



CBHS

Christchurch Boys' High School

International Student Handbook

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Welcome to Christchurch Boys' High School!

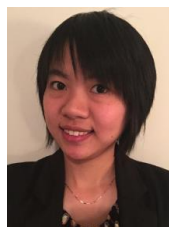
We are very happy to have you at this school and we hope that your time with us will be one of the most rewarding times of your life. Remember to work hard, be respectful at all times and take care of yourself.

Contact Details for support Staff



Mr Carl Everett (Carl)
Director of International Students
P: 348 5003 ext 264
M: 027 422 2574

*Will oversee your experience at CBHS.
Will help you with any problems.*



Ms Fen Yuan (Fen)
International Office Administrator
P: 348 5003 ext 264

*Will ensure that your details are accurate
and up to date.*



Ms Fry
Head of English Language Support

The Deans

Year 9	Mrs Welsh
Year 10	Mrs Pegg
Year 11	Mr Killkelly
Year 12	Mr McNaughton
Year 13	Mr Waller

The person to talk to about issues including timetable changes and bullying..etc

Guidance Counsellor

Available to offer confidential advice if you are experiencing any personal problems.

Careers Counsellor

Available to give advice on subject and careers to ensure that you are studying the right subjects to suit reach goals

Code of Practice www.nzqa.govt.nz Copies of the Code of Practice for the Care of International Students in your language

Starting School Checklist:

- New **SIM Card** collected from International Office ☐
- All **uniform** organised ☐
- Stationery** ordered ☐
- Bus Card** collected from Fen ☐
- Bank Account** is opened ☐
- ID** photo taken ☐
- New Zealand Dollars** organised if needed ☐
- Homestay Address** saved in your phone ☐
- Carl, Fen, Homestay and Guardians Numbers** in your Phone ☐
- Discussed the **Homestay Rules/ Internet Usage** with family ☐
- School **Wifi password and email address** created ☐

Your school email address is where your teachers will communicate with you. You will need to check it regularly.

If you change any of your contact information such as Phone Number or Address, you **must** inform Carl or Fen as soon as possible.

You must have your phone with you and turned on at all times.

Important Information

Visa

You are required to hold a visitor or student visa at all times while in New Zealand. We can assist you when making an application for a new visa and will let you know when you may need to provide some information.

Remember:

- **If you have a poor record of attendance your visa may be declined**
- **Visas are now issued as a paper copy. This must be kept with your passport at all times**

Insurance

It is against the law for international students not to have current and appropriate insurance. If you have insurance policies organised by the school, we will ensure that it is up to date. If you have your own policy then we must have a copy each time you renew it.

Transport

Students who hold a current NZ drivers licence and full vehicle insurance, will be permitted to drive. Copies of the licence and insurance must be given to the international office.

Bus passes can be collected from the international office and can be topped up online or with the bus driver. These must be given back to the international office when you leave.

Money

Living in New Zealand is quite expensive. You will need to learn to manage your money. We strongly advise that you do not get into the habit of lending money to each other as this can create problems and large debt.

Your school account information will be sent to your family each month if you also wish to have a copy then please ask. This is not an account that you can draw from.

Clothing

The weather in New Zealand is very changeable. The winter nights can get very cold very quickly. Make sure that you have the appropriate clothing when out and about.

Making a Complaint

We are always happy to talk to you about any concerns that you may have but if you wish to make a complaint and you feel that the school has not listened to you then you can contact the 'Complaints Officer' at schoolcode.enquiries@nzqa.govt.nz or write: New Zealand Qualifications Authority, PO BOX 160, Wellington 6140

If your complaint is in relation to contracts or finance then contact 'The Disputes Resolution Scheme at: www.fairwayresolution.com/istudent-complaints

International Students at Christchurch Boys' High School

Christchurch Boys' High School has a history of over 139 years of educating boys to be fine young men. We have **high expectations** of our boys and **strong relationships** with them. **Academic success** and **moral strength** are considered paramount and our boys excel across academic, cultural and sporting fields. We value tradition, we honour excellence, we teach values and we celebrate success in a school environment that cares for student welfare, recognises cultural diversity and meets the learning needs of a wide range of students.

Many International students want to study for qualifications and then go to University in New Zealand or overseas. To do this you need to have a good level of English and complete all assignments, tests and exams. If you are here to improve your rugby skills, remember that the academic part of your programme is very important, and you must participate fully in the academic programme or you may be penalised by missing rugby trainings or games.

