

TE KĀPEHU WHETŪ

# PĀNUI Term 3 Week 4

16/08/24

## TE KĀPEHU WHETŪ

### Kia Ora e te whanau o Te Kāpehu Whetū,

I've been back at Te Kāpehu Whetū for 18months now and I am so proud of what we have achieved in that time. I was asked to come back onboard to assist with the merge of our two Kura We have all worked hard to build a kura where the ethos was about our culture, our mahi and our futures: **Kia Māori.....Kia Mātau.....Kia Tū Rangatira Ae!!**

Every week our staff create a safe but progressive environment  
Every week our staff create opportunities and possibilities  
Every week our staff challenge our ākonga and they step up  
Every week I am elated to see our growth and development  
From Paenuku to Paerangi our ākonga are stepping into their own....makes us so proud.

When I arrived back 18months ago

- our ākonga wouldn't do waiata tautoko now they are back performing at regionals
- they didn't like to be seen ...now we are back at Manu Kōrero and Pū Korero
- they didn't like doing exercise....now we do fitness every day...and it shows
- they didn't want to run and then we did Iron Māori and our teams are winning
- organising anything was a mission....now we are pulling off events like Matariki week
- there were some extreme behaviours...now they're respectful, delightful but still haututū

I think sometimes we forget how hard it has been and how far we have come....

We still have a term and a half to go, with Kapahaka regionals in November, where we are putting up a primary and intermediate team woohoooo. We have NCEA to knock off, some already have and let's not forget UE Year 13 Girls!!! We have a new focused curriculum to integrate and of course we will be sending teams down to Iron Māori Tāmaki!!!

**What next???**....over the next little while I'll be turning my attention toward 2025....

I am going to find ways to get more whanau input from surveys, to coffee drop-ins, to whanau hui. We need feedback, input, ideas, thoughts, dreams and of course help!! .....because we are:

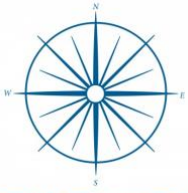
***"Te Kāpehu Whetū.....Navigating Māori Futures"***

Enjoy our Panui...

Kia pai tō wiki

Ngā mihi

**Whaea Rae**



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## PAENUKU

### PAENUKU KO AU TE WHARE!!!



**KO TE WAIARO MAURITAU  
KO TE ARO KI TE WHAKATAU I TŌ  
ĀHUA, I ŌU KARE-Ā-ROTO HEI  
TUTUKI ATU I TE WHAKAARO NUI,  
TE WHAKAARO RANGATIRA A  
TĒTAHI ATU.  
E KORE TE KŪMARA E KŌRERO  
MO TŌNA AKE REKA**





## TŪ AHIAHI *Meremere*

### HE NUI NGĀ AWENGA

#### *Paenuku Wananga*

E PAKARI ANA NGĀ TEINA KI  
NGĀ MAHI Ā RINGA ME NGĀ  
KUPU WAIATA KI TE AO HAKA.

#### *Ako a Kapokapo*

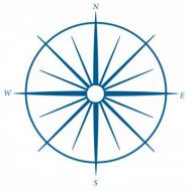
TE NOHO TAU, KORĒ NEKE, TE  
KAPI KARU, KIA HĀ KI ROTO,  
KIA MAURITAU TE NOHO  
HE AKO KUPU KORĒ KITEA!

#### *Te Kori Tinana*

KO TE KORI TINANA TĒTAHI  
MAHI RANGATIRA HEI RAUORA  
NEI I A TĀTOU. WHUEEEE!!!



TŪ AHIAHI  
MEREMERE



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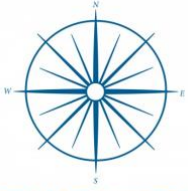
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## TE HOKINGA MAI A HOIHO

Nau mai hoki mai a Hoiho me tana kapa whakaari. E mihi nui ana ki a Maioha Allen me āna kiripuaki, i whakatauhia i ngā uaratanga o te manaaki, te tiaki me te aroha a tētahi ki tētahi. Ngā tino uara!





