

UPCOMING EVENTS

Kaupapa ka whai ake

School Assembly -
Wednesday 7 April

Netball Trials -
Wednesday 7 April and
Thursday 8 April

Junior Social - Thursday
8 April

Market Day -
POSTPONED TIL TERM 2

PTA Meeting - Tuesday
13 April

Whare Assembly -
Wednesday 14 April

Year 7 Camp -
Wednesday 14 April to
Friday 16 April

Term 1 Ends - Friday 16
April

BOT Meeting - Tuesday
27 April



**Tāwhirimātea
Yellow House**

**In Māori mythology,
Tāwhirimātea is the god of
weather, including
thunder and lightning,
wind, clouds and storms.**

Science and Careers Features Inside!



Pūtaiao me Nga Mahi Nga Ahua o Roto!

Koorero a te Tumuaki

The Principal speaks:

Tena koutou katoa!

We have been back at school for two weeks now and students have settled back into their routines and this will continue to develop as we head toward the school holidays. I know it has been very hard on many of the students and the staff having the lockdowns. It was not easy for many to flip back into online learning at home, especially with all the distractions you can get at home. During the lockdown we have identified that students and staff can get 'ZOOM fatigue' which is not good. This is the reason why staff did not ZOOM for whole periods and why we encouraged students to have enough time-out during the day.

I want to say well done to all the students that did engage with their online learning and managed to not miss too much work. The last two weeks have been a bit of a catch up, but now things are back to normal the students can continue to work hard. They can do this by being at class on time, getting their work completed, doing homework, getting to school on time, behaving in all areas and making the most of school. Now we are back on track please keep up the good work you are producing!

Thank you to all the students that live in the Gibson Rd and Jellicoe Ave areas for abiding by the Health and Safety rules and reasons as to why students cannot use the paddock to get to school. Unfortunately, a small number of you are taking a different route through other people's properties. All parents and caregivers of students that live in this area please talk to your students about not trespassing.

Good news - as you have seen on our Facebook page we are going to be providing school lunches to all students from the beginning of next term.

CONTINUED INSIDE. . .

'THE PRINCIPAL SPEAKS' CONTINUED. . .

What a great opportunity for the school to be able to offer this to you. There will be more details about this over the next few weeks. This is an exciting initiative for all of us!

Congratulations to all the students that participated in the Athletics Day sports. Students participated with pride and determination as the house competition became very tight. After events were finished off the mighty Tangaroa was victorious! (See below for an official house points update!) This is the first time in years that Tangaroa has won a major house event. The tidal wave of elation continues today. Well done Tangaroa and well done to all the students that participated.

Next week Easter is upon us all. The magic of chocolate eggs and bunnies is a celebration of life. Over this break school will be closed from Easter Friday to Easter Tuesday, with school resuming on Wednesday 7th April.

Term 1 finishes on Friday 16th April. Just to inform the school community; during Term 2 I will be away from school completing a sabbatical. Mr Jacobs will be the Acting Principal for Term 2. I look forward to seeing everyone again in Term 3!

Chris Betty



Swimming Sports Age Group Champs 2021

Age Group Winners (2021 Swimming Sports):

