

The word resiliency often comes up when discussions are had around youth mental health. Resiliency is often perceived as being forever stoic and unwavering in the face of adversity, but it can take on a less hard-line meaning and if we can accept that resilient people can also have bad days and weeks the word retains greater relevance. What resiliency can mean is having the ability to see your way through the hardship and understand that there will be good days ahead. But why do our young people appear less resilient now than what they used to be? It's not that our youth are presenting different problems; there are just more of them presenting with them. More severe depression, anxiety, self-harm, suicide risk, post-traumatic stress, autism spectrum disorders and the list continues. Self-referring and reporting are probably higher, but this cannot account for the average 30%, and in some areas the 100%, increase in referrals to mental health services over the last five years. This increase is also disproportionate to the widening socio-economic inequalities such as child poverty and youth unemployment.

Mental health referrals are also not confined to the poor and disadvantaged. Increases are being seen across all socio-economic groups. Social media can easily be seen as the culprit to our increasing youth mental health statistics. Social media is likely to be a significant contributing factor in some cases, however more resilient students are able to navigate the tribulations of social media and are able to make it a positive part of their life. For those who are not, they can really struggle. The 24/7 of social media can suffocate the space for some youth to just be with their own feelings and allow them to deal with their own emotions. There is an over saturation of what is happening in other people's lives that makes it more difficult for some youth to deal with what is going on in their own. Children don't have the same opportunity to tune out and switch off that we had as little as only 10-15 years ago. Add in social media bullying, sexting, FOMO (fear of missing out) and you have a potentially very damaging environment. The big question is how we are not developing the same resiliency that seemed to naturally develop in the past? Cotton wool and helicopter parenting can take some of the flak, but this is not the case for all struggling youth. Rising socio inequalities, increased social pressure,

Miss Brinsford and students - working on measuring, using and converting to correct units.

natural disasters and our growing blame culture are also potential big contributors. There is certainly no easy fix and sadly things will probably get worse before they get better.

The NZ Herald is currently conducting an investigation into the resourcing of mental health provisioning in our schools. Although I do applaud their motives, what we do need to remember is that schools were never set up as counselling centres and are already overburdened with initiatives and should not be seen the easy solution. In most cases, teachers are not trained counsellors but are rather well-intended educators trying to do their best. The emphasis should be placed on adequately resourcing and provisioning services in our communities. This is why I was very pleased this week to be notified of the creation of the Vulnerable Children's Hub for the Canterbury area. This is a one-stop shop for reporting and referring students at risk. This is a very positive step forward to support those of us who work with youth and is a proactive step towards addressing the inadequacies of current systems.

Just quickly I would like to welcome Lauren Brinsford to the school and Kikorangi class. It is great to have her on board as we wish Jasmin Findlay all the best as she heads off on her maternity leave.

Nāku noa, nā
 Stephen Beck
 Tumuaki -
 Principal



Week ending 31st March 2017, sponsored by:

Tweed Decorating

Exterior, Interior Decorating

Phil and Clare, phone 027 558-9333 or 314-4110

SCHOOL NOTICES

RISE AWARDS Congratulations to the people who have received RISE awards this week for demonstrating our school values. The following people have had their names drawn to receive a principal's reward; see Mr Beck.

- **Year 0-7** **Geordie Hassall** for excellence in Kapa Haka
- **Year 8-13** **Lenix Trembath** for picking up other people's rubbish.

COMING EVENTS

Week 10

- 4 Apr** PTA AGM, 7pm. Staff Room.
- 6 Apr** Canterbury Primary Schools Sports Assn Swimming Sports
- 7 Apr** Primary Assembly

Week 11

- 11 Apr** CASAfest 2017 at Amuri - team departs
- 13 Apr** Last day of Term 1, CASAfest 2017 returns

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

Student Led Goal Setting Conferences Year 1-7

Exploring Goal Setting Conferences will be held in Week 10, on Wednesday 5th April:

- Kowhai class with Mrs Tilson – 3.15pm
- Kikorangi class with Miss Brinsford – 4.00pm
- Karaka class with Miss McQuillan – 4.45pm

Discovery Goal Setting Conferences will be held in Week 11 on Tuesday 11th April and Wednesday 12th April:

- Whero class with Miss Banks Tue 11th April – 3.15pm
- Kakariki class with Miss Jackson Wed 12th April – 3.15pm
- Waiporoporo class with Mr Toki Wed 12th April – 4.00pm

All parents/caregivers are encouraged to attend.

