From the Principal

This week at assembly I spoke about anxiety, how it is a normal feeling and how it is an important part of our lives. Anxiety is an emotion that can focus attention and motivate action. Most anxiety disappears after the stress that caused the anxiety has passed. In some cases, anxiety can become serious. In those times, it is important that our young women ask for help, either with the school counsellor or a support person.

At Marist College, we see a lot of anxiety that is caused by students overthinking a problem and underestimating their ability. When students take one step at a time, complete the hardest tasks first, reflect on their progress as learners, and sleep before making difficult decisions, the stresses that cause anxiety reduces, which will enable our young women to reach their full potential.

Most importantly, students need to have courage. Courage to attempt something new, courage to fail, and courage not to give up. Leading up to Marist Day, I have challenged our young women to do one thing between now and the 15th August, the Assumption of Mary, that pushes them beyond their comfort zone, is challenging and makes them uncomfortable. As it is in these moments that we truly live the values of Mary and the significance she has in our lives.

Congratulations to the winners of our singing cup competition. Congratulations also to Maxine Shaw for gaining gold medal in the Lewis Eady Piano Competition. Maxine Shaw and Katie Dallow won 1st place in the Auckland combined dance competition. Ava Crowe and Nikita Ormsby have been cast in the Encore Theatre Collective, a newly formed youth theatre company and will be performing at the ASB Waterfront Theatre.

Te aroha o te Atua

Raechelle Taulu, Principal

Young Artists' Success show Marist creative talents

Eight Year 12 and Year 13 students entered into the Eden Arts Young Artist Awards last week. This was the first year Marist has been eligible as a local school and students seized the opportunity despite being up against more experienced university students (including old girl Ana Garcia).

The calibre of work was very high and our young artists held their own. Nina Cole’s image Chaetophobia received the Framers Guild Award and was commended on its effect on the viewer and considered presentation.

Additionally Panashe Chakanyuka sold her photograph to the Wallace Arts Trust- a prestigious collection of New Zealand contemporary art.

It was a great result for Marist creative talents in the lead up to the Visual Arts Showcase!

Ms Sophia Schon
**Pathways Expo at MAGS**

MAGS held a “Pathways Expo” on Tuesday evening this week, and kindly extended an invitation to Marist students and their families to attend. All of the NZ universities were there as well as the Police, Defence Forces, and many other private training providers so it was a good opportunity for students to explore ideas for pathways they may choose to take beyond school. It was good to see some of our students taking up this opportunity to find out about options for the future. Thank you to Sabina Aquino and Teena Roy for acting as hostesses on behalf of Marist for the evening.

Ms. Charlotte Nicklin

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### Gateway Retail Updates

During the July school holidays, five Year 12 students completed Gateway programmes in retail at Farmers department stores in New Lynn and Henderson. The students work in various parts of the store learning about various product ranges, how to merchandise stock, pricing and promotions. In addition they gain skills in communication, customer service, and teamwork. Completing unit standards relating to these aspects through private training provider Gold Star Training, they also earn up to 26 credits towards NCEA Level 2.

The work experience gained stands them in good stead for future work in retail which many students seek once they have finished school to help fund their tertiary training, earn while they are having a “gap year”, or possibly pursue as a career.

Katrina V, Sarai, and Jaeda at Farmers Henderson

Krystal at Farmers New Lynn

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### Singing Cup Success

**Winners of the 2019 Marist College Singing Cup were:**

Katie Dallow – junior
Zarrel Cardenas – intermediate
Selina Tuimoala – senior

It was an incredibly tight competition, with outstanding performances by all finalists. It was adjudicated by the esteemed soprano Patricia Wright who was very impressed by the standard presented.

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### Marybelles Performance

On Saturday 27th July, the Marybelles choir performed in a charity concert raising funds for Shine. They sang the three pieces they have prepared for Kids Sing competition next week, as well as some joint songs with the Castorways choir.

The fundraising concert was a huge success, and the students were praised for their beautiful singing. We wish them luck in the Kids Sing on Weds 14th August.

