

Tolcarne Trumpet

Term 1, Tolcarne Newsletter



Tolcarne Director of Boarding Report

Starting the hostel with just under 160 students meant the hostel was buzzing from day one. The staff and students hit the ground running with plenty of activities and events; year 13 leaders dinner, the year 9 orientation programme, Waitangi Day Junior games, training of our Boarding Leaders and Yr 13 Buddies, the school fair, Burn Bright workshops, guest speakers, fun weekend activities, tribe values cards and competition games – especially the fun Mexican night!

For many of us the term had been like any other, it just felt busier with more students living at Tolcarne. However the recent announcement of the COVID-19 pandemic on 11 March 2020, by the World Health Organization has meant we are in uncharted territory and the situation has rapidly evolved for all of NZ. In particular, the NZ wide lockdown has meant that our students are no longer living at Tolcarne but now at home with their families for the next few weeks. The girls are about to increase their online learning capabilities and St Hilda's as a school is on the front foot because we already use online learning tools and google classroom.

Our boarding staff this year are leaning into learning a new skill, that is, peer coaching. Peer coaching is going to be an integral part of our work performance review as a new reflection and feedback process. We are using a peer coaching model called GROW. This model will develop people, performance and potential. The GROW peer coaching will help people develop their 'inner self' - how they think, and enable them to step up and function at a higher level.

Goal	What do you want?
Reality	Where are you now?
Options	What could you do?
Will	What will you do?

The benefits of utilising our best resource (our people) and peer coaching are:

- Reduce isolation
- Regular opportunities to reflect
- Increase skills in coaching others
- Promotes collaboration and team work
- Shared learning
- Increases self-awareness and EQ
- Support when navigating change
- Increased levels of Support – personal and professional

As a team we have decided to mirror coach a colleague and together GROW in our professional and personal lives as we learn more about ourselves and work towards being better than before.

Wishing all of the wonderful Tolcarne families the courage and resilience to lean into this challenging time. Enjoy the fact that life will be slower, people will talk more, and connect more as you and we all get an opportunity to spend quality time together as a family.

'He waka eke noa'
We are all in this together

Tiaki me te aroha

Ange

FAUKLAND

#135

BAXTER

#165

GRENDON

#90

HIGHGATE

#150



We have had a very busy term one with a large focus on settling in the new girls. This has gone extremely well due to the fantastic support from the year 13 Buddies year 12 Boarder leaders and the year 10 girls. Bex again has outdone herself with a fantastic array of weekend activities. Sometimes the year 10 participation in this wanes but so far they have been great at signing up and joining in. Well done!

Koru this term is well underway. The year 9 girls started with a session of Laughter Yoga. To start with the girls looked very confused but soon opened up to the idea and embraced the "laughter". The girls made a great job on designing their scrapbooks, they will use these to store the hand outs and diary writing. We also talked about the importance of having gratitude in their life. They were encouraged to write a letter to someone they care about. We then moved on to Tolcarne Values. This is working well with our drive at the hostel of our new Tribe values cards. In the last couple of sessions the girls have designed a "Life Map". The year 10 girls only have sessions that run fortnightly.

We have talked about the importance of practising gratitude and the effect it has on the brain. They also wrote a letter of gratitude to a person they care about. This for some was very emotional and recently I had a very grateful parent contact me, moved by the gorgeous letter they had received. Our second session was a Mindfulness body scan, very relaxing. To see a room full of quiet relaxed year 10 girls was gold. Last week we played the Line Game, where I told the girls to be brave and asked them some confronting questions. I was very pleased by their support in this and at the end of the game they were disappointed that it had ended and asked for more questions.

Enjoy the break
Robyn

The senior students came back to Tolcarne ready to tackle their year group commitments. It was lovely to see that the Year 13 all clearly wanted to be part of the welcoming of our new Year 9's and we have seen lots of lovely moments. Our new Year 12 boarding leaders have stepped into their roles as role models and supporters of our Tolcarne values and are learning the ropes well. Year 11 are navigating their new found senior position and the extra privileges that offers them.

