

TOLCARNE TRUMPET

Tolcarne Boarding Residence Newsletter



Director of Boarding Message

By Ange Rathbone

Connecting with your Teenager

Having your daughter home for 6 weeks, gives you the time and space to connect authentically with your teenager. As social beings we thrive on connection and support. According to Brene Brown, “we are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong”. The research tells us that people who are connected with friends, family and their community:

- Have lower rates of depression and anxiety
- Feel more empathetic towards others
- Have higher self-esteem
- Are more trusting towards others
- Exhibit less anti-social behavior
- Have lower rates of suicide and suicidal behaviors

Over these summer holidays it is more important than ever to connect with your teenagers, especially to reflect on the roller coaster ride of 2021 Covid and also to consider what lies ahead as we navigate 2022, where we will be living with Covid-19 in our daily lives.

It might be worth noticing with curiosity - Where do most of your current conversations with your teen take place? When do they take place? Conversely where and when do these conversations seem a little tense? Once you know the best time to have a conversation with your teen – hone in on this time and think about how you can best connect with them. Over the summer break you might like to aim for 2-3 authentic connection times a week with your daughter. Ideas for connecting with your teen:

- Start with a less structured activity, something your teen likes to do, eg: eating pizza or watch a movie together.
- Let your teen be part of the planning process of any shared activity – get their buy in
- Be clear about the ‘why’ you want to do something together
- Don’t make the activity last for too long – short and sweet so to speak.
- Try at meal times asking your teens to share their pit (low) and peak (high) of the day – this is a great conversation starter and can be a gentle lead into anything big that might be bothering them.
- Sideways talking is often easier than face-to-face as it is less confrontational. Maybe talking on a car trip or going for a walk side by side.

Remember your super power as a parent is listening, and by that I mean really listening. How are you engaging? Is your body language positive, are your facial expressions neutral, are you 100% focused without interruptions (place your phone out of reach) and use gentle affirmations to validate their feelings. All of this will enhance your listening superpower and hold the space for your connected conversations – you will be seen as a LISTENER not a FIXER.

Thank you to all of the Tolcarne Community for your support, trust and patience as we have together navigated the lockdowns and Covid level living of 2021. Next year will present a different challenge for us all, adjusting to living with Covid amongst our community and adapting to the traffic light Covid system. While it may be challenging, new opportunities will also present themselves as we learn to do things differently and often better.

Kia pai tō wā whakatā, Meri Kirihimete, (Have a great holiday, Merry Christmas). Ange Rathbone

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Junior Dean Report

By Robyn McGarry

Firstly I would like to thank all the Juniors for a fantastic year!! Boarding is not easy and at times very challenging, but the girls never cease to amaze me with their resilience. Even when things get tough and they are juggling school, sport and friendships they all front up with a positive attitude and for that I'm very thankful.

This term has seen the effects of this challenging time. We were unable to share with the seniors at their Christmas farewell dinner and instead held a Junior one, which was a fantastic night! Year 10 headed off to camp and had a beautiful 5 days of sunshine. Year 9's however did not get the same luck on their Waihola camp and although we had a great night on Friday toasting marshmallows, the heavens opened up which curtailed several activities.

Unfortunately we could not have our new Year 9 sleepover during term time, so this will happen after the term finishes. As Term 4 draws to an end, it's hard to believe those little Year 9's that walked through the door 10 months ago are ready to be Year 10's and my gorgeous Year 10's are heading up stairs to become seniors!! Thank you for all your hard work, smiles, jokes and sharing of tough moments and most of all your support.

Wishing you all a very Merry Christmas and a safe and Happy Holiday - Robyn



Senior Dean Report

By Ziggy Hill

Our stunning Christmas tree arrived as usual super early to some, but perfectly timed for our Christmas dinner. This year we had a separate Senior Christmas Leavers' Dinner - sadly with far fewer guests joining us too. The juniors did get to have their own Christmas celebration though, complete with secret Santa! The Head Boarder's speech marked the end of another cohort's time with us at Tolcarne. We wish them all the best for their exciting next adventures.