Ms. Charlotte Nicklin
**Netball**

8 Yellow - The girls played a hard game against a very competitive Stonefields team. They lost 24:5, but they gave it their all.

8 Red - 8 Red had a pretty rough game, but the girls really picked up their game in the last two quarters and finished really well.

7 Blue - Due to team illnesses the Blue team was cobbled together with most players playing out of their normal positions - they made the best of it, with some players shining, but it wasn’t enough going down to a strong St Kents side.

7 Red - Despite this being a tough game the coaches were both happy to see training being put into practise. It was a much improved performance against a team the girls had played before.

9B v Epsom Girls Yr9 Orions. Unfortunately the weather did not play ball. The girls had a tough game in the trying conditions but they still fought hard. The score line did not truly reflect their efforts. 16:22 to Epsom. PoD Karla.

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**Football**

Intermediate Gold - A wonderful evening for football after all the rain lately. Possibly too nice with sun strike impacting our goal keeping in the very early stages of the game which resulted in the winning 1 goal to St Mary’s. The team were very determined from then on with some great chances by Claudia and Pippa (who got player of the day), saved by a very good St Mary’s goalie. Charleigh saved some great shots in the second half. Marist had the majority of the chances, but couldn’t find the net. Well done girls on your resilience.

Marist Rebels - The Rebels put on a fine show yesterday coming back from 4:1 down to draw 4:4. They showed true Marist spirit in playing fair and hard to the end and always pushing for the winning goal. Player of the day was Sophia for great goal keeping in the second half and attacking in the first.

1st XI - Wednesday’s APC Knockout Cup game saw us come up against top of the table team, Baradene. We played some of our best football in the first half going into halftime 0:0. We continued our momentum into the second half but Baradene slotted two lucky shots taking out the game 2:0.

**Hockey**

1st XI - We played against Epsom Girls Grammar 2XI for the third time this season. Having lost both previous games against them we were determined to prove that we could win. The girls went out hard from the start and played a great team game of passing which saw us have the majority of possession. Lili Magness scored the first goal and then we held on for the rest of the first half. We knew that EGGS would come back strongly in the second half so the girls lifted their game again and great team play during a penalty corner saw Lily Crawford score the second goal. The defenders put up a great fight in all four defending penalty corners and we managed to secure a 2:0 win, our first win since moving up into the open A-B grade. Player of the Day went to Xavia Hayward for her determination in defence.

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**Gymnastics Results**

Tess van Gilse and Te Hani Freakley have been to multiple competitions with standout results:

Christchurch - Tess got into the apparatus finals day for vault and beam, Te Hani for Bar. Tess got a Gold for Vault, 5th for Beam. Te Hani Bronze in Bar.

Tauranga - Tess won Gold in Vault, Silver for Team. Te Hani won Bronze overall, Silver for Team.

Auckland Champs - Tess Silver for Vault. Te Hani 7th for all-round.

In two weeks’ time they will find out if they made it to Nationals to represent Auckland. It is an extremely hard sport and we want to recognise all the hard work the girls put in. Well done.

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**Taekwondo**

Congratulations to Angelie Marie Perillo, Year 8, who competed in the 1st New Zealand Taekwondo Alliance (NZTA) Open International Taekwondo Championships held at the Stanmore Bay Leisure Centre on 3 August 2019. Angelie won a gold medal in Poomsae (forms) Black Belt - Cadet Division and was awarded as the Best Female Poomsae Athlete of the tournament. Well done Angelie.

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**Sports Draw** - Please see school website.
Marist College
VISUAL ARTS SHOWCASE 2019
30th of August from 4pm

Featuring artworks and gifts for sale by our talented artists, works by Fabric Technology students, and performances by the Marist Jazz Band and Y11 & 12 Dance students.

Extra Library Study
Time Available
To support our students, we will be opening the library after school on
Monday, Tuesday and Wednesday from 3:20pm - 4:30pm for quiet independent study.
CoLab continues in the Food Technology Room on Thursdays.

Marist Day
Thursday 15th August
Help us get behind Auckland Women’s Refuge & Cure Kids. Please keep the donations coming in. Toiletry items would be greatly appreciated.

