



TAAHIKO PAANUI • KAUPAPA 3 • POUTUU-TE-RANGI 2023 E-BULLETIN • ISSUE 3 • MARCH 2023

UPCOMING EVENTS

Kaupapa ka whai ake

Parent Teacher Report Evening -Wednesday 5 April from 2pm - 7pm

Term 1 Ends -Thursday 6 April

Good Friday -Friday 7 April

Easter Monday -Monday 10 April

Term 2 Starts -Wednesday 26 April, 2023

Franklin Schools' Careers Expo -Thursday 25 May, 2023

Queens Birthday (Public Holiday) -Monday 5 June, 2023

Term 2 Ends -Friday 30 June, 2023

Term 3 Starts -Monday 17 July, 2023

SEE THE BACK PAGE FOR AN INDICATIVE TERM 2 CALENDAR FOR 2023



In Maori mythology, Tawhirimatea is the god of weather, including thunder and lightning, wind, clouds and storms.



Koorero a te Tumuaki The Principal speaks:

Kia ora koutou katoa. Nau mai haere mai ki tenei panui marama!

We are into the final weeks of Term 1 and before we know it, we will be starting Term 2! At the end of this term we will farewell some of our staff members and welcome some new ones at the start of Term 2. We have appointed Mr De Boer as the new Head of Technology and we thank Mrs Stilwell for being the Acting Head of Technology for Term 1. We will farewell Mr King and welcome to the Technology Department Mr S McEwing (DVC) and Mrs E Fransch-Jonathan (Hospitality/Food Technology!

At the end of Term 1 we also farewell Miss Hawke who is moving to Australia and we welcome Mrs J Millen (Physical Education + Health) as her replacement. We say goodbye to Mrs Scott who was the Assistant Head of Te Whare Ako and also to Mrs Van der Heyden and Mrs Law (Teaching Assistants). We are in the process of appointing their replacements.

We also farewelled Mrs Clarke and we welcome Mrs S Hawke as her replacement. We said goodbye to Nicki Cillson, our iHub Manager and at the end of the term we welcomed Ms J Otunuku as our new iHub Manager. We say adios also to Mrs Blake and welcome Mrs L Bailey as her replacement.

Due to the new staff starting there will be some timetable changes at the start of Term 2 and we appreciate your understanding in this as we ensure the school runs as smoothly as possible. We understand that the nationwide teacher strikes are a disruption to students learning as well but please understand that this is across the whole country and out of our hands.

CONTINUED INSIDE. . .

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'THE PRINCIPAL SPEAKS' CONTINUED...

As the teacher strikes continue and teachers are not willing to give up their entitled non-contact time, which teachers use for planning and preparation, finding relievers becomes increasingly hard especially with winter approaching (lots of sickness) and every school being in the same position. A lot of schools are rostering year levels home already. We are thankful we haven't had to yet however it is looking like we may need to in Term 2. Please be prepared for this.

One thing students, and parents/caregivers, may have noticed is that our school is growing noticeably and fast. We want the community to know that we are planning for this growth as we know with more developments going in around Pokeno and Tuakau that we will only grow more. We are currently in the planning stages with the Ministry of Education regarding putting in more classes and upgrading some of our current facilities so we can continue to cater for this growth.

Within this e-Bulletin is some information about vaping. I want you all - parents/caregivers, students and the community - to read this carefully! We are seeing far too many of our students vaping and we are worried about their health and the long term effects this has on their young, developing brains.

Another thing I have noticed over the past few weeks are the number of students swearing and using bad language in public places and around the school. It is unfortunate that our students are exposed to this through their social media sites, television, radio, parents/caregivers but the lesson is; it is unacceptable to talk that way at school. I would appreciate it if you as parents and caregivers could also support us to ensure your sons/daughters are not excessively swearing or using profanity.

It was awesome to see our students participating in our Athletics Day this year! It has been a couple of years since we have been able to have Athletics Day and we (and the students) sure have missed it. A big well done to Ruaumoko for taking out first place - a result we haven't seen from Ruaumoko for a few years now!

On the back page of this e-Bulletin is an indicative Term 2 calendar. I would suggest printing this out and keeping it handy to look at for key dates and also 'days' of the timetable. The 'day' of the timetable is also posted on our social media (Facebook and Instagram) pages at the start of each day.

This is the last e-Bulletin before the holidays, so please enjoy your holiday break and we look forward to all the students returning in April for Term 2. Kia kaha, Kia manwanui, kia hauora. Kia pai te hararei. Noreira nga mihi nui kia koutou katoa.