At Christchurch Boys' High School you will have the opportunity to meet many people from different cultures and countries.

Make friends with people from different countries
Try not to stay with students who speak your first language





The School Motto

Altiora Peto – I Strive to Seek Higher Things

The School Song

Words: W. F. Alexander
Music: F. C. A'Court

The School we magnify –
For us no school comes nigh it
– Holds us by such a tie,
Both are exalted by it.
In class, and scrum and scathe,
We strive but for her merit;
And she rewards our faith,
Who bids the climbing spirit.

**Altiora Peto, Altiora Peto;
Honour the School that keeps the rule;
Altiora Peto.**

Not here alone descried,
Unchanged by skies above her,
She is where'er her pride
Is kept by sons who love her,
They share her triumphs still
The men who went before us.
With ours their voices thrill
In the immortal chorus.

**Altiora Peto, Altiora Peto;
Honour the School that keeps the rule;
Altiora Peto.**

A Fine Young Man

A student of Christchurch Boys' High School demonstrates their respect for their environment, for other people and for themselves through the following qualities:

1. Good Manners

'Please' and 'Thank you'

Polite and courteous behaviour

2. Good Dress/Uniform*

School uniform is always clean and tidy

School uniform is worn fully and correctly at all times (shirt tucked in, top button done up, tie over top button, blazer on, clean/polished black leather lace-up shoes).

3. Good Appearance*

Tidy and clean appearance

No studs/jewellery

Hair is to be neat and tidy (comfortable)

4. Good Attitude

Calm and friendly

Cooperative and respectful

Honest and reliable

5. Good Verbal Communication

Clear and assured

Polite

6. Good Balanced Life

A balance needs to be struck between school work, homework, extra curricular activities, work and social life.



What are the school rules?

Most of the school rules are 'common sense' and help us all work well together. They include:

- Show respect to teachers and other students at all times
- Smoking, alcohol and drugs are not allowed (this includes when travelling to and from school)
- Violence and bullying are not allowed and should be reported
- You cannot leave the school grounds during the school day unless in year 13
- All students must wear the school uniform. You should wear it correctly at all times
- You must attend all classes. If you are sick your host parent or guardian must phone the school

**Detailed rules can be found on the CBHS website*

What happens if I break the rules?

Behaviour Management System

Three step system of

- (1) Clear warning to specific student
- (2) Warning and name on board
- (3) Referral from class

In case of extreme behaviour an immediate referral may be made.

Referral

Issued when Step 3 of MSB is reached, or immediately for extreme student behaviour.

- Bursars/International Director's Office
- Written Task
- Apology
- Letter home

Home Detention

Written note, signed by a parent / caregiver, and returned to the teacher the next day.

The Dean will be notified after three home detentions have been issued.

Detention

Detentions are a consequence for serious offences such as an incomplete Home Detention, truancy, incorrect uniform without a note or generally inappropriate behaviour.

Detentions are issued for after school the next school day, or that day if it agreeable with the student. The detention is 60 minutes and usually involves a copying exercise. The list of boys on detention is published daily on the notice board outside the Bursar's Office.

Living in a Homestay

We hope that you will become part of your homestay family, rather than a boarder or guest. Your homestay parents will generally treat you like a son. They will invite you to join family activities and will be interested in your progress at school. They will worry about you if you are late home or seem unhappy. They will feel a sense of responsibility for your happiness and safety.

It is not easy to live with a new family in another country, especially at the start. Everything may seem strange at first, but try to relax, and if you have any questions, just ask. If you have a problem, talk about it. Your homestay parents will be happy to help you. They understand that it may be hard for you and want to help you in any way they can.

Important things to remember:

- Be polite. Say “thank you” when you have enjoyed a meal or have been taken on an outing. It will seem rude if you say nothing.
- Be considerate and respectful. If you are going to be home late, or won’t be home for a meal, tell your homestay. Don’t spend too long on the telephone, as other people may want to use it. If your friends want to visit or come for a meal, ask if it’s ok first.
- Be helpful. Keep your room tidy. In New Zealand, children are expected to help around the house, e.g. washing the dishes, setting the table. Ask if you can help. Remember, you are living as part of a family, not in a hotel!
- Talk to your homestay family. At times you will be tired and want to be alone. That is fine, but don’t spend too much time in your room, especially if you are feeling homesick. Talk about your country, family, friends and school. This will also improve your English.

What does my homestay provide?

