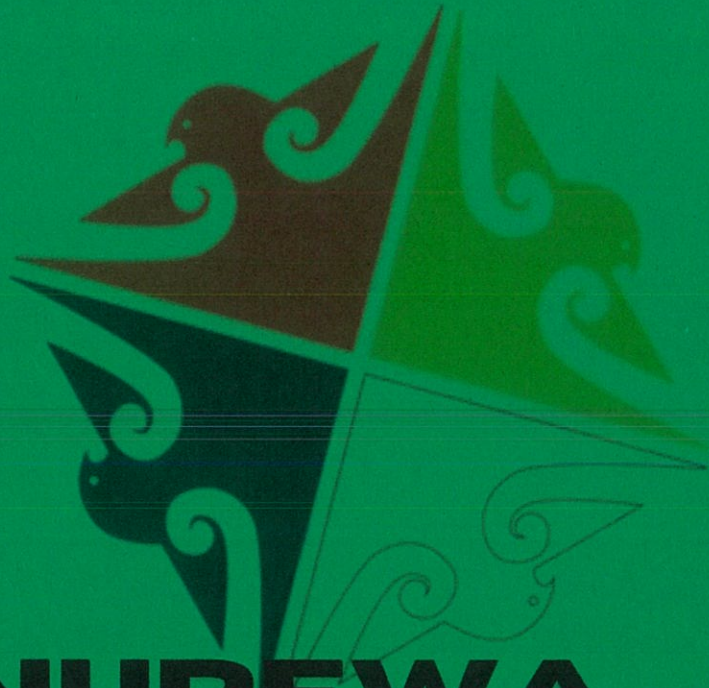


**20
24**



**MANUREWA
HIGH SCHOOL**

**JUNIOR
WAANANGA
SELECTIONS**

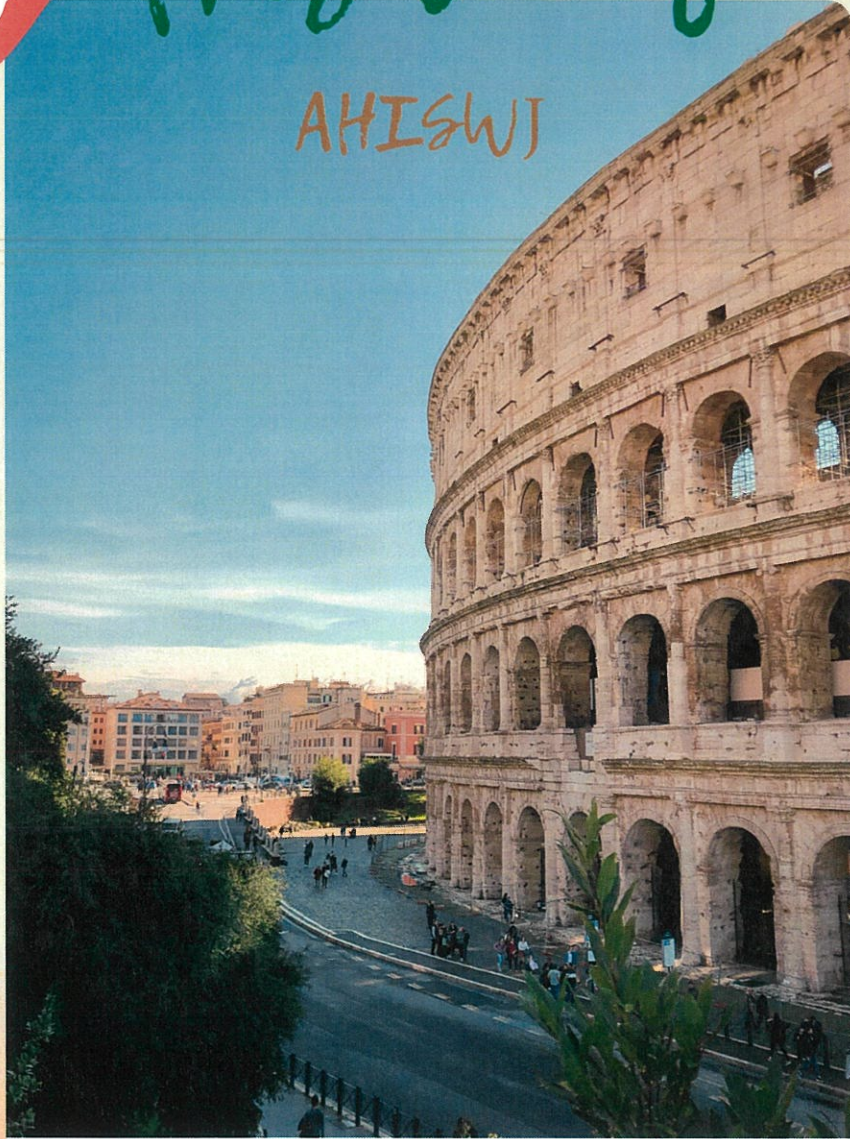
**YEARS
9 & 10**



Ancient History



AHISWJ



COLOSSEUM IN ROME

Year 9 & 10 | Term 1 & 4

Are you fascinated by ancient societies like Ancient Rome, Greece, and Egypt? Are you interested in gods and goddesses, gladiators and heroes, slavery and war, famous people like Julius Caesar, and amazing places you can still visit today? This wānanga will take an in-depth look at life in Ancient Rome, but you will also have the chance to explore other ancient societies of your choice.

WAANANGA

BANQWJ

Banquer High gets students interacting with the curriculum in engaging and empowering real life situations.

