

UPCOMING EVENTS

Kaupapa ka whai ake

13OUT Adventure
 Tramp (Kawau) -
*Tuesday 3 August to
 Friday 6 August*

Whare Assembly -
Wednesday 4 August

Orientation Day -
Thursday 5 August

Netball AIMS Franklin -
Thursday 5 August

Maths Week -
*Monday 9 August to
 Friday 13 August*

Teachers Only Day -
Tuesday 10 August

Open Evening -
Thursday 12 August

**SEE THE BACK PAGE
 FOR A FULL TERM 3
 CALENDAR**



**Tāwhirimātea
 Yellow House**

**In Māori mythology,
 Tāwhirimātea is the god of
 weather, including
 thunder and lightning,
 wind, clouds and storms.**

School Ball Photos Inside!



Whakaahua Poari Kura o Roto!

ENGLISH AND SPANISH FEATURES ALSO IN THIS ISSUE!

Koorero a te Tumuaki

The Principal speaks:

Kia ora koutou katoa. Ngā mihi te whānau. Nau mai haere mai nau mai hoki mai te rangatahi rāua ko kaiako o te kareti o Tuakau.

Welcome back to all students and staff for Term 3! I hope the holidays were rewarding and that you as a whānau did something different and relaxed. The holiday periods are key in ensuring the 'batteries are recharged' and that students and teachers can catch up on things they haven't been able to do during the term.

I want to thank Mr Ashley Jacobs, Deputy Principal, for all his work leading the College in my absence last term whilst I was on sabbatical. Also to the rest of the leadership team - Ka pai te mahi! Thanks to Mrs Fletcher, Mrs Stilwell, Mr Moody and also Mr Jared Snee, for stepping up into the role of Assistant Principal during this time. Mahi tika ana!

A warm welcome to all the new students that have started school this term. Thank you also to all the Tuakau College staff for their ongoing mahi in supporting your students as they make progress through the school year.

Well done to the students that attended the School Ball last Saturday night. What a great evening and function! Many comments were passed by the venue staff and security complimenting you all on your behaviour and manners. They said you were a credit to your family and school. They informed us that they have many school balls at this venue and we were the best and outstanding compared to others - so well done!

CONTINUED INSIDE. . .

'THE PRINCIPAL SPEAKS' CONTINUED. . .

At last the Olympic Games have started and what an event for the world under the umbrella of COVID-19. It is great for all the athletes and spectators (even though it is by TV and Internet) to take their minds off the devastation of COVID-19 as it still runs rampant around the globe. It allows everyone to focus and enjoy the sport and competition. The Ancient Olympic Games were a religious and athletic festival held every four years at the sanctuary of Zeus in Olympia, Greece. Competition was among representatives of several city-states and kingdoms of Ancient Greece. These Games featured mainly athletic, but also combat sports such as wrestling and horse and chariot racing.

It has been widely written that during the Games, all conflicts amongst the participating city-states were postponed until the Games were finished. It was a time for people to get together during difficult times and to enjoy friendly competition. So the true meaning of the Olympics is with us today. According to legend, it was Heracles who first called the Games "Olympic" and established the custom of holding them every four years. The winners of the events were admired and immortalized in poems and statues. Today the athletes are our sporting heroes and icons.

It is great to see New Zealand athletes performing at this event. It is early days but we all have expectation that we will win gold medals soon. In a competition like this there are always times when the favourites do not win and an unknown comes through with victory and that is great!

What is playing out in Tokyo happens in our students everyday lives. Away from the glitz and glamour of this event, our students lives at school is like competing in the Olympic games. The game you are playing is to get the gold medal by getting the best possible education you can at Tuakau College. The competition is against yourself because there are many distractions which try to stop you from succeeding. Like an athlete you have to remain focused on the goal. Your performance at school should be about building up to you achieving the very best you can at school. Our students need to stick to the challenges or ngā wero that are laid out in front of them every day. Some days they need to dig deep and work harder. The challenges sometimes do seem insurmountable but with the correct support they can do it. Students need to demonstrate perseverance. There are many factors that can stop them from learning, but they have to work through these.

Hence the focus for Term 3 is Perseverance. Perseverance is about not giving up when times get tough. To minimise the tough times and to support their perseverance students need to:

- Work hard
- Ask for help when they need it
- Be organised - organise time and activities through a plan
- Plan to succeed – set goals, achieve them, review what they are doing
- NOT give up - it is about sticking to what is important and ensuring all support networks (friends, parents, teachers) are in place to help get through the tough times.
- Take time to relax when they can
- Keep their composure

The athletes at Tokyo have prepared for this event for many years. Most of them will not win gold but they will reflect on the event and set new goals for the next Olympics. Our students have to do the same. If you do not reach that goal, reset and try again.