- A warm, comfortable room with study facilities.
- 3 meals a day, and there will be laundry services.
- The homestay family will notify you of the house rules.
- You will be encouraged to participate in the family’s activities
- There will be regular contact with the homestay co-ordinator and/or your guardian

Will my homestay have rules?

Different homestays often have different rules but all homestays will expect to be treated with respect. The rules are usually things that show respect and consideration to help everyone live happily together. Your homestay will talk to you about these things. For example:

- You must not spend too long in the shower
- You should turn your heater off when you go to sleep
- If you are going to be late home, text or call so they don't worry about you
- If everyone needs to get up early to go to work and school

If I go on holiday and I am not living at my homestay, can I get a refund for the time I am away?

If you are away for more than three consecutive nights, you will pay one third of the daily board payments for the days you are away.

You must also notify your parents and complete a 'Holiday Trip Details' Form and give it to Mr Everett before you leave Christchurch.

If I am at Christchurch Boys' High School for more than one year and I am returning to the same homestay, do I have to pay anything over the Christmas holidays?

Yes, you will be required to pay a \$50 per week for your room as the homestay family are keeping it free for you.

Can my friends stay at my house? Can I stay at my friend's homestay?

Your homestay will probably be happy about this but you must ask them first. If you are staying at a friend's place you must give a contact name and telephone number to your homestay. This is for your safety. Remember that your homestay is responsible for you. If they, or the school, need to contact you in an emergency we must know where you are.

If I feel cold in the winter, do I have to pay for extra heating?

If you are cold, tell your homestay. You do not have to pay for extra heating. You must always remember to turn your heater off when you go to sleep and when you leave your room. Electricity is expensive!

What should I do if I have a big problem I can't talk to my homestay about or I want to change my homestay?

Speak to your guardian or to Mr Everett. Remember that it often takes at least one month to feel relaxed in a new homestay. Some students may have problems settling down. Often, a problem that seems big can be solved by talking about it.

If you have an issue with your homestay that cannot be resolved and you wish to change to a different homestay, talk to Mr Everett and if he agrees that you should change homestay, the school will arrange to find a new homestay for you.

Can my homestay family ask me to leave?

Sometimes a homestay is unable to continue. If this happens, your homestay parent(s) will telephone the school and a new homestay will be found for you.

If a homestay family is not happy with a student's behaviour, they will talk to the student. If the bad behaviour continues, they will contact Christchurch Boys' High School or the student's guardian. Mr Everett and/or the guardian will talk to and warn the student. If the problem still continues, the homestay may ask the student to leave.

***Good luck with your homestay
We hope you will make special Kiwi friends***



You probably already know some things about Christchurch Boys' High School. The following questions and answers will teach you more about your new school.

How do I know what stationery to buy? Will I be given textbooks?

All stationery can be ordered for you online and you will receive these items within the first week.

What is Kaitiaki Time?

Kaitiaki time will be held twice a week. During this time you will keep up to date with things happening in the school, discuss things of concern and cover topics of interest.

Do I have to come to school every day? What happens if I am sick?

You must attend all of your classes. If you are sick your guardian or homestay family must contact the school.

If you are sick on the day you have a test, exam or an assignment, it is very important that you go to the doctor and get a 'doctor's certificate'. Give this to your Kaitiaki teacher or Mr Everett.

If you have a doctor's or dentist's appointment, bring a note from home. Take it to the Bursar and she will 'sign you out'. For your safety, you cannot leave school without telling the Bursar or Mr Everett first.

If you want to be absent for a special reason, for example your parents are visiting Christchurch, you must talk to Mr Everett before this time. You must get special permission for this.

Some students want to return home for the holidays. You can do this if your parents give written permission. It is not a good idea to take extra time off school to go home, as it will be very difficult to catch up on the work you miss.

If you feel sick during the day, go to the Bursar. If you want to go home the Bursar will ring your homestay.

If you have too many absences, you will receive a letter from the school. We will also send a letter to your parents. If your absences do not improve, you may be asked to leave Christchurch Boys' High School and have your Student Visa revoked.

What should I do if I want to change a subject?

Speak to Mr Everett or your Dean

What can I do if I don't understand the work in class?

Many International students find school work difficult at first. Perhaps the teacher speaks too quickly. Perhaps you have trouble understanding the teacher. Perhaps you have not studied the subject in your own country. Often, time will help. But you can do many things to help yourself.