Students will explore, develop and further understand key skills and knowledge from a wide range of learning areas and key competencies, all while gaining life-long financial skills. The topics include: Banking, Budgeting, Careers, Renting, Stock Exchange. and Different types of Insurance.

PHOTOS



Student Loans



Budgeting



Buying a House



Managing Risk



KiwiSaver



Credit & Debit



Choosing a Career

YEAR LEVEL/S:9
and 10

Credits
AVAILABLE: Nil

HIGHLIGHTS:

This is an online course. Students will work at their own pace. Students can compete with each other. Students can compete with each other to get gems.

JUNIOR BOYS RUGBY WAANANGA (BRGBYWJ)



Calling all Junior Rugby Players!



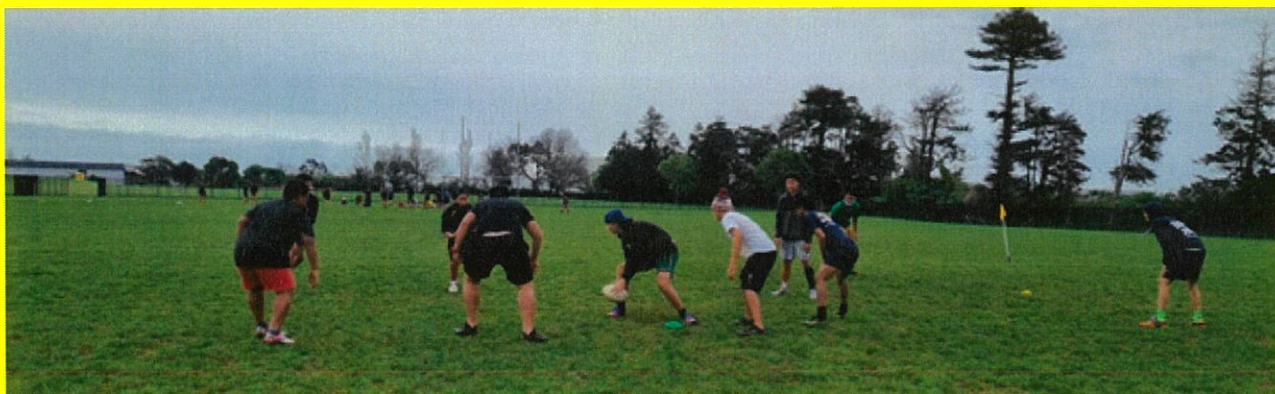
Want to improve your fitness, ball skills and rugby IQ? Look no further! Junior Rugby Waananga is for you!

