

# TOLCARNE TRUMPET

## *Tolcarne Boarding Residence Newsletter*



## Director of Boarding Message

*By Ange Rathbone*

A HUGE THANK YOU to all of our families over the recent Lockdown and being so patient and supportive around hostel living at Covid-19 level 2. Together we have shared the load and worked together,

“Te whakawhanake i te mārama, ki te ahurea o te tangata”  
You take the handle of the kete, and I'll take this one.

We appreciate that living in a Covid world is stressful and the last few weeks have potentially given everyone's nervous system a bit of a thrashing!

Our nervous system is made up of two parts that make a whole. The medical profession refer to the parasympathetic nervous system as the “rest and digest” side while the sympathetic is the “fight or flight” side, both are important functions. When our sympathetic nervous kicks into gear because we feel we are facing some sort of threat, (physical or emotional) we respond automatically. Living in a Covid world can feel like a threat and therefore we may experience things like an increased heart rate, elevated blood pressure, heightened awareness, elevated respiratory rate, and more sweating. At times like this we really need to support our parasympathetic nervous system so we can slow down these responses and bring about a state of calm.

BePure has some really awesome suggestions in terms of looking after your parasympathetic nervous system so it functions at its best and helps keep you calm, allowing your body to rest, relax, and repair itself.

- 1) Legs up the wall. When your legs are higher than your heart your body gets a message that you're safe. Next time you are feeling on edge. Scoot your butt right up against the wall and stick your legs up, ideally stay here for 5 to 10 minutes.
- 2) Spending time in nature. Studies have shown that spending 20 minutes outside and in contact with nature significantly lowers our cortisol levels.
- 3) Belly breathing. Shallow breathing from our chest alerts our body that we are under stress or in danger and activates a sympathetic nervous system. To move into your parasympathetic, place your hands on your belly and take deep slow breath, noticing your hands rise and fall with each inhale and exhale. Complete a few rounds until your breathing slows.
- 4) Movement. Gentle exercise is beneficial as it helps improve the parasympathetic nervous system response. Try practices like yoga, tai chi and swimming. They are great options for those who are already under a lot of stress and suffering from adrenal fatigue.
- 5) Mindfulness. This practice brings us into the present moment. Meditation is a great way to practice this but you can also do an everyday tasks, such as making a cup of tea or going for a walk and having moments of mindfulness. Take note of what you're sensing and feeling as you go about these tasks and focus on being present.

Over the holidays I encourage you all to take some time and attend to your parasympathetic nervous system and show it some love. We look forward to Term 4, hopefully in Level 1, allowing us all a little more freedom. Ngā mihi nui.

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**RECAP - THE ST HILDA'S PRODUCTION**

**SKI TRIP**





# Junior Dean Report

By Robyn McGarry

Term 3 was slightly shorter than what we had anticipated, however I have been so impressed with the resilience of the juniors. Many of them had their sporting seasons cut short and have coped with the difficulty associated around learning online. Also thrown in the mix was the separation from friends and the connections they are building. When listening to their lockdown stories, it was very clear the girls enjoyed the time spent at home with their families and for many, the extra time spent working, baking, creating and being with pets was good for the soul... Well done.

Koru this term has seen the juniors explore values, courage and fear. In Week 8 the Year 9 girls took part in a Fear Factor Challenge. Seeing them try various 'challenging' foods, some delicious, some horrible. We also played the 'Egg Roulette Game', with raw and hard boiled eggs chosen at random to be cracked on their forehead. There were lots of shriek's, laughs, cringing and also quite a mess at the end as you could imagine... But all worth it to discover their courage.

Take care and enjoy the holidays!



# Senior Dean Report

By Ziggy Hill

Can you believe that another year is already at the end of term three? Our little unexpected lockdown has certainly made this term feel a little disjointed, but all of the students have simply got on with the added restrictions without any (open) moaning. Lots of seniors have also made masks with Robyn, keeping their supply fresh and fun.

The remainder of the term has seemed over in a flash of preparation, planning and has offered its usual roller coaster. The seemingly relentless need to get internals in, finish coursework, make decisions about the future and produce the amazing art boards have all contributed to the emotional ride for our senior students. A mixed blessing having the later benchmark exams too.

Have a wonderful break topping up on time with family, pets and friends.

See you next term!

# Weekend Activities Recap

By Bex Finch

Term 3 didn't quite go as planned for the weekend activities due to Covid-19 restrictions. I had planned indoor climbing, a Zumba session, 80s Aerobics class and a night tour at Glenfalloch. The activities the girls did get to do included pole fitness, Tenpin Bowling, Hot Yoga, Laser Tag and a wee road trip around Dunedin, complete with Rob Roy ice cream!

