

# EGGSNEWS



Epsom Girls  
Grammar School

Te Kura Tuarua o Ngā Taitamāhine o Maungawhau

Volume 8, Issue 5 - May 2023



*Sustainability - see article on Page 5*



*Hip Hop International New Zealand - see article on Page 12*

Dear parents, caregivers and students

Next week is Spirit Week – a week of activities organised by the prefects – everyone is looking forward to the week and it culminates in the annual EGGs vs AGS netball game in the Joyce Fisher Sports Centre.

Friday the 19th is also Pink Shirt Day and students are encouraged not only to wear a pink top with their school uniform but also to think about the important messages relating to bullying and harassment. Seeking the help of an adult early is important if anyone is experiencing inappropriate interactions. Standing up to unacceptable behaviours in ways that will produce positive outcomes is a sign of courage, as seeking help is. Let's all support Pink Shirt Day and also help empower each other to not accept bullying in any form.

Students - we are offering a voluntary Study Skills Seminar. Many students find Patrick's session invaluable in cementing messages relating to how to revise and how to study. See Page 2.

Parents - please see Page 9 if you can offer your expertise to talk with students about your career pathway for the Year 11 Career Talks. The voice of current experience is so important for students to gain an appreciation of what different pathways entail. Also for parents – The Foundation Quiz is coming up on Friday 23 June – see Page 13 for details. Grab your friends and your competitive spirit and join us at The Remuera Club for a great evening.

You may have seen in the media that St Cuthbert's College will not be doing Level 1 NCEA next year. I am sure they will see the benefits that we have since 2020 of being able to offer school assessments that will benefit learning and preparation for Year 12 throughout the Year 11 school year. One difference is that we include one NCEA Level 1 Standard in each full year course, and students consistently provide feedback that they have found this useful as it introduces them to the NCEA assessment system, giving them valuable experience in it, before they undertake the full Level 2 Certificate in Year 12. We are very pleased with student performance in their qualifications and how our Year 11 programme has enabled more time for deep foundational learning. In EGGsNEWS last term you will have seen that Epsom Girls Grammar School was the sole girls' school in New Zealand with award recipients in both the Top Scholar and the Outstanding Scholar categories of the

## Coming up in Week 4, Term 2..

Mon 15 May	Spirit Week
Tue 16 May	Year 9 Rostered Home Light Project Parent Workshop (online)
Wed 17 May	Year 10 Rostered Home Strings & Amplifiers Concert, RFAC
Thu 18 May	Cross Country Zones
Fri 19 May	Pink Shirt Day

## Coming up in Week 5, Term 2..

Wed 24 May	Study Skills Seminar, School Hall
Wed 24-25 May	"The Last Gasp Cafe", RFAC

Featuring EGGs Rock Bands, Solos and Chamber Ensembles

# Strings and Amplifiers

WEDNESDAY 17TH MAY | 6PM | \$5 EACH  
RAYE FREEDMAN ARTS CENTRE

RAYE FREEDMAN ARTS CENTRE

2022 New Zealand Scholarship examinations. With the refreshed curriculum changes coming in at Year 11 in 2024, we have been committed, right from the beginning of the process, to maintaining rigorous learning and assessment across the curriculum, and we are pleased that our Year 11 programme enables us to do this seamlessly. Preparations are well underway in each subject department for 2024.



Next week - on Wednesday night – the Music Department are holding their Strings and Amplifiers Concert – a wonderful performance opportunity for the students involved. All parents and caregivers are welcome at this event – see Page 11 for booking details.

Ngā mihi / Regards

Lorraine Pound - Principal

# Break Through to Better Exam Results

## STUDY SKILLS SEMINAR

**EPSOM GIRLS GRAMMAR**

**WEDNESDAY 24<sup>TH</sup> MAY – 3.30 – 5.00PM**

**SCHOOL HALL**



**Patrick Sherratt**  
(MEd Hons, BA Psych)

Author of *How to Pass Exams*  
Public Speaker and Trainer  
[www.passingexams.co.nz](http://www.passingexams.co.nz)



The 'Passing Exams' seminar presents a five-step **exam-preparation strategy** and provides **practical solutions** to many common challenges students face. E.G.