Scholastic Book Order Number 2 has been issued and is due back at school by 15th April or alternatively use Scholastic's new online ordering system, . LOOP: Parents can now order and pay for Book Club online directly with Scholastic's online ordering and payment system. Parents can access LOOP at mybookclub.scholastic.co.nz or download the iPhone app from the App Store.

PTA AGM Tuesday 4th April 7pm Hurunui College. We would love to see some new faces at our PTA meetings. All welcome.

Friday Night Basketball draw : for Friday 31st March (week 5)

Hurunui Hot Shots	v Amberley Dabbers	RNLS1	4.45pm
Hurunui Hurricanes	v Pegasus Kahu	RNLS 1	6.15pm
Hurunui Hustlers	v KNS Raptors	Kaiapoi High	5.30pm
Hurunui Hoopsters	v Amberley Breakers	RNLS 1	7pm

Results from last week are as follows:

Hurunui Hot Shots	won 38-2
Hurunui Hurricanes	lost 39-23
Hurunui Hustlers	won 39-13
Hurunui Hoopsters	won 32-19

Good luck to all the teams. Go Hurunui!!

Canty Primary Swimming Champs are being held Thursday 6th April at Selwyn Aquatic Centre in Rolleston for those students selected. Good luck to all the students and thank you to the parents helping.

COMMUNITY NOTICES

CHURCH SERVICES SUNDAY 2ND APRIL 2017

Anglican 9am St James, Hawarden
Catholic 6pm Culverden
Check www.catholichurunui.nz for times,
or contact catholichurunui@gmail.com

Presbyterian 9am St James, Hawarden
Living Waters 10.30am - 12 noon at 47 Princes Street, Waikari

LIVING WATERS HURUNUI AGM Wednesday 5th April, 47 Princes Street, Waikari, at 7.30pm. Phone 314-4399 or 261-5114.

MEMORIAL SERVICE will be held for Mr Ken Tyson on Saturday 1st April, 10.30am at Living Waters, Hurunui, 47 Princes Street, Waikari. Shared lunch to follow. Phone 314-4399 or 261-5114.

PETITION If anyone would like to sign a petition put out by Bob McCoskrie and others to the House of Representatives 'that an expert panel be appointed to investigate the public health effects and social harms of pornography to both children and adults, and to make policy recommendations to Parliament.'

Like sweets at the counter of supermarkets, pornography is too easily accessible and tempting in our society, especially on the internet. Please sign the petition before 31st March 2017, at the office of the Hurunui College. *Thank you, Josie Sterne.*

HAWARDEN TAVERN A public meeting to discuss the viability of the Tavern is to be held on Monday 10th April in the Tavern.

All members of the public are encouraged to attend. Please contact a Trust member if you have any queries. Geoff Olorenshaw, Chairman, phone 0274 543-203
Gavin Cattermole, Vice Chair, phone 0274 593-832

PRESCHOOLERS EXCURSION You are invited to

AN EASTER PICNIC AT THE MAORI ROCK DRAWINGS

All preschool children and their families (Grandparents too) are invited to join us for a walk to the Maori rock drawings in Waikari. There we will have a morning tea followed by an Easter egg hunt.

When : Thursday 6th April. **Time**: 10 am

Where: 'Timpenden' 94 Weka Pass Road, Waikari
(map will be available before trip).

- Meet at the yard or farm sheds.
- Drive up to DOC sign from the farm yard (5minutes).
- Parking will be on side of farm lane by the DOC sign. There is room to turn around further down lane.
- We will walk to the rock drawings from the DOC sign. This is about a 5-10minute easy walk, (pushchairs and buggy access).
- No toilets available. Be sure you go beforehand.
- **Bring**: your own morning tea and drinks, picnic rug, sunscreen, hats and warm clothes depending on weather.

For more info or if the weather is poor contact:

Nicky Gardner, 021 048-5415 Sunflowers Preschool or
Jenna Reynolds, 027 278-9773 Medbury Playgroup.

