



VOS

The Voice of SANITI

FREE Issue 2, 2015

RAISING HAIR
*unit's hair
competition*

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JOB INTERVIEW

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*exploring
health &
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We're on Facebook! It's worth liking our page as it'll keep you up to date with events, happenings on campus, and give you the chance to win things. [Facebook.com/SANITINZ](https://www.facebook.com/SANITINZ)

CONTRIBUTORS

Putting together a publication is never easy. It takes the work of many individuals in order to make it successful and interesting for the students of NMIT. SANITI is always interested in hearing from students and staff on what they enjoyed, or didn't enjoy about the VOS magazine. We also always welcome content! If you have anything you would like to share in the magazine please email Ben - marketing@saniti.co.nz and he will endeavour to pop it in the next issue.

Alison Hart: SANITI News in Brief

Toni Baigent: SANITI Student Support, Study Stress

Jaycob Brown: Top games, Stew Recipe

Michael Cowie: Job Interviews

Scott Tambisari: President's Piece

Abbey Paterson: Vice President's Piece

Ben Penketh: Design, Advertising, Bullying, Ticket Slappa'

Aia Odonnell: Raising Hair at NMIT

Coverpage - Aia O'donnell's styling for the NMIT Hair Competition. Model: Hannah Newbigging

SANITI STUDENT SUPPORT

The Student Association offers support and guidance to all students. Come in or call to arrange an appointment for any StudyLink issues, support with Government agencies, and free confidential advice.

Community Law is another support service well used by the advocates and advice is often sought to ensure the best information is given to our students. All enquiries welcome - even just a chat. If we do not have the resources we will do our very best to direct you to someone who does.

COMMUNITY LAW CONTACT INFO

Nelson - 63 Collingwood Street Nelson

Phone: 03 5481288

Email: admin@communitylaw.org.nz

Marlborough - 18 Market Street Blenheim

Phone: 03 5779919 or free phone 0800266529

PRESIDENT'S PIECE

Ahoy hoy!

Welcome back to the second half of the study year. I hope you all had a fantastic break and enjoyed the time off after crushing last semester's exams and assignments. A huge welcome to the new students starting their NMIT journey during the second semester intake, good on you for taking up the challenge and good luck!

This semester marks the beginning of a few new things at NMIT the new sports court in Nelson, the opening of the Global Campus in Auckland and new intakes of students across all NMIT campuses for example a new group onto Base Woodbourne from Papua New Guinea. NMIT is a growing beast and as such SANITI is growing along with it as we move into new spaces to better support all students studying across all campuses at NMIT.

It also marks the beginning of the end for this guy, as at the end of this year I will be finally finishing my Bachelor of Commerce degree and finishing up as President of this ace organisation SANITI! I intend to make my last few months at NMIT and SANITI good ones!



Anyhoo,

Have a great semester and good luck with the studies. As always, I do rate a good natter so if you see me about feel free to stop me for a chat or send me through an email.

Cheers,
Scott

VICE PRESIDENT'S PIECE



The first semester of 2015 is done! I hope everyone has had a relaxing break, and you are all ready to smash out another semester of study. The best advice I can give is no matter what the results of the past few months are; look forward to a brand spanking new semester, learn from your experiences, build on study habits and work hard.

At the end of last semester I was lucky enough to attend a conference about Student Voice within ITP's which was a hugely beneficial learning experience. Looking forward I am focused on how I can implement what I'm learning and experiencing in this roll so that you, the students, get the most out of your time studying here at NMIT.

Welcome back to another semester at NMIT! This was the first 'holiday' I have had since studying at NMIT and I found it really hard to get out of study mode – I'm sure I wasn't the only one. It has been a busy year with valuable experiences as well as meeting more of the great people studying here in the beautiful Nelson.

Anyway I don't bite – so feel free to have a yarn with me if you see me floating round tech. Cheers, **Abbey**

SANITI NEWS IN BRIEF

ASSOCIATION MANAGER, ALISON HART, EXPLORES THE INS AND OUTS OF HEALTH AND SAFETY HERE AT NMIT



1. Peter Wilcox outside SANITI office. 2. New danger tape



3 - 4. Footpath safety risks have now been highlighted



5. Students learning how to safely extinguish a gas fire

Currently I am working on updating the SANITI Health and Safety Policies and Procedures to make sure the Association will be meeting its obligations under the new legislation, (running BBQ's for hungry students is risky work).

So with the VOS deadline looming, I thought, 'what the hell', health and safety is everyone's business, so I caught up with NMIT's, Health & Safety Advisor, Peter Wilcox, to get his take of 'why we should care'?

So Peter, why should students care about health and safety?

Basically because it is dangerous to work in New Zealand. You are twice as likely to be killed in a New Zealand workplace than you are to be killed in an Australian workplace, and four times more likely to be killed or seriously injured, than if you were working in a workplace in the UK.

So what are the biggest hazards on NMIT campus?

People, and how they use the equipment. I have been working with Trades, Maritime and Viticulture, to make sure all the equipment and spaces are safe for students and tutors. So I guess, now it is up to people to make sure they are using the equipment in a safe manner.