Mr Chris Betty

Tuakau College Board 2023 Māngai Ākonga mō te Poari Kura 2023

At the last Board meeting, we elected a new Board Chair. The new Board Chair is N Moore and the new Deputy Board Chair is A Tocker.

A big thank you to S Hyland-Mills who has been the Board Chair for six years! He will remain on the Board as a parent representative. The other Board members are K Ngataki, M Preston, E Kazakevich, E Mouton, T Potts (Staff Representative) and J Roberts (Student Representative).

Congratulations to Jessika Roberts who is the Student Representative on the Board for 2023!

The votes were as follows:

 Mahoney, Bethany
 188

 Roberts, Jessika
 190

 Invalid
 116

Jess Paton, the Returning Officer, herby declares Jessika Roberts duly elected.



The Board would like to reassure the community that they have drawn a line in the sand around physical violence at our kura and they will not tolerate this. It is unacceptable and any cases brought before the Board are being dealt with in great seriousness and severe consequences.

If you have any queries you can email boardchair@class.tuakaucollege.com

TUAKAU COLLEGE SCHOOL VALUES

At our kura we have four school values and we focus on one value each term of the year. These values are an integral part of our school and we want all of our students to display them in their day to day life, not only at school but also outside of school.









In Term One we focus on 'Manaaki, Aroha + Whakaute - Caring, Love + Respect.' Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. We can show 'Caring, Love + Respect' by talking openly and honestly with each other, listening to each other, valuing each others feelings and needs, compromising, speaking kindly about others, giving each other space, supporting each others interests/hobbies and building each other up.

In Term Two we focus on 'Ngākau Tapatahi - Integrity.' Having integrity means that you live in accordance to your deepest values, you're honest with everyone, and you always keep your word. Integrity is a highly valued trait, especially in leaders. Integrity often means refraining from sharing secrets with others, avoiding gossiping about others, following through on promises you make and admitting when you are wrong.

In Term Three we focus on 'Ū Tonutanga - Perseverance.' Perseverance is key to achieving and although it requires a lot of determination and hard work, it pays off! Perseverance is continuing to do something in spite of obstacles or difficulties. It is one of the best qualities to have because with perseverance success in your endeavours is almost guaranteed. To persevere we need to have faith that we actually can succeed.

In Term Four we focus on 'Tino Pai Rawa - Excellence.' This is fitting as the year ends and our senior students have NZQA exams and our Junior College and Middle College students have school exams. Excellence is internal, contagious and a way of life. One of the key differences between excellence and perfectionism is that perfectionism focuses on the outcome, whereas excellence focuses on the process. Excellence involves putting our whole hearts into the work we do. We want all of our students to always strive to do the very best in all things.

We also have a Vision and Strategic goals (outlined on the poster below) and these are displayed around our kura to remind students. staff and visitors what Tuakau College is all about.

VISION:

Ka whakarite kareti o Tuakau i ngā ākonga kia whai tāna e tōmina nei, kia kounga tonu tana kete mātauranga.

Tuakau College prepares students for life through a quality education promoting excellence in all things.

TUAKAU COLLEGE
For come and inga make hande " The very board in all throps

STRATEGIC GOALS - TUAKAU COLLEGE WILL:

Whakawhānui i ngā whai wāhitanga te angitūtanga o ngā ākonga.

Maximise opportunities for student achievement.

Me ārahi i ngā whanaketanga o te rohe o te Ao hurihuri.

Lead local developments in a continuously changing world. Kia noho hei manawa o te hapori kia hiahia te katoa.

Be the heart of the community where everyone wants to be.

ATHLETICS DAY 2023

Te Ra Whakataetae 2023

It was awesome to see so many of our students participating in our Athletics Day this term!

This is the first time we have held Athletics Day in two years and it certainly was exciting to have it again! Congratulations to Rauamoko who won with 616 points! Tangaroa placed second with 593 points, Tawhirimatea placed third with 551 points and Tane Mahuta placed fourth with 405 points!

