



**KARAMU**  
HIGH SCHOOL

# NEWSLETTER

Knowledge is Strength He Mana tō te Mātauranga

Issue 6  
September 2019

## Uniform Shop Hours

Wednesdays

1:20 – 2:00pm

3:00– 4:00pm

## Dates to Remember

Monday 14 October  
Start of Term 4

Wednesday 23 October  
Arts Evening

Wednesday 30 October  
Year 13 Po Whakanui

30 - 31 October  
Year 12 Uniform Fitting  
& Course Interviews

Windsor Avenue  
Hastings 4122  
New Zealand  
Postal address  
PO Box 346, Hastings 4156  
Phone +64 6 878 7139  
admin@karamu.school.nz  
www.karamu.school.nz

## BLOSSOM DAY



**PROUDLY  
K A R A M U**

**PROUDLY  
H A S T I N G S**

**PROUDLY  
L E A R N I N G**



## FROM THE PRINCIPAL



*"If somebody offers you an amazing opportunity but you are not sure you can do it, say yes – then learn how to do it later."*

*Richard Branson*

Another term has come to an end and we once again reflect on all of the opportunities experienced and outstanding achievements of our fantastic students and staff. Te wiki o te reo Māori, Blossom Day, and Cross Country have been a few of the many highlights. We will complete the term this week with some friendly winter house sports competition I'm sure will be a fun afternoon for all.

This term through our assemblies we have heard from many of our leaders on what our values mean to them. This week's assembly focused on our value of overcoming adversity and it was a privilege to have Korrin Barrett present her story with our students. I hope this talk will be an inspiration to our students as they navigate their challenges and struggles. I think that her story helps us all put into perspective what we take for granted. As a school it was fantastic to see our value of manaakitanga coming to life through hosting our guests from Kobe Noda High School in Japan. They had a great time here at Karamu integrating with our students and immersing themselves in our culture.

With benchmark exams and reporting now completed, it is vital for our senior students to reflect on the feedback and make the necessary improvements moving forward. It is important that our students allow some time over the coming break to continue their preparation. I have no doubt that for those that are willing to make the short term sacrifice they will reap the rewards in time to come.

Congratulations to those players involved in winter sports week. This year we had the 1<sup>st</sup> XI Girls Football team in Wellington and 1<sup>st</sup> XV Boys Rugby team in Whanganui for their respective tournaments. Congratulations in particular goes to our girls who had one of our best performances in a number of years, finishing runners-up and the Grant Jarvis tournament. A big thank you must go to the coaches and parental support received to ensure that these teams were able to enjoy this experience. I wish you all a very safe, enjoyable and relaxing break. We look forward to seeing you all again next term.

Nga mihi nui  
Michael Leitch

## TRAFFIC SAFETY

**Traffic Safety reminders:** Travelling to and from school during peak times always brings with it an increase of risk to our students and community. As road users it is always important to be aware and considerate of others, particularly around our schools.

**Here at Karamu we ask for your co-operation with the following:**

- All students cross at the designated crossing point on Windsor Ave.
- Pick up and drop offs should be on Grove Rd or Beatson Rd only.
- Only students with disabilities or parents needing to come into the office should use the front entrance car park.
- Parents are asked not to pick up or drop off in the bus bay, on yellow road markings or while waiting at the crossing area.
- If you are coming out of Beatson Rd between 3.00pm and 3.15pm we ask that all vehicles turn left only as this helps travel flow.

## HEALTH NEWS - MEASLES UPDATE

From 1 January 2019 to 19 September 2019 there have been 1366 confirmed cases of measles notified across New Zealand. 1137 of these confirmed cases are in the Auckland region.

**Travelling Over the Holiday Period:** If you are thinking of travelling to Auckland over the school holidays make sure you are vaccinated against measles at least two weeks before you go.

Anyone who may have been in contact with someone with measles should check their vaccination status before they travel. People who have early symptoms of measles (fever, cough, runny nose, sore eyes) should not travel.

