



## Uniform Shop Hours

Wednesdays

1:15–2:00pm

3:00– 4:00pm

## Dates to Remember

Monday 27 February

Monday 6 March

Monday 13 March

Year 11 & 13

Te Reo Māori Trips

1 March, 1:00pm

Y12 and Y13 Whakapiki Ake visit  
Careers Centre

9 March

Academic Institute Breakfast

Tuesday 14 March, 5:30pm

Year 9 Parents Evening

School Hall

14 March, 1:00pm

Year 13 University of Auckland  
Visit

17 March

School Athletic Sports

15 March, 1:00pm

Year 12 and Year 13 MAST  
(Marine & Specialised  
Technologies) Academy visit

21 March

Year 13 Massey Uni Visit

29 March

HB Rugby weigh in

31 March

Noho Marae - Science

End of Term

Thursday 6 April

Windsor Avenue

Hastings 4122

New Zealand

Postal address

PO Box 346, Hastings 4156

Phone +64 6 878 7139

[admin@karamu.school.nz](mailto:admin@karamu.school.nz)

[www.karamu.school.nz](http://www.karamu.school.nz)

## CYCLONE GABRIELLE

On Tuesday 14 February we were to be holding a bake sale for the Heart Foundation...instead we were holding our hearts hoping all Karamu students, staff and the Hastings community members were safe and dry following Cyclone Gabrielle.

However, we now know this wasn't the case for everyone, Cyclone Gabrielle claiming several Karamu community members houses. Staff, students and whānau were also affected both physically and mentally by the devastation.

However, in times of need our vision of Proudly Hastings kicks in. The head student leaders straight away volunteering at the Hastings Sports Centre Evacuation Centre, then a wider group of Year 13's (pictured below) headed out to help in homes devastated by the cyclone and staff also helped with their time and kind at the SPCA, the evacuation centres and with chainsawing trees for neighbours and cleaning homes full of silt. Many other students helped at their churches and in neighbourhoods.

As a school we helped with giving food and one of our school vans to the Waipatu Marae.

Our thoughts and prayers go out to all in our community. Kia kaha, kai māia.



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

# PRINCIPAL

Welcome back and ngā mihi nui to our new students, families and teaching staff that have chosen the Karamu High School whānau for 2023. This year we have continued to welcome a large group of new students. This has resulted in a very strong roll of over 900 students, with the school's zoning policy again needing to be implemented. It is therefore warming to see the students that are here embracing the values and opportunities, cherishing the environment and relishing the learning that can take place in our wonderful school.

This year's Year 13 student leaders have set the school a wero using the words of Abraham Lincoln:

***The best way to predict your future is to create it***

The Future... Kind of scary sounding. Full of unknowns. Full of twists and turns. How can you possibly predict it? This quote says that the best way to know what is coming is to be an active participant. By creating your future, you are an active player in the events as they unfold. By knowing what you want, and what you are willing to do to get them, you can help to shape what the future holds.

So the message to our students this year is to get involved - be a participant, not an observer. Don't be a bystander, be an upstander. Speak up, don't be quiet. Put your hand up, not put your hand out.

Students will see that quote every day when they come into school, we urge them to embrace that challenge and know that alongside of you their whanau, our staff and the student leaders we believe they can be an active participant in predicting their future, by creating it.

Over the last three years we have faced much uncertainty, but in 2023 I seek your support in allowing your son, daughter, child, mokopuna, to be the best they can be. They do this by turning up to school on time, attending every day they can, focusing in class, doing their best, asking for help and being involved.

Ngā mihi nui  
Mrs Dionne Thomas  
Tumuaki/Principal

Ehara taku toa i te toa takitahi,  
engari he toa takitini

'My strength is not that of a single  
warrior but that of many.'

