

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 Fáiite

19 March 2007

MONDAY NEWSLETTER

Phone : 831-0500

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www.masseyhigh.school.nz

"WE ARE AN EXEMPLARY SCHOOL"

STUDENT ACHIEVEMENT

Congratulations to Shayne Taupo (11KVW) who will be competing in the Karate World Cup Competitions in the United Kingdom in June.



SCHOOL DONATION

Did you know that it costs much more money than we receive from the Ministry of Education to run our school as we would like to see it run?

In fact, more than a quarter of this year's budget (26%) is paid entirely from our own funding drives, including school donations, grants from community trusts and international students.

The school donation is very important not only to the school but for the quality of educational experiences students receive.

For instance, did you know that the government does not give us any funding for extra-curricular activities? All activities that students take part in outside of the curriculum, such as sport and cultural activities, have to come out of the school's own funding or directly from parents.

As you may also know, Massey High School also funds extra teachers over and above what the Ministry of Education allocates. This is part of Massey High School's commitment to supporting students' learning – and that's a commitment for every student in the school. We want your child to achieve.

Some parents have not yet paid the school donation.

You can either pay the donation in full or another option is to pay the donation in stages.

We understand that the payment is a donation but we urge you to think how it helps the school.

We thank you for your continued support of Massey High School. Together we can make it a great place for students to learn and grow.

BREAKFAST TRUTHS

It is essential that students have a good breakfast before coming to school. Do you know:

- Breakfast kick-starts your brain.
- Eating breakfast improves your mental and physical performance.
- Eating breakfast is a great way to



- maintain a healthy weight.
- Breakfast helps power you through the day.
- Breakfast gets your body pumping

COMPUTER AND INTERNET ACCESS



Students have been issued with their log-on name and password for access to computers at school. These must be kept safe by each student and must not be made known to anyone else. We also would like to remind students and parents of the acceptable use policy for computer and internet access. All students and their parents have been issued with a copy of the policy and have signed their agreement to abide by and observe the terms and conditions stated in the document.

HEALTH COMPUTER USE AT HOME

1. Always work in the correct posture

Following these guidelines will ensure that your child uses a computer in a comfortable and ergonomically correct way.

- Upper and lower back well supported by chair.
- Chair height set so that the chair seat does not compress the back of the knees.
- Feet firmly planted on a surface for support (floor or footrest like a thick telephone book).
- Head balanced on neck (not tilted back or too far forward).
- Upper arms close to body and relaxed.
- Sitting so that the; angle formed by the shoulders, hips, and knees is >90 degrees; angle formed by the shoulder, elbow and wrist is >90 degrees; angle formed by the hips, knees and feet is >90 degrees.
- Wrists at a neutral position, level with forearm (<15 degrees deviation).
- Chair armrests not directly compressing any part of the forearms or elbows.
- Moving a mouse with the forearm and not just the wrist.



2. Organise a normal work area

The normal work area is the space that can easily be reached by your child while s/he is sitting comfortably in

the chair without having to bend or twist their body. Bring those items that your child uses most while working at the computer within this normal work area. If your child types from a text document, make sure this is placed in a document holder and that it is as close to the screen as you can get it so that your child doesn't have to twist her/his head unnecessarily.

3. Check the computer screen position

The computer screen should be positioned so that your child can comfortably view the screen without having to noticeably tilt her/his neck backwards or forwards. If the screen is too high, your child's neck will be tipped backwards, and if it is too low it will be bent forwards.



4. Workstation furniture and equipment

The following furniture and equipment guidelines can help you create the most comfortable and adjustable workstation arrangements for you and your child as s/he grows.

- A comfortable chair – use a height adjustable chair with a comfortable seat and good back support.
- A stable desk/work surface – make sure that your child is working with a computer that is placed on a stable work surface. Use a negative slope/tilt down keyboard system for a height adjustable keyboard/mouse platform.
- Check the fit of the keyboard and mouse to the size of your child's hands.

5. Glare-free screen

Check that the computer screen is free from glare spots. To do this you may have to reposition the screen or adjust the room lighting. Make sure that there is sufficient light on any paper documents that your child is reading.

6. Manage computer use time

The risks of any postural problems associated with computer use depend upon the length of time that your child uses the computer without taking a rest break and doing something else. You can set a timer to regulate your child's computer use.



The rationale behind the law is that schools are educational institutions and as such need to lead the way on health issues, in this case smoking.

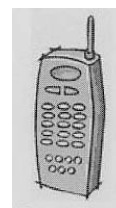
CELL PHONES

Advances in information and communication technology are increasing at an alarming rate. Gone are the days of carrier pigeons, semaphore, morse code, magneto telephones and party lines. As good as our modern communications developments are, there is a down-side to the possession and use of cell phones.

In a learning environment they are a complete distraction in class.

Furthermore they have become a target for criminals. Cell phones which are stolen or lost cause a huge amount of work and we cannot spend any more time following up missing cell phones.

Overseas experience tells us that with the development of PXT and video phones the emergence of objectionable material has become an issue. While we have not had any issues to date, to be forewarned is to be forearmed.



PLEASE LEAVE YOUR CELL PHONE AT HOME

Cell phones are not to be seen at school. If we see a cellphone it will be confiscated and returned at a later date.

Students who bring a phone to school, do so at their own risk. We will not be spending any more time chasing up lost or stolen cell phones. We ask parents to support us in this and ensure that cell phones are left at home.

BOARD OF TRUSTEES ELECTIONS

Nominations have closed and voting forms will be sent out this week.

Don't forget to vote!

HOMework CENTRE

The Homework Centre is held in the library on Tuesday, Wednesday and Thursday 3.30pm-4.30pm. On Tuesday and Wednesday most subjects are covered and on Thursday the emphasis is on Maths and Science.

All students are most welcome to attend.

SMOKEFREE SCHOOLS

The Government introduced a law that prohibits smoking on any school property at any time. This applies to everyone - students, staff, parents and visitors.



Parents must realise that when they come to school to support activities such as sport on the weekend, smoking is not permitted by law.

KEY DATES

March

- 20 Voting papers posted for Board of Trustees' Election
- 21-24 ASB Polyfest
- 29 Board of Trustees' Meeting 7pm Library
- Closing of Voting for Board of Trustees Election
- 30 Western Heights Tournament

April

- 5 Last day of Term.