The age group champs are as follows:

Year 7 Girls

1st - Natacha Moshiem 2nd - Kastanja Komiti

Year 7 Boys

lst - Te Ahu Davis 2nd = Ryder Elder-Morunga Cameron Peters

Intermediate Girls

1st - Danelle Young 2nd - Lauren Rowsell

Intermediate Boys

1st -Nian van Loggerenberg 2nd - Janu Winkelaar

Year 8 Girls

1st - Charli Sabine 2nd - Ellie Entwistle

Year 8 Boys

1st - Tailah Hughes 2nd - Xavier Nahi **Junior Girls**

1st - Natasha Butler 2nd - Danielle Claridge

Junior Boys

1st -Nathan Haliday 2nd - Oli Goodhand

Senior Girls

1st = Jessikah-Leigh Kingi-Herangi Telesia Windlebourne

Senior Boys

1st -Brooklyn Murphy 2nd = Mitchell Sparrow Whaitiri Preston

To see all photos of the day please visit the Tuakau College Facebook page.









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VISION:

STRATEGIC GOALS - TUAKAU COLLEGE WILL:

Me ārahi i ngā whanaketanga o te rohe o te Ao hurihuri. ead local developme in a continuously changing world.







Principals and teachers across New Zealand continue to be alarmed at the growing number of students who vape. Vaping is the act of heating a liquid, then inhaling and exhaling an aerosol (often referred to as vapour) from an electronic vaporiser device.

Legally, students at school should NOT be vaping in the first place. We would really appreciate the help of our parents/caregivers and community in ensuring that our students are not vaping. If parents/caregivers and/or the community are providing students with vapes then you are enabling your child(ren) to do the wrong thing and putting their health in danger for the long term.

The aerosol or 'vapour' that is produced from these devices is created through heating a 'juice' or e-liquid inside a cartridge within the device. The 'juice' generally contains a propylene glycol or vegetable glycerine base, and also usually contains flavourings (many juices also have nicotine). Once heated, this juice is

transformed into an aerosol which is inhaled from the device then exhaled, giving the appearance of smoke or 'vape clouds.'

Vaping contains nicotine which can have some negative effects on brain development in adolescents. Nicotine is highly addictive which, although it helps to quit smoking as it replaces the nicotine with less of the toxins in cigarette smoke; it is not harmless if you don't smoke.

It is illegal to sell or give a vaping product to someone under 18, and it is prohibited to vape on school property or grounds 24/7.

In New Zealand vaping is only recommended as a way to quit smoking, and is <u>not for young</u> <u>people</u>. Vaping is not harmless. There is still a lot that scientists and doctors don't know about vaping, and the risk to your health.

What we don't know is as important as what we do know. Smoking cigarettes was considered 'safe' in the 50's, and look how that turned out.

The Tuakau College Board has taken a firm stance on vaping and if there is numerous offences of vaping, students will be/have been stood down.



At Tuakau College, vaping is treated the same as smoking (<u>including on school buses</u>). The consequences are therefore as follows:

- FIRST OFFENCE: After School Detention
- SECOND OFFENCE: Meeting with Parents and After School Detention
- THIRD OFFENCE: Community Service
- FOURTH OFFENCE: Treated as 'Continual Disobedience' and therefore a stand-down

VAPING

Vape companies are targeting our rangatahi. Vaping is not for young people and is intended to help people quit smoking. If you don't smoke - don't vape.

Vaping and smoking both deliver nicotine - tobacco causes harm, but vaping is not harmless.



Some ingredients in vape juice may be safe to ingest but not to inhale, and may cause lung damage.

Common side effects of vaping:

- · coughing
- · dry mouth and throat
- · shortness of breath
- · mouth and throat irritation
- headaches

Vaping is linked to poor mental health, may cause a higher incidence of asthma in some rangatahi, and there are fines to buy or supply vapes to people under 18 years.

Learn more here:

www.healthnavigator.org.nz/vaping

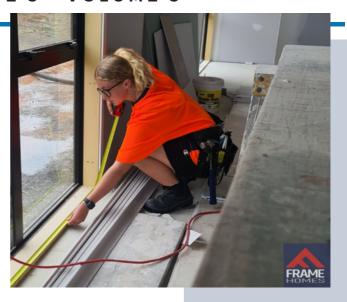
Te Whatu Ora Health New Zealand

Capital, Coast, Hutt Valley and Wairarapa

Future Gateway Success Te angitu o Future Gateway

Well done to Lisa Guite, ex student, who is Frame Homes newest apprentice. She originally joined Frame Homes last year as part of the Future Gateways programme through Tuakau College Future Gateways, which is a partnership between schools and businesses in the community where students get to gain work experience while they earn NCEA credits. Frame Homes were so impressed with Lisa that they couldn't wait to offer her an apprenticeship!