This term is the 'make or break' term. The work completed in the next 10 weeks will determine success at the end of the year for all our NCEA candidates, Year 7 and 8 Graduation certificates and Year 9 and 10 Graduation certificates. To support the student learning kaupapa and to awhi, or support, the students we are having more Parent Teacher Interview sessions soon. Please see the Term Planner in this e-Bulletin. At these interviews it is time to have another conversation with student's subject teachers about their recent report. I have encouraged all students to make the most of these interviews because the next major event for seniors are their practice exams at the end of this term. These will indicate to them where they are at in terms of the external standards they will be sitting. This doesn't just apply to Senior students. The Year 7 and 8, and Year 9 and 10, students should be working hard to improve their Diploma success. They should have all received an update on where they are at with their grade point averages (GPA's).

Next week we have Orientation Day, where contributing school students, and other students, that want to enrol at Tuakau College come and experience a day at the College. You may know of students that are coming to the College next year. If you have friends and whānau that are going to enrol please get them to look at the Tuakau College website under 'Enrolments' for all the information, or come in and ask for information. Parents MUST remember that we have an Enrolment Zone in place and that this is applied in all cases. The Key Dates can be found on the Term planner. If parents have friends who are not in our zone then they MUST apply as Out of Zone students and meet the dates accordingly. Once the zone is closed then the likelihood is the zone will not be opened until the following year, so please meet the dates. If students are attending one of our contributing schools but live out of our enrolment zone they MUST apply as an Out of Zone candidate.

There is an Open evening and a Subject Selection evening coming up too. It is that time of the year to think about what students want to do next year.

We have received final approval to upgrade the Administration block. Ka mau te wehi! On Monday 20 September work will commence. Administration staff will be relocated around the school and we will let the school community know how and where to find people before this time. Enjoy the next month!

Titiro whakamuri, Kokiri whakamua. Look back and reflect so you can move forward. *Mr Chris Betty*

School Ball 2021

This year our **School Ball** was held at the **Maritime Room in Auckland** on **Saturday 24 July!** It was a great night with beautiful scenery, lots of dancing and positive feedback about our students!

For all White Door Photography photos please visit <http://www.tuakauball.co.nz/>

For the 'Hot Shot Photobooth' photos please visit <https://hotshotgallery.hotshotsphotobooth.co.nz/2407-Tuakau-College-Ball/>





ENROL NOW FOR 2022



TUAKAU COLLEGE
Pai rawa atu i nga mea katoa | The very best in all things



Orientation Day
Thursday 5 August from 9am - 3pm
Open Evening
Thursday 12 August from 4 - 7pm

Enrolments due
27 August - In Zone
3 September - Out of Zone
10 September - Ballot completed

For information or an enrolment pack email
t.potts@tuakaucollege.com
or phone 09 236 8521

Matariki Awards 2021

Matariki Tohu 2021

Congratulations to all our prizewinners at our Matariki Awards last term! We were privileged to have Anaru Tuhi, a past Tuakau College student, as our Guest Speaker who encouraged our students to be proud they are Maori! The 2021 Matariki Awards winners were as follows:

Tupu-aa-nuku Award - Peyton Van de Westerlo
 Tupu-aa-rangi Award - Malia Potini
 Hiwa-i-te-rangi Award - Judgeman Korewha
 Year 7 – Nga Tai E Rua Marae - Caiside Tuhiwai
 Year 8 – Te Awamaarahi Marae – Wairua Taua
 Year 9 – Te Kotahitanga Marae – Izzy Aupouri
 Year 10 – Tikirahi Marae – Wairangi Shaw
 Year 11 – Tauranganui Marae – Teina Panapa
 Year 12 – Ooraeroa Marae – Emma Lang
 Year 13 – Weraroa Marae – Brooke Wilson
 Year 12 Aspiring Leader – Nga Hau e Wha Marae – Natasha Kihi-Marshall
 Outstanding Year 13 Leader Award - Pukerewa Marae - Mere Taaka-Te Kaute
 Te Puaha O Waikato Supreme Award – Huakina Development Trust – Brooke Wilson



