



Uniform Shop Hours

Wednesdays

1:15–2:00pm

3:00– 4:00pm

Dates to Remember

Monday 18 October

Start of Term 4

Friday 22 October -

Monday 25 October

Hawke's Bay Anniversary

&

Labour Day

Monday 8 November

Uniform/ Course Selection

Year 13 Students 2022

10, 11, 15, 16

November

Junior Exams

22 November -

14 December

NCEA Examinations

Windsor Avenue
Hastings 4122
New Zealand
Postal address
PO Box 346, Hastings 4156
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www.karamu.school.nz

BLOSSOM DAY

Blossom Day is an opportunity for us to acknowledge and celebrate being Proudly Hastings.

The Blossom Parade has long been a celebration in Hastings (dating back to the 1950s) to acknowledge the start of Spring and was introduced as a special day on the Karamu calendar in 2010 in respect of the unique and special place Karamu has within Hastings as the only co-educational secondary school.

Blossom Day allows us to celebrate, embrace and accept diversity. Students demonstrate amazing respect and school pride in their dress, actions and interactions. We also invite others in to join us to continue to build strong links between the community and the school.

An array of colour, wonderful music, clever designs in the floats were included in the parade. It was also fantastic to see friendship groups enjoying shared "socially distanced" picnic kai.

Due to lockdown we combined Blossom Day with Karamu's Got Talent and it made for a fantastic day in the sun, celebrating performance talent in front of the school on the circle.



PROUDLY
KARAMU

PROUDLY
HASTINGS

PROUDLY
LEARNING

PRINCIPAL

While it was pleasing to return to school at Level 2 our thoughts and positive wishes are still with everyone in Tāmaki Makaurau | Auckland as they will not return until Term 4 at the earliest.

While I was excited to return, as a school with no students is very quiet, I know some staff and students returned with mixed emotions.

There is a range of experience in each class and in our school as lockdown experiences are unique to each student and their whānau. Some may have experienced trauma directly due to the impact of lockdown. There may have been family stress due to parents/caregivers working full-time, no outdoor space, crowded living, lack of resources or illness/bereavement during this time. There were some students who looked after younger siblings, and this loss of freedom will be combined with a weight of responsibility that will have made academic learning feel inconsequential. For others, the absence of routine, structure, friendship, opportunity, and freedom can trigger anxiety, trauma, and feelings of loss. Others will have previous experience of trauma which is then triggered by lockdown.

It is therefore important we look out for each other, be kind, take time to refresh and then get back into the new 'normal'. We have tried to do this at school with having a careful balance of returning to learning and assessments as well as plenty of fun activities like Free Dress Day, the Happy Hikoi, Performing Arts Week and Blossom Day. We hope you enjoy seeing the photos of these activities in this issue.

Part of our return to school routine was starting up the Breakfast Club again and many thanks to **Hastings New World** who have kindly been supporting this initiative with the supply of bread and cereal. We are very grateful for their support and encourage students to get along and take advantage of this great initiative whether they have an early morning training, arrive at school early or just want a warm place to meet with friends for cereal or toast. It is hosted by a teacher or a teacher aide so if they have homework to finish, they can do that too.

At the beginning of Term 3 all our Year 9s participated in an EIT research study titled **Nourishing Hawke's Bay**. EIT researchers Prof. David Tipene-Leach, Pippa McKelvie-Sebileau, Prof. Boyd Swinburn, Erica D'Souza co-ordinated the Nourishing Hawke's Bay research which gathered information on student well-being. Students were surveyed on their eating habits as well as height and weight measurements were taken. Some of the statistics gathered on the day included:

- 40% didn't have breakfast
- 16% didn't bring lunch
- 39% did not eat any vegetables or fruit
- 25% consumed sugary drinks
- 14% said food ran out at home
- 13% said "I was hungry because there was not enough food at home"

As a school we wanted to address this, and running Breakfast Club is one way we are doing that.