Yr 7&8 Girls: 1st - Danielle Claridge,
Runner Up - Paige Fletcher

Year 7&8 Boys: 1st - Samson Perry,
Runner Up - Luke Campbell-Cox

Junior Girls: 1st - Katie Dunn, Runner Up
- Charlotte Hawkes

Junior Boys: 1st - Josh Mathieson, Runner
Up - Whitiri Preston

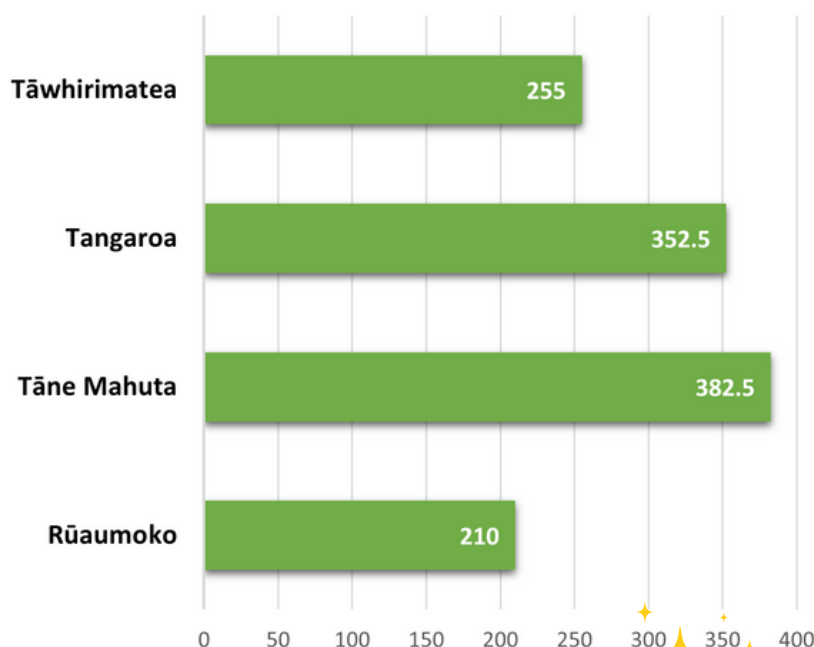
Intermediate Boys: 1st - Kullen
Montgomery

Intermediate Girls: 1st - Haylee Claridge,
Runner Up - Caitlin Lees

Senior Girls: 1st - Charlotte Hyland-Mills,
Runner Up - Lexie Sharp

Senior Boys: 1st - Keenan Breet

House Points Update



Franklin Intermediate Swimming Champs 2021

Franklin Kaiwhakarau Kauhoe Takawaenga 2021

Well done to the students that represented our school at the Franklin Intermediate Swimming Champs recently.

Congratulations to Danielle Claridge who placed 2nd in Year 7 Girls 50m Freestyle, 2nd in Year 7 Girls 50m Backstroke and 3rd in Year 7 Girls 50m Breaststroke! Congratulations also to Luke Campbell-Cox who placed 2nd in the Year 7 Boys 50m Breaststroke and Samson Perry who placed 3rd in the Year 7 Boys 50m Freestyle!



ATHLETICS DAY 2021

Tuesday 16 March was our Athletics Day for 2021 and it was an epic day! The overall points saw Tangaroa in first place with 1508 points, Tane Mahuta in second place with 1483 points, Tawhirimatea in third place with 1438 points and Ruaukoko in fourth place with 1243 points!

Congratulations to Teina Panapa who equalled the Intermediate Boys High Jump record of 1.65m!

Congratulations also to Paige Fletcher who broke the Year 8 Girls Shotput and Discus records! She threw 10.51m in Shotput (the previous Shotput record was 9.33m by S Thompson in 1993) and she threw 33.71m in Discus (the previous Discus record was 26.90m by A Pompallier in 1988)! Paige went on to Counties Secondary School Athletics Champs where she won the Junior Girls Discus with a throw that would have also won the Intermediate and Senior Girls Discus!

All photos of Athletics Day are on the Tuakau College Facebook page so make sure you check them out!

Age Group Winners:

Year 7 Girls: 1st - Natasha Butler, Runner Up - Matariki Ruka
 Year 7 Boys: 1st - PJ Te Ao, Runner Up - Tiare Marsh
 Year 8 Girls: 1st - Paige Fletcher, Runner Up - Tyler Jenkins
 Year 8 Boys: 1st - Tipene Thompson, Runner Up - Nian Van Loggenberg
 Junior Girls: 1st - Danelle Young
 Junior Boys: 1st - Joziah Otunuku, Runner Up - Matiu Ruka
 Intermediate Girls: 1st - Ninia Kihi, Runner Up - Sarah Muller
 Intermediate Boys: 1st - Bailey Marshall, Runner Up - Brooklyn Murphy
 Senior Girls: 1st - Brianna Welch, Runner Up - Brearna Rowsell
 Senior Boys: 1st - Tuterangi Taua, Runner Up - Aaron Martin





PARENT/CHILDREN RELATIONSHIP

Dear Mum and Dad, Please Stick With Me

Written by Helene Wogens



I can't think clearly right now because there is a rather substantial section of my prefrontal cortex missing. It's a fairly important chunk, something to do with having rational thought. You see, it won't be fully developed until I'm about 25. And from where I sit, 25 seems a long way off. Here's what I want my parents to know.