- Ask your teacher for help. "Could you repeat that please?" "Could you speak a little more slowly?" "What does ----- mean?" "Could you write that word down for me?"
- Your teacher may be able to help you after class. Ask them.
- Extra tuition is provided in some subjects, e.g. Commerce and Sciences. Mr Everett will organise these.
- Ask your classmates to help you. Perhaps you will be able to help them too.
- Use a dictionary/electronic dictionary in class (but remember you cannot use them in exams).
- Make a list of new words in your subject as you learn them. Use your first language as well.
- Do all of your homework. You will probably have to do extra study as well, especially learning vocabulary for your subject.
- Buy revision/self study books in your subject.
- You can also do private tutoring.

What should I do if I am late to class?

You might get lost once or twice at the start of the year. Christchurch Boys' High School is a big school. Don't worry, go into class quietly and say "I'm sorry, I got lost!" They will understand. **Go to the Bursars Office for guidance.**

Can I use my mobile phone?

Yes, you can bring a mobile phone to school but you cannot have it switched on during class unless asked to do so.

Where can I go at lunchtimes and intervals?

These are times to relax and meet with friends, or perhaps catch up on some school work. Kiwi students like to be outside. If it is warm, eat your lunch in the sun. Have a walk around the school. If you want to study, go to the library, careers/transition area or one of the computer rooms.

Can I join a sports club or a music group?

Yes. This is an excellent way to meet new people, relax and improve your English. There are many activities you can join. Listen carefully to the notices in your Kaitiaki meetings. You will be told how to join. Many practices happen after school.

Many sports have competitions with other schools. On Wednesday afternoons, school finishes early at 2.30 pm, so people can play in their sports competition. Some sports competitions are not on Wednesday.

For questions about sports, talk to the International Office.

Can I play a musical instrument at school?

Yes. If you play an instrument, you can join the school orchestra or the jazz band. If you want to learn, you can have individual music lessons at school. You can hire an instrument if you haven't got one. See the music teacher Mr Chapman at the start of the year or talk to Mr Everett.

Will the school send reports to my parents?

Reports can be accessed through the Parent Portal at any time.

Assessment and Qualifications in 2019

Years 9 and 10

You will have assignments and tests throughout the year. School examinations are held in late November.

Years 11, 12 and 13

You will be studying towards the National Certificate of Educational Achievement (NCEA). During the year you will complete units of work called Achievement Standards or Unit standards. If you pass, you will earn an Achieved, Merit or Excellence grade in each Standard you sit. You will have a variety of assignments,

tests and examinations throughout the year. Specific details of how each subject will be assessed will be given to you by your teachers. Booklets about NCEA in different languages are available from Mr Everett.

Many universities also require evidence of satisfactory English language ability. It is important to check with individual universities about their specific entry requirements. New Zealand universities now require students to have achieved 5 level 2 English credits in reading, and 5 in writing.



Visit the NZQA website to find all of the necessary information about your exams including examples of tests from past years

www.nzqa.govt.nz

In New Zealand it is very important to be an independent learner:

- Ask your teacher for help if you need it
- Ask lots of questions
- Always do your homework
- Keep new vocabulary in a special book
- Buy revision and self study books
- Gain extra tutoring if required

*Extra English Tuition can be arranged for you if you talk to the International Office

- Keep working to improve your English
- Work on your grammar
- Speak in English
- Read English books and newspapers
- Watch English movies and television

General School Information

Library

- The Wilson Library is available for reading, researching and borrowing books.
- The Library is open from 8:15am to 4:30pm each day (provided adult staff are present).
- No book is to be borrowed unless a librarian checks it out.
- Library rules, as posted in the Library, must be obeyed.
- ebooks are available

School Bounds

- Areas "out of bounds" include
 - c) Corridors except when going to and from classrooms and lockers.
 - d) Laboratories and specialist rooms unless a teacher is present.
 - e) Music Block except for music students.
 - f) Pool enclosure, unless supervised by monitors or a teacher.
 - h) Grass/road boundaries from the Guidance House to Tui Street. Boys are not to loiter on the pathways in this area.
 - i) All areas where there are cars except at the beginning and end of the school day – this includes Kahu Road, Te Kura and Tui Streets. No boy should be beyond the western sideline of the 1st XV ground.
 - j) Gardens, shrub beds, the river and neighbouring properties.
 - k) Any construction work.
- **Fire alarms and appliances must not be touched** except in an emergency.
- **Care of School property:** remember this is your school. Respect it and care for it – and be proud of it.

