

TOLCARNE TRUMPET

Tolcarne Boarding Residence Newsletter



Director of Boarding Message

By Ange Rathbone

What I love most about Term 1 is watching the junior and senior connections and relationships grow.

These relationships foster a sense of belonging at Tolcarne as they break down year-level barriers. The brain science tells us that when students feel safe and understood, they are more likely to engage in learning and have better academic outcomes.

Our relationship-based programmes – Buddies, Tribes, Boarding Leaders, Night Prayers, After school and weekend activities, and Koru (our well-being programme) help us create an inclusive environment where students can work together and support and encourage each other.

Each positive interaction has a powerful effect on the brain - it is like a superpower!

- When our seniors authentically praise or have a positive interaction with a junior student, their brain releases dopamine.
- When seniors and juniors are enjoying social activities, the body releases the hormone oxytocin. This helps us to bond with others and feel psychologically safe :)
- Early relationships and interactions with senior students play a central role in shaping the behaviour and social skills of the juniors. Our junior students are likely mirroring the behaviors of our seniors. The words and actions of our seniors matter. If our juniors see our seniors being empathetic then we create a more empathetic hostel for everyone.

We are continually working towards finding opportunities to grow the senior and junior student connection. As staff, we are lucky enough to often witness our seniors reaching out and helping our juniors when they are feeling sad because they are experiencing some tough emotions.

Wishing that every family can enjoy this Easter to its true spirit and may every blessing count.

Ngā Mihi O Te Aranga
Ange

IN THIS ISSUE...

ABEL TASMAN

FOOD FOCUS GROUP

STAFF INTERVIEW



Junior Dean Report

By Robyn McGarry

Wow I have never experienced a Summer where we have used the Pool so much. It's been fantastic!!

Well done to all the new Year 9's. We must not forget what a huge change the girls have made coming to Tolcarne, leaving their parents, siblings, pets and homes. A huge thank you to the Year 13 Buddies for their lovely support of the Year 9's this term. Your messages, popping into their rooms for a visit and hot chocolate treats go such a long way in helping to settle in.

In Year 9 Koru we have been looking at the Tolcarne values, personal values, gratitude and we are currently working on a life map. When the life maps are completed, I will tuck them away to bring out when the girls are in Year 13. It will be fun to see them look back on what they wrote when they first arrived.

The Year 10s have been very busy with summer sports and activities. This year we have Koru once a fortnight. We started the year with a little exercise around writing a letter to someone who they respect and wanted to pass on their gratitude to. This turned out to be an emotional session, with a few sending their letters on. It is lovely to see so many girls expressing their love and care for others.

Enjoy the Holidays - Robyn



Senior Dean Report

By Ziggy Hill

Our first term has come and gone ..., so soon! We have enjoyed the 'Dunner Stunner' weather to warm our pool enough to be used almost every day during the first half of term. I believe that breaks previous pool use records. The pool area has had a bit of a revamp and clearing done too which added to the enjoyment.

We have started the Tribe activities well with some of the most colourful photos being taken. The students have really put in a lot of effort. Our Easter hunt was another success, with lots of little golden bunnies adding to the overall scores for the Tribes and the final counts were jumped up by our Tolcarne Tribe values cards. Keep up all those fabulous acts of kindness.

Wishing you all a wonderful Easter break. See you next term! Ziggy



Head Boarders Chat

By Lucy Wright and Georgia Roy



Wow, it's hard to believe the first term of 2023 is done and dusted. This term has been busy and full of excitement. We are very proud of the way that everyone has come back from the summer holidays with a positive and hardworking approach to all opportunities that have come their way. We would like to say a huge congratulations to everyone on their outstanding achievements, hard work and perseverance.

We are happy with the way the Year 13s have settled back in and taken a Year 9 buddy under their wing, welcoming them to Tolcarne. We're especially impressed with the way that both our Year 13 and Year 9s have taken part in activities, such as the Valentines Day cupcake decorating. There have also been a number of Tribe events, with lots of Tribe points handed out. We are already looking forward to seeing who wins the Tribe competition this year!

At the start of term we were lucky enough to hold the Year 13 Leaders' Dinner, welcoming our parents and some grandparents to join us. There was a photographer present who took family photos and our Year 13 photo to join the wall of other 'Old Girls'. Last year the dinner was held without the company of parents due to Covid, so we felt very privileged to enjoy this dinner with our extended Whānau. The guest speaker this year was Carmel Leslie. She was very inspirational, full of energy and enthusiasm towards life. She shared her life story with us and some relevant advice for the big wide world next year! One of the main points she shared was to take those small everyday opportunities that life offers, which is exactly what she did.

