

# TOLCARNE TRUMPET

## *Tolcarne Boarding Residence Newsletter*



## Director of Boarding Message

*By Ange Rathbone - Creating a Culture of Belonging in Boarding*

At the end of Term 2, I shared with the Tolcarne Parent Seminar a presentation that I gave at this year's National Coalition of Girls Schools Conference. This year the NCGS held a virtual 3 day conference across 27 countries, with over 340 participants. My break-out presentation was about **Creating a Culture of Belonging in Boarding**.

Boarding is all about Belonging, but not in the sense that many people think. Many people think that belonging is about feeling comfortable in a group, assessing a situation and becoming who you need to be to feel accepted and as if you fit in. Brene Brown, the founder of the Dare to Lead movement has put this definition of belonging on its head!

*'True belonging is a spiritual practice of believing and in belonging to yourself so deeply that you can share your most authentic self to the world and find sacredness in both being a part of something and standing alone in the wilderness.'*

**In other words, true belonging doesn't require you to change who you are, it requires you to be who you are.**

This definition resonated with us at Tolcarne. We wanted to make sure that we actively and constructively contributed to our students' self-worth, so they had the confidence to authentically be themselves and feel that sense of belonging wherever they were in the world. Whether it be in their co-curricular team, their dorm, at a party, in another country or in their workplace.....that wherever they were they would feel a sense of belonging.

We have 4 key practices that we purposefully embed at Tolcarne, that give us the ability to add value to the self-worthiness growth of our boarders:

- Our workplace **COURAGE CULTURE**.
- **BUILDING RELATIONSHIPS** with staff, students and parents.
- **RESTORATIVE BEHAVIOUR MANAGEMENT** to repair the harm caused to relationships.
- **WELLBEING EDUCATION** through our Koru and Korero programmes, to develop and grow the students' wellbeing capabilities.

Please refer to the attachment for the full article :)

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## Junior Dean Report

By Robyn McGarry

Snow is in the air, winter has truly arrived! It has been another busy term for the Junior girls, signing up for multiple winter co-curricular activities. We also have a dedicated group of dancers, horse riders, and one year nine girl has been very brave and joined a local rock climbing group. It's so cool to see the girls making the most of the opportunities that they have on their doorstep.

Activities for the girls have been varied this term, from rugby matches to the Escape Room, Laser tag and Ice Skating. Bex is always coming up with fun things for the girls to try. Isla has also been adding activities on a Tuesday after school, which many girls have enjoyed.

Another great success was the John McGlashan social, with lots of hair straightening and tanning happening. We are all looking forward to our one coming up next term!

Koru has gone well this term, focusing on Emotions, Gratitude and dipping our toes into what failure looks and feels like. I'm always impressed with the girl's enthusiasm and commitment. So wrap up, rest up and enjoy the holidays!

## Senior Dean Report

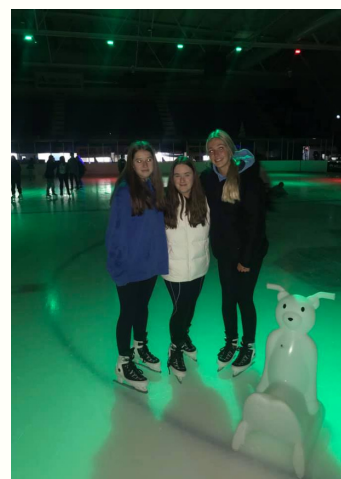
By Ziggy Hill

This term holds one of my favourite evenings, with preparations for formal being the focus for our Year 12's and 13's. Walking into the hostel on certain mornings, has the aromatic flare of a tropical coconut paradise!! It was our pleasure to be involved in their preparations, with the 'nail bar' evening. Ange, Robyn and I sat until the last nail was glued and painted – hours!. Then of course, the icing, as always, is to see all the attendees looking so fabulous together after the worries of dress arrivals and the depth of tan!

While this term has been super busy, our conversations in Year 11 Korero are developing nicely - offering us all room for thought. Our flats continue to offer the Year 13's a space to explore problem solving and negotiation skills, with laundry drying and dishes always ready to challenge them!