There is also a risk that people travelling from Auckland to other centers may spread the measles. If you're feeling sick, you should reconsider travel arrangements, stay away from work, school and public places, to help prevent putting other people at risk.

**In General:** Almost everyone aged 50 or older had measles as a child and is therefore immune. 90 percent of people in their 30s and 40s are immune. Teenagers and young adults are least likely to have been immunised as young children. If you're not sure of your vaccination history, you can check your Well Child/Tamariki Ora (or Plunket) book, or ask your general practice.

If you or a family member suspect you have measles you should stay at home and call Healthline on 0800 611 116 or your doctor to alert them of your symptoms. If you have measles it is important to avoid spreading it to others in the waiting room. For further information go to the Ministry of Health website.

*Reminder - Now that winter sports have finished for the year please ensure that all your sports uniform has been returned to the office.*

## DEPUTY PRINCIPAL - CURRICULUM & ASSESSMENT

In the last week Senior Reports have been shared with whanau and Year 11 and 12s had the opportunity for follow-up Learning Conferences. We encourage students to carefully track credits on NZQA, read report comments and then reflect on progress towards academic goals. Whether the goal is to gain credits towards a specific NCEA Level or to gain a Merit and Excellence Endorsement or Course Endorsements, the action from now will have an effect on the outcome.

The first two days of these holidays have been designated 'Spring School' and we are here to support senior students to achieve their goals. Students who have been identified as needing additional support by having incomplete assessments, a further assessment opportunity to complete or who are not indicating they know how to effectively study should attend. However, all students should be using the October holiday period as an opportune time to get resources and a study plan in order. Ways parents can help are suggested in the Parents Section.

Parents and students are also reminded that the Homework Centre continues to remain open Tuesday and Thursday after school and Wednesday morning with students and teachers ready to assist students. Many courses will also be organising their own tutorials. It is essential that students attend and ask questions to help their understanding.

The first NCEA examination is on Friday 8 November - this is only 18 school days from the beginning of Term 4.

### Parents Section

Whanau can support at home with study strategies, not merely a few days or weeks prior to assessments, but so preparation becomes a habit. Studying doesn't need to be boring, tough or lengthy though, in fact it can often be fun with using flashcards, pictorials, mindmaps or funny mnemonics or song lyrics to remember concepts. Three or four 20 minute 'chunks' of studying, with spaces for chores or breaks in between are also a lot more effective than one or two hour stretches.

Caregivers can even help at home by providing the following:

- A space for study that is:
- Well lit
- Quiet
- Free of distractions (such as TV, other family members)
- Designated as the 'study area' ie: Not also used for sleeping ie: Their bed
- Set up with a desk and a chair
- Encourage 'breaks' in study for exercise, family time, listening to music etc.
- Allowing some flexibility in chores ie: Do the lawns by the end of the week, rather than right now
- Healthy snacks and consistent mealtimes
- A minimum of 9 hours sleep a night
- Reducing the amount of screen time, especially before bedtime

We also suggest reducing the amount of part-time work to no more than 12 hours a week.

Dionne Thomas



*"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come."*

Dwayne Johnson

## JONES FAMILY TROPHY

Karamu High School

Jones Family Trophy

For Making a Difference in a Students Life

Last year the above trophy was donated by the Jones family in recognition of the support and warmth they felt with Mitchell starting as a Year 9. It is awarded to a staff member that has shown exceptional care, compassion or service in or out of the classroom. Support staff, teachers, coaches, administration staff – they are all wonderful people that each touch the hearts of our students in special ways.

The trophy itself (a koru) represents growth and while we know our students grow, it is not without the support, aroha and belief of the wonderful adults here at Karamu.

We are now calling for nominations from the school community. A panel, including the Jones, will decide on the recipient that will be awarded the trophy at the Junior Prizegiving on Friday 6 December.

