



Francis Douglas Memorial College

Important Dates

Friday 11 May
O'Shea Shield
in Wellington

Tuesday 22 May
6.30 pm
Open Evening

Tuesday 29 May
PPTA Meeting
1.30 pm in
Stratford
Students will be
released at
12.45 pm

Friday 1st June
Founders' Day
Students will be
dismissed at
around 12.30
pm

From the Acting Principal

Over the past few years we have placed emphasis on our language around "The Good College Man". Last year the theme was "Sweeping the Sheds" (never be too big to do the small things that need to be done). This year our theme centres on Te Kura o Te Atawhai – to love, nurture, grow and respect others within the College.

A good college man chooses to be respectful and is empathetic. In a recent assembly I talked about the benefits of empathy. It allows both staff and students to create bonds of trust and it also gives us insights into what others may be feeling or thinking. In essence it allows the college community to build and strengthen a positive culture.

The importance of highlighting empathy for our students was reinforced during the school holidays when I watched the movie *Wonder* with my family. It illustrated a number of life lessons for my two children and myself and it got me thinking about the students at the College. One of the powerful lines within the movie is, "When given the choice between being right or being kind, choose kind."

Being kind is a desired behaviour. What we see as a more powerful message is that the very foundation of all that we think and choose to do should be based on kindness.

Between that life lesson and many invaluable others, *Wonder's* messages are a reminder about the importance of the empathy our society/community needs. The path of all our students' school journeys can be unsheltered and unpredictable at times. An empathetic approach within our community can only help all of us when we need a lift as well as adding value, strengthening and enhancing the college culture.

My challenge to the "Good College Men" at FDMC is to follow the quote from John Wesley: "Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as you ever can."

I continue to receive positive emails and phone calls regarding the conduct of our students whether they are in their school uniform or not. The wider community is noticing and appreciating our good college men – well done and keep choosing kindness. And by the way...if you haven't had a chance to watch the movie it's certainly worth viewing.

St John Baptist de La Salle – Pray for us

Live Jesus in our hearts – forever

Tim Stuck - Acting Principal

PPTA Union Meeting

There is a scheduled PPTA union meeting to be held on Tuesday 29 May at 1.30 pm in Stratford. Students will be released at 12.45pm to enable staff to attend the meeting. Students who need to remain at school until 3.10pm will be supervised by staff until that time.

Founders' Day Friday 1 June

Each year Founder's Day marks our celebration of the life of St John Baptist de La Salle.

We will hold a Mass at St Joseph's Parish at 9.15 am which will be followed by a House haka competition in the gymnasium before students are released around 12.30pm.

Buses will run at normal times, and there will be staff supervision for those students who need to wait for a bus.

A Boarders' bus will leave for Hawera and Manaia at around 1.00 pm.

Our Latest Good College Man

On Friday 4 May the College acknowledged one of our Year 7 students who has demonstrated the qualities of being a Good College Man. We expect all students to strive for excellence in all that they do – be it on the sport's field, at home, in the classroom, singing the school song or in their everyday actions. Clarence Chan demonstrated what it means to strive for excellence when he entered the Bebras Computational Thinking/Computer Science Challenge in March this year.

The challenge consists of a number of problem solving scenarios which have to be solved within a set period of time. Clarence had 45 minutes to complete the online challenge and was awarded a **Distinction** in the Benjamins Category. This means Clarence is achieving in the top percentile for his age group.

It is always a pleasure to celebrate success, particularly when it involves one of our students demonstrating what it means to be a Good College Man. Well done Clarence.



Food Technology

This term we are offering Food Technology/cooking classes as a Year 8 and Year 9 module. The boys are really enjoying learning how to cook healthy meals for young men. They are learning lots of new skills including, how to keep themselves safe in the kitchen, how to prepare foods in a safe way and what a healthy dinner plate should look like.

We recently purchased new FDMC aprons to help keep their uniforms clean during the practical lessons.

