

**20  
24**



**MANUREWA  
HIGH SCHOOL**

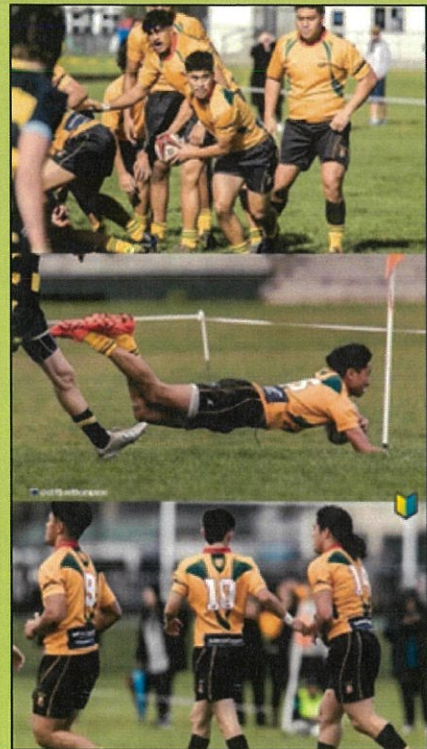
**SENIOR  
WAANANGA  
SELECTIONS**

**YEARS  
11, 12 & 13**

# SENIOR BOYS RUGBY WAANANGA

(BRGBYWS)

Calling all Senior Rugby Players!



**WANT TO IMPROVE YOUR  
FITNESS, BALL SKILLS AND  
RUGBY IQ?**

**LOOK NO FURTHER, SENIOR  
RUGBY WAANANGA IS FOR**

**YOU!**

**Year 11-13**

*Credits available: TBC  
(between 4-10)*

Senior Rugby Waananga will provide students with the skills, knowledge, and REWA values to be fully prepared for the upcoming season. Sessions will also be supported by Counties Manukau Rugby throughout the year. Recommended for students who intend to play rugby for the school in 2022.

*This is a practical waananga.  
Students must bring a  
change of clothing to  
participate each week!*

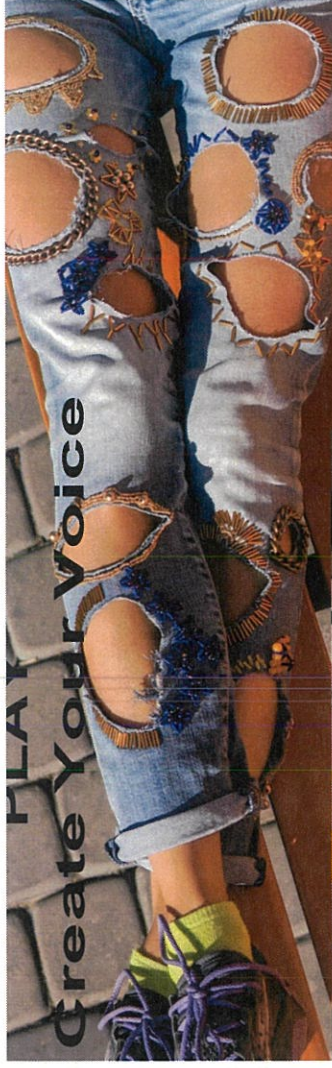
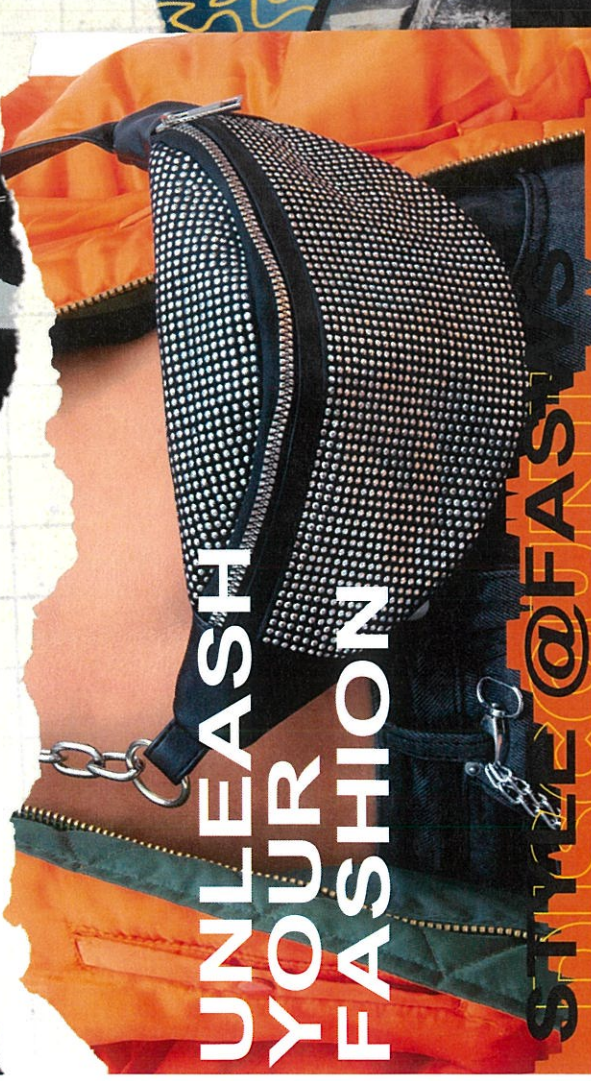
LEARN TO CREATE YOUR OWN PERSONAL  
STYLE ...