We also voted for the Tribe Leaders this term. Congratulations to the following 2023 Tribe Leaders;

- Falkland** - Charlotte Mckenzie, Holly Milne & Anna Carswell
- Baxter** - Charlotte Patterson, Jess Crawford
- Grendon** - Evie Pannett, Grace Newlands & Josie Wither
- Highgate** - Lucy Taylor, Grace Hastie & Georgia Marris

The voted Tolcarne Council representatives for 2023 are;

- Year 13** - Josie Wither and Molly Lundy
- Year 12** - Molly Malcom and Eve Kennedy
- Year 11** - Georgia Cockburn and Elsie Homer
- Year 10** - Grace Pope and Lily Anderson
- Year 9** - Frankie Deaker and Phoebe Holt



Abel Tasman Trip

By Millie Roy and Laura Hunter

During Week 5, 23 St Hilda's students travelled up to the top of the South Island to tramp and kayak the Abel Tasman National Park! This was as part of our Physical Education and Outdoor Education classes.

Throughout the week we experienced beautiful weather and scenery, feeling so lucky to have the opportunity! We got to try out sea kayaking, learnt about the local history, saw lots of seals and enjoyed the walking tracks with lots of cheeky wekas around. Overall we had a great week and really recommended the trip to anyone!!



Check out what is happening weekly on our Facebook Instagram and Tiktok pages!



[tolcarne_sthildas](#)



[/St Hilda's Tolcarne Boarding Residence](#)



[/sthildas collegiate](#)

Staff Interview - Sophie Radcliffe

By Xanthe Payne and Paxton Francis

What is your role at Tolcarne?

- Sophie is a House Supervisor, who lives onsite at Tolcarne in the C Corridor Staff Flat. She works certain mornings and afternoons, supervises prep and is on shift one day in the weekend.

What are you most looking forward to about living and working at Tolcarne?

- She is looking forward to spending time with the girls and getting to know them better, along with participating in upcoming fun activities, like bowling and going to the rugby. And just to embrace Tolcarne life!

When you aren't working, what do you study?

- Sophie is studying nursing and is in her final year of the three.

Do you have hobbies or any activities you like to do in your free time?

- Exercising is one of Sophie's hobbies, especially running. She is currently training for a marathon in April and she LOVES baking and cooking!

Have you thought about plans for when you graduate?

- Sophie is graduating at the end of this year, so she is going to start applying for jobs in pediatrics, with little kids. She is not quite sure where she wants to move yet, but would love to work at Starship in Auckland with children - since she finds them really cute!

Welcome to Tolcarne Sophie, we are loving having you around!



Tasty Tidbits from the Tolcarne Kitchen

By Ross Leishman, Food Service Manager

Kia ora from the kitchen team! Wow what a fast moving first term that was... But for the first time in a couple of years it was a covid free, restriction free start to the year. We welcomed our new Year 9s into the fold and had the Year 13 Whanau Dinner in first week, it was an awesome time! There have been lots of amazing baking activities run by Isla Huffadine and exciting weekend ones with Bex Finch. We have also had a combined project with Tolcarne and St Hilda's to make around 160 care packages to send up to the cyclone hit Napier region. Thanks to all involved in this project.

We have had the Summer Quad come and go, with 5 schools actually participating this year. As part of being the host school for Quad, we had around 220 students here for lunch on the final day, a wonderful kitchen team effort again!

We have been preparing for the first 'My Flat Rules' of the year, and there was some awesome food produced with the mystery ingredients. Throughout this last week of term, I see myself slipping into my Easter bunny alter ego again for our Easter Tribe Dinner. This will then be followed by our first dinner swap of the year, this time with Columba.

We have two hostel rentals taking place in the Easter break, a netball and a media studies group. The start of Term 2 will see our kitchen team wearing their new Tolcarne Kitchen uniforms, which will be an awesome new splash of color and freshness! Have a great Easter break, be safe, and I look forward to the Autumn of Term 2.

Tolcarne Notices...

Ross and the kitchen team want to offer parents a cup of hot soup when they come to Tolcarne to drop their daughters off at the beginning of Term 2&3. It will be in the dining room ready for you!

Leading up to the colder, rainy months, please ensure your daughter returns to Tolcarne with a raincoat and an umbrella for walking to/from school.

The annual 'Pinboard Competition' is on Thursday the 4th of May during Prep. Remember to bring back photos, decorations and other bits to personalise your pinboard. Tribe Points will be up for grabs!





