



Francis Douglas Memorial College

Important Dates

Progress Reports Released

Friday
7 June

Whanau Hui

Wednesday
12 June
7.00pm

Parent / Teacher Interviews

Thursday
20 June

From the Principal

"The Web" – wonderful or wicked?

We all derive so much that is useful for our lives from the internet. Whether it be communicating with loved ones, banking, shopping, researching, keeping up with the news, or watching movies, the web has brought richness to our lives. For that reason, here at school, we have invested a lot of funding into providing reliable and fast wifi and numerous computers for student use. We have also asked that our parents of current Year 9 & 10 students purchase for them, a web-capable computer. That is because modern learning has very much moved into the computerised space, much of it dependent on the internet.

We have also given students access to our wifi out of class during break times. At the start of 2017 however, the observation that too many students were screen-fixated when they should have been socialising and getting some physical exercise, led us to switch the wifi off between 10:45 and 11:00 and between 1:00 and 1:30. That met with wide parent and student acceptance and continues to this day.

While we have waited for enough computers to become available for our students, the custom of permitting smart phones in class for learning purposes has also become quite normalised. It had been my hope that the smart phone would find its place as merely another assisting tool for learning. Recent observations however suggest that there are too many negatives attached to their presence.

I am sure that as parents, you have all felt the frustration of having to compete with his phone for your son's attention. A lot of the time he will prefer its company to yours and be totally oblivious to your requests or presence. We are finding the same to be true too often here at school also. Learning requires attention and focus and the distraction of having a smart phone at hand, enabling connection with so many other external sources, compromises understanding of the topic being covered. The need to glimpse at phones can become an addiction and preoccupation that claims the mind's attention. For this reason, we are considering a curfew on phones. This would be totally at the teacher's discretion for each lesson. If this does proceed we anticipate some opposition given the intensity of the "addiction" but learning is the game we are in and its

quality must be paramount. I welcome parent opinion.

On the home front, I'm sure most families try to control phone use with their younger sons. The most common practice, apart from trying to delay purchase in the first place, is probably insistence that phones stay out of the student's bedroom during sleep time. Students might display frustration but the pay-offs are enormous. Relieved from the peer pressure of having to be in-the-know with the peer group 24/7, the benefits of unbroken sleep for the adolescent are invaluable for brain development, general mood and wellbeing and ability to learn at school without being too fatigued.

Motivation for parent control over what can go on in private can be gained from these statistics:

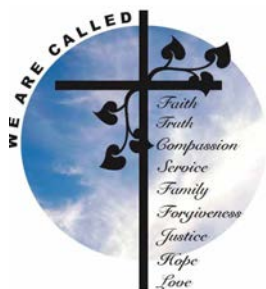
- 3 out of 4 teens do not get enough sleep and this correlates with depression and behavioural and learning issues
- 87% of today's youth have been exposed to cyber bullying and 30% have been targets of it
- The average teen is online for five hours per day and checks their phone 50 times a day
- 1 in 4 teens have seen porn' before the age of 12 and 71% were not seeking it when they first saw it
- 72% have seen non-consensual activity
- 42% of regular viewers would like to spend less time looking at porn' but find this difficult to do.

With a list like that, you might ask, who has the courage or competence to be a modern parent? The answer is to have faith. Faith in your son's ability to absorb the values you have always promoted, faith in your need to be an assertive parent, faith in your son's instincts as to what is reasonable and good despite his need to explore, and faith in the Holy Spirit to guide you in all of those things.

*St John Baptist de La Salle - pray for us
Live Jesus in our hearts - forever*

Martin Chamberlain





Special Character Corner

Friday was our Founder's Day celebration. It was also the beginning of our 60th Jubilee weekend.

We began with Founder's Day Mass at St Joseph's Church on Friday morning. Fr Simon was our celebrant and Sir Br Pat Lynch gave us the Homily. He reflected on our history, acknowledging the foresight of the Taranaki Catholic Community who in the late 1940's had a vision for a catholic Secondary School to cater for their sons. This vision became a reality in the 1950's through considerable mahi and koha from that same community. They chose Francis Douglas Memorial College as the name of this fine school in remembrance of a priest who had served the community with great love and enthusiasm. The Brothers of the Christian Schools founded by St John Baptist de La Salle with a mission for education young boys particularly the disadvantaged, took up the mantle of providing the education for the Catholic boys of Taranaki. Today we continue with the unfailing faith shown by Father Francis Vernon Douglas and in the knowledge gifted to us by St John Baptist de La Salle that we are always in the Holy Presence of God.

