TAAHIKO PAANUI • KAUPAPA 4 • APRIL 2021 E-BULLETIN • ISSUE 4 • PAENGA-WHAAWHAA 2021

Health and Physical Education Feature inside!

Ko te Whakaaturanga Hauora me te Whakaako tinana o roto!

UPCOMING events

Nga Takahanga Ka Haere Mai

Term 2 starts (assembly at 9am in school gym) -Monday 3 May

13OUT Survival Tramp -Tuesday 4 May and Wednesday 5 May

House Volleyball competition starts -Tuesday 4 May

Levels Assembly -Wednesday 5 May

Parent Teacher Interviews - Thursday 6 May

TERM 2, 2021 CALENDAR ON BACK PAGE



Rūaumoko (also known as Rūamoko) is the god of earthquakes, volcanoes and seasons. He is the youngest son of Ranginui (the Sky father) and Papatūānuku (the Earth mother) (commonly called Rangi and Papa).



Koorero a te Tumuaki The Principal speaks:

Nga Mihi Mahana Kia Koutou - Warm greetings to you all!

Welcome back to all after the Term One holidays. I hope you are all ready for another action-packed, lockdown free term. It is an honour and a privilege to step into the role of Acting Principal for Term Two while Chris Betty is on sabbatical. As a school and community, we all wish him well as he completes his sabbatical and recharges his batteries in preparation for a return in Term Three.

We would like to welcome two new staff to our college - Mr R Kippen as the new Head of Technology and Mrs N Blake as our new English Teacher. We also welcome any new students who have decided to join our kura this term.

We will kick off Term Two with the launch of our Lunches in Schools programme, that is funded by the Ministry of Education. We have been fortunate to have Te Whare Kai a Te Whānau Hapori Trust (Family Community Kitchen Trust) as our suppliers of these lunches. What that means for you is that we will provide lunches for all our students – free of charge. You will not need to provide your son/daughter with a packed lunch any longer, if you don't want to.

If your son/daughter has any special dietary requirement then you would have responded to Mr P Moody's survey sent out during Term One. If you have not, please contact Peter urgently as the catering company will need to be aware of this. More information about this can be found inside this e-Bulletin!

As we enter our first week of school in Term Two, we want to invite all parents to attend the Parent Teacher Interview evening on Thursday 6 May. This will run from 2:40pm to 7:30pm. All teachers will be available in the Gym – no appointment is necessary. We do ask that you please keep your discussions down to five minutes per teacher so that our teachers can see as many parents as possible.

CONTINUED INSIDE. . .

Koorero a te Tumuaki Haere tonu The Principal speaks continued:

Term Two always brings a change in temperature and therefore we need to prepare for a change in the weather and a change from our Summer uniform to Winter uniform. Our uniform supplier, The Uniform Shoppe (SAS Sports Limited), 7C Glasgow Road, Pukekohe is fully stocked with warm new jackets, jerseys and blazers. Please ensure that your tamariki is correctly attired for school this term as we will be focusing on a number of key areas to ensure our high standards are maintained including, uniform, attendance and punctuality to school and class.

We continue into Week Two by inviting parents to come and support our Year 7 and 8 students as they run the annual Market Day on Friday 14 May, from 1:00pm to 2:50pm. Funds raised from the Market Day will go towards the Adventure Playground that is scheduled to be installed during Term Two.

On a negative note, earlier in the year we dealt with a number of incidents involving the unacceptable use of social media resulting in cyber-bullying. As a school, we want to stand together with all stakeholders to stamp out bullying in our school community, whether it be physical or emotional. There are a number of actions which we have taken to prevent the rise in cyber-bullying at Tuakau College.

We have activated our network filtering rules through the Linewize software to prevent access to social media while at school. We have also blocked the use of VPNs (Virtual Private Networks), which students have previously used to bypass our network filtering rules and thereby gain access to social media. This is an ongoing task so we ask all parents and caregivers to support us and monitor your child's use of social media while at home. If you need support in this regard, please reach out to us and we can provide you with software that will allow you to monitor your child's internet use. The first 150 parents will receive the software free for one year, through Family Zone - our network filtering solution provider.