THE MIRACULOUS WAY ...  
TRANSFORMING YOUR "FIT" INTO  
SPECULAR PIECES OF ART...

UNLEASH  
YOUR  
FASHION

STYLE@FAST

Learn to embrace your body as a perfect canvas. Unlock the magical power of colors, learn to decode your creativity through clothes.. Learn cool ways to put outfits together, upcycle , thrift & growing your confidence from inside out..



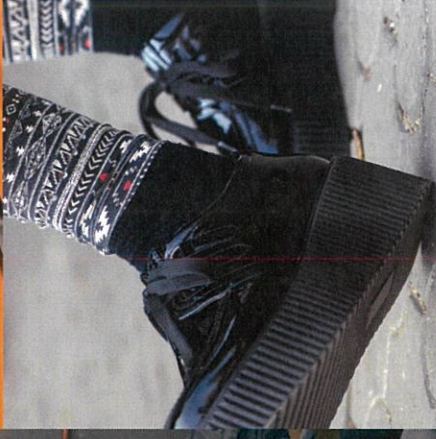
Create Your Voice

Join NOW!



LEARN TO  
IMAGINE  
MEND  
THRIFT

CHANGE THE WORLD ONE  
OUTFIT AT A TIME



Code: FASHWS

# GATEWAY RETAIL

## 22 CREDITS YEAR 12 & 13

### Benefits

- Possibility of part time work
- 22 Credits while gaining work experience
- Help deciding the right Career path

Starts Wednesday  
23<sup>rd</sup> February



Year 12 students will have the opportunity to work in various companies in South Auckland, such as The Warehouse and Countdown. Year 13's will have opportunities at various companies including Bunnings, Number One Shoes, Noel Leeming and Spotlight and more.



# Health & Wellbeing Zone (Girls Only- Year 10-Year 13) Max 25 Students

Wananga Code: HAWZWM

***"Embark on a transformative journey to nurture your body, mind, and spirit in our Health and Well-being class."***

The class will be a mixture of Fitness class (which includes Zumba, Movies, Dance, Yoga, and Meditation) and well-being class (which includes artwork, making dream boards, Fashion & makeup baking, and cooking).

## Girls Only

The aim of the Wananga course is to ensure that our students have the time to relax, exercise, be creative, and have time to express themselves. Mental and physical well-being is the key to a happier, more productive sociable student who will have a greater understanding of how to work well with others and manage their time effectively.



