



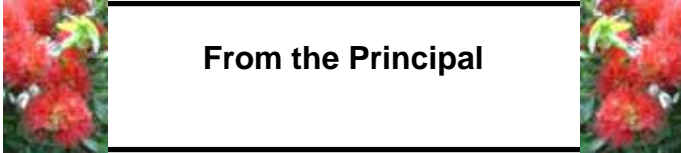
# THE CENTRAL REGIONAL HEALTH SCHOOL



Newsletter 2

Te korowai matauranga mo nga tamariki

Term 2 2008



## From the Principal

Welcome to our new students and families and welcome back to those of you who have been with CRHS for a while.

Term 2, and now the beginning of Term 3, has been busy with us preparing for the opening of CRHS – City at 5 Kent Tce, Wellington, later in the term. Since the last newsletter we have welcomed Terence and Ardelle to the staff for CRHS – City and Fiona to RRAIS. Also joining the team working with students, who have been admitted for mental health reasons, is Vicky. Vicky is an occupational therapist and will be based at CRHS – City. Her position is funded by Capital and Coast DHB and is a milestone in the development of health



Krystal is checking she has signed her Correspondence School English work while Kristin, her CRHS teacher, looks on.

and education working collaboratively. We are all looking forward to CRHS – City starting as there is a number of students who we believe will benefit greatly from being involved in the programme designed to increase participation, presence and learning. It is not only a New Zealand first but we believe a world first. Watch this space for more news next term as we get underway.

The numbers for the Health teachers have been steadily increasing throughout the year. Kapiti has been especially busy - we now have four part-time teachers working with Alison.

For the rest of the year the staff at LNYJ has been joined by Lindy as Assistant Principal. The BoT decided mid-year that progress at LNYJ was being made but would be further enhanced by having an additional person based at LNYJ to support and maintain the change. It has been great to see the teachers focus on student learning and achievement and reflect on their practise to ensure the students get maximum gain from their time at LNYJ.

Karen Stockwell, who was the teacher at Wellington Hospital for several years, is now in South Africa. You can read about her adventures on <http://karenstockwell.blogspot.com>.

Thank you for being part of the CRHS community.

Regards,

Ken McIntoshPrincipal





**Students and their work from the Hawke's Bay**



My name is Renae and I have been in hospital for three weeks with rheumatic fever. I'm 13 years old and I have to live with rheumatic fever for the rest of my life with injections on my bottom.

Here is a poem I wrote about Matariki



**M**atariki is the Maori name for the Pleiades constellation, a cluster of seven stars

**A** special sight of Matariki

**T**owards the end of May Matariki starts to appear

**A**t this time of year you can see it in the early morning before dawn

**R**ongo, Uenuku and Whiro are the gods of Matariki

**I**n English Matariki is called the Seven Sisters

**K**orokoro and fish are caught mostly during Matariki

**I**n mid winter the land lies cold and dormant

Kimberley has had two admissions to Hawke's Bay Hospital in the past term.

Lyn, her CRHS teacher was amazed that she was such a happy girl even when quite unwell.

Here's her secret:



Laughter is not only a great way to socialize but also it is good for your health. Studies have shown that it can boost your blood flow by 20 percent. 95% of volunteers had better blood flow when watching a comedy movie, whereas 70% had worse blood flow when watching a stressful movie. It's not only good for blood flow but also increases your immune response, stabilizes blood sugar levels, ensures good sleep, releases endorphins, and brings a happier glow to your face. Also a good 10-minute belly laugh could give you 2 hours more of painless sleep a night. Not only that but it reduces your chance of developing heart disease. Laughing 10 minutes a day can burn more than 50 calories. Not only is it saving your life but it's FREE!

Remember that feeling you had giggling uncontrollably as a kid? Well nowadays in hospitals, nursing homes and private clubs all around the world "certified laughter leaders" are teaching therapeutic laughter, not only by telling jokes, but by simply pretending to laugh so that what was forced 'he he's' and 'ha ha's' eventually become honest pure giggles. In a regional medical centre in America part of the cancer treatments for patients is to put ice cubes down each others backs at first to pretend to laugh, but to later make it come so easy that they're cracking up uncontrollably. Laughter is excellent when you're ill, as it's a proven way to keep your mental balance; so if you have a life long illness it can keep you sane. But not only that, it is an excellent stress management tool. So may I suggest next time you're sick and feeling blue call on a few clowns or two.



Some people giggle, some snicker, some chuckle, some laugh till it hurts, and some have belly laughs. But whatever your laugh is, it has the same result. We've heard the expression time and again but now I have the proof that laughter truly is the best medicine.