As we head off for the October holiday period, I wish you all a safe and restful break.

Ngā mihi nui

Dionne Thomas
Principal



POLICY REVIEW

We are currently reviewing the policies “Concerns and Complaints” and “Behaviour Management” and we would appreciate your feedback.

Please follow these instructions to give feedback:

1. Visit the website <https://karamu.schooldocs.co.nz/1893.htm>
2. Enter the username (karamu) and password (knowledge).
3. Follow the link to the relevant policy as listed.
4. Read the policy.
5. Click the Policy Review button at the top right-hand corner of the page.
6. Select the reviewer type “Staff member”.
7. Enter your name (optional).
8. Submit your ratings and comments.



TEENAGERS AND SLEEP

Anyone with a teenager in the house knows that sleep is an issue. Maybe they struggle to get up in the morning or want to be awake all night. Either way, it's likely you've had a conversation about sleep with your teen recently. While this may have been more about improving moods and or reducing activities (think gaming or social media), perhaps the most important issue is health. Sleep is now known to be hugely significant when it comes to almost every aspect of our wellbeing: physical, mental and emotional health.

The World Health Organisation describes sleep loss as a 'rising global health concern', reporting the scary (but not surprising) statistic that 85% of 14 - 17 year-olds receive less than the recommended amount of sleep a day. This gets scarier when we discover how important sleep actually is. Berkley University Sleep Researcher, Dr Matthew Walker, puts it very simply: Sleep loss directly causes increases in anxiety and depression, poor eating habits and is a contributor in shortened life expectancy.

Over 10, 000 other scientific studies worldwide have identified factors that are particularly significant to teens' health, wellbeing and learning. An improved sleeping habit reduces anxiety and depression, improves general health, strengthens immunity, and contributes to better dietary habits. All good things to get right, but the impact of sleep (or lack of sleep) on learning is worth significant. We can add data gathered from Karamu Year 9 students participating in the Nourishing the Bay survey, which showed us that four out of five Year 9 students are going to bed after 11:00pm. A well-rested brain can do 60% more thinking! In addition, a good sleep *after* a busy learning day secures knowledge. Students who slept well after learning new skills showed 65% better recall. So, instead of studying late into the night, go to bed early (and leave the phone in another room!).

So, how much sleep should a 14 - 17 year old have? The research shows that ten hours in a 24 hour day is ideal for teens.

DEPUTY PRINCIPAL - CURRICULUM



In the last week school reports have been shared with whanau and for senior students, the opportunity for follow-up with online Parent Teacher Interviews. We encourage students to carefully track credits on NZQA, read report grades 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 last two days of the second week of these holidays have been designated 'Spring School' and we are here to support senior students to achieve their goals. As with all that we do, students wellbeing is at the forefront of our decisions. Therefore, we are extending an open invitation for students who have incomplete assessments or a further assessment opportunity to attend. However, we encourage ***all*** students to use the October holiday period to take some time out to relax and to reflect on where they are with their learning in preparation for a busy Term 4. It is 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 with senior students ready to assist students. Many courses will also be organising their own tutorials in Term 4. It is essential that students attend and ask questions to help their understanding.

The first NCEA examination is on Monday 22 November - this is only 22 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 - 10 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.

Sarah Gunn
Deputy Principal - Curriculum

DEPUTY PRINCIPAL



Most of the school have been handing in their course selections for 2022. The current Year 9 will have the opportunity to do this next term once they have had a taste of their Term 4 electives.

It has been reassuring to see most of our students, especially in the senior school are starting to set goals for their futures and selecting courses to suit. If over the break students change their mind, they can contact me and make the changes.

Our Year 9 for 2022 have also had the opportunity to start selecting courses, and the interviews over the past week have been enjoyable. They are all looking forward to becoming part of the Karamu whanau.