So what is your main focus at this time?

NMIT has a HAZNO (Hazardous Substances and New Organisms) audit coming. NMIT has a range of substances on the different campuses for training purposes. With professionals overseeing the storage in the individual areas. NMIT is in a good space with regards to HAZNO, but it's good to be able to work with Worksafe if there were areas identified for improvement.

Sidenote, the pink and yellow spray paint, while it looks pretty, is actually there to highlight the hazards on campus. It is now up to staff, students, and other people at NMIT to make sure they use the areas and equipment safely.

SANITI and NMIT are keen to know what you think about health and safety at NMIT. **So send us an email manager@saniti.co.nz, peter.wilcox@nmit.ac.nz, drop into the SANITI office or let your Programme Representative know what you think.**



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Strategies to Combat Study Stress

Being a student is stressful, most of us would attest to this. The issue here is, stress creates the harmful hormone cortisol which attacks our immune systems. If you remain stressed over long periods of time this can seriously harm our health. Here are 8 strategies to help the budding student 'decompress' their life.

1. Sleep (and sign off Facebook)

Sleep is always the best medicine and some people find that small 20-minute naps can help increase productivity.

As students we tend to spend too much time on social media sites and answering emails, texts and phone calls. Sociability is fun – but too much of it, and too much computer time, can lead to more stress. Failing to switch off from work because of your electronic gadgets will only make you even more stressed.

2. A varied and healthy diet

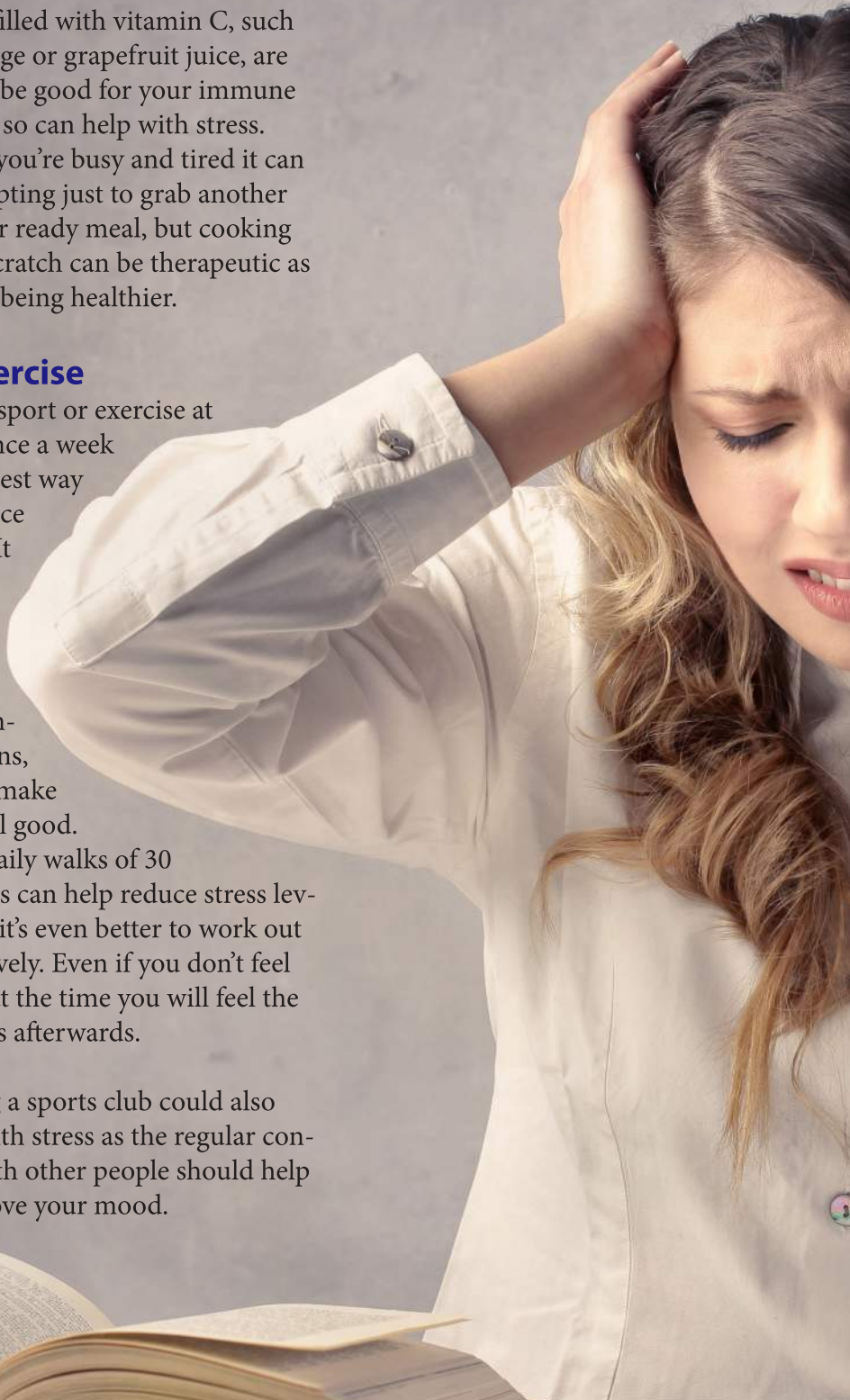
Eating fresh ingredients and lots of fruit is really important.