We will also raise awareness of bullying and the harm that it does by joining the rest of New Zealand in spreading the Anti Bullying message of Speak Up, Stand Together, Stop Bullying - Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora. This Bullying Free New Zealand Week will take place during Week 3 of Term Two (i.e. from 17 to 21 May), culminating in a Pink Shirt Day on Friday 21 May.

Finally, all schools in New Zealand are required to be Smoke Free and Vape Free. Please respect this rule when visiting the school or watching sports at school, where this rule also applies.

I look forward to a successful Term Two! Mr Ashlwy Gacobs

Elizabeth Street School Carpark - Health and Safety Notice Whare Tirohanga Kura o Elizabeth Street - Panui Hauora me te Haumaru

For the safety of our students at the end of the school day:

Due to an increase in traffic congestion in the Elizabeth Street main carpark, we ask that cars intending picking up students from the school DO NOT enter the school carpark between 3:15pm and 3:45pm. This is to ensure the safety of all pedestrians at this time. School Buses will also have priority at this time.



PARENT TEACHER INTERVIEWS

Thursday 6 May In the Tuakau College Gym From 2:40pm to 7:30pm

No appointments are required. All subject teachers will be seated in the gym so simply turn up and visit the teachers you want to speak to.

On Thursday 6 May, we will be running periods 1 - 4.

School will close at 1:00pm. Buses will be picking students up at 1:00pm.

E-BULLETIN · ISSUE 4 · VOLUME 2

Junior Social, Term 1 2021 Hapori Tangatahi, Wahanga 1 2021



We had our first Junior Social for 2021 on Thursday 8 April! It was great to see all our Junior students enjoying themselves and dancing the night away! For full photos please visit our Facebook page.

























E-BULLETIN • ISSUE 4 • VOLUME 2



Healthy School Lunches Programme Update Te Whakanuia e te Kura Hauora te Whakahou Kaupapa

The Free Healthy School Lunch programme starts on the first day of Term 2. Tuakau College students will be able to receive free Healthy School Lunches, funded by the Ministry of Education and made by Te Whare Kai ā te Whānau Hapori - Family Community Kitchen Trust, which has been formed by Kai Sisterz and Lavalla Functions.

The menu will rotate every eight days, giving variety so that students won't have the same lunch on the same day all the time. The food is wholesome, healthy and tasty. And its not just about the food, all the packaging is compostable. We will be encouraging our students to dispose of the waste at designated collection points. The environmentally friendly waste will be collected by a local contractor for both worm farms and composting.

On the first day of Term 2 the programme will work as follows:

Students will collect their lunch from the following areas at the beginning of lunchtime. Student volunteers will assist with ensuring each student gets their respective lunch - well over 750 lunches to manage each day!

Year 7 and 8 - D Block Quad

Year 9 and 10 - Technology Quad

Year 11, 12 and 13 - iHub Quad

All year levels with special dietary needs such as food allergies, food intolerances and cultural/lifestyle beliefs, as advised to the school, will collect their lunch in the iHub Quad.

If you have any questions please email peter.moody@tuakaucollege.com



What if my child wants to have their own lunch from home?

Students are still able to bring their own food from home if they would prefer.

What happens to any surplus food?

Any surplus food will be safely stored and distributed to the wider community. For example it may go to the schools' Breakfast Club, families in need in the community, etc.

How will these be distributed to students?

These lunches will be distributed to different Year Level students in different areas of the school. Year 7 and 8 students will get their free lunches in D Block, Year 9 and 10 students will get their free lunches in the iHub Quad and Year 11, 12 and 13 students will get their free lunches in the Technology Quad. These will be distributed by a selected student committee.

What time of the day will my child receive their free school lunch?

Students will receive their school lunches at the start of lunchtime. Lunchtime is at 1pm every day, except for Wednesday's when it is at 12:45pm.

If my child has allergies, how is this managed?

Dietary requirements and allergy information has been collected from students parents/caregivers by a survey that was sent out to all Tuakau College parents/caregivers last term. Students with dietary requirements or allergies will receive a clearly labelled food package. If you have any queries about this, or need to update information, please email peter.moody@tuakaucollege.com

What happens to the school canteen? Is it still open?

Yes, the school canteen will still remain in operation.

Will the menu change at all?

