



Depart Parents and caregivers

13th September 2018

Tena Koutou, tena koutou tena koutou katoa. Nga mihi nui ki a koutou nga mātua nga kaitiaki.

This week our Year 11-13 have preliminary exams, which are important because they give the girls an indication of their progress towards NCEA. These exams can also be used for a derived grade if the girls are sick and not able to sit the external NCEA exams at the end of the year. Please make sure your daughter checks her exam timetable and she is at school on time to sit the exam.

With all the hype around social media and digital devices these days, it often seems that, our children are more competent than the adults in its use. I was reading this article about building good habits around the use of digital devices. Here are a few useful hints on managing the use of digital devices.

HOW TO BUILD GOOD HABITS

Check your daughter's phone. Your daughter should know you can ask for her phone or digital device and expect full access. While some parents take a hands-off approach because they want to respect their daughter's privacy, it is important to make the distinction between privacy and safety. 24-hour access does not mean 24-hour snooping. It means that a parent is still responsible for monitoring what a minor does online. It is not just, what your daughter is putting out there, it's also what she's receiving. If you find something you do not like, talk to your daughter about why you find it inappropriate — and then ask her what she thinks. Once she verbalises her thoughts, it allows her the opportunity to think things through and come up with her own set of values.

Be app-savvy. If your daughter is on it, you should be too. At least try it out so you can have informed conversations about it. If your daughter knows that you understand the social media she is using, she is more likely to come to you to talk about issues that arise.

Set clear ground rules. Talk to your daughter about appropriate social media use before you give her a phone/digital device or allow them to download a new app. Clearly state rules and expectations, and stick with them as much as possible. This may include not putting anything online that you wouldn't want your friends' parents to read (because several of them will); getting permission before downloading a new app; and checking phones into parents at bedtime.

Do a digital detox. Learn to be okay with being offline. Parents can start by modelling that behaviour: no phones at the dinner table, for example, or no checking texts while you're talking with your daughter. While most children won't admit it to their parents, when parents put restrictions on how much and when children can use technology, it can be a relief.

Acknowledgement: Ana Homayoun, author of *Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World*.

God's blessing to you and your families.

Carol Coddington
Principal

Dear School Community,

We would like to thank everyone who supported the Quiz Night in May this year. We have done a final tally of funds and we raised \$4230, nearly double what we raised last year. Thank you, to all who helped on the night, all who donated gifts and prizes and all who bought tickets and joined the Quiz. It was a fun and entertaining evening and great to host the evening at school. It was lovely to see both students, parents and friends of the school come together to support fundraising for the new outdoor fitness/recreation equipment. We shall keep you posted on progress with this project. The PTFA

NCEA Catch-up Holiday Assessment Opportunity – Monday 1 October

Year 11, 12 and 13 students may have been informed by one or more of their teachers that they can have an assessment opportunity for an Internal Assessment during the holiday. Your daughter will know if she is one of these students and her teacher will speak to her about it and ask her to inform you. The assessment opportunity will be on the first Monday of the holiday. Assessments will take place at the College in Sion 1 at 9.00 am on Monday 1st October. Please ensure that your daughter attends if she has been given the opportunity to achieve NCEA credits which are part of her studies in 2018.



SPECIAL CHARACTER CORNER

On Sunday August 26th, our Special Character leaders and Vinnies leaders participated in the Diocesan Youth Mass at St Patrick's Cathedral. The Mass was hosted by Youth from West Auckland, and in addition to these leaders, we were well represented in the choir and the liturgical dance, which was choreographed by our own Chloe Benedito.

In the photo: Gaualofa and Nina Vaifale, Mary Membre and Jasmin Smith.

KAPA HAKA

We were very proud of our Kapa Haka who led the powhiri for the National Association of Principals of Catholic Secondary Schools Conference recently held in West Auckland. The girls' performance was spectacular, we had lots of positive feedback and were very proud of our girls!



In the **ECO CLUB FOR JUNIORS** this Wednesday we were thinking of our feathered friends. This time of the year birds struggle to find enough to eat. Summer crops are just going into the ground now and fruit are forming on fruit trees everywhere. Spring is showing signs of blossoming out of the cold dark earth but that does not mean that there is enough to eat for everybody. So the Eco warriors stepped in by making bird feeders from recycled plastic bottles at lunch time today.



UNISS 2018



Our Premier Netball team have recently returned from a very successful tournament week. The girls played two games a day in Mount Maunganui, playing some awesome netball. Their final placing was 19th out of 32 teams in the A grade for the Upper North Island. We are so proud of all 12 girls and how well they conducted themselves both on and off the court. Special thank you to Miss Van Der Putten who accompanied the girls for the whole week!

Congratulations to the St Dominic's Catholic College 1st XI Football Team for finishing in the top 10 of the Kathy Seaward Football tournament. Despite tough competition, our girls play fantastic football and showed great team spirit to finish the tournament in a well-deserved 10th spot.



2018 NIWA SCIENCE AND TECHNOLOGY FAIR SUCCESS

Every year, as part of GATE program for Science, we take selected groups of students from Year 7 to 10 to participate in the NIWA Auckland Science and Technology Fair. This year, 29 students with 21 projects had been entered. They have worked on their project since term 1 and have put an enormous amount of time and effort carrying out experiments, gathering data, making changes to their plan and writing up the result. They had been judged at the Auckland War Memorial Museum on the 31st of August and some have been awarded with their prizes on the 10th of September at the prizegiving held at the Kings School in Remuera. The girls have represented themselves and the school very well. Special congratulations to all prize winners.



Highly Commended

Sophie Blomfield
Abbey Moreton and Lucy Li
Aniela Endaya and Kate Moreton
Kristina Pepers and Zizi Watts
Gabiella Stuart
Melitta Cadelis and Brooke Campbell
Sasha Thakkar

Placings

Ruby Bray
Sophie Ferguson
Gabiella Worsley

SILVER AWARDS

Sophie Blomfield
Abbey Moreton and Lucy Li
Sasha Thakkar
Ruby Buffett Bray

GOLD AWARDS

Sophie Blomfield

Living World Y7-8
Living World Y9-10
Living World Y9-10
Material World Y7-8
Material World Y7-8
Material World Y9-10
Physical World Y7-8

1st place in Planet Earth and Beyond Y9-10
3rd Place in Material World Y9-10
3rd Place in Human Behaviour Y9-10

RIMU, Auckland Council Awards
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Science Awards Trust Prize
Science Awards Trust Prize

Auckland Museum Science for a Day (Jnr)