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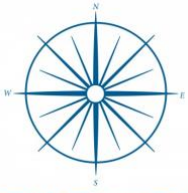
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MĀ TE TUAKANA, KA  
AKO AI TE TEINA, MĀ  
TE TEINA, KA TIKA AI  
TE TUAKANA

He maha ngā kaupapa  
ka arahi nei ngā  
tuakana i ngā teina o  
Paenuku. Anei tetahi o  
ngā uara tuakana, teina  
ka mahi tātou!





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## NAU MAI HAERE MAI KI PAENUKU



## TE KAPEHU WHETU MARKET DAY

SUPPORT ALL OUR TAMARIKI WITH  
UPCOMING EVENTS AND BUY OUR...  
DELICIOUS KAI, POSTERS,  
BEAUTIFULLY DESIGNED AND  
CRAFTED TĀONGA  
WE HAVE PANIPANI, RONGOĀ,  
WHAKAKAI, BEESWAX WRAPS  
AND LOTS OF BAKING...  
So much more...

### KAUPAPA MAHI

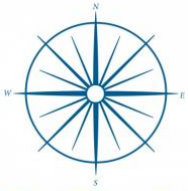
- RANGATIRA
- FINANCIAL LITERACY
- ENTREPRENEURIALSHIP

**BRING LOTS OF  
CASH**

Event Starts on:  
**THURSDAY**  
5 SEPTEMBER 2024  
**11AM - 2PM**  
78 TAREWA ROAD  
WHANGAREI



Contact Us  
**09 4388033**



## PAETATA/PAETAWHITI



### What's been Happening This Week? **PAETATA & PAETAWHITI**

### WEEK 4 TERM 3

#### Wiki Tuawhā

**KIA ORA E TE WHĀNAU, NAU MAI ANO KI TĒNEI WIKI PUKUMAHI RAWA MO MĀTOU NEI O NGĀ WHARE TUAKANA.**

**THIS WEEK PAETAWHITI HAD THE OPPORTUNITY TO EXPERIENCE AND WORK ALONGSIDE THE KAURI ORA TEAM, AROUND THE IMPORTANCE AND CONNECTION OF RĀKAU KAURI, TOHORĀ AND WHENUA KĀPIAKITANGA.**

**PAETATA TOOK PART IN AN INTERSCHOOLS BASKETBALL COMPETITION AT MCKAY STADIUM, WHERE OUR WHARE GOT TO PIT THEIR BASKETBALL SKILLS AGAINST OTHER KURA IN AND AROUND WHANGĀREI.**

**WE HAD SEVERAL ĀKONGA FROM PAETATA AND PAETAWHITI WHARE TAKE PART IN PŪ KŌRERO WHICH TOOK PLACE IN KAITAIA AT TE ĀRU.**





Paetawhiti had the opportunity to do some exciting mahi alongside the Kauri Ora team.

Together we can protect Kauri. To preserve kauri for generations to come, we need to give them space to grow. That's why 10 rules have been introduced as part of a National Plan to protect kauri from the pathogen that causes kauri dieback disease.



## PŪ KŌRERO

Pū Kōrero, was held in Kaitaia at the beginning of the week and we had several ākonga take part. This was a great opportunity for our ākonga to stand and deliver their kōrero. We would like to acknowledge each of our ākonga who took part.



## REMINDERS:

- Career Expo, taking place week 7 in Paetata and Paetawhiti whare, creating opportunities for our juniors to see what future careers they can venture into.
- Futures trade day, for year 10s Friday 23 August
- Beast Run, Paerangi whare will be taking place in Paihia
- Hui Whakapiki, taking place week 7, your pouako will send out emails to confirm your time





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### NGA PU KŌRERO O APOPO

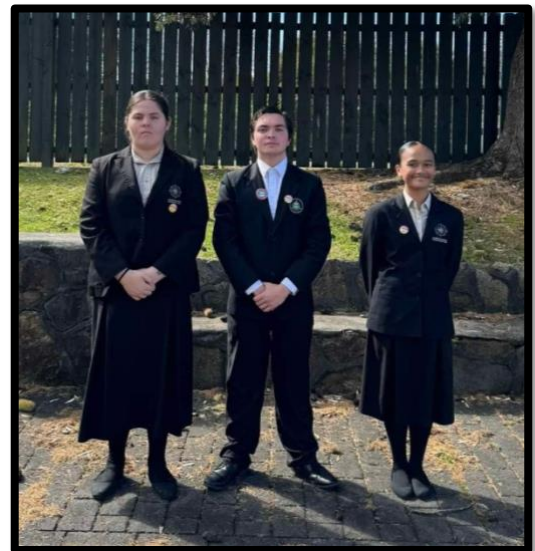
Tēnā koutou katoa!

