

# St Dominic's Catholic College

Founded by the Dominican Sisters

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VERITAS

Dear Parents and caregivers,

8<sup>th</sup> November 2018

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

A recent article I read spoke about making yourself proud! It spoke of “authentic pride” – the personal satisfaction of hitting a valued goal – this can encourage the kind of self-discipline and hard work it takes to stay motivated, overcome challenges and achieve.

A study last year by German researchers found students who reported feeling positive emotions such as pride and enjoyment in their work had significantly better achievement over time than students who had the same level of ability but fewer positive emotions. Pride acts as a barometer of achievement – it makes you value long-term goals and it builds up resilience. We can see this in academic coaching and the encouragement that our girls get through setting and achieving goals that they share with their coach and parents. As parents when we withhold genuine praise or downplay pride, we deprive our children of a powerful source of motivation that can help them persevere in the face of challenges today – and throughout their lives.

Junior Exams begin Monday 12<sup>th</sup> November 2018. It is important that your daughter sits all her exams.

This is the link for the timetable: [https://docs.google.com/document/d/11hWlaIrGmo31RvXWFbmgk-9zxZS8J1DZc836JdV\\_RY/edit?usp=sharing](https://docs.google.com/document/d/11hWlaIrGmo31RvXWFbmgk-9zxZS8J1DZc836JdV_RY/edit?usp=sharing)

PPTA members will be attending a Paid Union meeting at 1.30pm (offsite) on Tuesday 13<sup>th</sup> November, 2018. Years 7, 8 and 9 students will remain at school for classes and will finish at the normal time of 3.20pm. There will be **no taught classes for Year 10 students after 12.10pm.** Supervision will be provided from 12.10pm onwards for those Year 10 students unable to leave the College.



*Congratulations to Charlotte Wong and Ziana Mathew who were our joint Dux this year!*

*God's blessing to you and your families.*

Carol Coddington  
Principal

## BIKE RACKS

The weather is getting better, and students are encouraged to use eco-friendly transport to get to and from the College. Our bike racks are located between the Helensville (admin) and Prouille buildings. Students will need to bring their own bike lock. We encourage students to stay safe on the roads, and use bike paths where available. For a map of the new West Auckland cycle paths, see: <https://at.govt.nz/media/1977599/cycle-network-map-w1-west-auckland.pdf> (from the Auckland Transport website).

FACEBOOK Please Like (and Follow) our official Facebook Page. To keep up with the latest news, information and celebrations, simply search for St Dominic's Catholic College. We are aiming to have 4000 Likes and Followers by 2019! If you have any wonderful news or want to support us in any way, please send us a message.



Monday 12<sup>th</sup> November Junior Exams

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