



INCORPORATED & FOUNDED 1991

Hutt International BOYS' SCHOOL



*Encourage & Expect
Excellence*

Info

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KEY DATES FOR YOUR DIARY

Saturday 30 March—HIBS Open Day

Monday 1 April—School Closed

Saturday 6 April/Sunday 7 April—Relay for Life

Friday 12 April—End of Term 1

Monday 29 April—Start of Term 2

PLEASE NOTE THE CHANGE IN DAILY START AND FINISH TIMES

DAILY TIMES FOR MONDAY, WEDNESDAY, THURSDAY AND FRIDAY—START OF 2019

Period	Time
1	8.40-9.30
2	9.35-10.25
Tutor/House Meetings	10.25-10.45
Interval	10.45-11.05
3	11.05-11.55
4	11.55-12.45
Lunch	12.45-1.35
5	1.35-2.25
6	2.25-3.15

PRINCIPALS ASSEMBLIES HELD EACH TUESDAY. NOTE PERIOD TIMES BELOW—START OF 2019

Period	Time
1	8.40-9.25
2	9.25-10.10
Interval	10.10-10.30
3	10.30-11.15
4	11.15-12.00
Break	12.00-12.10
Assembly	12.10-12.55
Lunch	12.55-1.45
5	1.45- 2.30
6	2.30-3.15

CONTACT DETAILS:

Postal Address:

PO Box 48101
Silverstream
Upper Hutt 5142
Phone: 04 528 6227

Physical Address:

Granville Street
Trentham
Upper Hutt 5019
Email: admin@hibs.school.nz



FROM THE PRINCIPAL



One of the main concerns of educators and parents is the stress on our students and children and the adverse effects that this has on them. We hear that stress can lead to everything from depression to cancer. Especially when it comes to young people, we have moved from the “whatever doesn’t kill you makes you stronger” ethos of the baby boom generation to helicopter parenting, shielding children from as much adversity as possible.

However, a New York Times article by Richard Friedman, a professor of clinical psychiatry, described how the right kind of stress can actually be beneficial. And it’s particularly important for young people, whose brains and bodies are uniquely sensitive to the impact of experience. The key points from the article are given below.

Stress is really just our body’s response to a challenge. The key to good stress is that the challenge be something you can manage and even master.

We all have experienced the relationship between a challenge and the degree of stress we feel in response. It follows an “inverted U” function: As the pressure goes up, so does performance — but only to a certain point. Beyond that, greater pressure causes performance to drop.

That’s why a challenging teacher who incites mild anxiety is more effective than one who is either permissive or terrifying. Good teachers know how to push students without making them so anxious that they give up. They have found the sweet spot for stress: Too much or too little and people don’t do their best.

When humans are under acute stress, their bodies secrete the hormones cortisol and adrenaline. This helps them respond to the demands of the situation. A burst of cortisol mobilizes glucose for energy and stimulates the immune system, while adrenaline increases attention.

But chronic stress — when adrenaline and cortisol levels are persistently elevated, as they are for children growing up in neglectful or abusive circumstances — can lead to health problems like obesity, diabetes and high blood pressure, while also impairing cognitive abilities.

A brief pulse of cortisol can enhance the growth of neurons in the hippocampus, which is critical to learning and memory. But chronically high cortisol levels have the opposite effect, causing those neurons to shrink. Chronic stress also typically causes insomnia and sleep deprivation, which can also impede the growth and development of nervous tissue in the hippocampus. This is a warning for students who study late into the night. Their brain is a poor learner without sleep.

And here parents do have something to be concerned about. A 2017 survey found that about 40 percent of adolescents in 2015 slept less than seven hours a night, compared with 26 percent of teenagers in 1991. This large increase is bad news.



FROM THE PRINCIPAL CONTINUED



However, it is important that parents don't get too overbearing when they try to do something about this. Trying too hard to control your sons (and daughters) is likely to backfire. One small 2012 study found that anxious and inhibited kids whose mothers tended to be overprotective were more likely to have anxiety disorders during adolescence than those whose mothers were not over-controlling. The implication is that parents who tried to shield their children from experiences that made them anxious actually prevented them from learning to be unafraid.

This suggests that exposure to some level of stress promotes resilience. So, what can we do to encourage more of it?