Student Referee's at the Basketball NZ AON National Championships

Tauira Kaitautoko mo nga Whakataetae Poitūkohu NZ AON National

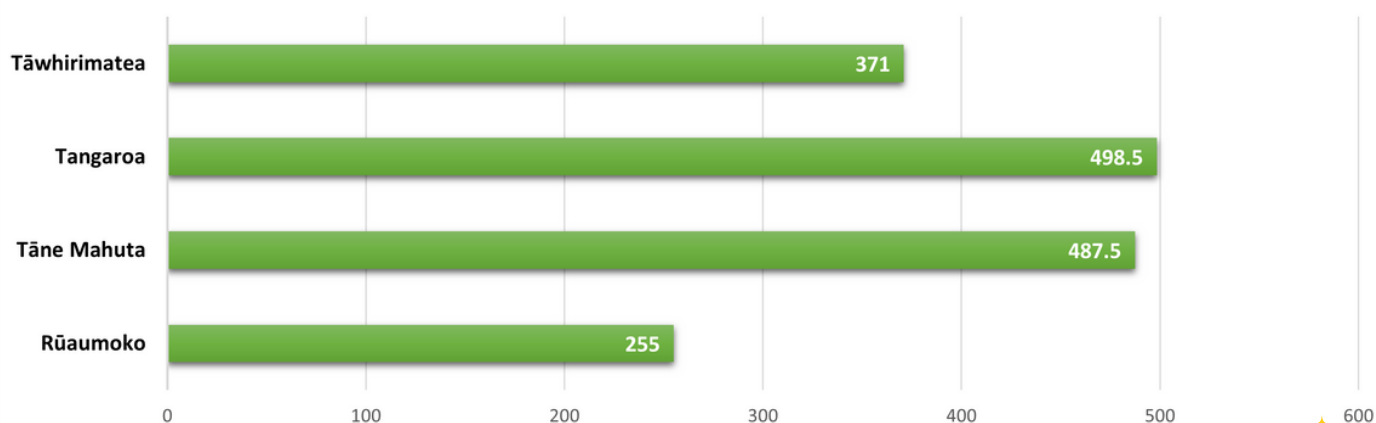
Two of our students, Bethany and Brya Mahoney, had a special achievement over the school holidays! Bethany and Brya were selected by Basketball New Zealand to referee at the Basketball New Zealand AON National Championships in the last week of the holidays.

This was an exceptional achievement and ranks the girls among the top age group referees in the country! Not only did they officiate incredibly well over the last week, but Bethany was also the only female referee to be awarded a boy's match on finals day.

Brya, at just 13 years old, was the second youngest referee (by a day) and was described by one of the ref educators as one of the best young referees he's seen in a while. Well done Bethany and Brya!



House Points Update



Junior Social (Term 2, 2021)

Hapori Tuarua (Term 2, 2021)

Our Junior students (Year 7 to 10) enjoyed the Term 2 Junior Social on last term, with a theme of pyjamas!





ENGLISH FEATURE

A word from Miss Lawson (Head of English Department):

English is a subject that covers films, books, and speeches, but it's so much more. Through our languages, we learn how to express ourselves, form relationships with others and develop who we are. Words on a screen, gestures via ZOOM, shared chatter over coffee = it's all about expression.

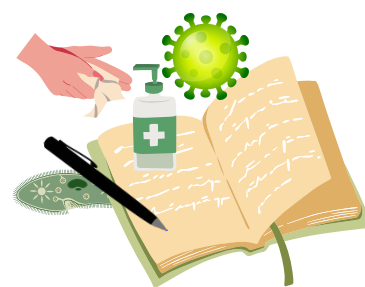
Being a leader of such a rich subject, I feel privileged to help our students in their identity, growth and future success, and language plays a huge part of this. We don't just correct spelling and grammar (though I do enjoy getting out the pedantic red pen); we support students developing empathy and awareness, alongside other departments.

This year we have been really pushing writing for different genres. Horror writing started last year and was featured in our 2020 e-Bulletin feature. This year, it was our Year 10 Poetry unit that truly shone. Here is an example from one of our Year 10 boys. Trigger warning! This may remind of you of some of our most recent challenges.

Coronavirus

Don't go flouting, no point shouting
We can't stress about this mess
Don't be bored and do not hoard
Keep things clean and make them gleam
Hands that stink belong in the sink
Count to twenty that'll be plenty
Try not to cough or sneeze it could bring us all to our knees
Wear protection to prevent infection, or it could spiral and go viral
Don't be lame and play the game
Don't be fools follow the rules
These four walls taking its toll, go out and take a stroll... just don't
Buy all the toilet roll
Stuck indoors when its sunny we all know it's NOT funny
But let's be smart and play our part
There's always facetime that's no crime
It's not forever were in this together
So don't be the clown in the town when were all in lockdown
Let's keep ahead and stop the spread
At times like this we need to care and tell each other that were there
Make this message loud and clear, clap our hands and create the cheer
Share the word lets ALL be heard
Do not roam.... #STAY SAFE #STAY HOME

By Joziah Otunuku



Writing can be so important for supporting how we deal with difficulties. I consider it a kind of therapy.

