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# Rā Aroha 2023

— WHS Clubs, Groups & Activities —

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# Art Factory

**When:** Wednesday lunchtimes

Be part of a team of collaborators working on a range of art based projects including building sets and props for the school drama productions, creating murals and curating art exhibitions in and around the school. You don't have to be an art student to be involved, all welcome!

In Term 1 we will be creating a series of murals for the Resene Paint Mural Competition

**Contact:** Rachel Clark (CKR)  
ckr@whs.school.nz



# Awesome Squad

**When:** Tuesday Lunchtime from 1.40

Awesome squad is a place to play games together, dance outside, craft and meet new friends. We have changed our normal programming of karaoke and dance to a range of fun new covid friendly activities. Meet in R1 at 1.40pm every Tuesday and we'll guide you in our fun activities!

**Contact:** Jen Eccles (ECJ)  
ecj@whs.school.nz



# Badminton

**When: Juniors** Practice - Tuesday Lunchtime  
Games - Thursday after school

**Seniors** Practice - Friday lunchtime  
Games - Friday after school

**Contact:** Tulip Kumar  
[kumartu@whs.school.nz](mailto:kumartu@whs.school.nz)  
Sebastian Hoffman-Body  
[hoffmse@whs.school.nz](mailto:hoffmse@whs.school.nz)  
Toby Blake  
[blaketo@whs.school.nz](mailto:blaketo@whs.school.nz)



# Basketball

**When:** After School

**Contact:** Jason Reddish (RNJ)  
jason.reddish@whs.school.nz



# Big Band

**When:** Tuesday lunch time

Join Big Band today!

Bring your instruments every Tuesday lunch for Big Band! Big Band is an opportunity for anyone with some experience on an instrument to come along and play Big Band jazz music under the direction of the legendary John Rae.

**Contact:** Lauren Hercock (HKL)

[hkl@whs.school.nz](mailto:hkl@whs.school.nz)



# Calm Collective

**When:** Tuesday lunchtime from 1.50

Calm Collective is a group of meditators that run meditation sessions for students at school. During each session we exercise and strengthen your brain in a way that helps you to direct focus and hold yourself in the present moment. We do this with simple breath awareness and body awareness. There is no chanting or mantras - just sitting and being aware of the present moment. The meditations focus on an awareness of the breath (because it is a constant in our life, it's always there) and sensory awareness, so it is very simple. With regular practice you can: improve your attention span and ability to focus, be more accepting of yourself, increase your compassion and empathy for others, better manage emotional fluctuations even learn to sleep better. The intention with this is that these skills will support you as a learner and as life skills as a person. A number of you will have meditated previously at school/s or through apps. Calm Collective is a way to connect with others who meditate and strengthen your mental wellbeing. Strengthen your practice with us or just come along and give meditation a go. Feel free to bring a friend too.

**Contact:** Andrew Gordon (GNA)

[gna@whs.school.nz](mailto:gna@whs.school.nz)



# Chamber Music

**When:** TBC

Are you a classical musician who is keen to play in a small ensemble? We would love to hear from you! Please email HKL with some info about what you play and your experience level (e.g. Grade 5 piano).

We are hoping to put together some groups of similar experience to work towards competing in the regional NZCT Chamber Music competition, or just for fun.

So what are you waiting for? Get in touch today!

**Contact:** Lauren Hercock (HKL)

[hkl@whs.school.nz](mailto:hkl@whs.school.nz)



# Chess

**When:** Wednesday Lunchtimes

If you enjoy playing chess or are just learning join the chess club.

**Contact:** Edmund Abboud (ADE)  
[ade@whs.school.nz](mailto:ade@whs.school.nz)



# Choir

**When:** Wednesday lunch time

Do you like music? Do you like singing in the shower? Do you like spending time with cool people? Well do we have the perfect co curricular activity for you! Choir! Choir is a fun and exciting experience for everyone run by the incredibly talented Shan! Whether you're a professionally trained singer or new to the singing scene, choir is welcoming to all. No previous experience required. We sing a wide range of songs so no matter what genre of music you like there will be a place for you to get into the singing zone! Many exciting potential performance opportunities come from joining choir - such as the national Big Sing event! Or the infamous Wellington High music evenings! So what are you waiting for?