We had a very successful Tribe games to mark the end of the year. It was great to see an array of such fabulous colours and getting to share the enthusiasm, fun and churros with all the students. Our Tribe Leaders did an excellent job, finishing off their year long efforts.

We have seen the usual flurry of art boards being finished, which of course offered us glimpses of some very impressive and creative pieces. The rest of the term seemed a little less settled than previous years, with exams arriving later and the senior students coming and going accordingly. All seemed well prepared and comfortable with the effort they put in!

Wishing you all a wonderful Christmas surrounded by your friends, family and plenty of animals - Ziggy xxx

After School Activities

By Isla Huffadine

Term 4 activities have brought a lot of fun to our Tuesday afternoons. We kicked things off with our successful pool party, which turned into a larger event involving the senior students! With fruit kebabs, swimming races, pool games and plenty of laughter, this was certainly a highlight.

We have enjoyed having more Christmas based activities, really getting us into the festive spirit! From decorating Christmas gift bags, to making ginger bread people, 'hot chocolate bombs' and even designing ginger bread houses, we have had a lot of fun! Bring on more activities for 2022!

Head Boarders Chat

By Latasha Hastie and Molly Loe

Term 4... We are sitting here wondering where the year went! Here at Tolcarne, this term has been jam-packed with many events and activities, as has the rest of 2021.

We were fortunate enough to be able to hold Christmas Dinner, just not as a whole hostel. Instead, we had separate Senior and Junior Dinners. Christmas Dinner is a time to get together and celebrate the Tolcarne Leavers and this year, both the hostel and kitchen staff went out of their way to make our dinner so special. The seniors had a great night, accompanied by excellent food, friends, and memories. Afterward, we had Secret Santa between the different year groups, which is always a fun and exciting way to finish the night, together.

The Tolcarne Council was a good success, as we wanted to make this group a more valued and important part of Tolcarne. We wanted to add more to the role and make the hostel environment more connected, as a sisterhood. We are hoping this will carry on, as there is still a lot that was missed out due to Covid-19, but exciting to have this as a leadership opportunity for girls in the hostel throughout all of the year groups.

To end the term and year, we got each year group together and had a warm fuzzies night. This was an easy and cute way to get the year groups together and bond one last time before we say our goodbyes at the end of the term. Isla was a great help, organizing supper, and food that the girls had while going around and writing nice notes about each other. We had lot's of positive feedback about this and it was a hit!

Coming to the end of the year, we decided to host a netball game at Tolcarne for the year 13 Boarders vs Otago Boys Year 13 Hostel Boys, this was a great way for the year group to get together and play a good game of Netball with boys from other hostels.

At the start of the Term we handed out the Merchandise that we organised which was a Tolcarne Hoodie and a Tolcarne Backroad. We are super pleased with how the items of clothing turned out! The best part was seeing the girls' reactions to the Merchandise, and seeing them walk around the Hostel wearing the Merchandise!

With the Christmas dinner it is a tradition that our year 13 leavers receive a leavers gift, this year we gifted the girls with a silver bangle, it is a great way to remember their years here at Tolcarne, and knowing that they will always be apart of the Tolcarne family! What a year this has been! It has been a pleasure writing these termly articles for the Tolcarne Trumpet, we are very grateful to have been offered this role as the 2021 Head Boarders. Have a Merry Christmas and a Happy New Year.



Thought Wall

By Cassidy and Olivia Stevenson

We have had a recent addition to the kitchen, the 'Thought Wall'. There are a number of frames that sit above where the students make their continental breakfast. They display a range of pieces, including Ross's poems, relevant quotes and our students' artwork.

The Thought Wall has brightened a previously dull corner of the dining room, providing us with a welcoming space that has lots to look at and think about! The content changes termly, keeping us engaged and looking forward to seeing what is coming next. Make sure to check it out next time you're making your breakfast!



