



**LYNFIELD
COLLEGE**

NEWSLINK

NEWSLETTER 5 | 8 APRIL 2024

From Tumuaki Cath Knell

He aha te mea nui o te ao

He tangata, he tangata, he tangata

What is the most important thing in the world?

It is the people, it is the people, it is the people.

Kia ora koutou

We held this last edition of NewsLink for Term 1 back in order to share with you the events that took place during Culture Week last week. Lynfield College is 'home' to 78 different ethnicities and it was wonderful seeing so many students and staff in cultural dress on Thursday.

An engaged community

We started the week with a Fiafia|Talanoa Evening where the academic achievements of our Pacific Island students were celebrated by their families and the school. Those who were able to join us for our Culture Day Celebrations on Saturday 6 April were treated to a colourful and energetic display of cultural performances and delicious food with both traditional and modern offerings. Mt Roskill MP, Dr Carlos Cheung, and Fiona Lai, Puketāpapa Local Board, joined the official party in opening the celebrations. Feedback afterwards from a number of proud and appreciative parents as well as from members of our local community certainly made the hours of work involved worthwhile. A massive thank you to everyone who contributed to the organisation and running of these events.

Strategic Plan 2024 - 2026

Parent and student input and feedback has contributed to the school's [Strategic Plan 2024 - 2026](#). The Board has spent considerable time working on this over the past year, with the overarching theme being engagement.

- *Engage our students through a wide range of learning experiences and targeted equitable learning approaches.*
- *Engage our staff through increasing capacity in and out of the classroom to support our students.*
- *Engage our community so they are proud of the students and see their successes.*

Competing on the world stage

Eight of our students are heading to Dallas, Texas, USA at the end of the month for the VEX Robotics World Championships. We wish them safe travels. They go with our very best wishes.

Happy holidays

With the month of Ramadan ending this week we wish our Muslim community Eid Mubarak and everyone a safe and happy holiday break. Term 2 starts at 9.00am on Monday 29 April.

Nga mihi nui

Cath Knell

Tumuaki | Principal

IN THIS ISSUE

- *Message from Tumuaki Cath Knell*
- *Fiafia Talanoa Evening*
- *Cultural Week 2024*
- *From the Arts & Cultural Captains*
- *PST Conferences*
- *Tauranga Jazz Festival*
- *LC Robotics Worlds Teams Fundraising 'Give a Little'*
- *Robotics Teams Sponsor*
- *Phones away for the Day*
- *Community Survey*
- *Auckland Regional Debating Tournament*
- *World Autism Awareness Month*
- *Foreign Language Assistant Programme, Germany*
- *Appreciation & Thanks*
- *Archery Success*
- *Sports Scene*
- *Uniform & Stationery Shop*
- *Naming Uniform*
- *Blood Donor Day*
- *Community Events*

COMING EVENTS

Wednesday 10 April
Summer Sports Photos

Thursday 11 April
Students attend classes

9.00am – 12.05pm

Parent-Student-Teacher

Conferences 1.00 – 7.00pm

Friday 12 April

No classes today

Parent-Student-Teacher

Conferences 9.00am –

1.00pm

Fiafia | Talanoa Evening

Malo e lelei, Talofa Lava, Kia orana, Bula and Warm Pacific Greetings,

Our recent Fiafia/Talanoa was a resounding success! Celebrating the academic achievements of our Pacifica students while also showcasing the talents of our cultural groups was a wonderful way to honour both academic excellence and their cultural heritage. The performances by our Samoan, Cook Island, Fijian, and Tongan groups were a highlight of the evening, showcasing grace, beauty, and pride in their respective cultures.

Events like this not only recognize the hard work and dedication of students and their families but also strengthen bonds within the community and instil pride in cultural identity. Ending the evening with a shared meal was a beautiful way to bring everyone together and further celebrate the accomplishments of our students. It was fantastic to see the acknowledgement extended to students, families, tutors, and teachers for their support and commitment to making the event a success. It's clear that events like this play an essential role in building a supportive and inclusive community within our school.

