

SOUTHLAND GIRLS' HIGH SCHOOL

INTERNATIONAL PROSPECTUS





HELLO, WELCOME

A warm welcome to Southland Girls' High School. Established in 1879, we are known as a high performing school. We provide an extensive and broad curriculum, where students can grow and learn according to their interests, needs and abilities.

Sending your child to Southland Girls' High School is an investment in their future

They are taught by highly qualified teachers who are experts in teaching and providing high levels of pastoral care and support for students.

Students are encouraged to have balance in their education – combining their academic goals with a variety of co-curricular activities encompassing sport, cultural and performing arts programmes. We promote a strong school culture, incorporating our values of Respect, Responsibility and Integrity.

Southland Girls' High School students become independent and resilient women. They are future-focused and well prepared for employment pathways and universities across the world. We look forward to welcoming your child and you into the Southland Girls' High School community.

John Grogan
Principal

INTERNATIONAL TEAM



International Director

Terri Barrett



Academic Tutor

Sharee Ineson



Homestay Coordinator

Kohnie Stickley

Southland Girls' High School is passionate about providing international students with an unforgettable study abroad experience.

Our school offers a warm and supportive environment for students who are interested in immersing themselves in New Zealand's vibrant culture while receiving a world-class education in a safe and welcoming community.

Our dedicated team of educators and staff take pride in providing personalised support to each student.

Whether you need academic guidance, career pathway planning, or language support, we're here to help you

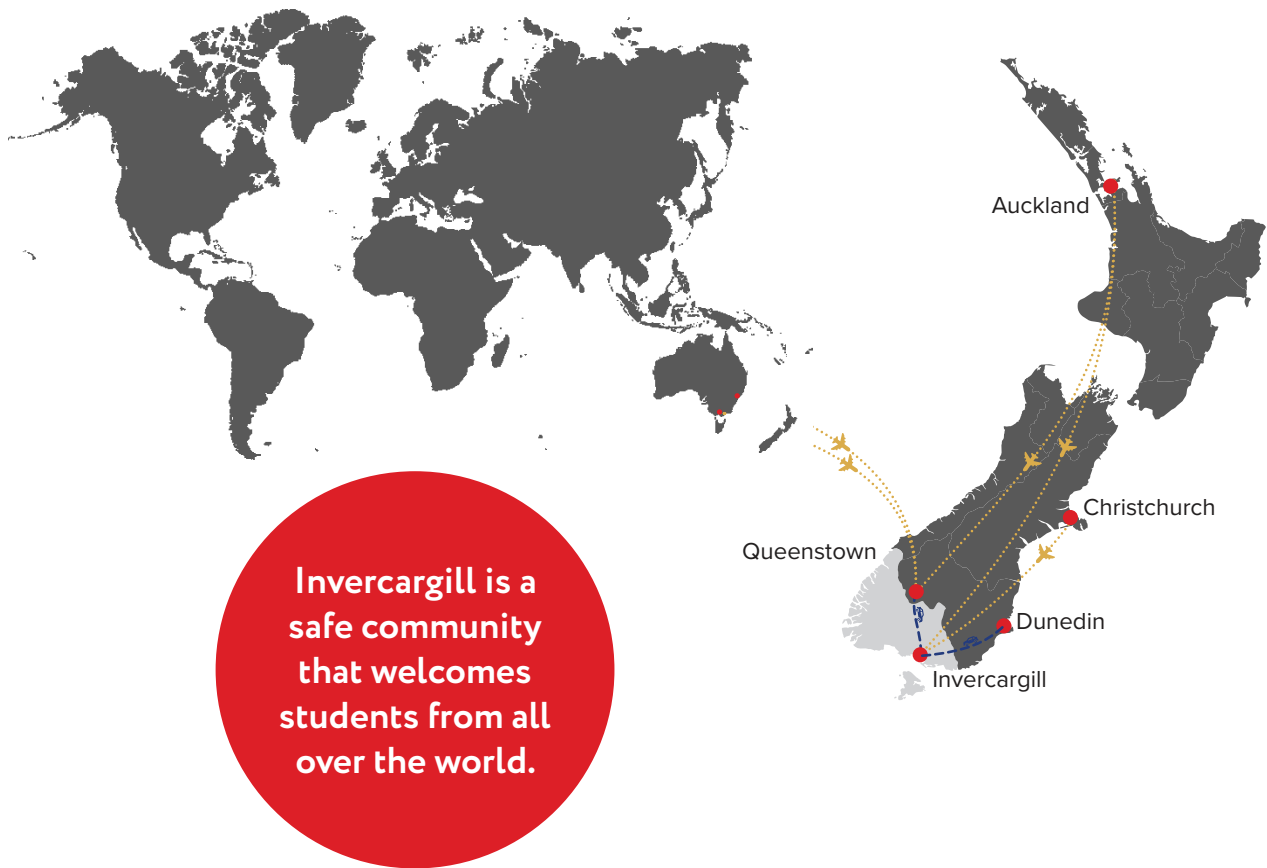
achieve your academic goals and support you in your learning pathways to further study at university.

