



# PAPATOETOE

## HIGH SCHOOL



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PAPATOETOE HIGH SCHOOL



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## Principal's message

As we approach the conclusion of Term 3, we again celebrate the academic progress and cultural vibrancy that have defined another busy term at Papatoetoe High School.

Our students have shown dedication to their studies, commitment to the preliminary exam fortnight and achieving great results in their various subjects. We encourage students who have entered NCEA at any level to make sure they keep the "study vibe" going over the coming few weeks, as it will certainly make the final external exams less of a hurdle.

In addition to their academic achievements, our students have also embraced and celebrated the rich tapestry of cultures that make up our school community. This term, we've seen our students participate in a myriad of cultural events, from vibrant performances, insightful exhibitions to school wide engagement in Te Wiki o Te Reo Māori. Across the term students have been showcasing their diverse talents and learning from others along the way.

As we construct this this newsletter, our senior Samoan language learners are fully immersed in Malaga 2023. There is plenty of social media content for this trip available by clicking [here](https://drive.google.com/drive/mobile/folders/1-oIG0jBsBqGKCetXoaUYYSRLVX4ASBrp).  
<https://drive.google.com/drive/mobile/folders/1-oIG0jBsBqGKCetXoaUYYSRLVX4ASBrp>



**Vaughan Couillault**

**Principal**

MEdLM, PGDipSM, BCom, DipTchg

As a member of the Papatoetoe Kāhui Ako, we are on a journey to enhance the educational experience for our students, we recognise the invaluable role you play in shaping their futures. Your insights, opinions, and feedback are crucial in guiding our efforts to provide the best possible education within our Kāhui Ako.

To this end, we are excited to introduce our Kāhui Ako Parent Survey, a vital initiative designed to gather your thoughts and perspectives on the current state of our five schools. Your input will help us identify strengths and weaknesses, enabling us to focus our energies on addressing the areas that matter most to you, your children, and our community.

This survey is a further example of our commitment to continuous improvement as we seek to best address the needs of our community. By participating, you will directly contribute to decisions we will make regarding educational approaches, resource allocation, and school support systems.

Your voice matters. We invite you to share your thoughts, ideas, and questions with us. Together, we can ensure that our schools remain vibrant, inclusive, and dedicated to nurturing the potential within every child. Your input will make a profound difference in our collective efforts to provide the best education possible for our students.

Click [here](#) to start our survey.

We hope you have a pleasant term break and look forward to seeing everyone back safe and energised for a busy term 4.

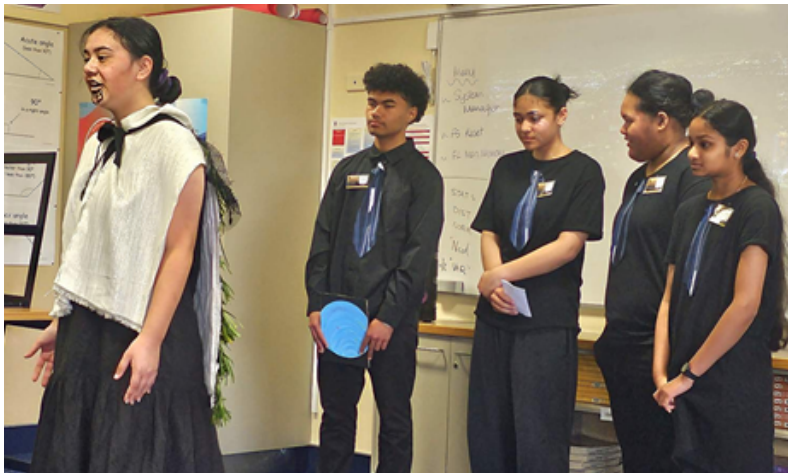
**Vaughan Couillault**  
**Tumuaki/Principal**







