

TE KĀPEHU WHETŪ

PĀNUI Term 3 Week 3

08/08/24

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Kia Orana e te whanau o Te Kāpehu Whetū,

Well that was another full week of mahi across the board with a mīharo whanau hui Tuesday evening.....and of course it was also te reo Kūki Airani week!

Our Pouwhakahaere, Whaea Hera, Matua Wiremu and Matua Ropata went over some of the key plans for this Term. We also had the honour of hearing two of our three Ngā Manu Korero kaikorero on the night.....**He rawe!!! Tyreece me Morgan!!!**

Whaea Brenda gave feedback on our panui survey, all positive with a large number of whanau responding. Just a pointer if you want to know what events/activities are coming up, at the back of the panui we have a 'Key Dates' section that is updated every week.

On the night we also announced that we will be sending two roopu to the Kapahaka primary/intermediate regionals in November, Term 4. Paenuku will of course take part in the Primary section but we have sent our ākongā in Mangaroa (Year 5/6) up to be part of the Paetata (intermediate) roopu. Practice is well underway.

Planning and practice for AIMS games is also well underway. A update hui will be held in Week 5, in 2 weeks time. So keep an eye out for that one whanau of ākongā in Paetata (Year 7 & 8).

Lastly, I also announced on the night that our kura, Te Kāpehu Whetu won't be applying to transfer back to Charter school status, at this stage. We are in the process of getting our school building programme funded and returning to Charter School would mean we would miss out.

However, our sponsor Trust, He Puna Marama Trust is applying to establish a new kura in central Auckland as a stepping stone for senior students seeking:

- To pursue higher learning at one of the University
- Access key industries ie: the Tech industry
- Assess to high performance sports

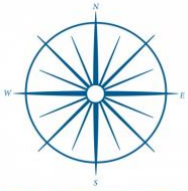
Applications closed on Friday. If successful, it will open Jan 2025.

I will update as things progress.

Kia pai tō wiki

Ngā mihi

Whaea Rae



PAENUKU

PAENUKU



ACKNOWLEDGEMENTS

Thank you to all the whānau who showed up to our whānau hui on Tuesday. It was an amazing turn out and we really appreciated your support.



STRETCH IT OUT IN STYLE WITH WHAEA HERA 'KAPAHAKA STYLES'

At Paenuku we have been so busy building positive relationships, having fun learning and challenging ourselves. We are improving our levels in the beep test with Te Koharua reaching taumata 7.2. we have also been challenging ourselves around kura by trying to implement "Kia tu Rangatira ai" in class and during wā takaro by showing we are and can continue being leaders to ourselves and others, which is exactly what Sonny-rae and Awa done when they both shared the ball with each other during Paramanawa.



SONNY-RAE & AWA

Has been a cherished shepherd with embodying unwavering commitment and leadership



We mean business



Whaea Waimahana & Kauri

Whaea Waimahana has really got you thinking real hard about those new kupu you've been learning.



TeMata au-ariki

Te mata au-ariki giving it his best shot during reading time. Ka pai Temata au-ariki.



Waitaha-ā-hei

Waitaha-ā-hei always puts his best efforts forward in all in-class activities. Ka pai koe.



Hine, Tairyse & Te Areka



Ahumai & Hadassah



Kaitiaki, Charlotte & Te Paea

Sneak peek into what we get upto here at Paenuku

Poitukohu



Fun Fun Fun

Ngā mihi nui Whaea Josephine mō to awahi tautoko kei roto i te kaupapa hākinakina.



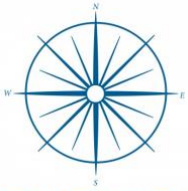
Wednesday Poitukohu

Tamateamohau running away with the ball as he sets himself up to show off his lay-up skills.



Play and Learn

Paenuku students showing off their new poitukohu skills as they challenge other kura and clubs around Whangarei.



PAETATA/PAETAWHITI



**What's been
Happening
This Week?**

PAETATA & PAETAWHITI

WEEK 3 TERM 3

Wiki Tuatoru

**KIA ORA KOUTOU E TE WHĀNAU O
TE KĀPEHU WHETU TUAKANA.**

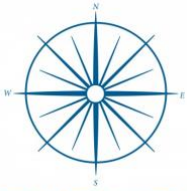
**ANOTHER BUSY AND PRODUCTIVE
WEEK IN PAETATA AND
PAETAWHITI WHARE.**

**BALLROOM DANCING, TO WORKING IN
THE MĀRA KAI, TO AIMS
GAMES TRAINING AND A FULL
HOUSE FOR OUR HUI WHĀNAU ON
TUESDAY NIGHT.**

**WEEK 4 BRINGS ANOTHER BUSY
WEEK FOR OUR TUAKANA WHARE
WITH PAETATA ATTENDING A
BASKETBALL TOURNAMENT ON
TUESDAY 13TH AT MCKAY STADIUM
KENSINGTON.**

**PŪ KŌRERO WHICH WILL BE TAKING
PLACE ON WEDNESDAY 14TH IN
KAITAIA WHERE WE WILL HAVE
SOME ĀKONGA FROM OUR WHARE,
TAKING PART.**

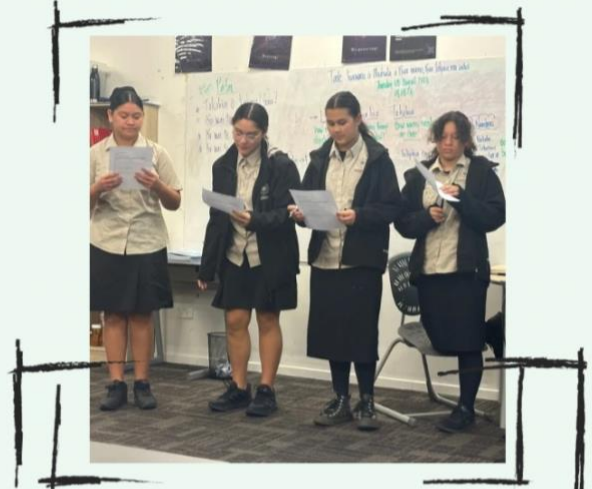




Paetata started the week off with mahi in the māra alongside Matua Gene. We learnt the whenua and soil has whakapapa and how important it is for us to take care of everything we put into Papatuānuku. We are looking forward to getting our hands into the māra and seeing what great things can be produced.