Sheree Asi



Shoes

Teens still have growing feet and, while many of the foot problems they experience are sporting related, many are also related to the shoes they commonly wear, and can often be easily fixed. Due to this many of our boys wear shoes with orthotic footbeds or require special footwear to help with their foot pain. While we understand this, our school rules state quite clearly that throughout terms 2 and 3 our boys must wear all black polishable shoes. I have contacted Shoe Clinic and the manager has informed me that they have three types of school shoes in stock (see picture below). The Ascent Apex (bottom shoe) comes in multiple widths so fits most people's feet well, it has a removable insole so it can have an orthotic footbed put into it. It retails at \$149.90. Coloured shoes and black shoes with the white soles etc are unacceptable. Please ensure your son has the correct footwear. If you are in any doubt about this please contact your son's Dean.

Kath Curd

Year 11 Dean



Safe to talk, He pai ki te korero sexual harm helpline

I am pleased to let you know that a new 24/7 sexual harm information and support help line called Safe to talk - is available across New Zealand from 16 April 2018.

Safe to talk provides free, confidential information and support to people affected by sexual harm. People who contact the helpline can remain anonymous and say as much or as little as they would like.

The helpline can be accessed free, 24 hours a day, 7 days a week by phone, text, website, online chat and email on:

Freephone: 0800 044 334 Text 4334

Website/online chat: www.safetotalk.nz

Email: support@safetotalk.nz

Safe to talk is staffed by specialists trained in sexual harm support. People will be able to access information, crisis counselling and support, and/or be given advice about their local service providers.

For further information, see Ms Land

KINDLING FOR SALE \$10 (\$20 delivered)

Our Future Problem Solving team of Jake Erb, Gregor Forrest, Sam James and Quinn Scouller (all pictured below), are fundraising to attend the international conference in Wisconsin USA in June this year. Their community project is "Saving the Little Blue Penguin". They would appreciate your support to help them get there.

To order telephone or text Darren on 027 245 5632



Henri Lehrke - New Zealand Champion

A massive Congratulations to Year 12 student Henri Lehrke, who won the NZ UI7 Road Cycling Race in Carterton last weekend. The race ended in a dramatic mass bunch sprint with Henri securing the top spot by only a hundredth of a second.



Henri has now been selected by Cycling New Zealand to race in the Goulburn Junior Tour in NSW, Australia on the 19th and 20th of May. Well done Henri, FDMC are extremely proud of your effort.

Nick Taylor - FDMC Director of Sport

Annual Appeal - New Plymouth Community Food Bank

As our Founder's Day celebrations are fast-approaching, it is time to begin our annual food bank collection. Please bring non-perishable food items to vertical form over the next three weeks. These items will be presented to the food bank as part of our Founder's Day mass on Friday 1st June. Suitable food items include pasta, rice and noodles, cereals, jars of sauce for meal preparation, tinned vegetables and fruit, spaghetti and baked beans, snack foods and treat foods. Personal hygiene items are also gratefully received.

Last year we donated approximately 1,500 food items, and helped the food bank in their support of countless families. I look forward to similar generosity for 2018, and seeing which form class can claim the Vertical Form Shield.

*Tina Dalliston
Lasallian Outreach Coordinator*



Running Club Reminder

The FDMC Running club will continue this term - after school on Tuesdays and Wednesdays.

All welcome - meet in Lab 1.

Kelvin Simpson

Year 11 Retreat

The year 11 students went to Pukekura Park yesterday for their annual retreat. The theme of the retreat was 'What's important.' The boys spent time getting to know other Year 11 students. They learned to listen to their head and their heart with Mrs Mace. They got active with a fitness challenge with Mrs Moller, saw the details in the

big picture with Miss Curd and sang the College song with Mr Basile. After lunch they looked for clues in the Zoo treasure hunt with Mrs Hermanns. The weather was lovely for a day outdoors. It was great to see the students take part and well done to the boys who were Year 11 house leaders for the retreat.

Christina Hermanns



Geography

Last week the Y12 and 13 Senior Geography classes embarked on two field trips, gathering data for their research projects.