TERMS 1, 2, 3 and 4



CODE: HOPHOPWM  
Years 9, 10 and 11

# HIP HOP REVOLUTION

**Do you like listening to hip hop?  
Are you interested in when and where it  
all started?**

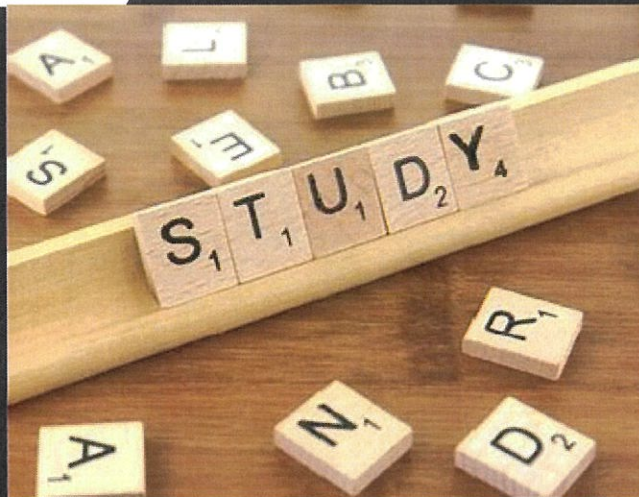
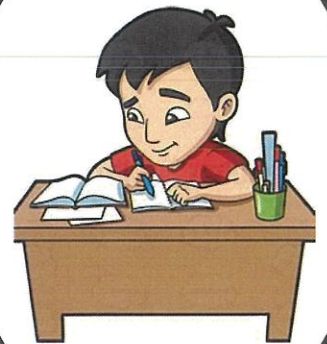
**Would you like to get 3 NCEA Level 1  
credits. All while listening to fly  
music?**

**If the answer is yes to all three of  
these questions - then this  
Waananga might just be for you -  
but you will have to risk it to get  
the biscuit.**

# WAANANGA

## Hoea Too Waka

YEAR  
**12 & 13**

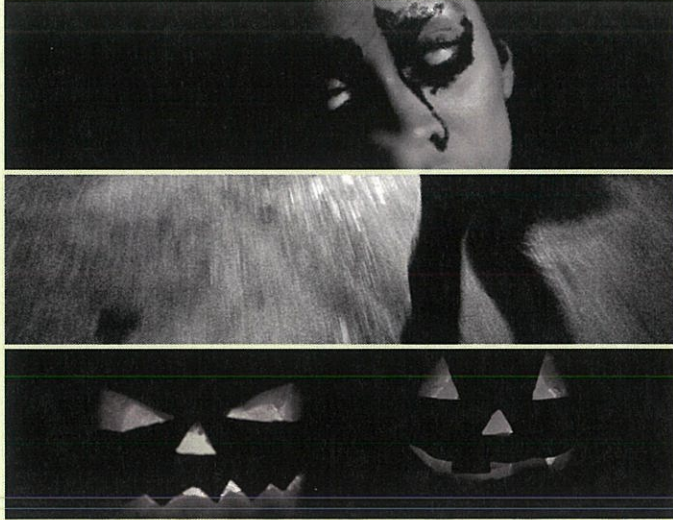


Would you like to use your Waananga time to work on assessments and class work?

Then this is the Waananga is for you.

This Waananga is an extension of the Hoea Too Waka class in the Va Ta Ako. You will be expected to use the Waananga time to work on your own classwork.

This Waananga will run all 4 terms and is open for Year 12 and 13 only.



DARE TO BE SCARED?

# HORROR WAANANGA

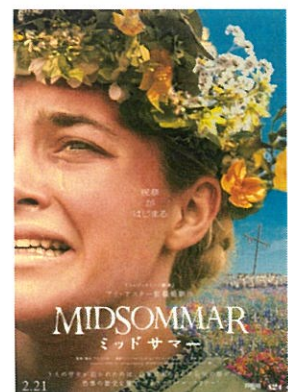
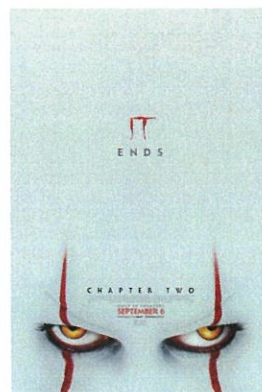
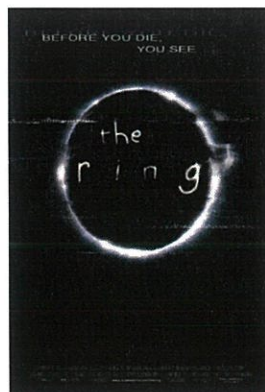
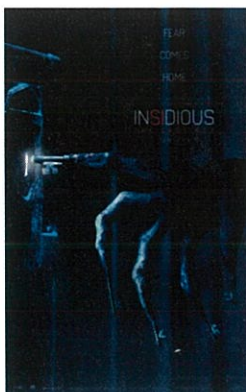
AVAILABLE FOR YEAR  
11-13

## WAANANGA CODE : HORORWS

**ARE YOU A HORROR ADDICT? COME JOIN THIS HORROR GENRE WAANANGA WHERE WE WILL EXPLORE HOW CREATORS GENERATE THAT INCREDIBLE MIX OF TERROR AND ANTICIPATION IN THEIR AUDIENCE. OVER THE 5 WEEKS, WE WILL:**

