



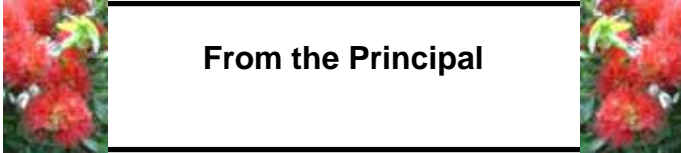
THE CENTRAL REGIONAL HEALTH SCHOOL



Newsletter 2

Te korowai matauranga mo nga tamariki

Term 2 2007



From the Principal

Thank you to everyone who has contributed to the smooth operation of CRHS so far this year. The Board of Trustees were all reappointed by the Minister earlier in the year. We also welcome Kareena Bryant who has been co-opted on to the Board. Dianne Armstrong was re-elected as the Board Chair at the first meeting following the announcement of the appointments.

Term 2 was another busy term with a constant flow of students on and off the roll. It is always pleasing to have schools refer students to CRHS to access support early rather than after they have been absent from school for several weeks. Thankfully the number of students referred who have been absent from school for many weeks is now less frequent. The flow of students through LNYJ is constant: at the time of writing 115 students have been admitted since February.

The school recognises the importance of successful student transition: almost without ex-

ception every student needs to transition from CRHS – that is the nature of the school. Our discussions with the Ministry of Education and health agencies to establish a unit (Chronic Conditions Initiative – CCI) in Wellington for students with chronic mental health conditions have progressed and once the issues around property have been sorted I hope to begin the process of advertising for staff soon for the CCI to be operating early in 2008.

Transition from LNYJ can be more complex as there are factors such as placement that are outside our control. It is pleasing to report though that during term 2 it was possible to initiate multi-agency planning and have a student enrol in a college and successfully return to school. This process was an example of the successes possible when everyone focuses on the needs of the student and how barriers can be overcome.

Best wishes for the remainder of 2007.

Ken McIntosh Principal



Michelle and her teacher Steph working on a science experiment for NCEA Level 1. Note the flash of inspiration emanating from Steph's head.

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Students and their work from the Kapiti Coast



Here is a story and picture by Leah a Year 2 student .

Once upon a time there were five friends. Kaitlin was a very small bear. Sophie was a sparkly unicorn. Holly was a fairy with hearts in her dress. Emma was the kitten with stripy yellow and orange stripes. Molly was a very fluffy lamb. She is pink and pinky red.

The friends decide to play hide and seek in the forest. "Can I be the counter, please?" asked Emma. "OK, you may be the counter," said Molly. She counted to 30 in a very loud voice, "1,2,3,4,5,6,....30. Ready or not here I come!" said Emma.

Molly hid far away behind a house. Kaitlin hid in the darkest cave she could find. Sophie flew to the highest tree she could find. Holly flew as fast as she could.



Emma started to look for Sophie. She found Sophie in a very high up tree. Sophie turned herself green to match the colours of the tree but had not changed her tail. Emma could see the orange and red sparkles in the tree.

Next she looked for Kaitlin. She found Kaitlin behind a rock in the darkest cave. She went to look for Molly in a far away place, behind a house.

Next she searched and searched and searched but she couldn't find Holly.

The other friends said that they would help to find Holly. Emma looks behind a tree but Holly was

not there. Sophie looks for Holly up high but she was not there. Kaitlin looks up and down and behind a rock but cannot find her.

Molly ran as fast as she could. She could not believe her eyes when she saw Holly flying. Then Molly saw Holly. Molly saw her in a field of flowers.

The friends were pleased to find her.
They asked her if she wanted to play again.

Sarah did these two pictures as part of her Level 1 art (1.4 standard). She is studying Pacifica art patterns and traditional Maori flax weaving. She and two others will design and construct a kite out of natural materials.



Another “regular” day at the Rangatahi Adolescent Inpatient Service..... spot the teacher



Work from Kenepuru Hospital



Hi, I'm Natasha, I'm 12 years old, and I go to Tawa Intermediate. I enjoy ballet, and Jazz, and playing the piano. I look forward to doing my Jazz exam in September I have four other brother and sisters, and we all enjoy going on holiday together.



