



TERM 3, TOLCARNE NEWSLETTER

TOLCARNE TRUMPET

Director of Boarding Report

Term 3 under Covid Level 2 has been difficult for everyone and I've noticed it has been hard for anyone to be their best self. Many of us during Term 3 (staff and students) have functioned at a level that is perhaps under par – for some just a little under par and for others more so. At times like this, it is so important that everyone increases their empathy, compassion and understanding for others and for themselves. Increased levels of empathy, compassion and understanding will help us better navigate this difficult time and look after our relationships with each other. This quote from Sri Chinmoy sums it up beautifully, "Judge nothing, you will be happy. Forgive everything, you will be happier. Love everything, you will be happiest."

Recently I have had the privilege of listening to a few key speakers at the NZ Boarding Schools Hui. Jo Malcolm manages the Media Strategic Communication for the All Blacks and her presentation about the impact of phone use and social media reinforced the addictive nature of cell phones and how difficult it is for all of us, but particularly for our youth, as they learn to manage their phone interactions. The dopamine hit from every phone ping has our young ones hooked. The connection it provides is not authentic and only lasts for about a minute, hence our youth quickly continue to scroll on their phones searching for their next dopamine hit. Real fact-to-face interactions and conversations have a much more sustainable 'feel good' factor and it works as an antidote for anxiety, low moods and depression. Whereas social media connections can actually add to isolation and disconnect which are triggers for anxiety, low moods and depression.

Like any addiction, the way to wean ourselves off is challenging and cold turkey is not the best answer and rarely has long-term benefits. As parents we need to role model better phone behaviour ourselves and then firmly with love, set phone usage boundaries for our children - and remember you do not need to apologise for setting them.

Here are some of the take home points from the presentation that I brought back to my family discussions:

- Use screen time, which can be found in your settings to load on your own and/or child's (you can add a child's phone) time limitations that are available each day on social media apps like Snapchat and Instagram.
- Ensure phones are handed in at night and not left charging in their bedrooms – nothing good happens on phones in the small hours of the night! It also means when you or your child is going to sleep and waking up, the first thing that they can't do is reach for their phone. Make the bedroom a Sleep space :).
- Change notification settings so you don't get pinged every time a notification arrives. One good rule is to turn off all notifications except for direct messages coming from real people.
- Stop Using Your phone as an Alarm Clock, so that it is not beside you when you are in bed. This way you won't be tempted to pick it up if you wake up in the middle of the night. Get a separate alarm clock so your wake-up isn't tied to your device.
- Learn to fill your empty space in your day with non-phone activities – resist the scrolling! Remember to do other things like - reading, art making, patting animals, baking.
 - Set social boundaries within your own family: eg: no phones at the table.
 - Take social media apps off your front screen (maybe put them into a folder).
 - Make it a conscious choice to have real rather than virtual experiences.

He aroha whakatō
he aroha ka puta mai.

If kindness is sown,
then kindness is what you shall receive.

Nga mihi nui - Ange



Senior Dean Message

Our first whole term of the year... and what a busy and seemingly long term it has been! Level 2 restrictions certainly added a different element to the term - the whole hostel has taken to the operational changes very easily and smoothly. Thank you everyone.

After lots of 'will we? won't we?' moments the Year 11's did manage to have their dance before the increased restrictions began. All of the attendees looked so lovely and seemed to really enjoy their evening at a different venue. Our magnificent Magnolias never cease to impress us as they herald spring. There are already more outside ball games occurring as we enjoy lighter evenings and warmer weather.

It has felt like a long time coming but the benchmarks are now in full swing. Last minute practice papers are flying off the printer and smaller study groups are complimenting the support of the tutorials being offered. One more big push to the end of benchmarks and the end of term. Time to breathe again, recharge and prepare, ready to launch into the final term of 2020.