One clue comes from research showing that when people felt in control of a difficult situation — whether they were actually right about being in control or not — they were less impaired by stress than those who felt out of control.

Dr. Alia Crum, a psychologist at Stanford University, and colleagues demonstrated that you can change your emotional and biological response to stress just by adjusting your mind-set about it. She examined the response of a group of healthy undergraduate students to the stress of giving a public speech. Students who viewed stress as enhancing had levels of the stress hormone cortisol that were neither too high nor too low, and were more likely to ask for feedback about their performance than those who saw stress as debilitating.

The idea is that our attitude about stress — something that's pretty easy to change — can influence whether we experience it as manageable or noxious.

Of course, we should do all we can to protect children — especially those with psychiatric illness — from chronic and unmanageable stress. But for most young people, everyday stress is beneficial and promotes resilience.

There is no need to shield them from the world with trigger warnings and the like. Instead, let's enhance their capacity to handle stress and succeed in the face of adversity.

I enjoyed this quote from composer, Leonard Bernstein:

To achieve great things, two things are needed: a plan and not quite enough time.

Mike Hutchins
Principal

CONGRATULATIONS



Isaac Cheung was selected in the Wellington Under 15 Softball Team



Jordon South was selected in the Lower Hutt Under 13 Maori Basketball Team



Cole Kennedy was selected in the Wellington Under 17 Cricket side



Lucas Jelley, Harrison Wall and Lachlan Bailey were selected in the Wellington Year 9 Representative Cricket Team



Soham Rawat and Jack Gaskin were selected in the Wellington Gold Year 8 Cricket Team



Sithula Gamage and Oscar Reid were selected in the Wellington Black Year 8 Cricket Team



Benjamin Grenfell, Gerrard Green, Kahurangi Gray, Leyton Tapa and William Young competed at the Touch New Zealand Junior National tournament in Rotorua for the Wellington Under 18 Mixed touch rugby Team .

CONGRATULATIONS



Fin Hourigan was selected in the Wellington Under 12 mixed touch rugby Team



Lorenzo Caratori Tontini was selected in the Wellington Under 12 boys touch rugby Team



Brodee Tetevano was selected in the Wellington Under 14 mixed touch rugby Team



Conor Devery received a silver medal in the Club Intermediate grade, coxed four, A Final at the Club Rowing Nationals



HIBS Mountain Biking Team won the schools category in the Karapoti MTB race. **Aidan Fleming** won his age category in the 50km. **Angus Ross** 3rd in category for the 20km. **Lachie Ross** getting 6th place in the under 19 50km class aged 12. **Cohen Hiswin** 5th, **Hunter Duligall** and **Cameron Duligall** 8th and 9th in their age grades for the 20km.

CONGRATULATIONS



George Stoupe has won through to the second round in both singles and doubles at the Grade 1 Thailand ITF.

George beat Australian Ken Cavrak (124 ITF ranking) in a marathon match 6-3 3-6 7-6(7). George then paired up with Japanese player Yamato Sueoka to win doubles 6-3 6-1.



HIBS Senior Touch Team won the CSW Senior Touch title. This is the second year in a row the Touch team has won the CSW Senior Touch Title.



Gerrard Green and **Kahurangi Gray** played in the Wellington Under 21 Mixed touch team. The team finished 3rd in the championship.





FROM THE SCHOOL OFFICE

PARENT TEACHER INTERVIEWS (WEEK 8 & 9)

Interviews for all students will be held in the two weeks following the publication of Interim Reports on the Portal on the evening of Friday **15 March**. The interview dates and times are as follows:

Tuesday 19 March from 1 – 4pm

Thursday 21 March from 4 – 8pm

Wednesday 27 March from 4 – 8pm

Bookings for Interviews open today (8 March). To make a booking login to the School Interviews site or click on the link: <https://www.schoolinterviews.co.nz/>

The code for booking interviews this year is **wfxq7**. You will need to know the names of your son's teachers when making bookings.

Allow yourself time to move from one interview to another by placing a 5-minute gap between each interview.

To assist us to stay on time for each interview, we ask that you keep to the 5-minute interview timeslot and if you need additional time with a particular teacher, we ask that you follow this up with either an email or phone call at a later date.

Please note carefully the date you have booked your interviews for.

INTERIM REPORTS

Interim Reports for all students will be accessible on the Portal early evening on **Friday 15 March**.