What is laughter you may ask? Laughter is a respiratory vocal behaviour that communicates this emotion to others. When we laugh we stretch muscles throughout our face and body, our pulse and blood pressure go up and we breathe faster sending more oxygen to our tissues. These are what make laughter what it is.

Laughter is something that happens among friends and family, as you're 30 times more likely to laugh when you're with other people than when you're alone. Laughter is infectious, once one person starts, others quickly follow. This can be difficult if someone gets the giggles in a serious situation. When one sees another laughing they cannot help it but to do the same therefore creating a non awkward environment.



Feeling run down? Try laughing more – it's free! Soon doctors will be saying that we should laugh more just like we should have 5+ a day, drink 8 glasses of water a day, and push play for 30 minutes a day. Perhaps we

need to make time for a good laugh. Maybe the guy in the classroom who deliberately laughs at the teacher's jokes has it right.

Now you know all the benefits of laughing, why not make sure that for 10 minutes of the day you give yourself time for a giggle, a snicker, a chuckle, a laugh till it hurts, or a belly laugh. I promise you, you'll get that spring back into your step without hurting the bank balance. You now know life's best medicine – LAUGHTER!

Kimberley  
Hawke's Bay



This is Kimberley at her school ball.

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Hi, I'm Amy and I'm 18 years old  
I designed ugly dolls for the subject  
'Enhance your living environment'  
It involved hand sewing and using the sewing  
machine..



The black doll without stuffing is the prototype  
the blue striped one is the final product. They  
are called ugly dolls because they're meant to  
look out of proportion and not like normal dolls.

It was hard work but fun as well

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My name is Liam and I am 7. This is about my cancer.



**My Journey**

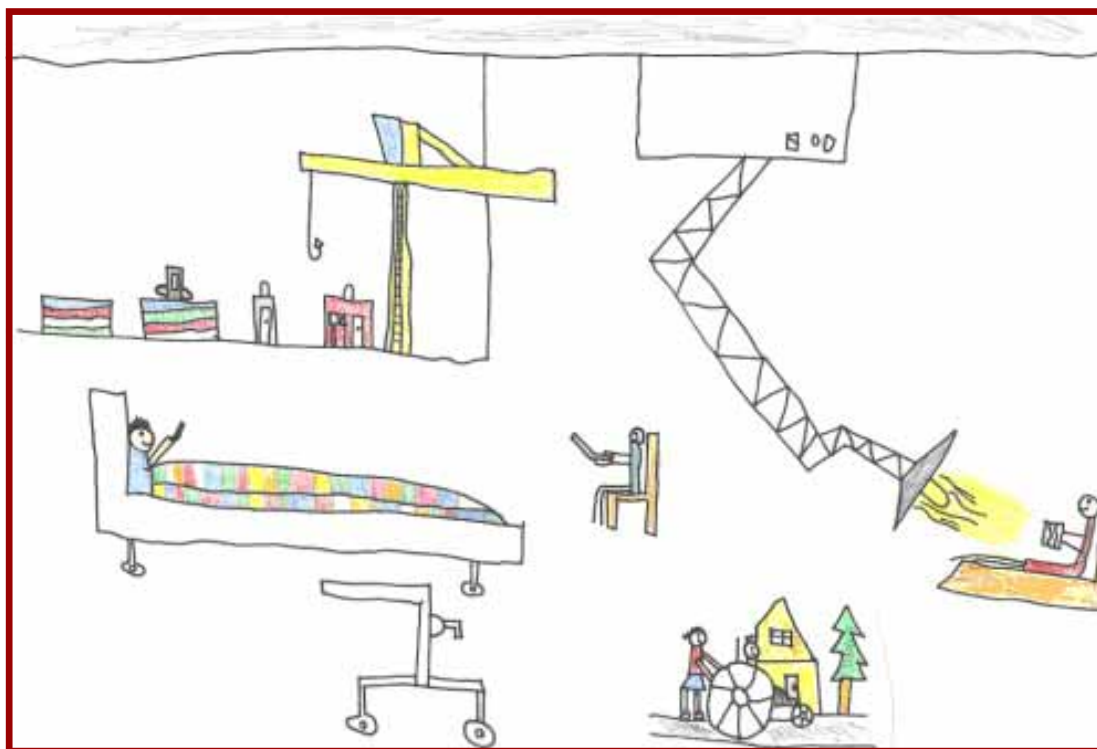
Sunday, about three months ago, Mum took me to the doctors because I had a sore cheek. Then we had to go to Wellington. I had two scans then I figured out I had cancer. I was so sad.

