



## Message from the Principal

As the term draws to a close and we take a moment to reflect on the last 9 weeks, I again want to thank you for your support and your resilience in what has been a challenging time for us all. Closures for weather events, the start/stop beginning to the school year, and industrial action have all created interruptions to the learning programmes we had intended to deliver and it is unfortunate that we have not been able to have the continuity that we had hoped for.

Despite the disruptions, we have a thoroughly dedicated team of staff that are working every day to make sure that those disruptions don't manifest themselves in gaps in learning. We have also managed to enjoy things like welcome interviews, Lampada Games, Polyfest, Cultural Week, interhouse touch, athletics, and the list goes on.

There is certainly a great deal happening in the education sector at the moment and you may be aware of changes planned for the NCEA qualification and also a refresh of the curriculum. Whilst I have not gone into too much detail with you in past newsletters, it is probably timely to point you to a couple of websites, so that if you want to get more information about what is planned, you can do so. Click [here](#) for information around the changes to NCEA that are being implemented from next year and click [here](#) for information on the curriculum refresh.

### Leaving school early for appointments

Students who need to leave school early are reminded to bring a note from home to student reception to collect their pass. They should come to student reception before school or at interval. This ensures that students are released by class teachers in a timely manner and causes minimum disruption to classes.

We do understand that family emergencies can happen but please be reminded that only parents and caregivers are permitted to collect students from school. We need contact from parents prior to students being released if emergency circumstances occur.

### Scholarship fund to assist students with their sporting dreams.

Through Waddell & Associates, Up Education have provided a scholarship fund to Papatoetoe High School to make funding available to students who require financial support to further their sporting progress.

Up Education is a leading multi-sector education group delivering Vocational Education & Training, Higher Education, University Partnerships and Online Education across Australasia. Click the link for more information [UP Education](#). Waddell & Associates are a company which provides sponsorship for schools, sports, charities and not for profit organisations and are working with Up Education to provide the funding available to our students.

If you are interested in learning more about this scholarship, please see Mr Williams.

## Key information:

### Be on time for school:

Arrive by 8:40 am everyday.  
(Wednesday 9:40)

### What's coming up:

Last day of term Thursday 6 April

Early finish (1.30pm)  
Thursday 6 April

First day of term 2  
Wednesday 26 April

Teacher- only day  
Monday 24 April

Anzac day  
Tuesday 25 April



### **Early finish (1.30pm)– Thursday 6 April**

Next week marks the last week of work for one of our loyal and long serving team members. Christine Henare will be retiring at the end of this term, and she has been part of the team for the better part of 3 decades. To honour her service and allow space for an appropriate farewell to take place, we will be releasing students at 1.30pm (lunchtime) on Thursday 6 April.

Whilst we will be thanking Christine more personally next week, I did want to take this opportunity to publicly acknowledge Christine's dedication to our school, attention to detail and the important role she has played in the successful functioning of our admin team over such a long period of time. Thanks so much, Christine.

### **Feedback from welcome interviews**

Thank you to those of you who have already completed the survey that we sent out to you last week. We are still very keen to get your feedback so if you have yet to respond, please do so by clicking this link <https://forms.office.com/r/hDSriAYu3n>

### **New Papatōetoe High School website**

I had previously mentioned that we were hoping to go live with our new website this term. Things haven't quite landed that way and a revised target is to now have the new website up and running by the beginning of term 2. We will keep you posted.

### **Happy Easter**

Finally, I would like to wish you all a very happy Easter break and hope you get to enjoy some wonderful family time (and the odd easter egg if that is your thing). We look forward to seeing everyone back on the first day of term 2.

Nga mihi  
The team@PHS



## ASB Polyfest 2023 / PHS Cultural Week 2023

Kia ora and Warm Pacific Greetings! Our PHS Cultural Groups celebrated 48 years of ASB Polyfest, this year held at the Manukau Sports Bowl from the 9<sup>th</sup> of March to the 11<sup>th</sup> of March. Six groups performed on the various Stages and did exceptionally well. We acknowledge our Groups: Fijian, Indian, Punjabi, Cook Island/Tahitian, Niuean, and our Samoan Group which placed in four categories on the Samoan Stage! The final Polyfest event will be held at the Due Drop Events Centre from 3<sup>rd</sup> – 5<sup>th</sup> April for Māori Stage. Our PHS Kapa Haka group will perform on the 4<sup>th</sup> of April at 10am. This will be streamed LIVE on Māori Television OR visit [asbpolyfest.co.nz](http://asbpolyfest.co.nz) for ticket information.



Last week, the annual PHS Cultural Week Celebration, formally known as International Week, was filled with diversity and fun activities! We celebrated a variety of cultures throughout the week including sports, food, arts & craft, and concluded the week with some awesome performances from 9 of our cultural groups. Our special guests, Papatoetoe Intermediate, performed as well, and they were awesome on stage! We thank all the families, friends, tutors, and teachers who were involved for their never-ending support for all of our cultural groups this year.