HAWARDEN A&P ASSOCIATION Committee Meeting Post Show, Wednesday 5th April, 7.30pm, Hawarden Hall.
Marshalls please attend.

HAWARDEN A&P SHOW, CONGRATULATIONS to Iain and Jac Wright on a fantastic job as Show Presidents, and all your service to our community. Also your amazing family effort supporting the Show with over 20 entries. And to the people who kindly donated time and effort to produce another show we can all be proud of.

HOME PRODUCE Thank you to all our Stewards and for the wonderful entries, particularly in the Junior Section.

HAWARDEN SHOW FLOWERS A big thank you to the 86 adults and children who entered their huge array of beautiful flowers and floral decorative exhibits in this year's Show. Your 306 colourful exhibits surrounding all four walls of the Hall looked stunning and your enthusiasm and happy faces made our day.

HAWARDEN A&P SHOW GUESS THE WEIGHT COMPETITION
Combined weight of 3 ewes was 246kg. Winner of the \$100 prize was Craig (Bro) Berry. Many thanks to Richard Parkes (Cavell Leitch Lawyers) for sponsoring this prize.

POTATO BUCKETS Green plastic buckets with holes in the bottom. If your potato in a bucket failed and you have one of these useless buckets at home could you please return it to the school so we can use them again next year. *Thanks, Ginna Pawsey.*

HAWARDEN A&P SHOW 2017 GIFT LAMB RESULTS

Thank you for all entries into the Gift Lamb competition.

Your entries assist in financing the show and allow the show's growth.

- 1st Jock Murchison**
Sponsor - Heartland Bank
NZ Travel Brokers \$1000 Travel Voucher
- 2nd Bruce & Tania Downes**
Sponsor - Richard Parkes (Cavell Leitch)
Select Braemar Lodge & Spa, Hanmer Springs
- 3rd John O'Carroll**
Sponsor - Brown Glassford Farm Accountants
Select Braemar Lodge & Spa, Hanmer Springs
- 4th Bill Paterson**
Sponsor - Tim Banks (Westpac Bank)
The Chateau on the Park, Christchurch
- 5th John Svensson**
Sponsor - Scott Whitaker (Duncan Cotterill)
The Chateau on the Park, Christchurch
- 6th James Sidey**
Sponsor - Scott Black (Albany Insurance)
The St James Premium Accom, Hanmer Springs
- 7th Lawrie O'Carroll**
Sponsor - Hamish Anderson (PGGW Real Estate)
The St James Premium Accom, Hanmer Springs
- 8th Pip Hunter-Weston**
Sponsor - Sean Lysaght (HRL Insurance)
Commodore Hotel, Christchurch
- 9th Dan Hodgen**
Sponsor - Maurice Newell Farmlands Real Estate
Commodore Hotel, Christchurch
- 10th Buzz Frame**
Sponsor - Susan Anderson (Wynn Williams)
Waipara Springs wine

ON THE HOOF

MEAT BREEDS

- 1st G Olorenshaw
2nd G Ramsey
3rd Iain Wright

WOOL BREEDS

- 1st Jimmy Butters
2nd L O'Carroll
3rd B&T Downes

ON THE HOOK

- 1st Rupert Hansen
2nd Andy Sidey
3rd John Allan
- 4th John Svensson
5th Jim Cassidy

92 lambs mean weight 19.0 kg, averaged \$102.44+GST

Queries to Andy Sidey: 314-4519

HAWARDEN A&P ASSOCIATION Hogget and 2-tooth competition, Tuesday 4th April. Most welcome to come along and follow the all day judging or come for lunch at Powers' woolshed at 12.30pm. Prize-giving from 6pm in Hawarden Tavern. Any further information on time, contact Richard Power 314-4280.

A COMMUNITY CONNECTOR FOR HAWARDEN-WAIKARI AREA

How might a Hawarden-Waikari Community Connector enhance our community? Connect Hurunui Inc. has funding available for this role and invite you to come along and share your ideas.

When? Thursday 6th April, 7.30 to 9pm

Where? Waikari Hall, Princes Street

As you may be aware, there are Community Connectors in Amuri, Cheviot and Amberley.

