



# Manurewa High School Newsletter

Principal Mr S V Gargiulo QSO, BSc, Dip.Tchg

September 2015

Dear Parents/Guardians

It was very sad that the actions last week of a few Manurewa High School students should bring such shame to our school. The consequent stories about the school, published through many media outlets, portraying a group of our students behaving very badly is not ideal.

It is important that we remember that while the publications will affect the reputation of the school and its students, it does not affect the many successes nor does it mean that students have less chance of success at Manurewa High School. I have asked the students to undertake a challenge that each and every one of them take a part in improving the school's reputation through activities such as:

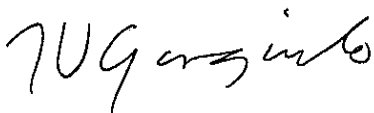
- Celebrating personal success
- Be polite and well behaved in public
- Monitor the behaviour of fellow students
- Work even harder to achieve academic success
- Wear the uniform well and with pride

I believe that if we celebrate what is right we will get strength to fix what is wrong.

Irrespective of the recent event, Term 3 has seen many highlights. The successes our students have had in sporting and performance events, is a demonstration of what they are capable of achieving. These achievements are based on hard work, following instructions, commitment to practice and a commitment to improvement by elimination of errors and building on strengths.

The challenge for us all is to now take these same attitudes and approaches into the last term to achieve the same type of excellence in the external examinations. Success in these will not occur by just casually attending them. Exams are crucial for success for Year 13 students and by taking them seriously in Year 11 and Year 12, skills of sitting externals are developed. Year 9 and 10 students will be given an end of year assessment as well so they can develop the skills required.

Regards



S V Gargiulo  
Principal

## LOCKDOWN DRILL

**On Thursday 24 September 2015 the school will be having a lockdown drill.**

**This drill will be run by our Emergency Consultants and is a reminder for students and staff on the procedures to follow if the school were put into a lockdown situation by the police or Senior Leadership of the school.**

**Local schools and police will be notified and updates will be put on our school website.**

## NIWA Manukau Science and Technology Fair

Manurewa High School students upheld the school's reputation for excellence in science at the 2015 NIWA Manukau Science and Technology Fair. At the fair prize-giving held at Mission Heights Junior College, the following students received prizes for their projects:

### Timothy Dreadon - 1st place Year 9 to 13 Secondary Consumer Science and Year 11 Best Innovation, Invention or Investigation prize

Timothy's investigation titled "Dehumistify – To Dry or Dehumidify?" compared drying clothes using a dryer compared with using a dehumidifier. Timothy worked out which was the cheaper option and discussed other issues associated with drying clothes indoors.

### Tessa Dreadon - Highly Commended - Year 10 Year 7 to 13 Scientific Photography

Tessa's scientific photos of threatened and endangered zoo animals, titled "Precious Resources – Endangered and Threatened Animals", was accompanied by an essay explaining why the animals are threatened, and how we can help save them.

### Manisha Paliwai - 2nd Place - Year 11–13 Senior Science

Manisha's "Five fats Fight it Out" investigation compared five different cooking fats from various international cuisines, to determine the most healthy fat in terms of rancidity, how fast they oxidized, melting point, saturation and chain length. She found that clarified butter (ghee) commonly used in India was by far the most healthy to cook with in that it had a very high smoke point and was far less prone to developing free radicals due to rancidity.

### Aimen Sana - Third equal, Winner of the DairyNZ Award and Year 12 Best Innovation, Invention or Investigation

"Garlic: To Wait or Not!". Aimen's project looked at whether or not crushed garlic ought to be left to 'sit' before being added to the cooking pot. After experimenting with crushed garlic and a range of 'sitting times' Aimen found that the ideal wait time before adding garlic to the pot was 10 minutes. At that time the anti-microbial properties of the garlic would peak and hence cooking before or after the ideal sitting time would diminish the efficacy of the anti-microbial compounds in the food.

### Prabhjot Kaur - Best Application of the Scientific Method (winner receives a week at Otago University in January for "Hands on Science")

"Long Live Lactase". Prabhjot investigated whether regular milk could be made lactose free by buying just 1 litre of lactose free milk. By inoculating regular milk with various volumes of lactose free milk, she found that the active enzyme was still able to function in the regular milk and hence, after 3 days, would turn the milk into lactose free. This would save money for people who need to drink lactose free milk but find it too expensive.

Sidrick Salting, Amber 'Inia and Simran Naicker received Participation certificates.

The projects will be on display in our Science cabinet in the Science Hallway.