The menu will be monitored and evaluated as to what student preferences. Naturally, some changes will occur over the year taking into account seasonal variations for fresh produce.

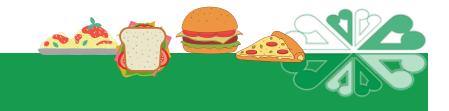
Can my child order lunch for some days only?

Specific lunch orders are not taken from students, unless they have registered for special dietary needs. The menu is set and orders are placed with the supplier two weeks in advance. If a student does not like what is in the menu they may wish to bring their own lunch on that day. We would certainly encourage students to try all the items on the menu and give feedback.

Tuakau College Healthy School Lunches Menu

The menu for the first eight days of Term 2, 2021, is as follows:
*Please note that Allergies and Intolerances will be catered for as per request

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5		
нот	COLD	нот	COLD	COLD		
STANDARD	STANDARD	STANDARD	STANDARD	STANDARD		
Spaghetti Bolognese, Seasonal Fruit and Hummus and Vegie Sticks	Roast Beef and Coleslaw Sandwich, Seasonal Fruit and Whole Bran Muffin	Roast Chicken, Rice and Gravy, Seasonal Fruit and Oatmeal Peanut Butter Bites	Beef Burger. Seasonal Fruit and Reduced Fat Yoghurt	Shredded Chicken Pasta Salad, Seasonal Fruit and Cheesy Pinwheels		
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN		
Spaghetti with Tomato and White Bean Sauce, Seasonal Fruit and Hummus and Vegie Sticks	Cheese, Falafel and Coleslaw Sandwich, Seasonal Fruit and Whole Bran Muffin	Roast Vegetables, Rice and Coconut and Lentil Gravy, Seasonal Fruit and Oatmeal Peanut Butter Bites	Veggie Burger, Seasonal Fruit and Reduced Fat Yoghurt	Vegetarian Pasta Salad, Seasonal Fruit and Cheesy Pinwheels		
CULTURAL	CULTURAL	CULTURAL	CULTURAL	CULTURAL		
Chicken Spaghetti Bolognese, Seasonal Fruit and Hummus and Vegie Sticks	Cheese, Falafel and Coleslaw Sandwich, Seasonal Fruit and Whole Bran Muffin	Roast Chicken, Rice and Gravy, Seasonal Fruit and Oatmeal Peanut Butter Bites	Chicken Burger, Seasonal Fruit and Reduced Fat Yoghurt	Shredded Chicken Pasta Salad, Seasonal Fruit and Cheesy Pinwheels		
DAY 6	DAY 7	DAY 8	The menu will I	otato		
STANDARD	STANDARD	STANDARD	every eight days, giving variety so that students won't have the same lunch on the same day all the time. The menu will be monitored and evaluated as to what student			
Lamb Stew and Mashed Potatoes, Seasonal Fruit and Zucchini Bread	Bacon Pizza, Seasonal Fruit and Pretzels and Cream Cheese tomato Dip	Sushi Sandwich, Seasonal Fruit and Cherry Tomatoes, Cheese and Beetroot Dip				
VEGETARIAN	VEGETARIAN	VEGETARIAN				
Veggie Stew and Mashed Potatoes, Seasonal Fruit and Zucchini Bread	Veggie Pizza, Seasonal Fruit and Pretzels and Cream Cheese tomato Dip	Sushi Sandwich, Seasonal Fruit and Cherry Tomatoes, Cheese and Beetroot Dip	preferences. Naturally, some changes will occur over the year taking into account seasonal variations for fresh produce.			
CULTURAL	CULTURAL	CULTURAL				
Lamb Stew and Mashed Potatoes, Seasonal Fruit and Zucchini Bread	Chicken Pizza, Seasonal Fruit and Pretzels and Cream Cheese tomato Dip	Sushi Sandwich, Seasonal Fruit and Cherry Tomatoes, Cheese and Beetroot Dip				



YEAR 7 CAMP CHOSEN VALLEY 2021

Our 2021 Year 7 Camp was at Chosen Valley in Ararimu this year! It was a rainy start to the camp on Wednesday 14 April but that didn't stop the students from getting out there and enjoying their activities in the rain! Over the three days the weather improved as students challenged themselves in outdoor activities such as kayaking, karting, the confidence course, the flying fox, outdoor cooking, archery and more! On the Thursday night the students had a talent show in the evening which produced some good laughter. It was great to see our students challenging themselves, enjoying themselves and ending Term 1 with plenty of smiles!