The Interim Report this term is the first official report you will be able to access for your son in 2019 from the Portal. This report is a *grade* only report. The grades your son gains are based on the HIBS Motivation Grades. Each subject has four or five descriptors (depending on the subject area). Each descriptor is then broken down into a set of indicators which are graded from Poor, Fair, Good, Very Good and Excellent. These grades are given based on your son's capabilities for each indicator and descriptor for that subject. The Indicators are subject specific and can be viewed in detail by going onto the HIBS Website, selecting **Curriculum** from the horizontal menu, then **Junior School** (Years 7 – 10) *OR* **Senior School** (Years 11 – 13), click on **Motivation Grades**, then **View Motivation Grades** and open the link on that page.



FROM THE SCHOOL OFFICE

REPORTING AND THE HIBS MOTIVATION GRADES

All HIBS formal reporting, including the **Interim Report** (Term 1), and the **Written Reports** (Seniors - Term 2 and 3, Juniors - Term 2 and 4), will include marks for each of our Motivation Grades and an overall Motivation Grade total for each student.

The Motivation Grades that students are marked on, are specific to each of the Departments and relate to capabilities needed in these curriculum areas. For example, in **Design Technology** for the descriptor *Motivation to Learn*, where a student gains a Very Good grade, the descriptor reads as follows:

The student is involved in all areas of DET taking an interest in what he is learning. Work has been produced with a high level of thought and consideration. Tools are generally correctly selected and used.

While each descriptor is specific to the nature of the subject these are also generic in their overall intention across all departments. You can access each of the departments specific Motivation Grade criteria by clicking on Curriculum/Motivation Grades/View Motivation Grades on the HIBS website.

The HIBS Motivation Grade criteria provides

- teachers with a **guideline** on which to make judgments about each student's capabilities in that subject, and
- students with a framework on which to reflect on their capabilities and set goals to improve or develop these.

The Motivation Grades in each department include

- motivation to learn,
- participation and contribution,
- attention in class (with the exception of English*),
- organisation for learning, and
- presentation of work (with the exception of Commerce, Health and Physical Education, Music, Performing Arts, Gateway)

*The English department have added a *Motivation to Read* descriptor for Year 7 – 10 students with an aim to increase reading mileage, comprehension and achievement.

HIBS Motivation Awards – Bronze, Silver, Gold and Platinum.

Your son's Motivation Grades are totalled and converted to a percentage which can be located at the top of each of his Reports. This overall grade in both the mid-year and end-of-year written reports only, determines those students who gain a Bronze, Silver, Gold or Platinum Motivation Award. HIBS Motivation Award assemblies are held twice a year.



FROM THE SCHOOL OFFICE

EXCELLENT EFFORT AWARDS

Awards for Excellent Effort in subjects are awarded by teachers every three weeks during the school year. A student may gain an Excellent Effort Certificate in a subject because they have shown continued outstanding effort in class or have achieved or performed a one-off task which demonstrates the outstanding effort they have made.

Teachers can only give three Excellent Effort Awards each time these awards are given. As most of our teachers teach approximately 100 students, this means that only the top 3% of students are being awarded for their effort each time.

SCHOLARSHIP

Scholarship classes have started in a number of subject areas this term with others scheduled to start from the beginning of Term 2. These classes are held by staff before school, at lunchtimes or after school. Here is a picture of our busy boys in the Calculus Scholarship class in action every Thursday morning at 7.30am. This Scholarship class is taught by our new HoD Mathematics, Mr Ian Clark.



INTERNATIONAL SERVICE 2020

Currently the Year 12 boys are preparing their application letters to be part of the 2020 Service Team. The project hasn't been confirmed yet, but the boys are very interested in being part of the team. The staff leading the 2020 project are Kelly Dornbusch, Stuart Waring and Viv Hullena. The team will be named on Tuesday 26 March prior to their first fundraising event at Open Day.



FROM THE SCHOOL OFFICE

ENTERTAINMENT BOOKS

Support HIBS International Service (IS) fundraising and put \$\$\$'s in your pocket!

The Entertainment™ Fundraiser is one of our favourites for HIBS International Service Team. The 25th Anniversary edition is filled with exciting and valuable offers to help you make the best of your leisure time! The memberships sell for \$65, and HIBS IS keep \$13 for every one we sell.

