

# Community Notices

## **Samuel Marsden Collegiate School – Girls Year 9 entry 2022**

**Open Morning:** Friday 13 August 2021, 8.45am-12pm. Register at [marsden.school.nz/register](https://marsden.school.nz/register) Personal tours are also available.

**Scholarships:** Māori & Pasifika Scholarships for entry in 2022 close 6 August 2021. See details and apply online at [marsden.school.nz/about/scholarships/](https://marsden.school.nz/about/scholarships/)

**Enrolments** for entry in 2022 are now due. 2022 classes are being planned and some year groups may be wait-listed. For questions, to organise a personal tour or day in class for your daughter please contact Enrolment Registrar Leigh McCathie on 476 8707. [marsden.school.nz](https://marsden.school.nz)

**Join Wonderplay's** Production of The Wonderful Wizard of Oz! Register now for term three of Wonderplay drama classes and join our cast of The Wonderful Wizard of Oz! 7-12 year olds (3.45-4.45pm Tuesdays). Also ask about our famous Wellington Young Actors class for teens (Tues). Classes held at Churton Park Community Centre. Free to try this week. Please contact Debs [debs@wonderplay.co.nz](mailto:debs@wonderplay.co.nz) 021-172-2836, [www.wonderplay.co.nz](https://www.wonderplay.co.nz)

**Aikido for juniors.** Aikido is a martial art with a difference, its focus being on defence rather than attack: a non-violent, defensive art. Aikido is renowned for its benefits for self-control, co-ordination and posture, and like all martial arts promotes confidence and provides fun, fitness and friendship. We are seeking more juniors students: being very Covid cautious we stopped training during last year's restrictions, and are seeking to build up our lively classes again. We are a not-for-profit organisation teaching the art of aikido, based in Kaiwharawhara, in our 27th year. Classes Monday (Kids, around 6+ to 12 years) and Wednesday (Teens) 5:30pm during school terms, \$80 per term. City Dojo, 132 Hutt Rd, Kaiwharawhara, Wellington, directly above Animates pet shop. Turn up and give it a try - first 3 lessons free. And parents, we have beginner classes at 6:30pm for you too :-). Contact Conrad at [conrad@aikido.org.nz](mailto:conrad@aikido.org.nz) or 021 843 467, or visit [www.aikido.org.nz](https://www.aikido.org.nz).

## **Children's Anti-inflammatory RELiever (CARE) study**

### **Rationale**

One in seven children in NZ have asthma. This is one of the highest rates in the world. The impact on children is significant, with asthma accounting for 4.4 days off school, up to 10% of all NZ general practice (GP) consultations for children, and more than 3000 hospital admissions, every year.

Many children only use a short-acting reliever ("blue") inhaler ("puffer"), such as Ventolin or Respigen, which provides fast symptom relief, but does not treat swelling in the lungs that is often present; this can increase the risk of asthma attacks.

Two recent studies in adults found that Symbicort (an inhaler that combines a long-acting reliever and a weak steroid) taken only when needed was more effective than short-acting relievers at controlling asthma. In particular, Symbicort reduced asthma attacks by more than half. The 2020 NZ adolescent and adult asthma guidelines were changed in response to these findings, recommending that Symbicort be used instead of short-acting relievers.

There have been no similar studies in children; if comparable efficacy of this regimen is shown in childhood asthma, then its implementation would transform international guideline recommendations and has the potential to markedly reduce asthma morbidity globally.

### **Study design**

The CARE study has been designed by a team of international asthma experts and paediatricians. The aim of the study is to find out if there is a difference in the number of asthma attacks between the two treatments.

To do this, we plan to enrol 380 children across New Zealand. All children who take part will be randomly assigned to use Ventolin (a short-acting reliever) or Symbicort Rapihaler (a long-acting reliever with a weak steroid) for 1 year.