The opportunities to experience education outside the classroom add another dimension to the way our students learn. An example of this is 9GDA experiencing our awa, the Karamu Stream. They are currently doing a study around the stream focusing on ecology and the protection of our flora and fauna. We have used the school bicycles to ride down to the river and collect water samples. They will be doing several visits next term and looking at a range of aspects of the diversity of the river ecosystem as part of the predator free Aotearoa 2050 project. It was great to see that they could also tie this into some physical exercise.

Damien Hollands
Deputy Principal



TIRA ORA

‘Tira Ora’ is the name given to the branchlet of the Karamu tree, so an ideal name for branchlets or students of Karamu. Here we share the journey of one of our Tira Ora

Kenneth Michael Williams (Mike) (Attended 1963-1967)

Mike arrived at Karamu High School in its second year of existence and soon made friends that were to last a lifetime. He recalls teaching of highest quality and in particular language teacher, Mike Vogel and geography teacher, Peter Werry who stimulated long term interests in their subjects for him.

With a mother who had endured grinding poverty during the Great Depression of the 1930s, he became a political activist from an early age and, with Sir Paul Holmes, joined the Labour Party at the age of 17.

Mike, Paul and Head Boy Peter Beaven all left on a train together in early 1969 and went on to complete Bachelor's Degrees at Victoria University over the next three years.

Having developed an abiding fascination with the history of Aotearoa he then transferred to Auckland University and obtained an MA (Hons) degree with a thesis on the development of labour legislation. It was here that he first met future Labour Party leader and Prime Minister Helen Clark, when they were both members of the Princes Street Branch of the Labour Party.

After a year at Auckland Secondary Teacher's College Mike returned to Hawke's Bay and taught for a year at Karamu High School and after a year of overseas travel taught at Pakuranga College in Auckland.

In 1978 he returned from London to manage the Hon David Butcher's campaign which won the seat of Hastings for the Labour Party. David is another Karamu old-boy (featured in Issue 6 2020).

After another year teaching, Mike began work for the Labour Party as an education officer during the 1981 election campaign, which Labour narrowly lost. After that election he took on additional duties as a marginal seat organiser and fundraiser. These activities helped the party to achieve a landslide victory in 1984. After the election, he was contracted to the Australian Labor Party and spent 1985 - 1986 as an ALP National Organiser based in Canberra.

On his return from Australia, Peter Beaven and Mike set up successful software, database management and market research companies which they sold in the late 1990s.

Mike was appointed as campaign manager for the 1999 election which was won by the Labour Party. He became president of the Labour Party in 2000 which he added to the duties of campaign manager. He managed election victories in 2002 and 2005 and chaired the panels which selected the candidates who formed the majority of Prime Minister Jacinda Ardern's first cabinet including Grant Roberson and the Prime Minister herself.

After retiring as party president Mike headed up a charity, The Howard League for Penal Reform. This league recruits and trains volunteers who teach literacy in jails.

They will be celebrating obtaining 10,000 driver's licenses for offenders later this month. #ProudlyKaramu



TIRA ORA

In this issue of Karamu Korero we showcase Karamu's third year, the Year 1967

1967

Principal:

Mr N Wilde

First Assistant:

Mr R W S Fargher

Senior Mistress:

Miss G K I Harris

Hastings High School Board of Governors:

Mr M R Shakespeare

School Roll:

800+

Head Boy:

Peter Beaven

Head Girl:

Sally Rishworth

Dux:

Mary Thompson

Proxime Accessit:

Selwyn June

General Excellence:

Joanna MacKenzie

School Buildings & Grounds:

- New Gymnasium opened using money raised by parents, pupils, and staff with fundraisers since 1962 (£4,500) to which the Education Department added a subsidy
- School now has sufficient buildings for a maximum roll of 1100

Staff:

- At end of 1967 – Mr Ray Fargher, First Assistant since the school opened & DP this year, leaves to take up position as DP at Hamilton Boy's High School

Students:

- Senior girls have their own uniform, including a special cloth woven with Karamu colours
- 7th Form students sit Bursary
- 28 students receive Honours pockets for sport and culture
- Education Department arrange a trip to Ardmore teachers College (30 Karamu 6th Formers included)
- Karamu students give help to appeals such as IHC, Foundation for the Blind, Save the Children Fund, RSA Poppy Appeal and Birthright
- Library has over 3,000 books including 2 sets of Encyclopedias added. 70% of daily issues from Fiction section of the Library

Sports:

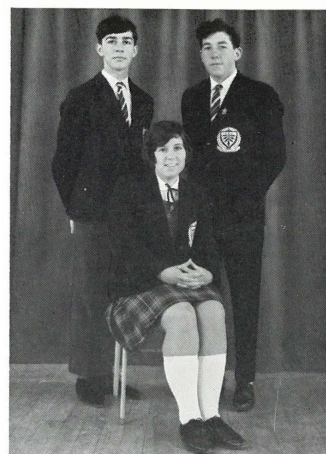
- Karamu competes in the first Hawke's Bay Inter-Secondary School Swimming Sports and goes on to compete at the North Island Secondary School Swimming Sports
- Gymnastics and Chess Clubs - introduced

Cultural:

- Karamu has own School Orchestra, Choir & F6 Madrigal Group
- School sings Handel's "Hallelujah Chorus" at School Prize-giving
- Debating added to winter sports exchange with Upper Hutt College with a win to Karamu. (Debating members: Paul Holmes, Mike Williams and Sandra Nevezie)

Hastings

- A parade of homes in Flaxmere opened to prospective buyers
- The Psychiatric Unit at Hastings Hospital opened
- Hawke's Bay County Council built a sub-office on Omaha Rd
- Windsor and Frimley Swimming Complexes opened



THE SCHOOL DEBATING TEAM
M. Williams, P. Holmes and S. Nevezie.

CELEBRATING STUDENT INVOLVEMENT

Sporting Sponsorship

Recently we have been supported with sporting sponsorship by Apollo Projects who are responsible for two new large scale sporting building projects in Hawke's Bay ie: the new 50m Pool at the Regional Sports Park and the PGA extension.

We received contributions towards:

- A new set of Personal Floatation Devices for Canoe Polo
- Uniforms for Basketball
- Development coaching in Ki-o-rahi

We are hugely grateful to Apollo and the students that got to try on the new basketball uniforms (ready for 2022 competition) shared: "these are great" "better fit, quality and style" "these are like real basketball uniforms"

Apollo
PROJECTS



Balin Casson, Connie-Rae Waapu (Ngāti Kahungunu), and Alron Rajal modelling the new basketball uniforms

PUHORO STEM

One of Karamu High Schools goals for our large Māori student population is to advance Māori leadership and capability in Science. To this end the school has this year aligned itself and formed a partnership with the Puhoro STEM (Science, Technology and Mathematics) Academy.

The Puhoro STEM Academy is an organization which seeks to raise rangatahi engagement and academic achievement at secondary school level and through to tertiary level in the STEM subjects. Puhoro does this by helping rangatahi see the connection between maatauranga Māori in the STEM fields. Empowered with this knowledge students are now able to, by taking advantage of the opportunity Puhoro offers, better position themselves to pathway into the high value career STEM fields, previously thought of as being unreachable.

We have seven students at Year 11 and seven at Year 13 involved in the programme. They attend tutorials and life skills sessions at 8:00am every Wednesday morning in their own time. A hard working group of science teachers, Kevin Beaumont and Madeleine Gray offer their time to provide science tutorials on topics that the students are working on at that time. Te Maari McGregor is the Kaituhi from the Puhoro STEM organisation who oversees the programme and provides the life skills sessions. Once a term for the day there is a wananga held where all the students from the local Hawke's Bay schools that are involved in the programme attend where they are exposed to a broad range of industries associated with STEM careers.



