

# TOLCARNE TRUMPET

*Tolcarne Boarding Residence Newsletter*



## Director of Boarding Message

*By Ange Rathbone*

*Letting go of what people think*

E.E Cummings wrote “to be nobody but yourself in a world which is doing its best, night and day, to make you everybody but yourself – means to fight the hardest battle which any human can fight – and never stop fighting”. Staying ‘real’ and letting go of what others think – is one of the most courageous battles that we’ll ever fight.

With so much judgment in today’s world, especially with our social media connection – asking people not to worry about what other people think can seem almost impossible, especially for our young people. We can exhaust ourselves trying to be cool enough, hard-working enough, attractive enough, or successful enough to feel valued. This daily incessant worrying about what other people think can lead to anxiety that impacts how we live and the quality of our lives.

Here are some indicators that the opinions of others might be harming you and your mental health (psychcentral.com).

- You change yourself in response to criticism, regardless of what it is and who it comes from.
- You let other people make decisions for you.
- You don’t set or maintain boundaries.
- You’re a perfectionist.
- You hold your tongue if your opinion differs from everyone else’s.
- Your peace of mind relies on approval from others.
- You’re constantly apologizing, even when you did nothing wrong.
- You rarely say “no.”

Brene Brown says that healthy striving is self-focused “how can I improve” whereas perfectionism is other focused “What will they think?” Working on developing our ‘healthy striving’ will help is to work towards being true to ourselves and enable us to let go of what other people think. We can develop our ‘health striving’ if we work on changing our mindset, this takes time, energy and commitment, sadly it is not a quick fix, however nothing worthwhile ever is!

Keep things in perspective: If you’re worried about what some else thinks of you just remember they are probably doing the same.

- Think about your thinking: Pay attention to your thoughts, and question them to check out if they are real or if you have allowed that thought to escalate into something bigger than it is.
- Let go of perfectionism: Perfectionism is a shield, it’s more about perception and a belief that if we live perfect, look perfect, and act perfect we can minimize or avoid the pain of blame, judgment and shame. Perfectionism is an unobtainable goal because what people think about you has more to do with them than you.
- Get to know and like yourself: Take the time to find out more about yourself, what do you really like?, what do you really want?, what makes you feel good? Being warm and understanding towards yourself when you suffer, fail, or feel inadequate. Drop the self-criticism.
- Ask for what you need and accept help: Often we are better at giving help rather than receiving help. Practice both and have the courage to ask for what you need from others.
- Find your people: There are people out there who can identify with you and appreciate you, take the time to find them and don’t waste time trying to hang out with people that always want you to conform.
- Lean into being vulnerable: It can be scary to go against the grain, speak out, take a risk, or face disapproval. Decide what matters to you, trust yourself, and give it a go. As people we grow by allowing ourselves a chance to fail not by playing it safe.

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# Junior Dean Report

By Robyn McGarry

First term completed! A big thank you to all the juniors for your efforts in a term full of ups and downs.

I don't think we ever show ourselves enough self compassion. What a huge task it is for a young person to leave home, their family, their space and their pets to come and share their world with many others. All the emotion and energy needed to adjust to different routines, different personalities and different expectations can never be underestimated. Well done! Also a huge thank you to Year 13 Buddies whose support of the Year 9's has been fantastic!

Year 9's have been kept busy with the amazing activities both Bex and Isla put on, they go above and beyond coming up with fun things to do. Weekends have seen them paddle-boarding, surfing, boating, swimming and more. I'm always keen to see what Isla has in store on a Tuesday afternoon, with many treats made in the activities room. The summer also gave as many days of enjoyment in the pool.

After school and weekends for the juniors have been very busy, with many boarders being involved in various summer sports. My hat goes off to the Junior Rowers who showed a lot of grit and determination with relentless early morning training sessions - Well Done! Next term is shaping up to be extremely busy with many Juniors having trialled for hockey, netball and rugby together with other activities such as climbing, dance and gymnastics.

