



THE CENTRAL REGIONAL HEALTH SCHOOL



Newsletter 4

Te korowai matauranga mo nga tamariki

Term 4 2007



Merry Christmas and a Happy New Year



The Board of Trustees, Principal,
teachers and staff
of the
Central Regional Health School
send our best wishes
to all
our students, parents
and families



I am Sophie and this is Marie, an artist who works at Wanganui Hospital. She came to visit me with Rochelle, my CRHS teacher, and we made Christmas cards.

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From the Principal

Hello Everyone

It is that time of the year again when we look back on what has been achieved and what we might do differently next year to make things better. 2007 has had many highlights and we are currently seeing the hard work of the students and teachers being put to the test as the NCEA process draws to a close. We wait with bated breath for the results in January. Internal standards achieved so far indicate the students on our roll have achieved more standards than previously so it bodes well for them and their future education.

During October I was privileged to visit the health teachers and complete teaching observations as part of the appraisal process. It is always a pleasure to see the interactions between the students and teachers and be welcomed into homes.

Two health teachers have completed their Bachelor of Education (Hons) at Victoria University during 2007. We all congratulate Lisa and Karen on their success and recognise the tremendous commitment it takes to juggle work, family and study.

Progress has been slow but steady towards the establishment of the Chronic Conditions Initiative in Wellington. The initiative is to support students with chronic mental health conditions back to school through a multi-agency approach in partnership with students, parents, mental health services and schools. It is an exciting ground-breaking development being supported by the Ministry of Education and Capital and Coast DHB. At this stage we are looking forward to be up-and-running during term 2, 2008.

Last week I attended the *Working Together Conference* in Wellington. The conference was a practical look at offending by young people in New Zealand. It was sponsored by the Min-

istries of Social Development, Education, Justice, and Health, and the NZ Police. It is recognised that greater success can be achieved working together so the school will be maintaining this focus in 2008 as we work on achieving a more “joined up” approach at LNYJ and seamless, planned, transitions for the students.

Thank you for the contribution you have made to CRHS during 2007.

My very best wishes for the festive season and 2008.

Kind regards

Ken



Ken McIntosh, Principal



A special occasion.
CRHS teacher Steph with her student Teia as it is both their birthdays.
More from Steph and Teia on page 8.



Hi my name is Susan I am 16 years old, as you can see I love dancing. I also enjoy singing and writing. I am looking forward to a holiday in Australia with my family after I complete all my NCEA exams this month.



The Heart of the Wind

By Susan

Walking along Manners St. in Wellington on a windy day is an unforgettable experience. The rough southerly wind mercilessly pulls and prods you, your clothes flying out in all directions. Your hair, if not tied up severely will soon come down, blinding you to the hundreds of other shoppers ducking into shops to get away from the cruel, cold, wind.

The shopping bags are suddenly heavier and you struggle to bring them under control as the gust desperately yanks at them, trying to pull them from your white-knuckled grasp.

The harbour with its sea horses of foaming manes galloping hard underneath the helpless yachts as the ropes tying them to the dock pull taut and they bob along vulnerable to the wind's callous heart.

In summer, the heart is calm. The restless emotions that stirred the heart of the wind in winter are gone. When you walk down Man-

ners St. you can feel the warmth of the sun on your head. The warm sun is complimented by a friendly breeze, just blowing enough air to keep you cool in the heat of summer.

You wear your hair down so you can appreciate the balmy breath caressing your neck lightly, a lover's touch. The radiant street is filled with shoppers all looking for that perfect thing to wear to the beach. You smile at everyone, happy that the windy winter is over. You see people grin at you, their mood just as exuberant as yours is.

The still harbour reflects the sky, showing up all the blue and green shades. Diamonds shimmering in the depths of the water, showing off their sparkle on the gentle swell of the sea.

The yachts tied to the dock are depleted. Most of them sailing out to sea. Their owners wanting to be the first to embrace the still, silent, sea of summer.

But no matter the season, Wellington still holds the heart of the wind.



Hi my name is Kayla I am 16 years old. I enjoy dancing, drama and cooking. I am gaining NCEA credits through the Correspondence School. This is a photo of me cooking a meal for the course "Food and Nutrition"



Students and their work from the Hawke's Bay



My name is Melissa. Cathie has been my hospital teacher and then my CRHS teacher for all my school life. I achieved a unit standard for this report I wrote. I looked at the similarities and differences in education, age distribution, Maori/Pacific population, income distribution and unemployment for the four cities in the Wellington urban region.



THIS IS WHAT'S WRONG WITH ME!!

I have a condition called Glycogen Storage Disease Type 1B (try saying that 10 times fast lol) I have to have food (carbohydrates pasta, rice, bread...) digesting in my stomach at all times or my blood sugars will go down. In a normal body you would eat food, use it for energy then store the rest for later use BUT my body can't use the stored food, hence the reason I have to have food in my stomach at all times.

Now, when your body has not got enough energy given by food, the brain starts shutting down parts of the body it thinks is taking too much energy to run, so to speak. Now usually the stomach is the first to go, once this happens I'm screwed!!! This is when the hospital would put a drip into my vein to bring my

bloods up, totally bypassing the stomach. :)

If my blood sugars get too low I will not be able to see properly, and then my head will start to spin, then I'll want to be sick. After that I will probably have a seizure and slip into a comma, finally die.