**Contact:** Lauren Hercock (HKL)

[hkl@whs.school.nz](mailto:hkl@whs.school.nz)



# Classics Club

**When:** Friday Luchtimes

Classics club is a club where we plan to do lots of activities related to Classical Mythology! We will be writing about and telling each other about our favourite Classics stories. We will read and learn more about some stories that are not well known. One student leader is writing a musical about the Trojan war if anyone wants to join. We will include drawing for the artists, and anyone who likes acting can join the musical (later in the year when it's done), we want everyone to feel included!

**Contact:** Isobel (El) Barr  
[barris@whs.school.nz](mailto:barris@whs.school.nz)



# Code Club

**When:** Tuesday after school 3.30 -5.30

In conjunction with VUW & Tuhura Tech Leon Bowie will help run a code club. We will look at supporting current learning as well as exploring things like Rust and Cybersecurity (through CTF's)

**Contact:** John Barrow (BWJ)  
bwj@whs.school.nz



# Competitive Video Games

**When:** Wednesday lunchtimes

We meet once a week to play all sorts of competitive video games of all varieties. We also host tournaments multiple times a year for those who are competitive.

**Contact:** John Barrow (BWJ)  
[bwj@whs.school.nz](mailto:bwj@whs.school.nz)

Noah Roncero-Korn  
[ronceno@whs.school.nz](mailto:ronceno@whs.school.nz)



# Crisis Lab Challenge

**When:** TBC - keep an eye on the notices

The CRISiSLab Challenge is a combined challenge of coding skills, science communication skills, innovation and creativity. This year the challenge will take place in two parts. Part one is open to all comers (teams of 2-5 are recommended) and will happen during term 2. The exact challenge has not yet been revealed but previous years revolve around getting information from a Raspberry Shake and providing alerts when tremors are detected. Part two (likely in term 3) will be a little more complex and by invitation from the top performing teams from part 1. The winners last year (our team) got a summer internship at Massey university and appeared on TV.

**Contact:** Bill Viggers (VSW)

[vsw@whs.school.nz](mailto:vsw@whs.school.nz)

Google Classroom code: ps3ecyw



# Debating

The school has both junior and senior debating teams. Teams for 2023 have already been selected but if you are keen to learn more about debating in WHS please sign up!

**Contact:** Caitlin Riley (RYC)  
[ryc@whs.school.nz](mailto:ryc@whs.school.nz)



# DJ Club

**When:** Thursday Lunchtime

**DJ Lucki** will be on hand to show you the basics, how to get music into Serato, how to download **Serato for FREE**. Practise loading up crates for creating DJ sets for performances = possible performance at one of the Music Evenings this year as well as other possible opportunities to DJ away eg lunchtime dances/gigs once a month

**Contact:** Lisa McLeod (MDL)  
[mdl@whs.school.nz](mailto:mdl@whs.school.nz)

Reiner McLeod (aka DJ Lucki)  
[mcleore@whs.school.nz](mailto:mcleore@whs.school.nz)



# Dragon Boating

**When:** Monday and Wednesday after school  
4.00 - 5.00

Seniors only. Training starts during year 12.  
You may go out on the harbour depending on the weather. You must be committed if you are wanting to make the Nationals next year and **you must know how to swim 50 metres.**

**Contact:** Whaea Char (JMC)  
[jmc@whs.school.nz](mailto:jmc@whs.school.nz)

Joe Sione  
[sij@whs.school.nz](mailto:sij@whs.school.nz)



# Duke of Edinburgh

**Where:** TBC

**When:** TBC

Duke of Edinburgh - The Duke of Edinburgh's Hillary Award is available to all 14–24 year olds, regardless of their background. The Award has three levels, each progressively more challenging - Bronze, Silver and Gold. Participants are required to complete four sections at each level: Voluntary Service, Skills, Physical Recreation and Adventurous Journey. At Gold level, participants also complete a Residential Project.

