

23/02/2024

## Te Kāpehu Whetū

Kia ora e te whanau o Te Kāpehu Whetū

E ngā mana, E ngā reo, E ngā whanau katoa Nau mai, piki mai, haere mai Haere mai ki tenei panui a Te Kāpehu Whetū.....

It's Week 3 and it is all on here at Kura.

The first few days of the year we had a Teachers Only Day and produced an overarching 2024 plan  $\odot$ 

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Kaupapa	Naa poue torus	Toitu te taiao Whatu Ngarongaro te tangata	Ng mpuhi ko hau raa Whakatangatanga ki rungi Whakatangatanga ki rungi	Mahipensol Ko Au te Nhore Tu ki te Marae
PAENUKU 2023 PAETATA	Festival Secondary	NMK. PU125 (210	Regional Promary/Inf	ermediate
PAETANHIN	Кара 7-13		He whaleopula	te Whakanuig EOTC
PAERANC!	Mahi a Rehia?- Taiao <sup>743</sup> 83 Tiniti V :Kura kaupapa J	3 Mataniataka Motaniki	i Manine Taiao	X

The focus for Term 1 across the whole kura is: Tikanga/Uara → Ko Au Te Whare/ Tū Ki Te Marae

Our Pouwhakahaere with Pouako, have been working hard on their whare programmes for Term 1. In the weekly Pānui they will provide a glimpse of what that mahi looks like on the ground. But to get a comprehensive understanding of what TKW has planned we invite you to our first Whanau Hui for the year, for an overview on the Kaupapa of the Kura, Whare Plans and Expectations.

Date: This Thursday 29<sup>th</sup> Feb Venue: Maumahara – 40 Herekino Street, Whangarei

Yeaaaaah!! Poitūkohu (Basketball) is underway with the first games last week....fabulous evening Wednesdays if you have nothing better to do come cheer our crews on!!

Na, Pouhere Raewyn Tipene

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## PAENUKU

Wiki tuatoru

PĀNUI O TAWERA TŪ KI TE RANGI Rāhina 23 o Hui-tanguru

Pánui o paenuku

NAU MAI HAERE MAI TE WHĀNAU O PAENUKU

Kia Ora Koutou,

We have had a great start to our new year at kura, learning, playing and getting to know each other and for some getting to meet new people and make new friends. Our kaupapa this term is "Te Tiriti o Waitangi" which has allowed us to build positive relationships, set

routines and foundation blocks and LEARN LEARN LEARN.





Poitūkohu has been the highlight for most of us and we are having so much fun with Matua Herbie and his team who have been teaching us new basketball tricks that we can use during wā takaro and on the court.

We are also so grateful to Papa Morore who has been giving us all extra basket-ball training. THANK YOU PAPA



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Fako ana matou



## TE REO MATATINI

#### Photo: Hera Henare (Kotiro)

We have been aligning our kaupapa (Te Tiriti o Waitangi) with our kura values " ko au te whare, ko te whare ko ahau" to enable us to make familiar connections between the treaty and us.

Student Voice: Hera "I liked dipping the tea so my paper can look old like the treaty paper".

#### Photo: Hadassah, Te Awherangi & Ahumai.

Learning through art is so much fun and Whaea Arohaina has been teaching us all about Tino rangatiratanga and all things relating to our flags. Student voice: Manaia "The flag colours are cool and it was designed in 1980's.



Photo Credit: Ngā Akonga o Managaroa with Whaea Hera Student voice: Matana "He tino pai ahau ki te peita me te decorate me te whakamutunga he tino pai".



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#### Tēnā tātou katoa e te whānau

Just a quick pānui to inform whānau that Waitā Players only have a meet and greet with their new coaches for the year and their first training after kura.

When: Monday 26th February 2024

Time: 3.00 pm – 4.00 pm

Where: Paenuku Court

#### Things you need to know

- Players are to arrive 30 mins before game time.
- All players need to wear proper sports shoes.
- All players need to have a plain black shirt for their first game.
- Make sure they have a water bottle.
- Please make sure you hand over your child to their kaitiaki. Do not drop them outside the stadium alone.
- All fees can be paid to the tari.
- All whanau are welcome to be a happy cheer. Positive vibes!

Awesome start for our tamariki this week. Teams have now been registered into the appropriate age groups. We look forward to the coming weeks.