Enjoy your break, surrounded by family, friends and all your animals! - Ziggy

Tribe Points Update

Grendon have had a come back with Tribe Points this Term! These girls have been working hard at getting lots of Tribe Cards completed - adding to their total points. There are lots of opportunities next Term to earn points, especially with the upcoming with Tribe Games!

Highgate
700

Grendon
955

Baxter
705

Falkland
640

A Message from Dr Townsley

In one of last year's Trumpet articles, I wrote about the purpose of Night Prayers and mentioned that the content of the prayers can be drawn from contemporary Christian experience of God. I usually include a poem (or the lyrics of a hymn) in the liturgy and the students can read a verse each out loud - they don't always need to have me lead these things! One of my favourites is the poem by James K Baxter, 'Song to the Holy Spirit.'

Baxter was born in Dunedin, into an Otago farming family with a Quaker heritage. He was baptised as an adult into the Anglican church but later converted to Catholicism. Although he lived in various parts of Aotearoa New Zealand during his life, he also frequently returned to Central Otago and the landscape often features in his poetry, as it does in this one (which I have shortened for our Night Prayers).

Lord, Holy Spirit,
You blow like the wind in a thousand paddocks,
Inside and outside the fences,
You blow where you wish to blow.

Lord, Holy Spirit,
You are the sun who shines on the little plant,
You warm him gently, you give him life,
You raise him up to become a tree with many leaves.

Lord, Holy Spirit,
You are the mother eagle with her young,
Holding them in peace under your feathers,
Above the valley, above the storms of the world.

Lord, Holy Spirit,
Heaven is with us when you are with us.
You are singing your songs in the hearts of the poor
Guide us, wound us, heal us. Bring us to the Father.
- James K. Baxter, 'Song to the Holy Spirit', in Collected Poems (ed. John Edward Weir; Oxford: Oxford University Press, 1979), 572.

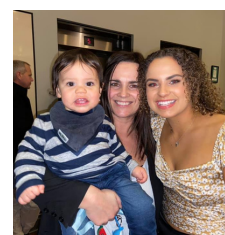
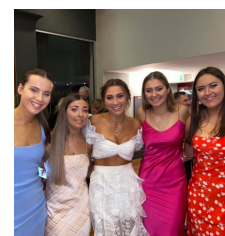
Junior Dean Message

So We Made It!!! Term 3 has been the longest so far! The junior girls have done very well considering a long and in level 2 term. Many girls have been very busy with winter sports, dancing, coaching and other activities. I was very proud of the Year 10 hockey girls winning their recent tournament here in Dunedin, but also super proud of the support for them from all the junior cohort ... well done! Bex has done another fantastic job this term putting on a great array of activities which the girls have taken up.

Unfortunately we had to postpone the junior social, but it's all go for next term so don't be surprised if your daughter is raiding your wardrobe for a Hawaiian Shirt!! Koru this term has been great with the Year 9 girls looking at their inner fears and learning what courage looks like. We had a series of sessions including mystery box, singing on your own for 30 seconds, acroyoga, blind taste testing and blindfolded night line. Year 10 girls have been looking at trust, courage and armoury. These girls have been great this term and I'm always entertained with their well thought out skits that they perform in a session. I think many of the girls have discovered new things about themselves and hopefully learned to lean into their fears.

Take care over the holidays and enjoy the time together - Robyn

Senior Formal



Notices

- Overnight leave expectations: Any overnight leave during the weekend must be submitted by a student and/or parent by Thursday for Year 9-12 students. This avoids any disappointment when leave is declined because it has been submitted late.
- Any electrical appliances used at the hostel must be wired with a NZ standard plug. Overseas plug adaptors will 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!