**Contact:** Bharat Pancha (PAB)

[pab@whs.school.nz](mailto:pab@whs.school.nz)



# Dungeon and Dragons

**When:** Thursday Lunchtime

This club is for those who want to play or are interested in D&D.

**Contact:** John Barrow (BWJ)  
[bwj@whs.school.nz](mailto:bwj@whs.school.nz)

Baxter Berdinner  
[berdiba@whs.school.nz](mailto:berdiba@whs.school.nz)



# Election '23

**When:** Monday Lunchtime

Discussion on the role of Government Political  
Viewpoints and Issues relating to the 2023 Election.

<https://elections.nz/>

<https://vote.nz/voting/how-to-vote/what-to-do/>

**Contact:** Henry Hollis (HSH)  
[hsh@whs.school.nz](mailto:hsh@whs.school.nz)



# EPro8

**When:** Thursday lunchtimes

EPro8 - Engineering and science competitions at a school in the Wellington Region (this year it is at Tawa College). The entry fee for each heat is \$120 per team (i.e. \$30 per person). If you qualify, the fee for the finals series is \$150 per team.

**For Y9-10s only.**

**Limited to 24 people/6 teams.**

**Contact:** Nadia van Biljon (VNN)

[vnn@whs.school.nz](mailto:vnn@whs.school.nz)



# Floorball

**When:** Lunchtime and after school

**Contact:** Frankie Coup  
coupfr@whs.school.nz

Austin Kyne  
kyneau@whs.school.nz



# Football

**When:** After School

**Contact:** [football@whs.school.nz](mailto:football@whs.school.nz)



# Futsal

**When:** Lunchtime

**Contact:** Jeremy Sutton (SNJ)  
snj@whs.school.nz



# Garden Club

**When:** Tuesday lunchtimes

The WHS garden is a chill space to come and spend your lunchtimes, enjoy some sun, eat some raspberries (or whatever else the mara kai has on offer that day), and maybe come home with some cute baby houseplants!

**Contact:** Jonas Lamarche (LAJ)  
[laj@whs.school.nz](mailto:laj@whs.school.nz)



*The greatest vegetable*



# Guitar Club

**When:** Monday lunchtimes

Do you want to learn to play the guitar? Do you already play guitar and want to improve your skills? Come and learn to play the guitar or build on your existing skills. We will cover some basic theory, tuning, chords, scales and lead guitar techniques.

**Contact:** Zane Goodridge (GEZ)  
[gez@whs.school.nz](mailto:gez@whs.school.nz)



# Hockey

**When: Boys** Practice - Monday 4.00 - 5.00 pm  
Games - Friday after school

**Girls** Practice - Monday 4.00 - 5.00 pm  
Games - Tuesday after

**Contact:** Sport@whs.school.nz



# Japan Kurabu

**When:** Wednesday lunchtimes (from Mar 1st)

Keen to spend your lunchtime chilling & chatting while doing activities like origami, movies, anime, art, games & occasionally cooking? Then this is the kurabu for you!

**Contact:** Jo Hawes (HSJ)

[hsj@whs.school.nz](mailto:hsj@whs.school.nz)



# Junior Jazz

**When:** Wednesday lunch time

Junior Jazz is a class to learn your instrument focused on making your own unique musical identity - aka soloing. In this class, we will improve our soloing/improv skills, reading skills, technical skills, teamwork/ensemble skills, all in a friendly environment hosted by passionate senior students from WHS! Come along regardless of your experience :)

**Contact:** Lauren Hercock (HKL)

[hkl@whs.school.nz](mailto:hkl@whs.school.nz)



# Junior Maths Enrichment

**When:** Thursday Lunchtimes

For junior students who are interested in doing maths for fun! Come along!