## Pathways, Scholarships and University applications

We have had a busy Term 1 with presentations from the University of Auckland, AUT, Otago, UNITEC, MIT and the Defence Forces.

Scholarships and University applications will open towards the end of Term 2.

## Careers: Preparing students for the future

The Papatoetoe High school Careers expo will be on Wed 31 May in the school hall. We will have 30 providers including representatives from the Police. Students can start thinking of Pathways and “Find your Future”.

Our program provides careers education, information, advice and guidance for all senior students.

Other services:

- Scholarship assistance
- CV preparation
- Gain a Learners or Restricted license (depending on funding)
  - KATTI Leadership Program - Māori students Y10-13
  - PILOT Leadership Program - Pacifika students Y10-13
  - Tertiary visits to school
  - and many other program related to pathways.

**For more information contact: Mary Parshotam**

[MaParshotam@papatoetoehigh.school.nz](mailto:MaParshotam@papatoetoehigh.school.nz) M: 021 277 0738

## Gateway Program: Gain work experience plus credits

Gateway is available to Year 11, 12 & 13 students.

Some of the placements we can offer are in the following areas:

Retail; Hospitality Travel /Tourism, Warehousing & Logistics Aircraft Engineering (Y13) IT;  
Hairdressing/Barbering/Makeup; Health.

Applications available in G5.

**For more information please contact:**

**Mrs Ralphs**

[miralphs@papatoetoehigh.school.nz](mailto:miralphs@papatoetoehigh.school.nz) M: 021 980 029

**Mrs Penney**

[lepenney@papatoetoehigh.school.nz](mailto:lepenney@papatoetoehigh.school.nz)

**PAPATOETOE HIGH SCHOOL CAREERS EXPO 2023**  
**FIND YOUR FUTURE**

19 NICHOLSON AVE, PAPATOETOE, AICKLAND  
WED 31<sup>ST</sup> MAY 2023

SET UP TIME: 8:30AM-9:30AM  
STARTS AT: 9:45AM  
ENDS AT: 2:30PM

Please RSVP to [MaParshotam@papatoetoehigh.school.nz](mailto:MaParshotam@papatoetoehigh.school.nz)  
09 2784086 ext 769 or 021 277 0738

WE WOULD LOVE YOU TO BE PART OF OUR CAREERS DAY

# PHSNEWS

## Environment Group

Mrs Hart, Vansh Chahal, Hannah Behrent, Lana Tang and Hong Tran inspecting the frames for varroa mite and looking for the queen.

(Right, Mrs Hart and her team of Alexander Lober, Jazmine Toa, Faamanu Ieremia and Palesma Auvaa remove honey and wax from the pink hive frames and scrape it into the top bucket. The honey will stand for a few days to allow gravity to cause it to filter through the muslin cloth into the bucket below. It will then be strained a second time before the final bottling stage.)

Upcoming events for this group:

- Stream workshop (all-day event) with Conservation Volunteers NZ & Auckland Council Environmental Services staff on Thursday 30<sup>th</sup> March down at the school's environment area and stream.
- Stream clean up in the last week of term.
- Moth plant pod collection competition which ends on Friday 28<sup>th</sup> April.

## Science

We wish Dhrishti Maharaj (12 O02) and Lavanya Majore (12 O07) well in their application for the General Laboratory Safety (Micro-credencial) Program offered by Real World Education Limited. This is a government funded specialist provider of laboratory education. The programmer's qualification is part of the NZQA framework and after successful completion students gain 10 Credits at level 4. Lessons are all online and scheduled during the upcoming holidays.

Congratulations to Satveer Kaur (12 P04) who has been chosen as one of the successful applicants for the Innovative Young Minds program run by Chorus. We look forward to Satveer's report on the benefits of this program to help encourage others to also apply for this event next year.

Some hands-on investigations being done during lessons.



## Census Teacher's Toolkit competition

K09 won a \$100 stationery voucher as part of the 2023 Census Teacher's Toolkit competition. They learnt the significance of the 2023 census, created their mini census and learnt how to allocate a budget throughout the regions in New Zealand.



## International students

This term we have enjoyed hosting four international students from Japan - Aoi, Takuto, Aoto and Taishi. They have been paired up with local buddies at school and have been living with homestay families in our community. A special highlight of their visit was a trip to Xtreme Botany to play ten pin bowling and laser tag with their buddies, before having a pizza picnic at Cockle Bay.



We wish them safe travels back home and all the best for their futures. The international department want to say a big thank you to Jordan, Harley, Zion and Selena for being great ambassadors and taking good care of our Japanese guests at school.



## Careers: Preparing students for the future

MIT Trades Academy and NZMA Trades Academy are in full swing with students enrolled in all types of Trades courses.

Jemma Bush King, Elisha Prasad and Nuwah Neesha are studying a Health Pathways through NZMA.