The Middle College speeches are featured heavily in this e-Bulletin, because they are an incredible showcase of our students. We hear from them about what matters most, and their passion shines through. This year though saw me deliver a different kind of speech - a eulogy. Years of teaching students how to stand up in front of others in challenging moments all lead to being invited to say a final farewell on behalf of the Tuakau College staff to the beloved Ann Linacre. Real world moments to get to pay tribute to people we love, and will miss forever, remind me of the importance of building the confidence to speak in front of others.

The final aspect of English, reading, explores our ability to escape however briefly, our own circumstances, into other worlds. I know lockdown was a time where my bookshelves as well as my Netflix account both got lots more visits. Being about to gain new perspectives, information, and enjoyment, through the written word, has been a great way to expand my experiences at times when the walls of my home were my only view.

Enjoy the worlds you explore, the people who surround you, and make sure to tell your own story. *Miss. Lawson*

Meet the English Teachers

Tutaki ki nga Kaiako Ingarihi



Miss J. Lawson

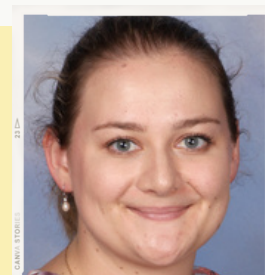
Head of English

Tuakau College is my second home! I spend hours each week day trying to inspire our young people of the power of words: spoken, written and read from a page. They control our world, and our place in it. Wittgenstein said (in German) that "the limits of our language are the limits of our world." My job, and the job of my incredible team, is to help you all live limitless lives!

Mrs S. Tupaea

Assistant Head of English

I first came to Tuakau College as a student teacher on practicum six years ago. I was hired as an English teacher the following year and appointed as Assistant Head of Department four years later. In addition to English, I can also teach Drama. To me, teaching is about harnessing the full potential of our students by encouraging them. As well as being a teacher I am also a wife and mum to two boys: Luke and Josiah.



Mrs S. Davidson

English Teacher

Teaching English is an exciting and fulfilling job. Being able to read and engage with texts as a part of your profession is particularly special. I enjoy teaching dystopian fiction and also creative writing. Additionally, I am the Dean of Year 13 and the House Leader for Tawhirimatea. Outside of school I am a mother, wife and competitive equestrian.

Mr M. Williams

English Teacher

I started teaching at Tuakau College last year. Previously I worked at Rosehill College as the Head of Media Studies. This is a subject I will be introducing to Tuakau College in 2022. My post high school study has seen me complete a Bachelor of Communication Studies and a Graduate Diploma in Sports and Recreation both at AUT.



Mrs N. Blake

English Teacher

Nicole Blake joined Tuakau College as an experienced English teacher in Term 2. She came to us from Pukekohe Intermediate, and has taught extensively back in her home country of South Africa. Nicole has two young children, enjoys walks in the countryside with her husband, who is an experienced hiker, and reading books on rainy days!

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

STRATEGIC GOALS: TUAKAU COLLEGE WILL:

Maximize opportunities for student achievement.

Lead development in local education in a continuously changing world.

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

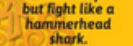
EXCELLENCE Tino pai rawa

Pai rawa atu i nga mea katoa.
The very best in all things.



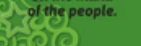
PERSEVERANCE U tonutanga

Kaua e mate wheke mate ururoa.
Don't give up like an octopus but fight like a hammerhead shark.



INTEGRITY Ngakau Tapatahi

Kaua e takahia te mana o te tangata.
Do not trample on the mana of the people.



CARING • LOVE • RESPECT Manaaki • Aroha • Whakaute

He aha te mea nui, Maku e ki atu, He tangata he tangata, He tangata, What is the greatest thing? It is people, It is people, It is people.



Middle College Speech Finals 2021

Whakaputanga o Te Korero o Te Kura Tuarua 2021

On Wednesday the 7th of July, in the last week of Term 2, we hosted the Middle College Speech Finals.

Wow, is about the only word that can describe how amazing the night was! The talent from all the students was phenomenal: The speeches were confidently performed on engaging topics.

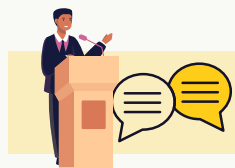
From wider world concerns, such as social media consumption and the environment, to smaller, school related issues such as the uniform policy, a broad selection of mature topics were covered. What stood out to me was how passionate the students were about social justice and equity for everyone. It's encouraging to know that our next generation feel so convicted about helping the less fortunate and encouraging healthy societal habits.