**Contact:** Christian van der Zee (VEC)

[vec@whs.school.nz](mailto:vec@whs.school.nz)

Jordan Hallas (HAJ)

[haj@whs.school.nz](mailto:haj@whs.school.nz)



# Lunchtime Games Club

**When:** Monday - Thursday lunchtime  
Friday lunchtime

A lunchtime games club happening every day! Bring along your lunch and come and play a game with others.

**Contact:** Nikki Peterson (PNN)  
[pnn@whs.school.nz](mailto:pnn@whs.school.nz)

Gavin Hockly (HYG)  
[hvg@whs.school.nz](mailto:hvg@whs.school.nz)

Carly Elder (ERC)  
[erc@whs.school.nz](mailto:erc@whs.school.nz)

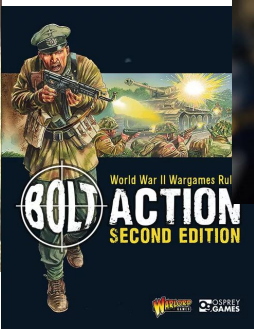
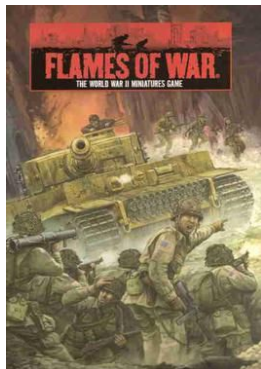
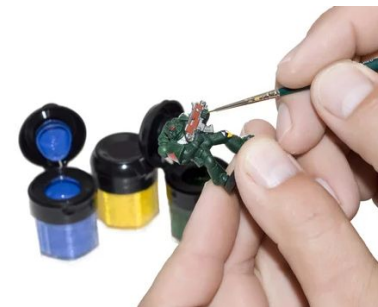


# Miniature Model Club

**When:** Thursday lunchtime

Games Workshop 40K and Age of Sigmar games, along with model making, painting and activities related to tabletop gaming. Google classroom code: xymzmst

**Contact:** John Barrow (BWJ)  
[bwj@whs.school.nz](mailto:bwj@whs.school.nz)



# Mountain Biking Club

**Where:** TBC

**When:** TBC

We are a group who coordinate riding for students at WHS. This involves:

- some afterschool rides
- riding as a team at the Capital Enduro Series, North Island and NZ Secondary school champs
- possibly some bike workshop and maintenance sessions during lunchtimes.
- Online group to coordinate rides and events.

**Contact:** Andrew Gordon (GNA)

Lizzie Varley (VYL)

Elliott Bell

[gna@whs.school.nz](mailto:gna@whs.school.nz)

[vyl@whs.school.nz](mailto:vyl@whs.school.nz)

[belllel@whs.school.nz](mailto:belllel@whs.school.nz)



Email:

[andrew.gordon@whs.school.nz](mailto:andrew.gordon@whs.school.nz) - teacher in charge

Elliott Bell - [BELLEL@whs.school.nz](mailto:BELLEL@whs.school.nz) - student leader

# Netball

**When:** After school

**Contact:** [netball@whs.school.nz](mailto:netball@whs.school.nz)



# Neurodiversity Club

**When:** Tuesday Lunchtimes

- A supportive and inclusive space to connect with other students who are Neurodiverse.
- Get together and decide as a new group what you want to get from this club.
- Bean bags and quiet space to meet up
- Club to be student lead.

**Contact:** Lou Hannagan (HNL)  
hnl@whs.school.nz



# Pause, Stretch and Reset

**Where:** TBC

**When:** TBC

This is a 30 minute class taught before school. Sessions include a combination of Mindfulness basics and Yin Yoga. This class will interest anyone who needs a bit of me-time and who is interested in emotion regulation, attention training, various breathing techniques, body awareness, relaxation, neuro-anatomy, mindfulness and stretching. This is not difficult yoga and you do not need to be fit or flexible to attend.

