



31st August 2022

Rangitoto College Week 6 Term 3 Newsletter

Covid 19 Update:

With the significant drop in reported Covid case numbers nationwide, we will be easing the mandated wearing of masks on Monday **5th of September**. We recommend that students continue to wear a mask indoors and ask that students take personal responsibility for mask use during school time. Given the high concentration of students in assembly, we will continue to request that masks are worn in this environment. Please remind your son or daughter to ensure they have a mask with them on assembly days. Masks remain mandatory on public transport.

Road to Resilience

We had the privilege to host Darren Pereira for a parent presentation last week which proved most successful. Darren delivered on a variety of topics to support the parenting of teenagers. Of particular interest to parents would have been the need for 9.2 hours of sleep required to benefit the mental health, immunity and learning capabilities of teenagers. He also spent time working through the importance of the ability to be adaptive, flexible and bounce forward, rather than back, in developing resilience. He gave the analogy of a surf beach and navigating waves as part of building resilience. Darren shared tips on breathing to get through stressful moments and de-escalate situations. Among many other topics was also his messaging around optimism and the need to remove our negative bias by focusing on the positives around us. He suggested a good technique to support this was to write down 3 things every night which went well that day and why they went well. The feedback from both the student presentations and the parent presentation has been very positive. Some of our future assembly messaging will draw from this messaging to support the mental wellbeing of our students.

'Our Kids Online' - A Cyber Safety Evening

This event is being held in conjunction with our Mid Bays Kahui Ako schools on Thursday 29th September, at 7-9pm in the Rangitoto College Auditorium. Respected presenters, Rob & Zareen Pope, will help parents & caregivers understand the risks of the online environment, and will provide safety solutions, educating on how to increase resilience in kids through their Cyber Safety presentation. Tickets can be purchased [here](#).

Entrance Exams - (Week 8) September 14th to 23rd

- The entrance exam timetable can be seen [here](#).
- Entrance Exams run from Sept 14th - 23rd. (Some additional Scholarship exams run from Sept 26th – 28th).
- Students have a personalised timetable that can be viewed in PC School.
- The exams provide students with a chance to see where their level of understanding is at for the external assessment standards, as well as demonstrate their level of preparedness for courses and the associated prerequisites in 2023.
- These exams are the primary source of evidence for any derived grade application process in 2022.
- There will be **NO** UEG grade process like the one in 2021.
- If a student is sick on the day of the exam, a parent or caregiver should log the absence with the College as soon as practically possible.
- Any students who have a covid related reason which means they are unable to attend an exam (covid positive or household contact) will have their parents/caregivers contacted by a Dean or Deputy Principal to arrange an alternative time to sit the exam.

- Students leave their bags at the front of all exam rooms and should have with them only those stationery items that are essential in a clear plastic bag. Cell phones and smart watches need to be placed in their bags.
- Students are responsible for bringing their own stationery: pens, rulers, calculator and fully charged device if they are sitting digital exams.
- Students are only able to take toilet breaks after the first 45 minutes of the exam (this mirrors the NZQA exam conditions). Only one student at a time.
- Normal school uniform/dress requirements apply at all times.
- Year 11-13 students only attend school when they have an exam between Sept 14th and Sept 23rd.

Reminder: Study Skills Evening

On **Tuesday 6th September at 6pm in the Rangitoto Centre** we will be holding an evening for students and parents on developing effective study skills.

Reminder:

- **Teacher Only Day** Thursday 1 September - School closed
- **Rangitoto Day** Friday 2 September - School closed

Kind regards



Patrick Gale
PRINCIPAL