Congratulations on a successful evening, and we look forward to planning the upcoming Talanoa in Term 2!



Cultural Week 2024





From the Arts and Cultural Captains

Preparations for this year's Cultural Week started with practices well before school and finishing well after. We all had a wonderful experience in leading such a fun and exciting week. Many students stayed back after school to ensure that their performances were something to remember, and with confidence, we can say they sure were! We also had many wonderful students and teachers help provide some great food for all those who came to watch the shows. Throughout the week, we had the Cultural Dress Day, where we got to witness all the wonderful cultural dress everyone had on show. We also had the pleasure of hosting the Cultural Fashion Show, where we had some wonderful costumes and poses on display. Then next on the programme, we had karaoke and Tai Chi during lunchtime, where students brought out their inner Taylor Swifts and Michael Jacksons. Students coming together and enjoying the art of performing was something very heartwarming to watch.

Then came the famous Cultural Day. This year's Cultural Day was truly something to be proud of. We had multiple foodstalls selling out of their warm, delicious traditional delicacies. At both cultural performance shows, the hall was full to capacity, and the 25 outstanding, diverse and most importantly, cultural performances were all thoroughly enjoyed by encouraging audiences.

As the Arts and Cultural captains, we have experienced a lot of wonderful feedback for leading this week. But in reality, we didn't even do half of the hard work. The hard work, determination and spirit from the group leaders, performers, cooks, sellers, artists, staff, and most importantly Arts and Cultural Coordinator, Ms Phelan, were the reasons behind why we experienced such success over this week. Overall, we all truly had a wonderful experience in encouraging people to embrace their cultural roots, and all the memories made throughout this week are something that are going to be remembered in years to come. Thanks to everyone involved.

From the Arts and Cultural Captains - Nihar Khatri, Scarlet Kwon, Dev Tiwari and Ofa Fononga

Coming Event: Parent Student Teacher Conferences

Our Term 1 Parent, Student, Teacher (PST) Conferences will take place on:

Thursday 11 April (from 1.00pm to 7.00pm) and Friday 12 April (9.00am to 1.00pm)

Bookings are open and close on Wednesday 10 April at 3.00pm. Please check your emails for information on how to book.

The focus of the meeting will be on your child's start to the year at Lynfield. This will include conversations around goal setting, engagement, what is going well and where improvements can be made. Students are expected to attend these conferences with you, and to lead the conversation.

Students will attend shortened classes until 12.05pm on Thursday 11 April.

There will be no timetabled classes running on Friday 12 April, however, lessons will be put on Schoology.

Kiwi Coaches bus service Thursday 11 April:

The Mangere Bridge afternoon bus will depart at 12.40pm. The Titirangi/Laingholm afternoon bus will depart at the usual time of 3.20pm.

Lynfield Jazz Combos hit Tauranga Jazz Festival

The four Jazz Combos hit the road last Tuesday to compete in the New Zealand Youth Jazz Festival in Tauranga. A 6am start saw a few tired faces and sleepy students on the bus, but the energy built the closer we got to the venue, and they were buzzing by the time we arrived. For most of the students, it was their first time competing in the competition, with only a few of the Year 13 students having experienced the trip before. All of the combos had rehearsed well leading into their performances and played well when the pressure hit. Following the performances, the groups stayed on stage and had a quick workshop with the judges, taking away some valuable insights for future performances.

Some highlights included a Polyrhythmic arrangement of *All Blues* (the set piece) with a great Solo by Wayne Wang on drums for the Moa Combo, a beautiful vocal performance of *In a Sentimental Mood* by Arlia Potauaine and the Whekau Combo, a funky rendition of *The Jody Grind* by the Huia combo and some fantastic Guitar and Trumpet solos by Dev Tiwari and Noah Pin during the Pouakai Combos performance.

The results were released on Thursday night, with the Moa Combo taking away a Gold award, and the Pouakai, Whekau and Huia combos all getting Bronze. Huge Congratulations to all of the students, and special thanks to Charlie Isdale, Michael Howell, Tom Broome, Kathleen Tomacruz and Andrew Isdale for tutoring the groups, as well as all of the itinerants that helped get the students ready for the day. Bring on 2025!