We understand that studying abroad can be daunting, which is why we are committed to your wellbeing and success. Our 24/7 emergency assistance and regular progress reports to families ensure that you have the support you need to thrive academically and personally.

With over 30 years experience in welcoming international students to Southland Girls' High School, we are experts in educating girls from overseas.

The image is a composite of two photographs. The top half shows a modern, multi-story building with a dark, textured facade and large glass windows. The building is illuminated from within, and the sky above is a vibrant mix of pink, orange, and purple, suggesting a sunset or sunrise. A paved walkway and some trees are visible in front of the building. The bottom half of the image shows a wide, sandy beach with gentle waves lapping at the shore. In the foreground, there is a field of tall, dry, yellowish grass. The sky is overcast with grey clouds, and distant hills are visible on the horizon.

WAIHŌPAI INVERCARGILL



**Invercargill is a
safe community
that welcomes
students from all
over the world.**

Southland is well known for being warm, friendly and welcoming. International students are valued by the local community for the diversity and knowledge they bring to our city when studying at our school.

Invercargill is a safe and welcoming city with a rich history and plenty of attractions for visitors and locals alike. It is called the “City of Water and Light”. This is fitting with the chance to view the Aurora Australis, our award-winning Queens Park, and the stunning coastal views of The Catlins on our doorstep.

Invercargill is the southernmost city in New Zealand. The school is a five-minute drive to the regional airport, and

only a two-hour drive from the vibrant tourist attraction of Queenstown, and Dunedin, where Otago University is located.

The city has a diverse population, making it an ideal place for international students to live and study. The world-class sports facilities and outdoor lifestyle options make it an attractive destination for those who enjoy an active lifestyle. Invercargill offers a great balance of affordability, accessibility, and quality of life for students.

Students enjoy all that the region has to offer with access to nature reserves and parks, lively cafes, restaurants, and shopping.

ACHIEVING EXCELLENCE THROUGH LEARNING AND GROWTH

Southland Girls' High School has a strong reputation for academic achievement, where girls excel.

Our international students consistently achieve a high pass rate for NCEA Levels 1, 2 and 3 with graduates attending universities in New Zealand and throughout the world, in countries that include Thailand, U.S.A., Australia, U.K., Japan and Hong Kong.

NCEA is a universally accepted and recognised qualification by universities across the world.

Girls who attend single sex schools have several advantages, including a culture of strong academic achievement, enhanced self-esteem and wellbeing,

a positive self-image and high engagement with STEM subjects - science, technology, engineering and mathematics.

The absence of boys ensures a more supportive and inclusive learning environment, where the girls are the only priority and sole focus of the school.

Girls in all-girls schools are also more likely to engage in a wider array of sporting activities, including sports traditionally considered masculine, which may further boost their confidence and self-esteem.

Additionally, girls in single-sex schools achieve more in STEM subjects, which can lead to greater career opportunities and success in the future.



SGHS is proud to consistently achieve among the highest NCEA results and University Entrance pass rates for girls in Southland.



**WE EXCEL
ACADEMICALLY**

WHY CHOOSE SOUTHLAND GIRLS' HIGH SCHOOL?

At Southland Girls' High School, we inspire young women to achieve their personal best.

Our modern campus features state-of-the-art Science Laboratories, innovative learning spaces, and a dedicated Performing Arts Suite, providing an outstanding environment for 21st-century learning and growth.

We are proud of our strong record of achievement across academic, sporting, and cultural arenas. Whether in the classroom, on the sports field, on stage, or in the community, our students are encouraged to pursue excellence, discover their strengths, and embrace every opportunity available to them.

As a leading girls' school, we understand how girls learn best. Our experienced and passionate teachers are committed to helping every student succeed, providing the guidance, encouragement, and challenge needed to achieve outstanding results.