Koru this term has allowed the juniors the space to look at Connection, Compassion and Gratitude. A very special session for me was when the year 10's wrote a letter of Gratitude to a special person in their life. It was very moving and over the coming week I had girls coming to me sharing their heartfelt responses from their letters. It is very special knowing that our sessions are truly valued.



# Senior Dean Report

By Ziggy Hill

It has been a lovely beginning to the year to see our new students welcomed and included with such warmth from our senior students here at Tolcarne. I have enjoyed catching up with what everyone got up to over their summer breaks and feeling that either I have shrunk or they have grown again!

It is hard to look back on this first term without mentioning the juggle of students coming and going with covid symptoms and the countless RAT tests. Our senior students made the choice to either work from home or be here at the hostel and seemed to cope well with their online lessons. However, they were glad when things calmed a little and were able to return to a normal school week for most.

We finally managed to have a whole hostel Tribe dinner, followed by a successful Easter egg hunt. Everyone ate lots of chocolate resulting in some happy faces! Our final Tribe dinner was followed by a whole hostel trip to the movies to see King Richard – another successful trip. The Tribe cards are beginning to come in and have made a significant difference to the over all score board... keep up the great work demonstrating our hostel values.

I hope you all have a wonderful Easter break with your families. See you next term, Ziggy



# Weekend Activities

By Bex Finch

We have had a great first term with lots of outdoor activities, enjoying the fresh air and sunshine. The students have been very enthusiastic and eager to try out new, fun activities and it is a fantastic opportunity for the everyone to get to know each other.

The activities we have done this term have included, surfing, laser tag, a Moeraki road trip, paddle boarding, visiting Sandfly Bay, Time Zone, a walk around Ross Creek and the Harbour Boat Cruise. We have a fun line up of exciting activities planned for Term 2!



# Head Boarders Chat

By Georgie Lawson and Kaylee Bond

Hi everyone! We are the Head Boarders for 2022 and are so excited to see where the year takes us! This term has definitely started off well, and is only a snippet of what's to come. All of the new students have found their feet and it is awesome to see the connections between year groups continuing to strengthen. Even though we were unable to have our Tribe dinners all together, we are so glad everyone has still been making an effort to check in with each other.

Our Year 13's have really stepped up and made the Year 9's feel very welcome into the Tolcarne family. There are definitely real friendships being formed between the buddies, which is special to see. We came up with the idea of holding a 'buddy bake-off' to give each set of buddies an incentive to get together and bake up a storm!

Our Year 13 dinner was a huge success, even though we couldn't have our parents to accompany us. We had guest speaker Kirsten Harley, talking about her career as a Les Mills instructor and how it took off all over the world. We loved having her in and everyone took something away from her talk. It was a great night to catch up with lots of girls in our year group and the kitchen put on a delicious meal. This was definitely a highlight of the term!

Tribe events have kicked off with a bang this year. The Tribe leaders have been chosen, chants have been made and colourful tutus have been retrieved from the back of closets! We had to split senior and junior Tribe dinners to keep separation, but this has not stopped high spirits and tough competition. We were lucky enough to take the junior tribes bowling, for an awesome night of competition.

Going back 2 months, it was Valentine's Day! We thought it was a great opportunity to spread some love throughout the hostel. With the help of the Year 12 Boarding Leaders, we were able to 'love up' the junior corridor, with red, white and pink coloured balloons, streamers and confetti! Everyone enjoyed hot chocolate with heart-shaped marshmallows, before heading down to school for some more treats in the archway!

We have our Tolcarne Council sorted for the year and have thought of some ideas we would like the council to help with, so they gain more responsibility, organisational skills and confidence to work with others. So watch the space... we have got some exciting things coming your way!