LYNFIELD COLLEGE ROBOTICS TEAMS ARE SEEKING SPONSORSHIP

A "Give a Little" page has been set up where donations are welcomed to help support our students compete at the Worlds in Dallas, Texas, 25 April – 1 May. QR code on the right.



[Please help Lynfield College Robotics teams get to the VEX Robotics World Championships](#)

LC Robotics Teams Sponsor

We are happy to announce that **GLOBEX ENGINEERING** have joined with our school Robotics Group as our **Platinum Sponsor**, helping our National Champions compete at the World Robotics Championships in Dallas, Texas later this month. GLOBEX have made a significant contribution which has been gratefully received and we be visiting them later in the year to demonstrate our robots and to experience what they do first hand.

Globex Engineering is a New Zealand based company that specialises in product and mechanical design. We excel in handling the complete product development cycle from concept, through development, to ready-for-market. Globex has an extensive range of capabilities, a depth of skill from its team members, and many well-established and varied connections throughout industries. Globex pride themselves on collaborative communication with clients and suppliers. This transparency enables us to both set and achieve consistent, quality results on our projects. We are a team of mechanical and mechatronic engineers with experience in multiple high volume manufacturing industries such as home appliances, automotive, water fittings and medical components. We have extensive experience in designing parts for injection moulding and understand the tool design requirements and limitations for maintaining high levels of quality in mass production.



Phones away for the Day

Information about our implementation of Phones away for the day in Term 2 was sent to caregivers last Thursday.

Here is a summary:

As you will be aware, all schools are required to have a *Phones away for the Day* policy to start in Term 2. The requirement includes break times, which is different to our current policy.

We have spent this term consulting with staff, students, and some members of our community about the best way for our school to approach this. We have listened to the concerns that have been raised and considered how we might make this process a positive one for our students.

Our approach will be:

Students are to turn their phones off and put them in their bags when the first bell rings at 8.55 am. They are to remain off and in their bags until the end of the school day at 3.10 pm.

Teachers may ask students to use their phones for a specific learning activity, such as making a film or taking photos of their work. Students will be expected to turn their phones off and put them away after the learning activity and as directed by their teacher.

If you need to contact your child during the day, you can email their school address, or use an online messaging service such as WhatsApp or Messenger. We do encourage families to not be in contact during the day unless necessary as it can be a distraction for the student's learning.

You can also leave a message to be delivered to the student by calling Reception on 627 0600 ext 700. Please be aware that it may be some time before the message is delivered, depending on how busy the runner is.

Community Survey

Thank you to the community who completed our recent survey to help us in our strategic planning. The three lucky recipients of \$50 Countdown vouchers included Alexia Pienaar and Edna Purcell.

Next term, we will be running some focus groups to better understand some of the thoughts and ideas that were received through the survey.

Auckland Regionals Debating Tournament

Four Premier Lynfield College Debating teams competed in New Zealand School's Debating Championship- Auckland Regionals. NZSD are responsible for selecting, coaching and supporting New Zealand Schools' Debating teams which compete at the annual Worlds Debating Championships. Students selected in the Auckland Regionals Championship- where over 53 teams and 150 debaters from across the region competed- making it the most competitive region in the country- go on to represent Auckland in one of 2 regional teams (Auckland Blue/White).

The Lynfield Teams competed admirably:

Lynfield 1 (Sumedha Singaraju, Bill Li, Deevya Shah) placed 10th

Lynfield 2 (Mishti Saha, Alina Murumkar, Huda El-Shareif) placed 9th

Individual success:

Mishti Saha (Y12) of the LC Premier Advanced 2 was named **Promising Speaker** at the tournament.

Mishti Saha (Y12) and Sumedha Singaraju (Y12) were both selected for **Auckland Schools Debating Development Squad** and will receive intensive coaching and development for a potential spot on next year's Regional teams.

Well done to all of the debaters!