To nominate a person please head to the Karamu website (click on staff link) to complete the nomination form by 25 October.



## KARAMU TO OCEAN SPA

On Monday 11 September twenty-one Level 2 Physical Education and Outdoor Pursuits students started their 21.7 km run, Karamu to Ocean Spa. This is the finale of 10 weeks training towards Achievement Standard 91329.

The course takes the students behind the showgrounds, past Hastings Rugby Clive to Pakowhai Bridge, along the limestone stock bank on the Ngaruroro River to Clive. Then the home stretch along Marine Parade finishing at Ocean Spa. This is the seventeenth year that our Level 2 Physical Education and Outdoor Pursuits students have competed in this event.

Highlight of the day was Tiana Edwards time of 2.08.23 making her the second fastest girl ever in this event. The boys had a great race with Ondre Hapuku-Lambert first across the line with the time of 1.52.09.

The students all showed high levels of perseverance and determination to complete the course. The common theme of advice for next year's runners is "Train, train, train".



## JAPANESE EXCHANGE VISIT

As part of the Japanese course, Karamu students host students from Kobe Noba school in Japan. Kobe Noba students visit once a year for two weeks, and stay with Karamu students. This is a fantastic opportunity for all of the students, and they always have a great time, sharing language and culture.

During their stay the Japanese students shared classes and kai with Year 10 Te Reo and Japanese classes. They played games, danced to Chicago, taught Hiragana and visited a farm. Some of the boys got into the spirit of NZ life by playing cricket in the rain.





## SCIENCE AND TECHNOLOGY FAIR

The annual Hawke's Bay Science and Technology Fair was held from Thursday 15 - Friday 16 August this term. Students were able to compete in four areas; Science Quiz, Technology Challenge, Titration and Science Projects. Students participating ranged from Year 9 to Year 13.

Karamu did extremely well with 17 prize winners overall, seven juniors and eight seniors. Five projects at the "Commended" Level, Three projects at the "Highly Commended" Level, Five projects at the "Outstanding" Level and Two Major Awards.



### LEXI TROTTER

A special mention goes to Year 12 student Lexi Trotter who won several awards including two major prizes for her project 'Particulate Matters'

*Outstanding Year 12 - Particulate Matters*

*Best Senior Project in Fair*

*University of Otago Prize for the best application of Scientific Method*

*Expenses paid attendance at "Hands On Science" at Otago University in January 2020*

*Nomination for the Prime Minister's Future Science Award - \$50,000*

Congratulations to Lexi from all the staff at Karamu High School for her outstanding achievement and hard work.

### PRIZEWINNERS

**Commended:** Mikayla Morrell (Year 9), Esta Chaplin (Year 9), Lachlan Costello (Year 13), Zach Bibby and Matt Cuckow (Year 11), Isaac Robertshaw and Marcus Krekeler (Year 11)

**Highly Commended:** Grace Sayer (Year 9), Olivia Thomas (Year 9), Jessica Shoemark (Year 12)

**Outstanding:** Charlotte and Megan Orr (Year 9), Lena Ormsby (Year 9), Keegan Heesterman and Kade Lindsay (Year 11), Paige Flashoff (Year 11) and Lexi Trotter (Year 12)





## CROSS COUNTRY

On Thursday 19 September the annual Karamu cross country was held at Windsor Park. We had a great turn out in all grades, with numbers attending up from previous years.

The championship races took place in period 4. In the senior girls grade Ruby Brett won her 5<sup>th</sup> consecutive title, Dante Taylor set a new record in the junior girls grade beating the previous record by 20 seconds. Ben Randle set a new course record in the senior boys grade beating the previous record by 2 seconds. Three senior students competed after running the Ocean Spa run (22km) the day before.

The students again competed in the fun run and “Super 7” relay and when the points were collated the winning house on the day was Tuki Tuki.