Prabhjot Kaur



Aimen Sana



Tim Dreadon

## Exam Preparation

1. Plan your study and break up your time.
2. Create a timetable to make it more manageable.
3. Look at environment you study in – No distractions?
4. Replenish your energy levels – keep snacks and water handy.
5. Break subjects down in to mini subjects >>> key points.

### We all have different ways of learning. Some ideas are . . .

- make concise notes in your own words
- draw mind maps
- make flash cards with key points
- tell a friend, family member or pet about the subject
- have a go at answering last year's exam questions – NZQA website
- study with a friend or group

### On the day . . .

- Relax
- Check your equipment
- In the exam Breathe Deeply
- Read the questions carefully
- Reward yourself afterwards for your hard work.

## Please use the pedestrian crossing

Parents and students are reminded that students are to use the pedestrian crossing in the morning and afternoons, not cross the road in between cars as this is a huge safety issue. There have been near miss incidents where students have nearly been hit by vehicles. Police will be asked to monitor this situation.



## Student Achievement Conferences

It is compulsory for students to attend school on **Wednesday 23 September** for their allocated interview time. Attendance will be recorded and full school uniform must be worn.

Our school Café will be open during the conferences.



## Z Energy Scholarship Programme



Pictured (left to right) Mike Bennetts, Jessie Chen and Karen Bennetts

Z Energy Chief Executive Mike Bennetts, who attended Manurewa High School from 1975-1979, was back at school recently with his wife Karen to interview applicants for their scholarship programme.

The couple have supported a number of students in recent years to develop their education. Their focus is on students who are graduating from Year 13 and plan to go to university.

Mike says their belief in the value of education to future success has encouraged them to give back to the Manurewa community. "Education is the best way to open up a wider set of opportunities for the future, especially for those who may be the first in their family to attend university. Accessing tertiary education is more complex and costly than in our day which is why we provide both funding and mentoring to help students succeed at a pivotal time in their lives."

Mike and Karen say they expect students to have strong academic capabilities and results, but there is no bias to awarding the scholarship to the highest academic achieving student. Instead the scholarship is intended for those students who have the capability to attend university but may have social or economic concerns or limitations with following that pathway. They also look for students who are already making a positive contribution to their community, whether that be inside MHS or their broader community outside of school.

"Each student we have interviewed has a unique and compelling back story so making a choice is very difficult. We usually go for the students that are most likely leverage the opportunity, i.e. they will get more from this than just a degree. All of the students are a tremendous credit to MHS and seem much more impressive than we would have been at that age."

However, Mike notes students are uncertain about what the future holds for them and how they can effectively shape that for themselves. "That's not a surprise which is why we offer mentoring support. The other notable aspect is how attending university is more than just something for themselves - they are very mindful about role modelling for their whanau and how they can give back to their communities after graduating. It is quite inspiring to hear that consistently from all of the candidates."

Ebony Komene and Solinna Toul are nearing the end of their first year of tertiary studies thanks to the Bennetts scholarship.

The 2016 recipient is Jessie Chen, who plans to do a conjoint Law/Science degree at the University of Auckland.

## Auckland Drum-Off Winner

Year 9 student Finau Fulivai's young age didn't deter him from entering the recent Musicworks 2015 Drum Off in Auckland. Finau took his A-game to the competition, drumming his way to first place against some vastly experienced musicians.

Entrants in the competition had to bash, crash, flam and slam their best three-minute solo. Finau's performance won him \$1,000 worth of Musicworks vouchers and a drum re-skin. Finau has a huge musical future ahead of him.



## Taekwondo master wins Malaysian title

**Dan Maireroa** has won a gold medal and been named best junior male fighter at the CK Classic Malaysia Open. Some 1200 contestants from 20 countries attended the event. Competing in the junior (ages 15-17) light/heavy division (73.01-78kg), Dan had three fights.

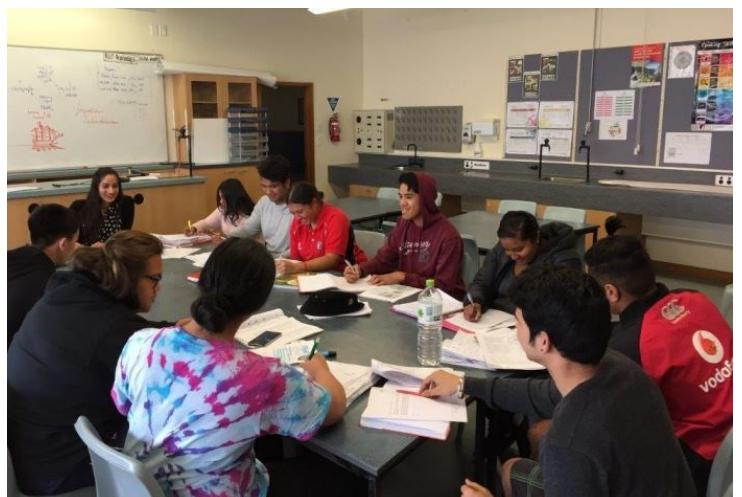
Versus:

- Malaysia, he won 15-3
- Malaysia, won 9-0
- Australia, won 11-3



## The Learning Collaborative

On Saturday 5 September a group of 41 Manurewa High School students participated in the 9am-4pm intensive courses tutorials for NCEA Levels 1 - 3 in the Sciences and Social Sciences. These free tutorials were offered and facilitated by The Learning Collaborative, a group of recently graduated students who offer a youth-to-youth coaching and tutoring service. The tutors really enjoyed teaching our students and provided positive feedback; "students are very polite, well behaved and responsive. They are all eager to learn". Feedback from students involved was very positive and they would like to see more tutorials held closer to the end of year exams.



For more information on The Learning Collaborative visit the website <http://www.thelearningcollaborative.org.nz/>

## Rugby League

The New Zealand Rugby League have selected four of our students for the New Zealand Secondary School team. Congratulations to: Kenese Kenese, David Phillips, Joshua Uta and Michael Saili-Motu The team have a fixture against New South Wales Combined High Schools on Monday 21 September at 3:30pm. Venue for the match is Massey Park, Papakura.

## ISKF World Karate Champs

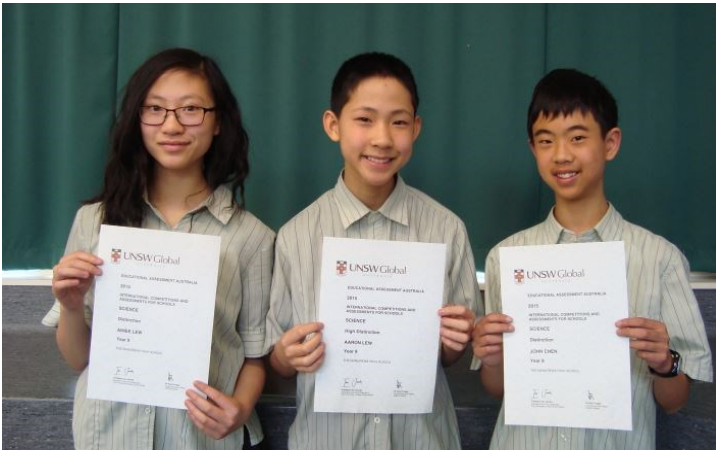
Three students from our school were selected to represent New Zealand at the 3rd ISKF World Karate Champs in South Africa in August 2016. Tutuki Kamana-Pou, Rosemary Pokoati and Mathew Tuisovivi are all members of the Manukau Karate Club—congratulations to these students!

## ICAS Science 2015

124 students from Manurewa High School participated in the International Competitions and Assessments for School Science 2015. 116 Certificates of Participation were presented.

### Results for ICAS 2015:

Aaron Lew	09KHR	High Distinction
Aimee Lew	09KHR	Distinction
John Chen	09KHR	Distinction
Rhea Ran	09KHR	Credit
Riann Toailoa	09ABH	Credit
Luke Stainthorpe	10TSL	Credit
Brandon Gudgin	09HR	Merit
Jezebel Christofari	10PWY	Merit



Pictured left to right : Aimee Lew, Aaron Lew and John Chen



Pictured left to right: Luke Stainthorpe, Rhea Ran, Brandon Gudgin, Jezebel Christofari and Riann Toailoa.

## Careers Update

**FACEBOOK** For current Career news please refer to our Facebook page <http://on.fb.me/1KCIRGH>

### Holiday Opportunities

**EDUCATION USA:** US UNIVERSITIES EXPO 19 Sep 11:30AM - 3PM AOTEA CENTRE. The US Embassy is hosting its third annual Universities Expo, offering a chance for students, parents and schools to interact with recruiters from American universities. Information sessions can include: Finding the Right Fit, Sports Scholarships, Financial Assistance, the Common App and Standardized Testing <HTTP://NEWZEALAND.USEMBASSY.GOV/>

**AUT:** FREE—NCEA LEVEL 2 & 3 REVISION CLASSES 29 Sep – 01 Oct 10- 3PM VODAFONE EVENTS CENTRE, 770 GREAT SOUTH ROAD, MANUKAU. Places are limited. Sessions will include a free lunch. Relevant NCEA external exams will be revised for each subject.