Next year the school will continue with the programme as the feedback from this years group of students and parents has been very positive with academic achievement results being very encouraging.

CAREERS - GATEWAY

GATEWAY OPENING VOCATIONAL PATHWAYS FOR STUDENTS:

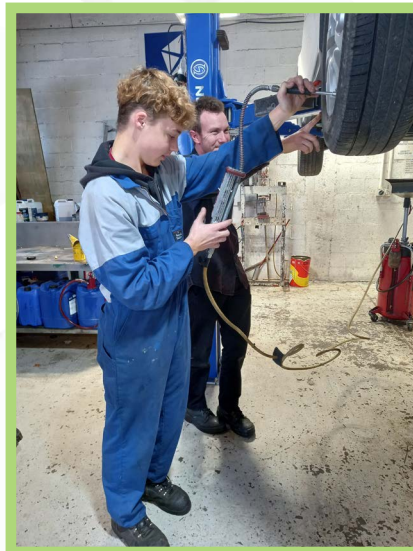
Gateway is a career pathway from school to the world of work offered to Year 12 and Year 13 students. Students spend one day a week during a term at a workplace of their career interest. During this time, they are treated as an employee where they gain valuable career related skills. At school students are offered career related theory and practical Unit Standards. These credits go towards their NCEA.

This year we have had 30 students on placement in the Hawke's Bay community. We have had a number of students at a diverse range of early childhood centres, engineering businesses, joinery workshop, automotive workshop, building sites, sewing factory and retail outlets. Covid has meant that how our placements continue has changed, however most of our students are back at their work placements at Level 2.

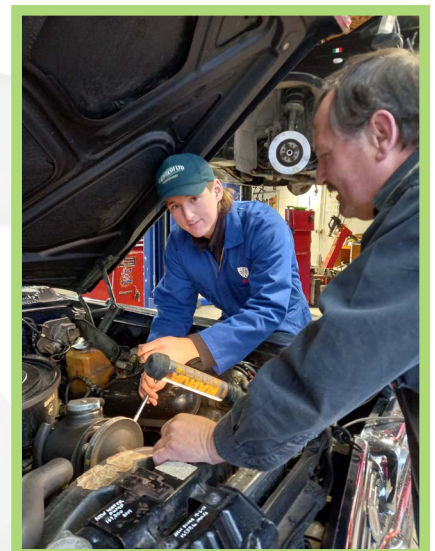
Through the Gateway programme our students have the opportunity to gain apprenticeships or full time work, as well as hands on experience. We appreciate the continued support from our loyal local businesses who invest in our students' futures through the Gateway programme.



Made It Here Limited
Abigail McEvoy



Global Autoworks Limited
Josh Stephens



Global Autoworks Limited
Jack Brookes



SEEDS Programme at Hastings Countdown Supermarket
Exzodia Cashmore (Ngāti Porou, Tūhoe),
Raeesah Saadiqhah, Sophie Ward, Maxine Mita (Tūhoe)



Laugh.Observe.Learn
Megan Godwin

CROSS COUNTRY / HAPPY HIKOI

	RUN Champion Girls		RUN Champion Boys	
Place	Junior	Senior	Junior	Senior
<i>Record</i>	<i>Ruby Brett 9.02</i>	<i>Ruby Brett 9.03</i>	<i>Hamish Wood 8.19</i>	<i>Ben Randle 12.40</i>
1st	Payton Quartel-Emile 10.31	Maddie Hughes 10.48	Henry Cox 9.18	Pierson Clement 12.43
2nd	Holly Bruce 11.02	Hannah Hunt 11.26	Dantae Delamere 9.23	Rory McKay 13.32
3rd	Charlee-Jean Flowers 12.26	Abigail McEvoy 12.10	Tim Liu 9.36	Hamish Mackay 13.42

1st	2nd	3rd	4th
270	244	206	204
Te Mata	Tuki Tuki	Heretaunga	Kaweka



CELEBRATING STUDENT INVOLVEMENT

Karamu Junior A Basketball Team

This year Hawke's Bay Basketball introduced a new division "Junior Boys D League" which had four teams competing for the title.

