

Super Eight Tennis Winners. (back) Reilly White, Kieran Rooney (front) Kurt Amey, Logan Amey, Nyle Maddocks-Hubbard



Athlete of the Meet for 2015 Paddy Kellow wins for the third year in a row.



Winner of the Senior Boys section of the Sir Gordon Tietjens 7s Tournament



Winner of the Under 15 Boys section of the Sir Gordon Tietjens 7s Tournament



The Vanuatu crisis has elicited a magnificent response from the community. We are sending over 14 pallets of equipment and food via the Air Force. Major contributors, Prepack Limited (\$45,000) and Davis Trading (\$2,500) along with College House and the whole PNBHS family have made this donation possible. Well done to all!



**Junior Social at PNGHS** 



Mr Gerry Atkin, Deputy Rector pounding the turf at Relay for Life



The Long and the Short of it! Year 9 students - on the left, Jack Pinder, on the right, Gabriel Smith



# From the Rector Mr David Bovey

These lines support our aim of being the best we can be as individuals and as a school, but not concerning ourselves with whether we think we are better than someone else or another school. In that regard, we will continue to do what we believe in.

As I write this the north of the country is steeling itself for the wrath of Tropical Cyclone Pam. The devastation it has already brought to Vanuatu is phenomenal. Some have said that it is the most powerful storm the Pacific has ever seen. Over the coming days the full extent of the damage, and, even worse, the loss of life, will become apparent as communications are re-established and contact is made with the outer islands of that unfortunate country. By the time this newsletter goes to press we will know a good deal more.

The destruction of buildings and infrastructure is one thing, but the loss of life is another. Only one can be rebuilt.

Cyclone Pam is for all of us a reminder of the power of nature. We have made all manner of advances in so many areas but this means little when faced with the worst nature throws at us; a humbling, and sobering thought.

While our thoughts are with those affected by the cyclone in Vanuatu, it is also worth noting the perspective events like this can give us. Suddenly, problems and inconveniences we face in our daily lives are rendered inconsequential and trivial by comparison. People affected by tragedies of this nature must call on sometimes hitherto unrevealed resources of resilience, an oft-discussed and certainly important characteristic, and one we need to continue developing in our young people.

On another note, the recent release of NCEA data to schools reminded me of an oft-quoted poem written by Max Ehrmann, Desiderata. A prose-poem, written almost as an advice-for-life treatise, it states: "If you compare yourself to others, you may become vain and bitter; for always there will be greater and lesser persons than yourself."

These lines support our aim of being the best we can be as individuals and as a school, but not concerning ourselves with whether we think we are better than someone else or another school. In that regard, we will continue to do what we believe in. We will work hard, practise hard, play hard while at the same time maintaining our core standards. In turn, our plans have a greater chance of becoming reality and an achievement worthy of celebration.

We can apply these very basic concepts to class work, homework, assessments and home life as well as to competition on the sports field, and the performing arts. Many young men did exactly that during this first term and have reaped the rewards. Maintaining that approach for the rest of the year is the key.

With the winter sports season fast approaching, it is timely to mention the continuing decline in the standard of side-line conduct from spectators, often adults who should know better. We often discuss in forums such as assembly what the school expects in terms of conduct from our young men, but it has been disheartening to note the number of incidents of poor behaviour on the side-line in recent times from so-called supporters. A Supporters' Code of Conduct has been introduced which outlines the expected behaviour of those choosing to support PNBHS teams:

Always remember the boys are involved in sport for their enjoyment, not yours.

Set an example – applaud good play and good effort.

Do not criticise team members or opponents for making a mistake.

Criticism of referees or umpires is unacceptable – officials give freely of their time and effort and do not deserve to be harassed by people on the side-line.

Support all efforts to remove verbal and physical abuse from sporting activities.

Do not come on to the field of play; do not enter changing rooms. No parents in halftime huddles.

Recognise the value of coaches and managers who give their time to provide opportunities for our young men.

At the heart of the matter is that we want our young men playing because they enjoy playing. They do not want to be embarrassed by the conduct of family members or supporters on the side of the field. Not everyone will be a national representative; it is important to keep that in mind to provide a realistic context. It is important to remember also that not all staff members will be the next national coach and yet some on the side-line think it their right to criticise team selection and offer uninvited advice; not every referee or umpire will be a professional. We want to encourage all those involved to stay involved.

Well done to Year 9 students who are about to complete their first term as students at PNBHS. You are now part of the long and proud history of the school. To those students travelling away on tours in the coming weeks - safe travel, strong competition.

All the best for the holiday break and we look forward to a positive Term 2.

Lad Sy

D M Bovey Rector

## **Student Achievement**

- Musical Production The 2015 production, West Side Story, one
  of the most famous musicals of all-time, began its season on 12
  March and is outstanding. Congratulations to all those involved
  for yet another superb effort.
- Canoe Polo Harry Dickons, Donovan Lewis and Nic Jolly have been selected in the NZ U18 team to play Australia; Nic has been named co-captain. Alex Nieuwenhuis has made the NZ U21
- team.
- Canoe Polo the Senior A team won the regional qualifying tournament to qualify for the Nationals.
- Cycling Robert Stannard finished 2nd in the Oceania U19 Road Race in Toowoomba, Qld, with a 3rd in the individual time trial.
- Swimming Cameron Gillespie, Xavier Hill and Shawn O'Hara were selected for a Wellington regional team to compete at the

Swimming New Zealand Zonal Championships in Auckland. Xavier finished 2nd in the 100m and 200m butterfly and was 3rd in the 400m individual medley, while Cameron and Shawn were part of podium finishes with relay teams.