- ✓ Have trouble concentrating and get easily distracted,
- ✓ Find memorising information slow and difficult,
- ✓ Get a little nervous around exams,

Based on the latest research into how to learn, study and prepare for exams, this interactive and entertaining seminar will show you how to:

- Switch on your brain to learn, study and prepare in ways that improve results
- Use relaxation techniques to enhance attention, concentration and reduce stress
- Quickly review and reduce folders of class-notes into new condensed study-notes
- Dramatically enhance your memory retention
- Build confidence by rehearsing your ability to understand and recall information
- Learn to Juggle!

**SEMINAR COST: \$10.00**

**Open to all Senior Students and Parents!**

**Tickets available via the [School Online Shop](#)**

## Staying Safe Online

- As our tamariki spend more time online, it's important parents and whānau help them stay safe. Now is a great time to talk to them about how we use the internet and digital technology.
- Netsafe has created an Online Safety Parent Toolkit so parents, families and whānau have all the information they need to talk about online safety.
- If you or anyone in your whānau needs support, you can contact Netsafe on the details below.

Link: <https://netsafe.org.nz/parenttoolkit/>



## GENERAL NEWS

### Pink Shirt Day 2023

Epsom Girls Grammar School is joining the movement on Pink Shirt Day (Friday 19 May 2023), and encouraging our staff and students to Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora - Speak up, Stand Together, Stop Bullying!

Bullying in Aotearoa is a real problem. We have the third-highest rate of school bullying out of 36 OECD countries and one in five workers feels discriminated against or bullied at work. Those bullied are far more likely to experience mental health issues. Pink Shirt Day works to reduce bullying by celebrating diversity in all its forms and supporting schools, workplaces and communities to be safe, supportive, welcoming and inclusive for everyone.

To celebrate this important kaupapa we are encouraging everyone to wear a pink shirt on Friday 19th of May, with their school uniform. We hope to see your support and are looking forward to seeing all the pink!



# Porn & Young people in Aotearoa - Parent Workshop

Equipping parents and wider whānau with the skills and confidence to engage in positive porn conversations.

Tuesday 16th May, 7pm via Zoom

<https://us02web.zoom.us/j/89024907673?pwd=S2c5cJJL2tQa29MYVJ4L3F6eGI0UT09>



Porn is now a primary learning tool for many young people in Aotearoa, shaping youth sexual culture in new and diverse ways. The Light Project provides evidence based professional development workshops for parents and wider whānau to help equip them with knowledge and confidence to understand and support young people in today's online world.

### WHO SHOULD ATTEND?

The school parent community and whānau wanting to be equipped to positively engage in the porn conversation.

**Contact:** [hello@thelightproject.co.nz](mailto:hello@thelightproject.co.nz)

#### Websites:

[www.thelightproject.co.nz](http://www.thelightproject.co.nz) (Adults)

[www.intheknow.co.nz](http://www.intheknow.co.nz) (Youth)

### KEY TOPICS COVERED:

- **The new online porn landscape:** The porn industry, content, trends, messaging, and marketing.
- **NZ young people and porn:** NZ research on youth usage, consumption, vulnerable groups, and youth feedback on porn related experiences.
- **Potential impacts of porn:** Porn and sexual attitudes and behaviours, sexual violence, sexual wellbeing, and mental health.
- **Conversation tools and strategies:** Tools for effectively engaging young people in safe and nonjudgmental porn conversations and developing porn literacy skills.
- **Filters, tools and NZ support services:** Apps and online support for porn related issues.



# PHYSIOTHERAPY

## onsite at Epsom Girls Grammar School

Epsom Girls Grammar Schools physio, Natalie Brunger will be back on site from Tuesday 2nd May. For online bookings/times visit: <https://www.ezybook.co.nz/pages/epsomgirlsgrammarschoolphysio/>

## CURRICULUM NEWS

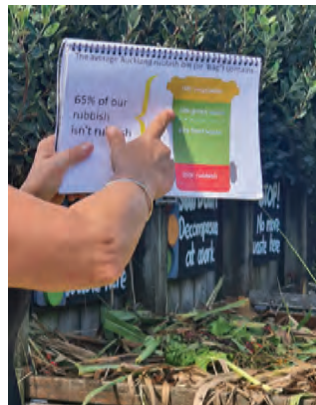
### Year 12 Biology

Year 12 biology students are looking at the use of enzymes in industry. This lesson was using an enzyme to cut the lactose sugar. We know it works if we get glucose present at the end of the practical which we did get. The technique is similar to how they make cats milk as young mammals once weaned do not cope well with lactose.