To see the full photos from all three days, visit the Tuakau College Facebook page.













































E-BULLETIN · ISSUE 4 · VOLUME 2



A word from Mr. Slee (Head of Health and Physical Education Department):

2021 is in full swing now and there has been some great learning happening within the Health and Physical Education Department. The Health and Physical Education teachers have continued to strengthen their bond as a team through Department challenges such as ten-pin bowling and Department BBQ's. We welcomed Mr Wijdeven to the Department at the start of the year. We are looking forward to another exciting and successful year.

As usual, Junior PE classes started the year with a focus on Athletics and Swimming. This helped to prepare students for the annual house competition events. Year 11 PE students participated in rock climbing and mountain biking recently. The aim of the trip was for students to demonstrate safe behaviours while participating in outdoor pursuits. The students had a great time and excelled in the outdoors. More about this trip can be seen later in the e-Bulletin.

Our Outdoor Education programme is well under way with the recent kayaking trip a huge success again. Students kayaked and camped for three days and developed fundamental skills in outdoor survival for future trips. Keep an eye out for further information for camps later in the year such as the Year 12 Snow Adventure camp and our annual end of year camps for Years 8, 9 and 10.

The Health and Physical Education Department are very proud of the students who received a subject endorsement in our courses last year. We will continue to promote this achievement and encourage senior students to aim high this year. We look forward to celebrating more success in 2021 - keep up the great work!



Endorsement Celebrations Whakanui Whakamanatanga

The Health, Physical Education, Outdoor Education and Sports Leadership Department would like to congratulate the following students for achieving a course endorsement in our courses in 2020:

Excellence Endorsements:

Awhinatia Matena-Ngataki - Level 1 Health Education Samantha Smith - Level 1 Physical Education Brianna Welch - Level 2 Outdoor Education Hayley Wallace - Level 2 Physical Education









Merit Endorsements:

Merenia Rack - Level 1 Health Education
Natasha Kihi Marshall - Level 1 Physical Education
Danielle Hepburn - Level 1 Physical Education
Brooke Wilson - Level 2 Health Education
Nikki Mosch - Level 2 Health Education
Merania Hira - Level 2 Health Education
Hayley Wallace - Level 2 Health Education
Ethan Rameka - Level 2 Outdoor Education
Tori Clark - Level 2 Physical Education
Jakob England - Level 3 Outdoor Education





















E-BULLETIN · ISSUE 4 · VOLUME 2

Meet the Health and Physical Education Teachers Tutaki ki nga Kaiako Whakaako Hauora me te Whakaako

Mr J Slee Head of Health and Physical Education



This is my fifth year at Tuakau College. I am proud of the programmes of learning our team have developed and it is great to see our students excelling in Health and Physical Education. This year, I am teaching 7R HPE, 7Q HPE, Year 11 Module, Year 12 PE and Year 13 PE. I am also responsible for ensuring the Health and PE Department runs smoothly and that students enjoy their learning and engage in relevant topics. I look forward to seeing the amazing experiences our students have this year and celebrating their successes.

Mrs J Burton

Head of Outdoor Education and Health and Physical Education Teacher



This is my fifth year at Tuakau College, which includes a break near the end of 2018 for nearly a year on maternity leave. I will also be taking maternity leave later this year as I am expecting my third child.

I am the Head of Outdoor Education and this year I am teaching Year 12 Outdoor Education, 7P HPE, 8N HPE, 8Q HPE and Year 13 Module. I love the outdoors and enjoy watching students develop their key competencies and extend themselves in challenging and different situations.

Sports Leadership, Health and Physical Education Teacher

Mr S Prakash



This is my second year at Tuakau College. I love teaching students Physical Education and helping them develop skills which can enable them to excel in Sports.

I also enjoy being in a classroom for Health which is a safe place for students to share ideas and have discussions around different Health topics that we teach.

I coach the First XI Football team and the Junior Futsal team. it's awesome to see Football making a return to Tuakau College after years without a team. This year I am teaching 13 Sports Leadership, 7N HPE, 8R, 100 HPE and 10Q HPE.