- Tennis in the recent tennis exchange with Napier Boys' High the Senior A team won 5-4, and the Juniors 4-2 for an overall 9-6 win. The team followed this up with a 4-2 win over New Plymouth Boys' High to qualify for Nationals.
- Prefects Fergus Allan, Samuel Dobson, Mitchell James, Jack Kennedy, Josh Meneghini, Callum Rix were added to the prefect group recently.
- Cricket in the annual exchange with Wellington College, the 1st XI lost by 40 runs, the 2nd XI won by 31 runs and the Yr 9 Specials lost by 8 wickets.
- Cricket in the annual exchange with St Pat's, Silverstream, the 1st XI, 2nd XI, Yr 10 Specials and Yr 9 Specials won their matches to complete a clean sweep.
- Relay for Life a large number of students were involved in the recent event held at the old Teachers' College campus. Some wild weather meant those involved had to walk rather than run due to the underfoot conditions. A successful event nonetheless.
- Athletics Aidan Smith won the National U18 javelin title at the recent NZAAA meet in Wellington, adding to the National U16 title he won at the NZSS Championships in Wanganui last year.
- Cricket in the annual three-day fixture against Auckland Grammar School, the 1st XI won outright for the second year in a row, winning by 7 wickets.
- School Athletics Championships a superb day at the Massey track. Albion won the track events, while Murray won the field events, the relays and the marching. Paddy Kellow was named Athlete of the Meet for the third consecutive year, winning Senior 60m, 200m, 300m hurdles and 400m. Jack Finlay and Harri-

- son Porritt also won four events each. Three records were broken on the day: Mark Seumanu won the Junior High Jump and broke the record set in 1994; the Albion Junior 4x400 relay team broke the record set in 1983 and the Gordon Intermediate 4x200 relay team broke the record set in 2004.
- Super Eight Tournaments:
- Golf the Senior A Golf team finished runners-up at their tournament in Hamilton
- Tennis the Senior A team won the Super Eight title for the first time since 2007 and for the fourth time overall.
- Volleyball the Senior A team played well to narrowly lose their semi-final against New Plymouth and eventually finished in third place.
- Cricket the Year 10 Specials defeated Hastings Boys' High School in a low-scoring match to advance to the next round of the national knockout tournament.
- Tennis the Senior A tennis team finished runners-up in the annual Quadrangular tournament held this year in Auckland.
- Sevens Rugby at the recent Sir Gordon Tietjens tournament held at Massey's Sport and Rugby Institute, the Senior A team won the Senior Grade, defeating Tu Toa in a close final. The U15 A team won the Junior Grade. Fabien Kiri, Leighton Ralph, Ben Werthmuller and Brayden lose were selected in the Senior tournament team.
- Swimming at the Manawatu SS Championships, Xavier Hill and Oliver Inman each won four individual events, with Michan Hunter and Shawn O'Hara winning three. PNBHS A teams won all of the relay events.
- Cycling Campbell Stewart won the U19 Omnium event at the U19 Omnium NZ Track Nationals with Carne Groube finishing third.

## **General News and Administrative Notices**

# Uniform Sports uniform

As young men join various sporting codes to represent PNBHS there will be a set uniform that boys must purchase. While representing the school it is expected that students wear their sports uniform correctly and abide by school rules. It is also expected that associated registration fees are paid on time or a suitable arrangement is made with the Teacher in Charge prior to playing. If fees are not paid or an arrangement is not made students will not be able to play.

All items of sports uniform can be purchased from Mrs Elliott at the Uniform Shop.

I thank you in advance for assisting us in maintaining standards of dress and behaviour on and off the fields and courts this winter.

#### Polypropylene

As the cooler weather approaches a reminder that young men may wear polypropylene under the school uniform as long as it is not visible. We recommend that young men purchase black v neck polypropylene tops to wear under their school shirts. These are available from a wide variety of suppliers.

In Physical Education classes young men may wear their club rugby jersey in cooler weather or they may wear a polypropylene top the same colour as their club, underneath their club singlet.

## Jackets

Any raincoat may be worn to school on a wet day but must be removed once inside the school grounds. Should a young man wish to wear a jacket within our grounds, it must be one of the approved black jackets. These are not permitted in classrooms.



## **PNBHS ANZAC Service**

You are invited to attend the annual School ANZAC Service which will be held on Wednesday 29 April starting at 9.00am in the School Hall.

This year is of special significance as we will be remembering the Old Boys who died 100 years ago. On 25 April 1915, on the first day of the Gallipoli campaign, Private Robert Gudgeon was killed. During the campaign, a further 9 Old Boys were killed. A sobering indication of the horrors of warfare are that only one of these ten men has a grave - the bodies of the rest were never identified or found.



# From the Deputy Rector

Emotional literacy, emotional resilience and emotional confidence were key terms to come from Celia's work on the 'Good Man Project', all attributes that can be developed in young men through their relationships with others.

## **NCEA**

The academic year is progressing quickly and it

is vital that your son is giving himself the greatest chance of academic success by ensuring that all internal assessment work is completed to the best of his ability and that all deadlines for the submission of work are adhered to. To assist with this the school assessment calendar can be found on Stratus (stratus.pnbhs.school.nz, Parents tab, Calendars). All young men have been issued with a homework diary and a school wall planner. I encourage you to work with your son to update the wall planner with all assessment dates along with his extracurricular and other commitments. This will enable him to identify times when he will have 'bottlenecks' in terms of his workload and allow him to plan accordingly.

The NZQA website contains many subject specific resources which will be of assistance to your son (simply search by subject name), and has been updated to include a specific section for parents: www.nzqa.govt. nz/audience-pages/parents/. The 'Studyit' website contains a range of resources relevant for senior students: www.studyit.org. nz. Another good source of information is 'TKI': www.tki.org.nz, where students can access a range of assessment resources. If you have a son sitting NCEA I strongly encourage you to sit down with him and look at these websites and identify the resources that are available to assist him. The exemplars – annotated examples of student work - in particular will be helpful with both internal and external assessment and should be regularly referred to by your son.

A copy of the PNBHS NCEA Policies and Procedures document which outlines the rules around assessment can be found on Stratus, under the assessment tab. Also located here is documentation relating to requests for extensions and appeals of NCEA internal assessment grades.

#### **NCEA Endorsement**

Certificate endorsement allows young men the opportunity to have particular success at a NCEA Level recognised. In order to gain a certificate endorsement with merit a young man must gain 50 credits at merit level or higher, or for an excellence endorsement, 50 credits with excellence. Our certificate endorsement results for 2014 are shown below:

Year 11, NCEA Level 1: Merit 45.7% (national page 4

35.7%), Excellence 8.5% (national 17.8%)

Year 12, NCEA Level 2: Merit 44.6% (national 31.6%), Excellence 9.0% (national 14.9%)

Year 13, NCEA Level 3: Merit 46.0% (national 33.6%), Excellence 8.9% (national 14.2%)

In particular it is very pleasing to see significant rises in the number of Merit endorsements at each level. However, we still have some work to do in terms of the number of young men gaining NCEA endorsed with Excellence.