What a healthy body needs

Scientists have studied for many years what is essential to maintain a healthy body. The word 'Vitamin was invented in 1912 by a Polish biochemist called Casmir. People thought there was only two vitamins, but further years on they just proved out to be mixtures. Over the next 35 years scientists discovered 13 proper vitamins. The last vitamin to be found was vitamin B12 discovered in 1948. All of these vitamins are used to help the body function and grow properly. It is quite easy to get your needed amounts or vitamins and minerals, because a lot of the foods we eat everyday contain them. We will look at them separately.

Vitamin A can be found in most yellow fruits such as mangoes and rock melons, etc. There are 8 types of Vitamin B. It has a huge range of foods containing it- from yeast extracts, to fish, to cornflakes, and even to peanuts. Vitamin C is mostly in citrus fruits such as strawberries, kiwifruit, and grapefruit.

Vitamin D is not a vitamin that can be found in foods. It is made when the sunlight shines on our skin. If you lack Vitamin D you could have

poor bones and teeth in the future.

Vitamin E is used to make healthy red blood cells, and to keep the skins of cells strong. The main sources are fats and oils, also another good source is flour. It also helps to store Vitamin A in our bodies.

Vitamin K is quite a handy Vitamin to take because when you cut or scratch yourself it helps to form blood clots, and stop the loss of continuous loss of blood.

Minerals for health and growth

As well as vitamins our bodies need minerals to stay healthy, and grow. They need to be taken as part of our diets, because they cannot be made by our bodies. One of the most popular minerals is calcium. It is used to make bones and teeth. Phosphorus helps our bodies to build strong bones, and to maintain our skeletal system. Sulphur helps to keep nails, hair, and skin looking healthy. It is a mineral that is linked to beauty. Chlorine helps our bodies to fight off germs, and make white blood cells. It is used in most swimming pools to keep germs away. And sodium. Sodium also known as salt, is actually used to keep our bodies from drying up, and also helps attack germs in our bodies to keep it healthy.

Precautions to know while taking Vitamin A

Vitamin A believe it or not, can actually be poisonous. It can only be poisonous if too much is eaten at one time. If, however too much is eaten our bodies are warned against eating anymore foods containing large amounts of Vitamin A for the next few days. Too much of Vitamin A could also be linked to Osteoporosis, a debilitating bone disease. It, as scientists have discovered could also be linked to other diseases.

-By Natasha

How to purchase a horse

Horses are large, costly animals to keep, before you buy a horse there are a number of things you may want to think about first. It is a good idea to get advice from someone you know that is experienced in keeping a horse; so you know what to look for when purchasing your horse.

There are many features of a horse that need to be evaluated before selecting a horse. Some of the things you may need to consider are:

- Do you want a gelding or a mare?
- Is the horse the correct height for the rider?
- Does the horse's nature suit the rider's ability?
- Do I have suitable livery for the horse?
- Will the horse's disposition be on a par with the other horses in the paddock?

You need to be cautious when you are buying a mare to make sure she's not mareish.

When you go to look at the horse you might want to inquire these questions:

- Would you consider your horse a "good doer"? (Works hard all the time.)
- Does your horse have good feet?
- What is your horse like traveling on a float?
- Is your horse good at tacking up e.g. not being cantankerous?
- Are your horses teeth frequently checked?
- Would your horse be prone to buck, rare or bolt with a rider on them?

Another good idea is to take a beginner with you to observe the horse's reaction to a more nervous person. The reason for doing this is a beginner is more nervous around horses than a horse lover. The horse will pick up on the nervousness of the beginner and will act nice and calm or buck. This is another way to find out what the nature of the horse is like.