Juices filled with vitamin C, such as orange or grapefruit juice, are said to be good for your immune system so can help with stress. When you're busy and tired it can be tempting just to grab another pizza or ready meal, but cooking from scratch can be therapeutic as well as being healthier.

3. Exercise

Doing sport or exercise at least once a week is the best way to reduce stress. It helps your body produce endorphins, which make you feel good. Even daily walks of 30 minutes can help reduce stress levels but it's even better to work out intensively. Even if you don't feel like it at the time you will feel the benefits afterwards.

Joining a sports club could also help with stress as the regular contact with other people should help improve your mood.





4. Laugh

They say that laughter is the best medicine, and it's really true. Laughing out loud increases oxygen and blood flow which automatically reduces stress.

Not taking life too seriously can help everyone live a better and easier stress free life. Make time for yourself, log out of your computer and take breaks. Crack into a good comedy or hit up a bit of a movie marathon to de-stress before starting/finishing your next assignment. Amazing what a good laugh can do.

5. Try to see the positive side

If you missed a deadline, try to appreciate what you learned from this mistake: now you know how to plan ahead. Things might seem bad, but if you try, there is usually something positive to be learned.

6. Listen to music

Listening to music can help calm you down and put you in a better frame of mind. If you're feeling stressed, putting on some calming music while you work could really help.

Death metal isn't my ideal 'de-stress' tune, but for some it may work. It is always good to listen to the music that makes you 'happy' :)

7. Get a pet

It is said that spending time with animals is good for your health. If you pat a dog for a couple of minutes, your body releases hormones that make you feel happy and can decrease the amount of stress in your system.

Most Uni halls of residence won't let you keep an animal though, so spending some time with friends or family who have pets is a good option: you get the love without the commitment!

8. Take breaks regularly

Short breaks between working can help you switch off. But longer breaks are important too.

How about taking the weekend off to relax? Make time for fun and for yourself even if this means that you have to schedule time away from your work. You'll hopefully come back to your work feeling fresh.

Swing by the information desk in M Block, Nelson, or A Block, Marlborough, and one of the team will help you. Team members also make regular visits to the Woodbourne campus

Nelson:
Phone (03) 546 9175 ext 655.
Marlborough:
Phone: (03) 578 0215 ext 530.

R U OK?

NMIT LEARNER SERVICES

Email: studentsupporthelp@nmit.ac.nz Phone: 0800 422 733 Ext 655

LEARNING FACILITATORS

Our friendly team can help you with:

- Support throughout your learner journey at NMIT
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- Counselling and community referrals



"We are here to help"

Any issues or concerns come and see the friendly Learner Services team.

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- Study Techniques
- Time Management
- Individual Learning Plans
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LEARNING FACILITATORS

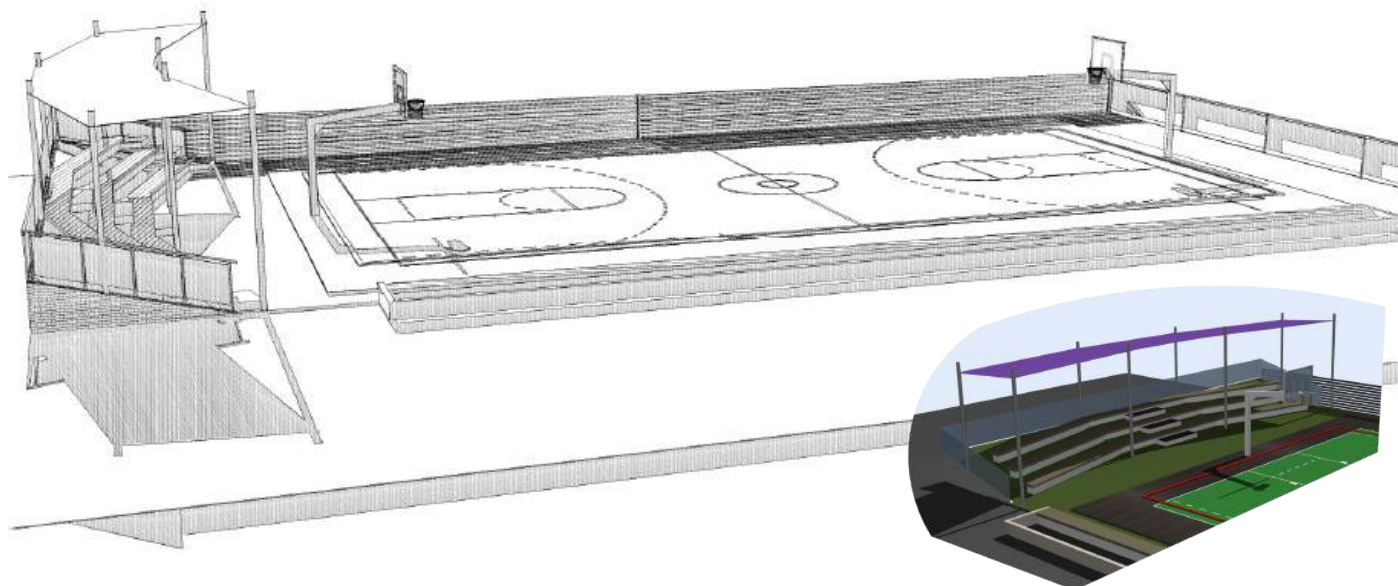
The Library Services Team provides access to books, journals, dvds and more, plus thousands of online resources. Staff are available to help you make the most of these. Come and further yours skills in:

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- Beginning Research
- Evaluating Web Resources

LEARNING FACILITATORS

Tukuna kia rere - Believe in yourself and let your dreams take flight! Learning Advisors offer free learning and study support, working alongside you to help you to succeed in your studies.

NEW COURT ON CAMPUS



NMIT is due to open a new mixed-use sports court on Nelson Campus this semester. It's an exciting addition to the Campus and will be key to ensuring students have a place to exercise (and study) while on the NMIT grounds. The SANITI team is excited to see it up and running.

You might all be wondering what has been going on where the old SANITI building was. Well NMIT is making a multi-use sports court!


This new multi-use court is perfectly located to maximise the space between the Student Centre and E-Block and will provide students with the ability to play basketball, netball, and tennis.

Facilities Manager – Nick Smith is excited for the completion of the space as he believes it will be an asset not only for students and staff, but also for the wider community. He hopes the court will be well received. The facility will have flood lights allowing for it to be used in the evening for local sports teams and students who are on Nelson Campus studying late.

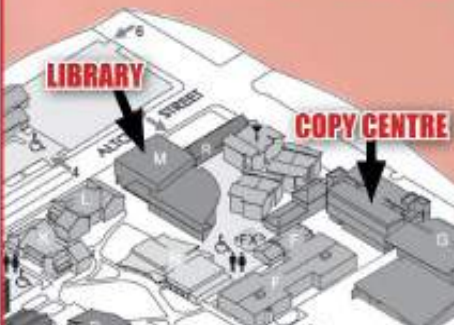
The other great thing about the court is it allows students to eat lunch and potentially even 'study' under the covered seating area. ***SANITI Student President – Scott Tambisari thinks the sports court will be a great addition to NMIT Nelson campus offering new spaces for students to have a bit of a play around with a full size netball, basketball and tennis court incorporated into the design.***

With terraced seating and a bit of sun shade to get the study on during the hot summer days approaching. In all this is an ace step in the right direction to create a bit of campus culture and enhance the student experience whilst studying at NMIT.

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Winter Stew

Jaycob Brown

Brrrrrrr. Winter. While it would be great to stay at home and not have to go outside to things like jobs, the adult world has other ideas. Putting a positive spin on things the colder months seem to be a time when the vast consumption of comfort food is suddenly acceptable. To start you on your journey of comfort food, here is an easy stew recipe. A great place to start as it has wine in it.

Ingredients

2 tbsp olive oil
1 kg lean boneless lamb or beef, cut into bite-sized cubes
2 rashers streaky bacon, chopped
1 large onion, chopped
2 cloves garlic, finely chopped
1 large carrot, 1 potato, 1 kumara peeled and roughly chopped
1½ cups red wine
1½ cups beef stock
1 tbsp tomato paste
2 sprigs fresh thyme
2 fresh rosemary
400 g tin cannellini beans or whatever beans you have around, in my case spicy mexican beans
Salt to taste
Freshly ground pepper to taste
Crusty bread to serve

Method

1. Assemble all your ingredients, peel and cut everything first (cursing at whoever, that kumara is hard to peel and chop) and clean up as you go, nothing kills the joy of cooking quite like dishes at the end.
2. Open the wine, why not? After all it needs to breathe. Wouldn't it be terrible if it was bad? Better try it. One glass only. The next part could set your house on fire best to play it safe.
3. Preheat oven to 160°C. Heat the oil in a large, flameproof casserole dish and brown the meat in batches. Set the meat and any juices aside in a dish. Look longingly at wine. No. Be strong.
4. Add a little extra oil if necessary to cook bacon and onion until onion is soft and transparent. Everything is better with bacon.
5. Add the garlic, carrot/spuds/kumara/ and cook for a further 2 minutes. Return the meat and any juices to the casserole dish.
6. Increase the heat and add the wine, stock and tomato paste, thyme and rosemary. Cover the casserole dish with the lid and cook in the oven for 1½ hours. Celebrate... you can now legitimately drink the rest of the wine :)
7. Try not to sit on couch as you will probably fall asleep and burn the meal... Remove the casserole from the oven and stir in the drained beans (realise you don't actually have the beans add whatever beans you have in my case spicy Mexican beans). Return the casserole to the oven and cook for a further 30 minutes. Adjust the seasoning to taste. **Serve with crusty bread. And perhaps more wine. Enjoy!**



Job Interviews: Plan to win, prepare to win, expect to win

By Michael Cowie



The likely hood of you planning and preparing properly leaves you with a high chance of winning.

