



Manurewa High School

Piki atu ki te rangi

April 2018

Teena koutou katoa

As we come to the end of a busy Term 1 at Manurewa High School I just want to thank all our whaanau for their support, particularly leading up to and during Polyfest. This year we had 11 different cultural groups with over 400 students participating and for the first time we took all our staff to experience and support our students on the Friday morning. You can see all of our results on the next page.

Other particular highlights this term have been student leadership, international week, Sonatane Kaufusi performing on Seven Sharp, EY Mentoring, Iavana Seuala in a short film debut and our North Island Counties Manukau Athletes results, plus many more. You can read about all of these highlights in this newsletter.

The Education Review Office (ERO) are scheduled to conduct a review in our school from Tuesday 1 May to Friday 4 May, 2018. ERO will focus on evaluation, equity and excellence across the school and it is our opportunity to demonstrate our vision 'Piki atu ki te rangi' - Aim high strive for Excellence, to show how we work to achieve our mission; to grow a community of learners to 'Be the ManuREWA Way' and live our values. We want to highlight our 'Commitment to Akoranga' and showcase the many varied learning opportunities that happen throughout our school anytime, any space, any place (inside, outside or virtual classrooms).

Charter progress surveys are currently being developed. We plan to conduct these surveys at the end of each term so that we can track our charter progress and use your feedback for future planning. We encourage you to complete these surveys. This first link will be emailed to you shortly.

Student Akoranga Conferences are scheduled for Thursday 10 May and Friday 11 May. At the conference parents/caregivers will be issued with a students progress report and you will also be looking at the students whaanau education action plan (WEAP). Students are only required to attend school for their allocated interview time i.e. there will be no classes held on these days. It is compulsory that students attend their conference in full school uniform and attendance will be recorded. I look forward to seeing you at the conference in support of your child.

The year started with an excellent standard of uniform across the school, now the weather is cooling we are starting to see a number of non regulation uniform items being worn by students. Can I remind everyone that hoodies, white shirts, jeans, leggings etc. are not school uniform items and should not be worn to school. Never underestimate the importance of first impressions and the positive impact it has when we look the part. Please refer to our website for the full list of regulation uniform.

Have a safe and enjoyable term break.

Nga mihi nui

Peter Jones
Principal



Value	Characteristics
RESPECT	<ul style="list-style-type: none"> • Yourself • Others • Environment
EXCELLENCE	<ul style="list-style-type: none"> • Be the best you can be (aim high) • Be a positive leader • Set yourself SMART goals
WHANAUNGATANGA	<ul style="list-style-type: none"> • Be proud of your culture • Work with each other • Look after each other
AKORANGA	<ul style="list-style-type: none"> • Manage my own learning • Manage my own behaviour • Learn to be independent

Respect | **Excellence** | **Whanaungatanga** | **Akoranga**

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ASB Polyfest Results 2018

Samoan 4th Place Overall

ULUFALE - 2nd equal, ULUFAFO - 3rd

TOGIGA - 2nd equal

FUATAIMI - 3rd equal - Chris Alaimalo

TAUPOU/ MANAIA - 3rd equal - Deborah Paulo

Maaori - 4th Place Overall in 3rd Division

MANUKURA WAHINE - 3rd

CO ED MAU RAKAU - 3rd

Niuean Stage:

JUNIOR BOYS SPEECH - 1st - Yolando Ukufia

JUNIOR GIRLS SPEECH - 1st - Xann Hekau

OVERALL JUNIOR SPEECHES - 1st - Xann Hekau

ENTRANCE - 2nd

LOLOGO TAPU TAPUAI- 3rd

LOLOGO TAPU FOU - 2nd

COSTUME - 3rd

Prize for Most Improved School

Tongan Stage:

MA'ULU'ULU - 3rd

TAUFAKANIUA - 3rd

Asia Continent

FILIPINO— 3rd



International Week

The annual International Week ran over the last week of Term 1 with activities such as assemblies including an ANZAC message, International sports, costume day, food day and musical extravaganza. Special thanks to Mr Raghunath Singh for organising the programme. Staff and students always appreciate this week in celebration of the many cultures at Manurewa High School and a special way to finish the term.