This title was anyone's, but in the end was taken out by our Karamu Junior A team who defeated Taradale High School Junior A in the grand final on Friday 24 September. Final score was Karamu 68 - Taradale 23



Jai Peakman (Ngāti Kahungunu), TK Nuku-Barnes, Alron Rajal, Teague Gibson, Balin Casson, Josh Purcell-Rogers (Ngāti Kahungunu), and Draylon Daley

MARKET DAY

What a day!! After a wet couple of days the weather gods shone brightly on the Year 11 Market Day.

Having planned for many weeks, with numerous late night shifts from students, the Year 11 Business Studies students were able to showcase their businesses at the Market Day. With the added input of music (show casing Performing Arts week) playing on the circle during the duration of the market, this resulted in a fabulous vibe and atmosphere.

There was lots of learning that the students will be reflecting on as part of their assessment, with some fantastic real life experience for them. Returning next year, bigger and better!



IF YOU HAVE CONCERNS

If you are a student and you have a concern

If your concern is about	You should first see	If not resolved, then	And is still not resolved
Your learning , eg. classwork and assessment	Your teacher	Your dean	Ms Gunn, Deputy Principal Curriculum
A discipline problem , eg. a detention	The teacher who gave you the detention	Your dean	Mr Wooster Deputy Principal Student Management
A pastoral issue , eg. bullying, attendance	Your form teacher	Your dean	Mr Wooster or Mr Rolls the Guidance Counsellor

If you are a parent and you have a concern

If your concern is about	You should first see	If not resolved, then	And is still not resolved
A learning problem , eg. classwork and assessment	The dean	Ms Gunn, Deputy Principal Curriculum & Assessment	Mrs Thomas Principal
A discipline problem , eg. a detention	The dean	Mr Wooster Deputy Principal Student Management	
A pastoral issue , eg. bullying, attendance	The dean	Mr Wooster or Mr Rolls the Guidance Counsellor	
A financial issue relating to any account or charge	Either Mrs Gray or Ms Radley in the office	Mrs Hantler Principal's PA	

YEAR LEVEL DEANS 2021

At Karamu High School, our year level deans play an important role in the pastoral care of your child. Our year level deans for 2021 are listed below for your information. Please email your child's dean or phone 878 7139 and leave a message, if you wish to contact them.

Year 9 Deans



Tash Crawford
tcrawford@karamu.school.nz

Year 10 Deans



Rebecca Love
rlove@karamu.school.nz

Year 11 Deans



Kirsty Christian
kchristian@karamu.school.nz

Year 12 Deans



Ange Dudman
adudman@karamu.school.nz
Acting Dean for Term 4

Year 13 Deans



Jasmine Primmer
jprimer@karamu.school.nz



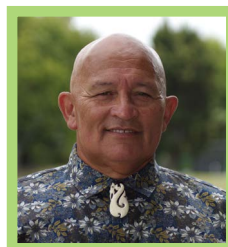
Kane Nepe Apatu
knepeapatu@karamu.school.nz



Byron Crawford
bcrawford@karamu.school.nz



Colin Rafferty
crafferty@karamu.school.nz



Tom Blake
tblake@karamu.school.nz



Justin Kite
jkite@karamu.school.nz

MAORI MENTORS

Year 9



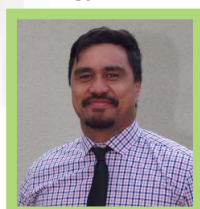
Seidah Tuaoi
stuaioi@karamu.school.nz

Year 10



Ashley Blake
ablake@karamu.school.nz

Year 11



Elijah Martin
emartin@karamu.school.nz

Year 12



Karen Beaumont
karenbeaumont@karamu.school.nz