Our gifts for the Food Bank were brought forward with the offertory and our newly formed choir sung their Hymn Mashup during communion.

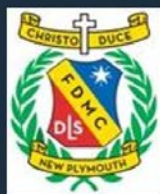
Back at school we had our annual Haka Competition before the current boys went home and the Old Boys arrived to reminisce about their College Days.

A wonderful celebration of Lasallian Brotherhood.

Live Jesus in our Hearts  Forever

Anna Zsigovits-Mace
Assistant Principal - Special Character

FDMC Special Character
(Like our page on FaceBook)



YOU ARE WARMLY INVITED TO ...

YEAR 7/8 FAMILY MASS SUNDAY 9 JUNE 9AM

OUR LADY HELP OF CHRISTIANS CHURCH,
FITZROY

TO BE INVOLVED PLEASE CONTACT MICHELLE:
youngfamilyminister@catholicparishnz.org.nz or 7573682



Haka Competition

Founder's day culminated in the annual Haka Competition. The boys have been practising their Haka for a few weeks and each House presented their haka with individual flair. During the adjudication our kapahaka group and the staff stood together to sing a waiata, Tai Aroha before the announcement of prizewinners. It was a fabulous event full of enthusiasm and pride for their House.

Solomon took out the competition with La Salle close behind. Benildus was third and Loreto finished this House event in fourth place. Finally the day ended with the whole school Haka led by Jacob Ratumaitavuki-Kneepkens from Benildus who was chosen as the top Haka Leader by the adjudicators.

A video of the whole school Haka can be seen on the FDMC Special Character facebook page
<https://www.facebook.com/pages/category/Community/FDMC-Special-Character-140471839874193/>

Mā te korero, ka rongo.

Mā te rongo, ka mōhio

Mā te mōhio, ka mātau.

Mā te mātauranga, ka mārama.

Mā te māramatanga, ka ora.

From conversation comes resonance

From resonance comes awareness

From awareness comes knowledge

From knowledge comes understanding

From understanding comes wellbeing



NCEA REVIEW

Last year, the Ministry of Education (MoE) asked all New Zealanders to share their views and experiences of NCEA – the challenges, the successes, what they like, and what the MoE can do better.

The feedback they received was phenomenal. The MoE discovered specific areas where NCEA could be strengthened and they heard a diverse range of ideas around what a more robust and cohesive NCEA might look like.

Using what they've heard, along with data and evidence, the Ministerial and Professional Advisory Groups and the Ministry of Education have come up with a set of changes for NCEA.

Over the next few months, they will be working with the education sector and other key stakeholders to determine what would be required to successfully implement the changes, and how the MoE should design the detail of the changes to make them work in practice.

Mythbusters

The MoE has heard some discussions that could benefit from extra clarity or information and have prepared some mythbusters to help unpack some of the information. Access the Mythbusters link to find out more:

[These questions and answers will help to address some misconceptions.](#)

Overview of the changes

Read the [NCEA Change Package Overview 2019](#) for more detail about the changes, the journey they took with New Zealand to get to them, and what an NCEA programme could look like.

For further information about these changes, please visit:

conversation.education.govt.nz/ncea
OR contact the Ministry at NCEA.Review@education.govt.nz.



Year 11 Retreat

The wonderful Year 11 students left their classrooms for the day to take part in a retreat at St Joseph's parish. The theme was 'What's Important?'

The day started off with boys considering whether they'd rather:

- be handsome and stupid or intelligent and ugly?
- be happy or have lots of money?
- have an endless supply of LEGO or petrol?

They worked in groups to decide who should survive in a bomb shelter if the end of the world were to come and only 6 people could survive.

They meditated, sang and prayed. Before lunch they stretched their legs with a walk along the coastal walkway.

In the afternoon Mrs O'Neill and Mrs Meyer spoke to the boys about their experience volunteering in Pakistan at Lasallian schools there.

The boys ended the day with Mass in the chapel.

Christina Hermanns
Retreat Coordinator



The Joys of Water Rockets!