There are lots of different costs to owning a horse. Here are some of those costs:

- Farrier
- Vet bills
- Food
- Tack
- Teeth
- Grazing

Horses are wonderful animals they can become your best friend. However as there are a lot of financial cost associated to buying and owning a horse, it is a good idea to make the purchase wisely and you also need to take good care of the pony and don't let it starve or suffer. It's a really big responsibility for owning your own horse.

Jessica





From Lower North Youth Justice in Palmerston North



The following pages show work from the students from LNYJ done as part of their English program.

It includes pieces on Tattoos, Gallipoli, New Zealand, a letter of application and photos of the boys doing a tractor driving course.

Tattoos

A tattoo is a design on your body. Tattoos are made by putting a dye of some sort into the layer of skin called the dermis.

Unlike the outer layer of skin the dermis does not get rubbed away and replaced its self over time.

The colour that is added to its stays almost exactly the same.

Around the world and throughout history people have made tattoos using various different methods. The most common is the use of a needle to pick through the skin. This can be put on your skin wherever you would like to put it.

The professionals have their own shop or compartment.

I'm getting a tattoo, with all my family on it somewhere. It will be a dragon coming from my back over my shoulder to my tummy.



I ended up in court and the judge told me you have two choices, either go to prison for life, or go to war and fight for your country that is how I ended up here in Gallipoli.



GALLIPOLI

Gallipoli

My name is West Soldier and I am 19 Years old. I come from a place called Taupo in New Zealand. I'm in the Army to fight for my country towards freedom and the future of my whanau.

Before I went to serve for my country, I was a hunter. One night I went hunting in a place called Tatarakina. I aimed at a deer but it turned out to be a person so that was a tragedy.

I'm 20 years old my name is Ruska from Hastings, New Zealand. I'm here to fight for my country. Before I was a soldier I was a criminal the judge gave me a choice to go to jail or join the army, so I took his advice which was the army. I felt all this anger in me when we sailed away to the world war. Day 1 25th of April we arrived at Gallipoli and soon as we got out of our boats we got attacked by the Turkish army, Hundreds of men were dying and getting injured, bodies and body parts were all over the place. The colour of the sea was thick red from the blood of the soldiers. I got so angry at the bloody enemy so I glocked my rifle back and headed up towards the cliffs I seen a turkey so I took my anger out on him and blasted his head off. I sat up by the cliffs and got my sniper out and just went crazy and killed the enemy against me. Everyday got

harder because we had not much food and poor hygiene which led to diseases. We were lucky to survive day by day because of the gun battles and the poor living conditions.
Ruska

19 Mohaka Place
Palmerston North
28th May 2007

Dear Hohepa,

I would like to apply for the Chainsaw course. I have used a chainsaw before but am not too familiar with how it works and would like to learn more.

I have been working on a farm and want to go back to farming when I leave and I think this course would help me a lot in the future.

If chosen I agree to fully participate in this course.

Thank you for considering my application.

Yours Sincerely
Joseph











NEW ZEALAND

The indigenous people of New Zealand are called 'Maori'. The Maori name for New Zealand is Aotearoa.

New Zealand is a country in the Pacific Ocean with two large islands, North Island and South island.

The North Island looks like a stingray, the South island looks like a waka or canoe.

The country has many cultures such as Maori, Islanders and Pakeha, Maori are very staunch.

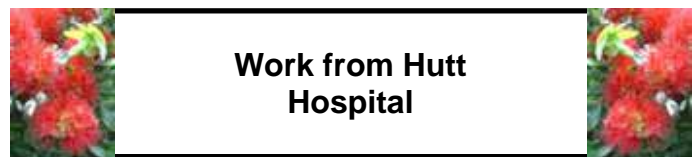
In New Zealand there is kapa-haka which is a way of explaining our culture. There is a city called Rotorua, many tourists get attracted for our traditional food Hangi, the natural geysers, mud pools. Families have fun activities like the luge.











My visit to Starship Hospital by Daniel

I went to Starship in a special plane because I was very sick and needed to go for special treatment.

I met two boys named Raheem and Maui, we went down to Radio Lollipop. Radio Lollipop is a place where children can hang out, play and request songs its just like a radio station only they give you free drinks and snacks to make kids feel free.