It was really great for the girls to try something new, with pole fitness and Hot Yoga. Next term as the weather gets warmer we will be doing outdoor activities! These are always a highlight, with surfing, paddle boarding, Zorb soccer, a beach day and more.



# Head Boarders Chat

By Latasha Hastie and Molly Loe

Term 3, as always, is one of the busiest terms and it certainly was no different this year at Tolcarne! Most of the girls were keeping themselves busy with their co-curricular activities and there was great participation in hostel events and games.

The John McGlashan Dinner swap during National Boarding Week was great. At Tolcarne we had half of the Year 13's (which we split using tribes), the Year 9's and Year 11's. The kitchen staff put on an amazing dinner and dessert, with all of the girls seeming to enjoy themselves. We even held a quiz at the end, which was a real hit!

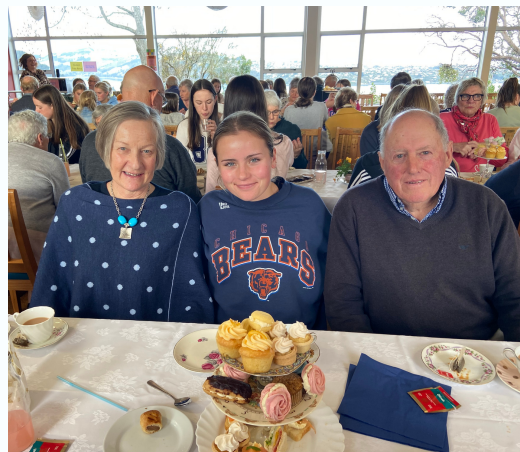
Our Tolcarne merchandise was ordered after the forms were sent out, with a positive response in order numbers. This was really exciting and the hoodies/backroads are in the final stages of getting produced (they're looking great!). We are looking forward to the girls receiving their 2021 Tolcarne Merchandise!

Due to Covid 19, the Tolcarne Social and Columba Junior Dinner swap were postponed. We are hoping in Term 4 that the dinner swap can go ahead, along with the social - which is being merged with the St Hilda's event! While these activities weren't able to happen, there was a lot of planning done by the Tolcarne Council, especially around the social and the girls involved did a lot of brainstorming!

Currently, being in level two means that Tribe events/dinners are unable to be held. We miss all of the girls being in the dining room, but over lockdown there were lots of competitions held by Isla, which was amazing for the girls!

We are really looking forward to what next term will hold as we have the Christmas Dinner and other exciting events to look forward to!

Due to the Grandparents High Tea being such a success, we would love to host something similar in the future! To make this happen, we are needing to grow our collection of china cups and saucers. If anyone has any china they are willing to donate, this would be much appreciated! They do not have to be sets, we love the mismatched look! Feel free to drop these off after the holidays, or contact the office. Thank you in advance!



## Grandparents High Tea

As part of our National Boarding Week, we hosted a 'Grandparents High Tea'. This was an afternoon fit for royalty! With over 85 guests, we had a full dining room of new smiling faces.

Robyn had been baking sweet delights for days, putting together the most amazing setting for our families. From cupcakes to eclairs, club sandwiches, savouries and more - there was a treat for all.

We loved having our wider 'Tolcarne Family' join us and spend special time together. With the beaming faces sharing stories, whilst sipping on tea and pink lemonade, it's safe to say the afternoon was a success!