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

- Conditioning games
- Fitness
- Ball skills
- Positional skills
- Gameplay
- REWA Rugby Values
- Video Analysis

Year 9 and 10

Credits available: TBC





CHEM



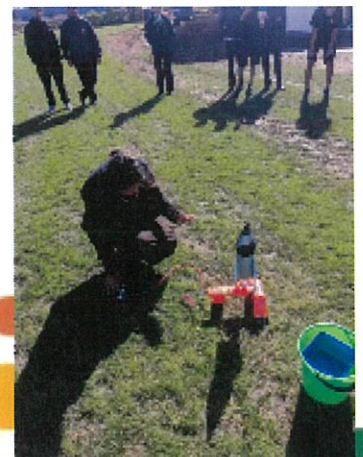
FOLLOW RULES AND DO RIGHT.

Are you curious about the world around you? Do you want to grow your own Bacteria, extract DNA, or make things blow up? The Microscopic Marvel Waananga will allow you to satisfy your curiosity by carrying out both Biology and Chemistry experiments. Boost up your confidence as a Scientist by getting your hands on equipment and chemicals you may never have used before. Are you curious about the world around you? Do you want to grow your own Bacteria, extract DNA, or make things blow up? The Microscopic Marvel Waananga will allow you to satisfy your curiosity by carrying out both Biology and Chemistry experiments. Boost up your confidence as a Scientist by getting your hands on equipment and chemicals you may never have used before.

- YOU CAN ONLY DO THIS WANAANGA FOR A TERM ONLY.
- THIS WAANANGA DOES NOT OFFER ANY CREDITS.



YEAR 9 & 10



CLTHWJ



DIY Summer Wardrobe

Summer is fast approaching, but there's no need to resort to fast fashion! Let's do the planet and your wallet a favour – we'll go op-shopping for some pre-loved clothes and re-design them into a new piece of clothing perfect for summer. Have fun learning a bit of fashion design and some sewing skills, and leave with an outfit you'll be excited to wear come the long, hot days of summer.

