Issue 6 September 2023



1:15-2:00pm 3:00-4:00pm

Dates to Remember

22 September End of Term

4 October Youth Climate Action Forum

4-6 October

Duke of Ed Silver Adventurous Journey

> **7 October** HB Polyfest

9 October First Day Term 4

11 OctoberYear 12 Debating

12 OctoberGuitar Music Tuition
Concert

16-17 October Y13 2024 Course and Uniform Fitting

18 October Po Whakanui

18 October EIT Trades Academy Prizegiving

> **20 October** HB Anniversary

> > 23 October Labour Day

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

Blossom Day is a great 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 Karamū calendar in respect of the unique and special place Karamū has within Hastings as the only co-educational secondary school.

Blossom Day allows us to celebrate, embrace and accept diversity. Students demonstrate respect and school pride in their dress, actions and interactions. We also invite others in to join us, such as the vintage car club, to continue our links between the community and the school.

An assortment of colour, wonderful music and clever designs in the floats were seen in the parade. It was also fantastic to see friendship groups enjoying shared picnic kai. Following on from the parade we were lucky to experience Karamū's Got Talent on the circle this year and it made for a fantastic last day of Term 3 in the sun.



PROUDLY Karam ū PROUDLY HASTINGS P R O U D L Y L E A R N I N G

PRINCIPAL

This term has continued to be a busy one, with winter sports wrapping up, performing arts showcasing themselves at every opportunity and climaxing with Blossom Day and Karamū's Got Talent. It was therefore even more important to remind the students about keeping a balanced hauora.

Having our physical, mental, social and spiritual aspects in balance are all equally important. So having already spoken about Taha Tinana (the physical dimension): an importance to be physically active and adopt healthy behaviors like eating well, sleeping 8-10 hours and having good personal hygiene.

As well as your Taha Hinengaro (the mental dimension), this is our thinking processes, acknowledging and expressing our thoughts and feelings, and responding constructively, using your mind, heart, conscience, thoughts and feelings.

The third dimension of the Whare Tapa Wha model is Taha Whānau, which is about social wellbeing. This dimension is about who makes you feel you belong, who you care about and who you share your life with. Whānau is about extended relationships not just immediate relatives. It's your peers or colleagues, friends, community and the people you care about at school, work or home. At school we encourage students to interact with others in classes, teams or groups so we can all find our sense of taha whānau.

I have been extremely fortunate to see many groups this term performing with pride in the Karamū name. Our students that competed at the Dance NZ Made Hawke's Bay Competition shared their talents at assembly, such diverse genre was matched with exceptional talent and passion.

Another group that performed on a slightly different stage was the Premier Netball Team who won the Division 2 Super Secondary School Competition for the second year in a row. Overcoming a season riddled with injuries, illness and disruptions, they can be very proud of how they came together as a team in the end and finished strong.

Other smaller groups I have seen show creativity, excellence and compassion are our YES Year 12 and 13 business studies groups, especially those with social or ecological values. For example, the Kindling group donated a significant number of trees to Eskdale School as part of their profit. If your child is not part of a group outside of their everyday school mahi I would encourage you to encourage this as a whānau. Cocurricular participation is a wonderful way to extend social and emotional skills.

The last dimension of the Whare Tapa Wha hauora model is Taha Wairua (the spiritual dimension). Spiritual wellbeing is the values and beliefs that determine the way people live, the search for meaning and purpose in life, and personal identity and self-awareness. (For some individuals and communities, spiritual wellbeing is linked to a particular religion; for others, it is not). Wairua is also reflected and recognised in places and people we feel a connection to - the place you grew up, the beaches you surfed, lakes, mountains and rivers or the lands your ancestors came from. You will also have spiritual connections to certain whanau, friends, your hapū or iwi. These are powerful bonds that can help you maintain your sense of belonging even when things are not going well, or you are far away.

Spirituality typically involves a search for meaning in life - or it can describe the things that give us meaning. Perhaps you are yet to know what balances or fills your taha wairua? Blossom Day is always something that fills my wairua at the end of this term, because of it's meaning and long running purpose to celebrate this special occasion within our school and the community. Blossom Day allows us to celebrate, embrace and accept diversity. Students demonstrate amazing respect and school pride in their dress, actions and interactions.

"Ehara taku toa i te toa takitahi, engari he toa takitini" Success is not the work of an individual, but the work of many

Ngā mihi

Dionne Thomas Tumuaki/Principal



POLICY REVIEW

In 2023, all schools will review the Legislation and Administration and the Curriculum and Student Achievement (including EOTC and Learning Support) policies throughout the year. In Term 3, the focus is on Māori Educational Success, Inclusive Education and Learning Support.