It's been a busy few weeks at Te Kāpehu Whetū Tuakana with ākonga competing at this year's Ngā Pū Kōrero o Apopo speech competitions held in Kaitaia on Wednesday.

This speech competition is run by the Māori Women's Welfare League and happens every year, with top place-getters representing Te Tai Tokerau on the national stage later in the year.

Our three ākonga who competed were Moanarua Natanahira, Natalie Maihi-Hansen, and Tyrecce Tuhiwai Wharepapa. Each student spoke with eloquence, mana, and vibrancy, addressing issues pertinent to them as students and as rangatira o āpōpō.

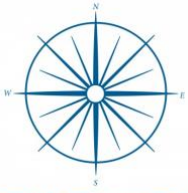
Each kōrero was a story that needed to be told, and it was easily relatable to the judges and those who were listening. Moanarua placed 2nd in the junior section, Tyrecce also placed 2nd in the senior tāne section, and Natalie placed fourth in the senior kōhine section. We are so proud of all of you and the effort you have put into learning your speeches and delivering them so well.



A big mihi to Matua Louis, who helped each student with their kōrero. Ngā mihi, Matua Louis.

**Ngā mihi, Matua Ropata**





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### PAERANGI

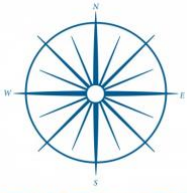
This week we celebrate Natalie Maihi-Hansen and Tyreece Tuhiwai-Wharepapa's stand at Nga Pu Kōrero o Apopo on Wednesday. Both these ākonga have a lot of potential in the speech making area and can hold their own in both Te Reo Māori and English. We are excited to be able to help them along their journey over the next few years.

Ngākupenga Tautari-Herrick and Narima Ramach started their Hot and Cold Desserts course at NorthTec on Friday. Both these ākonga have completed NCEA Level 2 and this course not only gives them a chance for fun and yummy learning, but they are also gaining NCEA Level 3 credits getting a head start for next year. We also have students enrolled in another course in September.

Next week Paerangi are taking on The Beast fun run in Paihia. Our senior kotiro participated in this event last year and thoroughly enjoyed it so are taking on the course again along with some of our tane. Looking forward to seeing the muddy bodies and smiling muddy faces at the finish line.

**Nga Mihi**  
**Whaea Brenda**





## HAUORA

Kia Ora Whanau,



- **Nurse Da Tuesday** - We have our Health Nurses Madison and Sarah who come into kura every Tuesday morning at 10am. We ask akonga if they need to see the nurse on the Monday and Tuesday mornings. Then make an appointment for your child if they need to see the nurse. You can make an appointment through Whaea Karlene or Whaea Sam.

### Some common health issues we are facing at kura.

#### Diarrhoea

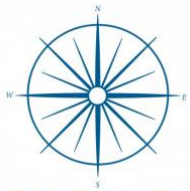
<b>Common symptoms and how it's spread</b>	Diarrhoea is loose, watery stools occurring more than 3 times in 1 day. It can be caused by a virus, bacteria, parasite, food poisoning, allergy, or other conditions. Stomach cramps, nausea, a fever, headache and loss of appetite are common associated symptoms.
<b>Is a vaccine available?</b>	No
<b>Should I keep my child home from school?</b>	Yes, until they have not had a loose bowel motion or other symptoms for 24 hours and if there is no cause identified. They may need to stay home for 48 hours until the cause has been identified.

#### Gastroenteritis

<b>Common symptoms and how it's spread</b>	Gastroenteritis, also known as 'gastro', can cause vomiting and diarrhoea, as well as nausea and stomach pains. It spreads easily from having contact with an infected person (or their vomit or stools). It can also spread via contaminated food or water.
<b>Is a vaccine available?</b>	No
<b>Should I keep my child home from school?</b>	Yes, until they have not had a loose bowel motion or other symptoms for 24 hours and if there is no cause identified. They may need to stay home for 48 hours until the cause has been identified.

