



## Otahuhu College Newsletter

Friday 10 September 2021

### From our Principal

As we finish our fourth week of lockdown it has been great to see the quality of work being done by our students in what is at best testing conditions. Being able to look at the work being done online has been heartening, each day students are striving to do their best and challenge themselves to improve their learning. A big thank you to all the families for your efforts in supporting your children in their learning from home.

It has been great to see the support that the South Auckland community has provided during this time and we are humbled by being able to make our own small contribution. During this time, we realise that some of our families may require additional help and support. If you need extra help then please contact us at [help@otahuhucollege.school.nz](mailto:help@otahuhucollege.school.nz) or phone 099634006 and we will do the best we can.

Planning has begun regarding the future return to school, making sure it is as safe as possible for when we return. Planning ahead into the future we are looking at ways which we can further assist our student's learning once we are back together.

### Important Dates

	Covid Alert Level	
	Level 3	School is open for year 9 and 10 students of essential workers and some specialist Year 13 classes
	Level 2	School is open to all students.
18 October		Start of Term 4
8 November	Level 2	Derived Grade Assessment Week Junior Assessment Week
18 November	Level 1	Senior Prize giving and Year 13 Graduation
22 November	Level 2	NCEA Exams Start
8 December	Level 1	Junior Prize giving (Last day for Juniors)
13 December	Level 1	Ball

## Sports News

### 30 DAY CHALLENGE

Let's get Moving OC Family, something fun to do with the whole family



The graphic is a 30-day workout challenge calendar. It features a mermaid illustration at the top right. The days are arranged in a grid, with some days marked as 'REST DAY' in red or blue boxes. Each day lists three exercises with their respective counts or durations. The exercises are Sit-ups, Squats, Plank, and Push-ups. The challenge ends on Day 30 with a 'YOU DID IT' box.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
20 Sit-ups 12 Squats 30sec Plank 10 Push-ups	23 Sit-ups 14 Squats 30sec Plank 12 Push-ups	25 Sit-ups 15 Squats 30sec Plank 14 Push-ups	27 Sit-ups 17 Squats 30sec Plank 16 Push-ups	30 Sit-ups 20 Squats 30sec Plank 18 Push-ups
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
REST DAY	32 Sit-ups 22 Squats 35sec Plank 20 Push-ups	34 Sit-ups 22 Squats 35sec Plank 22 Push-ups	36 Sit-ups 24 Squats 35sec Plank 24 Push-ups	38 Sit-ups 26 Squats 35sec Plank 26 Push-ups
DAY 12	DAY 13	DAY 14	DAY 15	DAY 16
40 Sit-ups 28 Squats 37sec Plank 28 Push-ups	REST DAY	42 Sit-ups 30 Squats 37sec Plank 30 Push-ups	44 Sit-ups 32 Squats 37sec Plank 32 Push-ups	46 Sit-ups 34 Squats 37sec Plank 34 Push-ups
DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
48 Sit-ups 36 Squats 37sec Plank 36 Push-ups	50 Sit-ups 38 Squats 37sec Plank 38 Push-ups	REST DAY	52 Sit-ups 40 Squats 40sec Plank 40 Push-ups	54 Sit-ups 42 Squats 40sec Plank 42 Push-ups
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26
56 Sit-ups 44 Squats 40sec Plank 44 Push-ups	58 Sit-ups 46 Squats 40sec Plank 46 Push-ups	60 Sit-ups 48 Squats 40sec Plank 48 Push-ups	REST DAY	62 Sit-ups 50 Squats 45sec Plank 50 Push-ups
DAY 27	DAY 28	DAY 29	DAY 30	
64 Sit-ups 52 Squats 45sec Plank 52 Push-ups	66 Sit-ups 54 Squats 45sec Plank 54 Push-ups	68 Sit-ups 56 Squats 45sec Plank 56 Push-ups	70 Sit-ups 58 Squats 45sec Plank 58 Push-ups	YOU DID IT

V A L B A C H

## Career Information

### VACANCIES-Summer holidays 2021-2022

These are fixed-term full and part-time positions across Auckland which, alert level permitting, will go from November 2021 – February 2022.

Details of the roles are included in the advert linked below. We're planning for lockdown to continue throughout the recruitment process so we're keeping safe and will complete online interviews for now; once we return to **level 2, we'll conduct the swim test.**

“YOUR SUMMER JOB SORTED ✨ Right across Tāmaki Makaurau, Auckland Council has opportunities for you to become a **Summer Lifeguard**. Our Lifeguards are fundamental to keeping our communities safe in the water over the summer. While we continue in Alert Level 3 and 4, our Pools and Leisure centres will remain closed however, we’ll be getting ready for summer in the meantime.

No experience is needed! As long as you can pass our **swim test**, we'll provide you with the lifeguard training you need to support our community

Apply today! For more information and to apply, request **the link** from Ms Cusack:  
chcusack@otahuhucollege.school.nz

## University

Year 12 students need to aim for a Merit or Excellence endorsed certificate in order to have a good chance of gaining a scholarship in 2022. Many of the external exams done in Year12 count towards University Entrance, so good preparation and study is required.

For Year 13 the requirements for University Entrance this year is three University approved subjects with 12 or more credits in each, plus UE literacy and Level 3.

## Community News

HEALTH AND WELLBEING CENTRE:

Anytime you leave your house, mask up.



**IT'S A LONG TIME AT HOME. HERE'S SOME TIPS THAT WILL HELP US ALL GET THROUGH TOGETHER...**



<https://www.leva.co.nz/our-work/catchyourself/trouble-in-your-bubble-factsheet/>

# Trouble in your Bubble #CatchYourself

## What can I do?

Lots of people may be experiencing "trouble in the bubble" at this time. So how do we stop things from getting out of hand?