Expect to be victorious, that is the only outcome and attitude you should have throughout the whole process right up until the time you step into the ring to face your opponent. Why else are you doing it?

What's the likely outcome if you just turn up and *"just give it a go"*? You might be lucky and knock him out, but the most likely scenario is you'll lose :)

In any aspect of your job search you need to have a plan and be prepared, non-more so than a job interview. A person who is prepared is relaxed, confident and focused and that comes across in the interview.

Here's my winning formula to ace an interview:

Planning + Preparation + A Positive Attitude = Successful Interview

Sound strange? Well actually it's not! Think about it.

If you were about to step into the ring in a boxing bout you wouldn't just turn up and give it a crack, you'd do all of the above, you want to give yourself the best possible chance to succeed. You'd put a plan in place to ensure you'd arrive at the fight fit, fast, in condition and ready to win. You'd prepare yourself by accessing the services of a boxing coach, you'd make sure mentally that you were prepared, you'd use visualization

techniques to envisage the flow of the fight and the outcome, you'd make sure your nutrition was on point (you start to get the idea). You'd research your opponent, how long has he been training for? is he a south paw?, does he drop his guard when he steps in?, you want to know everything you possibly can about who you are up against so there are no surprises and you are relaxed and confident ready to roll out the game plan you and your coach have put in place.

Lastly you'd practice and train until everything becomes natural and flows without thought. You'd spar with opponents who are similar to the person you'll be facing, you'd practice your combinations, foot work, angles of attack, duration of the rounds etc you'd practice as close as possible to the actual fight so it becomes second nature.

The exact same example can be applied to your job search, especially an interview. **One aspect of interview preparation I really want to focus on is how to successfully answer questions. There's a definite art to getting it right!**

Often not delivering answers to questions with structure, confidence and clarity can really let you down. There's nothing worse as an employer when the person you're interviewing waffles on never really answering your questions, there's no context to what they're saying, no beginning and no end. (Trust me I've interviewed hundreds of people exactly like this and guess what they didn't get the job!)

Generally interviewers have short attention spans due to the number of questions they have



to get through and the different candidates they have to meet. you need to keep your answers short and concise: create maximum impact in the shortest amount of time.

So how do make this happen?

We use the STAR technique to give structure to our answers.

S – Situation: Describe a specific situation, background, set the scene

T – Task or Target:

Describe the specifics of what's required, when, where, who etc

A – Action: Describe the action you took and be sure to keep the focus on you. Even if you are discussing a group project or effort, describe what you did -- not the efforts of the team. Don't tell what you might do, tell what you did do!

R – Result: What happened? how did the event/situation/project end? what did you accomplish? what did you learn?

When you use the STAR frame work and practice it, it comes across as a well-articulated answer – the fact you've used a structure becomes invisible to the interviewer.

You need to create 2 – 3 examples for the types of questions you will be asked and practice them, this is so your responses will be natural and flow on the day without any difficulty.

Here's an example of the STAR technique in action:
"Describe a situation when you had to deliver excellent customer service following a complaint"

Situation:

"While I was working at ABC company as an Operations Manager a customer called me complaining that they'd waited over 3 weeks for a reply from our sales team regarding a query on a product they'd purchased"

Task:

"I needed to address the client's immediate query and find out what went wrong in the process."

Actions:

"The first thing I did was apologise to the client, I then got her details and passed them to my Sales Manager, who contacted the client within 30minutes. I investigated why the query hadn't been answered. I discovered that it was a combination of an incorrect cell phone number and it was her old email address that she never checked. I called the client back and personally let her know. I offered her a product voucher as a gesture of goodwill"

Result:

"The client not only continued to order from us but posted a positive comment about the outstanding customer service she received on our Facebook page"

The last thing you to do in any interview situation is finish on a positive note so the interviewer is left with a strong overall impression of you.



My winning formula to ace an interview:

Planning + Preparation + A Positive Attitude = Successful Interview

COMPETITION

Have you used the SANITI Employment Service in some form and been successful in finding some work? That could mean having worked with Michael on your CV, Cover Letter, General Career Advice, Interview Coaching etc, if so please email Michael: **employment@saniti.co.nz** and be in the draw to win a \$50 Petrol or Food Voucher every month! Every new job you secure gets you another entry into the draw.

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RAISING HAIR

nmits hair competition

by Aia O'donnell



“Competitions are always nerve racking. I think I was alot calmer and in the zone this year whereas last year, I was trying not to pass out.”

The NMIT Hairdressing Competitions are a part of the Hairdressing Course year one and two. Year one isn't compulsory but year two is.

In year two, your theme for the event is always cut and colour and also, avant garde. The tutors pick what your avant garde is based on. This year it was tribal. Competitions are always nerve racking. I think I was alot calmer and in the zone this year whereas last year, I was trying not to pass out. My model Hannah too, was like that - she wanted to faint. She was so nervous and had all this anxiety but she did a wonderful job.