MATHS Calculus and Statistics 29 September

SCIENCE Biology, Chemistry and Physics 30 September

LITERACY English 01 October <http://bit.ly/1Lig5FF>

**AVONMORE:** FREE—INTRODUCTION TO COMPUTER NETWORK ENGINEERING 1—2 October, 601 Great South Road Manukau. For students interested in Computer Network Engineering. Register your interest—contact ROB 489 6205

**AUT:** FREE—ART & DESIGN UNDERGRADUATE PORTFOLIO & INFORMATION SESSION 9 October 10 – 3PM City campus. Lecturers will guide attendees and give advice on how to create an electronic portfolio to meet admission requirements for either Bachelor of Visual Arts or Bachelor of Design and give information about the course. This event is for those interested in a Bachelor of Visual Arts which has pathways in Photography, Painting Sculpture or Bachelor of Design with a Major in Communication Design, Digital Design, Fashion Design, Product Design, Spatial Design or Textile Design <http://bit.ly/1QmNdk6>

**MIT:** NZ MARITIME SCHOOL OPEN DAY 29 Sept 10—3pm Students interested in maritime and logistics, contact [maritime@manukau.ac.nz](mailto:maritime@manukau.ac.nz) or call 09 379 4997 to register.

### Full Time Employment Opportunities

**TOLL NZ—CADETSHIP PROGRAMME 2016** As a cadet at Toll you get the opportunity to experience career opportunities in Freight Forwarding, Parcels and Logistics services. As part of the cadetship we provide cadets with the opportunity to obtain a Fork-Hoist license, First Aid certificate, Class 2 license, along with L2 & L3 NZQA qualifications in Distribution & Logistics services. We want school leavers who are—passionate, reliable, hardworking, honest, trustworthy, flexible and adaptable to new learnings, have leadership qualities, hold a minimum NCEA L2. If you're looking for a rewarding career contact Toll New Zealand HR Co-ordinator 09 928 9350 or email [Toll.HumanResources@tollgroup.com](mailto:Toll.HumanResources@tollgroup.com)

**OPUS: 2016 CADETSHIP PROGRAMME** closes 20 Sept. A 3-5 year programme enables students to study Dip Civil Engineering or Surveying while being employed full-time. The cadetship provides comprehensive on job training, mentoring and financial support through payment of fees. Merit or Excellence in NCEA L2 Math is essential <http://bit.ly/1UEY1uu>

**PAKSAVE Trolley Assistant Papakura full time position** - Must have the following attributes; excellent communication skills, outgoing and friendly personality, high presentation standards, excellent work ethic, honest and reliable.

**GILMOURS—2 POSITIONS Security** Monday—Friday 10am—6pm (full time) and **Checkout Operator** (part time) - all day Saturday.



## Jingmen No 1 High School Short Tour

In August Manurewa High School again hosted its partnership school from Jingmen, Hubei Province in China for a week as part of their summer camp in New Zealand.

The students were accompanied by Mr Shao, Vice President of Jingmen No 1 High School and Mrs Zhang who is an English teacher. They were hosted by students from our school and had a programme that meant every day was busy so that they could see what Manurewa High School and Auckland had to offer. This included class visits with their buddy students, tours of Auckland taking in the Sky Tower and Kelly Tarleton aquarium, a ferry trip across the harbour to Devonport and shopping.



It also provided the opportunity for the five Manurewa High School students who are travelling to China at the end of the year to meet students from one of the schools they are visiting and to learn a little about education and life in China. In all, everyone had a great time.



## Homai Buddy Reading Programme

For the last five weeks over thirty volunteer Year 11 students from Manurewa High School have been going to our neighbouring school, Homai Primary, every Friday morning to do buddy reading with the Year 2, 3 and 4 students. It has been a great success, with our students developing their confidence in reading and helping others with their learning. The primary students and their teachers have really enjoyed having our students come to help and it has been a great way of building positive relationships between our schools. We hope very much to continue to develop and expand this programme into the future.



**Congratulations SEMISI FANGUNA 13KSO** who participated in the South Pacific Games in Papua New Guinea in July. He made the tennis quarter final in the open division and placed 5th. More recently he has competed in the Junior Commonwealth Games in Samoa, where he went through to the quarter finals in the mixed doubled, beating the fourth seed.