# Tournament of minds



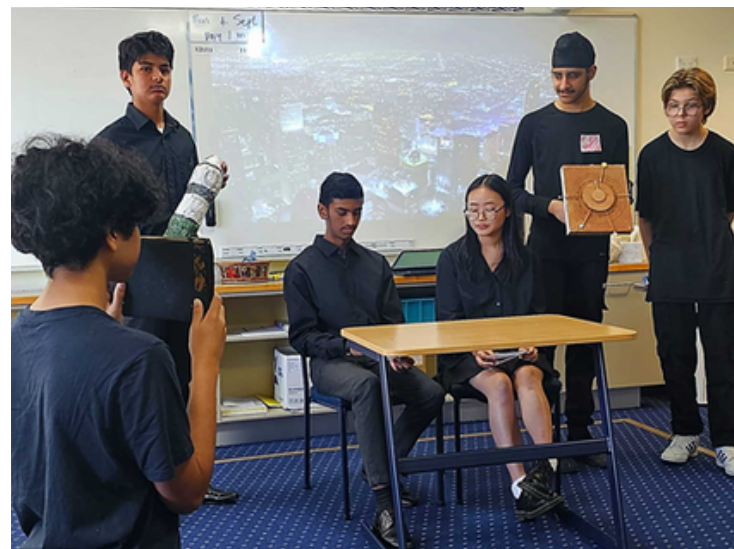
From meeting new friends and seeing new places, there is a lot that comes to mind when writing about preparing for Tournament of Minds. Not only was it a chance to learn persuasive techniques and something to write as an extracurricular for university applications, it was also an opportunity to do something new.

New like coming up with ideas on the spot for the spontaneous challenge. If I got the chance I would do it all again next year, just start sooner. It was an 'eel'ating experience! We are grateful to the ama'sea'ing Ms Singh and Mr McInroy for facilitating this learning experience for us. Yes, we love puns!

By: Azeema Khan Y9

For weeks we had been working hard creating our props and scripts for Tournament of Minds. We walked into the campus of Diocesan looking at all the other competitors. We sat in our room planning and strategizing for what would come next. Time was of the essence. Our team was called up to present. The judges eyed us as we stumbled to begin. Confidently we muttered our lines. Our script was about the legendary hero of time, Archimedes and the convergence an ancient time with modern day. We did our best acting and showed off our talents. Within moments it was over as we waited for the judges response.

By: Hrim Soni Y10



# Digital

The Digital department at our school is gearing up for an exciting learning adventure, as it adds an array of cutting-edge robotics equipment to its inventory, including Vex V5 classroom kits and competition kit robots, Makey Makeys, and microbits. These tools promise an exhilarating exploration of robotics and programming, particularly with Python, offering our students invaluable hands-on experience.

As we eagerly anticipate the setup and activation of these robots, our Robotics club is hard at work, ensuring that students have a thrilling opportunity to engage with these technological wonders, fostering creativity, problem-solving, and innovation in our school community. Stay tuned for the incredible learning experiences that lie ahead!





# Speech

The Rotary Cup Senior Speech Competition  
For the first time in 3 years, the Senior Speech Competition was held at Papatoetoe High School. This event had an outstanding number of entries.

However, this had to be whittled down to 12 finalists. In the end 13 made it through to the finals, all competing for the Rotary Cup. These 13, brave and courageous, students performed their speeches in front of an audience of their peers.

They were particularly brave as they had to perform in front of four prestigious judges. Special guest, Miss Jenny Suo, TVNZ news presenter; Mr Couillault, our school Principal; Mr Merrimen, former Head of English; Miss Bhana, TIC of Japanese.

The MCs of the day were year 12 students Nathaniel Lao and Casia-Jade Takai. These two introduced each speaker and entertained the audience very well in between speakers.

This wonderful competition culminated in a well-deserved win for year 12 student, Adi Pani. Second place went to Natalia Joe, and third to Doreen Amerika. Well done to all our speakers for being so courageous!



# Football camp

Wow, what a week away up in Whangarei! It was nearly a 3 hour drive to our camp ground in Tutukaka, with some unique music choices along the way. For 95% of our team, it was their first tournament experience, and for many of the girls it was their first experience of camp life. The late night chats, impromptu karaoke sessions, MasterChef dinner comps, 7 minute limit coin operated showers, random dance

parties, camp ducklings, early morning wake ups and so many more adventures we had added to the experience off the field. The girls played their hearts out in each game. Having to play 8 games over 5 days (we are only used to playing once a week!). We were in the tough pool (with 2 of the teams in our pool finishing 1st and 3rd overall in the comp out of 24 teams) So we were happy to get a couple of wins. It was a great learning experience for the team, with some really tight games that showed our resolve and our ability to play at a top level.

The girls all felt the support back from home while we were up there playing, and I know we made everyone proud. We want to thank all those who helped us get there through supporting our fundraising initiatives and also all the parents who supported us. We look forward to growing our football profile within the school community and continuing our success into next season!

Ngā mihi Nui

Jason, Tara, Jacob & Sam





# Careers



On 14 September, 13 year 9 and 10 girls went to Spark to learn about Girls in Technology. They were taken on a tour of the different areas, listened to guest speakers, and participated in group activities. This was to encourage girls to think about the Technology space as a career option.