Paterangi of Ngāti Kahungunu





## POWHIRI

It was wonderful to start 2023 off with our powhiri on the very first day of the school year and centered around our whare - Poho o Rongokako Te Marae. Our powhiri is a most special day where we acknowledge, come together and welcome those new into our Karamu whanau. A whanau that holds relationships at the centre of what we do.

Demonstrating our values of both whanaungataunga and manaakitanga we welcomed many new friends, parents, whanau and students. A rousing haka from the tangata whenua and a heartfelt manuhiri waiata made it a heartwarming occasion. We hope you enjoy the selection of photos from this occasion.



# EDUCATION REVIEW OFFICE (ERO) REPORT

Te Ara Huarau is the evaluation approach that the Education Review Office (ERO) is using in our school. This is a developmental approach to evaluation where ERO and our school work together over time rather than one off reviews that happened previously. Te Ara Huarau is used in most English-medium state and state-integrated schools.

ERO maintains a regular review programme to evaluate and report on the education and care of young people in schools. Our school worked alongside ERO to write our Profile Report. This type of report will only happen once as part of our initial engagement with Te Ara Huarau. The profile report reflects our strategic goals and a shared evaluation focus on one or more areas that are important to us as we work together to improve outcomes for all our learners. ERO, like us, have a strong focus on equity and excellence. Future reporting will show our progress and achievement towards meeting the goals we have set. Public reports like the Profile Report are published on [ERO's website](#).

A Board Assurance Report that shows how we are meeting regulatory and legislative requirements has also been published. Included in our bundle of published reports is a Provision for International Students report.

## POLICY REVIEW

In 2023, all schools will review the Legislation and Administration section and the Curriculum and Student Achievement section (including EOTC and Learning). All reviews are open to board, staff, students, and the school community (parents/caregivers/whānau).



To start reviewing:

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 Start your review button at the top right-hand corner of the page.
6. Select the reviewer type.
7. Enter your name (optional).
8. Follow the prompts to show that you've read the topic and enter your feedback if you'd like to comment.
9. Agree to the privacy statement and click "Submit review".

## CONTACTING STUDENTS AT SCHOOL

**Please DO NOT text or call your child during the day.** We have mechanisms to contact your child if necessary.



**The office is the first point of call for parents to get in touch with their children if it is urgent,** as the school can ensure the student gets the right support in getting the message at that time. Just as if your child is ill or upset they should come to the office and we will call you, as we can provide first aid and awhi before we ring you, or an ambulance, if necessary.



## DEPUTY PRINCIPAL - CURRICULUM

Kia Ora Whānau,



As we move into recovery in many areas of the region, it is important to support our young people back into education as this supports community recovery and our rangatahi to get back to some sort of normality.

Prior to the destructive cyclone hitting our region, we met with our Year 12 and 13 students and their whanau to reflect on their past year's results, discuss their career aspirations, set goals and confirm appropriate courses for this year. Being in appropriate courses, setting realistic but aspirational goals and knowing the pathways available to them are great stepping stones for exceptional personal success.

As we reflect on our results from last year, students can feel satisfied if they have achieved their personal excellence, but I do often hear students, parents and teachers reflecting on the following:

- Poor benchmark results;
- Poor time management; or
- Low attendance.

Research shows that students with over 90% attendance have a much greater chance of success. So if you and your child are serious about achieving the goals they have set themselves this year then the hard work needs to start now. This includes being at school or online on the school Teams platform, being attentive in class, being aware of assessments and completing them on time and to the best of their ability.

Teachers have created courses with students' best interests in mind, that cater for ability, interest and pathways. It is therefore very important that all assessments and milestone deadlines be met by the due date. Experience tells us that these tasks generally take much longer than a student thinks they will.

Year 9 and 10 students have the added opportunity to make these activities habits before they move into the years of NCEA.

At the time of writing, our Year 11 – 13 students are rostered home and those staff who have access to the internet will be uploading learning for students via our online system Microsoft-Teams. This is obviously not a priority for those families without power or internet access. For those students who are able, please encourage them to go online and start to work through the learning their teachers have set for them.