#### **NCEA Course Endorsement**

Course endorsement recognises particular success in an individual subject. In order to qualify for a course endorsement with merit a young man must achieve 14 credits at merit or excellence level in a single subject, and for an excellence endorsement, 14 credits at excellence. These credits must include a minimum of one external standard at Merit or Excellence level as applicable.

NCEA Level 1 course endorsement: Merit – 466 (2013 – 418), Excellence – 96 (2013 – 79)

NCEA Level 2 course endorsement: Merit – 293 (2013 – 324), Excellence – 78 (2013 – 98)

NCEA Level 3 course endorsement: Merit – 232 (2013 – 225), Excellence – 75 (2013 – 41)

## **NCEA Level 1 Literacy**

Literacy continues to be a vital component of 'what we do' on a daily basis. The daily SSR (Sustained Silent Reading) programme, vocabulary testing, assembly book reviews, academic vocabulary lists across all subjects and 'word of the week' are components of our school wide approach to literacy. NCEA assessment continues to be strongly literacy focused, and success is reliant upon students being able to effectively interpret questions and communicate their ideas. We use PAT data and the 'Paul Nation' vocabulary tests to track our progress as well as NCEA Level 1 literacy data. In 2014 97.2% of PNBHS Year 11 students had gained Level 1 literacy, against a national figure of 90.4% and 94.8% for decile 8-10 boys' schools.

## **NCEA Level 1 Numeracy**

Numeracy is another of our key focus areas, primarily through the Mathematics department. PAT testing is utilised to evaluate and track student progress in the junior school while NCEA data is utilised for analysis in the senior school. In 2014 96.6% of PNBHS students had gained NCEA Level 1 numeracy, against a national figure of 87.9% and 93.1%

for decile 8-10 boys' schools.

Should you have any questions about NCEA please contact either myself or the NZQA Principal's Nominee, Mr Paul Gibbs.

## **Junior Examinations**

Examinations for all junior students take place in Week 5 of Term 2, May 19 – 22, and will assess coursework covered up until that time. It is important that all young men ensure that they are well prepared for these examinations as class placements will be reviewed utilising a combination of examination results and mid-year report comments. Furthermore, developing effective study habits is an essential skill for success in the senior school, and the acquisition of such skills will hold students in good stead for the future.

Previous years examination papers are available for most junior subjects on Stratus (your son will need to log in using his school username and password) and are a useful revision tool.

## **Wellbeing at School**

Young people's wellbeing was a focus for the Education Review Office in 2014 and their recently released report received widespread media coverage. This report identified that in order to experience high levels of wellbeing, young people require opportunities to develop relationships with peers and adults based on mutual respect, learn and take risks in a safe environment, develop goals and experience success, develop leadership skills and become confident, connected and actively involved lifelong learners. It was noted that the assessment driven nature of the curriculum under NCEA can result in high levels of assessment anxiety. Developing resilience will assist young men to cope with assessment pressure and to overcome the inevitable disappointment when they do not gain the grades they hoped for.

# Resilience and Adolescent Mental Health

Building resilience is also essential for young men's progress and wellbeing. In his recent book, 'Stand By Me: Helping Your Teen Through Tough Times', John Kirwan uses his experiences of depression to explore adolescent mental health. In this book, coauthored by two clinical psychologists, resilience is defined as the ability to recover readily from disappointments, frustrations or other misfortunes. Such events are a

part of life and as adults we tend to have a breadth of experience and relationships that help us to be resilient. This is not always the case for teenagers. It is explained that traditionally resilience was considered a personality type, but that more recently it has been thought of as a personal attribute that an individual can develop.

A young man's social environment is key to developing resilience, as resilience rests fundamentally on relationships. "Resilient social environments have high levels of trust (encouraging members of those communities to share their problems) and the capacity to act (which instils hope in those who seek help). Resilient children are much less likely to be overwhelmed by life's problems and challenges." This is a key message as it highlights the vital role all of us have to play in developing resilience in our young men. 'Social environments' exist in all aspects of life, be it at home, at school, as part of a cultural performance group, a sports team or your son's group of friends.

David Fassler, in 'Help Me, I'm Sad', identifies six essential principles for raising a resilient child: loving and supporting the 'real' child; establishing predictability, availability and security; fostering open and honest communication; adopting a constructive and balanced approach to discipline; allowing children to experience life; and enhancing self-esteem. Again, it is relationships that are seen as key in developing resilience and promoting general wellbeing.

On Stratus (under the Parents tab/Education Research) you can find a collation of resources to support wellbeing. However, it is important that 'internet diagnosis' does not replace the work of experienced and trained professionals. Should you have any concerns about your sons wellbeing please contact the school Guidance Counsellor, Mr Adams.

## Celia Lashlie

In the February newsletter the Rector commented on Celia Lashlie's passing and the significant impact her work has had in many areas of New Zealand society, especially boys' education. Emotional literacy, emotional resilience and emotional confidence were key terms to come from Celia's work on the 'Good Man Project', all attributes that can be developed in young men through their relationships with others. In particular boys differing expectations about their relationships with their parents are explored through a range of anecdotes, and some sage advice is offered. Celia's book, 'He'll be OK: Growing Gorgeous Boys into Good Men', reports the findings of the 'Good Man

Project' and remains extremely relevant for parents today.

# Physical Fitness, Wellbeing and Academic Success

Physical fitness has been linked to not only general health and wellbeing, but also to academic success. A recent Otago University study has identified that regular physical activity improves brain function even in young adults considered in their prime and at the height of cognitive ability. The report stated that there is "compelling evidence that regular exercise, at least five days per week, is a way to sharpen our cognitive ability as young adults - challenging the assumption that living a sedentary lifestyle leads to problems only later in life." In 2014 a study reported in the Journal of Paediatrics identified a link between physical fitness and academic success. The researcher, Dr. Esteban-Cornejo, concluded that having higher levels of physical fitness may help to reduce the risk of failure at school and that all efforts should be made to promote physical activity in teenagers in a bid to improve their academic grades.

As a school we strongly promote and encourage involvement in extracurricular activities, and these studies provide further compelling reasons for this. Additionally, involvement in a team sport in particular, helps to build a young man's social contacts and peer group, teaches the importance of time management and organisation and the value of commitment to an entity larger than the individual.

# Social Media and Digital Distraction

The use of the internet, social media and other electronic communication is now a core component of daily life for a significant number of young men. While there are many positives from the use of social media and other electronic communication, there are also a number of risks and negative aspects. Unfortunately we are more frequently having to respond to young men who make poor choices in their use of social media. Furthermore, the distractions provided by social media, late night gaming and the ubiquitous nature of young people's online connections, are having a negative impact on the family life, personal interactions and completion of school work for a small, but growing, number of young men.