The winning Year 10 team at their hockey tournament in Dunedin



/St Hilda's Tolcarne Boarding Residence

Weekend Activities Recap

This term has been rugby season! We were lucky enough to move into Level 1 to watch the Highlanders play the Hurricanes and the Blues before moving into Level 2 again. Even though some activities were cancelled due to Covid, we made our own fun and found other alternatives - such as Ten Pin Bowling and Laser Tag. Other activities included; Ice skating, Inflatable World, Leap and Moana Pool. We mainly had our activities on a Sunday this term, due to the girls being busy on a Saturday with their winter sports. It is so nice to see the girls getting out of the hostel to enjoy themselves and try different activities on the weekend with such enthusiasm! - Bex

Check out what is happening weekly on our Facebook page!



Head Boarders Chat



Hi everyone,

This term has been full of excitement with the Year 12 and 13 Formal as well as the Year 11 Mid-winter Dance. The matrons nail bar was in full swing on the nights before both of the formals, which is a really special time for everyone. All of the girls who attended these events had an awesome night and all looked stunning. Thankfully we were able to get these two events and Open Day done before we were back into level 2 restrictions.

Boarders Open day was a hit. Snowy weather in the morning didn't stop the families and the Year 13 cohort did a fantastic job at being tour guides. The rest of the hostels contribution and effort on the doors was awesome, it was great to see how much effort went into them.

Beth and I have started doing some planning for the Tolcarne social. The theme has been decided as Hawaiian, and with the help of the Tolcarne Council members we have started planning some decoration ideas and are amongst getting the logistics for the night sorted out. We created and dropped posters off to Johnnies and Otago Boys', but then sadly due to Covid we had to postpone the social until Term 4. The girls are looking forward to the Tolcarne ski trip which is coming up in the last weekend at the hostel. Fingers crossed that it all goes to plan with weather, because it is a great time away from the hostel for all year groups.

Overall this term was flown by, and it is scary to think that the Year 13's have nearly completed their time at Tolcarne. Term 4 is going to leave us behind in a blink of an eye, before the seniors are away on study leave. Only 3 months of this year to go, we can do this!

Kitchen Talk

Everybody asks how the kitchen team is coping through Covid. It is actually hard to imagine how far we have come, with lots of planning and talking daily with staff. At the start it was quite scary and the protocols were a lot to take on board. The changes affected all the team in different ways, including the running of the canteen. Now that we are back in Level 2 and our way of serving and presenting the food has changed, we have learnt to be kind to one another, and to take things a little slower as to make sure that we as team can still complete our everyday tasks still in a timely manner. I'm hoping that the pictures attached give you an idea of what our new normal involves - and at times that this can be very tricky. I am glad that we have such a beautiful and caring environment and that the girls have adapted very well to our changes. We never know what is coming but know that we are very well set up and ready for anything! Below are a few of our changes;

- 1 - Distancing while seated at the tables.
- 2 - Hand sanitizing on entering the dinning room and exiting.
- 3 - All tables set with cutlery for every meal.
- 4 - Kitchen team wearing appropriate PPE.

We would like to thank the girls for all their patience with the adjustments. We look forward to Term 4.

Many Thanks, The Kitchen Team x



Art Corner



Supreme Scholarship Award
Charlotte Reveley - St Hilda's Collegiate School

Here is some fantastic work from our Year 13 girls. Georgie Jessop's piece received a Certificate of Excellence in the recent Dunedin School of Art's Celebrate Art Awards. Charlotte Reveley won the overall competition, awarded with the 'Supreme Scholarship Award'. Well done girls! We also have this incredible abstract art from Beth Anderson's art board. Lots of talented artists!



Certificate of Excellence
Georgie Jessop - St Hilda's Collegiate School

Health Centre Message

With winter sport back in full swing we have had a few injuries requiring doctors' appointments. Overall the health of the girls has been good and those girls who have exhibited cough/cold like symptoms have been dispatched home without delay. All have come back much better and with a doctor's clearance having all passed with negative Covid 19 tests! Our parents have been very understanding and some have gone out of their way to pick their daughters up when needed. We have very much appreciated this.

At times we have noticed fewer visits to Health Centre in the mornings (possibly not keen to go home unwell) and the majority of sick girls are in hostel for reasons other than the flu/cold bugs.