MY BRAIN IS NOT YET FULLY DEVELOPED. It doesn't matter that I'm smart; even a perfect score on my Math test doesn't insulate me from the normal development stages that we all go through. Judgement and intelligence are two completely distinct things.

And, the same thing that makes my brain wonderfully flexible, creative and sponge-like also makes me impulsive. Not necessarily reckless or negligent but more impulsive than I will be later in life.

Please stick with me.

So when you look at me like I have ten heads after I've done something "stupid" or failed to do something "smart," you're not really helping.

You adults respond to situations with your prefrontal cortex (rationally) but I am more inclined to respond with my amygdala (emotionally). And when you ask "what were you thinking?" the answer is I wasn't, at least not in the way you are. You can blame me, or you can blame mother nature, but either way, it is what it is.

At this point in my life, I get that you love me, but my friends are my everything. Please understand that. Right now I choose my friends, but, don't be fooled, I am watching you. Carefully.

Please stick with me.

HERE'S WHAT YOU CAN DO FOR ME:

1. **Model adulting.** I see all the behaviors that you are modeling and I hear all of the words you say. I may not listen but I do hear you. I seem impervious to your advice, like I'm wearing a Kevlar vest but your actions and words are penetrating. I promise. If you keep showing me the way, I will follow even if I detour many, many times before we reach our destination.
2. **Let me figure things out for myself.** If you allow me to experience the consequences of my own actions I will learn from them. Please give me a little bit of leash and let me know that I can figure things out for myself. The more I do, the more confidence and resilience I will develop.
3. **Tell me about you.** I want you to tell me all the stories of the crazy things you did as a teen, and what you learned from them. Then give me the space to do the same.
4. **Help me with perspective.** Keep reminding me of the big picture. I will roll my eyes at you and make all kinds of grunt-like sounds. I will let you know in no uncertain terms that you can't possibly understand any of what I'm going through. But I'm listening. I really am. It's hard for me to see anything beyond the weeds that I am currently mired in. Help me scan out and focus on the long view. Remind me that this moment will pass.
5. **Keep me safe.** Please remind me that drugs and driving don't mix. Keep telling me that you will bail me out of any dangerous situation, no anger, no lectures, no questions asked. But also let me know over and over that you are there to listen, when I need you.
6. **Be kind.** I will learn kindness from you and if you are relentless in your kindness to me, someday I will imitate that behavior. Don't ever mock me, please and don't be cruel. Humor me - I think I know everything. You probably did as well at my age. Let it go.
7. **Show interest in the things I enjoy.** Some days I will choose to share my interests with you, and it will make me feel good if you validate those interests, by at least acting interested.

One day when the haze of adolescence lifts, you will find a confident, strong, competent, kind adult where a surly teenager once stood. In the meantime, buckle in for the ride.

Please stick with me.

Love,
Your Teenager



HEALTH CENTRE *Tari Hauora*

- To the parents/caregivers of all Year 9 students; please be aware that a Health Assessment will be conducted on your child this year. If you do not want them to have this assessment please contact the Nurse on 09 236 8521 ext 119.
- For those of you who were born after 1969, or are unsure on your Measles immunisation status, the local Amcal Pharmacy (next to the Tuakau Medical Centre) are providing free Measles immunisations with no appointment necessary.
- Thank you to those parents who have kept sick students at home. It is vital in these times that if your child has any respiratory symptoms i.e. runny nose, cough, painful throat, aches and pains, that they stay home until they are better.
- If your contact details have changed could you please update them at the office as we can spend a lot of time trying to locate parents/caregivers, which isn't fair on a sick student.
- Please DO NOT just come into school to pick your child up if they tell you they are sick. We have processes in place for student safety and the Nurse will phone you if you do need to come in and pick your child up.
- Please see below for an update on school based immunisations.