I knew what I sort of wanted. I knew that it was going to be simple but strong. I actually had a really hard time finding a model until I decided to ask Hannah.

Initially, she wasn't very keen on doing it for me as she was really nervous and unsure but she came around to the idea and without her I wouldn't have managed to pull off my idea. My theme was Viking inspired.

“It was so frosty and cold and Hannah was such a champion going bare foot. The photos turned out absolutely stunning and I was so happy with them.”

Initially, I was going to try to do an American Indian but I fell in love with the strength that my Viking idea gave off so I went with the flow. I added and took away, then added again. My model Hannah, would have her say whether she liked it or if she didn't, so it was all really just pieced together by trial and error. It was simple and just

what I wanted it to look like.

For the compulsory photo shoot, my model Hannah chose the area which ended up being the Riwaka Resurgence "Crystal Pools". It was so frosty and cold and Hannah was such a champion going bare foot. The photos turned out absolutely stunning and I was so happy with them.

The Hairdressing Course at the NMIT can seem a real struggle sometimes. Finding clients, hoping the clients will show up and all these things you have to get signed off. Fortunately, you have so much support from the tutors, you learn so much and the opportunities that get given to you help you build so much confidence during this course it is insane. It is a really good course to do and I'm really glad I decided to do it.

Aia,



Jay's Top 3: VIDEO GAMES

The days of video gamers only being for sun starved, spotty nerds are well gone. Being into midlife, gaming used to be my embarrassing little secret but with the advent of online gaming and the increasing connectivity of consoles, the gaming community now traverses countries, cultures and ages. In 2015 the average age of gamers are 31yrs who have played for at last 12 years. I finally belong. This is storytelling and story sharing on a massive scale, gaming has become a multi-billion dollar industry. 2015 has been a great year for gaming, not only with current releases but also teasers of what's to come. E3 2015 provided a showcase of what we can expect from the gaming giants.

MY TOP 3 ARE:

1. The Witcher 3: Wild Hunt

Yes, yes I know this is already out but frankly this game has dominated the early part of the year. And with good reason. I liken this game to the epic Skyrim, with all the things that may have annoyed taken out. The open world format is huge, players are required to travel by horse and boat. The story line is mature and well crafted, drawing the player in. The graphics are breath-taking. The combat can be mixed up offer both swordplay and magic. With multi difficulty levels game play can be satisfying for all levels of players.