Tuckshop

- The Tuckshop is open at morning interval and lunchtime.
- Lines must be orderly with no queue jumping.
- Parents working in the Tuckshop are to be respected and thanked for their voluntary effort.

Appearance

- Hair must be tidy and clean, be of a naturally occurring colour and not of an extreme style, and be kept clear of the face.
- Students are to be clean shaven.
- No jewellery of any kind may be worn
- Only approved badges earned through school activity are to be worn.
- Plain black polished leather lace-up shoes (with black laces), or slip-on shoes.
- Only the approved jacket may be worn.

Uniform

Years 9 and 10:

- Grey school shirt (long sleeves) and grey wool-blend worsted shorts
- A plain white V neck thermal may be worn under the grey shirt
- Plain blue jersey with "V" neck and school monogram
- Grey woollen socks with blue and black tops

Years 11, 12, 13

- Black CBHS blazer and school tie (blazers are to be worn to and from school, at assemblies and other formal functions)
- Navy blue walk shorts and Montreal grey walk socks or long
- Long sleeve white shirt (with the top button done up).
- A plain white thermal may be worn under the white shirt.
- A traditional black belt with a plain buckle
- Plain blue jersey with "V" neck and school monogram or plain blue sleeveless School vest with monogram
- Dark grey or black dress socks with long trousers

ID Cards

All students will be issued with a CBHS ID card. The card will be used for identification in the school library and computer rooms, as a lunch pass for some students, and also as proof of age for various services around Christchurch.

IF THERE IS AN EARTHQUAKE

1. Teacher instruction:

“EARTHQUAKE – DROP, COVER, HOLD!”

2. If Inside – in class, in the library, during a study period

- Move a few steps to a safe place, drop, cover, and hold on.
- If the table that you are holding onto moves – move with it.



- If there is no table, crouch beside a wall without windows; hands over your head.

Remain on the floor until your teacher clearly indicates that you can get up. After-shocks are can also be very dangerous.

- Do not attempt to run outside.
- Only leave the classroom if directed by your teacher. Accompany your teacher.

3. If Outside (PE, interval, lunchtime, between classes)

- Move no more than a few steps to a safe place, drop, cover, and hold.
- If in a lift, stop at the nearest floor and get out.
- When the quake has ended go safely to the Evacuation area on the Main Field. Line up with your form class; quietly wait for your Form Teacher.

4. Follow teacher instructions and instructions over the school intercom

- Under no circumstances leave the school grounds.
- Support other students – be observant and helpful

Physiotherapy at Christchurch Boys' High School

Boys' High provides a physiotherapy service on Mondays, Wednesdays and Fridays in the Jim Burrows Fitness Centre.

All students, staff and family members are able to access physiotherapy directly by making an appointment with the Bursar or by phoning 021 742 723.

The Accident Compensation Corporation of New Zealand (ACC) subsidise accident related physiotherapy treatment and we can initiate your ACC claim for you. The co-payments are \$20.00 for the first injury assessment and \$15.00 for any follow-up visits. We also treat non-ACC cases.

Payment is due on the day unless otherwise arranged. These co payments may be claimed on Private Health insurance, check your policy. Please provide consent by way of text, email or a note.

For more information or to make a physiotherapy appointment, contact the Bursar, or Balance Physiotherapy: phone 021 742 723, email info@balancephysio.co.nz or check out the website www.balancephysio.co.nz .



People you can contact if you have a problem or concern

The Director of International Students Mr Carl Everett and the Dean of your year level or the school Guidance Counsellor Mr Multhaup are available to talk to if you have any problems or concerns. With any accommodation concerns, you can see Mr Carl Everett or the Homestay Coordinator. If you want to seek guidance elsewhere, there is a list of useful contacts below:

Doctors

Straven Road Medical Rooms, Telephone: 348 5749

New Zealand Immigration Service information

Information can be obtained through the NZ Immigration Service line on freephone 0508 558 855, or online at the website: www.immigration.govt.nz

Citizens Advice Bureau

Fendalton Library, Cnr Clyde and Jeffreys Roads, Fendalton, Christchurch 8052

Phone: 359 8090

E-mail: cab.christchurcharea.north@xtra.co.nz

Website: www.cab.org.nz

Ethnic Affairs Language Line

The Ethnic Affairs language line provides access to government services in many languages: Website: www.ethnicaffairs.govt.nz

Sexuality Advice

Website: www.familyplanning.org.nz/international-students

Human Rights Commission

Legislation can be viewed online at www.legislation.govt.nz.