Already we are so pleased with how the year has started and we know that 2022 isn't going as straightforward as we all hoped! But we are going to look on the bright side of things and make the most of the opportunities we get! We hope everyone has a great time with family & friends over the holidays! Love Georgie and Kaylee X



## Sports Focus - Rowing

By Lucy Taylor

Over the last 6 months the rowers have been hard at work training early mornings and most weekends, in preparation for our regattas. We have had a successful season and have all thoroughly enjoyed ourselves. The girls have shown a lot of determination and commitment throughout the highs and lows of rowing, but we have had a blast!

South Islands were the last big competition for most, as the novices were unable to attend Maadi Cup due to Covid. The seniors and few novices competed to the best of their ability, making many A and B finals to end the season on a high!

Rowing is an enjoyable sport that offers so many amazing opportunities and life long skills. You meet new people and become close with a great bunch of girls that you spend a lot of time training with. We are always excited to welcome anyone wanting to give rowing a go, so be sure to sign up in Term 3!



© Grant Harris Photography



# Weekend Activities

By Vanessa Patterson and Sophie Cameron

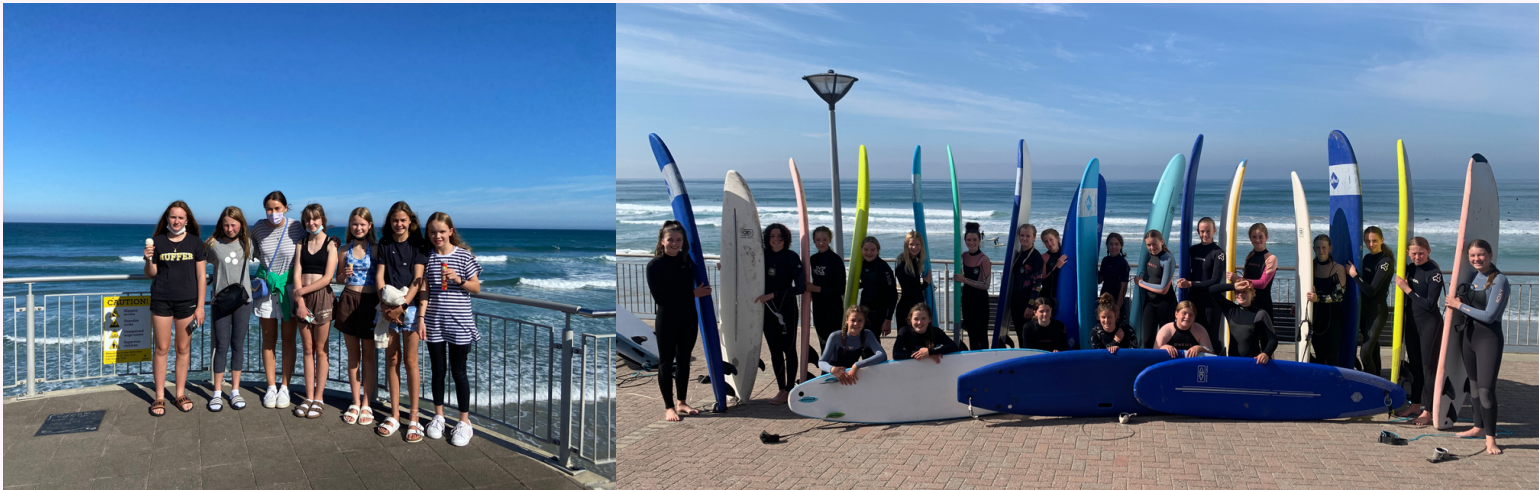
Every weekend the juniors are able to sign up for activities that Bex organises. They vary from surfing, to garden walks and there are always fun alternatives even when the weather is not so good. The activities give us a good opportunity to bond and distract us from homesickness, also providing us with a chance to try new things and learn new skills. Some of our favourite activities have been surfing, laser tag and the beach trip.