World Autism Awareness Month

April is Autism Awareness month. The Maori word for autism is beautifully expressed by the word takiwatanga, meaning 'in his/her/their own time and space'.

Autism is a neurodevelopmental condition that affects approximately 1 in 54 people, according to Autism NZ. The traits associated with autism span a wide spectrum and lead to a different way of seeing the world and interacting with others. Autism New Zealand (www.autismnz.org.nz) has delivered many educational programmes to increase public understanding of autism. It is a place where autistic people, their whanau and those who make up their support network, can learn about autism and also find the supports and services they would like to access.

The United Nations General Assembly declared 2 April as World Autism Awareness Day to highlight the need to help improve the quality of life of those with autism. Autism NZ has chosen **Wednesday 10 April** as our day to increase awareness of autism. They are asking all businesses, workplaces, schools and organisations to participate in a national **'quiet hour'** between **10am** and **11am**. We are asked to turn down the lights, turn down the noise and turn up for the autistic community of Aotearoa in a movement called *Hoods Up Volume Down*. Their website suggests a variety of other ways to show support for the autistic community.

Altogether Autism (www.altogetherautism.org.nz) is another organisation where knowledge and support can be accessed. Parents of autistic students can also find support through Disability Connect www.disabilityconnect.org.nz. Their Monday night parent zoom sessions (between 7pm and 8 pm) can provide support for parents who need to connect with others.

If you wish to know more about autism, you can find a lot of information on Youtube.

Lynfield College seeks to promote autism awareness as part of their Year 12 Life Skills programme called 'Inclusion', which also outlines some other forms of neurodivergence such as dyslexia, ADHD, and dyspraxia.

Belinda Kusabs, SENCo

Foreign Language Assistant Programme, Germany

The Foreign Language Assistant Programme of the Pädagogischer Austauschdienst (PAD) gives students from various countries (including New Zealand) the opportunity to come to Germany as a teaching assistant/**Foreign Language Assistant** (FLA). FLA support the teachers at their host school in teaching foreign languages in their native language and receive a monthly stipend of 1.000€ (+ one-off travel allowance). During the internship abroad, students expand and deepen their German language skills, immerse themselves in the culture of the host country, improve their cultural awareness and gain an insight into the local teaching methods. **Applications are now open for the 2024/25 academic year!** Deadline for applications from students from New Zealand is **30 April 2024**. More information about the programme and the application process can be found on the PAD website:



<https://www.kmk-pad.org/programme/fremdsprachenassistentz/fsa-programm-fuer-studierende-aus-dem-ausland>

Appreciation and Thanks

It was a proud moment for Lynfield College recently when we received the following letter from the Chief Executive of Sport Auckland.

On behalf of Sport Auckland, we would like to sincerely thank you for allowing Aaron Crasto and Ryan Ghosh to participate in our Tū Manawa Active Aotearoa Local Fund Advisory Panel work. The boys played a significant role in helping distribute \$223k circa to our local community to help address areas of inactivity and inequity.

Both Aaron and Ryan were fantastic in sharing their thoughts, insights, ideas and opinions throughout the morning – and all members of the panel valued their contribution immensely. They were awesome ambassadors for Lynfield College. I'm sure you would have been so proud of them if you had been in the room to see them in action. We would welcome them back with open arms at the end of the year when we receive another round of Tū Manawa funding to distribute, if they would like to continue in this role. Please pass on our sincere thanks and gratitude to them both.

On a wider note, we also look forward to continuing our relationship with Lynfield College, your staff and rangatahi as we aim to get everybody active either in sport or active recreation. If there is anything we can do for you now that is within our scope, or further down the track, please do not hesitate to reach out.

Mike Elliot

Chief Executive

Sport Auckland



Archery

Congratulations to Rajal Sharma (Y11) who participated at the 80th National Outdoor Archery Championships held in Hamilton over the Easter weekend. Rajal won a **Silver** medal in the U18 Men's Compound Division, shooting at the 50m distance.



