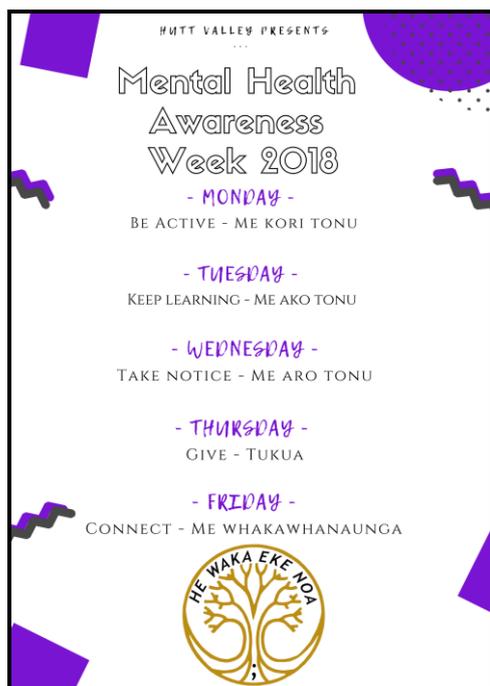


Mental Health Awareness Week 2018

Next week, alongside other secondary schools in the Hutt Valley, a Mental Health Awareness Week is being run to tackle increasing mental health issues. The impact of mental health in our school communities is an issue that affects us all. Our Year 12 students have been part of co-ordinating a programme, **FIVE DAYS TO WELLBEING** to increase awareness of mental health.



Monday is “Be Active – Me Kori Tonu” which is to encourage having a healthy body and a healthy mind, and to encourage people to be active in their communities. *Jump Jam will be held after our Chaplain’s Service.*

Tuesday is “Keep Learning – Me Ako Tonu” which is to encourage people to learn more about mental illness in their community and learn ways to help others when they are in need. *There will be a TED talk playing at lunch.*

Wednesday is “Take Notice – Me Aro Tonu” which is to take notice of mental health in our communities. Whether it be your best friend or a girl in class you have never spoken to, taking notice they might be having a hard time and asking if they are okay - this can make a world of difference. But also take notice of your own needs, as its difficult to take notice and provide support for others if you need support yourself. *There will be a treasure hunt around school (starting at the Library) with some yummy prizes.*

Thursday is “Give – Tukua” which is about promoting the value of giving and caring for our friends, family and those in need. This is not just about giving gifts or donating money, but giving thought to those who may need it, or even giving thought about caring and loving yourself, which is just as important as caring for and loving others. *There will be a shared lunch within our school Houses. Students are encouraged to bring a small portion of food to share. Please avoid food containing nuts.*

Friday is “Connect – Me Whakawhanaunga” which is a day for spending time with our community, friends and family and not taking for granted the connections we have in our lives. This day is centred around bringing our community and our schools together, making new friends and appreciating life for what it is. It is a day for spending time with and enjoying our friends and family.

FORTHCOMING EVENTS

Friday 17 August

Open Day
8.45am – 11.00am
FitzGerald Foyer

Quiz Night – Tickets from Reception

Are **YOU** Smarter
than a Chilton Girl?



Quiz Night Fundraiser

Friday 17 August 2018
7.00pm Start - Doors open at 6.30pm
Chilton Jubilee Centre

BYO Drinks and Table Snacks - Light Supper Provided
Please bring cash for raffles

\$15 for Adults - \$10 for Students

Sunday 19 August

Open Day
1.00pm – 3.00pm
FitzGerald Foyer

Friday 28 September

End of Term Three

Monday 15 October

Start of Term Four

[CLICK HERE for 2019 Term Dates](#)

Uniform Shop Opening Hours

The Uniform Shop will be open each Tuesday and Thursday from 2.00pm to 4.30pm.

Chilton Dance Centre Performing Arts Holiday Programme (for 9 – 13 year olds)

Monday 1 October to Friday 5 October from 9.00am – 4.30pm daily.

Get in now for the early bird price of \$275 before 1 September 2018.

This is a fun-filled week of Dance, Song and Creative workshops culminating in a performance for family and friends on the final afternoon.

[CLICK HERE](#) to register and enrolment information.



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SCHOOL NEWS

Anglican Schools Pilgrimage 2018 – Invitation

Sunday 30 September to Wednesday 3 October
We are very excited to extend an invitation to Chilton students to join the Anglican Schools Pilgrimage 2018.

