

# MASSEY HIGH SCHOOL

TE KURA TUARUA O TIRIWA

## TE PAANUI RAHINA

274 Don Buck Road

Massey Auckland 8

PRINCIPAL : B S RITCHIE

Dear Parents/Guardians

Greetings Kia Ora Talofa Guten Tag Bonjour Malo e le lei Dobro Dosli Kia Orana こんにちは

Fakalofa lahi atu Shalom Goeie Dag Sawadee Croeso Bula Fáilte Ciao

13 August 2007

## MONDAY NEWSLETTER

Phone : 831-0500

Fax : 833-9200

[www.masseyhigh.school.nz](http://www.masseyhigh.school.nz)

**"WE ARE AN EXEMPLARY SCHOOL"**

銘謝指教 } 안녕하세요'

# ENROLMENTS 2008

### In-zone Enrolments for Year 9

### **EXTRA ENROLMENT DAYS**

**Tuesday 14 and Wednesday 15 August**

**3.30-6pm**

**Please phone 831-0500 ext 526**

**for an appointment**

### Out-of-zone Enrolments

**Enrolment packs available from  
school office**

**phone 831-0500 ext. 526**

**Applications close Friday**

**7 September 2007**

**Ballot date - Tuesday 18 September 2007**

## STUDENT ACHIEVEMENTS

### JUDO CHAMPIONSHIPS

Congratulations to Jared Carseldine (9KWH) who came third at the North Island Judo Championships for his age group in the over-55Kg category.

### NETBALL

Congratulations to the following netball representatives.

**Waitakere U-17** - Rhiannon Devlin (13TPK), Sueala Tafai (12TCU), Anna Clare Wray (12MBW), Jolynn Hola (11PNI) (non-travelling reserve).

**Waitakere U-15** - Nicole Nio-Aporo (11KVA), Tatiana Hirovanaa (10TES), Julie Winter (10TES), Chrysella Prescott (10PTL).

**Waitakere Development U-15** - Charissa Rauahi (10PTL).

**Waitakere Development Year 9** - Georgia Jackson (9ASI), Nivana Johnson (9MAL), Diola Tavita (9TBM), Mercedes Trevor (9ACT), Chelsea Winterstein (9KCD).

**Auckland/Waitakere Entity U-17**, Jamie Johns (11ASG).

**Auckland/Waitakere Entity U-21, Auckland/Waitakere NPC Team 1, NZ Maori Secondary Schools' Team** - Amy Latu (13TPK).

**NZ Pasifika Secondary Schools/Waitakere U-17** - Rhiannon Devlin (13TPK).

**NZ Secondary Schools** - Armel Chou-Lee (12MBW).

## Entertainment Books 2007/2008

### Fundraising for the

### Americas 2008 Sport Tour.

Entertainment books are \$60.00 each available from the School Office. Payments may be made by cheque, eftpos, visa or mastercard.



These books make great gifts and are handy to have in the car for discounts on activities and meals.

## MASSEY KINDERGARTEN

Massey Kindergarten has asked parents who do not have children at the Kindergarten, to please NOT use their car park as a drop off/parking area as it is for the use of the Massey Kindergarten parents. They wish to keep this area as safe as possible for their children.

**MASSEY HIGH SCHOOL  
MID-TERM BREAK  
20 AUGUST - NO SCHOOL**

## PARENT TRAVEL SURVEY - TRAVELWISE - ARTA

Recently we posted out Travelwise Parent Survey Forms to you and it would be appreciated if this survey could be filled in and returned to the school office. The Auckland Regional Transport Authority and the Waitakere City Council are working with the local community to develop a School TravelWise Plan and your feedback will help them achieve this.

# PROCRASTINATION

There are many ways to avoid success in life, but the most sure-fire way might be procrastination. Procrastinators sabotage themselves. They put obstacles in their own path. They actually choose paths that hurt their performance at school and at work.

## Why?

- 20% of people identify themselves as chronic procrastinators. For them procrastination is a lifestyle and it cuts across all parts of their life. They don't pay bills on time. They miss buying tickets to concerts. They leave their Christmas shopping until Christmas Eve.
- It's not trivial, although as a culture we don't take it seriously as a problem. We don't question people on their excuses ("my grandmother went to hospital last week") even when we don't believe them.
- Procrastination is not a problem of time management or of planning. Procrastinators are not different in their ability to estimate time, although they are more optimistic than others and will choose an immediate pleasure over long-term benefits.
- Procrastinators are made not born. Procrastination is usually learned in the family especially an authoritarian, controlling one. Procrastination can even be a form of rebellion. Procrastinators turn more to friends than to parents for support, and their friends may reinforce procrastination because they tend to be tolerant of their excuses.
- Procrastination predicts higher levels of consumption of alcohol and substance abuse. Procrastinators drink more than they intend to – a manifestation of generalised problems in self-regulation.
- Procrastinators tell lies to themselves. Such as, "I'll feel more like doing this tomorrow." Or "I work best under pressure." But in fact they do not get the urge the next day or work best under pressure. In addition, they protect their sense of self by saying "this isn't important". Another big lie procrastinators indulge in is that time pressure makes them more creative. Unfortunately they do not turn out to be more creative; they only feel that way. They squander their resources.
- Procrastinators actively look for distractions, particularly ones that don't take a lot of commitment on their part. Checking e-mail is almost perfect for this purpose. They distract themselves as a way of regulating their emotions such as fear of failure.
- There are three basic types of procrastinators: thrill-seekers, who wait to the last minute for the euphoric rush; avoiders, who may be avoiding fear of failure or even fear of success, but are very concerned with what others think of them and would rather have others think they lack effort than ability; decisional procrastinators, who cannot make a decision absolving themselves of responsibility for the outcome of events.
- There are big costs to procrastination including health problems such as more colds and flu, more gastrointestinal problems, and insomnia. In addition, procrastination shifts the burden of responsibilities on to others, who become resentful. Procrastination destroys teamwork in the workplace and private relationships.
- Procrastinators can change their behaviour if they use some simple techniques and use help available.

*Acknowledgement: Is your procrastination hindering you? Ten things you should know by Hara Estroff Marano, Psychology Today*

## FUNDRAISING LUNCH

Join us for a three-course lunch

**Guest speakers**

**Norm Hewitt and Dean Kent**

**Friday 17 August - 12.30pm**

The Trusts Stadium, Central Park Drive, Henderson.  
Tickets : \$100 per person or \$1,000 per table of 10 people.

Tickets available from the school, contact Mr Jones phone 831-0500.

Funds are going to the Sports Tour of America 2008

## FUTURES EVENING

### Choosing Well for Future Success

This term, on Thursday 30 August we will be holding a Futures Evening where parents and students will be invited to come to school to talk to staff about subject choices and courses for the student's future at Massey High School, and beyond. Representatives from each subject area will be present to answer your questions and to give advice. As well, careers staff will be available and there will be information about NCEA.

Next week students will be issued with a comprehensive option booklet for some pre-reading and thinking about their subject choices for 2008. This evening will be an important one for communication with parents about their child's future course of study. Our strategic plan highlights the importance of communication between the school and our parents so we encourage you to attend our Futures Evening. Please note this important date now in your diary.

## KEY DATES

### August

14-15	Enrolment Year 9 2008 - 3.30pm-6pm in the Library
17	Fundraising Lunch
20	Mid-Term Break
30	Futures Evening
	Board of Trustees Meeting 7pm Library

### September

7	Out-of-Zone Enrolments Close
10	Arts Week
17	Cultural Week
18	Out-of-Zone Enrolment Ballot
21	<b>Term 3 Ends</b>