In stark contrast to the last few years we have had a very full on Term of Sport at Papatoetoe High School. Senior Volleyball had another strong season with our Girls winning the South Girls Purple (undefeated) and the Boys finishing third in their pool. Both teams then took part in the Auckland Senior Volleyball Champs held over three days at Bruce Pulman. Our Senior Mixed Touch team was able to build on its 2022 efforts, eventually taking out the Southern Zone Mixed competition with an 8-6 win over Papakura. They will now take part in the Auckland One Day Tournament on the 28<sup>th</sup> of March.



We have managed to field teams in a number of codes that we didn't have the chance to, in the "Covid years". Our Girls' Waka Ama team did incredibly well at the Senior Regatta, with PHS Team 1 and PHS Team 2 taking out first and second respectively in the Novice 250m. We took three boys to the Counties Manukau Tennis Tournament at Rosa Birch Park for the first time in a couple of years with all three boys putting on a strong showing. Athletics made a return for the first time in a couple of years with our school athletics day a resounding success. There were plenty of impressive feats of athleticism displayed, notably George Kwan-Him breaking a long-standing school high jump record with his 1.82m jump!



We have regularly sent 40+ students to Orienteering on a Monday night and have four teams representing our school in Archery. We've had Jayden Waters-Dawes represent us at Counties Swimming Champs, as well as two teams represent PHS at the Secondary Schools Lawn Bowls competition. As a Sports Department we continue to support the Deans with House Sport – Pohutakawa took out Senior House Touch this term.



Winter Trials and sign-ups are now very much underway. We are looking forward to a BIG Term 2 in terms of our Winter Codes.

If you want to keep up to date with what is going on in the world of PHS Sport you can follow us on social media.

Instagram: @paphighsport

Facebook: Papatoetoe High School Sport

Many thanks



## We need Winter Coaches!

Papatoetoe High School Sport is looking for volunteer coaches to support our many winter sporting codes in 2023. To continue our growth and success in sport this year we are seeking enthusiastic and knowledgeable coaches to teach our students the skills of the various games. We welcome experienced coaches but above else we are looking for commitment and enthusiasm! This is an exciting opportunity to be part of growing and developing our sporting programmes for the future.

### Winter Sporting Codes we require coaches and managers for:

- Basketball
- Football
- Hockey
- Netball
- Rugby League
- Rugby Union

### Key Responsibilities:

- Facilitate a weekly sports training
- Attend ALL regular season games which may include driving one of the school vans.

If this sounds like you, please send expressions of interest to either of our school Sports Co-Ordinators.

Chris Latham 021 269 5023 [chlatham@papatoetoehigh.school.nz](mailto:chlatham@papatoetoehigh.school.nz)

Debbie Bos 021 863 716 [DeBOS@papatoetoehigh.school.nz](mailto:DeBOS@papatoetoehigh.school.nz)



**Great thanks go to NZSC and Caltex for sponsoring school's sports travel!**



## A message from the counsellors:

### The importance of connecting

Lets think about how we are connecting with each other. When there is a lack of connection with peers or parents, issues start to arise such as depression, loneliness, anxiety, and behavioural issues. Connection can often provide a sense of belonging, a safe place to talk, a sense of fulfilment, fun and many other benefits to a student.

### Here are 5 ways to connect with your teenager:

- Listen actively: Take time to truly listen to your teenager's thoughts and feelings, without interrupting or judging them.
- Show interest in their life: Take an interest in their hobbies, friends, and activities, and ask questions to show that you care.
- Create shared experiences: Find activities or outings that you can enjoy together, such as cooking, hiking, or watching movies.
- Be present: Make time for your teenager, and be fully present during your interactions, without distractions like phones or TV.
- Respect their independence: Allow your teenager to have some independence and make their own decisions, while still providing guidance and support when needed.

To make an enquiry, or an appointment we are able to be contacted by:

- Suchi Lewis [sulewis@papatoetohigh.school.nz](mailto:sulewis@papatoetohigh.school.nz)
- Jason Litherland [jalitherland@papatoetohigh.school.nz](mailto:jalitherland@papatoetohigh.school.nz)
- Julien Amansure [juamansure@papatoetohigh.school.nz](mailto:juamansure@papatoetohigh.school.nz)



## A message from nurses:

### Stomach Bugs

Gastroenteritis (tummy bug) gives you diarrhoea and vomiting and is usually caused by viral or bacterial infections. With gastroenteritis, your stomach and intestines become irritated and inflamed.

#### **Symptoms**

Feeling sick / diarrhoea/vomiting/ high temperature/ headache / aching arms and legs

#### **Treatment**

- The most important thing is to rest and have lots of fluids to avoid dehydration.
- Water and diluted cordials are best.
- Ice blocks are a good way of getting fluids into children.
- Eat when you feel like it.
- Take paracetamol for pain.
- Do Not have fizzy drinks or fruit juice- can make diarrhoea worse.
- Stay off school or work until you have not been sick or had diarrhoea for 24 hours and stay at home until you are better.
- Wash hands with soap and water frequently, before preparing food, going to toilet, changing nappies.
- Clean frequently touched surface with disinfectant often.