[Yoga and Mindfulness with Cathy Gamba](#)

**Contact:** Dominic Killalea (KLD)

[kld@whs.school.nz](mailto:kld@whs.school.nz)

Cathy Gamba



# Philosophy Club

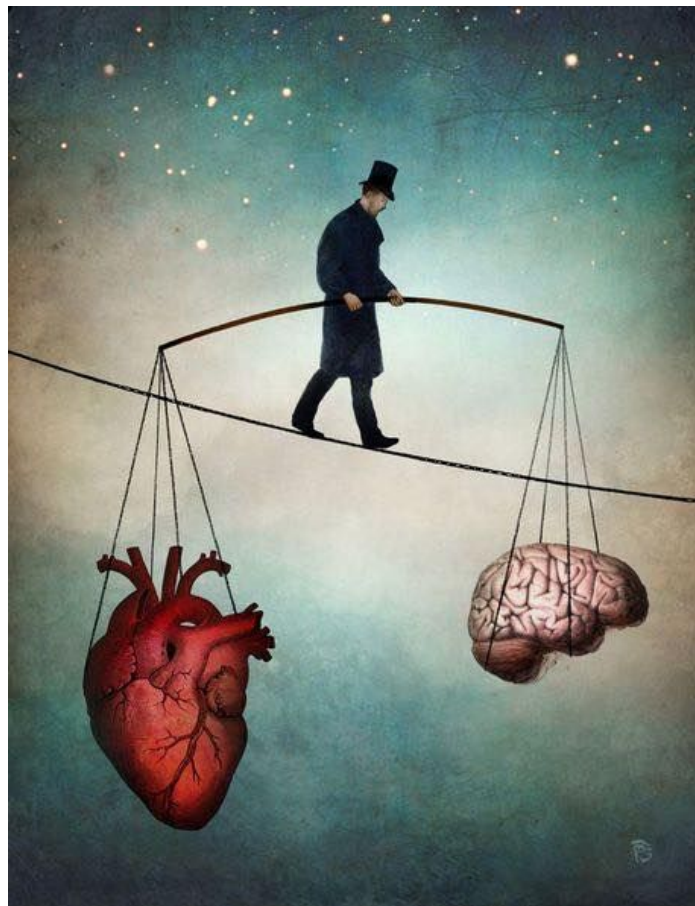
**When: Seniors**      Wednesday lunchtimes  
**Juniors**              Friday lunchtimes

Philosophy club is a chance to discuss and debate ethical dilemmas with other inquiring minds. Students have the option of entering the Australasian 'Ethics Olympiad' later in the year.

**Contact:** Michael Kingston (KNM)  
[knm@whs.school.nz](mailto:knm@whs.school.nz)

Mia Sharma  
[sharmmi@whs.school.nz](mailto:sharmmi@whs.school.nz)

Philippa Thorburn  
[thorbph@whs.school.nz](mailto:thorbph@whs.school.nz)