We flew to Christchurch. We all went to Christchurch, Mum, Steve, Amelia, Jessica, Olivia and Ashleigh. We stayed in Ronald McDonald House. There was a computer room (which we normally were in because it was the most fun), an adults' room, teenagers room, a playground for three year olds but we could get in. We could not sit up though. Sometimes the lift would break so we always went on the stairs. In the hospital I had my own room.

I had surgery. I got two of my teeth out. Then we went home again. I had more surgery in Lower Hutt. Now I have got a scar from my knee to my ankle so I walk on crutches because they put knee bone in my cheek. When they took my tumour out I was really scared about having this surgery.

I didn't have to go to school but when we went to pick up Ashleigh, I had to go in a wheelchair to school. Everyone stared at me.

This is my journey so far.

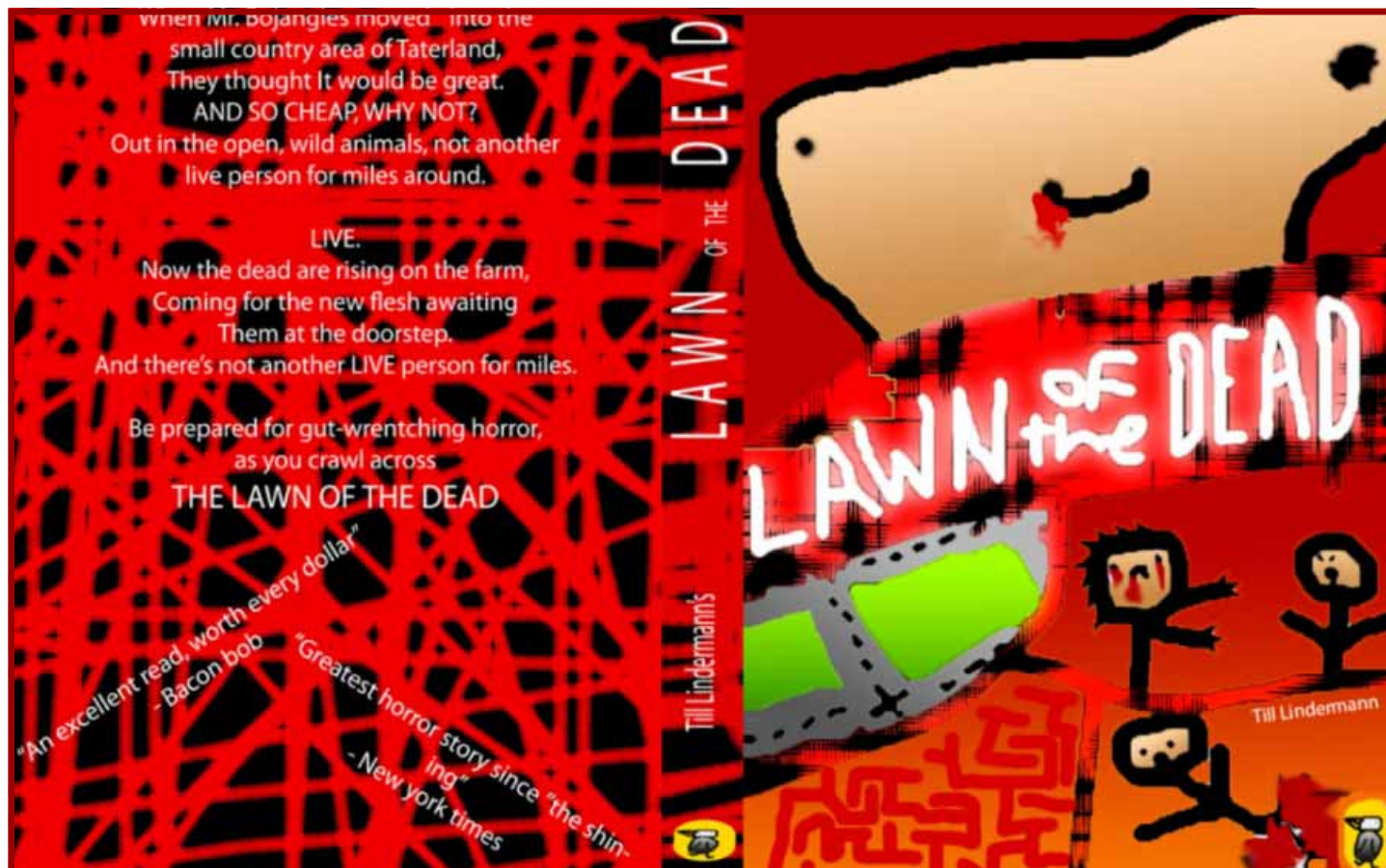


This is a picture I drew about being in hospital

My name is Kyan, I'm 15 and I'm studying English, Science, German and Employment Skills with Elizabeth on the Kapiti Coast.