Student Leadership 2018

Student leadership at Manurewa High School uses a team based approach, where serving others gives opportunity for **ALL** students to lead and contribute positively to our school and community. This leadership model, used in many industries and professions, is informed by research and our school vision and values. It promotes the idea of work and action – **NOT** titles, badges or hierarchy whilst honouring our student councils, whaanau leaders, head girl and head boy.

Congratulations to the following Year 13 students elected as our 2018 leaders

Whaanau Leaders:

AHI - Sione Finau and Amelia Pasikala

POUNAMU - Rewilewpena Herewini and Deborah Paulo

TE AO MAARAMA - Phillip Tele'a and Osaiasi Langi

KOOTUKU - Grace Tavae and Bruce Paulo

HEAD GIRL - Amber 'Inia

HEAD BOY - Sonatane Kaufusi

We look forward to working alongside these young people as they support their peers, Manurewa High School and their community.



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eManurewa

Mauri Ora Whaanau

It has been a huge start to the year for eLearning. After the successful rollout to Year 9 in 2017, we now have three year groups (Years 9-11) with devices. This is a huge leap forward and one I would like to take the time to thank all of our whaanau for making possible. Without your support, something like this would not have been able to happen. Our learners are now in a better position than ever to develop 21st Century Learning Skills.

Just a reminder about checking your child's device regularly and reporting any damage or issues to the school quickly so that the right process can happen quickly. If you have any questions please do not hesitate to contact me. Ben Silk: eLearning Coordinator

✉ : sk@manurewa.school.nz ☎ : 09 269 0690 ext. 242

Student Achievements & Activities

Business Simulation Challenge

By Elijah and Simran

On the 20th of February 2018, Year 12 Economics students had the great opportunity and privilege to be participants in the Business Simulation Challenge, held in Waipuna Hotel. As a school, we really appreciated the staff's hospitality and service. Students were honored to represent Manurewa High School in this challenge. Part of the challenge consisted of us separating into groups and collaborating with other students from various schools. It was a really great bonding experience and taught us skills such as being flexible, patient and open-minded. The day had started off with inspirational speakers like Artaman Taore and many more. After that, the challenge had begun. Each group was required to come up with a business idea that had to solve a problem. We were also required to appoint roles that would play to our strengths such as Marketing, Finance and CEO. This helped us build and expand our skills as aspiring entrepreneurs. Later that day, we were given the opportunity to socialize with more of the students and teachers through a working lunch. We students agree that being a part of this challenge has been very fascinating and beneficial journey, we will continue to use and apply the skills that we have obtained. Special thanks to the Commerce department and Waipuna hotel for exposing us to the interesting world of business.

University of Auckland Pasifika Inter-University

University of Auckland Pasifika Inter-University Led Law Conference (12-14 Feb)

Bruce Paulo and I were given a scholarship to attend a 3-day conference at The University of Auckland. The conference was based on Pacific Law and Customs. The experience was worth it as it gave me an insight on what was really going on in my country (Samoa) and what we needed to do as the next generation for our homeland. Being able to meet His Highness Tupua Taumasese was the greatest part of the experience. His words of wisdom and deep knowledge of my home, has given me new thoughts of what

I'm able to pursue in the future. I have to thank the school for funding our transportation and for giving me this opportunity. I will be forever grateful.

Written by: Amber 'Inia

Student Akoranga Conferences

We look forward to seeing you for your appointment on

Thursday 10 May or Friday 11 May 2018

for the purpose of sharing progress and planning ahead.

Our school Café will be open during the conferences.

