



# 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

6 August 2007

## MONDAY NEWSLETTER

Phone : 831-0500

Fax :833-9200

**"WE ARE AN EXEMPLARY SCHOOL"**

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

銘謝指教 } 안녕하세요'

# ENROLMENTS 2008

### In-zone Enrolments for Year 9 **EXTRA ENROLMENT DAY**

**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**

## PARENT - STUDENT - TEACHER EVENINGS

All parents should have now received their child's mid-year report. They were posted home at the end of Week 2 this term. For students in NCEA courses, there was also included a summary of their Record of Learning which indicates the grades and credits gained so far this year for all internally assessed achievement and unit standards.

With the report was a letter outlining our plans for the report evenings to be held for parents and students this week on Monday 6 August and Thursday 9 August. We hope you have made your appointments through your son or daughter, or by contacting the subject teacher. Students will be released from school at 1.05pm on these two days and buses will run at this time.

Here is the procedure to follow on the day of your interview:

1. Bring with you your appointment form with the interview times and your child's report. We encourage you to bring your child as well.
2. Go to the hall foyer for directions to the location of each teacher.
3. Go to the locations at the appointed times.

We have allowed ten minutes for each interview. Some parking will be in the school grounds. Otherwise, please park on Don Buck Road or its side streets.

## PAID UNION MEETING

This message is to inform parents that on 7 August 2007 there will be a paid union meeting for all members of the PPTA.

This means that school will finish at 12 noon and buses will run at this time. Please note that this is not a stop work meeting but is an entitlement under the Secondary Teachers' Collective Employment Agreement. The meeting is a regional meeting and will involve all schools in the western region of Auckland. We have no say over the timing of this meeting.

Any students who wish to remain at school will be supervised and they will be required to meet in the hall at 12.05pm with study materials. Thank you for your co-operation.

## STUDENT ACHIEVEMENTS

### Badminton

Congratulations to Emily Ang (12MMM) and Krittika Gregory (13TAS) who retained their status as Greater Auckland Secondary Schools' Senior Girls' Doubles Champions after winning the title for the second year running on Tuesday 31 July 2007. Ashraf Dhoray (13MMT) was runner up in the Senior Boys' Singles and Samuel Rimmer (10PTL) was runner up in the Junior Boys' Singles.

Luke Charlesworth (11PTR) has become the New Zealand Under-21 Men's Singles Champion, an outstanding achievement for a 15-year-old. He defeated a New Zealand representative (14-21, 26-24, 21-17) in the final of the Xumax New Zealand Under-21 Championships at North Harbour.

### Orienteering

Congratulations to Gene Beveridge(11PTR) and Matthew Ogden(11MGS) who have both been selected to go to Australia at the end of September to compete in the NZ Secondary Schools' Orienteering Team.

Matthew is in the NZ Secondary Schools' Junior Boys' Under 16 team and Gene is the reserve in the NZ Secondary Schools' Senior Boys' Under-18 team.

At the same time they were both selected in the NZ team which will compete in the Australian - NZ Challenge at the same carnival to be held between Sydney and Canberra. Gene is in the M18 grade and Matthew is in the M16 grade.

**NEWSLETTERS** These are on our web-site  
<http://www.masseyhigh.school.nz/general/newsletter.html>

## BUSINESS WEEK

Business week is from 6 - 10 August during which the importance of business is highlighted. Throughout the week the following activities will take place:

Young Enterprise Groups address various assemblies, Business Quiz competition and a display in the library.



The highlight of the week is the Market and Business Dress Day on Friday, when Young Enterprise groups sell their products at lunchtime and students dress in smart business attire.

**Commerce Department**

## SCIENCE QUIZ FOR PRIMARY SCHOOLS

Congratulations to Whenuapai Primary School who won the 2007 Massey High School Science Quiz at the Open Night held on Monday 23 July. Activities included connecting famous scientists to their inventions/discoveries and racing empty aluminium cans across the floor using electrostatics and a balloon. The Massey High School Science Department would like to thank all the teachers, students and parents who were part of the night.

## NEW FOOD AND BEVERAGE CLASSIFICATION SYSTEM

In a previous newsletter this term we reported on The Ministry of Health's Food and Beverage Classification System for New Zealand schools and early childhood education (ECE) services which was launched on 17 July at Massey High School. The Food and Beverage Classification System is a tool to help schools make decisions about healthy options. When the foods and beverages are classified as suitable for children and young people, the main consideration is: are they low in fat, salt and sugar? The guidelines recommend food and drinks to offer everyday, sometimes or occasionally.



Why bring this in now?

The Ministry of Health's 2002 National Children's Nutrition Survey showed that just over half of the 5 to 14-year-olds surveyed bought at least some of their food from the school canteen, with 5 percent of children buying most of their food there. Most children do not choose food or drink just because of its nutritional value. They choose it because they like the taste, 'because it's lunch time', because it's what is offered or because it's what their friends are having.

About one-quarter of the sugar in New Zealand children's daily diets comes from beverages such as fizzy drinks, and nearly as much comes from lollies. Sugar increases the risk of tooth decay, especially if consumed often. Add pies, fried chips and chocolate bars to these sugary foods and you have a diet undesirably high in fat, salt and sugar. Many children do not eat enough vegetables and fruit.

Food tastes develop at an early age, and encouraging healthy choices early in life can help create lifelong preferences for healthy foods. Some ECE services and schools already have policies or procedures about what is offered on site, to help ensure that healthy choices are available. Many more are developing such policies and the Food and Beverage Classification System will help them do this.

The Food and Beverage Classification System supports the Government's recent Mission-On package with its focus on providing skills for children, young people and their families to improve their health through nutrition and physical activity.

How are foods and beverages classified?

There will be separate criteria and resources for preschool-aged and school-aged children. Basically, a three-tiered approach identifies foods and beverages that can be provided by the ECE service or school:

**every day**, such as: sandwiches, rolls, wraps, yoghurt, vegetables and fruit

**sometimes**, such as: pizza, muffins, macaroni cheese

**occasionally**, such as: pies, sausage rolls, chocolate bars, and deep-fried foods, e.g. fries.



Ideally, only those foods and beverages that fit within the every day and sometimes sections of the Food and Beverage Classification System will be available at ECE services or at school, while the foods and drinks recommended for occasional use may only be offered about once a term (for example, for particular events).

## 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.

## SICK STUDENTS

Please do not send your son or daughter to school if they are feeling unwell.

## KEY DATES

### August

6-10	Business Week
6 and 9	Parents' Report Evenings. Students released at 1.05pm.
7	Paid Union Meeting. Students released at mid-day.
30	Futures Evening Board of Trustees Meeting 7pm Library