International students are welcomed into a supportive and inclusive environment where they quickly become part of the school community. Specialist ESOL (English as a Second Language) programmes are tailored to each student's individual language level, learning needs, and goals. Through personalised support and targeted teaching, students develop confidence in English and gain the skills needed to thrive across all areas of the curriculum.

Guided by our core values of Respect, Integrity, and Responsibility, we foster a culture where students are encouraged to aim high, act with integrity, take ownership of their learning, and make a positive contribution to the world around them. Together, these values empower our students to become confident, capable, and compassionate young women ready for their future.



WE THRIVE
TOGETHER

WE LOVE LEARNING



We Work Together

Learner-centred, future-focused, and teaching students essential knowledge and skills. We prepare them for their future pathways and ambitions.

The curriculum is designed to challenge all students, appropriate to their abilities. The school places equal focus on all year levels.

Across these two years, your child will be immersed in a wide range of curriculum areas.

Learning Package Examples:

English
Structured Literacy
Maths
Science
Social Science
PE/Health
Visual Art
Performing Arts
Technologies: Materials/Foods/Digital
Languages



Student’s abilities, needs and interests can be provided for within Learning Packages by selecting the level of subject appropriate for the learner. Further details of specific subjects will be provided in the Option booklet.

Year 9 and 10 Compulsory Learning includes:

Compulsory
English
Mathematics
Science
Social Science
Physical Education/Health
Technology (choose at least one from a range of Technologies e.g. Digital Technology, Food Technology, Soft Materials Technology, Hard Materials Technology)
Creative Arts (choose at least one from a range of Visual Art or Performing Arts including Dance, Drama and Music)

Year 9 and 10 Optional Learning includes:

Optional
Cambridge English (Year 10)
Cambridge Mathematics (Year 10)
Cambridge Science (Year 10)
Social Science (Including Cambridge Global Minds)
Science
Physical Education
Te Reo Māori
Japanese
French
Technology (including Digital Technology, Food Technology, Soft Materials Technology, Hard Materials Technology)
Creative Arts (including Visual Art or Performing Arts including Dance, Drama and Music)



NCEA Level 1	
English Whero	English Kikorangi
French	Te Reo Māori
Japanese	
Accounting	Economics
Digital Technologies/ Computing	Fashion and Design
Culinary Arts	Food and Nutrition
Physical Education	
Geography	History
Dance	Performance Drama
Music	Theatre Tech
Outside the Square	Star Courses
Maths Reasoning	Maths Investigations
Maths Applied	
Science 101	Science 102
Visual Art	Digital Arts – Design and Photography

NCEA Level 2	
English Māwhero	English Waiporoporo
English Kōwhai	
French	Media Studies
Japanese	Te Reo Māori
Accounting	Agribusiness
Economics	Financial Literacy
	Digital Technologies
Fashion and Design	Culinary Arts
Food and Nutrition	
Health	Physical Education
Classical Studies	Geography
History	Tourism
Dance	Performance Drama
Music	Theatre Tech
Business Retail	Gateway Courses
Star Courses	Murihiku Trades Academy
Mathematics with Algebra	Mathematics with Statistics
	Financial Numeracy
Biology	Chemistry
Physics	Science
Agriculture	
Visual Art – Painting/ Printmaking/Sculpture	Digital Arts – Design and/or Photography

NCEA Level 3	
English 301	English 302
Media Studies	
French	Te Reo Māori
Japanese	
Accounting	Agribusiness
Economics	
	Food and Nutrition
Digital Technologies	Fashion and Design
Physical Education	Health
Classical Studies	Geography
History	Tourism
Art History	
Dance	Music
Performance Drama	Theatre Tech
Transition for the Future	Gateway Courses
Star Courses	Murihiku Trades Academy
Calculus	Mathematics
Statistics	
Biology	Science
Chemistry	Human Science
Physics	Agriculture
Visual Art – Painting/ Printmaking/Sculpture	Visual Art - Design
Visual Art - Photography	

WE AIM HIGH

At SGHS we believe in personalised learning for every student that meets their needs, interests and abilities.

We offer students the following options to extend their learning:

- Multi-Level Learning and acceleration means a student's timetable can include different levels of learning, e.g. a Year 9 student can also be taking a Year 10 subject.
- Cambridge Exams (IGSCE) – Science, Maths, English and Global Perspectives.
- Ability grouping within a year level for English, Science and Maths.
- Students can choose a combination from Science, Maths, English and Global Perspectives.