MHS Student - Short Film Debut

A group of staff and students supported Iavana Seuala in his short film debut, *The Messiah*, at an advanced screening on Monday 26 March at the Vodafone Events Centre.

The promoters of the film, Second Nature Charitable Trust, describe the film as an urban coming of age and they believe this short film will resonate with our community and our youth. Congratulations Iavana Seuala – we look forward to seeing the film.



What is an entrepreneur?

Some of our students weren't sure what an entrepreneur did. So they took an opportunity to go to an [EY Entrepreneur of the Year event](#) and learn from one of New Zealand's newest entrepreneurial success stories, Cecilia Robinson.

Cecilia co-founded 'My Food Bag five' years ago, about the same time she was having her first baby. The business concept is to help people cook a healthy dinner, by doing the shopping and delivering the food to your door.

She came up with the idea after seeing it in action in Sweden. She and her business partners had a goal to have revenue of \$30 million in three years. They nailed it.

So that's an entrepreneur – someone who solves a problem through a business, or in Cecilia's words:

"If you see yourself as one, then you are one.

"If you've got a lot of craziness, that's good.

"If you manage risk well, that's good too."

Cecilia met with our students after giving her talk. She thinks it's important more young people learn about being an entrepreneur, because at some stage in their lives, knowing how to run a business could be a useful lifestyle choice.

Reflection by Amber 'Inia:

Wednesday 21st March my colleagues - Josh, Abraham and I attended the EY Launch evening. It was mind blowing meeting all these successful and ambitious people. Getting to know entrepreneurs in their 30's was amazing because seeing how much they have already accomplished throughout their lives gave me the right push to keep "aiming high and strive for excellence." I learned all about the importance of planning and goal setting to get to where I want to be and that anything is possible if I believe in myself. It was truly an amazing experience.



Our students amongst the entrepreneurs, from left: Robett Hollis (Aranui Ventures), Joshua Simpson, Cecilia Robinson (My Food Bag), Ranjna Patel (Nirvana Healthcare), Abraham Auvaa, Amber 'Inia.

Student Achievements & Activities

Health Science Academy

Ten Level 3 Health Science Academy students attended the Tiaki planning session at AUT on Friday 16 March. Students were victorious in this regional competition in 2016 and got a close 2nd in 2017. This year they are hoping to take back their environmental crown. Come down to Vodafone events centre on the 10th of August to see what they have been up to. Students who attended today's event were: Zaria Bibi, Nevyn Burns, Shivani Chand, Neisha Cowan, Jayde Coxon, Nathan Lay, Saige Mamanu, Buua Redfern, Rochelle Tamara and Rommel Tangonan.



The trio are the first recipients of the University of Auckland Business School / Manurewa High School Business Academy Scholarships. The scholarships will support them financially for three years of their degrees. But the support is much broader than money, as the students learned on an awesome introduction provided by the Student Services team.

From course planning, to career advice and extra-curricular opportunities, they learned their first important lesson of university life: there is no shortage of help when you need it.

Prof Barry Spicer also encouraged them that although good grades are important, knowledge comes from taking on new challenges.

"You can have great success. Almost anything is possible if you have an expansive mindset."

"I'm a work in progress"

Our Health Science Academy students enjoyed an early start to listen to guest speaker Anna Stove – NZ General Manager of Glaxo Smith Kline. Anna was keen to share her life experience to help students understand the many different pathways in health science.



Here's a review of the talk by Harleen Bhathal.

Business leader, wife, farmer, diversity advocate and child poverty campaigner, horse racing enthusiast, shoe magpie...

work in progress... Anna Stove is truly an inspirational person in not only her work field but just in how she handles life overall.

"Work in progress". This phrase really hit me, due to the fact that Anna is constantly learning and trying to broaden her skills. She hasn't worried about climbing the promotion ladder and becoming the richest person, but instead she works on enriching herself and her skills.