The Netsafe website www.netsafe.org.nz contains a range of resources to assist parents to work with their children to ensure their use of the internet and social media is safe and appropriate. Below is a summary of their advice:

## 1. Engage in open discussions

Parents should sit down with their children and learn about technology together. Work out a plan for monitoring, and how to behave safely. Find out more about applications such as Facebook and Instagram on their websites.

### 2. Meet minimum age requirements

Parents should not permit children under the minimum age requirements to register on social networking sites. The minimum age requirement is 13 years on most social media sites including Facebook, Instagram and Twitter. For information on minimum age restrictions see the website.

### 3. Teach respect for others

Teach children to respect others when using social media, including posting, sharing, tagging and commenting on information. Examples of respectful behaviour include: check before sharing photographs of other people online; treat others as you would want them to treat you; and not to post "funny" material that could be hurtful for someone else.

## 4. Information is not easily removed

Online activity can become a permanent digital footprint of a young person's life. It can affect a young person's reputation and how they are perceived by future employers. Information is not easily removed once it has gone public. While removal can be achieved, deleted posts remain available for viewing once they have been copied and shared.

## 5. Share less detail

Sharing less personal information can reduce the risk of identity theft. Children should refrain from posting sensitive personal information online, such as phone numbers, addresses or IRD numbers, which can assist predators or perpetrators of identity theft. From time to time, parents should check that their children's personal details are not in public places online.

# 6. Learn about privacy settings, user settings and content filters

Encourage your children to use privacy settings wisely, and to understand the dangers of sharing sensitive information in a public setting. Find out more information about security features such as encryption and the importance of having a security PIN on a smart phone, on the OWLS section of the Netsafe website. It is important to protect your family computer through up-to-date antivirus software and firewall settings. Use a child safe search engine, and internet content filters like Google's SafeSearch filter

page 5

to change browser setting to prevent adult content appearing in search results.

#### 7. Beware of Predators

Children should take care before accepting "friend" requests - it's easy for people to pretend to be someone else online. Parents should remind their children not to interact inappropriately with people they do not know, and not to meet online "friends" in the real world unless accompanied by an adult.

#### 8. Deal with bullying

Discuss parameters around behaviour and the impact the online world can have on real world friendships. Parents should encourage children to let them know about any online or text bullying, and discourage their children from responding to it.

G M Atkin DEPUTY RECTOR



## **Pasifika Affairs**

This year our Pasifika Student Achievement group has had a positive start to the term. Throughout the junior and senior school we have been conducting interviews for our mentoring program. We meet with the students who identify as Pasifika, then, we help the boys set goals towards what they want to achieve while they are at PNBHS and also goals beyond school as well. In terms of the senior school we also encourage our boys to become apart of the Barrowclough Award program. If the boys wish to be apart of this program, it will help them develop better leadership skills.

In addition to our mentoring interviews across the junior and senior school, we have also made contact with the Year 11 parents of Pasifika students. This point of contact was to discuss the terms and conditions of NCEA, and clarify any discrepancies around the NZQA

system. Furthermore, the Science department has invited our Pasifika students along to two presentations, which have been centred around Careers in Science. These presentations are a way getting more Pasifika and Maori students into the Sciences as a field of work. They have also been successful in sparking more interest amongst our young men, around scholarships and careers from Science at tertiary level.

Next term, we look forward to starting our Pasifika Fusion group practices. This festival will take place in Term 3, Week 1 this year. We will also look to hosting a 'Study Skills' workshop which will cover some good revision practices and websites that our boys can access, to help raise their achievement levels during the busy terms, Terms 2 and 3.

## We enter Relay for Life again in 2015



Held over the weekend of March 7-8, at the Massey Teacher's College in Hokowhitu, this year's Relay for Life would quickly become the wettest in the event's history. That did not stop a large group of keen Boys' High students from getting involved. This year also saw a change in the composition of the PNBHS team. Whereas in past years, the team was made up of solely Year 13 boys, 2015 saw the inclusion of senior boys from Years 11 & 12. This change proved invaluable, as the younger boys were able to run more laps than us ageing Year 13's.

Divided into four six-hour shifts with myself, Mat Hardie, and several other boys completing the whole 24 hours, the plan was to have each group complete as many laps as possible to establish a large lead over our traditional competitors from Freyberg, Awatapu, QEC and the Air Force. This

plan was shot to pieces when the officials introduced new regulations as the rain started to fall, preventing us from running on the track. To compromise, the boys, led by Fabien Kiri, Matt Chard, and Roddy Crowley, began power-walking, until the officials intervened once more, saying that the event is about raising awareness for cancer and fundraising, not about trying to beat the other teams around the track.

With this sobering thought in mind, we began walking properly, albeit mindful of the number of laps behind Freyberg we were. As the rain began to fade for the second time, around midnight, we had just settled in for the graveyard shift, when, out of the blue, we were visited by several members of staff, including Mr. Bovey, and Mr & Mrs Kendal, all of whom donated their time to help us complete some laps. Unfortunately, at the same time, the officials made the call to shut off all of the transponders, to prevent other people from running. This also had the effect of killing off what remaining competitiveness the other schools had left. Aside from this, and an unfortunate incident with one of our tarpaulins, the night shift was relatively uneventful.

As Sunday morning rolled in, we were fortunate enough to have fresh bodies arrive, in the form of Ben Pigott, Connor Tunnicliffe, Greg Bates, Liam Wells, Colson Verdonk, and Likhit Dukkipati, as well as Mr Pinder. However, most of the new guys never even got the chance to walk, as Ben Pigott took up the baton and did somewhere between 20 - 30 laps from the moment he showed up. This also meant that those of us who had completed the night shift managed to get some time to rest, which we were extremely thankful for. At 10:00 Sunday morning, the officials proceeded to collect the transponders up, which effectively meant the end of the relay part of the event. After a frantic pack-up of our tents, the boys decided to fry up what remained of the hash browns and some of the sausages. It was also at this time that Mr. Doolan decided to show up to lend some of his infamous moral support, meaning we had to cook twice as much as we thought we needed.