As I got better some of the things I was able to do were go to school, go outside, and walk around, go into the play room and meet with other kids.

Going down to radio lollipop to party and hang-out with my mates Raheem and Maui was fun we kept having burp offs, first you had to gulp down a whole glass of soda and try and burp the longest and the loudest I always won that's when we started playing tag .



While we were playing tag a girl either accidentally or purposely kissed me on the cheek it was yuck and revolting but kind of nice but still gross.

After having all that soda we finally got up stairs I didn't tell my mum but I had an hang-over the next day to much soda I guess.

Although I still go partying but know I play tag with boys



Work from Palmerston North Hospital

Rachael is a Year 11 student. She is doing English through the Correspondence School. This is for Achievement Standard English 1.2 - Produce formal writing. She was awarded Achieved with Merit.

New Zealand Television is Appalling

The state of television in New Zealand today is appalling. Many programmes have immoral and unethical themes that we should not want our children growing up with. Violence and cursing are more prominent than ever, down grading programmes, giving them a

tainted feel. Advertising is threatening to take over our television screens. With the tactics they have, is it any surprise that companies can persuade us that we 'have' to have that pair of shoes to fit in, or we need that new computer because our 18- month- old system supposedly cannot handle the broadband speed? Our televisions have been tainted. Is this kind of entertainment really worth watching?

Cheating spouses, theft, dishonesty, vanity, even murder, are some of the themes that we see every time we turn on our televisions. Are these the kind of standards we want to set for our children to live up to? What would become of our country if these were the low standards everyone lived up to? Pre- marital sex, manipulation, blackmail and cruelty are more themes we are seeing more of on television. When a child or teenager can see adults on television, who are supposed to be role models, doing all of these things, what are the chances that they will not follow. Are these the kind of immoral and unethical standards we want our up and coming leaders to live by? You know the saying "as seen on TV."

There could be a variation on that slogan: "As heard on TV". When watching television today, we can hardly last 5 minutes without use of profanity, cursing, and using God's name in vain. This kind of language is downgrading to the programme, completely unnecessary and in a lot of cases even offensive. Much of this filthy language is used as an outlet for anger or annoyance. It does not promote a very healthy way of living if the only way to relieve stress is in bursts of profanity. As well as cursing, violence is also an ever-increasing trend for outletting anger. This sends the message that anything goes; as long as you are angry we will let it slide. Even children's television programmes have violence and profanity in them. What kind of message does it send them?

Approximately 10 minutes of every half hour of television we watch is advertising. With their catchy jingles, clever slogans and famous celebrities promoting left, right and centre, is it any wonder that companies can

get us to buy anything they want. Everyone who watches advertisements is drawn in. "I need that new pair of shoes." "I have to have that cute cellphone." "Won't you buy me a cute top like that one?" Sound familiar? With tactics most armed forces would die for, how are we supposed to resist. Advertisements are there to tell us that we aren't cool enough but 'x' will make us cool. We aren't pretty enough but this product will make us so, or we aren't efficient enough but buy this and increase your productivity 3 fold. It is scenes like this that ruin our television shows and threaten to take over our lives. Must we forever be burdened with inane attempts to ruin our minds too?

Television is appalling these days. Most programmes showing have immoral and unethical themes that we should not want our children watching. Profanity and violence are an increasing trend that down grades our shows. Advertising is threatening to take over our television screens and our lives with their hints that material possessions will make us more appealing or fulfilled. Our TV is tainted. Is it really worth watching?