### Sustainability

In the school holidays, Fawn and Chloe, our Year 13 Sustainability leaders had the amazing opportunity to be part of a 3-day sustainability wānanga. They spent a rainy day at the beautiful Papatūānuku Kokiri Marae after the most incredible welcoming with other sustainability representatives. They learned about te Tiriti o Waitangi and te tiriti's important role in sustainability actions. They also got a tour of the garden grounds where it was really uplifting to see how much difference a community led initiative could make when taking action against issues seems impossible. On the second day, they were out for a hiko where they got a chance to connect with like-minded people and meet some knowledgeable people working in sustainability (like Frazer the Frog Man who knows everything about plant species) as they walked 5km along the Puhinui awa, picking up rubbish. They



finished the day on kayaks around the harbour and really enjoyed the holistic approach, being able to be out and amongst it instead of just discussing action plans in a classroom. They finished the wānanga at the Botanic Gardens with some cool workshops before coming together as a group to write our action plans and affirm them to each other. Both the leaders found the wānanga really uplifting and guiding us in the right direction for the rest of the year. A big thank you to Mrs Mirti, the TIC and Auckland Council for letting us be a part of it.



## Year 10 Whakawhanaungatanga



Year 10 ākonga Māori enjoyed some whakawhanaungatanga earlier this week. After introductions and some games the rōpu brainstormed ways that they can connect more at school, how their voice can be captured around the school and events coming up. With the Matariki hangi date set for the 28th of July, there will be plenty of ways to get involved. We look forward to Year 11 whakawhanaungatanga Monday 15th of May over in Hinemaia.

## Library - Graphic Novels

By combining visual art with literary and cinematic techniques, innovative and stimulating storylines can be found in graphic novels. They not only promote oral and visual literacy, but can also help foster a love for reading.

The graphic novel fiction collection in the EGGS Library is one of the first things you see when you enter the Library foyer. Each year the collection grows as new and engaging graphic novels are published and added to the collection.

They often tell a stand-alone story with a complex plot using illustrations. Graphic novels from the collection often feature high in the lists of most issued items each year.



They can provide an exciting reading experience for all levels or readers. The images can help readers decode and comprehend text. At the same time the concise language used can show how ideas and storylines can be communicated in short, pithy text.

Library users can also find graphic novels in the non-fiction collection and can be a great start to learn about a new topic.

You can search for graphic novels on the Library catalogue <https://library.eggs.school.nz/oliver/home/browse/list>

## Year 13 Pasifika Students

On Monday, the 8th of May, the Year 13 Pasifika students who are focusing on the Science pathways in university met with the amazing team of Pacific Health Wayfinders from University of Auckland for a talanoa session. This session was run by Natasha Pati, who is the Pacific Health Student Recruitment Team Lead together with her team.



Afternoon  
Tea Provided



# PASIFIKA HOMEWORK CENTRE 2023

IT IS ON EVERY WEDNESDAY 3:30PM-4:30PM  
IN THE JPC  
STARTS ON THE FIRST DAY OF TERM 2

The homework centre is run by the Pasifika committee aiming to cater to your needs academically. There will be teachers and students available to help assist you if you need help with your assessments. This will be on during terms 2 to 3.

FOR MORE INFO CONTACT US THROUGH

- [AMIRTI@APPS.EGGS.SCHOOL.NZ](mailto:AMIRTI@APPS.EGGS.SCHOOL.NZ)
- [TSMITH@APPS.EGGS.SCHOOL.NZ](mailto:TSMITH@APPS.EGGS.SCHOOL.NZ)
- [19130@APPS.EGGS.SCHOOL.NZ](mailto:19130@APPS.EGGS.SCHOOL.NZ)
- [21331@APPS.EGGS.SCHOOL.NZ](mailto:21331@APPS.EGGS.SCHOOL.NZ)

 [EPSOMGIRLSPASIFIKA](https://www.instagram.com/epsomgirlspasifika)



## Year 11 French Competition “Tour de Quiz”

On Wednesday 3rd May, the inaugural Year 11 French Competition “Tour de Quiz” was held at EGGs. Students competed in multiple rounds of Kahoot, Blooket and Quizlet Live where they were asked questions about French culture, vocabulary and grammar. Other competitions during the event were for the best teamwork and for the best French-themed costumes. Well done to our students as we came out as the top school in the competition and to Ria Misra and Charlotte Warman who placed in the overall competition. Below are the rankings:

### Overall competition winners:

- 1st place.....Ria Misra
- 2nd place.....Charlotte Warman

### Top schools:

- 1st place .....Epsom Girls Grammar School
- 2nd place .....St Mary's College
- 3rd place .....Baradene College

Congratulations to our team who consisted of: Ria Misra, Charlotte Warman, Elise Tucker, Lehansa Jayatilake, Clara Adams, Simran Dhillon.