Juniors Only
TERM 4

Want to know more? Ask
Miss Sainsbury!
SB@manurewa.school.nz

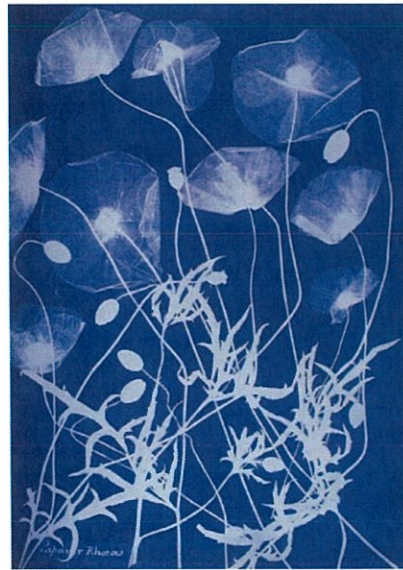


2024

CYAPHO

CYANOTYPE PHOTOGRAPHY

PHOTOS



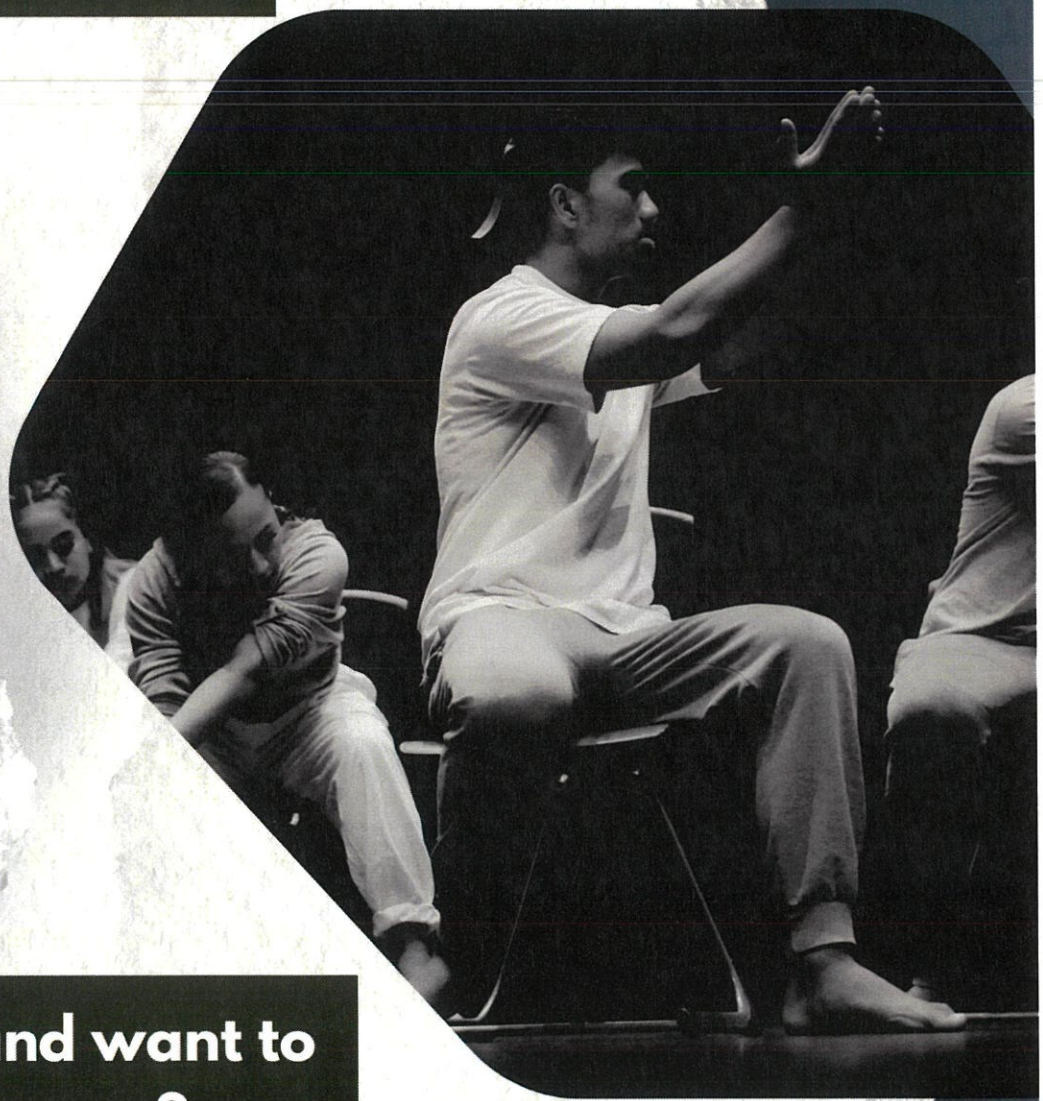
YEAR LEVEL/S:
Term 1 SENIORS Term 4 JUNIORS

CREDITS AVAILABLE: N/A

HIGHLIGHTS:

- Learn to create photographs using ancient analog techniques & methods.
- Produce images to exhibit in MHS annual school art exhibition.
- Sell your images at the exhibition & make \$ for yourself (enterprise & business etiquette).
- Have fun!

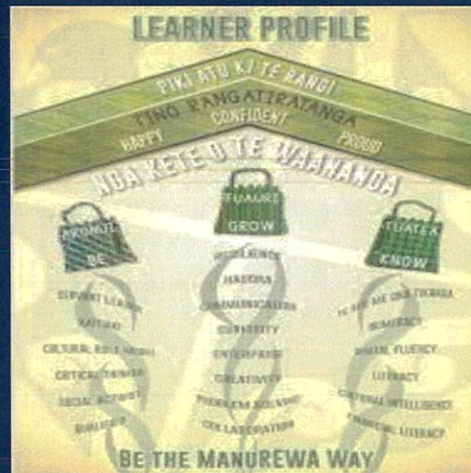
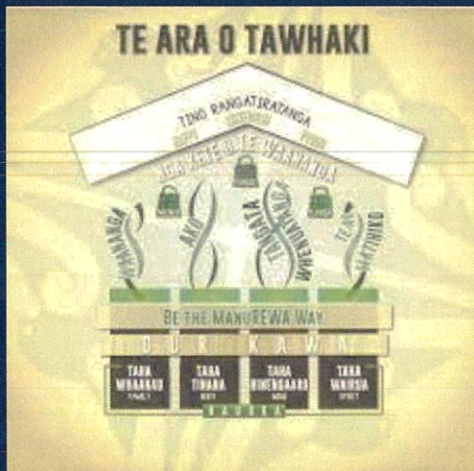
JUNIOR DANCE



New to Dance and want to learn new moves? Join JUNIOR DANCE! Each term we will focus on a new Genre and Style to keep you up to date with the newest dance trends.