I produced this book jacket for an English assignment at the end of last term. It was inspired by George A. Romero's zombie series. The dominant feature is the huge zombie. The main colours used are red and black to create a grim but at the same time exhilarating effect. I used Adobe Photo Shop CS3. I really enjoy working with computers, and am particularly interested in Graphic Design.



Here is advice for teenagers on how to talk to their parents about clothes written by Jenna, a Year 10 student.

## Parents & Teenagers - Who chooses your clothes?

Many parents choose what clothes you wore when you were young. But as to when the responsibility should shift over is a question parents have been pondering for years. Depending on the family dynamics in your household, clothing choice can cause friction between you and your parents.

By the time you are starting to care what you look like, you will want to pick what you like and not necessarily what your parents like you to wear.

If this is a problem in your home here are some tips on how to talk to your parents and get your feelings acknowledged without argument!

Make sure you talk to your parents in a calm and dignified manner and avoid yelling or mumbling. This is essential to get your parents to listen and treat you as an adult.

Tell your parents how you feel about your clothes and why you should pick them. Some examples are;

I want to express my own individuality

I feel the need to insert more responsibility into my everyday life so that I can grow into a mature and well rounded adult. (Parents love it when you get technical!)

Tell your parents that you understand that

money doesn't grow on trees and that while you are living under their roof they have the right to step in and tell you when something is too expensive, too revealing or just downright rude!

Most mothers (and some fathers!) love to shop with their daughters (and sons!) and see it as quality time. This is a great way to get a second opinion on clothing (and you will often find that you can step in and stop your parents having a fashion disaster as well!)

Remember the key to change is good communication so pick a time when you and your parents are feeling relaxed and then strike with your excellent arguments!

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The students at Lower North Youth Justice have been doing NCEA Rangrang standards with the aid of an outside expert. They each made a paki for use at powhiris.



See page 11 for the finished article

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William, a Year 10 pupil from Paraparaumu College, was disappointed he had missed a sheep heart dissection at school last term. So William and Robyn, his CRHS teacher, decided to do a dissection at home.

Williams Mum and Grand-dad managed to get two hearts with lungs attached so with latex gloves, the bread board and sharp knives we were ready.

Quote from William

“We started the dissection by blowing up the lungs through the oesophagus with a straw. The lungs inflated and deflated.



When we dissected we found the four chambers that hold the blood. We saw the stringy valves that keep the blood flowing the right way.

I learnt that the heart is a very strong muscle that has to work all of the time, every minute of the day and night.



I learnt that when people have to have open heart surgery the surgeons may have to cut the heart open to do the work.

I thought the dissection was interesting but bloody and yucky.”

Computer generated art from Sarah, a Year 12 student, for a book she is writing.



Introductory Scene



End Scene



### Work from Wanganui Hospital

Here is Amelia with her pony Toby



And here is a poem she has written

### I'm the rain

I am the rain.  
 I am noisy.  
 I am quiet.  
 I come at night.  
 I come at day.  
 I make homes for fish.  
 I give plants and animals water.  
 I fill rivers and lakes.  
 I make puddles.  
 I pitter patter on your roof.  
 You drink me when you're thirsty.  
 I make the sky go black, sometimes grey.