We have passed the shortest day and the Dunedin Matariki festival had some of our students taking part – I particularly liked the wee white paper mice... or were they as Robyn would say, 'Ratties'!

Have a lovely break and recharge those family batteries. See you in Term 3!



## Weekend Activities Recap

By Bex Finch

The girls have had a lot of fun this term, with a mixture of different activities for them to give a go. It has been action packed and we have had a great turn out of students participating, which is incredible. We have visited the Escape Room, where the girls are trapped in a room and have to find their way out (a great challenge for the brain and team problem solving).

We also visited the circus, which was a real treat on a school night with lots of excitement. We had a fun games night with the Johnnies boys, playing pool, golf, darts and indoor bowls. Some of these games were new for the girls. Leap and Laser tag are always very popular and competitive. Next term we have some exciting activities to look forward to, including a magic night, rock climbing and the hydrosides!



# Head Boarders Chat

By Latasha Hastie and Molly Loe

Term 2 of 2021 at Tolcarne has started with a lot of excitement and big events. This term has flown by, with many activities and events happening to keep us all busy. To kick the term off, there was a dinner swap held between Tolcarne and the Otago Boys High School hostel. The seniors made their way to OB's and our juniors hosted the Year 9 and 10 boys! Tolcarne provided yummy beef enchiladas, with some boys even going up for seconds! The social side of the evening started with a game called 'speed dating', you couldn't stop the chatter. It was awesome to see the girls getting to know the boys, everyone leaving with huge smiles. Dinner swaps are such a good way for the girls to get to know the other boarders, we can't wait to do this again.

Open Day prep started the night before, with the girls decorating their doors, attaching lollies and welcome cards for hopeful new students. The corridors looked AMAZING and we had lots of positive feedback as the families walked through. The Year 13's were in charge of tours, as well as presenting a wee blurb on hostel life during the introduction to Tolcarne. Dunedin put on a stunning day and there were a lot of excited girls!

The Tolcarne Council has been super busy this term, with the representatives gathering feedback from their year group on catering and hostel rules. We are also starting to think about the Term 3 Tolcarne social! Overall, the Council has been a great way to hear the girls' voices and listen to their views.

This term we have had a dress up and line dancing competition between the Tribes. The girls were really into these games, as Tribe Points were up for grabs! First off we had the mystery box formal dress competition, fitting with the formal season! The girls got really creative with their style of dresses and the models sure knew how to strut the runway! Lastly the line dancing competition was a giggle, with the girls getting out some old classics, such as 'Achy Breaky Heart'! It was great to see the girls getting involved and having fun.

We are excited to say that we have put together the Tolcarne Merchandise for 2021! It has been a long process of deciding what to create, but with the help of the Tolcarne girls, we have a 'Backroad' and hoodie available to purchase. There will be an email sent out to parents regarding orders, so keep an eye out for this!

Overall, we are looking forward to next term. It will certainly be busy, but we can't wait for what is in store for all of us. We hope everyone has a good holiday and get ready for Term 3!



## HOT SPOT OF THE TERM!

By Cassidy and Olivia Stevenson

No 7 Balmac is a great place to go if you are looking for a delicious snack and drink. It is located in the perfect spot as well, a quick walk up from the hostel - which is great if you are traveling between John McGlashan and Tolcarne.

We really recommend the chips and iced chocolates. The coffee is always good, along with their extensive range of afternoon tea delicacies - such as lemon meringue pie. They also have a dinner menu, making it the perfect way to enjoy a night out!





# The Junior Vaping Presentation

By Xanthe Payne and Rosa Smith

A couple of weeks ago Professor Rhiannon Braund from the Otago University, came to talk to us about vaping and the effects on our bodies. She spoke about how a vape works, what is inside and how bad they can be for us. People assume the contents of a vape is just water vapour, but it isn't at all. There are many other substances inside, which can include nicotine and flavoring - causing potential addiction. She talked about the vapour going into your lungs and causing a hard seal on the inside, which can never be fully repaired.