Mrs J Buttery

Health and Physical Education Teacher



This my third year at Tuakau College and my first year as the Dean for Year 8. I enjoy teaching Physical Education and Health as it allows students to get out of the traditional classroom, explore their identities and try new things. This year I am teaching 11 Health, 10N HPE, 9S HPE and 8O HPE.

Miss J Hawke

Sports Leadership, Health and Physical Education Teacher



I am a second year teacher at Tuakau College this year. I studied a Bachelor of Physical Education at the University of Auckland for four years. I teach 9Q, 9P, 9N,10R and year 12 Health. I have thoroughly enjoyed my time at the college so far and hope to continue teaching here for a few years to come.

Miss K Drew Health and Physical



This is my second year at Tuakau College. I enjoy developing positive relationships with my students in Physical Education and Health and seeing them excel both in and out of the classroom. This year I am teaching 90 HPE, 9R HPE, 9T HPE, 10P HPE and 11 Physical Education. I am a tennis coach and coach at Patumahoe and Sunnyhills tennis club.

I provide tennis for students at school during lunchtime and it has been awesome to see so many students take an interest in tennis and give it a go.



Meet the Health and Physical Education Teachers continued Me tutaki tonu ki nga Kaiako Whakaako Hauora me te Tinana

Mr T Wijdeven

Health and Physical Education Teacher



I have just started at Tuakau College this year. I enjoy many different sports including football and golf.

This year, I am teaching 13 Outdoor Education, 12 Sports Leadership, 8R, 8P and 70 HPE. I look forward to getting to know everyone this year.

Mrs A Fletcher

Health Teacher



I have been at Tuakau College since 2014 as Assistant Principal and teaching Senior Health Education. This year I have Level 3 Health which is a lot of fun to teach as the students get to delve deeply into issues that impact on them and society as a whole.

Two very sporty children take up all my time out of school - sometimes I get a moment to spend some time in my vege garden!

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual acitvity."

- John F Kennedy

Pros of Physical Education:

- Improve your memory and brain function
- Lower blood pressure and improve heart health
- Improve your quality of sleep
- Reduce feelings of anxiety and depression
- Maintain muscle strength and balance



Health Education Whakaakoranga Hauora

Junior Health classes started the year looking at different types of drugs and their impacts. Year 7 classes focussed on smoking and vaping while Year 8 classes learned about alcohol. The Year 9 topic was cannabis and Year 10 classes explored a range of other drugs. Students learned about how each substance can impact on the four dimensions of Hauora. They explored different factors that can influence people to try drugs or not and then developed strategies that schools and the government could implement to help reduce the harm caused by the use of substances.







Above are some samples of student work produced to show their understanding of the topics. These are pictures of work from Year 10 students during their Substance unit.

E-BULLETIN • ISSUE 4 • VOLUME 2

Outdoor Education Matauranga o waho

Year 12 Kayaking trip



In March, the Year 12 Outdoor Education class went on a three day sea kayaking trip in the Mahurangi Harbour. The students had to manage risks throughout the trip and demonstrate camping skills. They were lucky with mostly good weather, which meant they were able to kayak each day and enjoy the beautiful places they visited.









Year 12 Leadership

At the end of Term One, the Year 12 Outdoor Education students headed to camp with the Year 7 students. The Year 12's looked after their group of students over the three days, developing their leadership skills as they supported them through the various activities.













Physical Education Whakaakoranga Tinana

Year 11 PE Trip

On Monday 29 March, Miss Drew and Mr Slee took the Year 11 PE class to Extreme Edge Rock Climbing and Totara Park for mountain biking. On this trip students had to demonstrate responsible behaviours in both the outdoor activities. This was a great opportunity for students to have experience in Outdoor Education and experience learning in a different environment. Students learnt how to belay a rock climber and challenged themselves on different rock walls with a range of difficulty levels. A highlight was the racing wall, with students aiming to hit the button at the top before their opponent! During mountain biking, students started riding along single way tracks with bridges and tight corners. As their confidence rose they were challenged in the skill park with seesaws, narrow curved bridges and other obstacles to develop their control on the bike. They then had an opportunity to to ride a downhill track with small jumps and switchbacks to enjoy. Overall, the day was a huge success with big smiles and a lot of enjoyment had by all!





