Join with Bishops Justin and Eleanor, along with other students from Anglican Schools on this four-day adventure, to connect with some of the significant stories of our Diocese's 200-year history. We will explore significant moments in New Zealand's history as we unpack the story of Parihaka, Octavius Hadfield and Te Rauparaha as well as many others, giving us a greater understanding and sense of our story as we look at what it means to be good partners of the Treaty of Waitangi. The cost of the trip will be \$200 per person. The dates of the trip are:

Sunday 30 September	Wellington, Porirua, Otaki, Rangiatea, Shannon
Monday 1 October	Bulls, Whanganui, Jerusalem
Tuesday 2 October	Opunake, Parihaka
Wednesday 3 October	Ratana, Sanson, Wellington

Please register your interest with Reverend Caro or email cwillis@chilton.school.nz

CENTENARY UPDATE

Last Chance to Order Your Centenary Rose

This is your last chance to order our stunning Centenary Rose, 'Possumus'. Orders must be placed by 3.00pm, Thursday 16 August. Numbers are limited, so be in quick! The roses will be ready for delivery in late August 2018 (whilst stocks last). Rosa 'Possumus' costs \$35 per potted plant, plus freight via Fastway Couriers. [CLICK HERE](#) to order your rose.

PRESCHOOL

Preschool Grandparents Day

Friday 24 August, from 9.30am – 11.30am.

Preschool Father's Day Celebration

Friday 21 September, from 9.30am – 11.30am.

Penguin Group

Children learn by exploring their environment and being active and at our Preschool we make use of the wider school for the children to explore the different spaces. The entrance ramp to the Preschool is a very popular area for rolling and kicking balls. Children learn many skills through playing with balls. They develop balance, coordination, muscle stamina, spatial awareness, self-confidence and social skills.



This week, the Penguin group above have thoroughly enjoyed throwing and chasing a rolling ball. The challenge is trying to follow the ball as fast as little legs can go to catch up with the rolling ball. Fortunately, once the rolling ball hits the retaining wall it stops then the ball is picked up and one is ready to repeat this process again. The shrieks of laughter heard around the school are a wonderful indication that this is such a fun activity!

What learning is happening here? Our children are gaining an understanding of cause and effect; that a rolling ball travels downwards much faster, and the harder one pushes the ball down the faster it travels. This promotes moving different parts of the body to build healthy bodies and relieve stress.

Decision-making and sharing for some children at this young age, choosing a particular colour and size ball has as much importance as playing with it. On the other hand, the other children are happy with any ball and what motivates them is to keep the ball moving in any direction!



Foundational skills: The start of learning to control the ball is to practice for future sport activities.

PRIMARY, MIDDLE AND SENIOR SPORT

Chilton Sporting Excellence Years 4 – 13

In order to acknowledge all the sporting talent that we have at Chilton, we are calling for nominations from those who have achieved outstanding results in 2018. If your daughter has met the criteria as outlined, please submit the form to the Sports Office by Friday 31 August. The Sports Awards ceremony will be held at school early in Term Four (more details to follow). [Chilton Sports Awards Nomination Form 2018](#)

Touch Trial Registrations

The wait is finally over! 2018 Wellington Representative Touch trial registrations are now open. Only players who are registered are eligible to trial, so it is important that all those keen on trialling jump complete the online registration form, at the website link at www.totaltouch.org.nz Registrations close at 5.00pm, 28 August.

Open Trials – Under 10 to Under 18

Sunday 2 September, Fraser Park Artificial Turf

PRIMARY SCHOOL

Year 1

Our Unit of Inquiry 'How the world works' has challenged our Year 1 girls to think about 'forces' in everyday life. The Lines of Inquiry were, to identify types of forces, investigate the cause and effect of forces, and reflect on scientific experiments.

Mrs Clements, our HOD of Science, put together an afternoon for our Year 1 class, visiting the science laboratory and investigating push, pull, friction, motion and gravity.