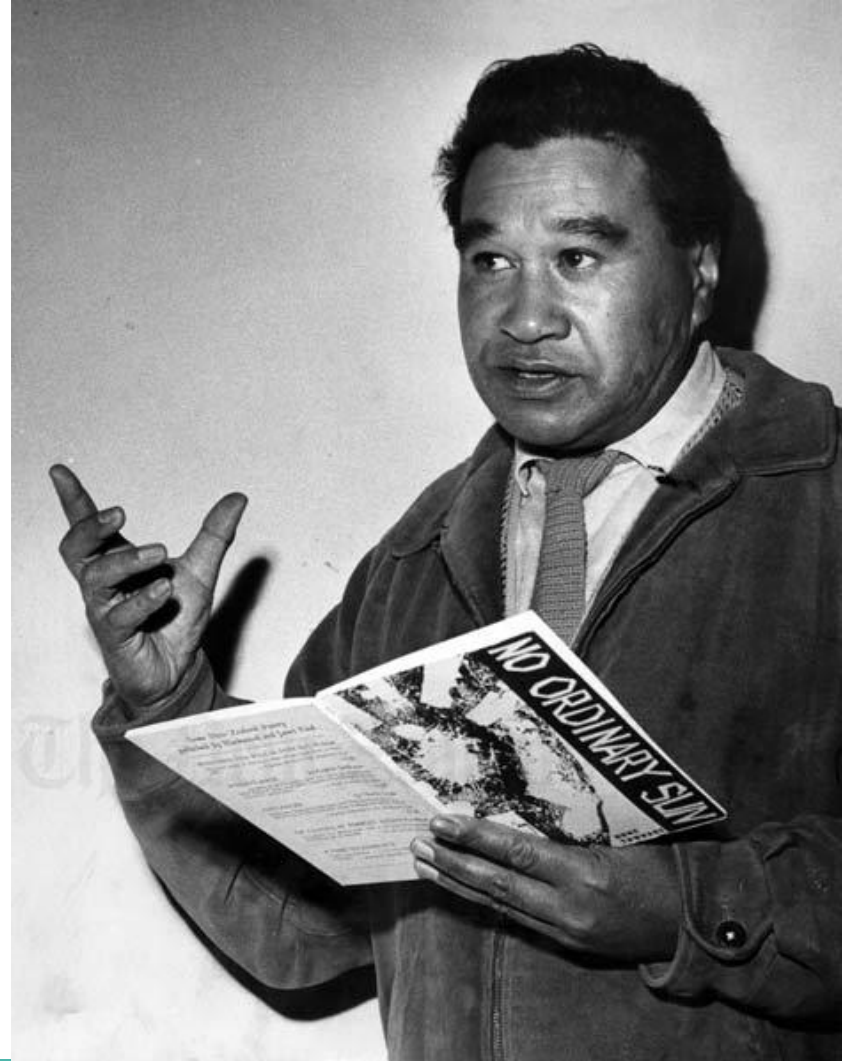


# Poetry Club

**When:** Monday lunchtime

A place to write, share, discuss, and enjoy poetry.

**Contact:** Bill Scott (STW)  
stw@whs.school.nz



# Rock Climbing Club

**When:** Thursday after school until 5.30

We do bouldering and top rope climbing down at Fergs on the waterfront. We like to work through problems and climb together!

There is a cost of \$18 for climbing and \$5 extra for shoes (required for bouldering).

**Contact:** Simon Russell (RLS)  
[rls@whs.school.nz](mailto:rls@whs.school.nz)

Jordan Hallas (HAJ)  
[haj@whs.school.nz](mailto:haj@whs.school.nz)

Jonas Lamarche (LAJ)  
[laj@whs.school.nz](mailto:laj@whs.school.nz)



# Roots and Shoots

**When:** Thursday Lunchtime

We are the school sustainability, conservation and environment group. If you want to do some environmental action, be creative and have fun then you should come to roots and shoots. Everyone is welcome.

**Contact:** Stephen Beckett (BTS)

[bts@whs.school.nz](mailto:bts@whs.school.nz)

Anna Curzon Hobson

[hobsoan@whs.school.nz](mailto:hobsoan@whs.school.nz)

Anna Reilly

[reillan@whs.school.nz](mailto:reillan@whs.school.nz)



# Samba Band

**When:** Thursday lunch time

Samba band is a large Brazilian percussion ensemble. We are so lucky to have members of Wellington Batucada coming in to teach students how to play this music as well as providing instruments!

Come along Thursday lunchtimes. Bringing ear protection is recommended as it can get loud.