During the study, participants will attend five visits, at 13-weekly intervals. Three visits will be conducted in person at the Medical Research Institute of New Zealand (MRINZ) in Wellington Hospital or at the Lower Hutt After Hours Medical Centre (participant choice) and two via telephone. Visit procedures include completing asthma questionnaires and performing basic breathing tests.

The CARE study is sponsored by the MRINZ, and funded by the Health Research Council of New Zealand (20/389) and Cure Kids. It is approved by the Northern B Health and Disability Ethics Committee (20/NTB/200) and the Standing Committee on Therapeutic Trials (20/SCOTT/98).

### **Benefits to participants**

- Participants will receive regular asthma education, training, and contact from an experienced team of asthma researchers.
- Study inhalers are provided free of charge throughout the study.
- Participants enrolled into research studies tend to have better outcomes.
- Parent(s)/guardian(s) of participants will receive \$50 per in-person visit attended to cover the cost of transport.

### **Benefits to Schools**

- You will be assisting with world-leading research that could help to reduce the:
  - Asthma burden in children, including reducing time missed from school due to asthma.
  - Asthma burden on school staff, due to time spent managing poorly controlled asthma.
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- More information: <https://trials.mrinz.ac.nz/surveys/?s=XFL7DL98HD>
- Our study website: <https://www.mrinz.ac.nz/currently-recruiting/care-study>
- Email: [care@mrinz.ac.nz](mailto:care@mrinz.ac.nz)
- Telephone: [+64 4 805 0250](tel:+6448050250) / [+64 4 805 0201](tel:+6448050201)

## **Olympic Junior Athletics**

Registration is now open for our Junior Athletics Season. Check out [www.olympicjuniors.nz](http://www.olympicjuniors.nz) for information on what we offer, times, dates and membership fees. Athletics is a great sport for developing running, jumping and throwing for all ages.

### **3D Printing & CAD Software Holiday Programme**

Whitby Collegiate will be hosting a 3 day introduction to 3D printing and CAD software holiday programme in October. Our IT experts will teach students how to design a 3D model using the modelling computer programme SketchUp and view, interact and evaluate their designs using Virtual Reality devices. Students will keep their printed 3D designs. No previous experience is necessary. Students must bring their own chromebooks/laptops. Limited spaces available.

Dates: Monday 4 - Wednesday 6 October 2021

Time: 9:00am - 3:00pm

Cost: \$270

Ages: 10+

Optional extra - \$10 per day for Domino's pizza or fish & chips lunch and drinks.

Register at: <https://form.jotform.com/whitbyenrol/3d-printing-cad-software>



ANNA LEE

# LEARN TO SEW

Have a creative child who would love to learn to sew these school holidays?

Wellington's newest boutique sewing classes are designed specifically for kids 8-13yrs. All sewing abilities are welcome.

All materials and machinery are included, simply turn up.

Learn from Anna, a 23-year-old qualified fashion designer and World of Wearable Arts finalist.



**Location: Northland, Wellington**

TO BOOK GO TO [WWW.ANNALEE.CO.NZ](http://WWW.ANNALEE.CO.NZ)



## **Minecraft Holiday Programme**

Whitby Collegiate will be hosting a 3 day Minecraft holiday programme in October. Our IT experts & Minecraft administrators will teach students how to build their own servers, download and utilise mods using Forge servers. Students will be put into teams to compete against each other in Minecraft challenges. Tutors will be on hand for tips, tricks and help along the way. All skill levels are welcome. Students must bring their own device, charger & mouse - Windows 10 with Minecraft owned, installed and tested on their own account. Limited spaces available.

Dates: Monday 11 - Wednesday 13 October 2021

Time: 9:00am - 3:00pm

Cost: \$220

Ages: 10+

Compulsory supervised breaks will be held in the school gym - volleyball, basketball, badminton skills or football on the field.

Optional extra - \$10 per day for Domino's pizza or fish & chips lunch and drinks.

Register at: <https://form.jotform.com/whitbyenrol/minecraft-holiday-programme>