If you are interested in what Future Gateway can offer you, pop in and see Shelley in the Careers Office or email her on s.davies@tuakaucollege.com







Please may I ask that parents/caregivers do not send sick children to school. Recently I have been sending home between four - six students in Period 1. These are students that shouldn't have come to school in the first place. Your help in this would be greatly appreciated.

Alison Robertson (School Nurse)

Phone: 09 236 8521 ext 155



SPORTS UPDATE



Auckland Secondary Schools Waka Ama Regatta Nga Kura Tuarua o Tamaki Makaurau Waka Ama Regatta

On Saturday 18 March our two U16 Waka Ama teams competed in the Auckland Secondary Schools Waka Ama Regatta, held at Ōrakei! Their first race was the Mixed W12 (double hull) 250m sprint where they finished third in their heat. Both teams progressed to Championship finals in their W6 250m sprint. The boys finished fourth and the girls finished third in their final. Both teams have some "work on's" as they continue to prepare for Nationals later this month!

Thank you to all our paddlers! For many of them this was their very first regatta. This allowed them to experience how races will be set and can now be better prepared. Teenaa koutou ki ngaa maatua e tautoko ana I aa taatou tamariki. He waka eke noa!







Counties Manukau Franklin Junior Sports Awards recipients Counties Manukau Franklin Junior Sports Awards nga kaiwhiwhi

The Counties Manukau Franklin Junior Sports Awards were held during March, in Pukekohe! Bethany and Brya Mahoney were both finalists in the Junior Official of the Year Award, with Bethany lucky enough to be awarded the winner!

The Karaka Pearls Netball team were finalists in the Junior Team of the year, which they won! Brya Mahoney and Cass Moase were both members of this team, who also won their grade at Pukekohe. Awesome work girls and congratulations!







Year 12 Outdoor Education Risk Management Camp Tau 12 Te puni Whakahaere Morearea mo te Matauranga o waho



Earlier in March our Year 12 Outdoor Education students had their 'risk management camp' at Tawharanui - they had some great weather and awesome experiences!



















Junior Health programme curriculum review Te arotake i te marautanga o te marautanga mo te hunga tamariki

The Physical Education and Health Department are currently reviewing their Junior Health programme. We propose to modify our current units of work to better cover the curriculum and provide relevant and authentic topics for students at Tuakau College.

Currently, the following topics are taught:

- Year 7 Hauora/Well-being, Staying Smoke and Vape Free, Personal Identity and Development, Puberty and Nutrition
- Year 8 Self-worth and Well-being, Alcohol, Mental Health (Discrimination, Rights and Responsibilities and Assertive Communication), Healthy Relationships, Digital Citizenship and Nutrition
- Year 9 Health Concepts, Cannabis, Mental Health, Sexuality Education (STIs and Contraception) and Nutrition
- Year 10 Health Concepts, Drugs, Mental Health, Sexuality Education, Self-Management and Nutrition

Please take a few minutes to complete the survey in order to assist us in our planning. Your assistance is much appreciated.

The survey can be found at the following link:

 $https://docs.google.com/forms/d/e/1FAIpQLSd7A3IJIPR9Iu_DzJxX9_wcqf9oD4II958PXKv0dOUU3YqkMA/viewform?usp=sf_link$

or alternatively, there will be an opportunity to complete the survey at the Report Evening on Wednesday 5 April, 2023. All surveys must be completed by the end of Term 1 (Thursday 6 April). Please complete one survey per family.



Franklin Zone Year 7&8 Swimming Champs Nga Toa Kauhoe Tau 7&8 Rohe Franklin

Earlier in March we had some students represent our school at the Franklin Zone Year 7&8 Swimming Champs.

The students that competed were Emily Holmes, Connor Ashton, Corie Powell and River Missen and they swam with determination and passion! A special mention to the following:

River Missen - Year 7 1st in 100m, 200m, Freestyle 1st in 50m Backstroke 2nd in 50m Freestyle 3rd in 50m Open Butterfly (Year 7&8)

Connor Ashton - Year 8 2nd 200m Freestyle

Corie Powell - Year 7 3rd 100m Freestyle







Attitude Talks Nga Korero Waiaro

This week all students at our kura have had an 'Attitude Talk' from outside providers, Attitude. Attitude has been delivering talks to schools all over New Zealand for over 25 years and specialise in well-being presentations for students from Year 9 – 13. Their presentations have been developed to compliment schools health education programmes. Typically their presentations run for 45 - 60 minutes in an assembly setting.