Who reviews our policies and procedures?

- Reviews are open to board, staff, and the school community (parents/caregivers/ whānau).
- Anyone can review any policy/procedure that has a red, review flag.

To start reviewing:

- Visit the website https://karamu.schooldocs.co.nz/1893.htm 1.
- 2. Enter the username (karamu) and password (knowledge).
- 3. Click on the Reviews to take you to the policies being reviewed
- To start reviewing, click on the name of each Term 3 review topic. 4.
- 5. Read the policy.
- 6. Then click the Start your review button at the top right-hand corner of the page.
- 7. Select the reviewer type (Parent).
- 8. Enter your name (optional).
- 9. Add your ratings and comments
- 10. Submit



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

Abraham Lincoln

DEPUTY PRINCIPAL - STAFF

Kia ora Karamū whānau,

We have had a great response from our students returning their course selection forms for 2024. Thank you to the whānau for your efforts in supporting our current Year 10, 11, and 12 students in the return of their selections for 2024. Our current Year 9 students will make their selections after the holiday weekend in Term 4 once they have experienced their final elective courses in Term 4. If there are any changes, the easiest process is to take another form from the office, write

new at the top, and put down the change requested; there is no need to refill the entire form.

A reminder to our senior students who, at this stage of their lives are starting to get their restricted licenses and starting to drive to school. It is important that they register their cars with school, and that they follow the restrictions of their current license. Highlighting this is the students we see on their restricted license trying to give their friends a lift home. It is embarrassing for them if they are stopped at the intersection and we have to ask them to hop out in front of a long line of cars. It is also important that they drive carefully around the roads near school, as we have a large number of pedestrians in both directions and very young pupils from both Mayfair and Parkvale schools walking, scootering, or crossing the main roads nearby.

Have a great break, and we look forward to seeing all students back next term.

Ngā mihi

Mr Damien Hollands Deputy Principal - Staff



DEPUTY PRINCIPAL - STUDENT MANAGEMENT

Kia ora e te whānau,

As Term 3 draws to a close, students will be spending time reflecting on their academic progress and re-adjusting their goals for the remainder of the year. Re-evaluating goals can add unwanted pressure and stress. This is a timely reminder for students of the support networks available at school: - mentor teacher, subject teachers, dean, kaiārahi, guidance counsellor, careers advisors and deputy principals. These staff are here to support you in all areas of school life, so please reach out to them if you need assistance.

As we move into the holiday period and prepare for a new term, it's a timely reminder about a few of our school processes:

Attendance

- The school day begins at 8:35am and finishes at 2:50pm (3.00pm seniors). A note or appointment card is required to leave the school grounds during school hours. Wherever possible appointments should be made out of school hours.
- Students who arrive late or need to leave the grounds during school hours must sign in and out at the school office.
- A phoned explanation for an absence should be made to the 24-hour absence line 870 6143 any day a student is absent. If there are difficulties with phoning a note is acceptable, but this must be brought to the office on the first day the student returns.
- At lunch time no students are to leave the school grounds.

Electronic Devices: e.g. laptops, iPads, bluetooth speakers and cell phones

- When a student brings such a device to school, then they do so at their own risk. Students risk confiscation and also formal disciplinary action if such devices are used inappropriately as per the ICT Agreement.
- Cell phones are not permitted for use during class time. Cell phones need to be kept in bags.
- Bluetooth speakers are banned from school. If they are heard playing in the school grounds, the speaker will be confiscated.

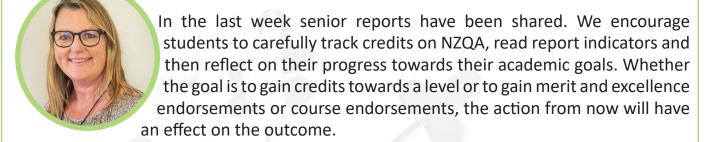
If you have concerns or questions about your child's welfare, please do not hesitate to contact their dean or me.

Have a wonderful break and I look forward to seeing you at the beginning of Term 4.

Mr Troy England Deputy Principal - Student Management

DEPUTY PRINCIPAL - CURRICULUM

Kia ora e te whānau,



The last two days of these holidays have been designated 'Spring School' and we are here to help senior students who are behind in their work. Students who have been identified as having incomplete assessments, a further assessment opportunity to complete or who are clearly in danger of failing have been emailed details. However, all students should be using the October holiday period as an opportune time to get resources and a study plan in order.



Whānau and students are also reminded that the Homework Centre is open to all students Tuesday after school and Wednesday before school with our Academic Institute students 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.