Our thoughts are with you all during these challenging times.

Ms Sarah Gunn  
Deputy Principal - Curriculum

## DEPUTY PRINCIPAL



Kia ora Karamu whānau,

I was heartened by your strength and resilience when speaking or messaging our community following the state of emergency over the past week. It was great to see that our students stepped up to support the community and at times the No.8 wire approach to communicating coming into action.

It is usually only when an event like this happens that we start to reflect on some of the planning that could have been done in hindsight. It is important that we know as soon as possible if our students have moved residence so we can update our systems and that we have any contact details including numbers and email addresses updated. Please contact the office if this applies to you.

At times our students will need to have remote access to their learning and fortunately we had been starting to support some of our whānau with laptops where needed. If you need support with this, students can still pick up a letter from the office and return the signed copy to be issued with a school laptop. We do use them at school as a tool for learning, so it is also important that they bring their laptops charged and ready for the day.

The Year 9 students completed an induction on how to access their Microsoft accounts and TEAMS (online classroom) during their induction week during Week 2 of the year.

At the end of the day we have continued to stagger the exit of students and this has made a big difference to the foot and car traffic at the end of the day. We do however have issues with the exit from Beatson Road and visibility due to the bus stop being so close to the exit. ALL traffic from Beatson Road should turn left. If this isn't ideal then using the parking along Grove Road would be best.

Our student timetables are now at a point where all our students are settled into their classes. If there are any questions please do contact me or your child's year level Dean.

Mr Damien Hollands - Deputy Principal - Staff

## Year 9 Parent Evening

**Tuesday 14 March 2023**

**5.30pm in the School Hall**

An essential opportunity for Year 9 whānau (with their child) to meet mentor teachers (the first person your child see's each day) to understand starting at Karamu and then an informal meetup with other course teachers.

## DEPUTY PRINCIPAL



Welcome back to the 2023 school year and a special acknowledgment to new staff and students. I hope you have felt the same manaaki in your first couple of weeks, as I experienced when I started late last year.

My heart goes out to all those that were affected by the recent extreme weather events in the region. This is a particularly difficult period for many families, so if you need support, please reach out to the school.

The Pastoral Care Team have been busy over the first few weeks of the year to make sure that our Year 9 cohort settle into high school life as soon as possible. Our mission is to help make the transition smooth, so all students feel comfortable to be at Karamu High School.

Maintaining our high uniform expectations has been another focus for the beginning of the year. The Senior Leadership Team have consulted with both staff and a select group of students and have agreed to the following changes for 2023:

- Hair is to be tidy, of a natural colour and long hair must be tied back for health and safety reasons.
- Facial hair should be tidy and groomed.
- Earrings: students may have no more than two studs or sleepers in each ear (the size being no bigger than a hole punch).
- Students may have one small nose stud. No other facial or visible body or tongue piercings are permitted.
- One neck taonga (pounamu, bone carvings, religious attire) are permitted.
- No other jewellery i.e: bracelets, anklets, rings etc may be worn, however the principal will consider special requests.
- Only natural coloured make-up including nail polish, eye shadow, eye liner and foundation are permitted.

I look forward to meeting you sometime soon.

Mr Troy England, Deputy Principal - Student Management



### Have you downloaded the School App?

#### Features of the Karamu High School App:

Parents: Alerts of Lockdown, Wet Weather Early Finish

Students: Alerts from Sport Coaches, Academic and Cultural

Quick Access: Daily Notices, School Calendar

Latest News: Newsletters

Links: Karamu Website, Mail, Library, Facebook, YouTube

Term Dates, Absentee Line, School Contacts

**Download SchoolAppsNZ from Google Play or the App Store.**

**To Setup:** Install and set your alert groups using the top left button. Remember to check these each year and subscribe to the correct alerts.