To get us started, you will hear about how these roles have enabled initiatives to get underway in a neighbouring community.

If you have any questions or you are keen to be involved but unable to attend on 6th April, please contact:

Karen Armstrong, 314-4042 or 0274 383-464 or karenarmstrong@xtra.co.nz

RUTHERFORD MEMORIAL FUND Applications are invited 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.

Forms are available from the Hawarden Four Square and Waikari Medical Centre, or by contacting Chris Taiaroa 314-4569, Brenda Twose 314-4483, Richard Todd 314-4090

HAWARDEN & WAIKARI GARDEN CLUB Join us for a fantastic tour of gardens in Waipara. Monday 3rd April, meeting at the Hawarden Hall at 8.50am. For further information and to RSVP, please contact Anna Buist-Sidey, acsidey@clear.net.nz or 314-4519.

WHO SAYS GIRLS CAN'T PLAY RUGBY?!

North Canterbury U18s Girls Rugby

Beginners & Experienced Needed!!

Enquires of interest invited to find out numbers interested in creating a team involving the Hurunui Area Schools, aged between the Yr's 9-13. If interested please email the following details: Name, School, Age/Yr and/or possible previous experience to rugbygirls9@gmail.com or txt details to **027 240-0141**

GIVE IT A TRY?!



ADVERTISING

BLACK HILLS OPEN DAY

Are you prepared for winter?

The Black Hills shop, 701 Karaka Road will be open Easter Monday 17th April, 11am-2pm for all your knitting requirement. Yarns, garments and patterns in stock.

For more information phone Diane 314-4397 or Bev 314-4195.

HURUNUI JET

For all your engineering and agricultural equipment repairs.

Jet boats, trucks, tractor servicing, on farm repairs.

Call Murray 314-4449 or 027 457-8320.

SARAH SIDEY PHYSIOTHERAPY

Injury and pain management, rehabilitation, acupuncture. Massage.

No referral required. ACC registered. Phone 314-2008

TWEED DECORATING

For all your painting and papering needs.

Please phone Phil on 0275 589-933 or a/h 314-4110



Please look on the website www.waikarihealth.co.nz for the month's roster of who is on duty. Generally Dr Sword is here every week day except Monday when Dr Racle is on duty.

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. After hours 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.

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

Tetanus Vaccine Post childhood is due at ages 45 & 65years. Please call if you think you might be due for a booster.

Preventative Screening We are required by Ministry of Health to screen patients and to offer support to improve health outcomes. From time to time you will be asked if you are a smoker and if you would like to quit, as smoking has been proven to have one of the greatest impacts on our health, especially our heart health. We hope to have the carbon monoxide meter (as seen at the Hawarden Show) at the Health Centre next month and encourage all smokers to come and have a reading done – keep an eye out in the newsletter for when we have it on site.

Spots (Acne) Acne is a highly treatable condition and does not need to be suffered – if you have spots that you would like to be rid of please make an appointment with the GP to discuss the treatment options.

Repeat Prescriptions by phone please allow 48 hours for these to be processed, if the GP has indicated at a previous consultation that they have authorized for this to happen. REGULAR 3 MONTHLY checks with the Doctor are required for on-going prescriptions. Please ensure you have at least two weeks supply of medications on hand at any time.

Flu Vaccine This is now available and is free for; pregnant women, people with certain chronic conditions and for people 65 years and over. Please make an appointment with the nurse.

Shingles Vaccine (Zostavax) is available for people over the age of 50. It costs \$200 and can be ordered in on request, please phone the nurse if you are interested in more information about this.

Senior Chef we are aiming to start a Senior Chef course in May and June 2017 and would welcome expressions of interest from members of the community who are 65 years or older or over 55 with chronic health condition. THIS IS A FREE 8 WEEK course – held locally. We need a minimum of 12 people to go ahead with this, so grab a friend and give us a call!

Exercise Class for the over 65s we have been granted funding for this to continue (from Manchester Unity Welfare Trust) and invite anyone interested in attending this twice weekly class at Hawarden to phone the Health Centre for more information.

Cervical Smears a reminder that Sue, our Practice Nurse, is a qualified smear taker.