**Surfing** - In Week 5, most of the juniors went to St Clair for a surfing lesson. The session went for about 2 hours and we learnt how to surf! We had a quick chat with the instructor on the beach before hitting the water. In the water, we learnt all sorts of tips and tricks on how to stand and catch good waves. Everyone had a great time and really enjoyed themselves!

**Laser tag** - The second week of term was supposed to be a day trip to Moeraki, but due to bad weather it was cancelled. Fortunately for us, we were able to go laser tagging! A group of Year 9s went down to Megazone, where we played two rounds. There were a lot of cunning tactics and teaming up. Overall it was a fun day out and a definite favourite.

**Beach trip** - In the third week we went on a beach trip to St Clair. We all had lots of fun in the water, swimming and body surfing. We also slid down the sand dunes on boogie boards, before heading off to get ice cream.

We all really enjoy the activities that Bex plans and are grateful for them. At the end of each outing, we have big smiles and are in cheery spirits. The activities are all diverse and are a pleasure to attend. We look forward to what she has in store for us next term!



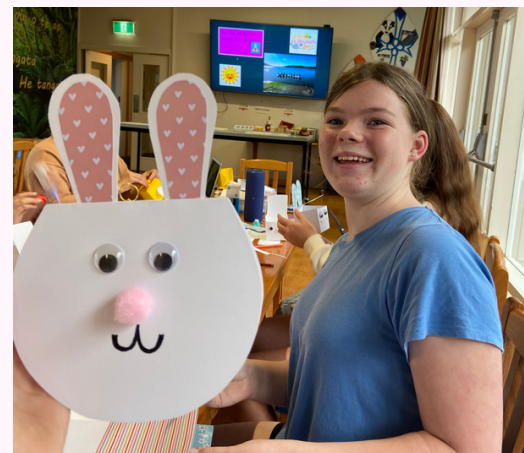
# Chaplains Chat

By Dr Townsley

The weekend of Easter has a lot of “holy-days” associated with it, starting with Maundy Thursday, followed by Good Friday, and finally Easter Sunday. These days are filled with events such as the Last Supper (the Passover meal), Jesus’ betrayal and arrest, his trial and execution, as well as his burial and then the resurrection and appearance to different disciples.

But what about the Saturday? What happened then? This is almost a “nothing” day! A day in between the tragedy of Good Friday and the triumph of Easter Sunday, between the worst kind of death and the best kind of life, or between despair and joy. This in-between time is sometimes called the Easter Vigil, a time of waiting, or suspense, of not-knowing and yet hoping, between darkness and light, a time between the past and the future.

Yet that shadowy space is crucial for understanding the significance of Easter. Just like the first disciples who were wondering what was going to happen, and waiting to see if Jesus would rise again as he had promised, we too have times of not knowing, of waiting, of having to trust and hope. And that is ok. Easter Saturday reminds us that although in our technology-filled lives we tend to expect immediate results/replies/answers, there is value in being patient, of pausing and reflecting, and of just being still. In the time between the past and the future, we need to stop fretting over what has been done (or not done) and worrying about what is yet to be done, and just allow ourselves to wait on God, and to be present. Good Fridays are necessary in order for there to be an Easter Sunday, but we shouldn’t skip Easter Saturday either!





# Kitchen Talk

By Ross Leishman, Food Service Manager

From behind the mysterious mists, aromas and flavours of the Kitchen. Though the gentle clanking of pots and pans, behind the glistening white dinner plates, there have been some changes in the Tolcarne kitchen for 2022 and Term 1.

This is my first voyage as captain and there have been a couple of changes in my raggedy crew. Anna has joined, covering front of house star Marge and salad queen Cathryn, as they both lighten their workloads a little, cruising towards the twilight zone. Isobel our wonderful canteen queen has retired and so we welcome Sophie to Thursdays and Fridays at the canteen. She is of course complimented by Tammy, our canteen Manager and the multi-talented Bex, Monday, Tuesday and Wednesday respectively.