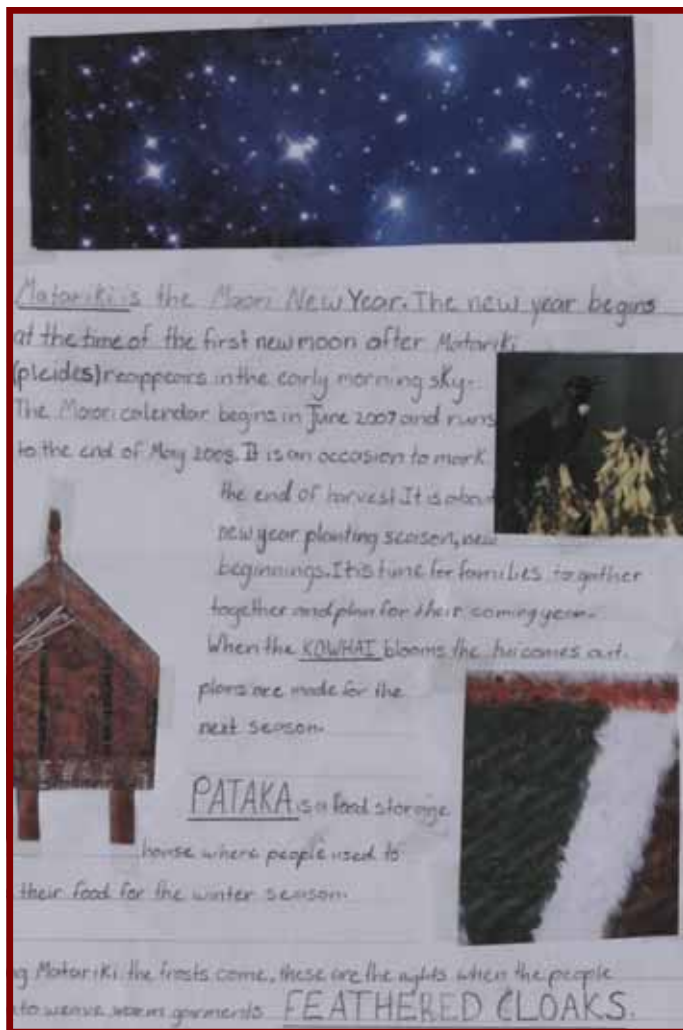
My name is Emerson. I am 12 years old and am in Year 8.



I've got Ken to record the results of my experiment

I tested whether baking soda would fizz and bubble more in different liquids. I found out that the liquids with more acid (fruit juices) fizzed more. Then I tested different fruit juices, some bought from the store and some freshly squeezed. This showed me that the freshly squeezed ones fizzed more than the ones from the shop. I tested the pH levels (the lower the pH level the more acidic liquids are) of bought and freshly squeezed juices to see if a lower pH level caused more fizzing. I found out that the pH level does affect the amount of fizzing. The lower the pH level was, the higher the acid fizzed when I added baking soda.

Hello, my name is Arthur. I did this work for my homework. I've been away from school for a whole term because I have rheumatic fever. I am allowed to go back to school after the HOLIDAYS.



Kiwiana

Kiwis are good to see,
 In the New Zealand bush,
 Worms are their favourite food,
 Insects are too.
 A long long beak,
 Nips the worms,
 And picks them up.



periment. She has learnt all about fair testing and has completed lots of experiments to find out which household liquid causes the biggest reaction when mixed with baking soda. We're not telling! Her answer will be displayed on her Science Fair project when she returns to school next term.



Hi Everyone

This is Jordan who lives in Wanganui.



Jordan is blind but has managed to learn by repetition to strum Chrissie William's guitar and is in the process of learning to hit one note at a time on his new keyboard bought for his 16th birthday by his fantastic mum (and teacher aide) Lorraine.

These satellite people connected to the shining star of the CRHS achieve small but exciting, life changing things.

