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October 20, 2023 / Alberton Avenue, Mt Albert, Auckland 1025 / +64 9 846 2044 / www.mags.school.nz

From the Headmaster

Key Dates

Being There For Others



Tēnā koutou, ki te whānau o Mount Albert Grammar School.

"No one has ever become poor by giving."

Close to 60 students received their Service Lion at today's Service Lions Awards Assembly.

The Service Pillar is a unique part of a MAGS education in that it complements achievements in our

three remaining pillars – Academic, Arts and Sport.

Service has been called the 'glue' that holds our school together. It underpins our culture and makes our school work.

In a large school like MAGS, there is always someone who needs support. The service opportunities for our young people within and outside of the school are limitless.



In a social media era dominated by individualised self-promotion, service as a value has become somewhat counter-cultural. It is wonderful that we can still prioritise and experience service in the day-to-day workings of MAGS.

Thank you to our MAGS servant leaders. And thank you to the staff who provide such a breadth of service opportunities for our students.

Enjoy the long weekend!

Patrick Drumm

Click [here](#) for the Calendar

Monday, October 23

Labour Day holiday

Thursday, October 26

Sports Prizegiving Dinner, Alexandra Park, 5.45pm

Friday, October 27

Arts Prizegiving Dinner, Sorrento in the Park, 7.00pm

Thursday, November 2

Te Puna o Wairaka Prizegiving Dinner, Te Mahurehure Marae, 6.30pm

Sport



Trials and Registrations

Click [here](#)

Our Lion Fund programme aims to provide financial support to allow every MAGS student to access the breadth of opportunities we offer at our school.



Donate to the Lion Fund now

Pasifika achievement celebrated



Violani Afoa, Kairo Ah Kuoi-Simich and Kaloni Tovo were among the big award winners last night, as was Head Prefect Tairahia Moata'ane-Mika, pictured below right.

MAGS' Pasifika community had a lot to celebrate and turned out in force to do so at last night's Pasifika Prizegiving Dinner.

At a packed-out venue, guests heard about Pasifika success in NCEA, Scholarships, sports, arts, service and particularly in the recently formed Health Sciences Academy.

Head Prefect Tairahia Moata'ane-Mika and Leila Belt were named Best All Round MAGS Pasifika Students, Violani Afoa and Kairo Ah Kuoi-Simich won the The Tagaloa Peter Su'a Award for Performing Arts, and Violani and Leila won the Ulugia-Pua Award for Outstanding Services to Mount Albert Grammar School.

Josie Gaoa and Isaiah Fale were awarded the Ah Kuoi Family Cup for Services to MAGS Pasifika, while Meyuti Poutu and Fifita Uhila were presented with the Tupuola Apisaloma

Taulapiu Cup for Cultural Leadership.
The Top Year 13 Pasifika Sportswomen were Jorjia Fiu and Zahnia Papali'i, and the Top Year 13 Pasifika Sportsman was Roy Tatupu.

Year 12 Best All Round Pasifika Students were Ava Siakimotu and Eved Ah Soon, and the Year 11 Best All Round Pasifika Students were Khalen Quensell and Brendan Akeli.

You can see more photos from the prizegiving and the full list of prizewinners [here](#)



Service Lions recognised



At a Service Lions Assembly today, students who had gone above and beyond the call of duty in serving MAGS and/or the wider community were awarded or re-awarded Service Lion badges.

The guest speaker at the assembly was Brianna Connelly, from Shine, a charity that works to make New Zealand homes violence-free and one that MAGS has partnered with in the past with fundraising events at school.

Miss Connelly said serving your community was one of the most fulfilling things you could do – and didn't have to involve global campaigns or massive fundraising drives. Everyday, small acts of service or giving added up to create better and safer communities.









Guests were also treated to a performance by Gloriana of *Blue Skies*, directed by Ms Oxenham and accompanied by Mr Gibbs on piano.