Did you know, one vape 'pod' is the equivalent of 25 cigarettes? We had no idea there were so many negative effects of vaping on our bodies. Professor Rhiannon taught us that there are long term effects we don't even know about yet, making us really question if vaping is a 'trend' we should be joining in on.



## Chaplains Chat

By Dr Townsley

In the Gospel of John, Jesus says, "I am the gate... I am the good shepherd" (John 10:9-11), as I wrote about in the weekly newsletter (T2W4). This reminds me of the differences between New Zealand and Australia when it comes to sheep farming.

In New Zealand, if I think about sheep farming, I think about paddocks which are fenced. Fences are essential to keep the sheep in and they define the boundaries of the farm. The sheep in this paddock feel secure and don't have to think about much, because the farmer is the one who tells them where to go and what to do. But the grass often looks greener in another paddock... And if a gate is left open when it should be shut...

In Australia things are different. Outback stations have more wells than fences. The sheep know where the well is, and they journey to and from the well in their own way and time. The well is the centre, the source of life. The sheep are always on a journey, so cannot judge each other, because those who look close may in fact be heading away from the well, while those who are far away, may be heading towards it.

Perhaps we need both wells and fences in our lives? Or perhaps you prefer one philosophy of spirituality over the other. Whichever way we see this, it will shape our outlook on life, how we understand who we are as spiritual beings, our approach to others, and our view of the world.



## After School Activities

By Paxton Francis and Honor Garden

Over the past two terms, Isla has been running really fun after school activities for the Year 9's. These have been happening every Tuesday, with different things organised each week. She has taken us to Rob Roy for delicious ice cream, Timezone to do some gaming, Ten Pin Bowling (that Esther and Charlotte won) and Moana Pool - with many new places to come we're sure!

When it wasn't the nicest weather, Isla became a pro in the activities room. We made lots of different types of food, pizza for lunch, baking numerous times, and made some amazing jewellery out of clay. We've even had a movie afternoon.

The last activity we had was a mystery box challenge. Isla gave us 3 ingredients we had to use - dark chocolate, peanut butter and mixed spice. The two teams came up with, a fudge and truffles. The over all the winners were the truffles - by one point!

After much debate between the Year 9's, our favourite activities so far have been cooking pizza, jewellery making in the activities room or Ten Pin bowling.





# Kitchen Talk

*By Jodie and the Kitchen Team*

Thanks for another amazing term. Open Day here at Tolcarne attracted over 200 people, what a great turn out! I would like to focus this term's Trumpet article on the kitchen team. Next term we are hoping to have our main staff photos and bios up in the Dining Room for all to see - so I would like to share a little about some of our staff members...

Cathryn Price is the lovely person who assembles our beautiful Poke Bowl and Salads during the week. Cathryn has been with us for almost 3 years. Most of the girls may have not yet met with her, as she is here from 8.30am to 12.30pm - Monday to Friday.

Isobel Connor and Tamanna Jahangir are our Canteen Operators. Tamy works Monday and Tuesday and Isobel, Wednesday to Friday. They both do a wonderful job, serving up the sweet and savory delights made here at Tolcarne.

Marg Dixon is our front of house staff member who is here at breakfast time and is always able to lend a helping hand. Marg works from Monday to Friday, 6.30am to 12.30pm. Marg has been at Tolcarne for almost 7 years! These are but a few of who make up the Kitchen team.

We hope that you all have a lovely term break and we look forward to seeing you all in Term 3. Just a little reminder to remember to bring your flasks to breakfast on Tuesday and Thursday for Hot Soup.



# Senior Formal

*By Kaylee Bond*

The biggest night on the social calendar for seniors, FORMAL! Preparations began as early as the week prior, with regrowth touch-ups, nail and brow appointments. However, Thursday night is one of the busiest nights at the hostel, with the the nail bar in the lounge. Ziggy, Robyn and Mrs Rathbone paint everyones nails, along with a supper provided by the amazing kitchen staff - making it even more special. After that, very excited and nervous girls try to get their beauty sleep before the big night - leaving the entire hostel smelling like coconut tan! On Friday many girls had stressful afternoons, attending make up and hair appointments. Once that was out of the way, everyone had an amazing time down at the museum, looking stunning and the food was delicious. Definitely a highlight of my night was going into the planetarium and looking at the stars, it was incredible. Overall the formal was hit and it was a night to remember.