Well done to Anika Rai and Kelly Fu in Year 12 who were the MCs for the event and to our other student helpers (Zoe Zhu, Chloe Wallace, Ananya Rai, Tania Liu, Salma Nofal). Thank you also to the student photographers and tech team for working with us throughout the event.



*Simran and Ria*

## Homestay Families Required

The Epsom Girls Grammar School International Department is delighted to welcome back International Students to our school.

We are looking for families who can provide a caring and supportive home environment for an international student. If English is your first language, you have a spare room and live within close distance to school, we look forward to hearing from you.

Hosting an international student is an enriching experience and a wonderful opportunity to share your family life, Kiwi culture, and hospitality, to experience other cultures and learn more about the world.

In 2023, NZ\$335 per week is paid to cover full board.

Please call Jo Bostock on 970 6757 for further information or email [accommodation@eggs.school.nz](mailto:accommodation@eggs.school.nz)





TERM 2 • MAY 2023

# CAREER ED

EGGS CAREER EDUCATION NEWSLETTER

## YEAR 11 CAREER TALKS: WE NEED YOU!



Kia ora Parents and Whānau - are you interested in talking to students about your career pathway? If yes, we would love to have you in as a speaker for our annual Year 11 Career Talks on August 17th. We are particularly interested in challenging assumptions and showcasing diversity. If you are interested, please fill in [this short survey](#) and we will be in touch.

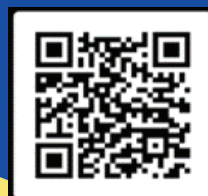
## Upcoming Events

Mon May 22 Scholarships Talk P3 in DSO  
Mon June 12 Psychology Careers P3 in DSO  
Mon June 26 Accommodation Talk P3 in DSO

Wed July 26 4:30pm-7pm  
Pathways Information Evening, Options Evening and Women in Health talk

CONTACT US :

<https://eggscareereducation.simplybook.me>



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# STUDENT SUPPORT NEWS

## GoodSpace Schools Wellbeing Survey

This year we will again be running a confidential survey with our Years 12 and 13 students, to help students reflect on their wellbeing and for us to be able to identify needs and offer support. The survey is a youth friendly secure online survey, endorsed by the Ministry of Education and based on an evidence-based framework for schools to be able to identify students who may need support.

Our intended plan is to survey Year 12 in week 4 or week 6 of Term 2 and Year 13 at the end of Term 2 or beginning of Term 3 during a tutor time. The survey takes 10-15 minutes and results are known immediately to our School Counsellors. Once a possible need for support has been identified students will be offered the opportunity to meet with a counsellor at school. Any student is also welcome to make an appointment with a counsellor to discuss any aspect of their wellbeing at any time, should they wish to.

# ARTS & CULTURAL NEWS

Epsom Girls Drama presents:  
A Student-Run Production

# THE LAST GASP *Café*

By Sarah Delahunty



Wednesday 24th & Thursday 25th of May  
Raye Freedman Arts Centre - 7 pm

# Kapa Haka



At the end of Term One, Epsom Girls Grammar Kapa Haka Ropu performed at Polyfest and came away with some amazing results. They came 2nd in the Haka Taparahi (Women's Haka) and 3rd in the Waiata Tira (Choral). Congratulations to everyone involved.



