 2018

HAWARDEN NETBALL CLUB REGISTRATION DAY

21st March At the Rugby Club Rooms, 3pm-5pm

Come along to register for the season ahead which is approaching very fast.

Any enquires to Phone Rachel Cooper, 027 258 0035.

NUTRIMETICS HEALTH AND BEAUTY WORKSHOP, Tuesday 27th March, at the Hawarden Hall, 7-8pm, with time to play afterwards.

It's our 50th birthday and we are celebrating all things health, beauty and happiness, and inviting interested women in your area. Suitable for senior students who are giving thought to job interviews, and putting their best selves forward –boys as well. Completely free – come along and bring a friend, and have a fun evening – free gift for all guests on the night! All welcome! Contact Glenis 027 262 4674

HAWARDEN SWIMMING POOL The pool will close for the season on Sunday 18th March. Thanks to all those who have paid for their keys. If you no longer want to use your pool key please return it to the Hawarden Library or any club officer. Congratulations to the Hawarden Swimming Club swimmers for their successes at the Hurunui champs, especially for winning both the Sprint Relay and the Macgregor Cup

HAWARDEN CARD GROUP. Next evening is Thursday 22nd March, 7pm in the Hawarden library. Anyone who enjoys a game of cards is very welcome to come along. We play anything! Anyone interested in learning bridge can come along and get a taste of the game. Contact Paul Munnerley or Jenny Dickman for more information.

SPORT NZ RURAL TRAVEL FUND 2018

Funding is now available from the Hurunui District Council's Sport New Zealand Rural Travel Fund.

The Rural Travel Fund is provided by Sport New Zealand to territorial authorities for distribution in 2018, for the purposes of assisting rural sports clubs and rural school teams with young people aged between 5-19 years, who require subsidies for travel expenses to local sporting competitions.

School teams and sports club teams can apply for this funding provided the applications meet the following criteria:

1. A school/club team participating in local sport competition on weekends, that excludes inter school and intra school competitions played during school time.
2. A sports/club team participating in organised sport competition through club membership outside of school time.
3. Applications are open to Sports clubs and rural school teams from within the Hurunui District.

Application forms are available online: www.hurunui.govt.nz

Enquiries to: Maree Hare, ph: 033 148 816 I email: maree.hare@hurunui.govt.nz

Hurunui District Council, P O Box 13, Amberley

Closing date for applications - Monday 19th March 2018 at 5pm.

Late applications cannot be accepted

HAWARDEN A&P SHOW SATURDAY 17TH MARCH

We look forward to seeing you all at the Show on Saturday 17th March. Invite your friends and families from out of the District. There's something for everyone and plenty to catch your eye. *See you all there, Ian and Carol Ford*

HANDY DOG COMPETITION

There will be a handy dog competition this year at the A and P Show. Bring along your working dogs and have a bit of fun!

Please remember to dose your dogs and have a current ovis certificate! Enquiries to course marshal, George Manson ph. 314 4275

YOUNG PERSONS CHALLENGE Fantastic news!! The Hawarden A&P Show is running this competition again. If you are aged between 16 and 26 years of age & want a share of \$800 prize money sponsored by Soil Matters & Cactus Clothing. Come along & have some fun. Enter by Contacting Tom on 027 220 8120 or register on the day at the secretary's office. Event will start at 4:30pm in the Our Fare area. Limited 10 people.

THE GREAT LEGO COMPETITION. Any model of lego, must be your own design and no bigger than 50cm x 50cm size. Free entry. Entries to Hawarden Hall no later than 9am on show day. Age groups 4-6 years, 7-9 years, 10-12 years, 13-15 years, 16 years + (adults included!) 4-6 year age group can use duplo blocks. Let your imagination run wild. e.g buildings, vehicles, animals etc. **All entries must be placed on a ridged base that can be easily moved. ** More than one entry allowed. Lego Entries will be protected behind a screen.**

HOME PRODUCE Get baking for the Show now.

Turn to page 65 of the schedule. A huge variety of classes. Something for everyone. Enquiries to Sarah 314 2008.



FLOWERS AND DECORATIVE FLORAL ART Entering is always great fun for anyone! Adults and children we welcome every entry, your entries make our Show! Have a go this is not a professional flower show. **Bring along your Roses, Dahlias and other Cut Flowers**, we will be there to help with your entries. Display bottles are provided for those who need them. **CHILDREN'S DECORATIVE Preschool to 13yrs** these decorative sections are creative and easy, bring along leaves and flowers on Saturday morning to create **An Arrangement of flower Heads and Leaves** on a 16cm dessert plate which will be provided. **OPEN & NOVICE DECORATIVE CLASSES: Paddy's Pot of Green and Gold. Fairies, Frills and Floral Centre. Rusty Richness and My Inner Landscape.** Stimulate your imagination. Keep it simple. If you don't have a Show Schedule to checkout Classes and guidelines see Show website at www.hawardenshow.co.nz/schedule.html or ring Karen O'Carroll 314 4120 for an email printout of Flowers Sections. **N.B. Hawarden Hall will be open for entries Friday evening before Show 7pm-8pm and Saturday morning of the Show 8am-9:15am. No exhibits accepted after 9:15am. ALL ENTRIES FREE**

ADVERTISING



Please look on the website www.waikarihealth.co.nz for the month's roster of who is on duty. We have a period of locum cover with our regular locums who have been

here many times before. Dr Racle is on duty on Mondays.