Her life has been a roller coaster but that has not stopped her from learning and making the most of her life. One of her main tips was to take a course after university to acquire skills in order to then be able to build on said acquired skills. You don't have to necessarily do what you've studied in Uni. Like Anna who studied to become a nurse but now, years later she is a General Manager at GSK NZ. Her stories and experiences have left me in awe. As a Year 11 student I feel inspired to tackle the world and broaden my skill set. To learn about myself and what I want to do in my future.



Seven Sharp

His debut music video has been released and he featured on 3 News: <http://www.newshub.co.nz/.../family-motivates-music-obsessed-...>. The nation is catching on to a beautiful talent.



Sonatane's single entered the Spotify playlist at #31 and since featuring on 7 Sharp has moved to #4! This is an impressive following and we hope to see the single 'Birdie' at #1 on the playlist soon.

Sonatane is a [Play It Strange](#) alumni, so it's no surprise he's so talented! Keep an eye out for him – we know he's

going places.

EY mentoring opportunity for Year 12 / 13 students

EY is a global professional services firm, and a partner of the school through the MHS Business Academy.

One of the opportunities EY provides for students is Mentoring.

A group of EY professionals and Year 12 / 13 students meet

monthly. The sessions aim to help students develop self-awareness and teamwork. We see that it helps you to grow in confidence and to make connections for future pathways.

Please contact Leanne

Gibson if you'd like to learn more about joining the group.

gbn@manurewa.school.nz, or text 021 610 071.

Fresh stage for our Samoan group

Backing up its Polyfest success, the Samoan group wowed a large business crowd in the city last week. A crew of 15 performed for staff at EY at an event to celebrate Pacifica culture.

Performer PJ Tele'a says the EY staff made them feel very welcome. "It was an awesome experience." Thanks to teachers Linda Sime, Katrina Leatinuu and Ambure Giborees and tutor John Lafaele for supporting the students.



Handover to university

2017 leavers Shahil Raj, Rita Youab, and Serenity Temu have had their first taste of their new lives as undergraduates.

Sports Results

Co-designing with a giant

This year we introduced a new course for Year 13 that connects Design with Business. It's called Innovation Business Design, or IBD for short.

Digital Visual Arts HOLA Adele Whittaker is the design guru, and Brendan Lambert is the Business brains, supported by the Young Enterprise curriculum. John Hynds, chair of our Business Academy, helped us to make a connection with a business partner.

The result is a learning experience that prepares us for the future, working with our passions.

Our partner is Little Giant, a company that blends creativity and technology, to help businesses transform. Little Giant CEO Mark Hurley was a finalist in the EY Entrepreneur of the Year awards in 2017.

Mark has allowed us full access to the knowledge of his expert team. The first co-designed workshops will be delivered by Little Giant collaborators next term.

"We just wanted to say THANKS for supporting us to be creative, and connected to the real world." *The class of 2018*

[Click for more about the problems our 2018 IBD entrepreneurs are working on](#)

Waka Ama Nationals

Manurewa High School competed in March at the Waka Ama Nationals in Rotorua. We had a new / young team represent this year. They worked really hard to achieve the results below out of 116 schools and return with a good attitude towards improving on these results. Well done.

J19 mixed W12 Gold in plate so 17th overall.

J16 mixed W12 Bronze in plate so 20th overall.

J19 girls W6 250 Gold in plate so 17th overall.

J19 boys W6 Bronze in plate so 20th overall.



LEARNER LICENCE - TERM 2

You must pay \$50 at the Business Centre before starting the class. Class limited to the first 30 students to pay. **Please see Mrs Hormes in Careers to register.**

Ultimate Frisbee

On March 11th Manurewa High School sent its first team ever to compete in an Ultimate Frisbee competition. Auckland Secondary School's Championships took place at Bruce Pullman Park in Takapuna and consisted of teams from all over the city. Manurewa High



School was the only representative from South Auckland, and the team took the responsibility of representing not only their school but their region very seriously. As a new team, Manurewa was understandably seeded in last place, but finished in 9th after a few wins and some very close losses (also some not so close losses). Our students impressed everyone at the competition with their intensity, positive attitude and spirit of whanaungatanga with their competitors, as well as our incredible defence on the field! To quote one of the opposing coaches, "The natural skill of your team is amazing, and it won't take much practice for you to develop into a team that can win tournaments." The team is looking forward to representing our school again as soon as possible!