- GO ON A SPINE-TINGLING ADVENTURE AT SPOOKERS
- CREATE MOVIE POSTERS
- FILM YOUR OWN SHORT HORROR FILMS
- EXPERIMENT WITH GOREY SFX MAKEUP

**JOIN US! (IF YOU DARE...)**







# IMPROVING PERFORMANCE

**Year - 11, 12 & 13**

WOULD YOU LIKE TO PARTICIPATE IN A  
SPORT AND A LEARN ABOUT HOW TO  
IMPROVE YOUR PERFORMANCE?  
THEN THIS IS THE WAANANGA  
FOR YOU!

DURING THIS WAANANGA YOU WILL  
HAVE THE OPPORTUNITY TO GAIN  
CREDITS FROM THE PHYSICAL  
EDUCATION STANDARDS. Y11-3 CREDITS,  
Y12 & Y13 - 4 CREDITS.

**TERM 1 - SOFTBALL**

**TERM 2 - BADMINTON**

**TERM 3 - BASKETBALL**

**TERM 4 - ULTIMATE FRISBEE**

**CODE - SPORTWA**

# LICENSWS

## Learner Licence

Learn the Road Code and prepare to sit the Theory Learner Licence, Great if you cannot make the 8.00a.m. normal classes.

Open to Years 11, 12 and 13, and need to be turning 16 or older in 2024  
Cost \$50 which is half-price.

*vtnz*

Driving  
Centre

# MUSIC PERFORMANCE



## AVAILABLE FOR YEAR 11-13

- STUDENTS WHO HAVE SKILLS IN PLAYING MUSICAL INSTRUMENT/S (INCLUDING VOICE) WILL BE PREPARING TOWARDS LIVE PERFORMANCE/S.
- SUCCESSFULLY COMPLETING TWO PERFORMANCES WILL ALLOW STUDENTS TO GAIN 6 CREDITS AT LEVEL 1 AND 2.
- LEVEL 3 CREDITS CAN ALSO BE AVAILABLE BUT YOU WILL NEED TO CHECK WITH MUSIC DEPARTMENT.

**STUDENTS CAN TAKE THIS COURSE MORE THAN ONCE :)**

# PHOPEAWA

## PICTURE THIS - PHOTOPEA

YEARS 9, 10, 11

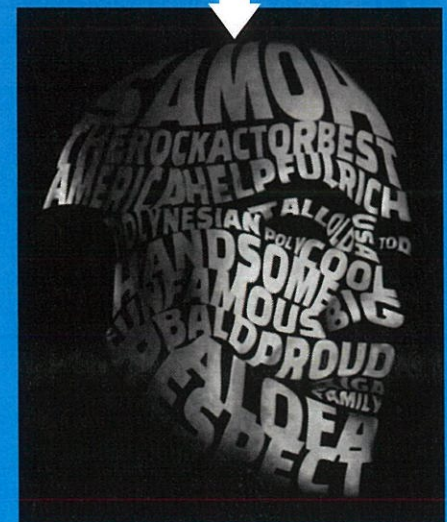
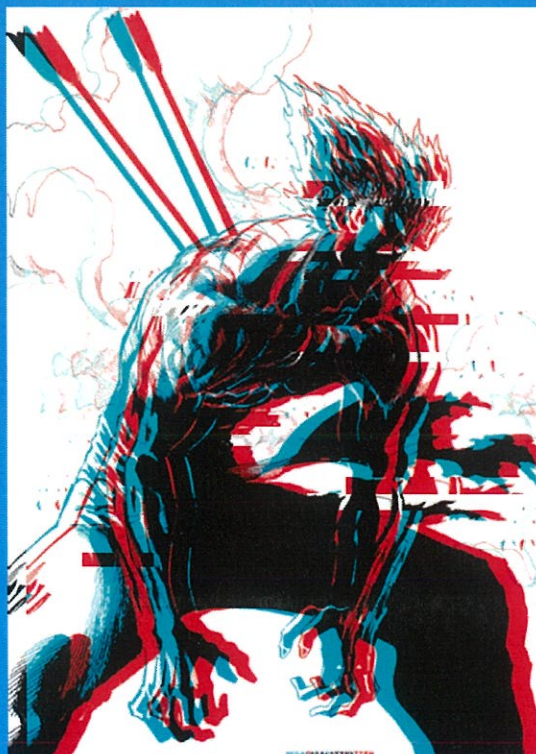
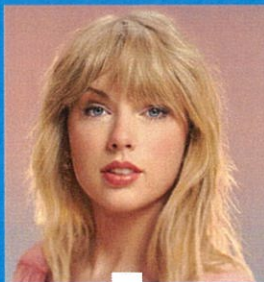
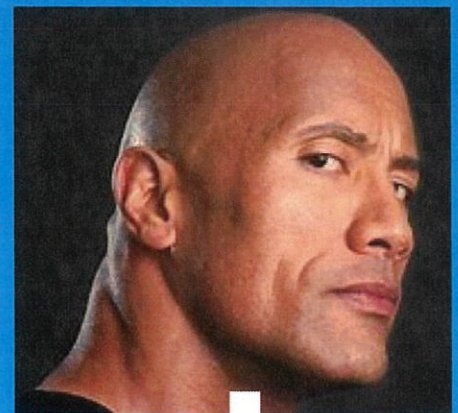
No Credits  
Available