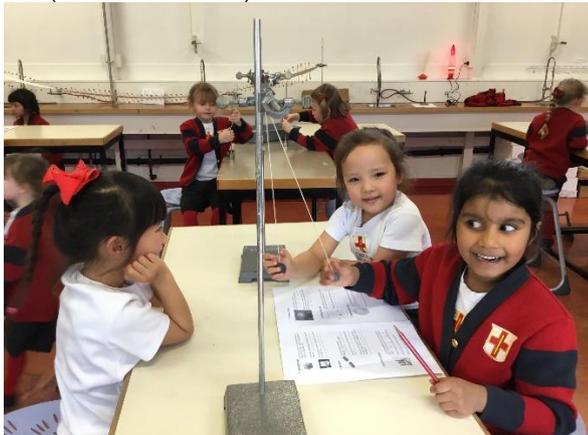
With a ping pong ball and a straw, the children were challenged to keep the ball on the table. They had to think about the force used and work as a team to control the ball. It was difficult to keep it on the table because the table was smooth. We had to move around the table so we did not drop the ball. Our blowing made the ping pong ball move. Gravity pushed the ping pong ball when it falls off the table. (Alice Haywood)



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Swinging different sized balls, the children had to make an observation on which ball slowed down first and why this happened. I noticed the big one slows down faster than the smaller one because it is heavier. You can pull it forward and push it away from you so that the force makes it swing. When you pull it, the ball goes back. When you push it the ball goes forward. (Claire Pemberton)



Which spring size was easy to pull? Why? Which weights were the heaviest and how do you know?



Thank you so much Mrs Clements and Miss Treble for a variety of challenging learning experiences that immersed our inquirers in developing their scientific thinking.

Weekly Certificates

Congratulations to the following girls who achieved certificates this week. These certificates will be awarded at our Singing Assembly on Monday. Fabulous work girls!

- Year 1 Chloe Cao, Elodie Sun
- Year 2 Isobel Alberino, Azalia Nafishat
- Year 3 Alisa Fleisher, Jasmine Sunkel-Morta
- Year 4 Maisy Neilson, Matilda Smith
- Year 5 Esha Chandra, Millie King
- Year 6 Phoebe Hayward, Shicong Luan, Zixuan Ren.

PRIMARY SPORT

We wish all our Primary students the best of luck as they go into the last two weeks of competition. These girls are now competing in semi-finals and finals. Go Chilton!

Student Success

Congratulations to the following girls who have been selected to represent Chilton at the South-East Zone Swimming meet at Naenae pool on Thursday 23 August:

- Lucy Price, Anika Anderson-Peneha, Georgia Barrett-Dobson, Nancy Li, Arabella Boaden-Trotter, Keely Greve, Anji Chu, Carla Nguyen, Tilly Smith, Lauren Muller.

MIDDLE SCHOOL

Years 9 and 10 Social Science

This fortnight, Years 9 and 10 have begun a challenging new Unit combining aspects of philosophy, psychology, history and belief systems all linked into contemporary issues.

The underpinning idea is to critically assess how and why people have, and are making some of the choices we do. For instance, Denmark recently enacted a law banning the covering of one's face in public. That new law recently sparked an attack on a woman wearing a niqab in public and then fine her for not removing it for the police officer who came to investigate the assault on that woman.

One might ask what was the Danish motive for creating a law which would ban the wearing of a religiously significant item of clothing? (Plot spoiler: According to the BBC: The European Court of Human Rights had earlier said that "...communal harmony trumped an individual's right to religious expression" <https://www.bbc.com/news/world-europe-45064237> That quote nicely synchronises with the philosophy of Utilitarianism (ask your daughter to explain that to you), and, as we have been examining in class, falls prey to the same problems much Utilitarian philosophy always has (challenge your daughter to discuss that with you!).

As the term unfolds, we will be looking at various philosophical approaches, some psychological theories and research and an overview of a couple of belief systems so that we can take multiple viewpoints to issues both historical and contemporary.

Parents are encouraged to open up a conversation with their daughter on a regular basis to discuss what we are looking at in Social Science class as it will help her to process what she is encountering, and engage you in issues facing our next generation of leaders, researchers and shapers.

Year 8 Social Science

The Year 8 Social Science students *below* are learning about the impact of plastic on our oceans. Here they are creating boats that float out of plastic that will be recycled.



Year 10 Study Leave

Year 10 will have Wednesday 5 September, the day off immediately preceding their IGCSE examinations.

MIDDLE SPORT

We wish all our Middle School students the best of luck as they go into the last two weeks of competition. These girls are now competing in semi-finals and finals. Go Chilton!

AIMS Games are fast approaching. This year, Chilton will be represented in Netball, Aerobics, Gymnastics and Rock Climbing. A timely reminder to participants to be prepared, by keeping fitness up, getting injuries seen to and having the appropriate gear for competition. All girls competing must have the approved Chilton hoodie and plain black leggings as outer-wear. The only jacket to be worn is the Chilton showerproof jacket or a plain black jacket.



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Student Success

Congratulations to the following Middle School students on the significant achievements in their sporting codes.