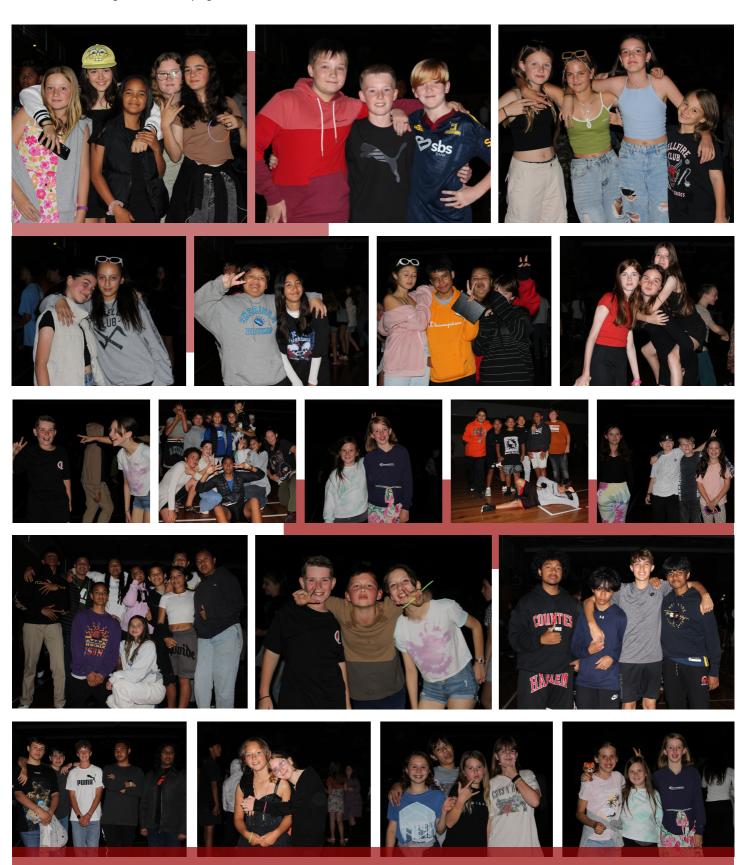
Attitude understands that in youth communication, the medium is the message. Not only are their presentations excellent, but the presenters themselves are selected for their ability to connect with young people.



Junior Social Term 1 Te Kaupae Papori 1



Last Thursday 23 March we held our first Junior Social for the year! To see all photos from the evening please visit the Tuakau College Facebook page.



Market Day preparation Te whakarite i te ra maakete

Our Year 7&8 students are busy at work preparing for the Market Day. It is all fun for 8Q, who are learning integrated skills all in one project. They are learning the concept of 'reuse, reduce and recycle' to maintain a sustainable environment. They have been collecting CD's that are no longer in use in the world of modern technology and turning them into valuable and usable products for sale on Market Day which helps them learn entrepreneurship skills. They have also been collecting bits and pieces of wool from the local community which teaches them to be resourceful - a very good skill for community development.

Market surveys they take part in for their product and the pricing of the product and analysis of expenditure vs profit projection teaches them budgeting and planning skills. Weaving the baskets is a traditional valuable cultural skill that younger generation have lost over the years, due to lack of practice in the society. This project is reviving the skill. When they advertise the product, they learn to use persuasive language. On the day of Market Day, they will learn customer care and problem-solving skills as not all customers are nice and polite in the real world.

8O is looking forward to the community support on Market Day. They are putting a lot of work and investing a lot of aroha into their weaving hoping to make a profit. They would like to thank the Tuakau staff and members of the community for the CD's and wool donations so far!











Process for raising problems and concerns with the school Te tukanga mo te whakaputa raruraru me nga awangawanga ki te kura

We understand that from time to time parents/caregivers will have problems/concerns about their child(ren) that they will want the school to know about. Tuakau College has a process in place for this to happen. Please understand that parents/caregivers are NOT usually able to go straight to the Principal.

The first step in raising a problem/concern about your child(ren) is to speak to their Year Level Dean. Students should know who their Year Level Dean is by now. If they do not then there is a list on our website with their contact details. Once you have spoken to the Year Level Dean about the problem/issue they will follow it up/investigate further.

If the Dean identifies that the problem/issue needs to be escalated to a higher level they will then refer if to a member of the Senior Leadership Team (SLT). The SLT will then investigate the problem further. The Principal will be involved if an SLT member refers the problem on to him.