**Contact:** Lauren Hercock (HKL)

[hkl@whs.school.nz](mailto:hkl@whs.school.nz)



# Sonic Arts Club

**When:** Tuesday lunchtime

Sonic Arts Club is **creating music** using DAW. We have **Reason** and **Reaper** and very soon **Ableton Live** lite as well. We will be creating music, using MIDI controllers, and learning to loop and mix all the tracks nicely.

**Contact:** Lisa McLeod (MDL)  
[mdl@whs.school.nz](mailto:mdl@whs.school.nz)

Reiner McLeod  
[mcleore@whs.school.nz](mailto:mcleore@whs.school.nz)



# String Ensemble

**When:** Wednesday 8.30am - 9.30am

Calling all string players to come join our school's String ensemble. You'll meet other passionate string players of all ages and experiences, play at the school music night and some concerts outside of school, learn beautiful classical pieces and learn about them, improve your skills with others, learn how to play in a group and have a good time. We are excited for all the newcomers and can't wait to play alongside you!

**Contact:** Lauren Hercock (HKL)  
[hkl@whs.school.nz](mailto:hkl@whs.school.nz)



# Student Librarians

**When:** interval, lunchtime, before and after school

We do books... library duties, kaitiakitanga, wellbeing and friendship

Library: rostered days, *(choose a day and time that suits):*  
interval, lunch, before school, after school

**Contact:** Helen Muxlow (MWH)  
[mwh@whs.school.nz](mailto:mwh@whs.school.nz)  
[library@whs.school.nz](mailto:library@whs.school.nz)



# Table Tennis

**When:** Tuesday after school (Term 2)

You will be part of a team and will have to play both singles and doubles matches. There are three grades: Beginners, experienced and A grade players. You will be provided with a paddle.

**Contact:** Charlie Chen  
chench2@whs.school.nz



# Tramping Club

**When:** various dates - keep an eye on the notices

Tramping around New Zealand during the weekend. Must be at least 14, and tramps have limited numbers.

**Contact:** Bharat Pancha (PAB)  
[pab@whs.school.nz](mailto:pab@whs.school.nz)



# Ultra Violet

**When:** Thursday lunchtimes

Ultra Violet is Wellington High School's LGBTQIA+ group. We meet to talk about sexuality, gender and everything in between. We play fun games, learn about everything rainbow related such as Queer history, how the healthcare system affects LGBTQIA+ individuals, how to come out, binder safety and much more! Don't know if this is the club for you? Come along anyway! You don't have to be gay to attend, but you do have to be an ally. No need to sign up, just turn up!

**Contact:** Hannah Paton-Smith (PHH)  
phh@whs.school.nz



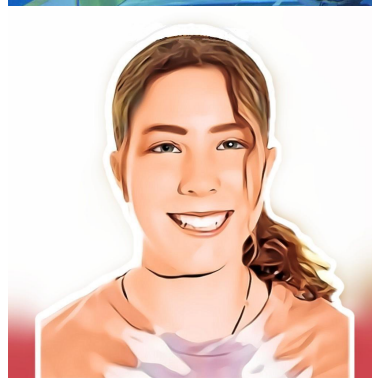
# Underwater Hockey

**When:** Juniors      Sundays 4.15 - 5.45 pm  
Senior open      Sundays 5.30 - 7.15 pm  
Senior girls      Sundays 7.00 - 8.45 pm  
Senior boys      Mondays 4.30 - 5.30 pm

**Contact:** Murray Chisholm (CMM)  
[cmm@whs.school.nz](mailto:cmm@whs.school.nz)

Maddy Murdoch      [murdoma@whs.school.nz](mailto:murdoma@whs.school.nz)  
Tom Curtain      [curtato@whs.school.nz](mailto:curtato@whs.school.nz)  
Kauri Sekido      [sekidka@whs.school.nz](mailto:sekidka@whs.school.nz)

DM us on Instagram: @whs\_underwater\_hockey



# Wind/Brass Ensemble

**When:** Thursday interval

Wind and brass ensemble is a group designed to support wind and brass players at any stage of playing to develop their ensemble skills.