The Y13 Geography class spent one day travelling to specific locations on the North Taranaki Coast investigating the natural geomorphology of these areas and the processes that have shaped these features over time.

The Y12 Geography class spent two days in Auckland travelling to 7 different suburban areas investigating the variability of housing styles, age, price, average earnings and ethnic makeup of the residents that live there.

The students were outstanding to take away on both trips and now have some powerful and robust primary data they can use to enhance their geographic research projects.

Year 13 Students are pictured top right investigating the Climbing Dune, Tombolo and Volcanic Plug at New Plymouth's Back Beach

Year 12 students (pictured right) visiting the Central Auckland Viaduct Basin and CBD

Mark Wales - HOD Social Sciences



Knitting Needles and Wool Required

If you have knitting needles and left over wool at home not being used, we would love to be able to show our students how to knit.

Drop any wool or needles at the office or to Mrs Meyer.



La Salle House Fundraiser

Lucas Kiser is a four year old boy from Eltham who has a rare condition known as Stickler Syndrome. Like most young boys Lucas is very playful. However this condition renders him with only partial sight from one of his eyes. With his parents Michael and Sonia, he must take monthly and sometimes fortnightly trips to Auckland Hospital. On top of this Lucas has many progressive hearing, joint and heart problems due to the Syndrome. Lucas and his family are travelling to America to attend the Stickler foundation conference in Portland, Oregon. They are hoping this trip will help clear up uncertainties about the future of Lucas' condition and to see specialists who will evaluate what can be done to help Lucas.

The students at La Salle Hostel are hosting a Charity night on the 23rd of June in order to raise money to help get Lucas to America. This will be held at the College and will consist of an Auction and entertainment as well as an address from Patrick Gower. Nibbles will be provided on the night and there will be drinks to purchase.

We would greatly appreciate any donations that can be made towards this night to help Lucas. We would appreciate donations such as

- items to be sold at the auction
- equipment or services to be used for the night
- services that could be auctioned such as labour

For any enquiries or to pledge donations and services contact:

Heta Smith - Dean of Boarding,
027 530 0543
hsm@fdmc.school.nz

Jayden Smith - Head Boarder
027 943 1606
jayden.smith@fdmc.school.nz
or

James Batchelor - Deputy Head Boarder 027 768 6997
james.batchelor@fdmc.school.nz



Year 7 Farm Visits

The Year 7 classes have been on a farm visit this week to a Sheep and Beef farm in Tarata. The visit was part of our unit of learning in Agricultural Science. Being able to visit a farm provided the students with an opportunity to see how scientific knowledge and technological innovations are applied in a real world context. The students learnt about the many different businesses involved in the Agricultural industry and also gained an appreciation for what career opportunities may exist in the future.



During the visit the boys got to see the sheep being mustered with the dogs and a sheep being shorn. They also got to see many other exciting things including the beehives on the farm.

The boys had a thoroughly enjoyable day out and we would like to say a big thank you to the parents who came along.

Josh Morris and Sheree Asi

From the Guidance Counsellor Carol Land

Free and confidential support/counselling is available to students and parents/caregivers. Call Carol on 067536149 Extension 828 or email her at cla@fdmc.school.nz.

These days, I deal with many situations and queries regarding Social Media. I subscribe to a website called childmind.org. It is free and has some interesting and helpful information for professionals and for parents. You can sign up easily and receive current updates to research articles that may be of interest to you.

This week childmind.org talks to experts about the ways in which social media use may be affecting the lives of our young people.

- Does social media cause depression? How heavy Instagram and Facebook use may be affecting kids negatively.
- Is internet addiction real? With kids glued to their screens, parents worry that they are getting hooked.
- How your teen's phone is ruining his/her concentration. Multitasking takes a toll on learning and efficiency.
- Can screen time be educational for toddlers? Choosing media that is good for young children.
- How to talk to your kids about sexting. Talking to teens about the dangers of oversharing online.

Talking to your young person and keeping communication open is the best way.