Tolcarne took the opportunity to offer the free Meningococcal ACWY (4 groups of meningococcal disease) vaccine to our girls this year. This vaccine is only free to anyone who lives in boarding school hostels, tertiary halls of residence, or military barracks aged 13 to 25 years. We had 39 students take up this offer and the 2 nurses from Roslyn Health came to the Hostel to administer the vaccine. It was a good opportunity for the girls to have this as protection in the future against a very nasty disease. The above vaccines will not offer protection against Meningococcal B, but this can be purchased privately from the girls' own doctors. - Reany Rust

See you all in...





TERM 3 Interviews

Interview with Mrs Rust - By Laura Hunter and Grace White, Year 9

Q: When did you start working at Tolcarne?

A: I started working at Tolcarne in June, 1993. Ken was running School House at OBHS and we'd been invited to Tolcarne for dinner by Chris Gillies the manager. The following week she rang and offered me a job as part time house manager, as I'd worked previously as a matron at Clarice Johnstone House at Nelson College for Girls.

Q: What is your role here?

A: I am the Office Manager and work in front of the house during the day. I run the Health Centre in the mornings and organise doctors', physio visits and other appointments for girls. I look after sick girls who stay behind unwell. I am also responsible for running the Second hand uniform pool.

Q: What is your favourite thing about Tolcarne?

A: Watching the young girls who come into Tolcarne develop into independent, confident and mature young adult women. I also enjoy working with the amazing staff, who all have their own unique skills and gifts to make this a happy and fun environment to be in. Snow days are also another favourite as the excitement they generate in the hostel is like nothing else. Unfortunately the winters haven't produced the goods over the last few years. Sunrises are pretty special viewed from the Tolcarne lounge windows.

Q: What are the main changes you have seen over the years?

A: There have been so many changes over the years. It was compulsory to wear uniforms to church every Sunday and on public transport. No girls had cars at the hostel!! Computers and Cellphones were unheard of, but now we can't live without them. There are so many more activities available for the girls to take part in - eg: surfing, hiking, biking, Leap, Click N Climb, paintball and laser force to name a few. Flexi prep is a recent initiative, giving the girls the opportunity to learn new skills at prep time. Presently a good number of girls are learning to make face masks to wear during the current pandemic. In 2013 the Apartments were opened and many Year 13's have been given the opportunity to live independent of the hostel, cooking, cleaning and learning to live together in a flatting situation.

Q: What is something you are most looking forward to this year at the hostel?

A: It's been such an odd year, I would like things to go back to some certainty (might be an impossible dream this year). Certainty that the virus will be contained in Aotearoa until a vaccine can be found. Certainty that school and exams will go ahead as planned. I hope that our seniors will leave having completed their courses and know where they will be in 2021. I am looking forward to the refurbishment of the Tolcarne tennis court, as an all weather surface which will make a huge difference to the girls being able to practise their sports at Tolcarne.

Interview with Mr Rust - By Perri Hore and Annika Simpson, Year 9

Q: What is your role at Tolcarne?

A: I am one of four people employed to drive the van between 3 and 9 pm. I mainly drive each Wednesday and every second Friday, however this term I have been filling in for Nicky on Monday's.

Q: How did you and Mrs Rust meet?

A: I met Reany at a University dance in "O"week. Her sister introduced us and the rest is history!

Q: Do you like working with Mrs Rust?

A: I don't mind - as long as I am doing as I'm told! It has been good getting to know the staff and the girls who she often talks about. The only downside is that she finishes work at 3.30 and I start at 3pm.

Q: What is your favourite song the girls play while you drive them?

A: I usually get my music on first but sometimes on the way to hockey on Monday nights the girls hook up a speaker and play music to psych them up. The only song I remember revolves around "freaks" and "speakers going to war". Fortunately it takes less than ten minutes to get to the Turf!