Even though we did not complete the largest number of laps, we still able to raise money for the Cancer Society, and raise awareness for all forms of cancer, which was the entire point of the event. As a competitive school we tend to lose sight of these sort of things, so by having the transponders shut off, we were able to focus more on the experience, rather than being competitive. Many thanks must go to Mr. Pinder for organizing the team for the event; Mat Hardie for providing the barbeque, generator, and other assorted equipment; Matt Chard and Roddy Crowley for commandeering some couches for the boys; all of the staff who donated their valuable time to help out; and to all of the boys who took part in the event - you chose to give up all, or part of your weekend to help out a great cause, and did so with heaps of enthusiasm. I encourage everyone in Year 11, 12 and 13 next year to take up the challenge and be a part of the Relay for Life in the future.

Scott Harvey, 13DH



## **Sports Talk with Peter Finch**

As the first term rolls on so too does the list of young men achieving at the top level in various codes. Our involvement in the Super Eight Schools (SES) competition continues

to produce top placings with four of the eleven sports contests having been played out. Our golfers and cricketers were both runners up, with the volleyballers narrowly missing out on making the final, but convincingly winning the play off to finish third. The tennis team was our best performed Summer sport team, with a dominant display to gain the SES title for 2015 in the middle of a very busy 10 days of top flight competition.

The 1st XI cricket are playing well this season and outclassed Auckland Grammar in front of a good crowd of students and supporters here at school. Other teams are all progressing well as this goes to print. Good luck as we approach the business end of the term.

The school athletics day was as always a fantastic day full of noteworthy achievements and culminated in some fantastic relays and marching of the highest calibre. Surely one of the best athletic spectacles in New Zealand. The event was run very well and was enjoyed by competitors and spectators alike. Special mention must go to Paddy Kellow for taking out the Athlete of the Meet award (for third time) in what must have been a tough decision this year, as he was in the company of other four high performers - Jack Finlay and Harrison Porritt and high jumper, Mark Seumanu, who broke one of the school's oldest records. Aidan Smith and Harrison Porritt continue to fly our flag at na-

tional athletics level, with mixed results. Harrison fell in his 800m race, but medalled in the 4 x 400m Youth relay and Aidan picked up the National title for the Youth Javelin.

The Canoe Polo teams competed in Levin several weeks ago and continued their regional dominance by winning that tournament

The profile of Sevens is on the up world wide as we watch with anticipation for our teams at Rio. Both the Colts and Senior boys teams won their respective finals in the school's Sir Gordon Tietjens 7's competition. We wish them well as they go on to Condors qualifiers and the season ending trip to Sydney, where the tournament is hosted by Scots.

The recent Manawatu swimming champs showed two things: the first is the obvious reliance of sport in the Manawatu on PNBHS and secondly, Xavier Hill and Oliver Inman are head and shoulders above anyone in their age groups with four titles each. Thanks to all who swam or supported over the weekend.

With several close sporting results going our way over the past few weeks, I have heard cry "you were lucky". A famous quote resonates "The harder I train the luckier I get".

The similarity of this quote to our school motto is not lost by the writer and I'm sure most readers.

I would urge all athletes representing PNBHS to do so with our school's long, proud history foremost in their minds.

## Sir Gordon Tietjens 7s Tournament

This tournament was started last year and this year it was another great success. Played over two days, the winning teams at the end were: in the U15 Section: PNBHS U15 team; in the Girls' Section: Hamilton Girls' High School and in the Boys' Section: PNBHS Senior A team. Below is a report on the U15s' Tournament.

## Day One

### vs Feilding High School-Won 27- 12

The Under 15's started well, playing a very physical style of rugby. This was too much for Feilding who suffered injuries throughout the game. The Feilding team scored two soft tries early in the second half, which made the game look closer than it was.

## vs Freyberg High School-Won 53-0

The Under 15's ran rampant, scoring nine tries throughout the game. Tries came too easily and Freyberg never really tested the team.

#### vs Manukura A-Won 14-12

This was a battle between the two top teams. It was a very niggly affair. The Under 15's were under the pump from the kick off and did well to not let in anymore tries than they did. The team persevered throughout the game to hold onto the Number One spot heading into the Quarter Finals on Day Two.

## Day Two

## vs Hato Paora-Won 38-5

They say the "big boys" come out to play on Day Two, and that's exactly what the boys played like. They overpowered the Hato Paora team, whose only points were posted during injury time. Players who hadn't played as well as they would like,







really stepped up.

vs Manukura A (again) in the Semi final-Won 24-10

This was the battle everyone wanted to see after the tussle the previous night. PNBHS posted early points and never really looked back. It was again a very physical encounter, and ideally should have been the final. The tries Manukura scored came from patches of soft tackling, which needs to be worked on in future tournaments.

### vs Tu Toa in the Final-Won 40-0

This was a one way encounter from the kick-off. PNBHS scored straight off the kick off. They had superior fitness and the desire to win was ever present. The team didn't even give Tu Toa a sniff. Tu Toa did make one break that could have led to a try, but the PNBHS defence swarmed on him with four players, turned over the ball and scored down the other end. In the second half, the pace of the game started to tell on Tu Toa. In the end PNBHS Under 15's scored six tries to nil.

Players who made the Under 15 tournament team:

James Stratton Sam Stewart James Woodmass

## **PNBHS Leadership Update**

"Lights, camera, action"! It has been an action packed term and the real value has been realised in seeing young men keeping busy and achieving great things. The busier they are as they pass through their teenage years the more they will achieve and the more resilient they will be when they go out and face the big wide world. Balance is overrated when there is so much to see, do and learn!

#### Champion for Boys' Education



The recent passing of Celia Lashlie, a true champion for boys' education, must be highlighted. PNBHS was one of the 25 boys' schools she used as part of her "Good Man Project" in 2003 from which she recognised three areas of challenge which boys' schools needed to address: emotional confidence, relationships with parents and leadership.

This project served as the initiative to kick off the leadership programme and ipso facto, character education at PNBHS in 2006. Thank you Celia, for all your trail blazing action for our young men and families in this country. We often play "The Dash" in our leadership presentations which traces what you do with the years between your birth date and your passing date. Celia Lashlie used her 61 years well to leave a positive mark on our society.



Celia identified the importance of boundaries, role modelling and keeping boys at school among her findings under the leadership umbrella.

Our senior students are flat out mentoring and role modelling for junior classes. Our production, "West Side Story" is well under way pushing boundaries and blazing trails in performance excellence.