Grandsons - Pictured above are third generation grandsons who currently attend FDMC. If your son is a third generation grandson and not pictured above, please let us know.

Back Row left to right: Matthew Sisarich, Joseph Snowden, Nathan Robertson and Riley McDonald

Middle row: Cohen McGrory, Andre Cronin-Nwofor, Jacob Butler and Cullin Franklin

Front row: George Ogier, Jackson McGrory and Ryan Walls

Careers

Parents and students are invited to the Victoria University Information Evening to be held on Tuesday 22 May. Start time will be 6pm at the Quality Hotel Plymouth International 220 Courtenay Street, New Plymouth.

The University will be bringing a current Victoria student and an academic from each of their eight faculties: Architecture & Design, Engineering, Health, Humanities & Social Sciences, Law, Science and Business.

The evening will be organised as follows:

6 -6.20pm Light refreshments served as people arrive. A faculty expo will run throughout the evening.

6.20 - 6.55 pm Studying and Accommodation at Victoria

7pm onwards Faculty sessions

**Attendance Dues Notice – May 2018**

We thank all parents and families who have and are continuing to pay their Attendance Dues on time or who have a payment arrangement with us.

- Attendance Dues statements will be sent this week, requesting payment of the 2nd instalment, plus any arrears from the 1st instalment and/or previous years, by **31st May 2018**, unless a payment arrangement is already in place.
- The instalment amounts are:
 - **\$111.75** for each Primary student (Year 0 – 8) and
 - **\$223.50** for each Secondary Student (Year 9 – 13).
- If your postal address has changed, please contact Marcy, Susan or Mark at Attendance Dues on **0800 200 208** or by email: dues@pndioocese.org.nz.
- One off payments by credit card or debit card (Visa or Mastercard only) can be made using our website: www.pndioocese.org.nz/education/dues.
- Payment of the total amount may also be made by weekly, fortnightly or monthly deductions from your bank account or credit/debit card. For assistance with payment options or to set up a regular deduction, please contact the Attendance Dues team.

Health and Safety

Just a reminder that we have building contractors on site and this makes the administration carpark a hazardous place to drop off /collect your son. We recommend that you drop him at our pedestrian gateway on Tukapa Street as walking up this path will put him out of harms way.

If you do need to come onto our site between 8am and 9am or 3pm and 3.30pm please turn left when leaving; it is proven to be quicker and avoids the pedestrian crossing.

Diana Blair - Business Manager

2018 Calendar of Events**MAY**

- Fri 11 O'Shea Shield
 Sat 12 Rugby v Rotorua BHS
 Fri 18 De La Salle Day in Auckland
 NP Jazz Musicians with Roger Fox
 Tues 22 Open Evening
 6.30 pm in gymnasium
 Tues 29 Paid Union Meeting
 at 1.30 pm
 Students dismissed at 12.45 pm

JUNE

- Friday 1 FOUNDERS DAY
 Students dismissed at around 12.30 pm
 Monday 4 Queens' Birthday
 School closed
 Sat 9 1st XV v St Johns in Hamilton
 Wed 13 National Catholic Conference in Wellington
 Fri 15 Summer Sports photos
 Chamber Music competition
 Sat 23 1st XV Rugby v Lindisfarne
 Mon 25 TOPEC all week
 Wed 27 Otago Uni liaison
 Thurs 28 Socials Yr 7/8 at FDMC
 Yr 9/10 at SHGC

JULY

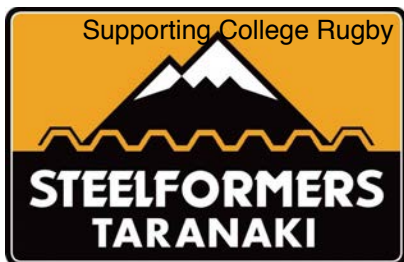
- Wed 4 St Bernards Sports Exchange at FDMC
 Fri 6 Term Two Ends

Term Three begins Monday 23 July

Physiotherapy @ Carefirst

ANDREW LARKIN
 & ASSOCIATES

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