*Kapa Haka ASB Polyfest 2023 performance*

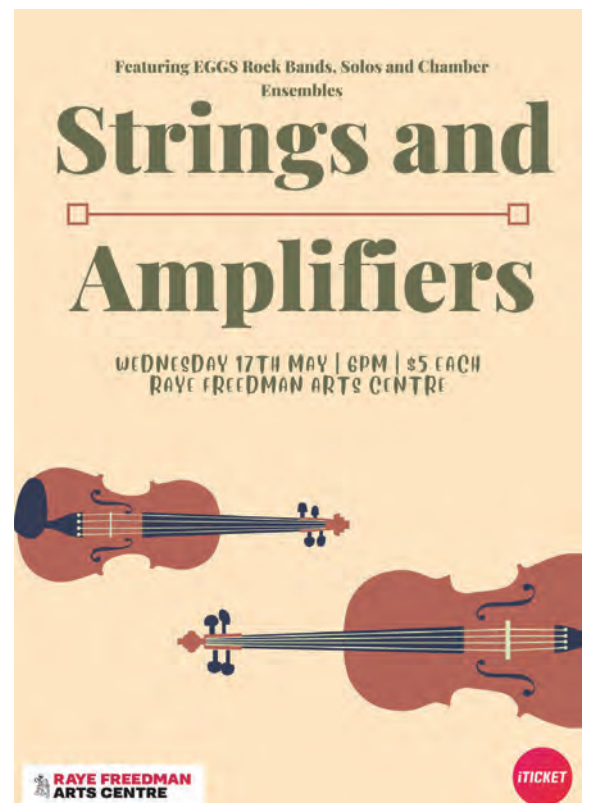
## EPSOM MUSIC NEWS

### Strings and Amplifiers Concert, Wednesday 17 May at 6pm @ Raye Freedman Arts Centre

Strings and Amplifiers is our first concert of the year. Come and join us next Wednesday 17 May, 6pm in the Raye Freedman Arts Centre. You will hear Chamber Music groups preparing for the upcoming Chamber Music Contest and band/solo/duos, some of whom are getting ready to perform at Rockquest.

Tickets \$5 available through

**iTICKET**



## Hip Hop International New Zealand



During the recent school holidays our Hip Hop crew competed in the Hip Hop International New Zealand (HHINZ) event in the Junior Varsity Mega Crew Division.

This National competition gave EGGs the platform and opportunity to showcase our talents of what we have to offer. We had the opportunity to express our passion and love for hip hop dance.

For six weeks prior to the competition including the holidays, we dedicated ourselves towards training to further push ourselves when rehearsing for the competition. Working with the eighteen Year 9 to Year 13 students was a positive, enjoyable and safe environment for everyone in the group as it made us more connected as a crew.

Overall we were placed sixth in both the preliminary competition and in the finals! This was an amazing achievement for all members of the dance crew as well as EGGs, as we were competing against studio dance crews and schools from all across New Zealand.

*Aishwarya Taylor and Julia Sieu-Burirat, Hip Hop Co-Leaders 2023*

**FRESHCHOICE  
EPSOM'S  
TALENT  
QUEST**

HAVE YOU GOT WHAT IT TAKES?!

**\$5,000 GRAND PRIZE**

SIGN UP HERE:

**Gently Loved Markets  
teens**

**10AM TO 1PM  
SATURDAY 24TH JUNE**

**Kingsland Trinity Methodist Church  
400 New North Road, Kingsland**

**Free Entry**

Teens selling thrifted, preloved, clothing,  
accessories, plants, treats, books and more

FIND US ON INSTAGRAM & FACEBOOK @GENTLYLOVEDMARKETS NZ

# FOUNDATION NEWS

Epsom Girls Grammar School  
Foundation

QUIZ NIGHT

Proudly sponsored by  
BARFOOT THOMPSON &

EGGS Foundation warmly invites you to a Quiz Night with all proceeds going towards the Solar Power Project.

**When:** Friday 23 June, 6.00pm to 11.00pm

**Where:** Remuera Club  
27 Ohinerau Street  
Remuera

**Tickets:** \$35 per person (purchase as individuals or make up your table of 10)



We are also calling for any donations to support our raffle and auction prizes at the Quiz Night.

Can you support us in any of the following ways:

- Have a bach for a holiday weekend away prize?
- Airbnb and Book a Bach properties would be ideal
- Like to donate any goods or an experience related to your business?
- Your donation may be a voucher that can be redeemed by the winner

In return we will acknowledge all supporters on our website.

We shall also thank you in the school newsletter, EGGNEWS, which is emailed to 2,178 current parents and the Old Girls' newsletter that is emailed to 3,300 Old Girls'.

Please contact Sue Morse at [foundation@eggs.school.nz](mailto:foundation@eggs.school.nz) if you can support us in any way.

# SPORT

## Global Open Taekwondo Championships

In the holidays Kiana Tavakoli competed in the Global Open Taekwon-do Championships in Melbourne. She competed in the ITF female junior black belt division and won Silver. The competition was for both ITF style and Olympic style Taekwon-do, and Kiana won Silver in ITF sparring. Congratulations Kiana!