The Entertainment™ membership gives you access to thousands of **up to 50% off and 2-for-1 offers** for Wellington/Manawatu best restaurants, cafés, attractions, theme parks, airlines and retail offers. Plus, it offers the best in market prices for over 2,000 hotels and resorts that you can use whenever you like until 1 June 2020.

The Entertainment™ memberships are available as a Book (with a gold card and vouchers) or as a Digital Membership that puts all the offers in the Book, on your smartphone to redeem at the touch of a button.

So you can see what is in the Entertainment™ Book for you and your family, we will be sending one home with your child during the week of **Wednesday 3 April 2019.**

Some families do not wish to purchase the Entertainment Book but do want to support International Service and choose to make a donation into the HIBS Trip account 03-0502-0126981-003 and in the Reference field put IS2020

If you do not need a Book sent home, please email thall@hibs.school.nz with your child's name and class by **13 March 2019** stating **"Please do not send a book" in the subject title**

To pre-order your Book or Digital Membership and support our fundraising click on the secure link: <https://www.entertainmentbook.co.nz/orderbooks/104g194>

All pre-orders will receive Early Bird offers worth over \$180!!!

Please Note: If you purchase a digital membership you will still need to OPT OUT of receiving a book if you do not want a book.

Pre-order your
Entertainment
Membership today!

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FROM THE SCHOOL OFFICE

OPEN DAY

HIBS - Building Men of Character since 1991

The HIBS Open Day is on 30 March 2019- 9am hear the Principal's address in the HIBS Auditorium and 9.30am-1.30pm enjoy tours of the school. There will be activities, classroom exhibitions and displays with our staff and students.

The closing date for Enrolment Applications for 2019 is Friday 12 April 2019 at 4pm.

If you have any questions regarding enrolment, please contact the school office on 04 528 6227.



BROTHER ENROLMENTS FOR 2020

Please note that if you have another son intending to come to HIBS in 2020, you should contact the school office if you have not received an email with the enrolment pack from the school.

SPEECH AND DRAMA LESSONS

Speech and Drama lessons: All ages, group and individual lessons in drama, public speaking and general speech quality. Trinity College London exam tutoring and competition entry available on request.

Email eminardsblack@gmail.com for more information.



FROM THE SCHOOL OFFICE

READING

It has been pleasing to see the buy in from students and parents in the Junior School to the Reading focus established by the English Department. We are heartened seeing students reading before classes, at lunchtime and interval and hearing conversations about books; what they are reading and enjoying and which books others might enjoy. Each student has established his own Reading Journey for the term, a goal of regular hours spent reading independently at school and at home and parents are supporting this.

There are clear links between the regular reading of books and academic success, but also let us acknowledge the other benefits. Reading provides a form of relaxation, of reflective self-development, a deeper understanding of others, the world and how we each fit into it. The secret is really in finding a book that you can engage with, enjoy and one you want to keep reading. As J K Rowling said – “If you don’t like to read, you haven’t found the right book.” That is something the English Department and Mrs Muir in the Library, are determined to help you with.