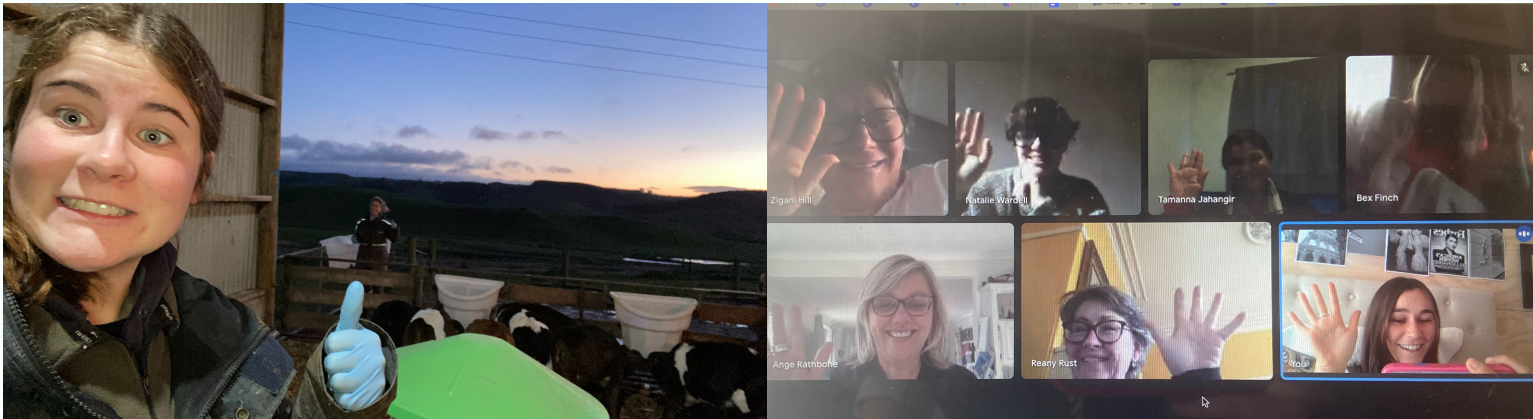


# Life as a Senior in Level 4 Lockdown

By Cassidy and Olivia Stevenson

We were all patiently waiting, tuning in to the 6 o'clock news, where Jacinda Ardern was about to announce a potential lockdown. Shortly after, we could hear juniors running down the corridor - we were going into lockdown. We all made our way to the dining room waiting to hear from the matrons about what would be happening at Tolcarne. We initially found out that we had 6 hours to get home, or it would be illegal to travel with the Level 4 restrictions. Everyone rushed back to their rooms to ring their parents, trying to get home. From there it was mad packing as many calls were made over the intercom, offering rides to get girls home. Within 5 hours the hostel was empty and all boarders had headed home.

Life as a senior boarder in level 4 looks like this - for me! Get up around 8:20am, have breakfast and then head back to my room, hoping my computer isn't flat for school work! Around 10am I would have a snack break, usually a bliss ball, dates and nuts. Then I would head back to get some more work done, finishing around 12pm for lunch and then heading out on the farm. Sometimes I would stay home instead and help with the chores that needed to be done. To finish the afternoon I would go for a run with the dogs, before helping out with cooking tea (sometimes making desert as well). After dinner I would usually chill with the fam, or binge watch some Netflix in my room!!



## Chaplains Chat

By Dr Townsley

What kind of bread do you like to eat?! In the liturgy we say during Night Prayers is this line from Psalm 127:

*"Because we have so much to do and think it is all up to us to do it, we rise up early, go to bed late, and eat the bread of anxiety."*

Bread is often understood as a staple food that should sustain us. But if we are constantly filling ourselves with anxiety then this does not give us the nourishment we need! Lots of things can give us anxiety, but here the focus is on being stressed from all we have to do. Sometimes we think that being super busy and even overextending ourselves, is a sign of our worth. Or we may find that we have too much to do in too little time, and then worry that we will be inadequate or unappreciated. Rather than being nourishing, anxiety saps our strength, joy, and courage.

However, the liturgy continues with this line: *"But those beloved of God are given gifts even while they sleep."*

Sleep is something that can be a challenge if we are experiencing anxiety, but when we do sleep, the body and mind can restore themselves. A good sleep in itself is a gift from God! This verse also reminds us that rather than rushing around trying to do everything ourselves, trusting in our own strength and abilities, we need to stop and allow God's love and peace to sustain us. Sleep reminds us that while we cannot (and should not) be "on" all the time, we can trust that God is always working in our lives and in the world.

Perhaps the next morning, we can eat the nourishing Bread of Life that is Jesus (John 6.35)!



## A Junior perspective on Level 4 Lockdown

By Paxton Francis

Imagine this, everyone in the hostel on their phones and laptops, tuned in to watch the live announcement at 6pm. As soon as Jacinda said 'So as of 11:59pm the whole of New Zealand will be in Level 4 lockdown' the hostel went crazy! There were tears of excitement, joy and even sadness, as the matrons were trying to calm everyone and get us into the dining room. We were all waiting in anticipation to see what Mrs Rathbone had to say. As soon as Mrs Rathbone came into the room and told us that we could either leave the hostel by 11:59pm or stay at the hostel, all of the girls were frantic!