CAMBRIDGE
International Education

Cambridge International School

We are an approved Cambridge International School, registered to offer programmes from Cambridge International Education, part of the University of Cambridge.

We are proud to offer Cambridge examinations for Year 9 and 10 students, and be part of the world's largest international classroom.

Southland Girls' High School offers IGCSE (International General Certificate of Secondary Education) to our Year 9 and 10 students.

This internationally recognised Cambridge University Exam is normally sat by Year 11 students, however we believe that by offering it at Year 10 we are better preparing the students to achieve 'excellence' across NCEA Levels 1, 2 and 3.



**WE JOIN, LEAD
AND GROW**

OPPORTUNITIES OUTSIDE THE CLASSROOM

Beyond the classroom, students have access to a wide range of sporting, cultural, leadership and co-curricular opportunities that encourage new friendships, personal growth and a deeper connection to school life.

Sports

Aerobics
Archery
Badminton
Basketball
Cricket
Football
Futsal
Gymnastics
Hockey
Indoor Tag Touch
Netball
Pickleball
Rugby
Softball
Squash
Table Tennis
Touch Rugby
Volleyball
Waka Ama
Water Polo

School Groups and Events

Art Committee
Chess Club
Creative Writing Club
Debating Club
Drama Club
Duke of Edinburgh
FEMME Choir
InnovateHer Club
Itinerant Music
Kapa Haka
Leo Club
Librarian
Mathematics Achievement Challenge
Oli Ula, Pasifika Performance Group
Rosso Choir
SADD Club (Students Against Dangerous Driving)
Sanguine Choir
School Magazine
School Productions
Science Badges
Science Fair
Showquest
SMAC Maths
Social Science Fair
Speech Competition
Student Volunteer Army
Young Farmers Club

External Opportunities

Available via one off events

Adventure Racing
Athletics
Bowls (Indoor and Lawn)
Cross Country
Cycling (Road and Track)
DanceNZMade
Equestrian
HETTANZ –
Fashion, Design and Craft Awards
ICAS Exams
Kayaking
Lit Quiz
Multisport events
Orienteering
Rowing
Swimming
Tennis
Triathlon



WE ARE
CREATIVE



Southland Girls' High School is renowned for our Creative Arts. A large number of our students participate in the extensive curriculum offered in Music, Dance, Drama and Visual Arts. Students are able to study in each of these areas up to NCEA Level 3.

Dance

The dance curriculum is well supported with highly qualified teachers in a purpose-built dance studio. Students are able to access multiple performance opportunities and contribute to events such as school productions and Showquest.

Dance is offered at all year levels and no previous experience is necessary.

Visual Arts

Southland Girls' High School runs a successful Visual Arts curriculum that sees many of our students continuing on to study at tertiary level and gaining scholarship awards.

Our talented staff includes current local artists. Classes are offered in Sculpture, Photography, Painting, Printmaking and Design.

Drama

Drama at Southland Girls' High School is delivered by a team of dedicated teachers who are passionate about the subject. Students who study drama develop into confident, articulate and creative individuals who will be an asset to society when they leave SGHS.

Music

Southland Girls' High School has produced a number of talented musicians who have gone on to perform at a high level, both nationally and locally.

Numerous opportunities exist to showcase students' skills – from school concerts, performance showcases, school productions and outside events.

Our three school choirs provide an opportunity for students who have a love of singing and performing to develop their talent.

We have recently opened a new music suite creating a modern, well resourced learning environment.



WHAT OUR STUDENTS SAY

JUSTINA

18, CHINA.

This is my third year studying at SGHS, and I am in my final Year 13.

This school has shaped my artistic journey significantly. The learning environment here is inspiring. Teachers support each student's creative growth and are willing to guide us through complex art making challenges.

I am deeply passionate about visual arts. Creating artworks has allowed me to explore my ideas and express my thoughts freely. Meanwhile, I have taken part in the Femme Choir. We travelled to Dunedin and other cities for competitions. These experiences gave me chances to meet new people and grow through music performance. The school offers wonderful extracurricular activities that cater to different students' strengths and interests.

During my time here, I have grown more self assured and self disciplined. I have discovered what I love to pursue for my future studies, which gives me clear direction to work hard toward my goals. I have found my true passion for art, and my experiences at school have well prepared me to apply for tertiary art programs in the future.



YOU

16, THAILAND

This is my second year studying at SGHS.