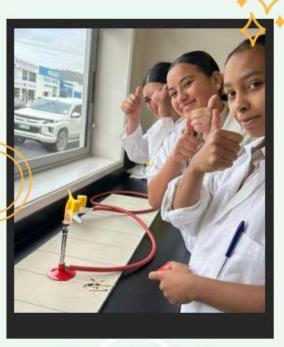
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## PAETATA/ PAETAWHITI



Throughout the week, both Paetata and Paetawhiti embarked on a journey of exploration and growth, delving into new concepts in math and science while also nurturing their sense of whanaungatanga, understanding the significance of our pepeha and our deep connection to the environment, emphasizing the importance of staying grounded and interconnected.

# What's been Happening This Week?



#### Fun with Putaiao

This week, Paetawhiti had the exciting opportunity to step into the science lab, where they enthusiastically engaged with Bunson burners and a variety of other captivating science experiments, igniting their curiosity and passion for discovery.

## Fun with Pangarau

Paetata embraced the world of mathematics this week, as they dove into fractions with enthusiasm, discovering the joy of learning how to make fractions engaging and fun with everyday resources provided by the dynamic and engaging Whaea Serena.



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Poitukohu has kicked off this term, and there's an electric buzz as our teams proudly represent our kura. The first game back served as a thrilling test of the waters, allowing players to shake off any initial nerves and rediscover their rhythm on the court. E mihi ana ki a Whaea Kei for once again navigating our roopu this term and ensuring that everyone has an enjoyable and encouraging time on the court.



# Staying Hydrated

These days have been HOT! Staying hydrated during hot weather and while at school is crucial for optimal cognitive function and overall well-being. Dehydration can significantly impact our ability to learn and concentrate. When we are dehydrated, cognitive functions such as memory, attention, and reasoning are impaired, making it more challenging to absorb new information and retain knowledge.

## REMINDERS: PEPEHA - PŌTAE PĂTARA WAI

E te whānau, due to the season, please remember to supply your tamaiti with a drink bottle and a school hat or a bucket hat, that covers their entire head. We will also send home a form for you to fill in with your tamaiti in regards to their pepeha, then return it with them on Monday. This will be of great help in supporting the learning journey of your tamaiti as we delve into our kaupapa of, Ko Wai Au, this term. Ngā mihi ki a koutou



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## PAERANGI

Tēnā koutou katoa e te whānau.

It's been a busy week with our students getting into the full swing of mahi in each subject area. Pouako have been working hard with students to help them get into to good routines for completing assessments for this term.

One of the priorities for Paerangi this term is Ngā Mahi a Rehia (Performing Arts). This mahi entails preparations of our kapa haka for this year's Tai Tokerau Festival to be held at Okaihau College. Students have been busy learning new items for their bracket and are doing well.

**Please Remember:** It is important that all students in Paerangi come to kura ready and organised for each class. This includes:

- Being punctual
- Have the correct equipment to learn
- Have correct uniform
- Have a focussed attitude to working hard and completing all tasks
- Being respectful

This term is a very busy term with numerous kaupapa happening both in and out of the kura and therefore it is important that ākonga stay up to date with their class commitments.

Also a reminder:

- NO PHONES in kura
- NO sweets, soft drinks, fast foods

We will continue to raise here at TKW awareness of the effect that phones, social media, what we eat, what we drink, daily movement/exercise has on our health. To be the best that we can, we need to be as healthy as possible across Te Whare Tapa Wha. More on this as the year progresses.....

Ngā mihi

Matua Ropata Pouwhakahaere Paerangi

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## HAUORA

Throughout this week, the Year 13 Health class delved into the art of reading and understanding nutritional labels on the backs of food packaging, helping them improve their ability to choose the healthier options available. This journey prompted them to do some research into the recommended daily intake of sugar. While various sources offered slightly differing insights, a general consensus emerged:

#### Adults should aim for no more than 6 teaspoons (30g) of sugar per day

#### Whereas children's intake should ideally range between 3 to 5 teaspoons (15-25g).

This is the same amount of sugar as in a single small (250mls) can of V!

"On average, adults in Aotearoa New Zealand consume about **37 teaspoons of sugar daily** through their food and drink intake. Sugary drinks are one of the main sources of the rising sugar intake among children and adults in Aotearoa New Zealand." Te Whata Ora website

At TKW, we are steadfast in our commitment to promoting wai Māori as the only option for drink during kura hours. We urge whanau to ensure their children come to kura with a water bottle every day, enabling them to stay refreshed and hydrated throughout the day with a wholesome drink option.