HUI WHĀNAU

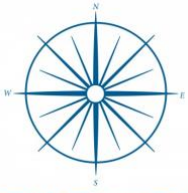
Thank you to all those who were able to attend our hui whānau to hear about what TKW have planned for term 3. Those who came along were also treated to listening to the speeches of our Manu Kōrero representatives.



Year 9 Paetawhiti ākonga during Te Reo Māori presenting their scripts to the class.

Reminders:

- Paetata ākonga attending BBall comp at McKay Stadium. Please ensure your child's permission slip is filled out and returned by Monday. We will be out of school for the whole day.
- Pū Kōrero Wenerei 14th in Kaitaia, this will be a day trip only, no overnight stay.
- Aims Games hui week 5, day TBC, if you have not yet paid these fees, please make payment before the end of week 7. No payment, means your child won't be able to attend.



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TUAKANA HAUORA

ENERGY drinks are not part of our kura

Energy drinks are still making their way into our tuakana kura and we would like whanau support to limit the consumption of these high sugar and caffeine drinks.

There are numerous studies across the world that all support that the quantity of caffeine in these drinks is dangerously high for youth. This is why a ban on selling them to people under 16 years old has been put in place by many retailers.

All energy drinks have this warning on them

PRODUCT CONTAINS CAFFEINE. THIS PRODUCT IS NOT RECOMMENDED FOR CHILDREN, PREGNANT OR LACTATING WOMEN, OR INDIVIDUALS SENSITIVE TO CAFFEINE. CONSUME RESPONSIBLY. USAGE: 1 CAN MAX. DAILY.

One 500ml can commonly contains more than 50grams of sugar, that's more than 12 teaspoons of sugar! The healthy recommendation of sugar for children is no more than 3-4 teaspoons!

Although it is recommended children do not consume caffeine the maximum tolerable amount suggested for children is 120mg. This is the equivalent of two cans of cola type beverages. In a 500ml energy drink there is approximately 160mgs plus the guarana and or taurine.

Energy drink consumption has been linked to an increased risk of mental health issues, including anxiety, depression, ADHD, severe stress as well as poor physical health including poor sleep, high blood pressure, obesity and weight gain, and dental issues

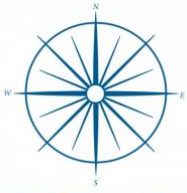
Youth who consume energy drinks regularly can easily fall into vicious cycles that trap them in the habit of low quality sleep and decreased mental health as a result of excess caffeine consumption. For more information about recent studies follow the link below.

<https://www.2024energydrinkslinkedtomentalthissues>.

We want the best for our tamariki, being healthy helps them to pursue the greatest possible future for themselves.

Wai Māori is always the best choice!





PAERANGI

The week has flown past so fast yet again and for many of Paerangi the weeks remaining at kura this year are fading quickly! We are down to approximately 10-12 more weeks of kura for Year 11-13!

We are very proud of those Level 2 ākonga who have already achieved NCEA Level 2, well done. But there is more learning to be done. Along with Te Reo me ona tikanga Māori, Literacy and numeracy are increasing key to success in the world, the greater your skills are in these areas the more opportunities available to you.

Paerangi has reintroduced SSR. The Year 12 English class are required to read two novels for one of their achievement standards and the Pouako decided that this would be a good opportunity for all ākonga, and pouako to slow down and get into the habit of reading for pleasure. We have texts in both Te Reo and English available for them to read. Initially ākonga found the concept a bit difficult and could not help but talk and distract each other but now, in Week 3, they know what's required and it takes just a few minutes to settle and, in general, sustained silent reading is occurring. I even had a student say the other day they were enjoying reading because they were up to a good bit in the book.

The **more** that
you read, the
more things
you will know.
The **more** that
you learn, the
more places
you'll go.

Dr. Seuss

We would also like to mention we appreciate the greater enthusiasm and participation in sports and fitness lately from Paerangi ākonga. The benefits of exercise on mood are clear. Exercise causes your brain to release 'feel good' chemicals like endorphins and serotonin that help improve your mood and we have noticed this last week a shift in energy which is great. Keep up the great work Paerangi!

Nga Mihi
Whaea Brenda



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KEY DATES

Tues 13 th August	NSSSA Yr 7&8 Mixed Basketball
Tues 13 th August	WETA WORKSHOP Virtual Reality Tiakina Kauri Ora Year 9-10
Wed 14 th August	Nga Pu Kōrero, Kaitaia
Fri 23 rd August	Futures Trades day - NorthTec Year 10 TBC The Beast Fun Run – Tuakana – TBC
Tues 3 rd September	Hui Whakapiki - Tuakana 3.15-7.00pm
Sun 8 th -13 th Sept	AIMS Games (Paetata)



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.

Nā

Raewyn Tipene

POUHERE