Alison Robertson (School Nurse)

Phone: 09 236 8521 ext 155

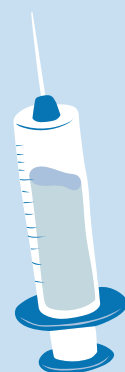


SCHOOL BASED IMMUNISATION UPDATE

Due to the impact of the current lockdown and the COVID-19 vaccination roll out, the start of the school-based vaccination programme (which is the BOOSTRIX vaccine for Year 7 students and the HPV vaccine for Year 8 students) for Term One has been postponed. This postponement is for four weeks (starting 8 March 2021) initially.

If you would like your child vaccinated this term they can access vaccinations through their GP/Primary Care Provider free of charge.

Kidz First Public Health Services apologise for the short notice and not being able to come into schools at this time. For any queries regarding the school based vaccination programme or how to access vaccinations through a GP please contact Diane Evans (Kidz First Public Health Services), Associate Clinical Nurse Manager by mobile on 021-570867 or email on Diane.evans@middlemore.co.nz



AGES 9 TO 18 **CODING LESSONS**



CODINGNZ

Coding NZ Lessons

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- 1 hour per week at 4pm, 5pm or 6pm weekdays.
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SCIENCE FEATURE

A word from Mr. Van (Head of Science Department):

Kia Ora Tuakau College Community! On behalf of the new members to the Science Department I just wanted to thank everyone who made us feel so welcomed last year. As the Head of Science, I am very blessed to have such an amazing team, especially during lockdown when they stepped up to the challenge of moving learning online. For some (including me) it was a fast-learning curve to develop and sharpen online learning skills, with 'ZOOMing' being an almost daily occurrence. I have learnt that in challenging or unforeseen situations we all must be adaptable and resilient.

Our goals for this year include increasing students' access to digital devices, providing more opportunities to conduct research tasks, engaging in online revision platforms like KAHOOT and completing tasks using Education Perfect. Additionally, we want to prepare our Junior Science classes to be more computer savvy, as NCEA external examinations for all Senior Sciences will soon be conducted online. Secondly, the Senior and Middle school Science teachers are working alongside the Head of Junior school to interpret and use student data to ensure all learners in Science are supported and their learning needs are catered for. Lastly, the Science Department is working towards developing a culturally sustainable localised curriculum so that learning can be more meaningful, not only for our students but their whaanau too.

We are also excited about the newfound relationship with Waikato University's Science Department. They will be offering our Year 13 Chemistry students an opportunity to use their Science Labs. These exciting opportunities to partner with tertiary providers and local industries, together with our annual Science trips, are all part of the Science Department's commitment to making learning more engaging. We want to develop learners who view learning through the lens of Scientists - who investigate, seek to identify patterns, make observations, ask questions that challenge themselves and make new discoveries that will advance their thinking.

I can only thank the teachers in the Science Department who continue to find ways of making learning fun and engaging and who are passionate about what they do. As an HLA, you cannot ask for anything more!

