

TE KĀPEHU WHETŪ

PĀNUI Term 4 Week 3

01/11/24

TE KĀPEHU WHETŪ

Kia ora e te whanau o Te Kāpehu Whetū,

Ka timata ahau i te panui ki te mōhio ki tētahi mahi tino pai!!!

Im going to start the panui this week acknowledging the outstanding achievement, tino kaha, of our very own Taihoronukurangi Porter-Lloyd at the Young Enterprise Scheme (YES) Northland Regional Awards. Tai was our only rep this year at the YES Awards, up against high schools 4x our size. Again and again our Kura punches above its weight and this year, Tai did just that. There were 10+ others named in the Financial Management section and Tai took it out!!!

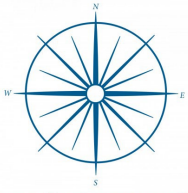
That's Tai in the centre of the group photo.



And more!!!.....as we head into the last two weeks of the year I wish to acknowledge Paerangi (Years 11-13). Most of our senior ākonga have finished or near finished NCEA. I am so proud of their effort and achievements.

Kia pai to wiki

Whaea Rae



KIA TŪ RANGATIRA AĪ

YES.....SUCCESS!!

On Thursday night, out of 92 Northland teams and 20 finalists, Taihoronukurangi Porter-Lloyd won a top award at the Young Enterprise Scheme (YES) Northland Regional Awards 2024.

He won the **Bridge Advisory Excellence in Financial Management** for his Battle Belts business, which creates Māori-designed weightlifting belts for safe, comfortable, high-performance lifting at the gym. As well as this, he was one of three finalists in the BDO Award: Excellence in Rangatahi Māori Business.

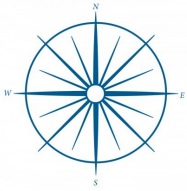
Congratulations, Tai.....



Also, a big mihi to Whaea Ataria for teaching and mentoring Tai this year, our only Business student. With a brand-new baby to look after this year she still managed to find time and energy to support Tai with this work and was always adaptable, positive and knowledgeable. Thank you, Whaea Ataria.



**Ngā mihi,
Whaea Brenda**



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PAENUKU

PAENUKU PāNUI

HAERENGA

Kia Ora koutou,
He haerenga tā Paenuku ki
whetuara o Punaruku i te
14 Noema 2024

TEACHER ONLY DAY

Teacher only day i te rā
Friday 8 Noema 2024

POITUKOHU

Coach needed
We are in need of a basket-ball
coach for our tuakana team.
Please get in touch with Toni Hack
if you are available to awhi.

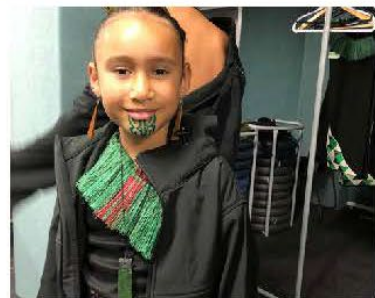


KIA MĀORI - KIA MATAU - KIA TŪ RANGATIRA AI

He aha te tou o te ringa wiri? He aro ki te hā a
Hine Rēhia, a Tānerore pakia!

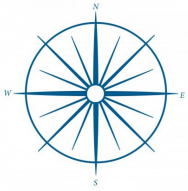
Ko te kaupapa atua o tēnei wāhanga ko ngā
mahi ā Hinerehia, ā, Tane Rore. Kia Tū
Rangatira, Tū Māori ai te āpōpōtanga.

KO AHAU KI RARO, WHAKAITI KEI RUNGA.
KO PAENUKU E TŪ NEI!



AHUMAI THOMPSON

Tukua kia tū takitahi ngā whetu o
te rangi.

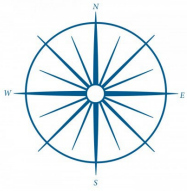


PAETATA/PAETAWHITI



TĒNĀ KOUTOU E TE WHĀNAU. KUA TERE HAERE TE WAHANGA TUAWHA O TE TAU NEI NŌ REIRA, ĀNEI MĀTOU MO TE WIKI TUATORU KI NGĀ WHARE O PAETATA ME PAETAWHITI. IN WEEK 3, PAETATA AND PAETAWHITI WHARE HAVE BEEN ACTIVELY PREPARING FOR IRON MĀORI THROUGH DEDICATED SESSIONS IN RUNNING, CYCLING, AND SWIMMING. PAETATA HAS BEEN PARTICULARLY IMPRESSIVE, WITH SOME STUDENTS STEPPING UP AS SPORTS LEADERS, SHOWING REALLY GOOD TUAKANA TEINA SKILLS BY GUIDING THEIR TEINA DOWN AT PAENUKU. THE WHANAUNGATANGA BETWEEN PAETATA AND PAETAWHITI HAS CREATED A LIVELY ATMOSPHERE, ESPECIALLY DURING THE FRIDAY AFTERNOON STEM CHALLENGES, WHERE EACH WHARE GETS CREATIVE AND COMPETITIVE. THE POSITIVE ENERGY AND TEAM SPIRIT HAVE KEPT EVERYONE MOTIVATED AND ENGAGED, MAKING EACH WEEK EVEN MORE EXCITING.