We will also be running our final Drivers License course in the first week of the holidays. We have 27 students signed up for the 2 day workshop where upon completion will gain their Learners licence. There is always a larger number of students wanting their licence than our funding allows. We apologise to the students who missed out. We encourage you to come and put your name down in G5 at the start of next year for any licence programmes that may open in 2024.

On Thursday 19 September, we will have AUT come in for the final course planning session this year. Students who will be attending AUT are encouraged to attend this session in the library at lunchtime. UNIPREP will also be there to speak about their program.

The Careers and Gateway team wish you all a safe and restful term break.

Our UNIPREP programme is designed to make your transition into University life manageable and fun. Offered from 22 January to 23 February 2024 at our South Campus in Manukau. UNIPREP involved academic workshops, team activities and challenges, and University life experiences.





### *Understanding teenage mood swings*

It's important to recognise that mood swings are a natural part of teenage development. The adolescent brain undergoes significant changes, leading to emotional ups and downs. Hormonal shifts, academic pressures, social dynamics, and personal identity exploration all contribute to these mood swings.

Tips for dealing with mood swings:

#### **1. OPEN COMMUNICATION:**

Encourage open and non-judgmental communication with your teenager. Let them know you're there to listen and support them. Sometimes, just talking about their feelings can provide relief.

#### **2. EMPATHISE & VALIDATE:**

Validate your teen's emotions, even if you don't fully understand them. Remember, what may seem trivial to you can be a big deal to them. Empathy goes a long way in building trust.

#### **3. SET REALISTIC EXPECTATIONS:**

Understand that your teen is not always going to be cheerful and cooperative. Be patient and recognize that mood swings are temporary. Focus on long-term growth rather than short-term mood fluctuations.

#### **4. HEALTHY LIFESTYLE CHOICES:**

Encourage your teen to maintain a healthy lifestyle. Regular exercise, balanced nutrition, and sufficient sleep can significantly impact mood stability.

#### **5. TEACH COPING STRATEGIES:**

Help your teenager develop healthy coping mechanisms like mindfulness, deep breathing, or journaling. These tools can be invaluable in managing stress and negative emotions.

#### **6. RESPECT THEIR PRIVACY:**

While staying involved in their life, respect your teen's need for privacy. Trust is a two-way street, and giving them space can strengthen your relationship.

#### **7. PROFESSIONAL HELP :**

If mood swings become extreme, persistent, or interfere with daily life, consider seeking professional help from a trained mental health expert or your local GP.





# PHSCARES

## A message from our Nurses

### Vaping.. What is vaping?

A 'vape' or an 'e-cigarette' is a device that heats vape liquid to create a vapour that is inhaled and exhaled. Vape liquid often contains nicotine as well as chemicals and flavours. You can also get vape liquid that is nicotine free.

A vape device can come in many different shapes and forms. Some look like a traditional cigarette, pipe or cigar. They can look like everyday items such as pens, stationery or memory sticks (USBs).

Vaping is likely less harmful than smoking cigarettes, but its long-term effects are unknown.

- Nicotine can change the way the teenage brain develops and works
- Vaping is harmful to tamariki and rangatahi

Vaping has short-term and long-term side effects. Researchers and health professionals don't know about all the side effects yet. Young people can become dependent on nicotine. Nicotine is harmful and can cause unpleasant withdrawal symptoms. Being addicted to vaping can affect a young person's relationships and their behaviours at school and work.

Young people who are withdrawing from nicotine may show the following:

- Vaping as soon as they wake up or overnight
- They can't function if they don't use their vape
- Cravings all the time
- Irritability
- Trouble sleeping
- They can't stop vaping despite wanting to

If your young person is addicted to vaping, their vaping behaviours may affect school, work and relationships.

#### Short-term effects:

Vaping may cause nausea, headache and cough and can irritate the mouth and throat.  
Vape devices can overheat and explode causing burns.

#### Long-term effects:

Long-term effects include inflammation deep within the lungs.

Vaping can increase your blood pressure and heart rate.

It can make asthma symptoms worse, especially in rangatahi.

Vaping has been linked to a severe lung injury. People with this lung injury have had to go to the hospital.

In extreme cases, people have died.

This lung injury has most commonly been linked to vapes that contain cannabis or vitamin E oil.

#### Get help:

Share your concerns with your child. If you think your child has a nicotine addiction, get help to support them to quit. You can or talk to your family doctor or contact school nurses

If you have any questions or would like to contact one of our nurses please follow this link to our website:

<https://www.papatoetoehigh.school.nz/nurses>