We also had some more amusing speeches, such as why Hogwarts School of Witchcraft and Wizardry, is the best school in existence, adding some welcome levity to the night. Some students did theirs on who their personal heroes were, ensuring there were no dry eyes in the crowd. Again, it is so reassuring to know that our students have a secure understanding of what inspires them and what values they wish to emulate, especially during this COVID-19 era, where everything can seem uncertain.

To the parents who attended, I wish to again express my thanks in devoting an evening to this cause; it is so nice to be able to celebrate the efforts and talents of our students. Additionally, to all our students who attended, as I said on the night, you are all winners, regardless of the outcome. It is incredibly hard to judge the best speeches, when all the competitors are of a high calibre, so I hope that you still managed to enjoy the night and feel a sense of well-deserved pride in making it as far as you did.

My heroes are you: the students. You inspire me to care, commit and work hard, because even the smallest word of encouragement or moment of learning can be powerful.

Mrs Tupaea (Assistant Head of English)



First place for Year 9 went to Tearani Kahi (9R) for her speech on 'Why her mum is her hero!' Second place went to Zeeshan Shah (9T) for his speech on 'Uniform Policy' and third place went to Skye Jenkins (9N) for her speech on 'Animal Therapy!' Commendations went to Alyssa Calder (9R) for her speech 'Nina Simone' and Victoria Islip (9Q) for her speech on 'Education!'

First place for Year 10 went to Kyla Makea (10O) for her speech on 'Toxic Beauty Standards!' Second place went to Shreya Reddy (10N) for her speech on the school's 'Uniform Policy.' Third equal went to Kiana Wihapi (10P) for her speech on 'The Wonders of Hogwarts' and Shiya Gosai (10Q) for her speech on 'Social Media Comparison!' Commendations went to Tayla Lobb (10P) for her speech on 'Identity' and Kayshia Phillips (10Q) for her speech about 'Graffiti as an Art Form!'





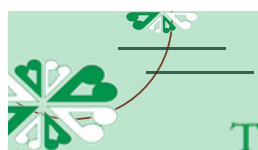
HEALTH CENTRE *Tari Hauora*

Welcome back to Term 3! As the weather gets warmer it is still important to be vigilant about your health with the winter bugs hanging around.

As previously mentioned: stay warm, eat well and stay home if sick.

If you have moved addresses or changed phone numbers please let the School Office know ASAP. We spend a lot of time trying to contact caregivers, which is not much fun for a student when they are feeling unwell!

Thank you, *Alison Robertson (School Nurse)*



TUAKAU COLLEGE

Pai rawa atu i nga mea katoa | The very best in all things

ORIENTATION DAY

FOR POTENTIAL NEW STUDENTS IN 2022

Thursday 5 August, 2021

From 9 am to 3:15 pm

All students to meet at the gym at the start of the day.
Students to wear their current school uniform (if applicable).
Students can use the school bus network if they need.

Students need to bring a packed lunch. Food can also be purchased at the school canteen.

Students will be given enrolment packs at the end of the Orientation Day.

If you are not from a contributing school (Mercer School, Mangatawhiri School, Pukekawa School, Pokeno School, Harrisville School or Tuakau Primary), please register by emailing t.potts@tuakaucollege.com



Time to Move?

Make your next move into a New Home!



Give us a call and let's start your journey today!



Amanda McIntyre
021 0825 0097



Pauline Seaman
021 644 769

1 Winstone House Road
Paerata Rise, Auckland

Mon-Fri 10am-4pm
Sat-Sun 11am-4pm

platinumhomes.co.nz

TRADES ACADEMY



Tuakau College currently has students attending Trades Academy's at Manukau Institute of Technology (MIT), at both their Manukau and Otara campuses, Techtorium in Newmarket and Primary ITO in Waiuku! The courses that each of these offer are yearlong and are either one or two days a week each term. When students sign up for Trades Academy it is for the year so it is a big commitment and one to think very seriously about before committing. Transport is arranged for the students to attend the courses and may be either bus, train or minivan!

These courses are open to our Year 12 and 13 students so if you are currently Year 11 you should start thinking about this opportunity now! On the evening of Thursday 19 August we will have representatives from each of the Trades Academy's come and talk about what they have to offer! Please come along and hear what they have to say - you might find out about a trade you wish to pursue!

(MIT - various trades, ie. building, mechanics, plumbing, ECE; Techtorium - Computers; Primary ITO - Agriculture)



(WYNDHAM BRUCE)

"I go to Techtorium every Wednesday for the whole term, except for the last week of every term. It is a whole year commitment! I wake up at about 6am and leave at about 6:30am in the morning to make sure I get there in time. I get to Techtorium by train - I go to the Papakura train station and then train up to Newmarket. At the end of the day I leave Techtorium at around 3pm and get home at around 4:30pm.