We have just wrapped up the Year 8 Water Rocket unit. While it was rocket science, it was definitely something that our Year 8 boys enjoy.

After spending some time in class learning about rocket design and aerodynamics, the boys were set the task of constructing their own rockets from soft drink bottles. They then carried out an investigation to find out the amount of water that would propel the rockets the greatest distance. The top three rockets from each class are also entered into the WITT Taranaki Science and Technology Fair which is to be held in August.

Hunter Crowley recorded the greatest distance this year when his rocket traveled over 170 meters!

Josh Morris
Teacher of Science



Argentinian Exchange

During the end of Term 1, Flynn Barrett and I travelled to the capital city of Argentina, Buenos Aires. We flew to Auckland from New Plymouth and then took a flight straight there. We arrived in the afternoon.

The population of Buenos Aires is around 3 million. This is a stark contrast to New Plymouth's 74,000. Settling in took a few days. Jetlag was pretty bad since the time difference was 15 hours. The noise at night took a while to get used to. It was weird going in the cars since everything was on the left-hand side. It was Autumn there, similar to the weather in New Plymouth at that time. I started going to school the next Monday. The school I went to was called Colegio La Salle. The school there was very different from ours. It went from 7:35 in the morning till 4:35 in the afternoon, it was very tiring. In Buenos Aires the streets are all in blocks, the school is one block big. There were no fields or grass areas. Only concrete in the middle of the classes. It looks similar to the main quad. The students there have 15 compulsory subjects, and they have to sit monthly exams for every one of them. Flynn and I didn't do much in the classes since they were in Spanish, and our Spanish wasn't the best. However, we were top of our English classes.

The Argentine cuisine is influenced by the early French, Spanish and Italian immigrants. My favourite food in Argentina is Dulce de Leche. Dulce de Leche is a confection prepared by slowly heating sweetened milk, similar to caramel. It can be eaten straight

from the container, over toast, in cakes and in other sweets. Alfajores are another one of the sweet foods. They are biscuit sandwiches loaded with Dulce de Leche inside. Anything paired with Dulce de Leche is destined to be great. I also have had the best ice cream there. The pizza was phenomenal. The popular flavour among the locals is the ham, pepper and cheese. I really enjoyed eating the food. Plenty of Dulce de Leche was eaten throughout the trip. Didn't really worry about the calories.

The city of Buenos Aires was vibrant. Everywhere you went, you could see parts of new architecture built in with the old architecture. One of the places I visited was the Teatro Colon. It's regarded as one of the famous and important opera houses in the world. We were fortunate to see a play performed there. Exploring the city was pretty fun, the nightlife in Buenos Aires was lively. People there partied a lot. Dinner was eaten at around 9-10 pm, bedtime was around 11 pm. The highlight of the trip was visiting Iguazu Falls which is a massive waterfall on the Brazil/Argentina border. We flew up there on a Friday and came back on a Sunday. The falls were massive, like nothing I've seen before. They were absolutely magnificent. I'm very grateful that my host family took me there.



Before we went on our trip, Mrs Hermanns did tell us to be careful while we were there. You could easily be pickpocketed. Walking on the streets with a cell phone in your hand is not the best choice. However, while in the taxi to the domestic airport, Flynn lost his phone. Our hosts said we would never see it again. Apparently, there was no chance of getting it back. Ironically, the Taxi driver found it and gave it to his son, who then emergency contacted Flynn's mum in New Zealand. He got his phone back the next week. Everyone there was absolutely shocked since getting it back is normally impossible.

Overall, my exchange in Argentina was a really memorable experience. I have been waiting to do this since Year 7 and now I am really grateful that I've had this opportunity. I loved every part of it and I would like to go back soon.

Sreeram Murugaiyen
Year 11



Year 9 - Social Studies

9W had a field trip to Puke Ariki last week to learn more about harakeke (flax) and how it was used in a multitude of ways by the early Maori in New Zealand.

Aimee Watkins
Teacher of Social Science & Agriculture



Year 7 - Science excursion

Recently the Year 7 classes went on a farm visit to Jarred (Old Boy from FDMC) and Sarah Coogan's sheep farm, MataRata Downs in Tarata.

