



Vanguard News

September-October 2016

EFFORT BRINGS REWARD

PRINCIPAL'S REPORT

ROCKLEY MONTGOMERY



Welcome to the October edition of the Vanguard Military School newsletter.

Term four has started very well for us with a generally good attitude to working hard and finishing the year well. For our recruits, this year is almost over, but we all need to maintain this focus and keep working hard until the very end. These last few weeks are going to be very busy working on finishing off

the last few internal assessments and then the final preparation for the external exams. Our recruits will all have a short break between their last exam and the start of graduation preparation. All recruits will need to be back at school on Monday 5th December 2016, when we will start the final preparation for our graduation ceremony that will be held on Friday the 9th December 2016 at the school. We are exceptionally proud of our recruits and the amazing results they have achieved this year and we would like to share this with all of our parents, family and friends at this year's graduation ceremony.

At this point in time only a hand-full of our level two and three recruits have not already passed the year, and this is before even doing the external exams. Our level ones are finishing up well and there is no doubt that this year's group will achieve very similar if not better results than last year.

Our enrolment process for 2017 is now completed. The school is full at all levels and there is an established waiting list, should any spaces become available.

I would like to congratulate our Rugby 7's teams both the Boys Open and the Girls Open teams. They trained well during their preparation and build-up phase and as a result of this went into the tournament well prepared, and did the school proud on an off the field. Their level of play was fantastic and by knocking over some of the big schools in the area, they proved that Vanguard will become a Rugby 7's force to be reckoned with in years to come. Thanks to all those who came to support the teams. It was fantastic to see not only large numbers of current recruits and their parents supporting, but the good number of ex-pupils who came to support their old school was also brilliant to see. Even though Vanguard has only been around for three years, our

school family is already solidly entrenched. A big thank you from everyone for the staff who put so much work into the two teams. Their efforts were highly appreciated by all. They did feel that they were well rewarded for all their hard work by the performance on the day; again both on and off the field.

The focus for our recruits for the rest of this term is to work hard in preparation for their external exams, prepare well to ensure good confidence, to eat well and to get lots of sleep during this time, particularly just before the exams and enjoy the end of the 2016 school year. Recruits achieving their academic goals will establish the required platform for themselves to either return to school next year for further education or, if not returning to school, to set themselves up with the best possible chance of success in their future endeavors. I wish all our recruits the best possible outcome for term four.

100 YEARS RSA ANNIVERSARY

Victory Tupou – Basset
Don Mokoroa – Trent
Max Murzov – Apiata

The 100th anniversary for the Auckland RSA was held on the 8th of October at the Auckland War Memorial Museum. Around thirty recruits were invited to represent Vanguard and take part in the special ceremony on the parade ground in front of the cenotaph.

All the recruits gathered around 0930 and did a quick uniform check on each other. We wanted to look sharp and smart for this special day as we all felt it was an honour to be part of it.

At 1000 Sam Noone, a member of the Auckland RSA briefed us on the standard drill and what was to be expected of us. Jay-Cee Marks was selected as our parade commander and he did an outstanding job. It was his first time attempting something like this and he coped very well in what was a pressure situation. We were joining a group of naval recruits doing their selection course and a group from the Air Force. Together we all marched onto parade and stood as an honour guard for the fallen soldiers who fought for our country.

The ceremony lasted about an hour and afterwards the Vanguard recruits went upstairs in the museum for the chance to mix with the RSA members as well as serving defence force personal. It was pleasing to hear so many positive comments about our drill and our school from the RSA, NZDF people and spectators.



We all found it to be a very moving experience and a great honour to be part of the celebration.

A big thank you to Bailey Glassie who helped organise all the recruits for the day, to the families and staff members who came to support us and to the Auckland RSA for inviting us to be a part of their day. We hope that Vanguard recruits can be involved with more things like this in the future.

SECONDARY SCHOOL 7'S TOURNAMENT

Tyron Montgomery – Teacher
Physical Education

Eddie Hudson – HOD Maori



On the 15th of October a number of our recruits participated in a fiery rugby competition and did Vanguard proud.

The boy's performance both on and off the field was pleasing. Not only did they have established rugby schools to compete with but it was a very testing day with the tough weather conditions, torrential rain one minute to blowing gales the next. They definitely showed the other schools and North Harbour

Rugby Union what we are all about and that we were not there purely to make up numbers.

This is the first year that Vanguard Military School has put forward a Girls Rugby team into the local secondary school sevens competition run by North Harbour rugby. The team was placed in a very difficult pool with Kaipara College, Westlake Girls and Northcote College. Kaipara College have been one of the leading schools at a national level for 15's so it wasn't going to be easy for our girls to make an impression. Against all odds the girls still managed to pull a victory out of the bag winning our first game against Westlake Girls by 27-0.

In summing up, acknowledgements must be given to our captain Abby Curran for her fine leadership, to our senior members in particular Shanaya Corin for general excellence and to our two most valuable players Lenari Taala and Margaret Tausaga who excelled with their skill levels and commitment to the team.

Thanks to our manager Staff Field, staff members who turned up in the poor weather conditions with their families and to the school for their



support of both teams. Next year looks promising as most of the team will be returning. the behaviour on the side line was second to none.