Rochelle

By Hana

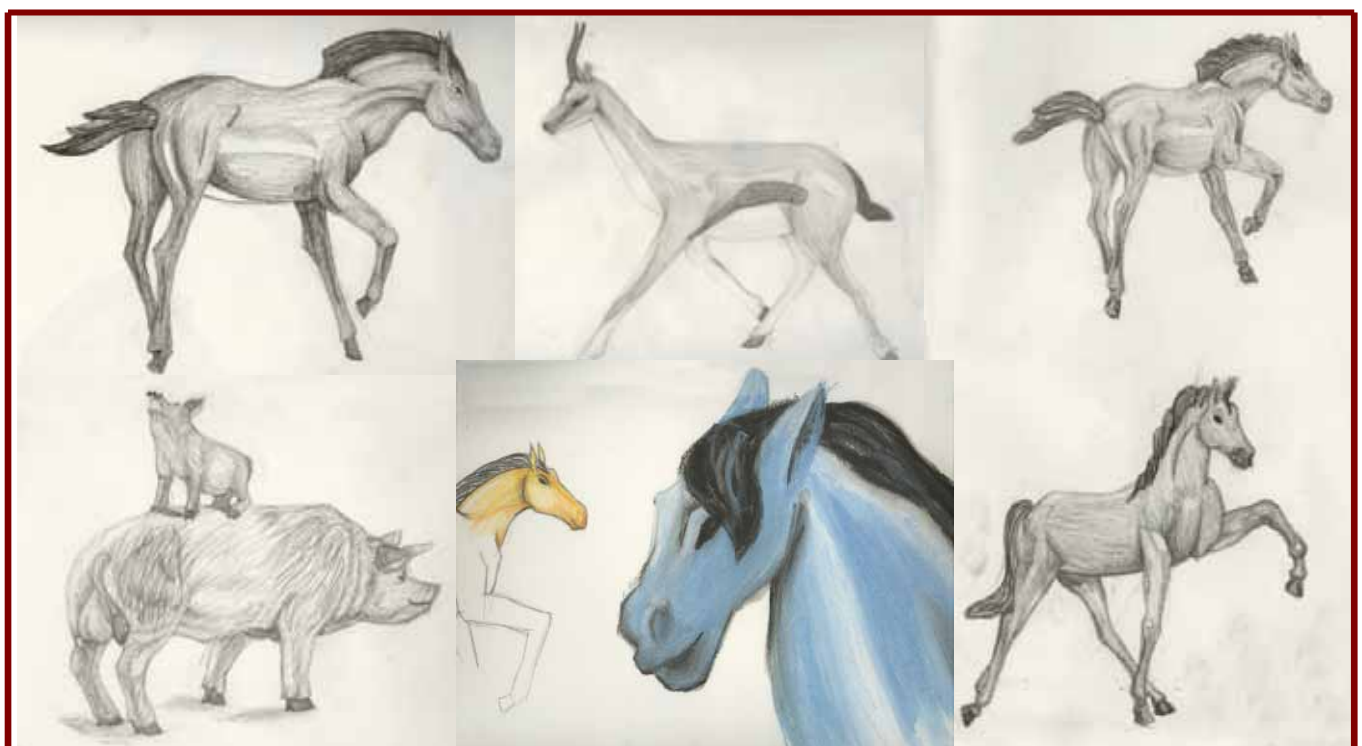


Alana, a Yr 7 from Napier has discovered how much fun Science can be.



She has been experimenting with mixing baking soda and liquids for her Science Fair ex-

Sylvia is a Year 13 student from Wellington. This is part of her Art folio she is doing through the Correspondence School. It is in the style of Franz Marc (1880 — 1916)



Meet the staff

The Wellington region has six teachers.

Wellington Hospital.



Karen Stockwell

Kenepuru Hospital.



Kerry Hubbard

Lower Hutt Hospital.



Sue Rowell

Regional Rangatahi Adolescent Inpatient Service



Lisa Thompson

The Central Regional Health School



Keith Connor

Kapiti Coast



Alison Roberts

The Hawke's Bay region has two teachers.

Hawke's Bay Hospital.



Lyn Corkran



Cathie Trotter

Palmerston North and Wanganui

Whanganui Hospital



Rochelle Collins

Palmerston North Hospital.



Steph Algie

Lower North Youth Justice

Eight teachers are employed on site.

- One Team Leader
- One Planning and Assessment Teacher.
- Six Classroom Teachers
- One Part Time Teacher



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