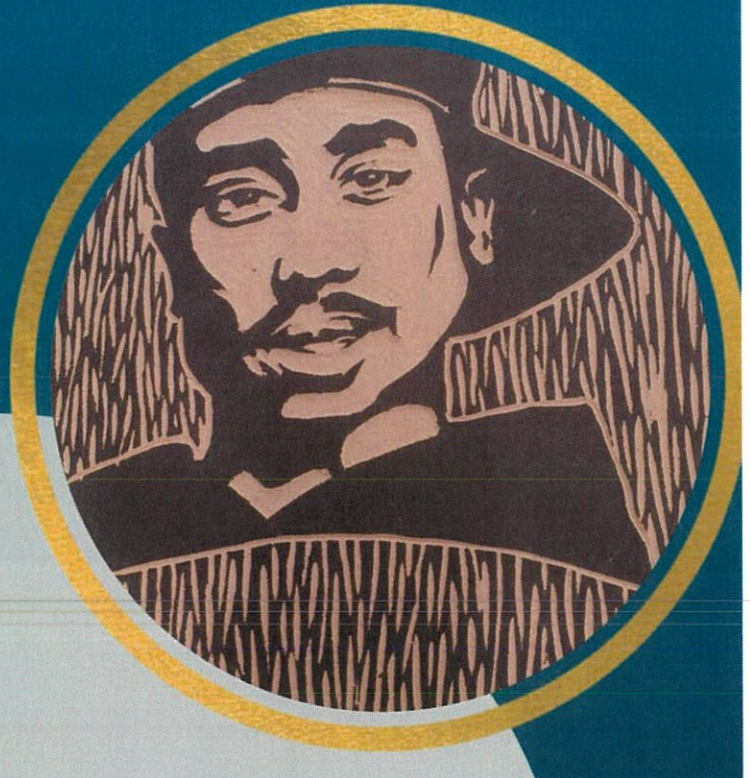
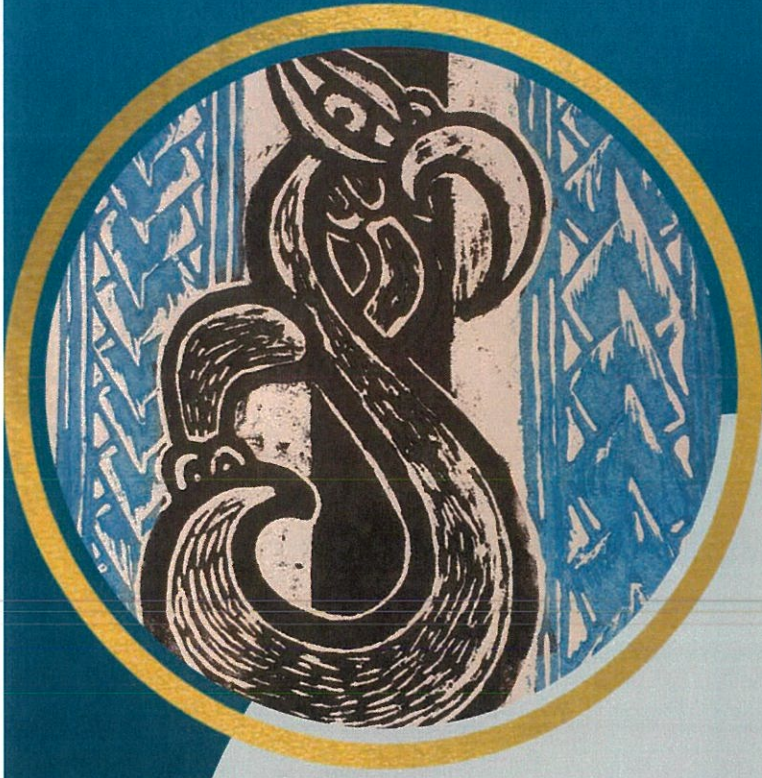
This Waananga will teach you how to use Photopea - online software for editing and manipulating pictures. A few of the skills you will learn include:

- turning photos into pencil drawings,
- changing the colour of images,
- creating artwork in the style of Andy Warhol and
- placing yourself into any image you want.

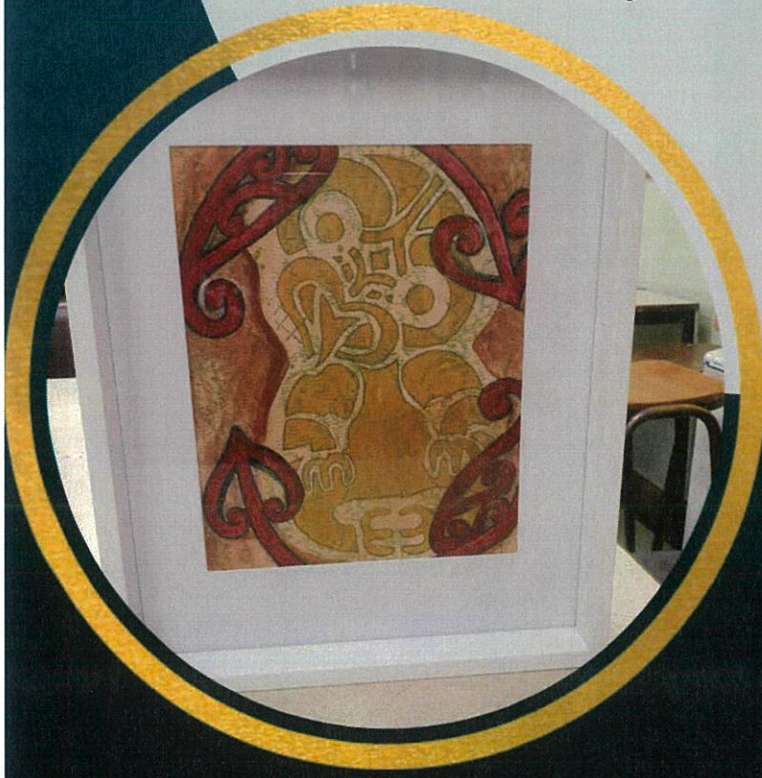
As you go, you will create a portfolio of all your work in PowerPoint as evidence for your Learner Profile.

This Waananga is aimed at students from Years 9 to 11 who have NOT done it in previous years.





# Printmaking



# REWAIKEN POLYCAUTION

REWAIKEN POLYCAUTION CHOR is a auditioned choir under Music Director Sola Yuna and Director Velma Siteine. This choir with members of 25-30 students from Years 11-13. The choir rehearses three times a week on school days and gets to experience various genres of choral music from Gospel to Jazz, Soul, R&B, Classical and our own Maori and Pacifica repertoires.

## CHOIR

REWAIKEN highlight last year's performance at the 2022 Big Sound competition. The choir received a **HIGHLY COMMENDED AWARD** for their most captivating performance which earned them the spot to compete at the Cadenzza Rotorua. The choir also took home the best group performance award at the **STAND UP STAND** competition.

The choir performs in performing arts evenings, public and community events, and school prize giving's at the end of each year.



*COMMITMENT IS CRUCIAL AND A MUST.  
We live and breath under our choir motto -  
**ONE BAND, ONE SOUND, ONE VOICE, ONE FAMILY.***



# SENIOR RUGBY LEAGUE WANANGA



## SENIOR RUGBY LEAGUE

**This wananga will allow members to develop their skills, knowledge and culture within the rugby league space.**

- For any senior that plays or is interested in playing rugby league for school
- Developing skills
- Connecting with guests and external providers
- Runs from term 1-3
- RLEAGWS

# SOCIAL JUSTICE WAANANGA

CODE: SOCIJUWM

OPEN TO YEAR 10 & YEAR 11'S ONLY!