The space between us
The air around us
The common bonds that bind us
And when times get hard and life seems tough, if we
think we have nothing at all,
We still have us.
- Ross Leishman

Year 9 Waihola Camp

By Rosa Smith and Honor Garden

At the end of Week 4 all of the Year 9's went to Waihola for an overnight camp. With the weather warm on Friday night, we went down the massive water slide that landed in a pool of water. After water sliding, we had to create a performance item in our bunk rooms - which included dancing and singing to present to the judges. Before we presented them, we headed outside and attempted the confidence course in our bunk room groups.

For dinner we had some delicious nachos and then did our our performance items. After a laugh and a bit of fun we had our last Koru session for the year. We each made an object out of tinfoil, that represented our year at Tolcarne. We finished the session with going around in a circle, giving a chocolate santa to someone we were grateful for. After Koru we headed out for a game of spotlight, before having a warm milo and then getting into bed.

The next day the weather wasn't as good, but we still carried on with our activities. First up was archery tag and the zorb bubble balls, which were heaps of fun! We warmed up with showers and lunch before playing some indoor games. This time we participated in Robyn's relays. They involved a lot of mini challenging games, one of the hardest being blowing cotton balls along the table with a straw! After a couple of days of fun, it was time to hop back on the bus (with ice creams!) and head back to Tolcarne.



Chaplains Chat

By Dr Townsley

We are fortunate to have some advice from St Hilda that was passed down through the centuries – and which the students received as a bookmark at our St Hilda's Day chapel service this year!

The very first thing she states is to “trade with the gifts you have been given from God.” As Christmas looms, we tend to think of the gifts we would like to receive and those we want to give to our loved ones. It is good to remember that we do this because Christmas is the time to celebrate the gift of Jesus which God gave to the world! Even in a time of Covid-related uncertainty and challenge, where we might not be able to give gifts in person, it is good to realise that the gifts we have been given from God are still there for us.

As St Hilda says, trade with what you have; in other words, make the most of what you have been given – it might be a less stressful time with no visitors or travel or big meals to prepare! Or it might be the gift of appreciating what we have previously taken for granted.

There will be gifts for us this Christmas – peace, joy, hope, and love, just for a start – so let's find them where we can, and start “trading” with them so that others can share in them as well!



Warm Fuzzies

By Laura Hunter and Millie Roy

Warm fuzzies are a fun activity we usually do as a year group. This is where we write little notes to each other, reflecting on what our peers have done/do that we are grateful for. It is such a feel good time when we read them, making everyone feel happy.

Warm fuzzies are usually run in Koru by Robyn and Isla, but for this occasion the Head Boarders joined them for a special evening. We got to bond with the Year nines and get to know them all better.

After the warm fuzzies, we all really enjoyed participating in some fun party games. We played the chocolate dress up game and pass the parcel, bringing lots of competition and excitement to the night!

To finish off, we were treated to an amazing supper, with chips, slices, cakes, savouries and even fizzy! Overall we had a great night with each other and the warm fuzzies are such a great way to make us all feel closer.



Kitchen Talk

By The Kitchen Team

The kitchen team would like to say thank you to everyone. What fabulous term we have had!

We thoroughly enjoyed the Senior Christmas Dinner, although it looked a little different to previous years due to the Covid-19 restrictions. The Junior Christmas Party was held on Wednesday the 1st of December. It was a night enjoyed by the juniors!

There has been a lot happening here in the kitchen and we wish Ross Leishman well in his new position as Food Service Manager next year. We also say "Goodbye" after seven years of service to Jodie Spedding. Jodie has well and truly lifted the standard within the kitchen throughout her time at Tolcarne. She has also introduced many new food options for the students and developed a range of catering initiatives. We are going to miss her smiling face and positive attitude, but wish her and her family all the best for the future!

Next year will surely bring some new adventures for all. We hope that everyone has a wonderful Christmas holiday break and we look forward to seeing you all next year.