Green Prescription give us a call if you need some help with becoming more active – we have a local provider who can help you get started and support you in being active.

Have you moved or changed your phone number? We are updating our patient database and adding in email addresses. Please call us if you think we may not have your current contact details.

Physiotherapy Ben Cameron of Physio South is at the Health Centre on Tuesday and Friday mornings. A doctor's referral is not required. Ph (03) 337-4832 to make an appointment at Waikari.

Waikari Health Centre Ph 314-4506. In an Emergency dial 111. Website www.waikarihealth.co.nz

STAR & GARTER HOTEL, WAIKARI

New menu, daily specials, Beer garden, bottle store, takeaways & accommodation.

Tuesday – Happy hour 5-7 & curry night

Wednesday – Mid week roast

Thursday – Happy hour 5-7

\$15 Lunches available Wed- Sun from 11- 2

Quiz night every 1st Thursday of the month, starts 6th April, 7.30,

\$20 per team & great prizes.

Housie night (cash & Jackpot) every 3rd Thursday of the month, starts 20 April, 7.15pm
An evening with Annalea Saturday 22 April from 7.30pm
Keep an eye out and like us on Facebook for what's happening next at the Star including car boot/garage sale, Big plate, Burger, Grills and two meal deal specials.
Courtesy vehicle available, call 314-4045 to book.

Sunflowers Preschool
A fun learning adventure

Servicing the Hurunui District
Early Child Education for, 2-5 year olds.

Mon to Wed: 8.30am-3.30pm
45 Seymour St, HAWARDEN

New Enrolments
Welcome

For more information contact
Nicky Gardner Ph: 0210485415 or
Email: nicky@sunflowerspreschool.co.nz

NOTE:
20 Hours ECE for 3-4 year old child &
Winz Subsidies available.

HAVE YOU BEEN TO THE HISTORIC HURUNUI HOTEL LATELY?

If not, we'd love you to come in and taste our exciting new menu, meet the staff, see what we've done to the village or just pop in for a refreshing beverage or Devonshire Tea.

All found at the **Blacksmiths @ Historic Hurunui Hotel**

Some of the great things to experience at Blacksmiths are:

Ladies Night	Live Music
Themed functions	Weddings
Long opening hours	Corporate events
Luxury Accommodation	Campervan park
Our rustic charm	Great service
Hurunui Village wine	Craft beer
Woodfired Pizza	Brand new Menu
Courtesy Car	Craft beer on tap



LIKE our Facebook page – facebook.com/HurunuiHotel/

To see our up & coming events, competitions, updates & any other fun pieces of info & photos we love to share www.hurunuivillage.com
Phone: 314-4162. Email: info@hurunuivillage.com

CLASSIFIED ADVERTISING

FOR SALE

Clearing Sale Sunday 9th April from 2pm. Accommodation business closed. Many items to go. Also lots of Dutch items and indoor and outdoor games. 39 Glenmark Drive, Waipara.

Fundraiser Hawarden Golf Club. Firewood for sale \$160 for 7x4 trailer load. Will deliver to Hawarden and Waikari. Phone Graeme Ramsay 314-4216 or Graeme Twose 314-4483.

10x Medium Square Lucerne Bales Phone 314-4320.

Dry Firewood for sale Pine \$175 for 3.5m³.
Phone Ken 027 374-4404.

Pea Straw For Sale Medium squares, \$60 per bale.
Phone Lisa Earl 314-4173 or 021 265-8568.

Willing 14 Month Old Handy Dog Available
Surplus to requirements. Phone Andy Sidey, 314-4519.

AVAILABLE/WANTED

Egg Packer Vacancy, Waipara 2 part time positions available. Immediate start. Must be reliable, have own transport and able to work weekends. Phone or text Lee-Ann 027 327-9165 for more information and application form.

REAL ESTATE

House, Wanted to Rent by semi retired couple. Rural or semi rural. 2-3 bedroom. Must allow pets and be long term.
Phone (03) 685-5842 or 022 384-3041.

CONTACT DETAILS

Board of Trustees Contact Details (home)

<i>Chairperson</i>	Bernie Dobbs	314-4014
<i>Secretary</i>	Judith Topp	314-4420
<i>Principal</i>	Steve Beck	314-2551