# 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 .....

## **Wanda Douglas (Attended 1984 - 1988)**

When Wanda left at the end of 1988, the world was destined for a great young woman such as her. Having been Head Girl, she was academically capable, an enthusiastic sportswoman, and a genuinely warm and outgoing individual.

She studied at Massey University (Palmerston North), completing a Bachelor of Arts, and a Master of Arts (Honours) in Psychology which included a thesis in the area of health psychology; she then returned to Hawke’s Bay to work for a year as a social worker with the (then) Children and Young Persons’ Service.

In 1995 Wanda enlisted in the Royal New Zealand Air Force, where she achieved her registration as a Psychologist and served for 7 ½ years. Wanda is most proud of completing Basic and Officer Training within the RNZAF – she enjoyed the unique opportunities she experienced during those six months, the physical and mental challenges and the long-lasting friendships that were established and still exist to this day. Post-training, deploying to places like East Timor, and the UK, and truly being part of a national effort to help and support others were highlights of her Air Force career. She was the Director of Psychology for half of her time in the RNZAF, before leaving to work in the corporate world of Hewlett Packard in human resources, then as a consulting psychologist / executive coach with a small boutique Auckland business. At that time, there was no territorial RNZAF force, so she switched to serving with the NZ Army and has been a Reservist Military Psychologist since 2002.



In 2010 she came back to settle in Napier and created her own business, Wands Psychology Services. Her work includes executive/management coaching, professional supervision, and EAP counselling with individuals. She delivers a range of workshops from leadership and emotional intelligence through to resilience and change management, and all in between! She has worked in sports psychology for nearly 10 years in the mental skills/performance psychology space, with a range of organisations that currently include the HB Rugby Football Union, High Performance Sport NZ, Hockey Manawatu/Hockey NZ, Tennis Eastern, and Sport Gisborne Tairāwhiti.



Her connection with her whanau has always been important to Wanda, and her values are drawn from her engagements with those close to her – these values include kindness, integrity, honesty, fun and hard work. Her friends too are massively important, ex-Karamu friends as well as friends from university and from her time in the military - especially when times get tough! She fondly remembers teachers also making a huge difference to her choices in life - “those who fed my curiosity and were positive role models for life and future learning gave me the confidence to continue in my fields of interest”.

Asking Wanda what led her to get involved in her area of success, she shared, interestingly, up until the middle of her last year at Karamu, she wanted to either do Physical Education and be a PE teacher, or study science (biochemistry). What changed that was when Karamu High School invited a speaker to school, Dr Steven Saunders, who was a Registered Psychologist – she found him fascinating to listen to, how he framed concepts like how to cope with stress and manage mindsets, and she thought, “I’d be keen to know more about all that!”

In hindsight, she had always had an interest in what makes people tick, and how we can be the best version of ourselves, and her more recent work as a mental skills coach has honed her focus around high performance, resilience, and wellbeing. Outside of work, Wanda’s family are her foundation - her husband Marcus, her two lovely boys Jakob and Connor, and their tonkinese cat, Major! She loves the outdoors, especially the beach, so we may find her exploring in their camper-trailer, setting off on walks, with therapeutic sounds going on or curled up reading, either fiction or non-fiction (particularly autobiographies). **#ProudlyKaramu**



# TIRA ORA

In this issue of Karamu Kōrero we showcase Karamu's sixteenth year, the Year 1978.

## 1978

Principal:	Mr R McGarvey
First Assistant:	Mr A B Fordyce
Senior Mistress:	Miss S Henderson
Senior Master:	Mr A Grey
Hastings High School Board of Governors:	Mr M D Brown
School Roll:	1027 (Rapid drop from 1346 in 1976 to 907 at the end of 1978 (due to Havelock North High school opening)
Head Boy:	Lesley Buckley
Head Girl:	Tui Hendry
Dux:	Andrew Grey
Proxime Accessit:	Anne Murray
General Excellence:	Kathleen Fryberg & Lesley Buckley



### School, Buildings & Grounds:

- Most of the old prefabs were abandoned as teaching spaces.
- Senior Common room created from 2 prefabs joined together.
- Mezzanine floor added to the Library (Hall used as Library Term 1).
- AV theatre, and Senior Science block were completed – opened by Minister of Education, Mr Gandar, at beginning of Term 3.
- Work started on additions to the Gymnasium.