Sports Scene

AUCKLAND ATHLETICS CHAMPIONSHIPS

On Tuesday 26th March, our athletics team competed in the Auckland Secondary School Athletics Champs held at Mt Smart Stadium. We were fortunate enough to have much better weather throughout the day than at the Zones competition. Our three Athletes Fiona Siaopo, Troy Maka and Annika Vashi competed in their chosen events against the best athletes from Auckland schools and performed exceptionally.

FIONA SIAOPO (Y13)

Gold in Senior Girls Javelin

Silver in Senior Girls Shot Put

Bronze in Senior Girls Discus

TROY MAKA (Y12)

Gold in Intermediate Boys Discus

Silver in Intermediate Boys Shot Put

ANNIKA VASHI (Y9)

9th Junior Girls 1500m



Annika Vashi



Troy Maka



Fiona Siaopo

TEAM TALK

SUMMER SPORTS

Volleyball

Huge congratulations to our **Senior Gold Boys Volleyball team**.

On the 17th of March, this team travelled down to Palmerston North to compete in the New Zealand Secondary Schools Volleyball Tournament for the first time. This tournament is the best of the best in New Zealand School Volleyball and our boys managed to qualify for the Top Division! This was an extremely tough week of games for the team, playing 2 games a day with some starting as early as 8am and others finishing as late as 10.30pm.

One of the highlights from the tournament included their first match being live streamed on Youtube which allowed many classes and staff members to watch them play live. In this match they faced a very strong team Te Kura Kaupapa Maori o Te Whanau Tahi and were met with adversity, going down 2 close sets to 0. However, our Lynfield Team fought back to win the next 2 sets to send the game to a fifth set. Unfortunately they were unable to get across the line but learnt a lot from this experience and many others that they encountered at this tournament. Our Lynfield Senior Gold Boys Team finished in 31st place out of 95 teams, a phenomenal result which will set them in good stead for the 2025 tournament.



Archery

Archery has gone well this term and the students have enjoyed it. There are no age groups so students from all year levels compete with each other. Congratulations to our archers on their great results.

Anika Wong (Y12) won bronze (3rd place) in the individual barebow section.

The barebow team of **Anika Wong (Y12)** and **Austin Walton (Y10)** placed 3rd in their division.

Rajal Sharma (Y11) came 4th in the compound section.

Holly McCutcheon (Y12) competed in the compound section, the biggest of the three sections with 151 entrants. Last year, she was in the top 57% and, this year, rose to be in the top 20%.

Well done, everyone! Arlene Weinberg, TIC Archery



SUMMER SPORTS RESULTS

Archery:

Rajal Sharma 4th in Individual Compound
 Anika Wong Bronze in Individual Barebow
 Anika Wong & Austin Walton Bronze in Barebow Team
 Holly McCutcheon Top 20% in Individual Compound

Cricket 1XI Boys: 5th in 1A Grade (season to continue in term 4)

Cricket 1XI Girls: 7th in 1A Grade

Cricket 2XI Girls: 3rd in 1B Grade

Cricket Junior Boys: 1st in Junior A Morning T20 Grade (undefeated)

Orienteering: 7 students Finishing in Top 10 of their age groups.

Elias Capps - Year 9 Boys
 Annika Vashi - Year 9 Girls
 Torquil Morton-Macphail - Year 10/11 Boys
 Michelle He - Year 10/11 Girls
 Caitlin Hsiao - Year 10/11 Girls
 Emily Yang - Year 10/11 Girls
 Calum Bint - Year 12/13 Boys

Tennis Senior Boys: 7th in Senior B Boys Cyan/Black Grade

Tennis Senior Girls: 1st in Senior B Girls Pink Grade

Tennis Junior Boys: 4th in Junior B Boys Green/Yellow Grade

Tennis Junior Girls: 1st in Junior B Girls Pink/Red Grade

Volleyball Senior Gold Boys:

7th in Central/West Boys Grade
 11th in Auckland Volleyball Championships
 31st in New Zealand Secondary Schools National Championships

Volleyball Senior Green Boys: 2nd in West Boys Grade

Volleyball Senior Girls:

4th in Central/West Girls Grade
 44th in Auckland Volleyball Championships

LYNFIELD COLLEGE 2024 TENNIS CHAMPIONSHIP RESULTS

Event	Winner	Runner up if applicable
Senior Girls singles	Selena Surendran	Meera Rathod
Senior Girls doubles	Selena Surendran and Annaliese Matson	
Senior Boys singles	Jonathan Mar	Sahil Vagh
Senior Boys doubles	Jonathan Mar and Sahil Vagh	
Year 11 Girls Singles	Venya Chamallamudi	Annaliese Matson
Year 11 Girls doubles	Venya Chamallamudi and Lin Zheng	
Year 11 Boys singles	Ray Chen	Kea Meylan
Year 11 Boys doubles	Kea Meylan and Ray Chen	
Junior Girls Singles	Josephine Sor	Trishona Adhikari
Junior Girls Doubles	Trishona Adhikari and Anya Patel	
Junior Boys Singles	Aaron Bradbury	Geo Sandyang
Junior Boys Doubles	Aaron Bradbury and Mico Medrano	

WINTER SPORTS

Trials for some teams are completed while others are partially complete. Some teams have already been selected. Teams lists will be posted on the Sports noticeboard as trials are completed and team selection finalised.

In preparation for winter sports going ahead next term, please consider whether you will be able to facilitate this in any way:

URGENT - HELP NEEDED

Coaches and managers needed for all winter sports teams. **Please take time to consider whether you could coach or manage a team.** Remember, to manage a team you do not need knowledge of the sport, just to be a channel for communication between coach and players as needed and help organise (not necessarily provide) transport to games.

We will not enter a team into a competition unless it has both a coach and a manager!

Huge thanks to those parents, friends and families who have put their hands up to help with managing or coaching our teams. It is very much appreciated by the many students who would not otherwise have been in school teams.

We still urgently need coaches for:

Football - Coach needed for Boys 2nd XI and managers for several teams.

Badminton - Managers

Basketball – Managers/drivers

If you or anyone you know is able to help us in any way we would really like to hear from you. There are plenty of openings available!! Please contact the Sports Office 627 0600 ext 595 or email Jon Gwin, Sports Director jgwin@lynfield.school.nz or sport@lynfield.school.nz

Uniform & Stationery Shop

HOURS

The Uniform and Stationery Shop is open to all students on site for their uniform and stationery needs during interval and lunchtime Mondays to Thursdays, and on Fridays before school at 8am and interval.

We are not open on Saturday and Sunday, Teacher Only Days or the between term holidays.

Parents can attend the shop at the following times:

Monday – Thursday: 10.00am – 12.00pm and 12.30pm – 1.30pm

Friday: 8.00am – 11.30am

ONLINE ORDERING

Online ordering is available through our website <https://www.lynfield.school.nz/shop.html>. Payment can be made by direct credit or credit card and students onsite are able to collect the items from the Shop during the above times.

Stationery packs are available in the shop and online for year 9 students. Stationery lists for all other year levels can be found on our website <https://www.lynfield.school.nz/site/lynfieldcollege/files/Stationery-Lists-2022.pdf> and all stationery items on the lists are available for purchase at the Uniform and Stationery shop.

For any further queries please email Alys Higgs at uniformshop@lynfield.school.nz

RETURNS POLICY

We require a purchase receipt and tags to still be in garments to process returns. Please be aware that we can only return items up to 90 days from the date on your receipt.

PE Uniform Change

The school PE uniform has now changed to a black and green sports top which can be purchased from the uniform and stationery shop and your own plain black sports shorts.

Your white and green sports uniform is still acceptable to wear.

Lost Property

If your child has lost uniform items, please ask them to check the Lost Property bin outside the Uniform Shop

PLEASE REMEMBER TO NAME YOUR CHILD'S UNIFORM.

Laundry Markers can also be purchased from the uniform and stationery shop.