#### Scabies

<b>Common symptoms and how it's spread</b>	Scabies is an infestation of mites (tiny insects) that burrow under the skin causing intense itching and sometimes a rash. Scabies is passed from person to person through close skin contact or the sharing of clothing, towels and bedding. It's not caused by poor personal hygiene.
<b>Is a vaccine available?</b>	No
<b>Should I keep my child home from school?</b>	Yes, until the day after they start appropriate treatment.



## GET RID OF SCABIES

- 1 The Scabies Mite**  
gets in your skin and makes you scratch.
- 2** Show the rash to a health professional.
- 3 On the same day ...**  
 Buy cream from the pharmacy for everyone in the house (see over the page for information about prescriptions), or see the doctor for a prescription.
- 4** Wash everyone's clothes and sheets in hot water.
- 5** If you can, have a bath or shower at night time.
- 6** Rub cream all over the body, from the chin down. Treat everyone in the household on the same day.
- 7** Go to bed.
- 8 The next morning ...**  
 Have a bath or shower and put on clean clothes.

## SCABIES

**What is scabies?**  
Scabies is caused by tiny insects that burrow along in the skin, laying eggs as they go. Above the eggs, small blisters form, surrounded by red patches – these are very itchy.

**Why is it important to treat scabies?**  
Scabies will not go away without treatment.

- Scratching a lot can lead to serious skin infections.
- Untreated skin infections can lead to kidney and blood infections.
- People who have scabies for a long time can get permanent scarring of the skin. Children scratching a lot find it hard to concentrate and learn.
- Preschool and school teachers can ask that children with untreated scabies be kept at home.

**Who gets it?**

- Anyone! Even the cleanest people get scabies.
- Washing in soap and water or swimming in the sea will not prevent or cure it.

**How do you catch it?**

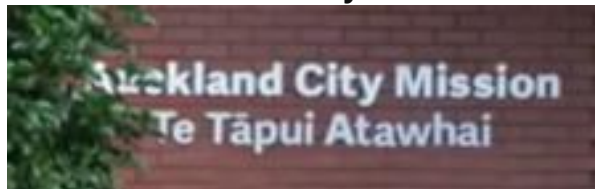
- Scabies spreads easily to other people in the family and to their friends.
- Scabies spreads:
  - by close bodily contact, eg, holding hands, hugging, sleeping together
  - by sharing clothes and bedding.
- Scabies does not live in furniture or carpets.

**How do you know you have it?**

- Scabies causes a very itchy rash that is worse at bedtime or when you are warm.
- The rash is caused by the scabies mite laying eggs. Small blisters form, surrounded by red patches.
- You may first notice the rash: between fingers, on the wrist, inside elbows, around the waist, on the bottom, or on private parts.
- If someone in the family has scabies, others may have caught it without noticing a rash or itch.
- If you are not sure if you have scabies, talk to a health professional.

- **Deep Clean** - Whaea Sam has booked our cleaner to carry out a deep clean in all rooms, for the safety of all ākonga, staff, whanau and manuhiri.

## Lollies with 'lethal' levels of meth distributed in food parcels at Auckland City Mission

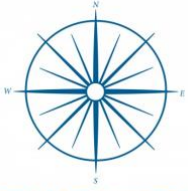


Kia ora whanau

Last week we heard about the meth in lollies incident. This is a Health and Safety warning, to be careful and keep an eye out for any lollies or other kai that is not from a trusted source.

**Whanau if you come across these lollies or know someone that has received food parcels from the Auckland City Mission please call the police and let them know. You could save lives. DO NOT EAT THEM**





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## KEY DATES

**Fri 23<sup>rd</sup> August**

Futures Trades day - NorthTec Year 10 TBC

The Beast Fun Run – Paerangi

Tues 3<sup>rd</sup> September

Hui Whakapiki - Tuakana 3.15-7.00pm

Week 7

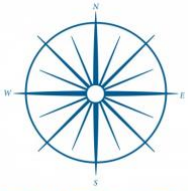
TKW Market Day – DETAILS TO COME

Sun 8<sup>th</sup> -13<sup>th</sup> Sept

AIMS Games (Paetata)

Fri 27<sup>th</sup> Sept

Last Day of Term 3 TBC



## 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