Reading before School



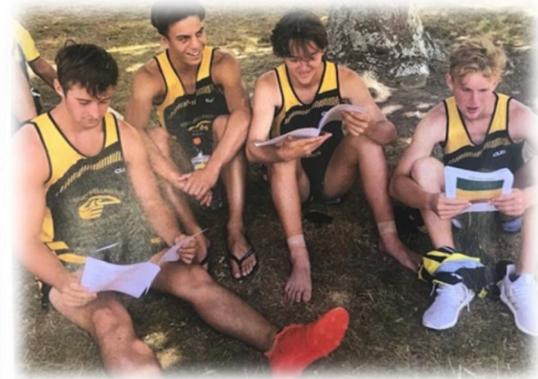
Reading at Athletics



Reading at Year 7 Camp



Reading in Class



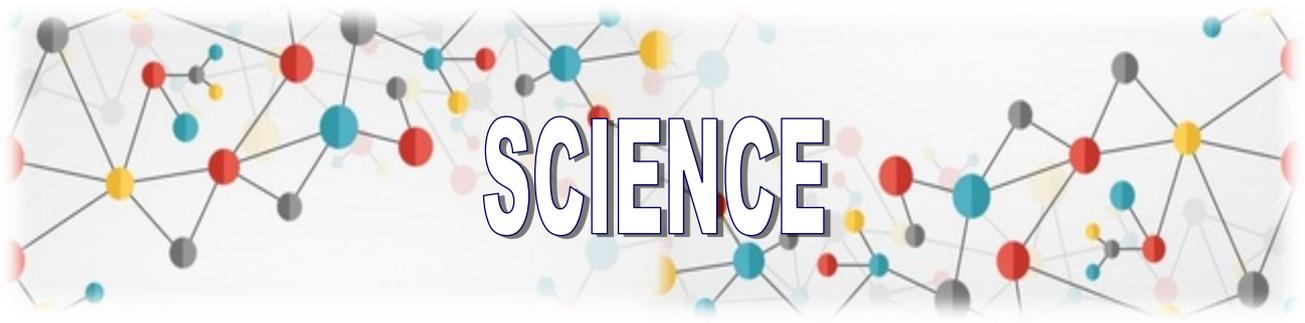
Reading at Touch Nationals

WELCOME

WELCOME TO YEAR 7 STUDENTS 2019

The Year 7 students have had an excellent start to school this year. Below are some photos of them in their tutor groups.





HIBS SCIENCE TOUR TO EUROPE 2020

Prior to the end of last year, the Board of Trustees approved a tour of senior Science students to Europe in 2020. This is a once in a lifetime opportunity. Students would visit some of the best research centres in the world and to talk to some of the world's top scientists in their working environment. These include the CERN research labs in Geneva and the Airbus plant in Toulouse.

CERN'S Large Hadron Collider (LHC)



A parents' Information Evening will be held on 18 March at 6.30 in the school Staffroom. The tour company, TourTime, who will organise the trip, will give a presentation and answer any questions you may have. The Science staff organising the trip will also be present to answer questions.

An Expression of Interest letter will be handed to all Y10 to Y12 Science students interested, inviting Y10 to Y12 parents to attend. This letter has an Expression of Interest return slip which the Science department would like returned by the 13 of March.

SPORT



HUTT SCHOOLS SECONDARY ATHLETICS MEETING

On Thursday 7 March HIBS competed at the Hutt Schools Secondary Athletics Meeting. Students that came 1st are as follows:

JUNIORS: Alexander Hewitt: 300 metres (45.51), Jonah Seeds: 3000 metres (9.40:82) - awaiting official confirmation whether it's a record. Jonah doubled up to win the 1500 metres (4.44:19).

INTERMEDIATE: Leyton Tapa: 100 metres (11.93) and 400 metres (57.22), Tyrone Trego: 200 metres (24.87), Finlay Seeds: 800 Metres (2.05:08) and 1500 metres (4.36:92), Seth Palmer-Rennie: High Jump (1.73m) and Long Jump (5.91m), Jonathan Sceats: Discus (38.88m) and our relay team of Leyton, Tyrone, Ethan McKenzie and Finn Ihimaera-Smiler won the 4 x 100 metre relay in 48.57.

SENIORS: Benjamin Grenfell: 400 metres (57.88), Thomas Wilkshire: High Jump (1.75m).



JUNIOR CRICKET TEAM

HIBS Junior cricket team won against St Pats Stream in a 40 over match in the Wellington Regional Final. They now go to into the top six nationals which is held in Palmerston North in late March.

HIBS managed to get St Pats all out for 56, where we reached 57/0 in the 13th over. Archie Wilson finishing on 21 not out, and Harrison Wall on 23 not out.





A world map is shown in the background, with a group of silhouettes of people of various ages holding hands in front of it. The scene is set against a sunset or sunrise sky over a beach with waves.

ART Auction

Thursday 4 April - HIBS Auditorium

Viewing from 5:30pm
Silent auctions close at 7:00pm
Live auction starts at 7:00pm

The 2019 International Service team is hosting an art showcase. HIBS is pleased to be collaborating with Rimutaka Prison on this fundraising initiative.

Canvases, sketches and wood carvings will be available for sale on the evening by either fixed price or auction.

Entry by Donation

All funds raised will go towards the HIBS International Service project in Vietnam.

Any queries contact Alan Watts at: awatts@hibs.school.nz



DEPARTMENT OF
CORRECTIONS
ARA POUTAMA AOTEAROA