The uptake of the increased tutorials has been positive. As usual our first term has seen some dramatic changes in day to day weather. It has been stunning watching the rain move across the city from Tolcarne's vantage point but it is always so nice to have the sunshine.

We launched a new Tribe point system this term which supports our Tolcarne values. Each girl is given a coloured card matched to her tribe and collects signatures for demonstrating the four values Respect, Empathy, Integrity and Belonging. Once they have six signatures from staff members on their card it goes into a jar and earns their tribe 5 points while also standing a chance of being drawn out for a chocolate bar. The jar is filling nicely! Well done to all... keep it up.

Ziggy



HEAD BOARDERS REPORT – DANIELLE BAIN AND BETH ANDERSON

What a busy start it has been for 2020! Especially with welcoming the new year 9 cohort to Tolcarne and the year 13s starting many of their internals. It is great to see that the girls are settling in well and look like they are enjoying themselves.

We started the year off with the year 13 Leaders Dinner held in the dining room. We were also lucky enough to have Sophie Borland who was our guest speaker to come and speak to us during the dinner. This was a great way to start the year, having everyone together to celebrate the start of our final chapter at Tolcarne.

Waitangi day rolled around and the year 12 boarding leaders along with Dotti and myself took the girls to John McGlashan to play some fun activities. This was a great way to enable the girls to make wider connections with others from different schools.

Over the last few weeks we have been busy getting tribe captions as well at the Tolcarne council and trumpet up and running. Each tribe voted for their tribe leaders from the Yr13 girls who wanted to put their name forward for this role and do a wee speech. The tribe captions then lead their tribes after the formal dinner where each tribe created a chant and we did an activity.

Valentine's day was the next event on the calendar, so the night before we decorated the dining room and the end of the corridors. The girls woke up to pink, red and white balloons scattered around and a beautifully decorated dining room. At lunchtime we popped back up to the hostel and put a wee chocolate heart on each girl's bed to spread the love when they got back from school. This then set the tone for the day and I think the girls all really enjoyed it.

Last of all, on the 6th - 8th of March we had a head boarders conference held at Acland house and Christchurch Boys' High School. At this conference we were able to meet and network with the head boarders from all around New Zealand. We were lucky enough to hear from Burn Bright who have just been at St Hilda's doing workshops on leadership. We also got to share a video showing off our hostel with the rest of the head boarders and girls I tell you, we are very very lucky here at Tolcarne.

Danielle & Beth

"The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4: 6-7



When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way—better
for each other
because of the worst.

—
LAURA KELLY FANUCCI

Welcome to all new comers and returnees to the hostel. We hope that you all have had a lovely break.

We wish to welcome to our team this year, Max Smith, Tessa Sinteur, Kristin Willis, Imogen Keeling, and Olivia Daly who will be assisting in the evenings and during the weekends. We also welcome Johnny Doninchai who will be taking on our Baker/ Cook position.

We have made a few changes for lunches this year with the arrival of "Poke Bowl" options. We continue our Smoothie Station and the sandwich options and our hot breakfast option each morning. It has been lovely to see you all in the mornings enjoying all these options.

We encourage all to make sure that you are sanitizing your hands before meals at this time due to Coronavirus. There are stations in the Dining Area for this. With the end of Term 1 upon us I wish you all an enjoyable Easter Break.

The Kitchen Team



KEY DATES FOR TERM 2

The Term 2 Calendar is currently being worked on, however these dates will not change if we are open as usual!

Term 2 – Monday 27th April hostel opening at 3pm TBC
Country Visits – May 3rd – May 6th TBC
Queen's Birthday long weekend – Friday 29th May, hostel closing at 5pm – reopening Monday 1st June from 3pm

INTERVIEW OF THE MOMENT! 'GET TO KNOW THE GAPPIES!'