The weekends are still under Barb's watchful and caring eye and together we are working on some tasty menu ideas to bring the weekends more into line with the rest of the week. Rebecca has been a star, introducing new and tasty breakfast items and is doing wonders as our ordering and health and safety admin.

Covid of course has brought its fair share of challenges, increased absences, more mask wearing and a hybrid learning model. But I have to say both the boarders and staff have shown amazing resilience and a feeling of almost normality through it all, Bravo!

I am always trying to think of new, exciting and of course tasty menu ideas and Term 2 will have some hearty and wholesome dishes to plate up. Till then, Bon Appetite.



# Tribe Recap

By Neve Black and Rosa Smith

This term Tolcarne has had a lot of fun with Tribe events, such as the Tribe chants and games. We each met the new 2022 leaders and got straight into learning new chants and dances. After that we played sneak up on granny, which was very fun and competitive!

Another event we had was the Junior Bowling Evening. The juniors dressed up in their Tribe colours and competed against other Tribes for points. We had lots of fun playing against our friends and for some, trying something new. The owner even turned on the disco ball which sparked some excitement!

In one of the last few weeks of term, we had our first Tribe dinner together for the year - due to Covid restrictions. After a yummy dinner, we had an Easter egg hunt. Everyone got involved and searched outside for the Easter eggs and bunnies. This was a fun way to finish off Tribe activities for the term!



# Tribe Points!

Highgate  
626

Grendon  
515

Baxter  
644

Falkland  
503

There are plenty more Tribe events coming up next term! Remember signatures can be awarded for when students are representing our Tolcarne values. Bring on the competition for the rest of the year!



# Interview with Pippa Sluis



By Sophie Sheppard and Xanthe Payne



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

A - I started working at Tolcarne this year, at the beginning of February. I do both the Overnight Supervisor role and House Supervisor on Monday and Saturday.

**Q - Where are you originally from?**

A - I am originally from Devon in England.

**Q - What has your favourite previous job been?**

A - Previously I've been a Mates and Dates facilitator. I really enjoyed having in depth conversations on uncomfortable topics, and opening people's minds on what healthy and unhealthy relationships look like.



**Q - What do you enjoy most about working at Tolcarne?**

A - I enjoy working alongside passionate colleagues and being around so many teenage students! It reminds me of my teenage years.

**Q - Do you have any hobbies that you like to do with your family?**

A - Our favourite activities would be paddle boarding and kayaking at Macandrew Bay.



**Q - What is your favourite thing about living in Dunedin?**

A - The choices of so many outdoor activities.

**Q - What is a random fact about you?**

A - I used to train in the Sydney Olympic Swimming Team to represent England!



## New In-House Website

Recently we have upgraded our parent policy and procedure web page to include a few more in-house handy operational documents and information. We hope that our current families will find it useful to be able to access these documents, it might be great idea to save this web page as a favourite on your web browser!

So far we have the following information available:

- Our Policies and Procedures
- General Tolcarne Permission Forms
- Year Level Guidelines

Here is the link to our upgraded Tolcarne parent web page:  
<http://tiny.cc/info-tolcarne>

Your feedback on our Tolcarne Policies and Procedures is really important. Please feel free to read these and provide us with any thoughts, ideas and/or recommendations. All of our policies are on a 3 year review cycle, reviewed by the Tolcarne Committee and Board of Proprietors. Any feedback will be minuted and discussed at these quarterly meetings.

If you would like to update your daughters permission to be driven by an 21 driver, please download this from the new in-house webpage

### Notices

All electrical appliances owned by the students must be electrical tagged. Overseas plug adaptors are not be permitted and if found, they will be disposed of immediately. These are extremely unsafe, as they do not have any shock protection on the pins.

2022 Country Visits - We would love for you to spread the word in your neighborhoods and communities. Please direct your friends and families to the school webpage to register.

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.



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

[tolcarne\\_sthildas](#)

/St Hilda's Tolcarne Boarding Residence