Te Mahau

## **PĀNUI WEEK 4**

SENCO

**Whanau,** if you have concerns about your child's language development, learning progress, social and emotional wellbeing, or behaviour - Te Manawa Tahi have specialists available so you can discuss your concerns directly with them.

This is a free service and each site will be identified by a Te Manawa Tahi sign or flag. Drop in or make an appointment by phoning 0800 524 842 or emailing <u>TT.Support@education.govt.nz</u>. Alternatively, please feel free to contact whaea Petina SENCO.

# Te Manawa Tahi Community Timetable WHANGAREI



Date	Hub Locations	Term 1 2024, Weeks 1 to 5
Thurs 8 February	Clark Road Chapel, 4-6 Clark Road, Kamo	
Tues 13 February	Te Rito, 165 William Jones Drive, Otangarei	
Wed 14 February	Bream Bay Community Trust 9 Takutai Place, Ru	lakākā
Thurs 15 Februar	Ministry of Education, 24 Kaka St, Morningside	
Thurs 22 Februar	y Onerahi Community House, 130 Onerahi Road, (	Onerahi
Wed 28 February	Whānau Focus Centre, 61 Victoria Street, Darga	ville
Thurs 29 Februar	Clark Road Chapel, 4-6 Clark Road, Kamo	
mans 25 rebruary	Back 2 Basics, 179 Newton Road, Maungatapere	
Wed 6 March	Ministry of Education, 24 Kaka St, Morningside	





Te Manawa Tahi Community Timetable

# WHANGAREI

All hubs are open from 9:00am until 12:00pm unless otherwise stated.

Date	Hub Locations	Term 1 2024, Weeks 6 to 10
ue 12 March	Te Rito, 165 William Jones Drive, 0	Dtangarei
Wed 13 March	Bream Bay Community Trust (10a 9 Takutai Place, Ruakākā	im to 12.30pm)
Thurs 21 March	Children's Lighthouse Playgroup,	20 George Street, Hikurangi
Wed 27 March	St John Ötamatea Ambulance Hal 172 Hurndall Street East, Maunga	
hurs 28 March	Ministry of Education, 24 Kaka St,	Morningside
Wed 3 April	Whānau Focus Centre, 61 Victoria	Street, Dargaville
Thurs 4 April	Clark Road Chapel, 4-6 Clark Road	l, Kamo
	Ngunguru School (9am - 10.30 an Te Maika Road	1)

#### Drop into a hub or make an appointment by phoning 0800 524 842 or emailing TT.Support@education.govt.nz.

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TeKāpehuWhetū 173LowerDentSt

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## **KEY DATES**

#### THIS COMING WEEK:

Monday 26 <sup>th</sup> Feb	Academy & Senior Kōhine will attend the Waitangi Tribunal Powhiri for the Veterans Claim Be at Maumahara at 7.00am (in 2As or No. 1s)	
	Paenuku - 3pm Poitūkohu practice – Waitā team only	
Wednesday 27 <sup>th</sup> Feb	Paenuku - Poitūkohu 2 <sup>nd</sup> game for both teams (TBC)	
Thursday 29 <sup>th</sup> Feb	First TKW Whanau Hui – Maumahara 5.30 -7.00pm	

#### LATER IN TERM:

Friday 12 <sup>th</sup> Apr	End of Term 1
Week 11 (Date TBC)	Tai Tokerau Festival (Year 7-13)
Date TBC	Paetawhiti and Paerangi – Action Matakana
Friday 29 <sup>th</sup> Mar-Tue 2 <sup>nd</sup> Apr	Easter break



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## **KAUPAPA**



We believe passionately in our culture, our people, our ākonga, and we know that through hard work, commitment, and focused support they will achieve within the Kura and beyond. We do this hereby acknowledging the 28 Māori Battalion and the price paid for citizenship, so that 'we' can "Navigate Māori Futures".

To do this we commit to success in all its forms:

#### Kia Māori - Be Māori – Be

An education that validates Māori knowledge and ways of learning.

#### Kia Mātau – Be Knowledgeable – Know

Encouraging innovation, inquiry, the development of specialised knowledge and skills.

#### Kia Tū Rangatira Ai – Be Rangatira – Do

Development of strong character and personal excellence, living with mana.

Raewyn Tipene POUHERE