The boys have been learning about Agriculture and the role science plays in the Agriculture and the farming industry. It was fantastic to be able to take the learning out of the classroom and experience life on the farm first hand. Jarred and Sarah talked about the many career opportunities that learning science could open up for our younger generation.

It was a very valuable experience.

Sheree Asi
Teacher of Science



THE UNIVERSITY OF CANTERBURY

OPEN DAY

Thursday 11 July 2019

See their website:
www.canterbury.ac.nz for
more information

PIHMS - Career Week

An opportunity for students interested in finding out about a career in Tourism, Hotel or Hospitality Management: 9-12 July 2019 (1st week of July school holidays)

- PIHMS career week provides any student with the opportunity to experience PIHMS, our culture, lifestyle, education, training to see if this is where your future lies
- Get first-hand hand tips and information about the hospitality and tourism industry and find out how PIHMS works
- \$199 per person – Everything is included – Accommodation, all meals & beverages and scheduled activities
- All students attending need to be motivated about considering PIHMS as an option for tertiary study
- Places are limited as we only have a limited number of rooms available for accommodation – So apply asap to avoid missing out

Go onto their website to register
www.pihms.ac.nz/career-week.html

YooBee Wellington

July School Holiday Programmes
8 - 21 July

For more information visit their website:
www.yoobee.ac.nz

Or call into the Careers office and see
Ms O'Reilly or Ms Chapman

FDMC Running Group

All boys are invited to come along on Tuesdays and/or Fridays after school. We usually run about 4km and we are always finished by 4pm. It's a great way to keep fit and to unwind a bit after a day of class work.

Parents, please encourage your sons to come along. We can cater for different levels of fitness and experience.

Kelvin Simpson



Cow and Calf Fundraiser

To help raise money to cover travelling costs for our CNI (Central North Island) campaign the Steelformers FDMC 1st XV are seeking the support of local farmers.

If you (or anyone you know) would like to donate a cow or calf to the FDMC 1st XV please contact:

Brendon Kelly,
Silver Fern Farms 027 664 6605
who will give you an FDMC 1st XV ear tag.

We appreciate the support!

Crochet Hooks & Baby Wool

Middlemore and Starship hospitals are desperate for beanies for premature babies.

My Vertical Form would like to help them out and we need crochet needles - number 3, 3.5 and 4 and lots of soft baby wool.
Please help us out.

Estelle Meyer

Also - If there are any Caregivers who would like to assist us in either crocheting or knitting items - please contact us at office@fdmc.school.nz and we can send you out the patterns.

2019 Calendar of Events

JUNE

- Sat 8 1st XV v St Peters (a)
1st XI v Hamilton Boys
- Tues 11 Love Me Not - Yr 12
- Wed 12 TSSSA 3x3 Basketball Jnr
Whanau Hui 7.00pm
- Thur 13 TSSSA 3x3 Basketball Snr
1st XI Football v PNBHS (h)
- Fri 14 Agriculture - Field Days
Y10 FPS - Pancake lunch
- Sat 15 1st XV v Rathkeale (a)
- Mon 17 Clean Week
- Tues 18 WhyOra 10-12pm
- Thur 20 Parent/Teacher Interviews
- Fri 21 AIMS Games Football
- Sat 22 1st XV vs Wesley (h)
- Mon 24 Y10 Topec (all week)
- Thurs 27 Manu Korero
- Socials:
Yr 7/8 at FDMC 6.30 - 8.30pm
Yr 9/10 at SHGC 7.00 - 9.00pm

JULY

- Tues 2 St Bernards Exchange (a)
- Wed 3 St Bernards Exchange (a)
Brain Bee Challenge - Akld
- Fri 5 TERM 2 ENDS

Term Two:
Mon 29 April - Fri 5 July

Term Three:
Mon 22 July - Fri 27 Sept

Term Four:
Mon 14 Oct - Fri 6 Dec

After-school help with homework or tuition particularly in Junior Mathematics

Available Tuesday, Wednesday, and Thursday
from approximately 3.20 till 4.00pm.

There is no cost and students can arrange to come on a regular basis or occasionally.

The sessions are held in Room 19 with Mr Peter Smith.

If interested, parents should email their enquiry to psm@fdmc.school.nz

Physiotherapy @ Carefirst

**ANDREW
LARKIN**
& ASSOCIATES

99 Tukapa Street • New Plymouth • Phone: (06) 753 4702
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