Waananga 2023

Enhance Your Digital and Financial Literacy Skills (DFL)



Join DFL - Learn Digital and Financial Literacy Skills

Enhance your Skills:

- Problem Solving
- Resilience
- Creativity
- Numeracy
- Literacy
- Financial Literacy



Who can Join?

Year 9
and
Year 10
Students

How satisfied were students with their effort in this course in previous years?

- I was really satisfied. I was really satisfied. I was really satisfied. I was really satisfied. I was really
- This waananga helped me achieve skills that I dint know and it also helps with my learning like improving my writing make
- it look magnificently stunning and it also work on the background of what you use as well.
- 100 percent satisfied
- I was SATISFIED to the max, the teacher was the man and the students were chilled!
- i was very satisfied because i didn't know how to use PowerPoint, word and all the other websites to do school work on
- but now that i joined MSSKILLS i know how to use the websites threw out the hole year now at Manurewa highschool
- I was very satisfied on the effort I had on Microsoft basic skills
- i was satisfied in this course because there was new things to learn that i havent learnt about and teaching you a variety
- of new skills and stuff.
- good
- I was very satisfied with the effort I gave in the classroom, and through my effort I learned a lot about different Microsoft
- applications.
- I found that I was inspired to achieve more than I believe I could about Microsoft skills.

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.**

09 HPS



TERM 4 ONLY

Are you year 9 and have aspirations to be an elite athlete?

In this Waananga you will participate in testing, fitness sessions and skills sessions in preparation for a tournament at the end of the term.

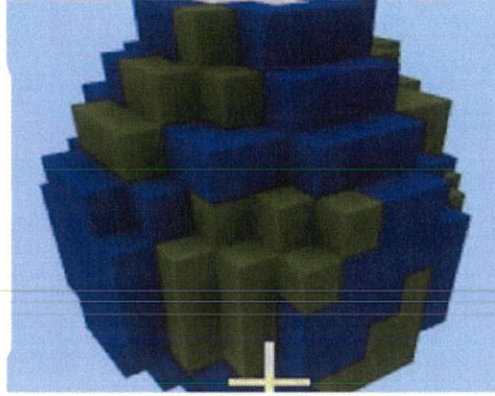
09HPSWJ

**HIGH
PERFORMANCE
THROUGH
SPORT**



MINEWORLD

YEAR 9 + 10 INTERSTELLAR MINECRAFT

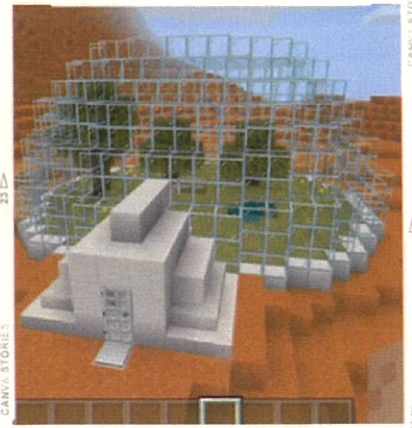
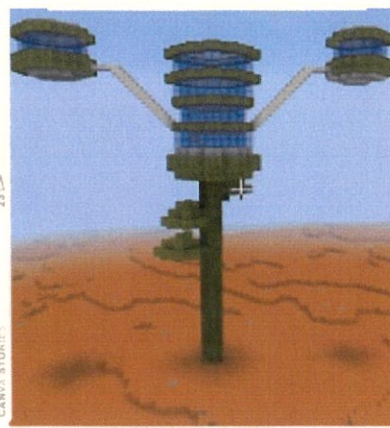


Have you ever thought about what it would be like to travel to another planet? Have you ever thought about being an astronaut and exploring other worlds? Do you like video games? Well, this is the Waananga for you! In this Junior Waananga course we will explore our Solar System from the comfort of our computers. We will be using Minecraft to complete build challenges and explore other planets in a way that connects the learning that you do in several different subject areas through a range of individual and collaborative activities.

Can only do this course for one term in 2024.

Runs in Term 1 and Term 2.

This course does not offer any credits.



ROBO-RWJ



Vcarve Example

WHAT WILL YOU LEARN?