We recently seized the initiative (when another school cancelled) to take a group of 20 Year 11 and 12 students from our mentoring classes to be challenged at the Hillary Outdoor Education Centre. These young men were students in the school who had hitherto not been achieving to their full potential and Celia would have been proud to see the manner in which they were able to self-reflect, decide that changes were needed in their lives at school and at home and that they all gained in self-confidence and began a journey of self-leadership.

Another group of 12 young men seized an opportunity recently to travel to Wellington to attend the World Vision Global Leadership Convention at Parliament and an inspirational day ensued.

Many students got involved in the Relay for Life and stood up and were counted in difficult and trying conditions. The first leadership seminars for Year 11 and 12 students were held recently with very good attendance and our young men engaged fully to accept the challenge to be uncommon, pursue excellence, destroy mediocrity and become an outlier.



Much feedback was presented from some wise Old Boys and a general common theme emerged of the need for young men to become the outlier and not follow the crowd. Many instances recently where we are dealing with negatives revolve around our young men being not busy enough, being distracted by social media and gaming, by not pursuing excellence and by being a negative outlier.

60 young men seized the opportunity to attend the National Young Leaders' Day in Palmerston North and the Year 9 and 10 Learning Leadership presentations featured the school values and resilience respectively. The Prefects are busy assisting with support to "West Side Story", and also recently assisted with the Junior Dance with PNGHS.

Thank you for your continued support of your young men. The Leadership Journey continues.

Paul King Leadership Director

# Information on the approaching Hockey Season

The school hockey season begins in Week 9 of Term 1 and finishes in September for 1st XI and 2nd XI teams. The secondary schools' competition begins in Week 2 of Term 2 and ends in late August with the division finals. This year we will be entering at least 14 teams in the local competition, so there is room for all students who would like to play hockey, even if they have had no prior experience.

Most games take place at the Fitzherbert Turfs between 4.00 pm and 9.00 pm. There may be a few games at the Feilding and Levin turfs. Games will be regularly on Mondays, Tuesdays, Wednesdays and Thursdays for all teams except the 1st XI and 2nd XIs. There will be approximately 15 games per team in the secondary division. Players will know their draw in advance. Practices are on the school turf.

Please ensure that correct uniform is worn for games and that a mouth guard is worn during practices and match games. Hockey and football teams wear the same strip which can be purchased through the school Uniform shop: white shirt with navy collar \$52, navy shorts \$37 and navy socks with two white stripes \$15. Prompt attention to uniform would be appreciated, so that all players have uniforms ready for the start of the season.

Fees for the 2015 season are yet to be confirmed. 2014 fees were \$210 for the 1st XI, including subscription and turf fees; \$220 for the 2nd XI, including subscription and turf fees; \$165 for all other teams, including subscription, turf fees and practice ball.

All fees need to be paid before the start of the season at the Finance Office. If you wish to arrange to pay these fees by automatic payment, please contact the Finance Office.

Trials have been held for all teams. However, if students would still like to play for a school team, they need to see Mr Tutty.

Teams will be provisional until Term 2 Week 7. Students who feel that they have been put into the wrong team have time to prove it. Students who wish to play for a club team must also play for a school team. We have always encouraged this, but players need to see Mr Bovey and complete a Partial Release Form.

If you have any queries, please contact Mr Tutty at school.

## **Overseas Hockey Tour**

### PNBHS United Kingdom and Ireland Hockey Tour 2015

Palmerston North Boys' High School Hockey embarks on a tour of the United Kingdom and Ireland on the 27th March 2015. This tour consists of 11 matches against schools and clubs throughout the United Kingdom and Ireland. This tour has been two years in the planning with all tour members working hard along with families to raise the funds required to undertake a tour of this magnitude. The aims of the tour are to play quality competition in unfamiliar surroundings as well as taking in the rich history that this part of the world has to offer.

The touring party is: Greg Bates (Tour Captain), Christian Berrett, Matt Chard, Joel Fleet-Stephenson, Bradley Grapes, Tylah Greenwood, Caleb Hansen, Callum Judd, Levi Loudon, Ben McAlley, Ben O'Connor, Brendan Payne, Matt Peel, Simon Pritchard, Matt Small, Hamish Taylor, Matthew Taylor, Thomas Walshe, Bruce Kensington (Coach), Matt Davidson (Tour Leader)

Below is a brief itinerary of the tour:

Friday 27th March	Depart for Singapore
-------------------	----------------------

Saturday 28th March Match 1: St Andrews Secondary School

Sightseeing in Singapore

Sunday 29th March Universal Studios

Depart for England

Monday 30th March Travel to Millfield School in Somerset via

Bath

Tuesday 31st March Match 2: Millfield School

Local sightseeing

Wednesday 1st April Travel to West Sussex

Match 3: Hurstpierpoint College

Travel to London London Sightseeing London Sightseeing

Friday 3rd April London Sightseein Saturday 4th April Depart for York

Match 4: Abbeydale Hockey Club

Sunday 5th April Match 5: Wakefield Hockey Club

York Sightseeing

Monday 6th April Depart for Edinburgh
Tuesday 7th April Edinburgh Sightseeing

Match 6: Inverleith Hockey Club

Wednesday 8th April Scotland Tour

Thursday 2nd April:

Thursday 9th April Depart for Glasgow Sightseeing

Match 7: Clydesdale Hockey Club

Friday 10th April Depart by ferry for Belfast

Match 8: Campbell College

Saturday 11th April Belfast sightseeing

Match 9: The Wallace High School

Sunday 12th April Match 10: Annadale Hockey Club

Depart for Dublin

Monday 13th April Provincial Ireland Sighseeing

Tuesday 14th April Dublin Sightseeing

Match 11: Three Rock Rovers Hockey

Club

Wednesday 15th April Depart by ferry for Holyhead, Wales

Travel to London

Thursday 16th April Depart for Paris by Eurostar Train

Paris Sightseeing

Friday 17th April Depart for New Zealand via Singapore

Sunday 19th April Arrive in Palmerston North!

## **Careers Update**

## **Coming Up**

April 1 Victoria University Liaison Visit – Period 4 – Speirs

April 22 Waikato University Liaison Visit - Period 4 - Speirs

April 24 Otago University Liaison Visit – Period 4 – Speirs

April 30 Auckland University Liaison Visit – Period 2 – Speirs

May 5 Sort It Expo - local careers exhibition

May 6 Lincoln University Liaison Visit – Period 4 – Careers

Room

May 7 Auckland University of Technology Liaison Visit -

Period 4 - Speirs

For information about any of these events, or to register see the Careers Adviser.