Next competition ITF in Glen Innes end of September—good luck Semisi.



# Upcoming Events

## September

21 September	<b>BOARD OF TRUSTEES MEETING</b>
23 September	Student Achievement Conferences
23 Sept—5 October	Y12 / Y13 Samoan Language trip
24 Sept—5 October	HALP Trip
25 September	End of Term 3

## October

12 October	Term 4 begins
19 October	Y11—Y13 Drama trip
21 October	Sports Prizegiving, 6pm
22 October	Arts Prizegiving
26 October	LABOUR DAY HOLIDAY
27 October	<b>BOARD OF TRUSTEES MEETING</b>
28 October	Maori Celebration and Prizegiving
29 October	Dance Concert & Prizegiving @ Vodafone Events Centre

## November

4 November	Y13 Assembly and Dismissal, 2.45pm	
5 November	Y13 Breakfast	
6 November	NO school for Y9/10 students	
	<b>YEAR 12</b>	Y12 Prizegiving practice
	8.55am	
	9.45am	Y12 Prizegiving
	11.15am	Y12 dismissed
	<b>YEAR 11</b>	Y11 Prizegiving practice
	11.40am	
	12.30pm	Y11 Prizegiving
	1.40pm	Y11 students dismissed

9 Nov—2 December	<b>NCEA Exams</b>
9—20 November	Summer School
9—26 November	Disruption Free Zone
23 November	<b>BOARD OF TRUSTEES MEETING</b>
23—26 November	<b>Junior Assessments</b>
26 November	Friends of the School—Thank You Event
27 November	TEACHER ONLY DAY

## December

1—4 December	Y10 Camp—Tawharanui	
7 December	<b>YEAR 13</b>	Y13 Prizegiving
	7pm	
8 December	<b>YEAR 10</b>	Y10 Prizegiving Practice
	9.15am	
	9.45am	Y10 Prizegiving
	11.00am	Y10 students dismissed
	<b>YEAR 9</b>	Y9 Prizegiving practice
	11.40am	
	12.00pm	Y9 Prizegiving
	1.15pm	Y9 students dismissed
	Leaver's Dinner	
	End of School Year	

**Watersafe Auckland**  
free water safety programme  
in the holidays (Whanau Nui)

**WHĀNAU NUI**  
2015 - 2016

**FREE**  
Water Safety Aquatic Competence Lessons

**For full details visit**  
[www.watersafe.org.nz](http://www.watersafe.org.nz)

### School Health Centre

The Health Centre is staffed by three full time registered nurses—Tracey, Leanne and Paula and is open **8.30am—3.30pm Monday—Friday**. The nurses are an integral part of the Student Support Services and provide a confidential and culturally safe service to all students. Year 9 students have been invited to have a health assessment during the year.

### Rheumatic Fever Prevention

In an effort to fight rheumatic fever, a free sore throat clinic is being offered at our school's health clinic. If you have a sore throat, or have had a sore throat, please do not hesitate to call in. The clinic is open **9am—12pm**, thereafter please see the nurses in the Health Centre.

### Manurewa High School Guidance

Being a teenager can be pretty tough. Being a parent to one can also be difficult. We are here to support students and their families when the going gets tough. If you are concerned about your young person or they show a sudden change in mood, eating or sleeping, please give us a call on 2690690 ext 295 and speak with Hiltrud Egle.

For help in a crisis:

- In an emergency, call 111
- Contact a doctor or your local District Health Board Mental Health Crisis Team, Whirinaki 09 265 4000
- Call Lifeline, 0800 543 354
- Call Youthline, 0800 376 633
- Call Depression Helpline, 0800 111 757
- Call Tautoko, 0508 828 865
- Call Netsafe (text/cyber bullying), 0508 638 723
- [www.thelowdown.co.nz](http://www.thelowdown.co.nz) or via text 5626

## Manurewa High School Our Values

RESPECT	Be proud of who you are and our school Be responsible for your own behaviour Be sure to look after each other/ourselves/our environment
EXCELLENCE	Be the best you can be Be aware of what you can be Be proactive and ask for help
WHANAUNGATANGA	Be proud of your whakapapa and share with others Be willing to get to know and celebrate others Be willing to work with others
AKORANGA	Be positive when learning Be adventurous and take risks in your learning Be sure to work at school and at home

## New Zealand Curriculum Values

Respect—for themselves and others Integrity—accountability, acting ethically Care for the environment
Excellence—aiming high, persevering
Diversity—culture, language, heritage Equity—fairness and social justice Community and participation for the common good
Innovation, enquiry and curiosity