You can see the Senior Service Lions [here](#) and the Junior award winners [here](#)





Exam preparation tips

 <p>Stick to a routine by eating and sleeping at around the same time each day</p>	 <p>Get a good night's sleep. This gives your brain time to recharge and remember what you've learnt.</p>	 <p>Give yourself mini rewards once you achieve your study goals – watch a TV show or go for a run</p>	 <p>Keep focused on your study – don't let other stuff like friendship worries distract you.</p>
 <p>Avoid junk food - it will bring a sudden burst of energy and then fall away quickly leaving you feeling worn-out.</p>	 <p>Eat a well-balanced diet - lots of fresh fruit, vegetables, cereals, grains, nuts and protein are all good for the brain and energy levels.</p>	 <p>Allow yourself time to rest – try out some relaxation activities like deep breathing, meditation or listening to music.</p>	 <p>Cut back on energy drinks they can increase nerves. Drink lots of water instead!</p>

Come exam time, setting a schedule is vitally important. Students need to schedule everything from sleeping and eating, to studying and exercising. It is one of the best ways to manage inevitable exam stress.

Students need to look after themselves when they have big demands in their life. When it comes to productive study, sometimes less is more. It is recommended that students hit the books in 50-minute stints, broken up by 15-minute breaks. This gives the brain, and body, a rest. Adolescents will often underestimate the amount of sleep they need. Getting enough sleep is key to successful study practices. Research shows that physical activity also has a very positive impact on mental wellbeing. Eating well is another crucial factor to maintaining concentration and staying focussed on the task ahead. See more at SchoolTV [here](#)



For more information and tips, click on these links:

<https://mags.nz.schooltv.me/content/blog/help-your-child-cope-exam-stress>

<https://kidshelpline.com.au/teens/issues/exam-stress>

Gloriana continues workshops



Gloriana had the opportunity to workshop with Dr Karen Grylls CNZM at a rehearsal this week.

Dr Grylls, at right, has recently been honored for her work as Associate Professor of Choral Conducting at Auckland University and Founder of Voices New Zealand Chamber Choir. Her work is well known both in New Zealand and overseas.

Gloriana's Choir Director Catherine Oxenham is currently studying with Dr Grylls, who was excited to be invited to meet and work with the choir.

Ms Oxenham was pleased to hear the choir found the experience both educational and enjoyable.

Deputy Head Chorister Emily Gough commented "It was a pleasure to watch Dr Grylls work with the girls and see the immediate improvement. Her knowledge of music and choral singing and the techniques she taught will certainly be a valuable resource as we become stronger and more technical singers in the years to come."

Dr Grylls is one of many choral experts Ms Oxenham has been able to invite in to work with Gloriana, including David Hamilton, Composer, and Kate Bell, Choir Director, with the All Together Now group of choirs.

Ms Oxenham said, "2024 will offer more opportunities to grow and develop as a choir."



Summer Sports photos next week



Summer Sports Photos for 2023 will be taken in the School Hall next Wednesday, October 25.

Students should arrive at the hall at least 10 minutes prior to their photo time and must be wearing the correct uniform.

Schedule and uniform details are [here](#)

Get your Christmas ham now!

Neat Meat is again helping our Sports Department with fundraising for students in need – \$10 from every ham sold goes back to the school.

Pick-up is 11th of December, and you can order [here](#)



Quality Manuka Smoked Christmas Hams

The perfect Gift for you and MAGS



**New Zealand Free Farmed Half Ham, Cooked on the Bone.
Gluten Free and Delicious.**

Each ham weighs approximately 4.25 - 4.75kg

**How it works: \$90 per ham, with \$10 of this going back to
Mount Albert Grammar School. <https://forms.gle/dSvM9vwwSyCCHN8a7>**

Pick up: Monday 11th December 4-6pm from MAGS.

Get in quick while they last, only 80 hams!

Rail network disruption

Students who use Western Line or Southern Line trains should be advised that Stage 3 of the Rail Network Rebuild will start at Labour Weekend and continue until June 2024.

During this time, train services will be disrupted with network closures, limited services and, at times, buses replacing trains.

You can read more about planned rail closures [here](#)

A Tradition of Excellence

Alberton Ave, Mt Albert, Auckland
09 846 2044 www.mags.school.nz

**EXCELLENCE
CONNECTION
& GROWTH**

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