Free phone information line: 0800 496 877, Website: www.hrc.co.nz

Mental Health Commission

Website: www.mhc.govt.nz

Mental Health Foundation of New Zealand

Website: www.mentalhealth.org.nz

New Zealand Drug Foundation

Website: www.nzdf.co.nz

I'm stressed. I am having trouble at school and no-one seems to care or be able to help. I want to talk to someone but my family and friends are so far away. No one here seems to understand!!

You are Not Alone Feeling Stressed



Are you having trouble finding your way around town?

Are you missing your family and friends at home?

Are you struggling to understand what is required at school?

Are you finding it hard to fit into the different ways they do things with your host family?

Then maybe stress is an issue for you. Don't panic, you can do something about it.

What is stress?

Stress can be hard to understand. There can be good and bad stress.

Good stress – excitement and nervousness of coming to New Zealand

Bad stress – struggling with transition, struggling to adapt to New Zealand life.

It can make our daily life miserable and it can also affect our health, sometimes drastically. Stress is the way you react physically and emotionally to just about everything good and bad that happens to you and around you. While stress is a natural and necessary part of living, too much of it can lead to 'distress'. People deal with stress differently, some people enjoy the pressure of stress to get work completed and others struggle with little amounts of stress.

It is ok to feel experience hassles especially when you are on a journey/transition from your home to New Zealand.

Why do I feel stressed?

Events or circumstances which may lead to the perception that physical or psychological demands are about to be exceeded are called stressors.

Causes of stress

- School and the teachers and culture here
- Missing family and family rituals and celebrations
- Fitting into another family and the different ways they do things
- New life
- Meeting new people
- Miscommunication
- Discrimination

How do we react to stress? Our stress response is the combination of actions, feelings, body responses and thoughts in reaction to a stressor – that is the way that we react to a stressor.

Reactions to stress

Sadness	- anger
Sickness	- sleeping or eating problems
Concentration	- thinking
Behaviours	- feelings

What are the warning signs of too much stress or distress?

- Losing your zest for life, losing interest in family friends or work
- Changes in your sleeping patterns
- Indigestion, stomach upsets
- Sore shoulders, stiff muscles
- Feeling anxious and tense for no reason
- Confused
- Feeling like everyone is bugging you
- Feeling impatient or irritable
- Losing confidence
- Tearful

There are lots of things that are a hassle but sometimes these turn into burdens. At either stage it is important to know that there are people/things that can help.

Tips to prevent or reduce unwanted stress

- Talk with someone you trust
- Think about the situation in another way
- Ask questions if you are unsure , e.g. host parents
- Set goals
- Make time to exercise
- Do something creative; paint or write
- Put fun and laughter in your life, learn from your mistakes
- Watch a funny movie with a friend
- Take time out and email your friends
- Listen to music
- Do something nice for yourself e.g. food music, play game, shopping
- Have balance in your life
- Know your boundaries/limitations and look after yourself
- Don't let small things grow
- Relax
- Get enough sleep
- Eat fresh and healthy food
- Try and attend cultural events/festivals etc

What else can we do to look after ourselves?

To look after yourself means recognising what hassles you and trying to prevent it becoming a burden.

Where can I go to for help?

- Support people at your school
- Pastor or Minister at your church
- Call Youthline 0800 376 633
- Chinese Lifeline 0800 888 880 (National Toll Free)

What do I do if I am concerned about a friend that is stressed?

- Talk to your friends and see how you can help
- Spend time with your friend
- Do some of the stress tips together
- If your friend seems really stressed out, encourage them to get help from someone, but if you're really worried about them, ask someone you trust for advice (e.g. school counsellor or Chinese lifeline).

"I felt really awkward to seek help from the school counsellor but I spoke to him. He was really helpful and gave me lots of suggestions and options. I still miss home and friends but feel like I can cope now. It's nice to know I'm not alone!!"

For more information, contact the Mental Health Foundation of
New Zealand www.mentalhealth.org.nz
Ph: (09) 300 7030

Keep positive. Do your best.

Your parents have given you the opportunity to study in New Zealand. They are not here to tell you what to do and to supervise your study.

Your teachers, guardian and homestay will help you, but it is your responsibility to work hard.

You are the only person who can do your work!



ALTIORA PETO!