We headed back to our rooms to call home and see what they wanted us to do. If we couldn't get home, we didn't know how long we'd have stayed at Tolcarne for - luckily the matrons made sure everyone had a ride. Throughout the time from being told that we have to leave to being picked up, the hostel was madness! There were people everywhere, with students packing (for '3 days!') and seniors coming down to see if everyone was ok and able to get home. Everyone came together and showed empathy and compassion during an uncertain time! Thank you to Mrs Rathbone and the matrons for acting quickly, with care and a smile, to make sure we all returned home safely!





# Kitchen Talk

By Jodie and the Kitchen Team

Wow, what a term we have had! The team started back after a two week lockdown, completing a full sanitization of the kitchen. All steam ahead with having to sort through products in the freezer and fridges, which had been quickly sorted through before going into Level 4 lockdown at midnight on the 18th August.

In Level 2 there have been a few changes noticed by the girls in the dining room and with our service. Hand Sanitizing on arrival into the dining room, distancing when queuing and at tables during meal times, the allowance of 50 people in the dining room at once and two sittings - which have all been working really well.

Sanitizing has been a top priority for the kitchen team. At the end of the first dining sitting, all utensils are removed and sanitized before being replaced. Having only one way in and out of the dining room has helped with distancing. The Kitchen Staff are wearing face masks at service time when faced with the girls.

These are but a few of the changes that the girls would have noticed since being back. We as the kitchen team would like to say 'thank you' to the girls for making these changes comfortable and an easy exchange for us. We hope that Level one will be around the corner!

We all look forward to Term 4 and wish everyone a relaxing couple of weeks off to rejuvenate and recharge.  
- The Kitchen Team X



## St Hilda's Production

By Kaylee Bond

Just before lockdown, a large group of hostel girls (both juniors and seniors) went down to the Mayfair theatre to watch St Hilda's take on a classic, Footloose. There were many Tolcarne girls involved with the production, so it was a great opportunity for the rest of us to see all the hard work they had been putting in for months. The show felt really professional and it was crazy to think that these were our friends, not professional actors - even the Southern American accents were spot on!

At half time everyone raced to grab a Trumpet or lolly mixture, which went down an absolute treat. We were so grateful to have been able to see the show, as many other schools had to cancel their productions due to Covid. Overall, it was a great night out that we were able to share with all ages of the hostel. All of the Tolcarne girls involved should be very proud of their efforts, because we as a hostel were very proud of them!



## Tribe Points



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



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/St Hilda's  
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# 2021 Ski Trip

By Isla and Lucy Taylor

Our annual ski trip went ahead during the last weekend of Term 3. This is always a highlight on the calendar and we were all hyped up, ready to go! Unfortunately the weather was slightly patchy, meaning on Saturday Coronet Peak was closed. Thanks to Robyn and Ange, they had planned various other alternatives.

We had a later breakfast, before heading into Queenstown for the day. From shopping to Fear Factory, Odyssey maze, the Gondola and jewellery making, we certainly did it all! Robyn even brought along her hot pulled pork to serve for lunch! Although the day looked slightly different to how we had imagined, the girls took it in their stride. Once returning to the Southland Ski Club, the snow began to fall. It was lovely watching it settle around us, with the girls taking a break from study to head outside and test out the sleds! There were plenty of laughs, crashes and snow balls thrown, before we were treated to more delicious food from Robyn, entrees, main AND dessert!!

We finished our night watching the All Blacks play and with a mystery jelly bean tasting competition. This provided plenty of entertainment, with Hattie the overall winner!

The snow fall on Saturday night meant we woke to a winter wonderland! With pancakes and bacon for breakie, everyone was very excited to hit the slopes. The weather held out, so the girls made the most of sunshine and fresh powder!! We stayed on the mountain until 3pm, before jumping back on the bus and heading home. It was a massive weekend, with so many laughs and memories made. Make sure to check out our video online to see more of what we got up to!

Thanks to everyone involved in making the few days a success. We are already looking forward to the 2022 ski trip, aka 'Queenstown Experience'!!!



## 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 3x reusable masks!

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!

Tribe Games - all expected to attend Saturday October 30th.

Labour weekend is the first weekend back at the hostel, however it is a closed weekend (as it is a national public holiday weekend). We will close Friday Oct 23rd at 5pm and re-open on Monday Oct 25th at 3pm.

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

### Tolcarne and St Hilda's withdrawal procedure

It is also the time for planning for the following year and with that in mind, any families who are intending to withdraw their daughters from St Hilda's Collegiate for 2022, need to please notify us by Tuesday 19th October. Failure to give a terms notice of withdrawal will result in the charge of a term's fees, in lieu of notice, as per the enrolment contract.