This is a great stepping stone group for newer players wanting to eventually join junior jazz and big band.

Bring your instrument and enthusiasm Thursday intervals!

**Contact:** Lauren Hercock (HKL)

[hkl@whs.school.nz](mailto:hkl@whs.school.nz)



# WOW Club

**When:** Thursday lunchtimes

This is a competition for students who would like to design a wearable art piece for the Showquest performance in June this year. TOI, the art and design competition supported by WOW, is performed live at the Michael Fowler Centre. Students meet up, make groups and design and then make their costumes. This is a great opportunity for students to show off their creativity and have a lot of fun

**Contact:** Ruby Joy (JOR)

[jor@whs.school.nz](mailto:jor@whs.school.nz)



# Year 9 Rock band

**When:** Friday lunch time

Year 9 Rock Band is an awesome opportunity for vocalists, guitarists, keys players, bassists and drummers to get involved in the wider Music department right away.

You will be organised into a band and then have a couple of amazing senior students mentor you until you are ready to play together independently. You also get the opportunity to perform at a WHS Music Evening!

2023 bands have been organised but if you missed the meeting and are super keen to be involved then please come along Friday lunch.

**Contact:** Lauren Hercok (HKL)  
[hkl@whs.school.nz](mailto:hkl@whs.school.nz)



# Yoga Conditioning for Teens

**Where:** TBC

**When:** TBC

A more energetic yoga conditioning class after school. This 30 minute class would interest students wanting to have a bit of a work-out. No previous experience is required.

[Yoga and Mindfulness with Cathy Gamba](#)

**Contact:** Dominic Killalea (KLD)

[kld@whs.school.nz](mailto:kld@whs.school.nz)

Cathy Gamba

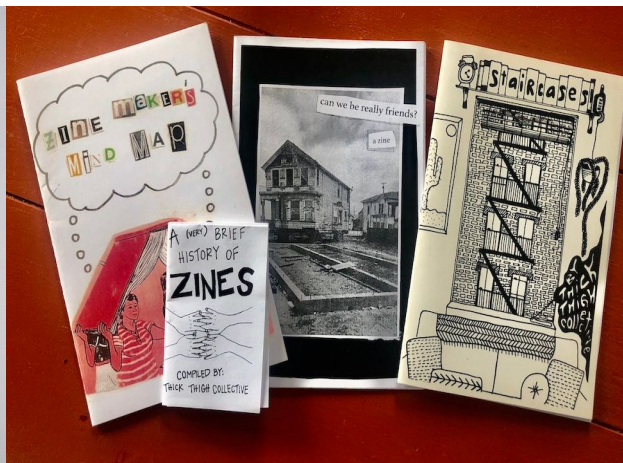


# Zine Club

**When:** Wednesday Lunchtimes

Come and make zines (self published books) in the art room Wednesday lunchtimes. Zines are a great way to publish your own art, poems, writing, musings, and anything else you want to express—without needing anyone else's permission to do so. All materials, chill vibes and music will be provided, just bring yourselves and your ideas!

**Contact:** Morgan Hogg (HGM) [hgm@whs.school.nz](mailto:hgm@whs.school.nz) or Ruby Joy (JOR) [jor@whs.school.nz](mailto:jor@whs.school.nz)



# 3D Printing

**When:** Friday Lunchtimes

Make your own models? Print replacement parts for your sewing machine? Have fun making and printing your own 3D creations. WHS has a variety of 3D printers available, come and find out more about how to use them.

**Contact:** Bill Viggers (VSW)  
[vsw@whs.school.nz](mailto:vsw@whs.school.nz)

John Barrow (BWJ)  
[bwj@whs.school.nz](mailto:bwj@whs.school.nz)

Miguel Ferrer  
[ferremi@whs.school.nz](mailto:ferremi@whs.school.nz)