HEALTH CENTRE

Just a reminder about the policy for sick students. Students must have a note from their classroom teacher to come down and visit the nurse. The nurse will phone or text students parents/caregivers if they need to go home. Students cannot phone/text home themselves to be taken home.

Please also remember to keep any sick students at home. If they come to school they will only be sent home again.

Hope you all had great school holidays! Alison Robertson (School Nurse)

Phone: 09 236 8521 ext 119

TUAKAU COLLEGE SCHOOL JACKETS

The Student Centre have a large number of donated school jackets. Winter is approaching and if you would like one for your child please email c.yeager@tuakaucollege.com or call the Student Centre on 09 236 8521 for more information.



Staff vs Students XI Football Game Kaimahi me nga Akonga XI Te Taakaro Whutupaoro

Towards the end of Term 1 we had an entertaining lunchtime with a Staff vs 1st XI students Football game! ⊕ It was a great effort from both teams (with a lot of falling over from the staff ⊕) and the students took the win! Plenty of laughter and smiles all round! For more photos make sure you check out the Tuakau College Facebook page!





















WINTER UNIFORM

• There should be no sandals, only plain black shoes.







 Socks MUST be plain black with no logo. Plain black (not ribbed or patterned) stockings may be worn.





NO hoodies. NO beanies. Plain black scarves only.









If you are going to wear clothes under your school shirt they must NOT be visible.



STRATEGIC GOALS: TUAKAU COLLEGE WILL:

Maximize opportunities for student achievement.

Lead development in local education in a continuously changing world.

Be the heart of the community where everyone wants to be.



PERSEVERANCE
U tonutanga
Kaua e mate
wheke mate ururoa.
Don't give up
like an octopus
but fight like a
hammerhead
shark.

INTEGRITY
Ngakau Tapatahi
Kaua e takahia
te mana o te tangata.
Do not trample
on the mana
of the people.

CARING - LOVE - RESPECT Manaaki - Aroha - Whakaute He cho te mea nu. He tangete he fragete he tangete he tangete he tangete he tangete he tangete he peacetes thing? I he peacetes Calendar Madramatakafor Term 2 2021

MON	TUE	WED	THU	FRI	SAT	SUN
3 MAY Term 2 starts	4 Whare Volleyball 13OUT Survival Tramp	5 Levels Assembly Whare Volleyball 130UT Survival Tramp	6 Whare Volleyball Parent Teacher Interviews	7 Whare Volleyball	8	9
10 Manaaki Marae	11 Manaaki Marae	12 Staff vs Students Volleyball Extended Whaanau	13 Teachers Only Day	14 Market Day	15	16
Anti- Bullying Week 13OUT Five Day Tramp	18 PTA Meeting 13OUT Five Day Tramp	19 School Assembly 13OUT Five Day Tramp	20 Year 12 Loves Me Not Programme 13OUT Five Day Tramp	21 Science Road Show 13OUT Five Day Tramp	22	23
24	25 Year 13 Chem Trip BOT Meeting	26 Whare Assembly	27 Mufti Day	28 12OUT Day Tramp	29	30
31	1 JUNE	2 Levels Assembly	3 11 Economics Trip	4 Cross Country	5	6
7 Queens Birthday (Public Holiday)	8	9 Extended Whaanau	10 Attitude Talks	Te Kauwhata College Sports Exchange	12	13
14	15 Mufti Day	16 School Assembly Junior Speech Finals	17	18 Team Photos	19	20
21 Tooth Group Dental	PTA Meeting Tooth Group Dental	23 Whare Assembly Tooth Group Dental	Matariki Celebrations Tooth Group Dental	25 Tough Guy Tough Girl Tooth Group Dental	26	27
28	29 BOT Meeting	30 Year 13 Chem Trip Levels Assembly 12OUT Tramp	1 JULY Junior Social 120UT Tramp	2 11 Hort Trip 12OUT Tramp	3	4
5	6	7 Extended Whaanau	8	9 Term 2 ends	10	11

PLEASE NOTE EVENT DATES MAY CHANGE DUE TO COVID-19 ALERT LEVELS.

Term 3 begins on Monday 26 July, 2021.