Mr. Van

Meet the Science Teachers

Me tutaki ki nga kaiwhakaako Pūtaiao



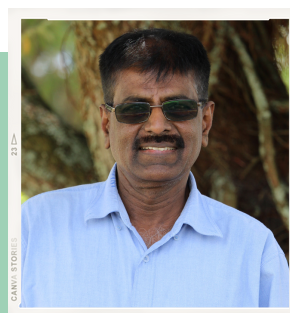
Mr G. van Niekerk

*Head of Science
(10 Science, 11 Horticulture,
13 Biology and
13 Horitculture)*



Mr C. Betty

*Science Teacher
(10 Science)*

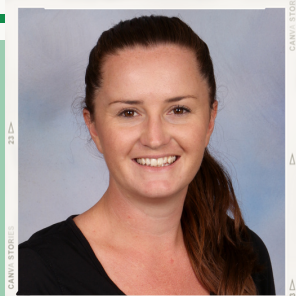


Mr M. Chidambaram

*Science Teacher
(9 and 10 Science, 11
Science, 12 and 13 Physics)*

Ms K. Smith

*Science Teacher
(9 and 10 Science, 12
Biology and 12 Chemistry)*



Mr P. Miller

*Science Teacher
(9 and 10 Science, 11
Science and 13 Chemistry)*



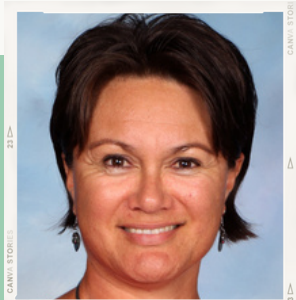
Mrs L. Ramsay

Science Technician



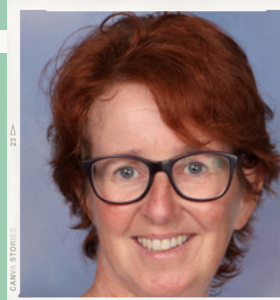
Mrs J. Preston

*Science Teacher
(9 Science)*



Mrs S. Scott

*Science Teacher
(9 Science)*



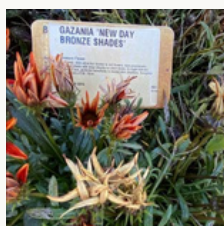
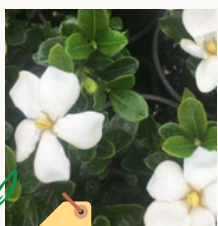
Mrs R. Withers-Lauer

*Science Teacher
(12 Horticulture)*



HORTICULTURE

Our Year 12 Horticulture class recently ventured to the Ardmore Nursery to investigate propagation methods and learn the botanical and common names of plants.



CHEMISTRY



The Year 12 Chemistry class is currently working on their titration unit where they investigate how much acid is present in a bottle of White Vinegar. This is a hands-on unit of work where they spend a lot of time in the lab, wearing white coats and goggles!



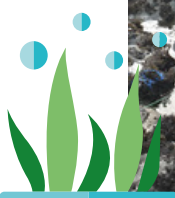
Our Year 13 (Level 3) Chemistry course is an opportunity to see Science in action in the community! The students are currently learning about the application of electrochemistry and how it is useful in developing batteries and used in processes such as electroplating and galvanising. The Level 3 class took a trip to Gallagher's fabrication factory where they saw the chemical processes used in galvanising steel gates. The students took the opportunity to see the chemical engineering involved in such a big project and the steps taken to minimise environmental impact.



In the coming topic our Level 3 students will be connecting with the University of Waikato to investigate the impact of carbon dioxide levels in the atmosphere on the acidity of both the ocean and the Waikato River. They will be taking samples from the awa to test in the labs at Waikato University. Level 3 Chemistry students will also be using equipment located in the University of Waikato labs to perform spectroscopy - a process used to identify unknown organic solids.

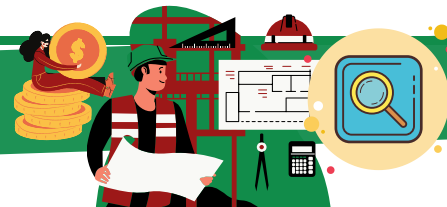
BIOLOGY

The Year 12 Biology class recently went on their 'Rocky Shore' trip to Port Waikato where they investigated patterns in an ecological community. This is a fun unit of work where students get to learn about different marine animals and be out in the field investigating real-life patterns.



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CAREERS FEATURE



FRANKLIN SCHOOLS' CAREERS EXPO 2021

The annual Franklin Schools' Careers Expo was held on Thursday 25 March at the Pukekohe Indian Association Hall in Pukekohe. It was a great evening with over 800 people attending!

From university information, to job opportunities, the New Zealand Police, apprenticeship information and more it was an evening packed full of information for parents, caregivers and students alike!

For full photos of this event please visit the Franklin Schools' Careers Expo page on Facebook:
<https://www.facebook.com/franklinschoolscareersexpo>





Waka Ama Secondary Schools National Championships 2021 *Nga Waka Ama Kura Tuarua o te Motu 2021*

Congratulations to the students that represented our school at the New Zealand Secondary Schools Waka Ama Championships last week! We had some awesome results! The week started with Kristina McGonagle competing in the U16 Girls W1 250m Plate Semi which she placed 7th in with a time of 1:38:10! Teina Panapa also competed in the U16 Boys W1 250m Plate Semi and placed 5th before going on to the Plate Final and placing 10th! Our U16 Mixed team placed 7th in the WT12 250m Champ Semi! Day 2 saw our U16 Girls team place 8th in the W6 250m heat and our U16 Boys team place 5th in their W6 250m heat.