We usually do a bunch of activities on the computer and we are set tasks to do and we have to complete them. Tasks are sometimes practical and include things like taking apart computers and fixing them. Other tasks are like tests and we have to answer a whole lot of questions. I like that they fully explain everything and we learn by doing things, not just by being told. I decided to do Techtorium because it's sort of my course pathway - what I want to do in the future. It gives me valuable experience and knowledge. In the future I would like to do Cyber-security/networking.

I would recommend it to other students if they are interested in doing Computing/IT as it gives them a insight into what they are going to do in the future!"



(DAVEY SINGH)

"I go to MIT for Automotive every Thursday of each term, all year. I get up at 6am, leave at 7:10am and go to MIT on a bus. I usually arrive at MIT at 8:30am and in the morning someone explains to us how to do whatever it is that we are doing during the day. The middle portion of the day is usually spent doing a practical. Some examples of practical things we have done include threading a piece of metal and rebuilding a lawnmower engine! We leave MIT at around 2:45pm on the bus and get back at around 3:30pm. You really have to be committed to doing the course, especially as it's a year long course.

I chose to do this course because I wanted to learn more about something that I actually have an interest in! I am enjoying working towards an Automotive apprenticeship. I would definitely recommend this course to other students if it is something you are actually interested in! My favourite part about the course is meeting other people from other schools who share that same interest!"



(ZOPHIE BALDWIN)

"I have to be at school by 8:30am and we leave school at 9am in a van. When we get there we get told what we are doing for the day and then we usually go on a farm to do work or we go in a classroom for half the day and then go out and do something practical. Most of it is hands on work, whether it's raining, hailing, sunny, etc. Some of the practical things we have done so far include milking, fencing and feeding calves.

I go on Tuesdays every week, all year. There is usually about 5/6 people on the course for the day and we go to different farms each time, depending on what we get told to do. I decided to do it cause it's something different. I like the hands on work more than the theory work. It's also more credits. There's so many different things you experience on the course and you meet other people and you always have a fun time! I loved learning to milk for the first time - it looks relatively easy but it's technically challenging. In the future I am looking to potentially work on a dairy farm."



Spanish Feature

A word from Ms McMillan (Head of Spanish Department):

Hola! It is with much pleasure that we welcome Mr Alec Benson to the Spanish Department. This year we have three Year 9 Spanish option classes which acknowledge the growth in the Department. The students not only learn the language but also enjoy different activities about Spanish speaking countries around the world. The way of life, family life, food, different customs and traditions are an integral part of the Spanish Curriculum.

Emphasis on communication ensures our students can not only read Spanish, but also practice their listening and spoken skills. Spanish is offered from Year 7 to Year 13. Over the years, students really develop different skills and it is very rewarding to observe their progress.

So, why learn Spanish? Besides having fun learning a foreign language, Spanish is the world's second most spoken language. Spanish is also recognised as one of the official languages in the United Nations, European Union and various other important organisations.

Data shows that learning another language results in improved cognitive skills and higher test scores. Students need to also use their own personal knowledge, as learning Spanish will help to increase their understanding of their own language and culture.

Ms McMillan (Head of Spanish)



Ms M. McMillan

Head of Spanish



Mr A. Benson

Spanish Teacher

Junior College Speech Finals 2021

Whiringa Toa Korero a Te Kura Tuatahi 2021

Congratulations to Nareach Choeu who won first place for Year 7 with his speech on 'Racism!' Oliver Goodhand placed second, Sienna McFadden and Logan Welch placed third equal and Taiarangi Hira-Thompson received a Commendation! In Year 8, first place went to Poppy Aislabie for her speech 'I am Maori.' Second place went to Mattias Tafto and third place went to Chane Le Roux! Peyton Van de Westerlo and Caleb Quinlan received Commendations!



TUHITUHI RANGATAHI CATCH-UP LITERACY ONLINE



NO MORE
HIDING.
NO MORE
SHAME.

RURAL YOUTH AND ADULT LITERACY TRUST

Our Tuhituhi Rangatahi programme is all about helping our Youth aged 13 years and over who are struggling with reading and literacy.

We help youth from the age of 13 to help support and encourage them into believing in themselves, that they can overcome barriers, and gain a new found appreciation when it comes to reading and writing.

This will also help them when they enter Year 11 when they start studying for NCEA.

If this sounds like you, we would love to hear from you! Flick us a message or call us on 0800 891 339 for more information.

Don't give up, build resilience!