MHS Students - Sport Representatives

The following students have been selected to represent their chosen sport at different competitions!

An outstanding achievement and we wish all students well and trust those who have competed enjoyed the experience.

Benjamin Samoa 11KVV: Selected for the U16 Tag Football team in the NZTFI Sanctioned Junior Oceania Indigenous Invitational Cup.

Boston Morete KHR: Selected to represent Samoa U14 Boys International Tag Football Inc at the NZTFI Junior Oceania Cup.

Dawn Brooking 12ABZ: Selected for the 18 Mix Tag Football team in the NZTFI Sanctioned Junior Oceania Indigenous Invitational Cup, Friday 9 - Sunday 11 March 2018.

Hevan-Leigh George Wallace TOV: Selected for the 18 Mix Tag Football team in the NZTFI Sanctioned Junior Oceania Indigenous Invitational Cup, Friday 9 - Sunday 11 March 2018.

Holden Sapolu KHR: Selected to represent Samoa International Tag Football Inc at the NZTFI Junior Oceania Cup.

James Ruawhare 9KLB: Selected for the Aotearoa Maori U14 Tag Football team at the NZTFI Sanctioned Junior Oceania Indigenous Invitational Cup.

Makayla Eli 12AKU: Selected for the 18 Mix Tag Football team in the NZTFI Sanctioned Junior Oceania Indigenous Invitational Cup, Friday 9 - Sunday 11 March 2018.

Tama Miria TOV: Selected for the U16 Boys team in the NZTFI Sanctioned Junior Oceania Indigenous Invitational Cup, Friday 9 - Sunday 11 March 2018.

Tanisha Kaokao 12AGV: Selected to represent Open Women's Tag for Counties Manukau at the 2018 NZTFI Tag Football National Tournament, Thursday 22 – Monday 26 February 2018.

Taukifonuatu'u Tuipulotu 11TPE: Selected for the U16 Boys Grade Tag Football team in the NZTFI Sanctioned Junior Oceania Indigenous Invitational Cup.

Waimaaria Ngati 09KJH: Selected for the U14 Mix Tag Football team in the NZTFI Sanctioned Junior Oceania Indigenous Invitational Cup.

Sports Results

Volleyball

Manurewa High School boys volleyball teams have achieved impressive results in recent competitions.

The Junior Boys team competed at the North Island Volleyball National Championship in November and were placed 3rd.



Justin Malaga and Christian Tekori were named in the tournament team.

Senior Boys competed at the Australian Volleyball Schools Championship in December and achieved 3rd place winning the bronze cup. Congratulations to all players on your result and your impressive representation of Manurewa High School. Well Done!

Great Lake Relay

From 16th – 18th February, a group of 1st XV and 1st XIII players participated in the Great Lake Relay around Lake Taupo. It consisted of 18 legs of varying distances with shortest being 4.7km and the longest being 14.4km. The relay started at 2am and we managed to complete it by 6pm. Each person who participated in the race demonstrated the values of perseverance, manaakitanga and whakawhanaungatanga. These values allowed both teams to establish their team identity and culture for this season, which was displayed through tent making, recovery sessions and other activities focussed around goal setting and expectations.

We would like to show gratitude to Rapid Rentals for sponsoring our racing t-shirts for both teams and continual support. BidFood for providing over 100 sausages to sustain the teams. Debbie, Brian and Sara Blackburn for opening their home to us and providing warm hospitality. Also, a thank you to our management team (pictured below) for driving our vans, facilitating a great team environment for the teams and their willingness to continually support their teams.