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PLEASE NOTE: Paenuku, Paetata, and Paetawhiti will be representing Te Kāpehu Whetū at this event. More info will be coming soon from your different whare Pouako and kaimahi.



**HE PUNA RUKU
MĀTAURANGA O
WHANGARURU**

Ngāti wai ki uta, Ngāti wai ki tai
Kia tika, pono, aroha, Kia Manaaki, Kia Whaia te Mātauranga Kia Tū Rangatia ai

Ngā Iti Kahurangi



RĀPARE 14TH WHIRINGA Ā RANGI 2024
WIKI 5 THURSDAY 14 NOVEMEBR 2024



Oranga

Mana Motuhake

Kaupapa o te rā
9.30am Pōhiri – Ngā uri o Ngātiwai

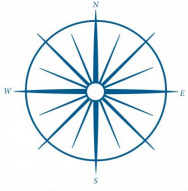
10.00 HE PUNA RUKU MĀTAURANGA O WHANGARURU
10.15 Mokau Te Kohanga Reo
10.30 Kaumatua Kuia o Ngātiwai
10.45 Ngā kakano tāonga o Te Kura o Otangarei.
11.00 Te Puāwaitanga o Te Reo Māori o Te Kura o Otangarei
11.15 Te Kapehu Whetu
11.30 Te Kura o Waikare
"HANGI"
11.45 Lee & Reo
12.15 Te Kapa o Te Hiku o Te Rangi
12.30 Te Kura o Whananaki
12.45 Mānihera Whanau
1:00 Karakia whakamutunga



Tukuihotanga



Mātauranga



PAERANGI

Kia ora e te whanau,

We are on the wind down to the end of year for Paerangi. This means, there's only 2 weeks (10 days) officially left to complete NCEA/UE on time. It is great to see the majority of our ākonga closing in on last assessments. We are now looking at the quality of their credits, with opportunities to boost the level of NCEA from achieved to merit/excellence.

It is also important: we maintain our high standards around attendance, uniform, no phones, and most importantly academic effort.....No falling off the waka now!!!

PLEASE NOTE DATES:

This week:

- Mon 4th–Fri 8th Nov: NCEA/UE & Training for Iron Māori (if on the team)

Next week:

- Monday 11th Nov:
 1. NCEA Level 2 Te Reo Māori Exam
 2. Class photos for Paerangi (in No.1 & 2A for Academy)
 3. End of Year reports emailed to whanau
 4. Sign out day, **IF NCEA/UE is complete**
 5. **Toitū Te Tiriti Hikoi** powhiri Porowini marae 5pm
- Tuesday-12-14th Completing NCEA/UE for those who havent finished Iron Māori Training for those in a TEAM
- Friday 15th Nov Iron Māori Teams leave in afternoon for Tāmaki
- Saturday 16th Nov Iron Māori in Tāmaki

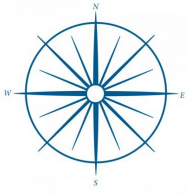
- **Friday 22nd Nov – Senior Prize giving and Year 13 Graduation**

NOTE: Monday 11th November – For your Paerangi class photos & the Powhiri

- **Please ensure you are in your Number Ones.**
 - Boys – Long dress trousers, dress shoes, black socks, ironed school shirt.
 - Girls – Ballet flat style shoes, stockings, long or short skirt, ironed school shirt.
 - Academy Boys – also need 2A uniform (Whaea Jackie will sort with you)

Ngā mihi

Matua Ropata and Whaea Brenda



TUAKANA HAUORA

Increasingly, like many others, we are seeing troubling problems at kura connected to the commercialisation, marketing and access to certain foods, drinks, products and of course devices. At our kura we will not shy away from raising our concerns and seeking whanau help to combat the blatant, targeting of our tamariki and rangatahi, at the expense of their physical and mental health..... **Here are our current concerns:**

ENERGY DRINKS


We are seeing far too many ākonga arriving at school drinking energy drinks. These are not allowed at our kura as they are detrimental to our health. Please encourage your children to choose healthy drinks, wai Māori is the best....