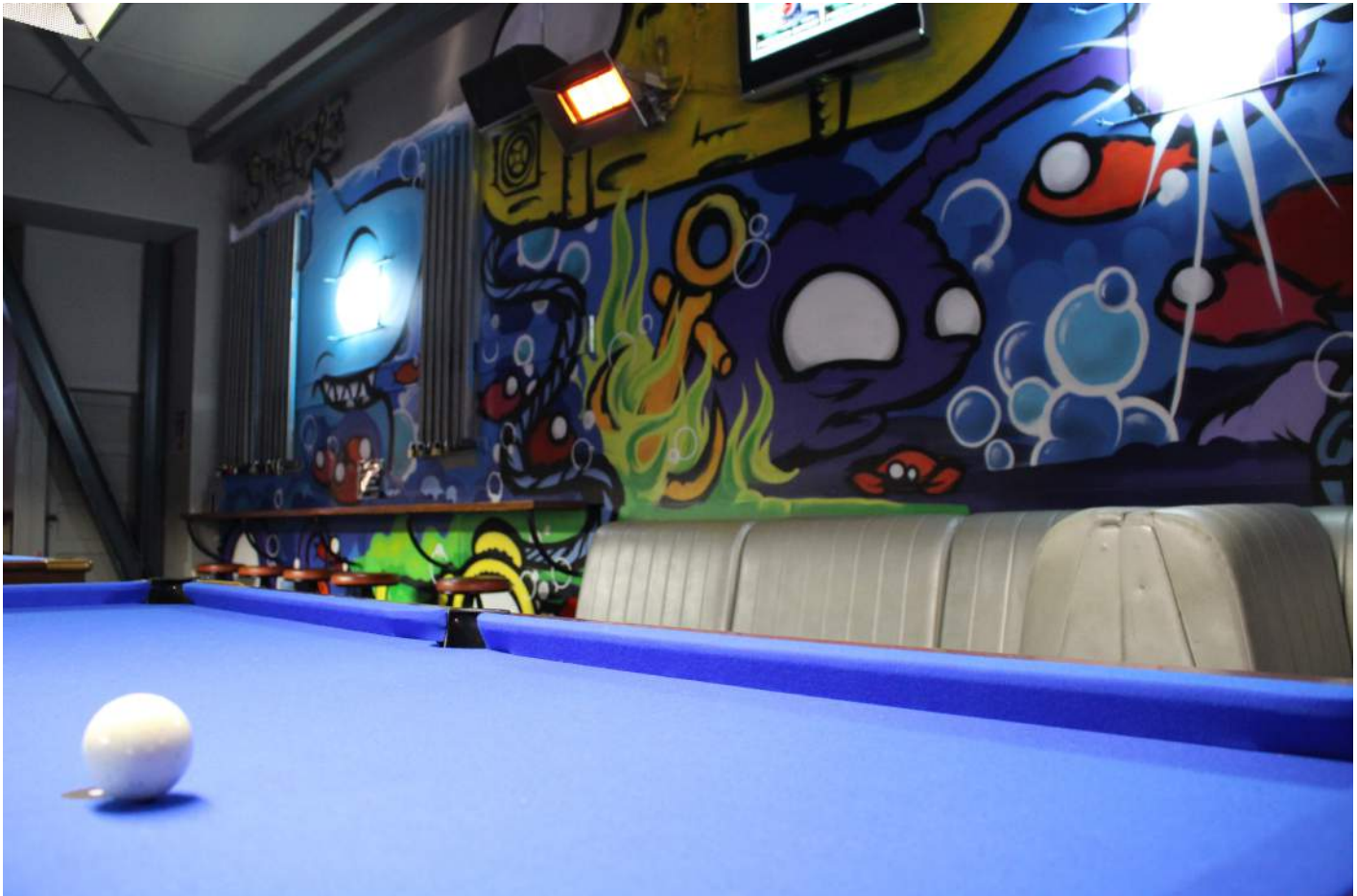
2. Remake Final Fantasy 7

One of the first games I played seriously, Final Fantasy 7 set the pace for what has become one of the greatest stories in the gaming world. Seriously one of the most anticipated re-releases of the decade this could make or break the studio. The original story moved millions around the world and any gamer worth their salt will be waiting with baited breath.

3. Fallout 4

One of the most popular gaming franchises to date. Fallout 4's gameplay is similar to that of the third installment of the franchise, with a camera that can switch from first to third person view, but is supposed to feature more appealing gameplay, featuring a split-piece armor system, base-building, a dynamic dialogue system, in depth crafting system which implements every lootable object in the game, and much more. A new feature to the series is the ability to craft and deconstruct settlements and buildings. Players can select some in-game objects and structures, and use them to freely build their own structures. In addition, the towns can be powered with working electricity, using a dynamic power line system. Merchants and non-player characters can inhabit players' towns, for which players must provide sustenance by growing food in makeshift patches and building water spouts.





Shark Club Nelson

FREE! As students we love a good deal, better yet, we like things that are free. Shark Club in Nelson has a few free things to support you with your student experience here in Nelson. The Shark Club offers free venue hire, free food for some events (Drop in and see the team at the Shark Club), and free pool until 10pm every night. Ben from SANITI dropped down to see Shark Clubs General Manager Craig and talk about the current offers for students and to get a better understanding of one of Nelsons most popular student destinations.

History

The Shark Club is a flexible establishment and always keen to try something new. A cornerstone of Nelson night-life since 1996, The Shark Club offers so much more than a conventional pool hall. Live entertainment, fantastic staff, great drinks, special deals, regular pool competitions, room to dance, comfortable seating, and a fun atmosphere are always on the table at the Shark Club. They cater for a diverse range of people and events - that's its strength.

A safe and friendly place for backpackers to explore, an enticing and stimulating bar for travellers to experience, a vibrant and constant meeting place for locals to indulge in and a welcome distraction for Nelson students. There is true Nelson hospitality to enjoy on a regular basis.

A Nelson icon on Bridge Street for over the last 14 years. The Shark Club is Nelson's best venue for people of all ages, be it playing a few games of pool on one of their 9 top of the line pool tables or having a dance on their roomy dance floor, there is a little something for everyone.

There is always something going on at The Shark Club. On Wednesday they have Nelson's longest running pool competition with cash and bar tabs as prizes. Thursdays they have live Acoustic Rock with Ithaca and Friday and Saturdays they have live DJ's and great live entertainment. As mentioned previously, The Shark Club's main strength is that it's a safe and friendly place for us students to hang out, shoot some pool, and have a bit of banter.

Support for Students

The Shark Club's history with NMIs Student Association (SANITI) dates back 10 years. This level of support is unsurpassed by any other Nelson business and has allowed the Association to continue delivering the services the students need and want.

Not only do they support us students and the Student Association, they also support the Nelson area and it's international students. Talking with Craig, he is keen to host parties and live music events (with student performers), and the great thing is the venue is FREE to book and offers a safe, and support environment in which to grow as a performer.

Student night

For many months of the year The Shark Club puts on a weekly 'international student night' for students from outside of New Zealand to meet the locals in a safe and friendly environment. If you want to know when these are on, just visit the team at The Shark Club and they will let you know when the next one is being held.



Club Pool Events

From the beginning The Shark Club has been 'the spot' for pool. On Wednesday nights they host their weekly pool competition. This is a great opportunity to get to meet (and play with) some of the most social (and some competitive) pool players in Nelson. This pool competition starts at 9.30pm and is \$5 to enter, but there are some great prizes involved too. These include \$100 for the winner and a \$50 Sharkies voucher raffle, that is drawn randomly from all entrants.

Safe Environment

Part of keeping their establishment safe, they provide doormen from Thursday to Saturday to help, assist and make your time pleasant, all the while, keeping out those troublemakers and intoxicated patrons.