- You will learn to navigate Vcarve, import files, and apply design techniques.
- Hands-on experience will be provided in setting up and operating the CNC router.
- You will also gain proficiency in TinkerCad/Fusion360 for sketching, modelling, and assembling 3D objects.

ARTY ROBOTS

Gear up for an epic journey into the realm of robot artistry! Take the wheel and transform your creativity into mind-boggling masterpieces using cutting-edge digital tools. Get fluent in robot lingo as we create digital drawings and jaw-dropping carved designs using robots.

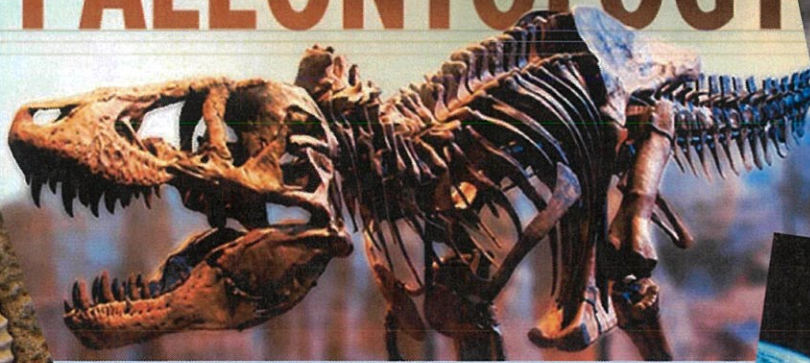
Fusion360 Example



Paleontology

Waananga Code: PALEOWJ

PALEONTOLOGY



YEAR: 9-10

Join us on an adventurous trip away to explore the extinct creatures that once walked our whenua. If you're interested in prehistoric life, fossils, meteorites, fluorescent minerals and exploring New Zealand's geological history, this course is for you!

PHOPEAWA

PICTURE THIS - PHOTOPEA

YEARS 9, 10, 11

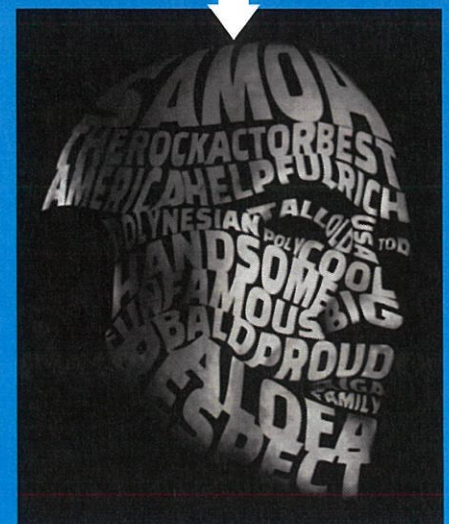
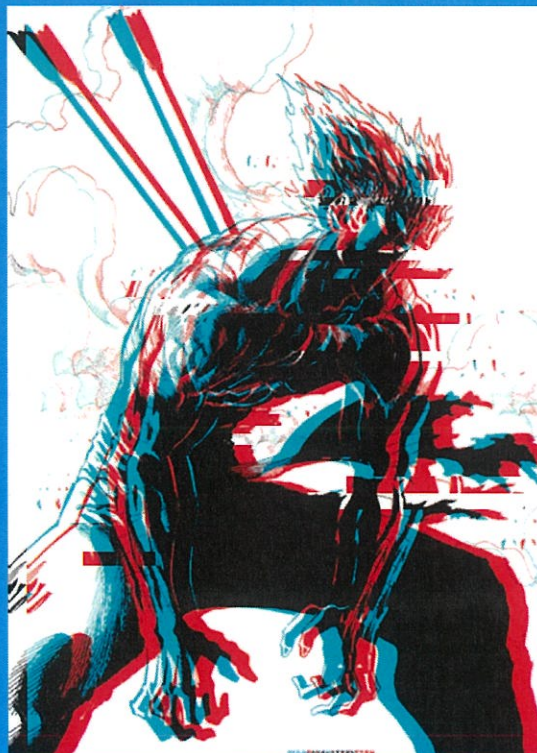
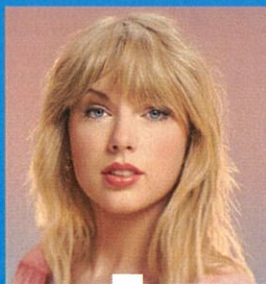
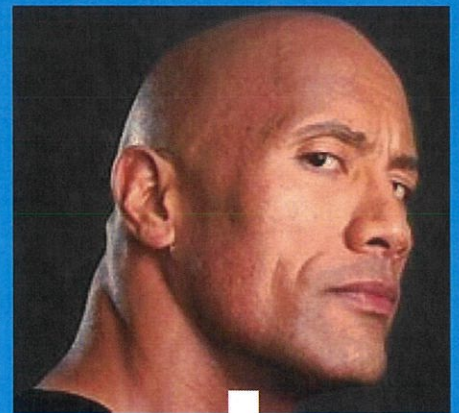
No Credits Available