Usually I get food or maltodextrin, which is an already digested form of sugar, so it works instantly on my blood stream to return me to normal before the seizure starts.

On top of all that I have an Immune Deficiency which means I get sick really easy and I stay sick for longer than everybody else. I take an injection in my stomach every night to help give my white blood cells a boost. It's the reason I don't get so sick anymore. :)

I also feel heat differently; I get hot really easily and don't cool down well. I get headaches in stuffy rooms.

I have a sensitive nose, so smells are stronger to me. Some smells are so strong I can choke on them.

I have got Iron and Calcium Deficiencies too, both of which are caused by my body being unable to utilize nutrients properly.

BUT OTHER THEN THAT I'M FINE! :) :D

P.S for all of u that I've scared, all it means it that I have to eat often and have blood tests a lot, not a big deal. :) :D

Melissa 🌹

Liam's Beans

On 23 October Liam and Lyn planted beans. Liam opened the old bean seed pods to get out the bean seeds.



The beans were put near a sunny window and a week later the shoots were showing.

6 November – the shoots are growing tall. We can see two little leaves beginning to grow.



20 November. The beans have grown very tall by the window. We will plant them in the garden.

Liam is worried....“I hope the pet lambs don't eat them!”



Harriet , a year 11 student from Hawke’s Bay has been studying with Lisa at RRAIS. Harriet gained an excellence for this piece work for Achievement Standard 90052 English 1.1 - Produce creative writing. She did this through the Correspondence School and the theme was “Now and Then”.

New Adventures

Going to Wellington as a child in winter seemed so exciting and wonderful. We stayed at Grandma and Grandad’s old family home with all the cousins around us. We were definitely on holiday, running around playing hide and seek in our warm clothes, setting up endless cares for the parents and exploring the great unknown each day, taking on new adventures. I noticed the green-brown hills and trains with awe as we wizzed down the motorway in Mum’s ‘red taxi’. We rode around on the crocodile bikes, saw the exhibitions at Te Papa and shopped until we were exhausted. We always bought winter clothes as it is so cold at Grandma and Grandads.



Each night we would take our showers and talk around the dining table with great enthusiasm, sharing the stories of the day. We always had a laugh and a giggle at the jokes made. I felt a sense of sadness as each day ended, knowing we were a day closer to returning to normal life at home.

When I returned many years later as an ill teenager, I was just plain scared staying in a psychiatric unit seemed frightening with unfamiliar people all around me. We didn’t play,

the focus was all on food now. The trains go by each day but we don’t point and stare. Whenever we go out there is always a risk of AWOLS. The town seems colourful and bright in the summer sun and I can’t imagine how we were all so cold in winter as we run around in our T-shirts. This is a longer stay to when I was a child. It’s not a holiday anymore as each day is a struggle.

The days are filled with activities as when I was a child but it doesn’t seem as fun, now I have constant meetings with the doctors which is torture. I now feel scared as each day passes, knowing it will be so much harder at home.



Going home is hard each time but journeys never go on forever. We all have to return to normal life someday.

By Harriet



What’s wrong in this picture?
See page 11.



Caleb has been a patient in Hutt Hospital and is now being taught by Sue at his home in the country .



Reduce, Reuse, Recycle

I have been learning about how to reduce, re-use and recycle. We made little people from recycled things and bits from the craft cupboard.

I used bottle tops, balls plastic bottles and film containers for arms.

I used a glue gun to stick them together and decorated them with buttons, material, pompoms and ping pong balls.

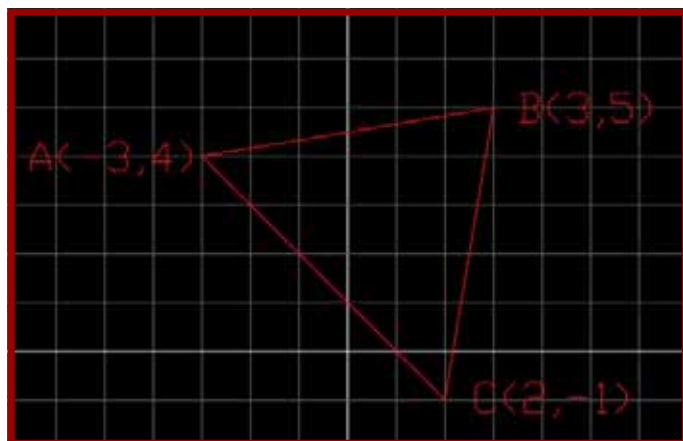
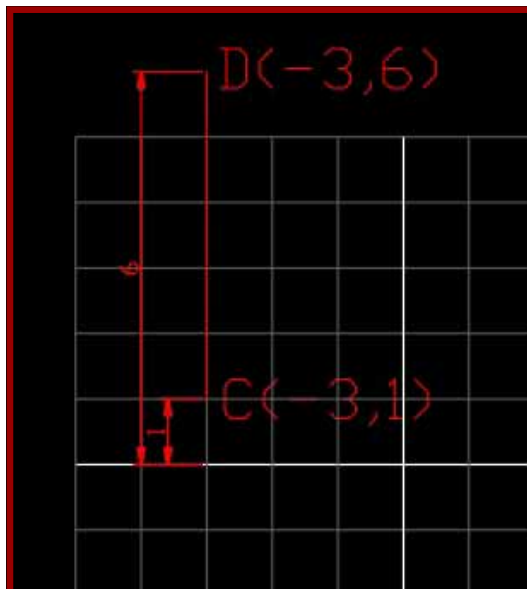
I made a poster as well but that is already at my school.