It is important to note that if we do not know about the problem we are unable to help you. Sometimes we get parents/caregivers call telling us about an issue/problem that is serious that we could have prevented if they had told the Dean about it in the first instance.

We appreciate your understanding in this process!

HOW TO BE PRODUCTIVE

ME PEHEA TE WHAI HUA

Make Priorities

It's easier to have a priority list before work so you can be more efficient. Avoid multitasking because it can distract your focus. Stick to one thing at a time.

Health + Fitness

When you're active and healthy, you have more energy and you're better able to focus.

The Hardest First

Once you finish the hardest task out of the way, the rest of the task will more manageable.

Take a break

Taking a break is very important. That's why skipping a break actually reduces your level of productivity in more than

Create a routine

Start by figuring out when and where you work best, and then try to stick to that schedule as much as possible. (Eg. you work better in the morning at home before school)

Reward Yourself

Don't forget to reward yourself every time you finish your work. It will motivate you.



SIMPLE HABITS THAT WILL MAKE YOU FEEL HAPPIER

We want all of our students to be happy and while we endeavour to make school a happy place, there are some simple things you can do to make you feel happier.

WHAT IS HAPPINESS?

Happiness is an emotional state that is characterised with the feelings of joy, satisfaction, and fulfilment. Happiness is a sense of wellbeing, joy, or contentment.



BEPOSITIVE

Giving a positive vibe to people around you will bring happiness not only for them but for yourself too.



EAT HEALTHY FOOD

Eating healthy foods will give you lots more energy than junk food will and it is very good for your body.



GET ENOUGH SLEEP

By getting enough sleep you won't feel sluggish and you'll have more energy in the morning.



EXERCISE MORE

When we exercise, our body gives out a hormone called endorphins, giving us the feeling of joy.





One of the most common reasons that can make people unhappy is waiting. When you wait for happiness thinking you'll be happy when you hit a goal, you deny yourself the ability to be happy in the present moment.



HOW TO BE GRATEFUL



Have an open mind. Accept your strength and weaknesses. Be grateful. Do not be afraid of mistakes.



SPEND TIME WITH YOUR LOVED ONES

Spending time with people you care about will give you a feeling of happiness.



Calendar

Maaramatakafor Term 2, 2023

THU

MON	TUE	WED	THU	FRI	SAT	SUN
24 APRIL (School Holiday)	ANZAC Day (Public Holiday)	Day 4 26 Term 2 Begins School Assembly Board Meeting	Day 5 27	Day 6 28	29	30
Day 1 1 MAY	Day 2 2	Day 3 3 Year 8 Immunisations	Day 4 4 Whare Assembly (Period 4)	Day 5 Market Day (Junior College)	6	7
Day 6	Day 1 9	Day 2	Day 3 11 Levels Assembly (Period 4)	Day 4	13	14
Day 5 15 Y13 OUT Tramp	Day 6 16 Y13 OUT Tramp	Day 1 17 Y13 OUT Tramp	Day 2 18 Extended Whaanau (Period 4) Y13 OUT Tramp	Day 3 19 Y13 OUT Tramp	20	21
Day 4 22	Day 5 23	Day 6 24	Day 1 25 School Assembly (Period 4) Careers Expo	Day 2 26	27	28
Day 3	30 Board Meeting	Day 5 31	Day 6 1 JUNE Whare Assembly (Period 4)	Teacher Only Day (NCEA Changes)	3	4
5 Queen's Birthday (Public Holiday)	Day 1 6	Day 2 7 Year 8 Immunisations	Day 3 8	Day 4 9 Levels Assembly (Period 4)	10	11
Day 5	Day 6 13	Day 1 14 Team Photos	Day 2 15 Extended Whaanau (Period 4)	Day 3	17	18
Day 4 19 Y12 OUT Tramp	Day 5 20 Y12 OUT Tramp	Day 6 21 Y12 OUT Trip	Day 1 22 School Assembly (Period 4)	Day 2 23 Tough Guy Tough Gal 2024 Enrolments Open	24	25
26 Day 3	Day 4 27 Leadership Camp Board Meeting	Day 5 28 Leadership Camp	Day 6 29 Matariki Awards	30 Term 2 Ends	1 JULY	2

*PLEASE BE AWARE THAT THESE ARE INDICATIVE AND COULD CHANGE TERM 3 STARTS ON MONDAY 17 JULY, 2023