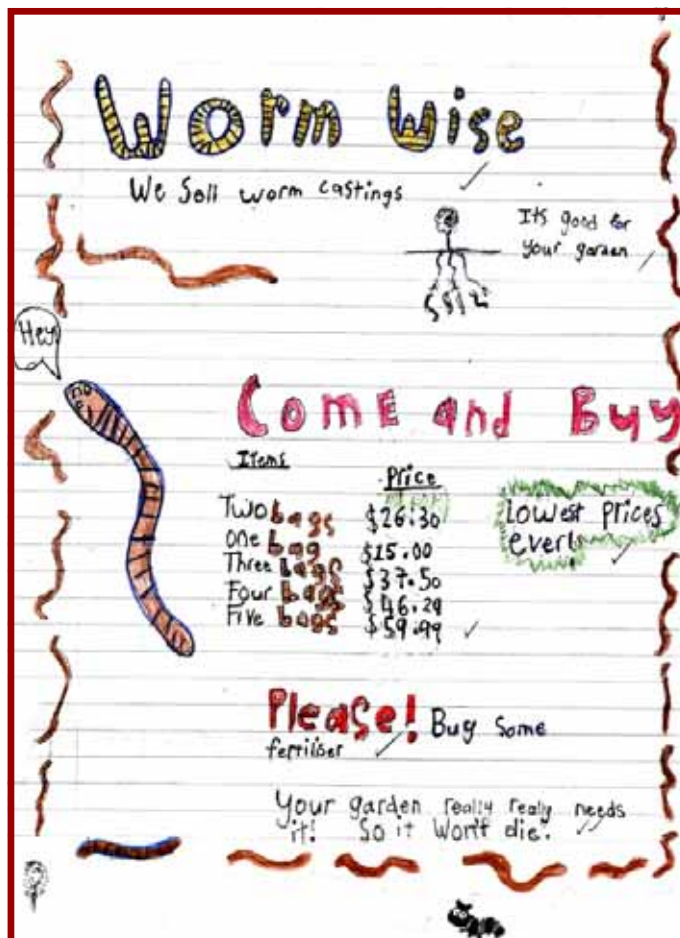
THE END

By Amelia

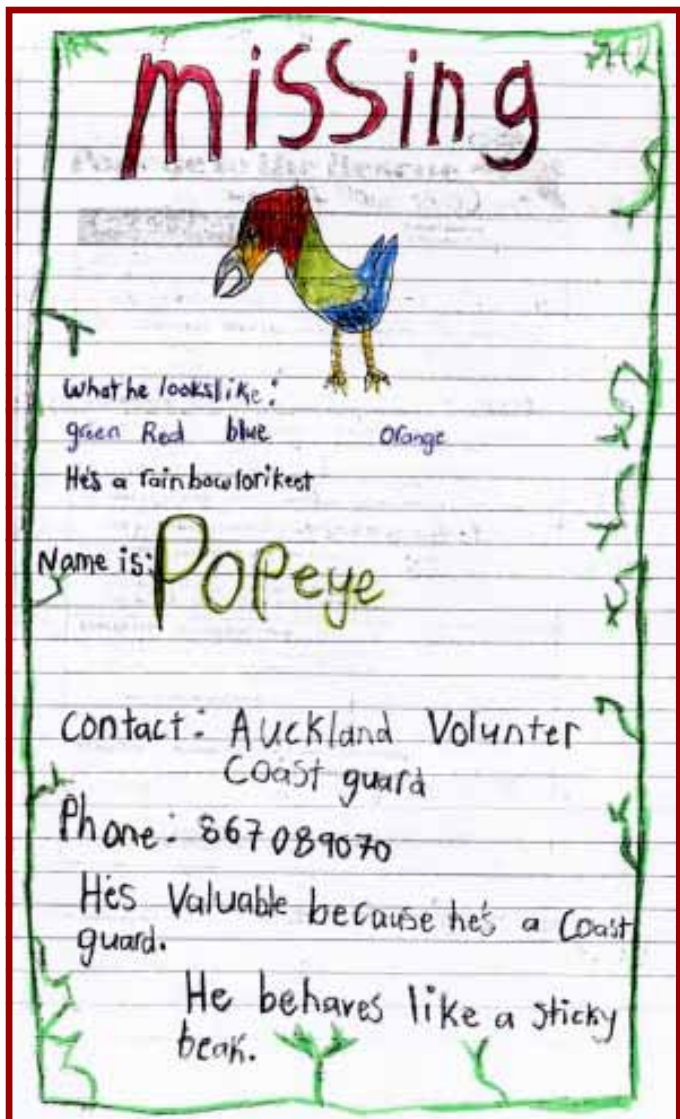
Here is Jamie with some of the work he has done for Rochelle, his CRHS teacher.



He has used modelling clay to sculpt a blue penguin, a fish tank scene and Elfie and his friend.



And here is a poster he did.



And another.

and they showed us the guns. We were allowed to hold them. They had grenades too. They had machine guns, gas guns, shot guns and pistols. My favourite was the machine gun.



Last week the guide dogs came and this week the SPCA bought 2 little puppies. I got to hold them.

I'm having a great time at hospital.

By Houssein



A couple of weeks ago I fell off my bike. I scratched my leg and it got infected. I went to the hospital. I've been in hospital for 10 days. Its fun being at hospital because there are TVs and playstations. There is a playroom with games and videos.

We had some visitors. The police came and brought some guns. They told us about them



Students modeling their pakis

*Meet the staff*

**The Wellington region has six teachers.**

Wellington Hospital.



Kristin Holmes

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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