Drink they make

Sharkies provides an extensive shooter, shakers and cocktails menu for us students to delight in, which is topped by our signature cocktail, 'the shark attack.' Well worth a try!

SHARK CLUB PRESENTS



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STOP BULLYING

By Ben Penketh & Toni Baigent

At the ripe old age of 28, I often sit back and ponder things. One of these things is bullying, and its point. **What is its point? To feel better about yourself?** I often wonder how making someone else suffer would ever make someone feel better about themselves. In my day, text bullying and bus stop bullying was prevalent. Now it seems that cyber bullying is increasingly common. The whole adage “think before you speak” is now “think before you type”. This is something that everyone should live by. Bullying in any form is not ok, and is not the answer. We are all here at NMIT on our own paths and we should respect one another in-person, and online. **Share the responsibility for a safe, respectful learning environment.** With bullying behaviour, it unfortunately occurs in a range of settings, and can be hidden or visible to others. The key to identifying

bullying is the atmosphere within the classroom, cafe, or computer rooms in the library. However, to reduce the amount of bullying that occurs in the first place, expectations of behaviour should be common knowledge. **If you are a victim of a bully or bullies,** the best way to respond is to be vocal about it, let your trusted support group (family, friends, staff, and the wider community) know about the issue (you do not have to suffer in silence). **If you are a bully,** just remember that no one can be expected to learn to the best of their ability when faced with a scary unsafe environment. The best thing to do is think about how your words and actions are affecting the other person, and ask yourself if you would like someone saying/doing those things to you. It is important we are able to recognise bullying and have the ability to respond effectively.



**“THINK BEFORE YOU POST
SOMETHING ONLINE, OR SAY
SOMETHING TO/OR ABOUT A FELLOW
STUDENT HERE AT NMIT”**

The Bullying Advisory Group, consisting of members from a range of NZ Government Departments recommend that all reported incidents of bullying should be treated as serious and followed up as appropriate.

The Bullying Prevention and Response strategy for schools 2015 has been printed and is available to be printed out online. It has a great range of information and tools to assist organisations to set up preventions and responses. It has been produced as a result of the education sector needing information on how to deal with bullying in schools, and although our learning institute is for adults the information really applies to everyone.

Community Contacts:
www.thelowdown.co.nz/
[www.police.govt.nz/about-site/
other-sites/no-bully-website](http://www.police.govt.nz/about-site/other-sites/no-bully-website)
www.youthline.co.nz/
www.netsafe.org.nz



ticket slappa

MOVIE REVIEWS BY



TED 2:

If you were a fan of the original "Ted", the 2012 surprise hit about a pot-smoking, potty-mouthed teddy bear, then you will probably like "Ted 2." It is essentially the exact same movie. As director, co-writer and star, MacFarlane offers a lot of the same kind of brash and ballsy humor that is his trademark. Nothing is off limits. No one is spared. So if you have a problem with a slapsticky pratfall involving scads of semen, followed by a wildly inappropriate joke about sickle cell anemia, followed by a crass Kardashian reference, then you should probably look elsewhere. I'll admit, I laughed - a lot, but I'm also a fan of MacFarlane's "Family Guy" for its rapid-fire pop-culture references and a willingness to go anywhere for a gag.

Best quote: Too rude for the VOS

Best bit: Ted's conversation with a Trix customer - gold!

Worst bit: It's overlong and repetitive nature

If you liked: Ted, and Family Guy



MINIONS:

These little yellow Tic-Tacs were so popular in the two Despicable Me movies that they got their very own movie! Bright, breezy and brought to life with some impressive 3D, make no mistake, Minions is a great wee watch. In this prequel to the series, we catch up with the yellow perils in their Antarctic home where, with no villain to follow, the population has become listless and depressed. In a desperate attempt to stir things up, three of them are sent on a mission to find a scoundrel in the big bad world outside. DreamWorks films may not come with the same effortless ability to awe as their rivals, Pixar, but Minions is still one fine-looking movie.

Best quote: "Doesn't it feel so good to be so bad?"

Best bit: A fun plot and decent 3D.

Worst bit: Prepare for youngsters to start mimicking those Minions... forever.

If you liked: Penguins Of Madagascar, Megamind



MAGIC MIKE XXL:

The beefy strippers oil up and don their thongs for a final showing in an entertaining sequel to one of the biggest surprise hits of recent years. While the absence of leading man Matthew McConaughey is keenly felt, MMXXL is another guilty pleasure ergonomically designed to please female audiences who should know better. Blokes will also find plenty to enjoy from the gang's bromantic escapades. The story never veers far from the standard road trip template but, like they say, it's not what you've got, it's what you do with it. The first film's director, Steven Soderbergh, brings his unmistakable panache to the editing room, delivering a cut that, like Mike's abs, doesn't have an ounce of fat.

Best quote: Nothing suitable for VOS.

Best bit: Mike finds a novel use for a drill while practising his routine.

Worst bit: McConaughey is MIA.

If you liked: Boogie Nights, Don John

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