



SAINT KENTIGERN

23 October 2020

Dear Parents, Caregivers and Students

We have had some highlights and some drama in recent days...

Our Ball was a wonderful evening! A lovely buzz in the foyer of Elliot Hall as our guests arrived transformed into a full-on club scene later in the night. A buoyant positive spirit permeated the evening and I was delighted with the relaxed, but respectful way, in which staff and students mingled. Congratulations and thanks go to the student/staff Ball Committee and Rev. David Smith for working so hard to create a lovely night.



The Arts Celebration was an excellent mix of awards and entertainment. Elliot Hall took on another “look” to host this function and was full with guests and students seated at tables in true awards style. The Arts Committee had skillfully created table decorations to set the scene for the evening. As guests arrived, they were treated to the Middle and Senior School artwork display in the foyer.



Heeju Rho, Year 13



Imogen Perry, Year 9

The drama came from a fire in an empty and locked ground floor classroom of our Science block. The school evacuation worked well and the fire was extinguished by a number of staff. As I write this the cause is unknown and the fire inspector is onsite to investigate. Whilst events of this nature are not wanted, we must give thanks that there was minimal damage and no one was hurt.

COLLEGE

For Boys and Girls in Years 7-13

130 Pakuranga Road, Pakuranga 2010
PO Box 51060, Pakuranga, Auckland 2140
Phone +64 9 577 0749 Fax +64 9 577 0700

BOYS' SCHOOL

For Boys in Years 1-8

82 Shore Road, Remuera 1050
PO Box 28790, Remuera, Auckland 1541
Phone +64 9 520 7682 Fax +64 9 520 7688

GIRLS' SCHOOL

For Girls in Years 1-8

514 Remuera Road, Remuera 1050
PO Box 28399, Remuera, Auckland 1541
Phone +64 9 520 1400 Fax +64 9 524 7657

PRESCHOOL

For Boys and Girls aged 3 and 4

514 Remuera Road, Remuera 1050
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At this time of year our focus needs to be on settling into study routines and habits. We all differ in what works best for us. I am a person who seems to work best on 30-45 minute bursts interspersed with making a cuppa or practicing a quick trumpet exercise.

Here are some ideas that may be of use in your household:

Study Skills

With the upcoming external examinations, it is important that our students are preparing themselves to achieve personal excellence. This can be a stressful time for the students and their families! Hence, we would like to take this opportunity to provide some guidance on how both students and families can prepare and support each other during this time.

Get Organised and Set Goals

Students should create a list of all their examinations, including all the different topics that will be within that exam.

They should map out a plan of when and what they are going to study, and use a paper diary, calendar, or app on their phone to record this. This plan will include when they are going to study and what they are going to study. On their plan they should also include goals that they aim to achieve with their study session. A goal could be "I'm going to revise my Mathematics problems tomorrow". A plan that is written down is more likely to be followed and combined with a goal that is shared with the family will be more likely to be completed.

Find a Good Study Space

Students need to have a good place to study where they can avoid distractions, such as their phones, TV, and being away from social media. Ideally, they should also be away from where they eat and sleep. Research also suggests students may like to study in different places as this can assist them in remembering what they have learnt. Parents may wish to have conversations with their children around other potential barriers to undertaking study and work their plan to help minimise them. Perhaps phones could sit on the kitchen table during study time...

Develop a Good Routine

Study is more successful when a plan is combined with their goal "I will study Mathematics problems at 10am tomorrow". Using a time that follows an existing habit is a good way to prompt action. The existing acts as a 'cue' to start studying. For example, "I will start studying Mathematics problems after breakfast". It is also helpful to identify the times when your child is fresh and best to complete their study. Most people's energy levels peaks in the morning, dips in the afternoon and recovers later in the afternoon.

Good Study & Recreation Balance

It is also important to find a good balance between study and recreation. So, encourage your child to have planned breaks in their schedules and to include rewards when they can tick things of their list of tasks. Ensuring that you still exercise whilst preparing for your exams is also important. Research has shown that aerobic exercise increases oxygen flow to the brain which has a positive effect on learning, especially recall of information.

Parents, you can help your child prepare for exams by going through these different strategies and help support them with their planning, goal creation, establishing and maintaining good routines and ensuring that they still have breaks with exercise. Some students need very structured support for revision ie; Mum or Dad sitting alongside them providing support by keeping them on task, marking questions, testing and quizzing etc.

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Road Safety on Campus

We've instigated a few new road safety initiatives across the campus; from more lighting and more footpaths, to the barrier from the roundabout into the College campus interior being in place at all times (with a few exceptions that will be pre-programmed throughout the year). The purpose of the barrier in place is primarily our student safety, and secondly the need to manage the vehicles within our campus – previously we have allowed open access to anyone onto our campus, which has not been trouble free. Most specifically we are removing disappointing issues of poor attention of drivers of all ages, vehicles parking on yellow lines prohibiting emergency services getting through, parking on footpaths and grassed areas, driving over plants, carving onto fields etc. Now seems an appropriate time to address this and we seek your support to keep our students and our campus safe. Naturally, we are open to feedback to ensure our community, supporters and competing schools still get to enjoy watching and supporting activity, while balancing the need to restrict vehicle access beyond the main carpark.

Foodbank, Friday 30 October

Saint Kentigern College donates food items to Presbyterian Northern Support each Term. The Foodbank will appreciate our support more than ever this Term, due to demands from Covid-19 impacts.

On Friday 30 October, they are particularly requesting tins of fruit; tins of soup; tins of fish; toilet rolls; tins of pasta sauce; canned tomatoes; Weetbix (750g); Milo; toothpaste. However, any contributions will be gratefully received.

All donated items can be brought to Tutor Group on Friday morning. For delivery of large quantities please contact Mr Robinson mark.robinson@saintkentigern.com.

Final Chapels

Stark Chapel	Sunday 1 November (6pm)
Wishart Chapel	Sunday 1 November (7.30pm)
Chalmers Chapel	Sunday 8 November (6pm)
Hamilton Chapel	Sunday 8 November (7.30pm)

Please remember to visit the [College OLE page](#) for our latest information and student successes.

Fides servanda est



Russell Brooke
College Principal

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