This school has completely changed my academic journey. The study environment here is impressive. The teachers care about each student's progress and are always welcome to guide us through challenging topics.

I really like the subject here especially science. One of my favorite things is doing science experiments for my science fair project. It was fun to design experiments, collect data and see the results. The school also provides great extracurricular opportunities for different students' interests.

Since studying here, I become much more confident and independent in myself. I discovered what I'm truly passionate about and prepared me well for the higher education.

BAM

15, THAILAND

Hi, I am Bam, and I'm 15 years old. This is my fourth year at Southland Girls' High School.

I love playing sports after school, like badminton and football, and participating in sports tournaments. In Year 11, I enjoy making my art board and trying new things, such as doing science internals and developing practical skills in the lab.

This year, I have completed a Star Course in Carpentry at the Southern Institute of Technology. I made a picnic table, plant boxes and am working on a bird house. This course also gives me credits towards NCEA.

I live with my host family, and I enjoy helping with some farm work. At my homestay, we have Highland Cows, sheep, and hens.

SURI

16, THAILAND

I have been studying at SGHS for almost 4 years now.

I enjoy learning here a lot. My favourite subjects are classical studies and digital technology. I am in the chess club and really enjoy it.

I used to stay in the Enwood hostel. We would walk to town at the weekends. Now I stay with a host family. The food my host family cooks is delicious.

The friends I made here are amazing people who are very understanding and kind. They help me learn when I don't understand. The teachers here are also very patient and understanding. I could go to them for a lot of things, such as help with understanding the lesson.

Last year I studied Cambridge subjects; this year, as a Year 11 student, I'm studying NCEA Level 1 and Level 2 subjects: Physics, Digital Technologies, Maths, and Classics.

MEGAN

16, HONG KONG

I have been at Southland Girls' High School for two years.

I have been at Southland Girls' High School for two years. I started in the Boarding House, and now I am with a homestay family. I like that at my homestay I can do different things, like cooking and helping with the animals.

At school, I have played water polo and basketball. I enjoy taking Physical Education as one of my Level 2 NCEA subjects because I enjoy practical lessons



PANG (SGHS ALUMNI)

My name is Pang (Ranunthiya Pochanuku), and I was an international student from Thailand.

I graduated from SGHS in December 2018 and was the proxime accessit to the school Dux. I graduated from Durham University in the United Kingdom with a BA (Hons) in International Relations in 2022 and an MA in Conservation of Archaeological and Museum Objects in 2025. I am currently working as a conservator and research assistant in the Faculty of Archaeology, at the Silpakorn University in Bangkok, Thailand. The project I am currently working on explores Thailand's connections with the wider Suvarnabhumi region during the Bronze Age.

Looking back, one of the most valuable things Southland Girls' High School (SGHS) gave me was the confidence to put my hand up for opportunities and never be afraid to try something new. During my time at SGHS, I had the opportunity to learn French and play the cello as well as take part in musical activities such as choir and orchestra. I was also fortunate to be part of the Prefect Team and serve as the Student Representative on the School's Board of Trustees in my final year.

Some of my fondest memories, in fact, are not of the various roles I had at school, but of the ordinary moments in between. I remember my homestay mother dropping me off at the city library every Saturday so that I could work on my History assessments. I was particularly fortunate to have wonderful teachers during my time at SGHS, especially Mrs. Roy who taught me French, and Mr. Stickley who taught me History. Mr. Stickley's classes showed me that history was not simply about memorizing dates and events; he encouraged me to look at the social, economic and political developments behind historical events from different perspectives. Through Mrs. Roy's French class, I also had the opportunity to take part in a school exchange to France, where I made friends and met people who are still part of my life today. I was able to visit some of them again 8 years later during a work trip to France in April 2026. My homestay parents, teachers, and friends from SGHS have become much more than people who simply passed through life – I am very grateful to still call many of them my friends and family today.

When I left SGHS, I didn't know exactly what I wanted to do with my life. All I knew was I was interested in international affairs, which eventually led me to study International Relations at university, but later I found my way into conservation and museums. Since then, I have had the opportunity to work with everything from archaeological objects to historic Royal textiles, as well as contribute to an international exhibition in Paris. Looking back, I think this is one of the most valuable lessons SGHS gave me: you don't have to know exactly where you're going. Sometimes the best opportunities are the ones you weren't planning for.