	CHAMPION GIRLS RUN		CHAMPION BOYS RUN	
Place	Junior (10.24)	Senior (8.29)	Junior (8.30)	Senior (12.42)
1 <sup>st</sup>	Dante Taylor 10.04	Ruby Brett 9.03	Bryn Nelson 8.37	Ben Randle 12.40
2 <sup>nd</sup>	Emma Bush 10.12	Thea Morton 10.00	Hamish Wood 8.47	Pierson Clement 13.10
3 <sup>rd</sup>	Charlotte Orr 10.21	Melody James 10.43	Cameron Browning 9.07	Zac Burlace 13.15





# SUCCESS OUTSIDE SCHOOL

## TOURNAMENT WEEK - FOOTBALL

What an awesome performance from our Girls 1<sup>st</sup> XI Football team at the recent Grant Jarvis Tournament in Wellington. Karamu started out as rank outsiders with many more favoured teams from previous years, including several from Hawke's Bay, but finished the Tournament by losing out to Hutt Valley in the final.

The girls were fantastic. The growth in their performance, in their belief in themselves, in their understanding of the game and of one another was wonderful to see. They steadily grew throughout the tournament, resulting in Maddison Hughes picking up the Golden Boot for leading goalscorer. Not surprising the girls were delighted to finish second, which was a massive step up from previous years.

As the tournament developed Karamu became the "darling team" with many schools, as they continued to knock off more fancied opposition during the week-long competition and succeeded in becoming the ultimate underdogs of the week.



## CLAY TARGET SHOOTING

The clay target team of Oliver Wiggins-Crowe, Cameron Spargo, Max Crossan, Jesse Kereru and Henry Wiggins-Crowe are off to the New Zealand Secondary Schools Championship in Hamilton. They have just competed in the final of the Central and Lower North Island series with great success.

Oliver Wiggins-Crowe was the outstanding shooter of this series. For the second time consecutively, he won the McCormick Cup for the High Over All shooter. Oliver also won the Dean Cup for Point Score and the McLanachan Cup for Single Barrel, both of which he won last year. Cameron Spargo was 2<sup>nd</sup> in the Skeet. The team was 2<sup>nd</sup> overall which was pleasing as we had lost our captain, Daniel Stuart to a rugby injury earlier in the season. Henry Wiggins-Crowe and Lakya Neil had stepped up to the A team and both shot well to make sure we were always competitive.

Congratulations go to Cameron Spargo who confirmed his selection in the New Zealand Junior Universal Trench (Olympic style) Team. Cameron is the third Karamu student to be selected to a New Zealand shooting team following James Fulford and Mitchel Davis. In April next year, Cameron will compete for New Zealand in Australia.



## CORTEZ TE POU

From Ross Shield to Women's Representative Rugby.

Year 13 student Cortez Te Pou (Ngati Kahungunu, Tuhoe) has had a dream start to the Farah Palmer National Women's Rugby Cup Championship by scoring 4 tries on debut for the Hawke's Bay Tui's. This achievement also equals the New Zealand women's record of most tries on first-class debut.

"I'm pretty happy with that. All of the girls played well ... we stuck to our systems and we played hard," 18-year-old fullback Te Pou said after the Big Barrel Hawke's Bay Tui opened their Farah Palmer Cup Championship campaign with a 64-31 victory over newcomers Northland at Napier's Park Island.

To date Cortez has score 4 tries in 3 games and is looking forward to more game time and more scoring opportunities to help her team stay on top of the table.



Fullback Cortez Te Pou (centre)



An exhibition of current work by Karamu High School students

23<sup>rd</sup> Wednesday  
October

Gallery opens  
5.30pm  
Performance starts  
6pm

Dance  
Design  
Drama  
DVC  
Maori Performing Arts  
Media Studies  
Music  
Painting  
Photography  
Printmaking  
Sculpture



ARTS EVENING  
June Clark Centre  
KARAMU HIGH SCHOOL 2019