After Hours There is always a doctor or rural nurse specialist on call - please phone the Health Centre on the number below during normal business hours and after hours and you will be directed to the appropriate assistance. The After Hours calls are managed by HML (Homecare Medical Ltd) who will assess your needs and advise your best course of action. The on call clinician is able to access patient records, if required, to improve patient safety.

Chicken Pox Vaccine is free for children turning 15 months of age and children turning 11 years of age, who have never been infected with or previously immunized against chicken pox. The vaccine is also obtainable for children, teenagers and adults but a charge will be incurred.

Smoking Cessation Advice is available at the Health Centre if you need help to quit smoking.

Walking Group There is a walking group operating in our area, facilitated by Cath Petrie, the Hawarden-Waikari Community Connector. If you are interested in joining in with this group please contact Cath.

HPV Vaccine This is now funded (FREE) for both males and females. 9-26 years of age. HPV immunisation protects against infection from the types of HPV that cause most cervical, anal and genital cancers, as well as some mouth and throat cancers. Please phone the practice nurse if you have any questions about the vaccination programme.

Janice Bremer, Dietitian for Rural Canterbury PHO - 12 April. This is a free service for eligible patients. Please phone the Practice Nurse if you would like to see the dietitian.

Flu Vaccine Arrival of the flu vaccine has been delayed due to new strains being added from last year. We have been advised that it should be distributed in April.

Skin Checks with Dr Racle If you are interested in a full skin check please ring and speak to the Receptionist. When we have enough names we will organize a clinic.

Free for Under 13 years for ACC and Medical visits for enrolled patients.

AA Members aged 74 + can book a FREE Senior Drivers session to brush up on changes to the rules and the roads. Eligible members may have a free one hour session every two years. Ph 0800 223 748 or book online aa.co.nz/senior-driver

Physiotherapy Jackie of Physio South is at the Health Centre on Thursdays. A doctor's referral is not required. Ph 03 3374832 to make an appointment at Waikari.

Waikari Health Centre Ph 03 3144 506. In an Emergency dial 111.

Website www.waikarihealth.co.nz **Find and like us on**

Facebook

You can now book appointments with us online – click the Make an appointment button on our website.

STAR AND GARTER

ST PATRICK'S AND HAWARDEN SHOW WEEKEND

Saturday 17th March

Saturday--- Marian's Outlaws,

Country and rock n roll duo 7 - 11pm

Sunday 3 - 5 pm-- Little leprechauns fancy dress, lolly bag for each child and best fancy dress prizes 0 -5, 6 - upwards. Kids meals \$10 including ice cream sundae.

JUSTICE OF THE PEACE

I am available for ministerial duties including:

- * certifying documents,
- * witnessing documents and signatures,
- * swearing oaths, declarations,
- * affidavits and affirmations, etc.

Please phone to make an appointment.

Richard Todd 314-4090.

CLASSIFIED ADVERTISING

FOR SALE

Pine Cones \$5 per bag. Phone 03 314 4698, Kate or Jenny 027 223 9584.

Pine Cones and Horse Poo \$5 per bag of pinecones. Can deliver locally. Horse poo sold by bag or trailer load. Fundraising for school camp. Contact Ella or Maggie Ferguson c/ 027 214 4503

Baleage For Sale Phone Chris Earl 027 653 6541.

2 1/2 Year Old Heading Dog \$2000. **1 Year Old Huntaway Bitch** Easy to work. By T. Bould Slam, for \$1500. Phone Jim Sidey 027 321 3641.

5 Year Old Heading Dog \$1500. Phone 314 4563.

Multiple Items must go Pet cages ideal for poultry, plastic flower pots all sizes, many Christmas decorative items to make your own. Horse gear eg, bridle pieces breastplates, martingale lunge rein, rope halters, jumping, travel boots, small old grooming gear but ok condition. Also calf and foal halter. Driving harness for small pony, cart available but needs work. Make an offer, phone 3144110.

House hold Items Single divan bed and mattress \$50, Lazyboy armchair \$40, 3 seater couch \$50, desk \$10. Delivery a possibility. Ph Harrington 314 2002

CATERING HIRE BUSINESS, FOR SALE formerly Arden Hire, Waikari. Nth Canterbury.

- Crockery, Cutlery and Glassware for all those Special Occasions
- Settings for up to 200 Guests
- A part- time business

All enquires please to Trudy McMillan

Cell: 027 6842652. Landline: 03 545 2015

EMPLOYMENT

Babysitter Mature 17 year old girl looking for babysitting jobs in Hawarden/Waikari area. Will cook meal if required. Can work Mon-Fri afternoons and/or evenings after school. Phone 0274 306 318 for more info or to make a booking.

ARE YOU PASSIONATE ABOUT HELPING OTHERS? Are you able to empower others? Presbyterian Support has a vacancy for an earthquake navigator to assist with residents in the Hurunui with their earthquake claims and repairs. This role is aimed at linking people to services, planning a pathway for their earthquake needs and supporting through the process. 20-28 hours, flexible work, car provided. Start asap. Fixed term. Please contact Vicki Lucas for a job description and application. Or 03 3138588 ext 30, email vickil@psusi.org.nz

REAL ESTATE

To Lease: 6 Hectares Sheep only. Phone 314 4498.

Sunny 3 Bedroom House Large living room, dining room, kitchen, bathroom. 12 minutes from Hawarden.

Text (027) 316-8427

Flatmates Wanted x2 Country Cottage. Furnished, Medbury Road. 20 mins from Culverden. \$100 per week. Phone / text 021 235 5146.