Food & Fun activities on day are paid for with tokens. Tokens can be purchased online through the school cart. Cash & Eftpos sales will be available on Thursday from 203.

Tokens can be purchased online at https://maristcollege.ibdn.nz

SECOND HAND UNIFORM SPECIALS:
Winter Anoraks $10 until gone. All blouses $10 and Cardigans $35 until the end of August. For more information please contact useduniforms@maristcollege.school.nz

www.maristcollege.school.nz
31 Alberton Avenue, Mt Albert, Auckland 1025. Ph (09) 846 8311, Fax (09) 815 1441. Email admin@maristcollege.school.nz
**The Anxious Kids Seminar is coming to Auckland**

Society is in the grip of an anxiety epidemic. One in fourteen kids are diagnosed with an anxiety disorder, and many more go unnoticed. Parents and teachers play a critical role in helping kids to recognise and manage their anxious feelings.

Parenting expert, award-winning speaker and author of 11 books Michael Grose, together with wellbeing expert and researcher Dr. Jodi Richardson will be touring across Australia and New Zealand to present their evidence-based approach to managing kids’ anxiety. Here they will speak about the tools and strategies for helping children outlined in their recently released and highly acclaimed book Anxious Kids.

This is your chance to hear from the authors of the acclaimed book Anxious Kids, in a skills-rich seminar full of actionable steps and take-home ideas.

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**Parent & Daughter**

**Make a t-shirt workshop**

Come along and learn how to draft a t-shirt pattern for yourselves, construct it and apply a decoration/message.

**Does this sound like it could be some fun time together? Sign up for Ms Roy’s Ts workshop.**

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**Saturday 7th September, 1pm – 4:30pm**

$10.00 a pair to help cover costs. Numbers limited to 6 pairs.  
To sign up please email Ms Roy on h.roy@maristcollege.school.nz

**Skills required:** Basic maths, ruling straight lines, squaring corners using set squares, drawing curves, taking measurements, cutting, pinning, machining/overlocking, ironing....

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**Parenting Ideas**

**The Anxious Kids Seminar Seminar Tour**

**Date**  
**Wednesday 11 September 2019**

**Time**  
**7pm - 9pm**

**Location**  
Kristin School  
360 Albany Highway Albany

**Tickets**  
$39.95 (AU)
SAMOSA FUNDRAISER
Year 10 Camp

We’re delighted to bring you a delicious Samosa Fundraiser for the Year 10 Outdoor Education Trip.

Samosas are a delicious snack that are great in lunchboxes, for sports days, girls nights, boys nights...any night!

There are 3 options to choose from: Lamb, Vegetarian or Butter Chicken

Cost: $20 per bag of 10

The samosas will arrive freshly baked on collection day (Friday 23rd August), so they are perfect to enjoy straight away, or you can pop them into the freezer at home. Don’t miss out. Get your orders in and ask your family, friends, neighbours and workmates if they’d like to place an order with you as well.

THE EASIEST WAY TO ORDER AND PAY IS ONLINE: https://maristcollege.ibdn.nz

You can share this link with anyone but make sure they put your name in the order details. Pick up is only from school between 12noon – 2.10pm on Friday 23rd August.

Details:

• Orders: Last date to place your order is Friday 16th August (3pm).

• Payments: The easiest way to pay is through the link above, alternatively cash payments can be delivered to the school office (by Friday 16th August 3pm). Please enclose a completed order form (below) and full cash payment, in a sealed envelope with your full name on the front.

• Collection: All orders must be collected on Fri 23rd August between 12noon and 2.10pm. Each Marist family is responsible for collecting and distributing any samosa orders they have taken on behalf of other people.

• If you wish to provide your own container for the Samosas, please ensure it is delivered to the school by 9am on Friday 23rd August. It must be clearly labelled with the name your order is under along with what you ordered ie (x20) butter chicken, (x10) lamb.

Only use the form below for cash orders. Online orders do not require this form.

Parents Full Name: Email: Mobile:

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Questions? Contact Stefania on 021 143 7510 or snustrini@xtra.co.nz