Front row left to right: Jethro Friend, Peter Oliveti, Joel Joshi-Smith, Back row left to right : Sara Blackburn, Lando Sialeipata, Katie Spraggon, Daniel Abricossow

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NISS Athletics

Massive congratulations to all the athletes who have competed on Saturday, 7 April in the North Island Secondary School Athletics Championship at Cooks Garden in Whanganui.

Results are as follows:

Junior Girls Hammer

1st Jasmine Saimoa 38.68 (new north island record), 2nd Jamane Saimoa 32.34, 3rd Cheroche Uiese 31.58

Intermediate Girls Hammer

6th Cassandra Saimone 35.17

Senior Girls Hammer

8th Moli Ugapo 36.74

Intermediate Boys Hammer

1st William Manulelia 53.95, 6th Liam Ngchok-Wulf 38.7

Senior Boys Hammer

2nd Bruce Paulo 45.63, 6th Sonatane Kaufusi 35.44

Junior Boys Shot Put

6th Leon Richard 11.08

Junior Boys Discus

3rd Leon Richard 39.00

Intermediate Boys Discus

9th Liam Ngchok-Wulf,

10th William Manulelia



Senior Boys Javelin

3rd Kemara Kemara 43.85

Senior Boys 100m

9th Kemara Kemara 11.75, 21st Isaac Tuala 12.79

Senior Boys 200m

23rd Isaac Tuala 27.98

Big thanks to the parents and caregivers who support the children from near and far. A massive shout out to those parents who made the journey down. Thanks to the coaches and managers who made the events possible.

Big shout out to Mr Martin McAllen, past Deputy Principal of Manurewa High School, current Principal of Whanganui High School. Mr McAllen and the Maori whaanau opened the Whare for us to use during the time in Whanganui. We were welcomed by a powhiri and the hospitality from the school community has been outstanding.

Parking at the school gate
We understand that the traffic congestion outside school in the morning and afternoon peak times is very frustrating. We remind parents and caregivers that illegal parking puts our children at risk. Auckland Transport monitors parking at the school gate and will issue tickets ranging from \$40 - \$60 for cars parked on a broken yellow line, within 6m of a bus stop, across a vehicle entrance and vehicles double parked. The school has no control on when traffic wardens are in attendance, nor who tickets are issued to. Please park in a legal area to drop your student to school and encourage them to use the pedestrian crossing for their own safety. Thank you for your support.

Student Absentees
Parents/Caregivers should call 0800 102 132 as soon as possible on the day of absence .
They should leave student id number, students name, parent/caregivers name and contact number and the reason for absence.

Career Notices

FREE UNITEC WORKSHOPS During school holidays

Workshops:

- App-Lab
- Cars & Welding
- Digital Marketing
- Character Drawing
- Logo & Identity Design
- Game Animation / 3D Modelling
- Robotics and more...

For more info visit <http://bit.ly/2GeCIRD>

MASSEY UNI RAMS ACADEMY SPORT School Holiday Programme 17, 18 and 19 April For more info contact a.wilson3@massey.ac.nz

OPEN DAYS

MASSEY UNIVERSITY

Albany Campus Wednesday 9 May 5.30-8pm, Ellerslie Events

Centre Tuesday 15 May 5.30-8pm

NZ COLLEGE OF CHIROPRACTIC

Mount Wellington Saturday 12 May and Sunday 13 October

12.30-3.30pm

AUT PARENTS INFORMATION EVENING

AUT South Campus Thursday 28 June

AUT IGNITE '18

South Campus Saturday 14 July

AUT LIVE

AUT City Campus Saturday 25 August

Course Overview - Term 2, Week 1 (Year 12 & 13 Only)

Tertiary Providers will be visiting the school in Week 1 of Term 2.