### Staff:

- Lack of Music teacher – limited music in 1978 – helped by a few part-timers.
- Mavis Church (Office) retires after 12 years.
- Mr John Griffiths (HOD of Languages) retires after 10 years.

### Students:

- 7th Form put case to the Board of Trustees and given option of wearing mufti or school uniform.
- School Newspaper: "Lens" produced by the students – coloured covers, then illustrations & finally photo graphs sold for 10 cents/copy .
- Spring Week: festivities introduced– tug of war, hop scotch, pavement drawing, slave auction etc.

### Cultural & Clubs

- Production: "The Crunch" – A 7th Form production with numerous producers.

### Sport:

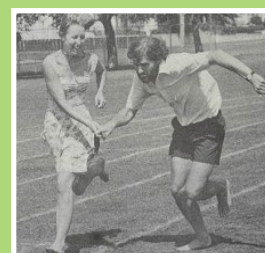
- Swimming Sports at the Aquatic Centre for the first time & Athletics Sports held at Windsor Park for first time.
- Fencing – started.
- 5 Netball teams with lack of coaches a concern.
- 3rd Form Camps at Tutira Outdoor Education Centre – but not ideal.

### HASTINGS

- Flaxmere Swimming complex opened.
- Hetley Building opens at Hawke's Bay Community College.
- Hastings – operative district scheme with goals of: to protect rural land; quality of urban environment & built up areas; underground water supply – public involved in planning.
- Council charge for Fantasyland admission.

### NEW ZEALAND

- NZ Population: 3,144,300.
- General Election. NZ Government: National. NZ Prime Minister: Robert Muldoon.
- Unemployment: 25,000.
- 218 arrested at Bastion Point; 17 arrested Raglan Golf Course.



## NEW STAFF 2023

**MaryAnne Ennor** (Fixed Term English) - joins us from being at HGHS in 2022 to cover several Kahui Ako positions. Has a wealth of experience as a SENCO and literacy specialist.

**Cheryl Brownlee** (Japanese and HOF Languages) - joins us from Tamatea High School where she was Head of Languages, SENCO, International Dean and Principals Nominee. She will be teaching Japanese and English.

**Holly Hope** (English) - is an exciting first year teacher joining us from Otago University. Gisborne is home and so she is looking forward to being a little closer to Tairāwhiti.



Back Row: Mr Tate Gorton, Miss Aimee Carlson, Ms MaryAnne Ennor, Mrs Manina Petuha, Mrs Sam Overweel

Front Row: Mrs Jade Starck, Miss Holly Hope, Mrs Donna Taaffe, Mrs Cheryl Brownlee

Absent: Mrs Charlotte Black, Mrs Jenn McMillan, Miss Alison Sydenham

**Tate Gorton** (Social Science/Business Studies) - another ex-Karamu student returns! Finishing in 2017 it is fantastic to have Tate back. As a stunning student we are sure he will be a great teacher too.

**Sam Overweel** (Social Science and Technology) - coming from Wanganui Girls High, Sam has experience in food, fashion and business and will be a great addition to the team as her husband and family return to the Bay.

**Aimee Carlson** (Physical Education) - was here as a student teacher in 2022 and so takes Miss Primmer's maternity leave cover for 6 months.

**Jade Starck** (Social Sciences/Tourism/Geography) - joins us from One School Global in Hastings where she has been teaching geography.

**Alison Sydenham** (Art) - joins us from Waitakere College in Auckland where she has taught for 4 years. She has had significant success as a painting teacher and diversified outside the classroom with several funded projects in environmental projects.