On Day 3 our U16 Girls placed 4th in their W6 500m Plate Semi and 2nd in their W6 250m Plate Semi. Our U16 Boys placed 2nd but unfortunately were DQ'd and then went on to place 2nd in their W6 250m Plate Semi. Day 4 was finals day! Congratulations to our U16 Girls who came 7th in their W6 250m Plate Final! Congratulations also to our U16 Boys who placed 3rd in their W6 250m Plate Final! A great week for our Waka Ama teams and one to be proud of!



Empowering children to deal with anxiety

Written by Karen Young

School anxiety is so common, but it doesn't always look the same. Sometimes it will dress itself up as illness (headaches, tummy aches), sometimes as a tantrum or fierce defiance and sometimes it looks exactly as you would expect. Many kids with anxiety would know somewhere inside them that there is nothing to worry about, but they're being driven by a brain that thinks there's a threat and acts as though it's true. When this happens, the fight or flight response is triggered and the body is automatically surged with neurochemicals to deal with the threat. It's important to make sure that anxiety isn't from bullying, friendship problems or problems with schoolwork that might need their own response. In many cases, there are no other issues at all. On paper, everything looks absolutely fine. That's anxiety for you.

Anxiety has a really good reason for being there. Your brain is great at protecting you. If it thinks there's something to worry about, it will instantly surge your body with fuel – oxygen, adrenaline, hormones – to make you strong, fast and powerful, kind of like a superhero. This is the fight or flight response and it comes from a part at the back of your brain called the amygdala.

When it comes to school, your brain can sometimes read it as a threat, even though it isn't. That's because school is a bit different to home – there are new people, different things and routines, you're away from your parents, sometimes it's noisy, and sometimes you don't really know what to expect. To a brain whose job it is to protect you, that can feel like a really big deal.

Here are some of the things you'll probably feel and why you'll feel them:

- **You might feel puffed or breathless. You might also feel blood rush to your face and it might feel warm.** That's because your brain has told your body to stop using up oxygen on strong deep breaths, and to send it to your muscles so they can use it for energy to fight or run. To make this happen, your brain organises for your breathing to change from normal, strong breaths to fast little breaths.
- **Your heart might feel like it's beating out of your chest. It might feel like you're having a heart attack.** This is because your heart is working hard to pump the fuel around your body so it can fight or flee. It's doing a great job, but it can feel a bit scary. It's nothing to worry about. It's just your heart doing exactly what a healthy heart does. You are definitely not having a heart attack. If you were, there would be other symptoms.
- **You might feel dizzy or a bit confused.** This happens because there's nothing to fight or flee, so there's nothing to burn the fuel that's surging through your body. As the oxygen builds up, the carbon dioxide drops, making you feel dizzy and confused.
- **Your arms and legs might feel tense or wobbly.** Your brain is sending fuel to your arms (so they can fight) and to your legs (so they can run away). **You might feel a bit sweaty.** Your body does this to cool itself down.
- **You might feel like bursting into tears or you might feel really angry.** This is the handy work of the amygdala – it's involved in emotions. When it's highly active, you might get emotional or angry at all sorts of things or nothing at all. It's a really normal part of anxiety.
- **You might feel like you're going to vomit or you might actually vomit.** You might get tummy aches or feel as though you have butterflies in your belly. Your mouth might also feel a little bit dry.

All of these physical symptoms are just your brain doing a great job of what brains are meant to do – keep you alive.

Your anxiety isn't the enemy, so try not to fight it. Remember that the amygdala that sets your anxiety in motion is like a fierce warrior that's trying to protect you. Even though it might be causing you trouble, it really doesn't mean to. If it could, it would hug you and walk one step in front of you to keep you safe. It can't do that, so instead it surges you with fuel to keep you strong, fast and powerful whenever it thinks you need it. If you can put the thinking part of your brain (the pre-frontal cortex) back in control, it will stop the fuel surging through you and this will help you to feel better and braver. It really needs your help though because the only way it's going to be let back in control is if the amygdala thinks you're safe. That message needs to come from you.