GAP EXCHANGE - FRANNY

- Q. Where is home for you and how old are you?**
A. Home is Vancouver Canada and I am 18
- Q. Why did you choose to come to New Zealand?**
A. New Zealand was actually my second option as I applied for the UK and couldn't get a placement. But I had never really been here and have a bunch of family in Australia
- Q. What do you enjoy most about the hostel?**
A. Probably the bedtimes, because I get to talk to the girls
- Q. What are some of your hobbies?**
A. I am really into music, I play the marimba. But I'm really into art as well!
- Q. What is a fun fact about you?**
A. I'm an only child and I have performed in lots of famous music venues, including Carnegie Hall in New York
- Q. What is a goal you have for this year?**
A. Just to have fun and get used to living away from home!
- Q. What are you most looking forward to doing in New Zealand?**
A. Probably going to visit the Hobbit Holes and going to a black sand beach!

Article by Connie Bennington and Lucy Anderson (Year 11)

GAP EXCHANGE - JOSIE

- Q - What were the reasons you returned to St Hilda's?**
A - I wanted a gap year and I really enjoy St Hilda's here and New Zealand, and I was also looking for a job. The international director from St Hilda's who I am still in touch with said there was a job available here at Tolcarne and I took it up!
- Q - What is your favourite part of being a gap student?**
A - The work at the hostel and the evening shifts, putting students to bed and having conversations with the girls is fun - as I enjoy getting to know a range of new girls
- Q - How long are you here for?**
A - 12 months, July 2019 to July 2020
- Q - Are you planning to do any travelling around New Zealand on your time off?**
A - Over the 7 week holiday I went on a road trip with friends around the North and South island and I am planning a trip to Stewart Island in the upcoming holidays.
- Q - What do you do/help out with around Tolcarne?**
A - Putting girls to bed, quiet times, dishes, super duty, weekend activities - going surfing, laser tag, beach walks etc with the girls

Article by Libby Drummond and Alice Howard (Year 12)

The first term of 2020 has gone very quickly. Until now we have had very few incidents/accidents. The majority of issues affecting the girls in the first couple of weeks were ankle blisters from wearing in their new school shoes (or getting used to wearing shoes again!). Homesickness which can often present as a sore tummy with/or a headache was prevalent amongst the new Year 9 group initially but seems to be on the wane as they become accustomed to their new surroundings. On the odd day where we saw the sun a few girls suffered slight sunburn even though they had put sunscreen on liberally!

We have negotiated with Roslyn Pharmacy to have the flu Vaccination done for any girls who wish to take advantage of this. They will come to the hostel near the beginning of next term to do this. Please let us know if you wish your daughter to have this done.

If you would like to take advantage of the meningococcal vaccine which is free at your local GP, this break may be a good time to have it done. Stay safe and take care.

Mrs Rust

I look forward to reading the menu each week to see what delights Jodie, Ross and the kitchen staff have come up with. I recently enjoyed a Poke bowl for lunch at Tolcarne - a great way for all food groups to be covered. Sometimes the girls need some encouragement to try something different for lunches and this is a great initiative. Mexican night looked fabulous.

The food committee (Penny Omera, Jo Murray and myself) that was established last year are here as a gateway for communication and feedback, please reach out to any of us. Please feel free to join the girls for any meal and meet kitchen staff, you are always welcome.

Anna Perkins

SARAH MENLOVE TALK

Sarah Menlove came to hostel in week 3 to talk to the year 12 girls on body acceptance and food freedom. During her chat Sarah mentioned many things that the girls had never been confronted with before and introduced new ideas into the year group. From hearing from the girls they all took away something new including ideas such as being able to move your body when you want and listening to your body instead of beating yourself up. This opened up our ideas to body acceptance and gave us new ideas as we move through our lives as teenagers.

Article by Libby Drummond (Year 12)



NOTICE BOARD

Alterations of clothing at the hostel –
 Some of our staff are capable sewers, however this is not part of our staff's job description to fix students clothes. At times if they are not too busy, they would be happy to help out and mend clothing (this is normally done in their own time). Girls need to be respectful that our staff will not always be able to mend their clothes and they will need to take them to a garment alteration business in the city.

Rhonda's Clothing Alterations Studio, 208 Princes St. 03-474 5133
Looking Good Alterations, 4 Albion Pl. 03-477 8998
Quality Tailors, 162 Princes St. 03-477 8028