## INFORMATION ABOUT THIS WAANANGA

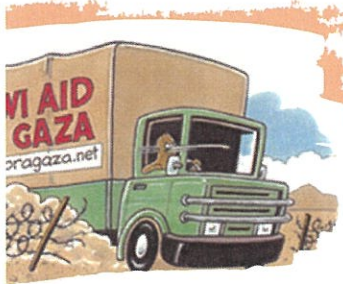
The course will explore human rights and social justice in Aotearoa and the world. Students will learn about the importance of human rights, social justice and social actions taken by groups that could lead to positive change in society.

Some topics could include the Ihumaatao Protests and the Israeli-Palestinian Conflict.

*THIS WAANANGA WILL RUN FROM TERM 1 TO TERM 4.*

### OPPORTUNITY

Students will have the opportunity to attempt and complete an NCEA Level 1 Social Studies (AS91043) Standard, worth 4 credits.










## Tertiary Pathways Waananga 2024 (TERPYWS)

This Waananga is offered in Terms 1, 2 & 3 and only for Year 13 students.

Get expert help to prepare for tertiary study in 2025 and beyond:

<p><b>Term 1 – Tertiary Exploration</b></p> <p>Get help to organise all those plans in your head about where to study next year.</p>	
<p><b>Term 2 – Tertiary Preparation</b></p> <p>Take the next steps by learning how to find and apply for the best tertiary course/s, accommodation and scholarships for you. Get expert financial advice from the ASB team.</p>	
<p><b>Term 3 – Tertiary Applications</b></p> <p>The time is now to apply for courses, accommodation and scholarships.</p>	

For more information, see Miss Williams (Head of Pathways) in the Pathways Centre or email [wj@manurewa.school.nz](mailto:wj@manurewa.school.nz) .



VIRTUWA

# 3D VIRTUAL REALITY CREATION

TERM 1 2024

Years 10-13

- Create VR environments in Unity 3D
- Explore virtual worlds
- Learn basic 3D modelling
- Create a simple interactive game



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# VOLLEYBALL BOYS SENIOR WANANGA

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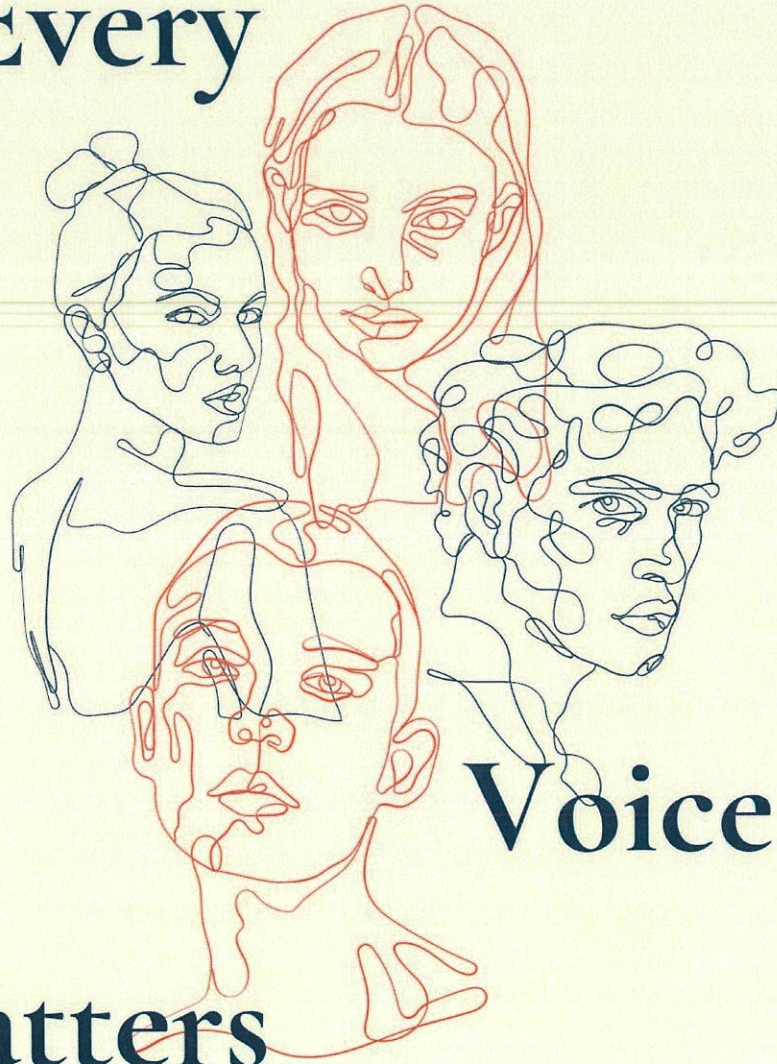
VOLLBWS