# Tribe Points



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



tolcarne\_sthildas



/St Hilda's  
Tolcarne  
Boarding  
Residence



# Interview with Maddy

By Millie Roy and Perri Hore



## Q - What is your role at Tolcarne and when did you start?

A - I am a House Manager at Tolcarne and started this year. I do wake ups in the morning and make sure that you have everything you need for a yummy packed lunch. I'm in the office during the weekend and enjoy finding fun things to keep you busy, like baking!

## Q - Where are you originally from?

A - I am originally from Christchurch, where it's nice and flat! Both of my grandmas live here though, so I love going to see them when I can.

## Q - What do you study at the University?

A - I'm studying Pharmacy. I am currently in my third year and about to start hospital placements. I have a degree in biochemistry and rational drug design for targeted therapy. I did some of my study for my first degree in England.

## Q - What is your favourite part of the role here?

A - I love it when people make me laugh. It's great living with lots of people because there is always something interesting or someone with a cool story!

## Q - What do you enjoy most about living onsite?

A - I love my flat, it's so nice and warm! It's great to have my own wee space but I love living near everyone, it keeps my life social.

## Q - Do you have any hobbies outside of work and studying?

A - I really enjoy my study (when I don't have exams), but at the moment I am learning Spanish. I love going to the beach to fly my kites and when it's warm enough I go stand up paddle boarding. I also love zooming around on my electric scooter, but sometimes it gets pretty scary going down the hills!

## Q - What is an interesting fact about you?

A - Gosh this one is hard! I am the oldest cousin, but the shortest and I have one younger brother who is way taller than me. I have 2 tattoos that I got before I moved overseas, so that I could have a little bit of my mum and my dad with me all the time. I also have a pet lamb called Nigel and pet chickens called Jacinda, Chloe and Judith (but they all live in Christchurch with my parents and Dunedin is a bit cold for them)!



Tolcarne policies and procedures can be accessed by our Tolcarne families via the following link - <http://tiny.cc/info-tolcarne>

### Tolcarne Food Committee

The new Tolcarne Parent Food Committee has been established. The following parents are your contact person for different year levels:

Tracey Miller - Year 9

Lynley Daly - Year 9, 11 and 13

Anna Hamilton - Year 10 & 12

Annabel Crawford - Year 11

Jo Murray - Year 12

Anna Perkins - Year 13 (also the Tolcarne Committee representative).

Each of these parents will be eating at the hostel throughout the term, adding value to our feedback processes. This team of parents will meet quarterly on Zoom. Please feel free to contact them with any catering feedback.

## Notices

**Naming clothes** - Please remember to check and clearly name ALL CLOTHES over the holidays! A reminder that Tolcarne now also has name labels to sew on your daughters school sports uniform.

**Tolcarne Vehicle** - We have been loving the use of the new Tolcarne Vehicle! It has made daily trips for the canteen staff much easier and helped staff taking emergency and/or essential trips. Just a reminder that Robyn opens the weekly van bookings at 6pm on Sunday evenings, doing her best to get everyone where they need to be. The car can not be booked for and is not for regular use, we only use it in emergencies or essential trips, so please don't rely on the car as a transport option. We are noticing girls phoning at the last minute, expecting hostel staff will use the car to pick them up (eg: from town or a gym), this is rarely possible as it takes a staff member off the hostel floor. Thanks for your understanding.

**Junior medical kits** - July holidays are a useful time to think about what your daughter might need to restock in her medical kit. If your daughter plays sport, it would be a good idea for her to have arnica cream and/or liquid and strapping tape in her medical kit - kept in the Health Centre.

**All electrical appliances** owned by the students must be electrical tagged. Overseas plug adaptors are not be permitted (these often arrive with overseas electrical purchases). If found in the hostel they will be disposed of immediately. These are extremely unsafe because they do not have any shock protection on the pins. Thank you for your understanding!