I.S.C. HIGHLIGHTS

Vanguard's Got Talent

Claudia Tarrant – PA to the CEO

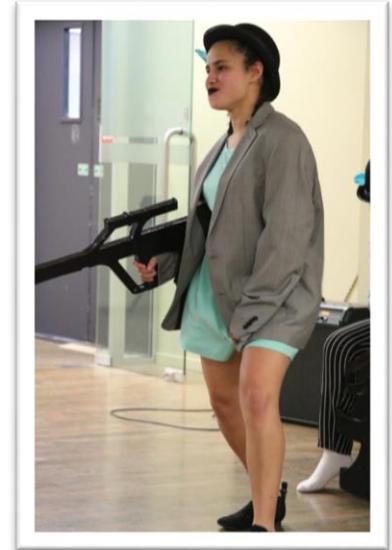
At the end of week 6 of Term 3 Vanguard went on a hunt to find out if we have our very own Susan Boyle in our midst or even a group of lads ready to be the next One Direction? Turns out, our Recruits and Staff have a number of amazing, hilarious and peculiar talents that left everyone in stitches.

From dancing and singing to dramatic skits and bizarre costumes, the entire school put their best jazz hands forward and delivered a spectacular show.

Bassett put on an outstanding performance and managed to score runner up. The section marched on stage, looking sleek – decked out in camo gear and black shirts. They executed some killer military styled dance moves before Philip Uaine and Clyde Mataua performed a moving rendition of Rod Stewarts / *Don't Want To Talk About It*. The combination of Clyde's skills on the keyboard and Philip's voice created an unbelievable ambience that was sure to generate goosebumps amongst the audience.

However, it was Upham that stole the show managing to win over the hearts of all 4 of our judges. The Level 2 section opened up their performance with an emotional bang thanks to Raiti Aperahama and Dylan McCarty. These two boys delivered a beautiful slow dance filled with lifts and leaps

meaning Raiti could show off his muscles while Dylan got to show off his legs in the little black dress he was sporting. Once the High School Musical slow dance concluded it was the girl's time to shine. Leiatu



Cannon, accompanied by her 3 back up dancers, Margaret Tausaga, Kuovatisi Vea and Jasmine Moutere stole the lime light with their choreography to Jessie J's *Bang Bang*. They whipped out the big guns and obliterated the competition. Upham's performance was clearly well thought out and had the perfect balance of comedy and skill.

The entire school did an amazing job and provided great entertainment for all. Good work Vanguard, you definitely have a lot of talent.



Vanguard Challenge Cup

Paul Field – HOD Physical Education

On Friday the 23rd of September the annual Vanguard Challenge Cup was held.

This year the event returned to the Devonport area, including Cheltenham Beach, Devonport Domain and finally North Head. Thankfully the weather was considerably better than last year.

The recruits started the course with the warm up and basic training which included fully submerging themselves in the freezing cold ocean before heading off to undertake a series of challenging activities.

I would like to congratulate all the recruits for making the event a thoroughly enjoyable day and would like to thank the staff for all their support and help during the VCC.

Congratulation to Trent section who took the victory and will hold the VCC cup for 2016 and one of the true Vanguard Legends Don Mokoroa will have his name scribed into Vanguard History.



HOW YOU CAN GET READY FOR EXAMS

Extracts from Shaniese Alston's article "Scientifically, The Best Ways To Prepare For Final Exams"

1. Say NO to cramming: Study in intervals! Studying in 20-50 minute increments and giving yourself 5-10 minutes in between is more beneficial than cramming. Distributing learning over time typically benefits long-term retention more than a short period.

2. MINIMIZE distractions: Research shows that while many teens prefer to study while listening to music, texting friends, or watching television, they are less likely to retain information that way. If you must listen to music, stick to instrumental music and consider downloading these study tools to keep you focused!

3. Time management: Cramming causes anxiety, which lowers your ability to retain information. By creating a balanced study plan and schedule, you will be able to study each subject in its entirety and ultimately boost your test performance.

4. Say YES to cardio: Science says that just 20 minutes of cardio can improve your memory. Whether you're dancing, jogging or busting a sweat by walking, exercise will increase your energy level and reduce the effects of stress. Very important!

FROM THE ADMIN DESK

2ND HAND UNIFORMS

Please find below the list of prices for all 2nd hand uniform. If there is a price range per item, then it will depend on the quality of the item purchased

Belts	\$10
Berets	\$15 to \$22
Epaulettes	\$4
Trousers	\$20 to \$40
Men's Short Sleeve Shirts	\$5 to \$12
Men's Long Sleeve Shirts	\$5 to \$12
Women's Short Sleeve Shirts	\$10 to \$17
Women's Long Sleeve Shirts	\$5 to \$12
Unisex Jerseys	\$25 to \$70
Unisex Rain Jackets	\$20
Ties	\$7
Unisex Singlets	FREE
PT Caps	\$7

If anyone is interested, they should still email their order & if they put the highest price of the range, then they will get the highest quality item.

UPCOMING EVENTS

9 th Nov	NCEA External Exam Start
2 nd Dec	NCEA External Exam Ends
9 th Dec	Graduation Ceremony

INTERSECTION LEADERBOARD

Section	Points	Position
Hinton (Year 11)	740	1
Trent (Year 12)	660	2
Bassett (Year 12)	636	3
Upham (Year 12)	634	4
Trigg (Year 11)	541	5
Hulme (Year 11)	518	6
Apiata (Year 12)	518	7
Ward (Year 11)	511	8
Laurent (Year 13)	475	9
Elliot (Year 12)	385	10
Ngarimu (Year 11)	299	11

CONTACT DETAILS

If you have any questions about this Newsletter or would like to make a contribution to the next edition, please contact us at:

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