**Charlotte Black and Manina Petuha** (Teacher Aides) - both join our successful growing support staff team

**Jenn McMillan** (Teacher Aide) - was fixed term in Term 4 2022 and so is back for 2023.

**Donna Taaffe** (Science Technician) - returns after a time as a laboratory technician in the Microbiology Department at Southern Community Laboratory.



## YEAR 9 BIG DAY OUT

During the first few days of the year each of our Year 9 classes spend a day in their mentor classes participating in team building exercises. This is a great way for them to get to know each other and their mentor teachers.



## SCHOOL PRODUCTION - FREAKY FRIDAY

**FREAKY FRIDAY** the musical is coming to the Karamu High School stage 4 – 6 May. Rehearsals have started and we are so fortunate to have such a talented and dedicated cast and staff.

This Disney musical is based on the 1972 book of the same name. There are also two movie versions, the most recent version being in 2013 with Jamie Lee Curtis and Lindsay Lohan as the leads.

The plot involves a mother and daughter who switch bodies and literally walk in each other's shoes for a day, gaining understanding of each other's worlds and becoming closer in the process. Stay tuned for information on how to get your tickets!



## MUSIC TUITION

Is your child interested in learning a musical instrument through the school? Now is the time to sign up.

Tuition is available in the following instruments:

Flute, Clarinet, Saxophone, Drums, Guitar, Bass Guitar, Voice (singing), Violin, Viola, Cello, Double Bass, Piano.

Collect a notice from the music office, complete it and return it asap to save yourself a place in this fantastic programme.



# 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 .....
<b>Your learning</b> , eg. classwork and assessment	Your teacher	Your dean	Ms Gunn, Deputy Principal Curriculum
<b>A discipline problem</b> , eg. a detention	The teacher who gave you the detention	Your dean	Mr England Deputy Principal Student Management
<b>A pastoral issue</b> , eg. bullying, attendance	Your form teacher	Your dean	Mr England 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 .....
<b>A learning problem</b> , eg. classwork and assessment	The dean	Ms Gunn Deputy Principal Curriculum & Assessment	Mrs Thomas Principal
<b>A discipline problem</b> , eg. a detention	The dean	Mr England Deputy Principal Student Management	
<b>A pastoral issue</b> , eg. bullying, attendance	The dean	Mr England or Mr Rolls the Guidance Counsellor	
<b>A financial issue</b> relating to any account or charge	Either Mrs Gray or Ms Radley in the office	Mrs Hantler Principal's PA	

## YEAR LEVEL DEANS 2023

At Karamu High School, our year level deans play an important role in the pastoral care of your child. Our year level deans for 2023 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



Amber Walter  
awalter@karamu.school.nz

### Year 12 Deans



Tracy Taylor  
ttaylor@karamu.school.nz

### Year 13 Deans



Kirsty Christian  
kchristian@karamu.school.nz



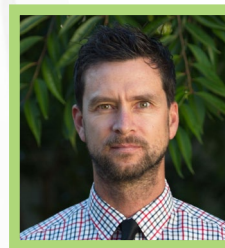
Mike Fleming  
mfleming@karamu.school.nz



Byron Crawford  
bcrawford@karamu.school.nz



Dave Murdoch  
dmurdoch@karamu.school.nz



Justin Kite  
jkite@karamu.school.nz



Karen Beaumont  
karenbeaumont@karamu.school.nz

## NGA POU KAIARĀHI

### Year 9



Seidah Tuaoi  
stuaoi@karamu.school.nz

### Year 10



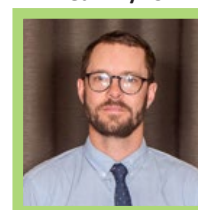
Ashley Blake  
ablake@karamu.school.nz

### Year 11



Tom Blake  
tblake@karamu.school.nz

### Year 12/13



Tom Willis  
twillis@karamu.school.nz