WE SHAPE FUTURES



MEGAN (SGHS ALUMNI)

I currently work in the logistics industry in Japan, where I regularly use English and occasionally Spanish to communicate with colleagues and professional contacts overseas. My experience at SGHS not only helped me improve my English, but also opened my eyes to the wider world. Through my homestay and school life, I made meaningful connections with my host family, local students and other international students. I am still in touch with my host family and friends today, and I really value those connections.

Being exposed to different people and cultures at SGHS also inspired me to learn Spanish, which gave me the opportunity to study in Spain and Argentina. Since then, I have continued to travel abroad whenever I have the opportunity, enjoying the chance to discover new cultures and perspectives. Looking back, my time at SGHS was the beginning of many experiences that broadened my world and made me want to learn more about the world around me.

CHRISTAL (SGHS ALUMNI)



I joined Southland Girls' High School in Year 11 when I was 16, and now, at 30, I am working as a full-time secondary school teacher in Christchurch, NZ, mainly teaching senior students and Calculus. Looking back, SGHS played an important part in shaping who I am today. The teachers were always kind and approachable, and I really appreciated the positive and supportive learning environment. I built very good relationships with my teachers, and one of the things that means the most to me is that even many years after graduating, they still recognise me and remember me whenever I return.

My homestay experience was also a very special part of my time at SGHS. I became very close to my homestay family, and their support continued even after I graduated, including throughout my university years. They have remained an important part of my life and even came to my wedding recently, which was incredibly special to me. I would definitely recommend SGHS to international students. It is a relatively small school, and I think that is one of its greatest strengths. Because the school is small, teachers are able to genuinely get to know their students, including those who are more independent. They care not only about academic achievement, but also about students' wellbeing and personal growth. SGHS helped me grow not just as a student, but as a person, and I am very grateful for the relationships and memories I made there.

Three Southland Girls' High School students are standing in a hallway. The student on the left is wearing a blue blazer over a white shirt and a striped tie, with a school crest on her blazer. The student in the middle is wearing a blue blazer over a plaid dress, also with a school crest. The student on the right is wearing a white short-sleeved shirt, a striped tie, and a blue and red plaid skirt. They are all smiling and looking towards the camera. The background shows a wooden door with a glass panel that has the word 'STUDENT' visible in reverse.

STUDENT WELLBEING

All students are assigned a buddy for when they start at Southland Girls' High School to help with their arrival into our school community.

SGHS has a dedicated International Director who looks after the pastoral needs and wellbeing of all international students and is contactable 24/7.

Our international team are on hand to help students acclimate to their new environment, navigate life at school and aid in communication between parents, agents, students and SGHS staff. In addition, each student is supported by a Year Level Coordinator, Academic Tutor, International Academic Tutor and Homestay Coordinator, ensuring they receive comprehensive academic, pastoral and homestay support throughout their time at SGHS.

Students are encouraged to participate in activities to enhance their social interaction and foster a sense of belonging within the school.

Our international team can help students access general healthcare services if and when required.

WE BUILD CONFIDENCE



ACCOMMODATION



All students are required to live in our approved homestay accommodation or Enwood, the school boarding house.

Homestays

SGHS offers high-quality homestays. Southland Girls' High School has an experienced Homestay Coordinator who checks and approves all our homestay families including police vetting, reference checks and home visits.

Boarding

There are places in the school boarding house for international students studying at Southland Girls' High School. Enwood House is a safe and caring environment for students with 24/7 supervision during the school week. Students become increasingly independent young women with core values of respect, responsibility and integrity.

OUR UNIFORM

Southland Girls' High School is incredibly proud of our school uniform. The iconic red shoes worn by all students ensure we stand out in a crowd.

Students are expected to wear the full and correct school uniform at all times. School tie must be worn with the white school shirt.

We offer an online store where items of new uniform may be purchased Monday – Friday, during the school term. Ordering with a click and collect service is available at store.southlandgirls.school.nz.

A second hand uniform shop is also on-site. Please contact Student Services at school to make an appointment to try on uniform.

Summer Uniform

- Summer dress
- Red v-neck jersey
- Red school shoes
- Plain white fold-over ankle socks

Winter Uniform

- White drop-neck shirt
- School tie
- School kilt
- Kilt pin
- Red v-neck jersey
- Navy tights or over-the-knee socks
- Red school shoes

PE Uniform

- School PE top
- Navy shorts
- Sneakers

Optional Uniform Items

- School blazer
- School jacket
- Plain black jacket
- School lava-lava
- School trousers
- School scarf
- School bucket hat
- School winter hat





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