TERM 1 - 2024

OPEN TO BOYS PLAYING SENIOR VOLLEY  
SEE MISS HUNTER IF YOU WANT TO JOIN THIS WAANANGA

GROW AS A PLAYER AND PREPARE FOR THE VOLLEYBALL  
SEASON. SKILLS, DRILLS, RECOVERY, LEARN TO REF,  
GROW THE VIBES!

# Every



# Voice

# Matters

**VOTING AND  
GOVERNMENT  
WAANANGA**

**VOTEWM**

**Years 10 and 11**

Come and learn how voting in NZ works, how governments are formed and how they impact on our communities and lives.

4 Level 1 or Level 2 credits will be offered.

(In 2023, a handful of students gained Excellence grades from this Waananga).

# Weights Training Waananga -

WTRAWM

Years 10, 11 and 12

## PURPOSE

The purpose of this Waananga is to provide you with the foundation to enjoy sustained, lifelong physical activity.

## About the Waananga

In this Waananga you will learn how foundational knowledge around weights training in a primarily practical setting in the weights room. It will run terms 1-4, for years 11-13 with no credits available. You will have the opportunity to learn how to correctly perform and improve the 3 compound movements of the bench press, barbell squat and deadlift along with a variety of isolation and accessory movements to support these and enhance other muscles. You will learn how to build muscle and learn functional anatomy through a practical context, how to train different components of fitness, how to target specific muscles, how to create your own workout programme, nutrition tips and much much more. There are limited spaces so get in quick!

## In this Waananga

YOU WILL LEARN HOW TO	YOU WILL LEARN TO	BY THE END YOU WILL
Perform the Bench, Squat, Deadlift, Pull Ups	Create your own 12 week workout programme	Be bigger and stronger
Perform isolation movements - Chest Press, Bicep Curls, Goblet Squat	Eat the correct foods to build muscle	Have increased 1 Rep Max across the board
Progressively Overload to increase 1 rep maxes	Train strength, hypertrophy and power	Have foundational knowledge for your courses and potential future pathways
Effectively build muscle	Become and remain consistent with training	Have the tools to continue training as lifelong activity

# WAWORKWT WORK WAANANGA



Do you have a part time job and would like to use your Waananga time to work at it?

You will need to already be employed in a part time job.

This Waananga will run all 4 terms and is open for Year 12 and 13 only via an application process.

If you select this we will be in touch to go over the application process

**YEAR: 12 - 13**  
**CREDITS:**  
**Maybe available**

# Young Scholars Programme

**Interested in starting your university journey early?  
Want to learn about business and society?  
Thought about running your own business one day?**

## What is the programme?

- Designed to help you make the transition to University
- Get a head-start on your University courses, whilst learning about business and the role business plays in our society
- Study BUSINESS 111 – a first-year Business course that looks to answer the big question ‘What is a Business?’

## Where will I study?

This exciting programme will take place at the University of Auckland’s new South Auckland Campus – Te Papa Ako o Tai Tonga, located in the heart of Manukau.

## Who can take part?

Open to all Manurewa High School students – not just those taking Business Studies, Accounting or Economics.

## What skills will I learn?

Whether you want to study Business at university or not, this programme will improve your study skills and help you develop a broad range of transferable skills that today’s employers are looking for:

- **Communication**
- **Critical thinking**
- **Making reasoned decisions**
- **Time management**
- **Working effectively as a team member**

All are crucial skills, whatever you decide to do after school.

## Who is teaching the programme?

You will have plenty of support along the way.

You will be taught by staff from the University of Auckland Business School, alongside teachers from the Manurewa High School Business Academy.

Former Manurewa High School students will also be on hand to support you on your journey, assist you with your studies and answer your questions.

## Find out more

Please speak to any of the Pathways Team or a Business teacher to find out more.

Or come along to an informal information session at 12.30pm on Thursday 7 October in the library.

This is an incredible opportunity, which is only open to Manurewa High School students. We hope you will take the time to find out more.