Merry Christmas! From the Kitchen Team xx

Tribe Games Day

By Xanthe Payne and Paxton Francis

In Week 2 we had our 2021 Tribe game night! We all dressed up in our Tribe colors, then the night began. It started off with the Tribe chants, then the juniors from every tribe headed off and competed in the egg toss. While we threw and caught eggs, the seniors did a spinning bucket relay, (by spinning around with a hockey stick and then walking a cup of water down the track and pouring it into a bucket - the aim is to be the Tribe with the most water in your bucket!). We then swapped over and attempted the other activity.

After these games, we had a Tribe tug-o-war, followed by Staff vs Tribe Leaders. Once the excitement of the games was over, we had a lolly scramble and then headed inside for a Mexican dinner - Nachos for tea and Churros for dessert!

We are very happy to say that after all the excitement Baxter came out on top winning the annual tribe competition!!



Final Tribe Points!

Highgate
1395

Grendon
1321

Baxter
1550

Falkland
1335



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



tolcarne_sthildas



/St Hilda's
Tolcarne
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5 Tips for New Students!

By Kaylee Bond and Lucy Taylor

Starting at Tolcarne can be an exciting but daunting time. From packing, to your first few weeks, it can seem like you've been thrown in the deep end! These are some tips to help make your experience a little easier and to go as smoothly as possible.

1 - Bring coloured clothes for Tribe events

Tribe activities and dinners are a big part of the Tolcarne experience and it's important to get amongst the fun and dress up in your Tribe colours. You may have clothes at home that will work perfectly for this, so make sure to pack either your pink, orange, purple or blue - THE MORE BETTER!

2 - Don't over pack - less is more!

You may think you'll need a million and one outfits when moving in, but this is not the case - less is more. You also may think packing so many clothes and handy things is really good because you will have heaps to choose from, but in the end you will only have an overflow of bags to take home on the last day of term. You usually wear the same few outfits everyday after school and you only need a few good gears for the town outings.

3 - Join groups to meet new people in different year levels at the hostel - e.g The Tolcarne Council or Trumpet Committee

The Tolcarne Trumpet and Council are great ways to meet new people from different year groups at the hostel. The council has 2 reps from each year group, who help to find new ways to make Tolcarne a better place. The Trumpet is the hostel newsletter which is created once a term. Anyone is able to join from any year group, helping out by writing articles and doing interviews to make the Trumpet an interesting read. This is an easy and good way to get to know a different bunch of girls and work with new people!

4 - Blankets and soft toys are great for when you need the comfort of home

Having that special blanket or soft toy from home is always a good cure if in need of a little comfort. It is always a good feeling when you come back into your room or get into bed and you see your special something that reminds you of home, especially if you have had a bad day! That is why we recommend you bring your little reminder of home back to Tolcarne, just in case you need the comfort.

5 - Don't be afraid to branch out and meet others from different schools.

Meeting others students from different hostels is a great way to meet new people. We know a group trip to John McGlashan might sound very scary and a really bad idea, but it is definitely worth it! Many girls, including myself met friends in Year 9 from different schools that are some of our best friends to this day!



Thank you!!

A special thank you to all of the students who have been involved in the Tolcarne Trumpet Committee this year!

You have all done a fabulous job of creating articles, thinking of ideas and working together to help produce the final product! I couldn't do it without your input.

We would love any keen new members to join - so come along to one of our meetings next year if you're interested!

Tolcarne policies and procedures can be accessed by our Tolcarne families via the following link -

<http://tiny.cc/info-tolcarne>

Any feedback about our policies/procedures is very welcome!

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.

Please remember to bring back at least 3x reusable masks per student!

All electrical appliances owned by the students must be electrical tagged. Overseas plug adaptors are not 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!

Please be very conscious of only bringing what you need, not everything you want back to Tolcarne! We are noticing an excessive amounts of belongings being stored in the rooms.



Christmas and Leavers' Dinner