Let your brain know, 'I've got this.' You can stop worrying now.

Anxiety and courage always exist together. Anxiety means that you're doing something brave. It doesn't matter whether it's easy for other people or not. We all find different things hard or easy. If you're anxious, it's because your brain thinks there's something to worry about. It responds the same whether you're about to give a presentation or about to skydive. It doesn't matter what the thing is that's making you nervous, an anxious brain is a brave brain, an anxious body is a brave body, and an anxious person is always a brave person.

PUKEKOHE
PERFORMINGARTS
Production of

Disney
MOANA
JR.

Music and Lyrics by
LIN-MANUEL MIRANDA, OPETAIA FOA'I & MARK MANCINA

Book Adapted by
SUSAN SOON HE STANTON

Music and Orchestrations Adapted and Arranged by
IAN WEINBERGER

BASED ON THE 2016 DISNEY FILM *MOANA*

16 - 25 APRIL 2021
HARRINGTON THEATRE
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Year 12 Outdoor Education Kayaking Trip

Tau 12 Te Haerenga Haerenga Kayaking O waho

Earlier this month our 12 Outdoor Education students enjoyed their Kayaking trip at Mahurangi. They had three days packed full of great kayaking, great weather, great scenery and great camping!



RITCHIES MURPHY
Transport Solutions

BUS DRIVERS WANTED

No experience necessary, clean Class 1 full driver's licence held for at least 2 years. Full training provided and assistance will be given in obtaining P Endorsement.

Ritchies Murphy Transport Solutions (RMTS) are currently seeking drivers to join our team at Takanini, Waiau Pa, Tuakau, Waiuku and Pukekohe depots. We are looking for Full time, Part time and Casual drivers. In return RMTS offer a competitive pay rate, great family based team and ongoing development for further opportunities within the company.

What is checked?

- Transport related offences related to safety
- History of behavioural problems
- Past complaints about a transport service you may have operated
- Serious criminal convictions (In NZ or overseas) including charges and convictions relating to violence of sexual offences, drugs or firearms offences and offences involving organised crime activities
- Ability to pass a drug and alcohol test

For more information or to apply, please contact us on 0800 488 848. Alternatively you can call 09 268 6620 or email hr@rmts.co.nz

Calendar

Maaramataka

for Term 2 2021

MON	TUE	WED	THU	FRI	SAT	SUN
3 MAY Term 2 Begins	4	5 Levels Assembly	6 Parent Teacher Interviews	7	8	9
10 Manaaki Marae	11 Manaaki Marae	12 Extended Whaanau	13 Teachers Only Day	14 Market Day	15	16
17 13OUT Five Day Tramp	18 PTA Meeting 13OUT Five Day Tramp	19 School Assembly 13OUT Five Day Tramp	20 Loves Me Not Programme 13OUT Five Day Tramp	21 Science Road Show 13OUT Five Day Tramp	22	23
24	25 BOT Meeting	26 Whare Assembly	27	28 12OUT Day Tramp	29	30
31	1 JUNE	2 Levels Assembly	3	4	5	6
7 Queens Birthday Public Holiday	8	9 Extended Whaanau	10 Attitude Talks	11 Te Kauwhata College Sports Exchange	12	13
14	15 Mufti Day	16 School Assembly Junior College Speech Finals	17	18 Team Photos	19	20
21 Tooth Group Dental	22 PTA Meeting Tooth Group Dental	23 Whare Assembly Tooth Group Dental	24 Matariki Celebrations Tooth Group Dental	25 Tough Guy/Gal Tooth Group Dental	26	27
28	29 BOT Meeting	30 Levels Assembly Y13 Chem Trip 12OUT Tramp	1 JULY 12OUT Tramp	2 12OUT Tramp	3	4
5	6 Cross Country	7 Extended Whaanau	8	9 Term 2 Ends		

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

Term 3 begins on Monday 26 July, 2021.