Badminton: Congratulations to our Senior Badminton team consisting of Hannah Francis, Daisy Guo, Michelle Huang, Leigh Lauv, Elesha Wester and Hannah Sunia who placed 2nd in Division 1. Well done girls, we are very proud of you.

Netball: Our Junior A netball team represented Chilton in the CSW Junior Netball Tournament last Thursday finishing 7th out of 22 schools. A huge achievement for our girls competing against some much larger schools.

Road Race: Last Wednesday, Chilton had a number of entries into the CSW Road Race event. Our Year 9 team placed 3rd in the team event, with great individual results from Katelyn Sceats, placing 1st in the Year 9 girls and Kasey Walker placing 11th out of a field of 25 girls. Also competing well were Nadia Huang and Breeana Crotty who started strong but had to withdraw due to an ankle injury.

This season, Katelyn has won the Year 9 CSW titles in 3k track, 3k cross country and 3k road race. She also won the Wellington 2k steeplechase title which she only did for fun. Well done Katelyn!

Water Polo: Over the holidays, the Pan Pacific Youth Water Polo Festival took place in Auckland. This is the largest water polo competition in the southern hemisphere with 150 teams including USA, Australia, Canada and South Africa playing across 8 divisions. Congratulations to Georgie Smith who was selected to compete in the Hutt Water Polo U14 Women's team.

Golf: Darae Chung has been winning competitions again and has now been selected to represent New Zealand to attend the South Pacific Junior Open in New Caledonia in August. Only two girls and two boys were selected to represent New Zealand. Good Luck Darae!

Swimming: Congratulations to the following girls who have been selected to represent Chilton at the South-East Zone Swimming meet at Naenae Pool on Thursday 23 August. Good luck to Ariana Lock, Piper King, Georgie Smith, Rosa Blair, Grace Liu, Katherine Wang, Lola Campbell, Jessica-May Smith, Gracie Thompson.

There will be a meeting in the Sports Office at 1.00pm on Monday 20 August for all those racing in this swimming team.

SENIOR SCHOOL

Years 11, 12 and 13 Study Leave

Year 11 study leave begins from Monday 22 October.

Years 12 and 13 study leave begins on Friday 2 November.

NCEA examinations commence Wednesday 7 November.

Year 11 Parent Interviews

These will take place after school examinations later this Term.

SENIOR SPORT

We wish all our Senior School students the best of luck as they go into the last two weeks of competition. These girls are now competing in semi-finals and finals. Go Chilton!

Student Success

Congratulations to the following Senior School students on the significant achievements in their sporting codes.

Rugby: Congratulations to Hannah Sunia who has been selected for the Girls U18 Wellington Rugby team. Go Hannah!

Road Race: Last Wednesday Chilton had a number of entries into the CSW Road Race event. Charlotte Floodsmith-Ryan ran very well placing 3rd in Senior Girls. Charlotte has had a tough couple of weeks with injury and illness, so this was a very strong start back to competition for her.

Water Polo: Over the school holidays, the Pan Pacific Youth Water Polo Festival took place in Auckland. This is the largest water polo competition in the southern hemisphere with 150 teams including USA, Australia, Canada and South Africa playing across eight divisions. Sophie Smith *below* was selected to compete in the Hutt Water Polo U18 Women's team which won the Plate final 7 – 2 against Montford Park.



MUSIC AND PERFORMING ARTS

Primary Informal Lunchtime Concert

Monday lunchtime saw the first in our new series of Primary Informal Lunchtime Concerts *below* with Phoebe Lowe, Keeley Greve, Rose Currington and Amy Yu all performing on Monday. This was a lovely occasion and a great, supportive space in which our younger students were able to get a first taste of performing in front of an audience.



There will be two more Primary Informal Concerts over the course of this term (Monday 27 August and Monday 17 September) where different girls will be able to showcase their skills. Lots to look forward to!

New Zealand Secondary Schools' Choir

Our senior girls may be keen to hear that auditions for NZSSC are now open. Many Chilton Old Girls have participated in NZSSC – it is a wonderful opportunity to perform excellent music with other enthusiastic musicians. [CLICK](#) to apply.

REMINDERS

Amadeus Orchestra Rehearsal

Sunday 19 August, 1.00pm – 3.00pm

This will be a call back rehearsal for all members of Amadeus Orchestra. Please advise Mrs Burr if you are unable to attend.

Primary Grandparents' Day Concert (Jubilee Centre)

Friday 24 August, 2.00pm

All welcome to come and hear the Primary music groups and selected soloists perform.



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