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.



JUNIOR RUGBY LEAGUE WANANGA



JUNIOR RUGBY LEAGUE

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

- **For any junior that plays or is interested in playing rugby league for school**
- **Developing skills**
- **Connecting with guests and external providers**
- **Runs from term 1-4**
- **RLEAGWJ**

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.





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



Julie Maree
PHOTOGRAPHY

Julie Maree
PHOTOGRAPHY

**VOLLBWJ
TERM 3 & 4 - 2024
YEAR 9 & 10**

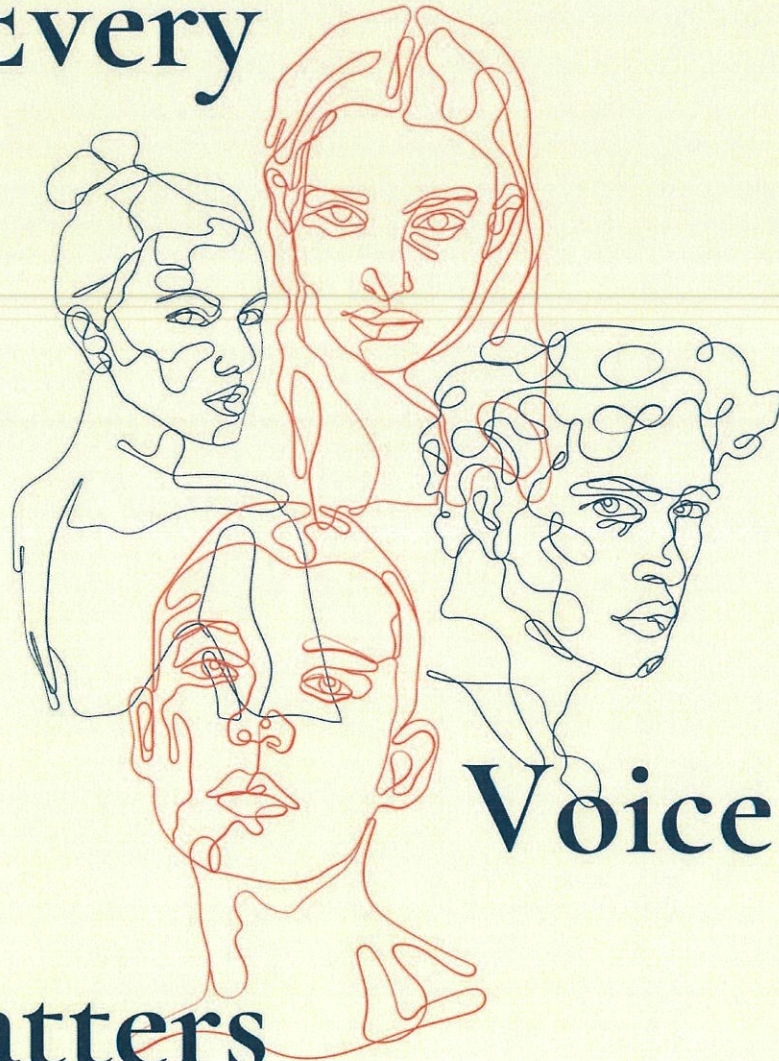
VOLLEYBALL BOYS JUNIOR WANANGA

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

**BEST SUITED FOR BOYS WHO WANT TO PLAY FOR OUR
SCHOOL TEAMS.**



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