



HAVELOCK NORTH HIGH SCHOOL Foundation

May 2011

The HNHS Foundation is a charitable trust established to encourage the development and growth of the school for the benefit and advancement of current and future pupils and the community. Short-term objectives focus on providing funding for specific facilities and activities on a project-by-project basis, as well as compiling a current ex-pupils database. Our long term objective is to build and preserve a capital fund from which the income may be used to provide financial and other assistance for the benefit of the School.

Calling all ex students, parents, and friends of Havelock North High School!

Win a Luxury Weekend in Hawkes Bay!

Join our 'Friends of the Foundation' database for ex-students and friends of the school and be in to win this superb prize!

Win a chance to relax in real Hawkes Bay style with two night's luxury accommodation at the blissful Tom's Cottages plus a divine meal at the award winning Craggy Range Winery 'Terroir' restaurant. Just visit www.hnhs.school.nz/foundation click on "Become a friend of the Foundation", enter your details and you're in the draw to win. It is so easy!

By joining HNHS 'Friends of the Foundation' you will also get an opportunity to reconnect with your fellow ex-students and read about their achievements and other current Foundation projects via our newsletter. If you are already a member, you can still be into win. Just update your profile, upload a photo and send a confirmation email to foundation@hnhs.school.nz! Competition closes June 30th. Jump onto www.hnhs.school.nz/foundation today!



Above – Tom's Cottage

Your Support Helps

The objective of providing educational excellence and maintaining the school's position amongst the leaders in this country is threatened by the pressure of on-going funding issues.

Each year parents are asked to make a voluntary contribution to the Foundation through the Annual Family Foundation Donation. This donation makes a genuine difference in enabling the school to continue to offer a legacy of excellence and opportunity for current and future students.

A big 'thank you' to all of the families who have supported the Foundation by making a donation, these valued contributions have made a real difference and your continued support is appreciated.



Who are we

Trustees

James Drysdale - Chairman
Don Kennedy - BOT Representative
Russell Farmery - PTA Representative
Bill Adams - Principal
John Taylor - Staff Representative
Libby O'Sullivan
Tim Eagle

Contact Us

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Congratulations to the 2010 Foundation Scholarship Recipients

Alongside the funding for capital projects and school projects the Foundation believes it is important to recognise pupils who have shown determination in their studies and dedication to the school.

Scholarship Recipients:

- Foundation Trophy for Dux – TIM CALDWELL
- Von Dadelszen Cup for Achievement in Humanities – CHARLENE COOPER
- Barrett Award for Excellence in Sciences – LEO BROWNING
- WHK Coffey Davidson for Excellence in Business Development – RORY MACDONALD
- Mathematics Cup for Excellence in Mathematics – TIM CALDWELL
- Haddock Arts Award for Excellence in Arts – SAMUEL JOE
- Tau Waapu Memorial Trophy for Excellence & innovation in craft & design – GEORGIA PALMER
- Foundation Award for Head Boy - MATTHEW KEONG
- Foundation Award for Head Girl - ASHLEA MUSTON

Where are they now?

Each newsletter we will be profiling past pupils achievements.

This issue we profile William Trubridge, World Champion Free Diver.



William Trubridge

(Attended HNHS 1993-1997)

Best Memory of HNHS:

Being supported by a home crowd at debating matches with other schools was pretty memorable. We came close to the national finals, and a lot of friends rallied to support us in the audience, which was a great feeling. Conquering on-stage nerves in debating and acting helped me for a career as a freediver, where I have to dive in front of spectators and cameras, but I also have to keep calm and ensure that my heart rate doesn't go up, which would use more oxygen.

Favorite Subjects: I enjoyed them all, at different times and in different ways. The teacher makes a lot of difference, and I was lucky to have an incredible group of passionate gurus during my stay at HNHS. I enjoyed maths enough to get up an hour early on Fridays to attend Mr. MacEntee's scholarship classes, and of course who wouldn't like physics when the legendary Mr. Barret was the one to steer you through it with wily analogies and oddball anecdotes. Art was a chance to tap into creative energy, and chat with friends while spreading oil paint with a palette knife.

Biggest Achievement at HNHS: It's easy when thinking of achievements to go to the isolated events, such as prizes or grades, and overlook the slow changes that are just as important, if not more so. My family arrived in NZ when I was five, and at first I felt like an outsider. It wasn't until my time at HNHS that I developed a true identity as a New Zealander, as well as a group of close friends who I still meet every year in different parts of the world. I have my teachers and peers at HNHS to thank for helping me become who I am today, and I'm proud to call myself a New Zealander and to represent our amazing country.

After Leaving School: I completed a BSc (majoring in genetics) at Auckland University between '98 and 2000. While I was there I became involved in theatre, acting in the university productions of "Summer Shakespeare" and later producing the same shows and working as president of the University Theatre society, 'Stage Two Productions.' I also rowed for an Auckland club, competing in

single and double sculls.

After Graduating: I worked for a year (2001) at Genesis, which is a biotechnology research and development firm in Auckland. By the end of the year I was a team leader in the DNA sequencing laboratory, but I found it difficult to stay indoors all day, working with invisible material, and so I decided to take my O.E. in 2002, and traveled to England, where I worked for a while in a luxury hotel. A high school friend, Michael Trousdell, turned me on to freediving, when he arrived in London from having spent a month in Thailand. Until then I never knew it existed as a sport, but something clicked, and I traveled to the Caribbean where I spent 3 months freediving every day in the warm tropical waters of Honduras. From that time I became more and more involved in the sport, and in 2007 I set my first world record of 81 meters in unassisted freediving. In hindsight, the signs were all there, and much of my youth and education served to prepare me for the mental and physical demands of freediving. Concealed in the first 20 years of my life are numerous omens and lessons that I now realise have helped to steer me down this path.



Currently Doing: I am lucky enough to be able to live most of the year in the Bahamas, where the conditions are perfect for freediving, and we have a 200-meter deep blue hole nestled in the corner of a protected lagoon. The rest of the year I travel with my wife, Brittany, who is a yoga instructor, teaching courses in Europe and Dubai. I try and return to NZ at least once every two years to catch up with friends and family, but it is hard with the difficulties of air travel these days, not to mention the ecological tax it has on the planet.

What advice do you have for HNHS Students;

To succeed at school you apply yourself to studies, sports and cultural activities. However what you're

actually learning runs far deeper than any of these pursuits - they are vehicles used to transmit more broad and enduring qualities of persistence, self-discipline, communication, humility, optimism...

So give yourself to everything you do, from being attentive in class to diligent on the sports field or at music practice, and when you are older you will realise that your success was due to traits that evolved in your teenage years while you were concentrating on something else.

Quotes:

In sports and business, words are words, explanations are explanations, goals are goals, but only performance is reality.

Tama tu tama ore

Tama moe tama mate

(He who stands lives

He who sleeps dies)

We would love to hear from you, if you or someone you were at school with has gone on to achieve in their chosen field. Please contact Jacqui Pearse at foundation@hnhs.school.nz