# After School Workshops for Students Who Have No Idea what they want to do Beyond School

The Dreamcatcher workshop involves being introduced to a wonderful career/personal development programme that once set up, students and parents will have access to at home as well as at school and covers topics such as key career competencies, goal setting and career exploration.

This programme is available to Year 13's during study periods.

Another really useful tool for seniors who have no idea what they want to do is Career Search. This is a card sort exercise that works through a whole range of options and the career decision making process. This is open to all students and again Year 13 boys may opt for this during study periods.

Boys can register for these and any other workshops by talking to Mr Adams in the Careers Room

#### **Careers Room**

We now have a dedicated careers room in the school. The Careers Adviser, Mr Adams, and the Tertiary Course Adviser, Mr Costley, work out of this space in C Block (C11).

The room is open from 7.30am until at least 4.30pm, including lunchtimes. It contains a variety of careers material and a set of chrome books that boys can use for careers research.

All students are encouraged to make use of the facility.



## **School Athletics Day - Massey Track**

In ideal conditions three new school records were established.



Mark Seumanu set a new record of 1m 68cm in the Junior U14 high jump, breaking the old record of 1m 65cm held jointly by S Atmore 2003, P Ferguson 2005, H Townsend 1998, A Rewi 1994. Mark was also first in the triple jump and second in the 400m.

Two relay records were estab-

lished: in the Junior 4 x 400m by Albion - Robert Norman, Jaeden Shaw, Mark Seumanu, Ethan Johanson (4mins 08.3secs). This broke the old record of Phoenix, set on the school grass back in 1983 of 4mins 10.6secs (R Morris, W

Marlow, S Christensen, E Torrie).

The Intermediate 4 x 200m, Gordon in 1min 39.5secs. Team members were M Shilvock, S Sinamoni, A Smith, B Hooper (pic right), removing Murray's 2004 record of 1min 40secs (S Atmore, S Jimmieson, J Muir, T Hayton).



The Athlete of the Meeting went to

Paddy Kellow who has won this award for the third time in a row. He won the 300 hurdles, 60m, 200m and 400m convincingly with good times in the senior grade. (pic on front page)

Other standout performances were:

Junior: Dominic Hall 60m, 100m; Ethan Johanson 400m; Mitchell Rix, long jump; Benjamin Wall 800m & 1500m; Seth TeHore-Gardiner, sprints, long and shot; Alex Parker 200m; Armani Tupai, hurdles & 60m; Angus Grant, pentathlon.



Intermediate: Kalani Fiamatai 60m, 100m; Aidan Smith, javelin and sprints; Michael Knight, javelin and sprints; Brett Hooper 200m & 400m; Harrison Porritt (left) 1st in 800m, 100H, steeplechase, 1500m; Finn Davey, pentathlon; James Stratton, pentathlon.

Senior: Middle distance - Jack Finlay (right) 1st in 10,000m, 5000m, 1500m,

3000m; Dino Rutten 1st in 100m; Ohga Aoki, hurdles; Braden lose and Fabien Kiri, shot and discus; Ben Werthmuller and Cameron Rowden, senior pentathlon.



The relays were competitive with all Clubs giving it their best.

Final Shand Shield club points which includes Touch, Tennis and Table Tennis are:

#### SHAND SHIELD RESULT SHEET 2015

EVENT	PART OF EVENT	STAFF	DATE	POINTS	POINTS	POINTS	POINTS	POINTS	POINTS
	/	10	1/2	ALBION	GORDON	KIA ORA	MURRAY	PHOENIX	VERNON
Cricket	27/2,6/3,20/3,27/3	СТ	20-Feb	10	//				
Athletics	(Track)	DE	4-Mar	1	3	2	4	5	6
	(Field)	DE	4-Mar	5	6	2	1	3	4
	(Relays)	DE	4-Mar	4	5	2.5	1	6	2.5
	(Marching)	SI	4-Mar	2	3	6	1	4	. 5
Senior Touch		SK	11-Mar	3	4	. 1	5	2	. 6
Tennis		FB	11-Mar	4	1	6	3	5	2
Table Tennis		WI	11-Mar	3	5	4	2	1	6
TOTAL POINT	rs .	•	•	22	27	23.5	17	26	31.5

## We retain Oram Cup against AGS

#### Day 1

The start was delayed after heavy overnight rain. Tom O'Connor won the toss and PNBHS decided to bat first. After the loss of an early wicket, Whetu na Nagara and Mason Hughes shared a 2nd wicket partnership of 107 runs where both batsmen batted positively and ran aggressively between the wickets. A flurry of middle order wickets meant the game was in the balance at 155/5, but a crucial 50 run partnership between Hugh Symes and Isaac

Harris for the 6th wicket helped PNBHS to a healthy 234/9 at stumps on Day 1. Mason Hughes 79 Whetu na Nagara 54

Hugh Symes 25 Isaac Harris 24



#### Day 2

PNBHS resumed Day 2 at 234/9 to which Braden Rowe and Reuben Harris added 22 runs to end with 256 all out. In reply, AGS's top order struggled against Isaac Harris and Jack Lord losing cheap early wickets. Spin was then introduced and Harry Wenham and Braden Rowe ripped through AGS's middle and lower order, AGS ending up all out for 69.

Harry Wenham 4-15

Braden Rowe 3-10

Tom O'Connor enforced the follow on, but AGS batted a lot better at their second attempt. The openers put on 70 for the 1st wicket and there were solid contributions from all the top order. At 167/3 5 minutes before stumps AGS were in a powerful position but two late wickets from Harry Wenham swung the balance back firmly in PNBHS favour. AGS still trailed by 18 runs with five second innings wickets in hand.

#### Day 3

AGS resumed Day 3 at 168/5 still requiring 19 runs to make the 1st XI bat again. The deficit was wiped off without a wicket falling, but with spin at each end applying constant pressure where there was turn, bounce, changes in flight and the odd googly thrown in – wickets started falling and eventually AGS were all out for 220 off

94.2 overs giving them a lead of 33.

Braden Rowe 5-65 off 31.2 overs.

Harry Wenham 4-75 off 29 overs.

Between the two spinners, they took 16 AGS wickets for the match.

The 34 runs weren't achieved by the 1st XI without a few nervous moments as 3 wickets fell, but skipper Tom O'Connor and Floyd na Nagara carried the 1st XI to an outright victory by 7 wickets.