Energy drinks have a lot of sugar, caffeine, and other stimulants in them. Ākonga get a rush of energy making it difficult for them to focus on their mahi. Then they come down from the high where again they struggle to focus, often lethargic and can also become dehydrated from the caffeine and stimulants.

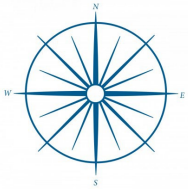
Long term consumption of energy drinks can lead to heart and neurological issues and increase negative mental health due to the side effects of the stimulants.

If a student has an energy drink during kura hours we will remove it from them, they are not conducive to learning and not part of our kaupapa at Te Kāpehu Whetū.

Side effects of energy drinks on teens



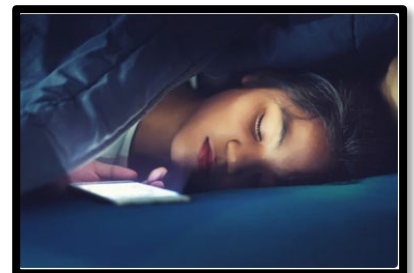
	May lead to poor learning.
	Increase risk of insomnia.
	May cause caffeine poisoning if ingested too much (anxiety, headache, confusion).
	Could lead to dehydration, stomach pain, headache and vomiting.
	Might lead to more risk-taking behavior.



PHONES, GAMING, LATE NIGHT DEVICE USE

We are battling against the effects of excessive phone and device use at kura. We know that devices have become an integral part of our world BUT they also pose significant risks to our/your/their physical and mental well-being. **They are changing behaviour!!!** Reducing concentration span and our ability to learn, and how we interact with each other.

Sleep: One of the most immediate consequences of late-night device use, is disrupted sleep patterns. The blue light emitted by screens interferes with the production of melatonin, the hormone responsible for regulating sleep. Research indicates that exposure to screens before bedtime can lead to difficulties falling asleep, reduced sleep quality, and shorter sleep duration.



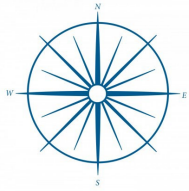
This is a side effect we are seeing regularly at kura. **Students are coming to school tired**, they fall asleep in class due to being up all night on their phone, device or gaming consoles, or they just don't turn up at all. They cannot focus and are irritable due to lack of sleep. Over time, chronic sleep deprivation can contribute to serious health issues, including obesity, diabetes, cardiovascular diseases, and cognitive decline.

Ability to learn: Late-night gaming and device use can impair cognitive function. Sleep deprivation affects memory, attention, and decision-making skills. Studies show that individuals who regularly sacrifice sleep for screen time may experience slower reaction times and diminished problem-solving abilities. **Sleep-deprived students often struggle with focus and memory retention, leading to lower grades.**

Poor Mental Health: Excessive use of smartphones and gaming is contributing to serious mental health problems. **Studies have linked high smartphone usage with increased anxiety, depression, feelings of loneliness and worse.** The constant comparison to others on social media can lead to low self-esteem and body image issues. Additionally, the deliberate, immersive nature of the likes of TikTok and/or gaming can lead to addiction.

Whānau, we encourage you to have conversations about your child's device use and set limits on screen time and devices in their bedrooms at night.

A key goal here at TKW is to nurture healthy individuals. We will struggle to do this if device use is not limited. **WE NEED YOUR HELP WHANAU WITH THIS!!!**



RFL FITNESS & IRONMĀORI

RFL

At the start and end of every term tuakana ākonga participate in the RFL test. This consists of a 2.4 km run, as many press ups as you can do, and holding a plank for as long as you can.

To pass:

	2.4 km run	Press ups	Plank
Boys	13 mins	30	2 mins
Girls	15 mins	20	2 mins

We have some ākonga consistently meeting and exceeding these targets, well done for your commitment to your personal fitness and hauora. We have some ākonga showing small gains over the year, your determination and effort as excellent to see. Unfortunately, we have some students who are not focussed on improving their fitness and tana tinana and this is shown in the poor quality of their times and numbers.

Paetawhiti and Paetata have one more chance to show some dedication and effort in this area with the last RFL for the year taking place in Week 9. Being fit and healthy is something we see as being important for overall lifelong quality of life, happy, fit, healthy people, and it needs to start now while they are young to establish good habits for life. We are looking forward to outstanding results at the end of Term 4.

Currently our fastest times are:

Boys: Julius Tipene 10.18

Girls: Xyvijarn Reti-Latu 11.23

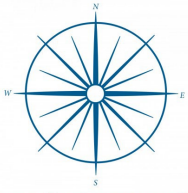


IRONMĀORI

Only 2 more weeks until our IRONMĀORI competitors are racing! We are hoping to take a number of teams, but its all going to come down to the commitment and focus during training over the next 2 weeks as to how many actually compete.