Hazlett Tutoring

By Hazlett Tutoring

Hazlett Tutoring Centre has had a fantastic start at Tolcarne with many families choosing to use our services for private tutoring. We are looking forward to seeing the results that come out of this valuable addition to the student's learning.

Hazlett Tutoring Centre is a family-owned boutique education service, that believes in community and an individual personalised approach for the whole family. We build a relationship with each family, getting to know the students, their learning needs and priorities. The tutors are experienced and either new graduates or currently studying. They can empathise and work with your child to find the best way of studying that works for them and in addition to academic support, they are focused on creating achievable study goals and a homework plan. Sessions are private, 1:1 and can be delivered onsite at Tolcarne or offsite if it suits the student's schedule.

If you think your daughter could benefit from some extra academic assistance and help with organisation, motivation and planning, please email

contact@hazlettutoringcentre.co.nz

Website - <https://www.hazlettutoringcentre.co.nz/>



Tolcarne Parent Food Focus Group

This group of parents is a representation across the year levels, Ross and a Tolcarne committee member will lead this group. They aim to meet regularly once a term with Ross Leishman, our Food Service Manager, to provide feedback and ideas - often, this is done via zoom. The members will also be eating at the hostel at least twice a term, along with popping in to catch up with Ross when they come to Tolcarne, this is a great way to build relationships!

Please feel free to contact the parent that reflects your daughter's year level for any Tolcarne catering-related matters, ideas, or compliments. Our current members are:

Cate Herlihy (Yr 9 daughter) - 021 977 217

Amy McDonnell (Yr 10 daughter) - 021 922 955

Tracey Miller (Yr 11 daughter) - 027 343 7446

Nicky Hartvigsen (Yr 12 & 10 daughters) - 027 206 8451

Annabel Crawford (Yr 13 daughter) - 021 109 7466

Chaplains Chat

By Dr Townsley

I love the fact that while I grew up in the city of Palmerston North, we spent a lot of time on farms around the Manawatu, especially at Robert and Barbara's farm in Rewa by the Rangitikei River, and John and Natalie's farm in the Pohangina Valley. My Dad was the Professor of Agricultural Economics and Farm Management at Massey University, so I have lots of fond memories of time spent staying on sheep farms, helping with docking, riding horses or on the back of a tractor, helping check fences, playing in hay sheds, feeding the dogs, eating porridge and delicious roasts, and generally enjoying time with these families who we called "Uncle and Auntie" and whose kids were my close friends.

I find it pretty cool that I am now in Pastoral ministry as a school chaplain - the idea of ministry being "pastoral" comes from the imagery of Jesus is a Shepherd who cares for his people as his flock, helping them find wells of fresh water, protecting them from predators, and seeking out any lost sheep.

The Anglican Diocese has a team of Rural Chaplains who are roaming around Otago. They say: "Rural chaplains are here for you, whoever you are, and whatever season of life you are experiencing ... If you would like someone simply to chat with, or talk something over with, or bring concerns about yourself or others to - someone who will accept you as you are - we are here. If there is something to celebrate, or if a crisis has hit, you do not need to face it alone. We are here for you in all seasons. Contact The Rev'd Barb Walker on ruralrevbarb@gmail.com or for more information see this link - <https://www.calledsouth.org.nz/ministry-resources/rural-%20chaplaincy/>

Boarding Leaders

This year the Boarding Leaders are:

Bonnie McGregor, Perri Hore, Hannah

O'Conner, Laura Hunter, Olivia Eramsus,

Olivia Hartvigsen, Zoe Simpson, Emily Perkins,

Ella Gibson, Jess Broderick. Annie Kirk, Millie Roy, Madaline

Homer and Lucy Robertson.

We started the year with a leadership training day with Ange, where we looked at our being (values) and our doing (actions). We considered questions like; Does our 'being' match our 'doing'? What is the purpose of our 'doing'? We finished by taking a closer look at being a boarding leader and understanding:

When you can get the best out of me...

When you get the worst out of me...

When you can count on me to...

And what I need from Tolcarne...

About week 3, we had a korero with Robyn about the Boarding Leader task, particularly helping with bedtime routines. Being part of the Tolcarne staff is different; we are all finding the line between being best friends and respected seniors. And finally just recently, Ziggy took us through how we can use restorative language when we are talking to the juniors. For example, when we want to say "Get to bed" we must remember to connect with the student and then show we care. So we could say, "Hey Suzy, please stay in bed, getting enough sleep will help you feel better tomorrow". Being restorative takes time and thought but it's worth it, as it really helps us build relationships with the juniors.