By
Caleb.



Hi my name is Aaron. I have muscular dystrophy so it is easier for me to use the computer for my schoolwork.

Here are some of the graphs that I have done. The work is from the Correspondence School booklet MX234. I am trying to find the length of each side using Pythagoras. These activities are helping me to gain Level 2 credits in Mathematics. The standards I am working towards are US 5243 and US 5245



Teia is seven years old and lives in Palm-erston North. She and Steph, her CRHS teacher, decided to do a photo essay on making a sandwich. They decided on the following steps and when to take the pictures.

When the sandwich was finished Teia drew a picture of it using a program called KidPix



Teia's Sandwich



1. Carefully get all the ingredients

Our first attempt at writing our instructions for our sandwich

- We get the ingredients.
- Put some butter on the bun.
- Then place some lettuce on top of the but-ter.
- Pour on some Tomato sauce.
- Put some meat on it.
- Put some tomato on it.
- Get some cheese.
- Cut the burger into 2 pieces
- Eat it up.

We decided we needed to add some ad-verbs to our instructions.

- Carefully get all the ingredients.
- Spread some butter on the bun.
- Place some lettuce on top of the butter.
- Slowly pour on some tomato sauce.
- Get one piece of meat and slide it on top.
- Cut up the tomato and put 2 slices on the meat.
- Get some cheese.
- Cut the burger into half.
- Eat it up. Yum!



2. Spread some butter on the bun



3. Place some lettuce on top of the butter
Slowly pour on some tomato sauce



4. Get one piece of meat and slide it on top



5. Cut up the tomato and put 2 slices on the meat



6. Get some cheese



7. Cut the burger into half



8. Eat it up. Yum!



Teia's picture of her sandwich.



Here are two poems from Hollie, a Year 10 student. The two Chihuahuas in the photo are hers. They are called Maddie and Max.

Chihuahuas

They range in sizes
 but are still really small
 They come in short hair or long hair
 and are not very tall
 These are high maintenance pets
 and are not for everyone
 They are very loyal
 and love to sit in the sun.
 They bark at the door
 as they run around the floor
 They are really quick.
 Chihuahuas are like sandflies
 will give you lots of little nips.
 Don't let this put you off.
 Get one and see.
 If you're lucky
 you will end up with two or three.



Proud to be Me

I am a teenager
 I am all that I hear
 Rain falling on the roof
 My budgie chirping in his cage
 The dogs barking at the door
 I am all that I feel and taste
 Rough edges of recently bitten fingernails
 The feel of freshly mown lawns
 The sweetness of chocolate melting on
 my tongue
 I am all that I remember
 Making treehouses with my brothers
 Saving money to buy two Chihuahuas
 I am all that I have been taught
 Look both ways before you cross the
 street
 Don't talk to strangers
 I am all of these things
 I am my own person
 I'm proud to be me.





Hi! My name is Sophie and I am eight years old. I go to Wanganui East School. Rochelle comes to teach me at home every Wednesday. I went on a visit with my friend Amelia to the Repertory Theatre to see 'The Paper Shapers'. The show was about recycling and it was put on by a company called Capital E. I learnt a lot about recycling. The funniest thing in the performance was when a little man went round and round the top of the rubbish bin.

Here is a report I have written to try and help save our Earth.

The Plastic Problem

The problem with plastic is that it won't go away. It is not biodegradable. Plastic in water is dangerous. Sometimes people in boats throw plastic six pack holders overboard. Hundreds of sea birds, especially diving birds, are found dead every year because they get their necks caught in the plastic and it strangles them.



Results of a beach cleanup.

Other plastic that is dangerous in the water are plastic bags. Turtles think that plastic bags are jellyfish. When they swallow the bag, it causes a blockage and kills the turtle. A whale was found on the beach dead. When it was opened up, there were 50 plastic bags in its stomach.



How can we help? We can help by trying not to buy so many plastic things. We can use carry bags for the groceries instead of using plastic bags. We can buy glass and cardboard instead of plastic because glass can be recycled. Finally, never throw anything plastic into the water!

Malcolm is a Year 11 student from Hawke's Bay. He really enjoys doing the experiments which are part the Science course he is doing through the Correspondence School. .



His goggles should be over his eyes. He should be doing it by the sink. The table cloth is a bit close.

Meet the staff

The Wellington region has six teachers.

Wellington Hospital.



Karen Stockwell

Kenepuru Hospital.



Kerry Wiles

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

CRHS also employs nine part-time teachers throughout the regions.

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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