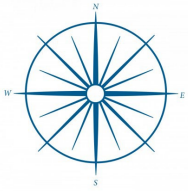
A big mihi to our cycling team who are always keen to get out and go for a ride, gaining the much-needed practice on the road race style bikes. They have also attended a couple of spin cycle classes at Kensington Fitness to improve their bike fitness and really feel that burn in the legs as you push through the mentally hard parts. Their last class is this Tuesday. Everyone keep training hard, you are almost there!

We will announce the teams next week....the week of the competition!!!

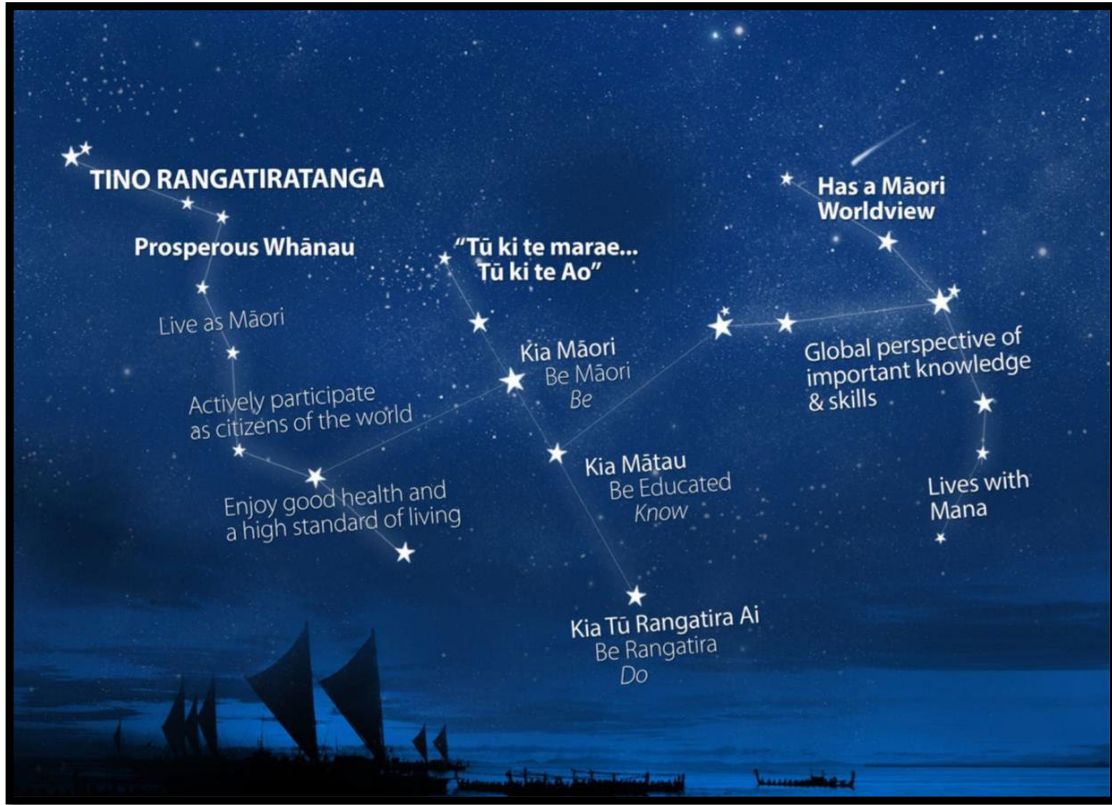


KEY DATES FOR TERM 4

- | | |
|---------------------------------------|--|
| This Friday 8th Nov | Teacher Only Day – No Kura for ākonga! |
| Mon 11th November | Level 2 NCEA Te Reo Māori exam |
| Mon 11th November | Paerangi Class photos (Number Ones)
End of year reports emailed home |
| Mon 11th November | Powhiri for Toitu Hikoi @ Porowini marae |
| Thurs 14th November | He Puna Ruku Mātauranga o Whangaruru Kapa Haka Festival – Paenuku, Paetata, Paetawhiti |
| Fri 15th November | Iron Māori Teams depart for Tāmaki for the night |
| Sat 16th November | IRON MĀORI Tāmaki
(More info coming soon) |
| Thurs 21st November | Level 3 NCEA Te Reo Māori exam |
| Fri 22nd November | Paerangi Prize giving and Graduation Dinner |
| Wed 27th November | Paetawhiti and Paetata Hui Whakapiki |
| Fri 6th December | Kura Market day @Paenuku (TBC) |
| Wed 18th December | Last day of Kura (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