EDITORIAL FOR SECONDARY SCHOOL AND OTHER NEWSLETTERS

New Zealand Blood Service (NZBS) will be holding a mobile blood drive at:

Lynfield College
School Hall
Thursday, 9th May 2024, 9am – 2pm

Information for Parents, Guardians and Whānau

It is important that we encourage students into a lifetime habit of donating blood and making a worthwhile contribution to their community.

The Care of Children Act 2004 allows people 16 years and over to make their own decisions about whether or not they wish to give blood. Students may choose to donate blood at this session.

NZBS recommends that students discuss becoming a blood donor with their family. If families have a particular objection to the student choosing to donate blood, please make this known to the student and to the school before the blood drive date stated above. More information about blood donation will be available on the day of the blood drive.

Parents are also welcome to come to the school and donate blood at this blood drive.

NZBS respects the privacy of all donors and recommends conversations around blood donor eligibility is carried out sensitively. If you require any further information please call 0800 GIVE BLOOD (0800 448 325) or visit nzblood.co.nz

Becoming a blood donor...

Age: First time donors 16 to 70 years of age. Existing donors Up to 80 years of age, subject to approval.

Height /Weight: Weigh at least 50kg – First-time donors under 25 years of age must also meet the height and weight criteria. Use our handy calculator on our website at www.nzblood.co.nz to find out if you can donate.

Health:

- You must be in good health.
- You cannot donate if you have a cold, flu, sore throat, cold sore, stomach bug or any other infection.
- You must wait 3 months following a tattoo or piercing before you can donate. If a piercing was performed by a registered health professional (G.P, pharmacist, etc), you may be eligible to donate after 12 hours.
- If you have recently visited the dentist, you must wait at least 24 hours following a minor procedure (cleaning, fillings or braces) or until you have recovered before donating. For complex procedures, such as tooth extraction, please wait at least 7 days after your procedure and any antibiotic treatment.

Travel:

- If you have been overseas recently, please refer to the "Donating after Travelling" tool available at www.nzblood.co.nz to find out when you can donate.

Food: You must have eaten some food during the four hours prior to donation.

Identification: You need to bring suitable identification with you. Examples of acceptable ID are driver's licence, birth certificate or passport. A Student ID Card is acceptable if it features full name, date of birth and a photograph. With your consent we may also ask the school to confirm you are at least 16 years of age.

Important facts about blood

- There is no substitute for human blood -healthy donors are the only source of our blood supply.
- Around 30,000 patients are treated with blood or blood products in New Zealand each year.
- A blood donation is separated into different components, each of which is used to treat different patients - accident trauma, patients undergoing surgery, people with leukaemia, transplant patients and many others. Blood products are also used for immunisation to help prevent diseases such as hepatitis A and B, tetanus and chickenpox.
- Each donation can help save up to 3 people - blood donors are literally lifesavers!

Please Help Support Kowhai Kai

Kōwhai Kai is a student wellbeing programme that supports Lynfield College students and their whānau going through hardship. At the start of lunch time, kai is provided in D12 for students who do not have the means to bring lunch to school. If you want to find out more, you can contact Mrs Wichman-Kelly, Deputy Principal. This has been able to operate thanks to the generosity of our community. With one of our main sponsors having changed jobs, we would love to make connection with a new corporate sponsor.

DONATIONS CAN BE MADE TO: LYNFIELD COLLEGE, 12-3049-0248027-00, REF: KŌWHAI KAI

Community Events

PUKETĀPAPA LOCAL BOARD

Mt Roskill Anzac Parade and Service 2024

Thursday 25 April



Join the Puketāpapa Local Board for the Anzac Day Commemoration Service in remembering those whom have fallen.

9.30am – Parade assembly the Oakley Creek bridge by the baseball diamond. Easiest access and parking is either from the War Memorial grounds, or at the May Rd end of Clifford Ave opposite 60 Gifford Ave.

9.50am – Parade starts.

10.00am – Service commences at the Mt Roskill War Memorial Cenotaph and Hall, 15 May Rd, Mt Roskill.

The service will be livestreamed. Scan the QR code to watch from home.

To find out more phone Mark on 0274 577-577 or visit facebook.com/Puketapapa