## Mountain Biking

Ursula and Emi Summers at the North Island Mountain Bike Championships.

Both race days took place in the Whakarewarewa Forest in Rotorua.

Both Ursula and Emi came 2nd in the Downhill, Ursula in the U16's and Emi in the U14's.

Enduro: Emi (#45) got 2nd and Ursula (#46) was 5th.



## Epsom Rowing - Learn to Row in Term 2 and 3

Epsom Rowing's 'Learn To Row' programme will be starting this term and will run through to the end of Term 3 when the official summer season starts.

If your daughter is interested in learning more about rowing and whether it is right for her, now is the time to give it a go! We are currently working with the school to finalise the details of the Learn To Row Programme which will likely be run in 4 week blocks, with some flexibility to work this in around winter sports' commitments. Dates will be advised soon and the cost of a block will be \$100.

During the Learn To Row sessions girls will have a chance to meet the coaches, meet the current squad, have a go on the water, join in some of the land-based training sessions and generally find out more about the sport and what it can offer at Epsom!

The benefits of rowing are many! It offers the opportunity to develop resilience and mental and physical stamina, to learn time management and leadership skills, and to understand teamwork to the highest level...all while keeping fit and having fun with an outstanding group of other young women!

Take a look at this wonderful short video compilation of the highlights from the 2022/23 season.



To keep updated with Learn To Row details and dates or, if you would like to know more about rowing at Epsom, please register your interest and send any queries to: [epsom.rowing.club@gmail.com](mailto:epsom.rowing.club@gmail.com)

## 2023 Apollo Projects New Zealand Age Group Swimming Championships



During the school holidays, from the 12th-16th of April, five of our Epsom Swimmers travelled to the Hawke's Bay Regional Aquatic Centre to compete in the New Zealand Age Group National Swimming Championships.

Abby Davidson, Amorita Ng, Louise Ecclestone, Rebecca Pitout and Olivia Bates swam incredibly well and produced some great times in the water! See some of the results below:

Abby (Women's) ~ 200m Individual Medley 12th  
Amorita (U15) ~ 4x100m Freestyle 15 & Under SILVER (United Swimming Club A)  
Louise (16+) ~ 4x110m Freestyle 2ND PLACE (United Swimming Club A),  
Rebecca (U16) ~ 200m Breaststroke BRONZE, 100m Breaststroke BRONZE  
Olivia (U15)~ Individual 10m Medley SILVER

Epsom Girls Alumni Grace Baik was also in attendance competing in the Women's 100m Butterfly coming 7TH PLACE, 100m Breaststroke Women Relay 6TH PLACE, 4x100m Medley Women 16 & Over 1ST PLACE and 200m Butterfly Women SILVER.

## Auckland Athletics Championships



At the end of Term 1, EGGs had 8 students qualify for and compete at the Auckland Athletics Championships at Trust Arena, Waitakere. We had great representation across a number of events; the race walk, discus, shot put, high jump, triple jump, long jump, 100m 3000m and 1500m. Catelyn Aho placed 3rd in the JG Discus and 5th in the shot put, and Petra Craddock finished 4th in a very close JG Long Jump final. Emma Ward and Maneet Kaur placed 6th and 7th in the IG 3000m and Leila Daniels 3rd in the SG 1500m. Highlight of the day was Yandri Fourie's 1st place in the Open Race Walk where she shattered the College Sport Auckland Athletics Championship record!

Well done everyone!

## Waka Ama

During the holidays, Abigail Liufalani competed in the NZ Waka Ama Long Distance Nationals in Whitianga. Abi had a great competition; finishing 3rd in the U19 long distance rudderless race in a time of 1:10.53. After such a great competition, Abi was selected into the NZ Waka Ama Long Distance Elite squad representing NZ in Samoa in August. Awesome work Abi!

## Wrestling

Towards the end of Term 1, Ana Schaumkel-Vea competed in the Auckland Secondary School Wrestling Championships. Last year she took gold in her weight categories in the novice division, this year she continues to win gold in her Junior weight category and got silver in her Senior weight category! Well done Ana!





# Badminton



Last weekend, Year 9 student Olivia (Qixuan) Yang competed at the Auckland U17 Badminton Open. She competed in all three categories, getting to the round of 16 for singles and doubles, but Olivia did exceptionally well to focus on her doubles despite the other losses and eventually won gold! Olivia did so without dropping a game with her partner, showing outstanding consistency from the pair. Outstanding work Olivia!