Articles written by BRAD WEINSTEIN and THE MIND TOOLS CONTENT TEAM

Picture this: The teacher is doing a lesson on something new and you are sitting there wondering if your classmates are also a little confused. Of course, you assume that you are one of the only ones who doesn't get it, so you don't raise your hand to avoid embarrassing yourself.

Rewind back to your childhood when you first tried to ride a bike. It looked so easy when your older siblings or friends did it, yet you feared even getting up on the seat. Once you built up the courage to try, you failed many times to steer, balance, and control the bike. Ultimately, your perseverance and grit paid off, and you were able to eventually ride the bike like it was second nature. Learning, in any form, is the same. As Thomas Fuller said, "All things are difficult before they are easy."

Sure, some kids might have gotten the content or grasped riding a bike faster than you did, but there is a secret that you need to know about many of those who get things quickly- when they don't get it quickly, they give up. Many students who are considered quick learners build their identity around how naturally smart or talented they are. They are used to things coming easily and not having to work as hard as others. The problem with this, however, is that once they face an obstacle that is not easily and quickly overcome, they do not know what to do. They get frustrated, feel bad for themselves, and sometimes give up. This is what is known as a fixed mindset.

The opposite of fixed mindset is growth mindset, which is the belief that hard work and dedication are the keys to getting better at things. The famous phrase "hard work beats talent when talent doesn't work hard" also applies to academics. It is when you go the extra mile, study hard, seek help, and never give up. Instead of getting frustrated when you don't get something or get a bad grade, see it as opportunity for improvement. If you give up on something, it will only get worse with time as you usually need to understand the lesson or concept you are currently working on in order to understand the next lesson or concept coming up.

Successful students don't give up. Seeing others give up is no reason for you to join them! Give the new material a chance and work over and over again to master it, especially if it is difficult. Also, be sure to ask your teacher questions, or anyone else you can get help from. Many teachers will stay after school, come in before school, or find other ways to help you. Remember that having a growth mindset means that you keep on going and find a way to be successful, even when things are hard!

Even if you are not a naturally resilient person, you can learn to develop a resilient mindset and attitude. The following tips may help:

1. **Learn to relax.** When you take care of your mind and body, you're better able to cope effectively with challenges in your life. Develop a good sleep routine, try out a new exercise or use physical relaxation techniques like deep breathing or meditation.
2. **Practice thought awareness.** Resilient people don't let negative thoughts derail their efforts. Instead, they consistently practice positive thinking. This means listening to how you talk to yourself when something goes wrong – if you find yourself making statements that are permanent, pervasive or personalised, correct these thoughts in your mind.
3. **Edit your outlook.** Practice cognitive restructuring to change the way that you think about negative situations and bad events.
4. **Learn from your mistakes and failures.** Every mistake has the power to teach you something important, so look for the lesson in every situation.
5. **Choose your response.** Remember, we all experience bad days and we all go through our share of crises. But we have a choice in how we respond: we can choose to react with panic and negativity, or we can choose to remain calm and logical to find a solution. Your reaction is always up to you.
6. **Maintain perspective.** Resilient people understand that, although a situation or crisis may seem overwhelming in the moment, it may not make that much of an impact over the long-term. Try to avoid blowing events out of proportion.
7. **Set yourself some goals.**
8. **Develop strong relationships.** People who have strong connections are more resistant to stress, and they're happier. This also goes for your personal life: the more real friendships you develop, the more resilient you're going to be, because you have a strong support network to fall back on.
9. **Be flexible.** Resilient people understand that things change, and that carefully-made plans may, occasionally, need to be amended or scrapped.





WINTER SPORT

FULL PHOTOS OF WINTER SPORT ON FACEBOOK



RUGBY



1st XV Team:

Pukekohe High School 2nd XV vs Tuakau College: 22-0 to Pukekohe High School 2nd XV

U14's Team:

Tamaki College vs Tuakau College: 28-0 to Tamaki College

This Saturday 31 July our 1st XV team plays Strathallan 10:30am at Strathallan and our U14's team play Avondale College at Tuakau College at 10:45am.

BASKETBALL



Junior Boys Red:

Waiuku College Junior Gold vs Tuakau College Junior Boys Red: 38-22 to Tuakau College Junior Boys Red
Waiuku College Junior Development vs Tuakau College Junior Boys Red: 70-9 to Tuakau College Junior Boys Red
Strathallan Year 9 B vs Tuakau College Junior Boys Red: 66-12 to Tuakau College Junior Boys Red

Junior Boys Green:

Strathallan Year 9 B vs Tuakau College Junior Boys Green: 33-23 to Strathallan Year 9 B
PHS Junior Red vs Tuakau College Junior Boys Green: 50-31 to PHS Junior Red
PHS Junior Black vs Tuakau College Junior Boys Green: 32-21 to PHS Junior Black