Dates:

30 April - AUT & Auckland University

1st May - Waikato University & Unitec

2nd May - Victoria University, Otago University & Auckland University — Faculty of Education

3rd May - MIT

4th May - Massey University

Students will only be able to attend the sessions they have selected.

International Department Auckland City visit

On 25th March the International Department ventured into Auckland to get a taste of city living. We arrived at Britomart train station from Manurewa early on Sunday morning. Our first stop was the Viaduct to sample the famed Auckland coffee scene- Miss Spraggon and Mrs Mulcahy bought much needed coffee from the coffee cart (no lattes in a fancy cafe for us!) We then sauntered along the harbour front admiring the expensive yachts and posing for shots with the iconic Sky Tower and the occasional owl sculpture. After a few complaints ("It's the weekend, Miss, why are we walking so far!") we reached the Sky Tower and shot up to the top in the glass lift. Some of us

Information

braved the terrors of the glass floor while all of us marvelled at the beauty that is Taamakimakaurau and her volcanic cones. All of this 'high' living made us hungry so we did what the city dwellers do



and went out for lunch. The Fortuna buffet was thoroughly enjoyed by everyone; even our vegan German student, Linda, managed 10 plates of veges! Janessa had a special late 18th birthday celebration up at Orbit restaurant,

where she watched the world turn (well Auckland city at least!) Unfortunately more walking was required to catch the train and burn off all the calories that had been consumed but we managed to sneak in a \$1 frozen Coke at MacDonald's before boarding! All in all a real cultural experience!

My Story

Hi my name is Linda. I'm 16 years old, from Germany, and I've spent the first term of this year at MHS as an international student. I guess before I came here my expectations of New Zealand, which is known as the most beautiful country on earth (at least



that's what people at home say!), were pretty high. Still, almost every single one of those expectations has been far exceeded! These three months alone, far away from home, have been the best time of my life so far. All these open, kind and loving people, their colourful cultures, and the magnificent landscapes are so different from everything I've known from home and I cannot put into words how much I've grown, experienced, and learnt throughout my time here.

Even though I went to school during the week I had enough time on weekends to explore as much as possible and the diversity which this country has to offer is incredible! All it takes is a 1 hour car ride from the busy big city life in the centre of Auckland, to peaceful bush walks or even hikes in the mountains with stunning views and a swim in the sea at beautiful black or white sand beaches.

After every weekend, I could look forward to going to school, to see my new friends, funny classmates, and teachers, and to attend the type of classes I used to dream of in Germany. My favourite subject amongst all was Indigenous Dance. Not only because dancing in general is one of my hobbies but mostly because I could actually experience and be a part of the Pacific cultures, like Samoa, Tonga and Maori, by learning their indigenous dances and in singing in their native languages.

Now I've only got a few days left and looking back makes me feel sad and happy at the same time since the term has gone by so quickly and I don't want to leave but I also gathered the best and funniest memories, made heaps of new friends and can't wait to take this new, positive mind-set and view of life back with me to Germany! All I know is that I will return as soon as possible, hopefully with my whole family to show them the country that has changed my life.

UPCOMING EVENTS

April

16-20 April DINE Academy Boot camp, Eden Park
 25 April ANZAC Day
 30 April Board of Trustees Meeting, Y12 & Y13 Course Overview
 AUT, Y12 & Y13 Course Overview UoT, Hall

May

1 May Y12 & Y13 Course Overview UoW, Y12 & Y13 Course
 Overview Unitec, Hall
 2 May Y12 & Y13 Course Overview Victoria Uni, Y12 & Y13
 Course Overview Uni of Otago, Y12 & Y13 Auckland Uni—
 Faculty of Education, Hall
 3 May Y12 & Y13 Course Overview MIT, Hall
 4 May Y12 & Y13 Course Overview Massey University, Hall
 10 May STUDENT ACHIEVEMENT CONFERENCES
 11 May STUDENT ACHIEVEMENT CONFERENCES
 27–31 May Samoan Language Week
 28 May Board of Trustees Meeting