Not only does the team hold onto the Oram family cup, but this is the first time in this traditional interschool's history that the 1st XI has beaten AGS outright 2 years in a row.

## 3rd X in Finals of Premier 2 Division

The 3rd XI Cricket team has had a successful season after promotion into the Men's Premier 2 Cricket competition. The team finished the main part of the 50 over competition with 7 wins and 3 losses in 2nd place on the leader-board. This led to a semi final on Fitzherbert Park against Feilding Cricket Club. As the covers came off the pitch looked very green but was still very firm. Callum Rix won the toss and chose to bat. The openers made a solid start against the swinging ball and Feilding started to get frustrated. Good contributions from all the batsmen allowed the 3rd Xi to launch towards the end. Jacob Ratima hit 43 off 26 balls towards the end of the innings. The final wicket fell in the last over giving a very defendable total of 242. Callum Rix and Tom Tremain 32, Jacob Freeman-Broderick 31. Spirits were high as Feilding begun their chase and pressure was applied as Jack Harris took two



early wickets. Economical bowling and a couple of run outs kept Feilding under pressure and at the end of 50 overs they were restricted to 227/8. A win by 15 runs, Jack Harris 3-30 and a wicket a piece to Jacob Ratima, Trey Bidois and Mr Vindriis.

Highlights of the season with the bat were Bryn Wilson with 105 and Trey Bidois 47 against Palmerston. Jacob Ratima 90 off 48 balls against Old Boys. James Stratton 71 against Dannevirke. With the ball Taine Mitchell took 7/37 against Marist, James Stratton with 4/16 against Palmerston and Jack Harris with 4/27 against the 2nd XI. Callum Rix led the team from behind the stumps taking 18 catches and 2 stumpings.

The Premier 2 final is Sunday 22nd of March against United

## 4th XI Results - Premier 3 Division

The team once again performed admirably in the Premier 3 Competition. We finished 5th equal out of 10 teams, narrowly missing out on the semifinals. Results for the 2015 year are below.

10th January 2015

vs Wanderers: Wanderers 211/3- J Ratima 1-35 PNBHS 208/8- B Mitchell 59, S Stratton 24 Win to Wanderers by 4 runs

15th January 2015

**vs Bloomfield:** PNBHS 138 all out- J Wilson 35, S Currie 37 Bloomfield 142/4- F Martin 2/19 Win to Bloomfield by 6 wickets

24th January 2015

**vs Palmerston:** Palmerston 193/8- B Mitchell 2/35 PNBHS 194/6- J Wilson 49, I Smiler 39 Win to PNBHS by 4 wickets

7th February 2015

vs Old Boys: Old Boys 209/7- M Dodd 2/20, C Tunnicliffe 2/26 PNBHS 163/8-B Mitchell 87 not out Win to Old Boys by 46 Runs

14th February 2015

vs Feilding: PNBHS 166/6- I Smiler 47, B Mitchell 37 Feilding 167/8- F Martin 4/16, J Wilson 3/8 Win to Feilding by 2 Wickets

21st February 2015

vs Dannevirke High School: Dannevirke 174/10- S Stratton 3/40, I Smiler 3/45 PNBHS 175/3- I Smiler 95 not out Win to PNBHS by 7 Wickets

28th February 2015

vs Marist: PNBHS 251/5- C Tunnicliffe 81, B Mitchell 66, I Smiler 51 Marist 183/9- C Harridge 4/23, M Dodd 3/29

## **Season Statisics**

#### **Batting**

Ben Mitchell 366 runs at 36.6, Isaiah Smiler 360 runs at 36.0, James Wilson 195 runs at 19.5, Connor Tunnicliffe 184 runs at 16.7

## **Bowling**

Isaiah Smiler 14 wickets at 23.86, Sam Stratton 14 wickets at 27.43, Finn Martin 8 wickets at 21.75, Mitchell Dodd 7 wickets at 13.71

#### Catches

Caleb Hansen 11, Sam Stratton 7, James Wilson 7

Acknowlegement

Huge credit must go out to James Wilson. He has been a part of the 4th XI team for many years and he is a reliable and skillful team member. He has also in the last couple of seasons captained the side very well with pleasing finishes in the Manawatu Premier Three table. He played 54 games and scored well over 900 runs for the team. On behalf of future and past 4th XI teams we would like to thank James Wilson for his time and effort for the team.

By Ben Mitchell

## Year 9s and 10s vs Collegiate

## **Year 9 Specials**

The Year 9's won the toss and elected to bowl in the first of two exchanges between PNBHS and Wanganui Collegiate at Ongley Park.



Collegiate lost an early wicket

before they reached 28/1 in the 7th over. Hayden Skou then ripped through the top order claiming 3-17 off his 5 overs, before pick of the bowlers Joshua Ellingham took 2-6 off his 5 overs. Jack Wenham broke a 39 run stand for the 7th wicket with a double wicket maiden as Collegiate fell to 77 all out in the 24th over.



Jack Wenham 52 not out batted superbly as he and Blake de Burgh 13 added 66 for the opening wicket. The year 9's won at a canter by 9 wickets in the 15th over.

#### vs St Pat's Silverstream

Captain Blake de Burgh won the toss and chose to field in the annual exchange with St Pat's Silverstream. St Pat's posted a very respectable total of 191/6 in their 40 overs. Wickets were shared around with Blake de Burgh the most economical bowler. The Year 9 Specials got off to a horrible start losing two wickets inside the first 3 overs, then slumping to 41/4. Sean Ferguson-Pye 40 and Henry Deans 69 not out added 103 for the 5th wicket before Kyle Rowe picked up a run-a-ball 27 not out to reach the target with 12 balls to spare. A tremendous effort by the boys considering the early setbacks in their run chase.

## **Year 10 Specials**

The Year 10 Specials won the toss and elected to bat against Wanganui Collegiate at Ongley Park. After losing two early wickets Bryn Wilson (66) and Max Harris (51no) batted patiently against some very good bowling



compiling a 121 run partnership and finishing the innings 185 for 4.

Jake Hobbs and Toor Butt started well with the ball taking an early wicket



each before Collegiate put together two good partnerships. As the run rate required reached eight an over, Collegiate lost regular wickets and finished their innings on 173 for 8. Caleb Satherwaite was the best of the bowlers with 3 for 20.

# **Athletics Sports 2015**



# Sir Gordon Tietjens 7s Tournament



Palmerston North Boys' High School

Major Sponsor Partners





**McVerry Crawford** 