Senior Boys:

PHS Senior Yellow vs Tuakau College Senior Boys: 51-26 to PHS Senior Yellow
PHS Senior Boys Black vs Tuakau College Senior Boys: 58-42 to PHS Senior Boys Black

Mixed Girls:

Wesley Girls vs Tuakau College Mixed Girls: 57-11 to Tuakau College Mixed Girls
Waiuku College Maroon Girls vs Tuakau College Mixed Girls: 42-33 to Waiuku College Maroon Girls
Waiuku College Gold Girls vs Tuakau College Mixed Girls: 28-28 draw



WINTER SPORT

FULL PHOTOS OF WINTER SPORT ON FACEBOOK



NETBALL



At the end of Term 2 our Year 7&8 AIMS played a friendly game against Pukekohe Intermediate School. It was great for the team to play a new team and practice their skills!

Some of the netball results from the month of July/August include:

Year 7&8 AIMS:

ACG Strathallan Emeralds vs Tuakau College Year 7&8 AIMS: 37-6 to Tuakau College Year 7&8 AIMS

Intermediate A:

Nga Tapuwae Takawaenga vs Tuakau College Intermediate A: 20-12 to Tuakau College Intermediate A

Prem Year 9:

JCHS Junior Blue vs Tuakau College Prem Year 9: 30-4 to Tuakau College Prem Year 9

UNISS

Alfriston College vs Tuakau College UNISS: 36-30 to Tuakau College UNISS

Pukekohe High School Gold vs Tuakau College UNISS: 23-20 to Tuakau College UNISS

SEHC Premier vs Tuakau College UNISS: 50-14 to Tuakau College UNISS

FOOTBALL

Football games and results for August (Term 3) will be published in the next e-Bulletin.

HOCKEY



Year 7&8 Franklin Hockey Tournament

Tau 7 & 8 Whakataetae Hockey a Franklin

At the end of Term 2 our Mixed Year 7&8 Hockey team students played in the Franklin Year 7&8 Hockey Tournament in Pukekohe. They had an awesome day, developing their skills, despite the rain!

Hockey games and results for August (Term 3) will be published in the next e-Bulletin.

Calendar

Maaramataka

for Term 3 2021

MON	TUE	WED	THU	FRI	SAT	SUN
26 JULY Term 3 Begins	27 BOT Meeting	28 School Assembly	29 Year 7 Immunisations	30 12OUT Rockclimbing Te Reo Trip	31	1 AUG
2 YTECH (Year 9 and 10 DTE)	3 13OUT Adventure Tramp	4 Whare Assembly 13OUT Adventure Tramp	5 Netball AIMS Franklin Orientation Day 13OUT Adventure Tramp	6 13OUT Adventure Tramp	7	8
9 Maths Week	10 Teachers Only Day Maths Week	11 Extended Whaanau Maths Week	12 Manaaki Marae Open Evening Maths Week	13 Manaaki Marae Bluelight Fear Factor Maths Week	14	15
16	17 Parent Interviews	18 Levels Assembly	19 Parent Interviews Subject Selection Evening	20 Koroneihana Trip	21 Koroneihana Trip	22 Koroneihana Trip
23 Snow Camp	24 PTA Meeting Snow Camp	25 School Assembly Snow Camp	26 Mufti Day Snow Camp	27 In Zone Enrolment Applications due Snow Camp	28	29
30 Tooth Group Dental Tournament Week FYFOD Sports Camp	31 BOT Meeting Tooth Group Dental Tournament Week FYFOD Sports Camp	1 SEP Whare Assembly Tooth Group Dental Tournament Week FYFOD Sports Camp	2 Tooth Group Dental Tournament Week FYFOD Sports Camp	3 Tooth Group Dental Tournament Week FYFOD Sports Camp	4 Out of Zone Enrolment Applications due	5
6 AIMS	7 AIMS	8 Levels Assembly AIMS	9 AIMS	10 12OUT Rockclimbing Out of Zone ballot AIMS	11	12
13 Mock Exam Week	14 Mock Exam Week	15 Entrance Testing Extended Whaanau Mock Exam Week	16 MCAT Level 1 Algebra Exam Mock Exam Week	17 Mock Exam Week	18	19
20	21 PTA Meeting	22 School Assembly	23 12OUT Rockclimbing Junior Social	24 12OUT Rockclimbing	25	26
27 Manaaki Marae	28 Manaaki Marae BOT Meeting	29 Whare Assembly	30 Reports emailed	1 OCT End of Term 3	2	3

Term 4 begins on Monday 18 October, 2021.

Term 4 ends on Friday 10 December, 2021.