June

1 June Samoan Language Week
 1 June STAFF ONLY DAY
 3 June Future Problem Solving International Conference, USA
 4 June QUEENS BIRTHDAY – Holiday
 10 & 15 June Smokefree Rockquest
 25 June Board of Trustees Meeting

July

2 July Y13 Course Planning—AUT, Y13 Course Planning—UoA
 3 July Y13 Course Planning—UoW, Y13 Course
 Planning—Unitec
 4 July Y13 Course Planning—MIT, Mid Year Dance Concert,
 Hall
 5 July Y13 Course Planning—Massey University

TERM DATES

Term 1 Tuesday 30 January—Friday 13 April
Term 2 Monday 30 April —Friday 6 July
Term 3 Monday 23 July—Friday 28 September
Term 4 Monday 15 October—Wed 12 December

Guidance—Student Services

School Health Centre

The Health Centre is staffed by four full time registered nurses—Tracey, Leanne, Paula and Serena. 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 and staff.

Fight Rheumatic Fever

Kia ora, Talofa lava, Kia orana, Malo e lelei, Fakaalofa lahi atu, Bula vinaka, Namaste, Malo ni, Fakatalofa atu

Manurewa High School Health Centre runs a free sore throat Clinic. If a student has a sore throat, they are advised to come and be checked for 'strep throat', which untreated can lead to rheumatic fever and rheumatic heart disease. If your Tamariki have a sore throat, encourage them to see the School Nurse for a throat swab—all swabs and medication are free. Medication will only be given to your child if you have agreed to it. The nurse will also tell your Doctor if your child is given antibiotics to take.

If you DO NOT want your Tamariki to have a throat swab taken at school, please phone the School Nurse on 269 0690 Ext 205.

Manurewa High School Guidance

Include Guidance Department, Youth Workers and Nursing Team
 Head of Student Support Services and Clinical Team Leader- **Hiltrud Egle**
Guidance Department has three full time Counsellors and one (MASSISS) Social Worker. Counsellors provide confidential support to students, their whaanau and staff members. Students can see counsellors for various issues (No issue is too small). Students can self-refer via e-mail, phone or by filling in a request form at guidance

Whaanau, teachers or friends concerned for a student can call **Hiltrud Egle** on 09 269 0690 ext. 295. **In an emergency, Dial 111**

For help in a Crisis:

Contact your local doctor, District Health Board, Mental Health Crisis Team, call Whirinaki on 09 265 4000

Other Services you can call below

Helpline 0800 111 757
 What's Up 0800 942 87 87
 Samaritans 0800 726 666 (open 24/7)
 Healthline 0800 611 116 (open 24/7)
 Life line 0800 543 354 (open 24/7)
 Netsafe (text/cyber bullying) 0508 638 723
 Tautoko- suicide crisis helpline 0508 828 865 (open 24/7)
 Need to talk (24/7 Counselling support) call 1737
 Youthline 0800 376633 (open 24/7)

You can also text 234 free between 8am-midnight, or email talk@youthline.co.nz Depression Helpline 0800111 757 (open 24/7) For depression www.the_lowdown.co.nz or text 5626. Here is a link promo explaining counselling service.

Manurewa High School 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

We need your support

Students should be well presented and wear the correct uniform with pride. If you struggle to purchase warmer uniform items required during these cooler months, the school and/or other services may be able to assist. Please contact your Whaanau Leader or Student Support Services.

Regular attendance at school is a key factor supporting student achievement. Please assist us to ensure, whenever possible, your children attend school every day.

Spectator/Side Line Behaviour—Please support all our teams, individuals, opponents, referees and officials in a positive manner. Abuse and negative connotations will not be tolerated. Demonstrate your support in the true spirit of sport and competition whilst upholding our School Values.

Encourage and support your child to study/research during the term break. The two weeks presents an ideal opportunity to catch up on uncompleted work and prepare for next term.