Various online websites, including Studyit, Learncoach and the NZQA website itself are invaluable sources of information for revision. Success in these external examinations is essential to study most courses at the next level. The first NCEA examination is on Monday 6 November - this is only 18 school days from the beginning of Term 4.

Ngā mihi

Ms Sarah Gunn Deputy Principal - Curriculum

NCEA CHANGES

Over the last couple of years, the Ministry of Education has communicated information via the media of the upcoming changes to NCEA (National Certificate of Educational achievement). Some of the reasons for these changes have been to make NCEA more accessible, to strengthen literacy and numeracy, simplify NCEA's structure and provide clearer pathways to further education and work.

The first changes take effect in 2024 with the Level 1 qualification. The requirements for NCEA Level 2 and 3 qualifications remain unchanged until 2026 and 2027 respectively.

Please see the graphic below showing the requirements for students to gain the NCEA Level 1 qualification from 2024.

The requirements for NCEA Level 1 from 2024



10 Numeracy Credits

10 Literacy Credits



Judges at Karamu's Got Talent: Ms Miller-Matcham, Ms Cooper and Mrs Coppell

Presenters at Karamu's Got Talent: Tyler Heesterman and Amy-Rose Costello

STRATEGIC PLAN

2021-2025 Strategic Plan Consultation

A School's Board of Trustee's objectives are to ensure that:

- every student at the school can achieve their highest educational standard;
- the school is a physically and emotionally safe place, ensures students' human rights are upheld and takes steps to eliminate racism, stigma, bullying and other forms of discrimination;
- the school is inclusive of and caters for, students with differing needs (learning support needs; cultural needs; language needs; LGBTIQA+ students)
- the school gives effect to Te Tiriti o Waitangi, including by:
 - working to ensure that its plans, policies, and local curriculum reflect local tikanga Māori, mātauranga Māori, and te ao Māori
 - taking all reasonable steps to make instruction available in tikanga Māori and te reo Māori
 - achieving equitable outcomes for Māori students

Karamū High School's strategic plan, developed in consultation with our school community, sets out how we will meet these objectives specifically for our students, staff and community.

In late 2020 the Board consulted with whānau, staff, students and our community to develop the current 2021-2025 Strategic Plan (https://www.karamu.school.nz/our-school-ko-t-ttoukura/our-documents).

Each year this forms part of our school charter, with annual targets set. We subsequently annually report on the school's progress, alongside finances, in approximately May each year.

We would like to take stock and consult with our community on our 2021-2025 Strategic Plan to see how you believe we are tracking with our seven intents and if they need refreshing. Please take some time to complete this survey:



Our Board will also be out interacting with whanau at pickup time after school in Week 1 Term 4, and we will also be conducting hui with whānau, staff and students. Now is the time to share your voice on the future direction of our school - please take this opportunity.

HEARING

From 21 - 23 August we were delighted to once again participate in the Hearing Screening Programme for Year 9 students. This was part of the National Foundation for Deaf & Hard of Hearing (NFDHH) Listen Up Programme.



Since the programme's inception, parents have continually requested that more information is provided on safe listening practices and the results of the hearing screening.

The Make Listening Safe Education initiative is an important part of the Hearing Screening Programme and aims to educate students and their parents on safe listening practices. Available on their website are resources that parents and young people can read through to protect their hearing, https://www.nfd.org.nz/school-programmes.

We all have a role in bringing a greater awareness to the damage young people are doing to their hearing and what we can do to help children listen safely. We encourage you to visit the site and support your child's better hearing practices.

HEALTH MESSAGE TO WHĀNAU



The following is a health message from our Te Whatu Ora health nurse, Fran Bayley.

If your child has a health condition that requires regular medication such as inhalers for asthma, allergy medication, or often requires regular pain relief for migraines/headaches/period pain; please ensure that they bring this medication to school, and that they understand how to use this.

Doctors visits are currently FREE for all students up to the age of 24 years. Most prescriptions are also free. Now is a great time to phone your GP Practice/Medical Centre to get medications sorted and make use of this free service while it is being offered.

Dental visits are also FREE for students up to 18 years of age. It is important to have an annual check-up to ensure all dental care is up to date.

There are several dental practices that treat adolescents across Hawke's Bay. If your child is not enrolled, please contact the oral health co-ordinator by phone or text, 027 555 8028.

CHESS CONGRATULATIONS

Congratulations to Martyn Rolls who is the Senior Karamū Chess Champion for 2023! Students have been battling it out over the past couple of months to determine the winner, with Martyn taking out the title on Wednesday 20 September. Preceeding this, Karamū took two teams to compete in the regional chess competition at Hastings Sports Centre in August. The competition consisted of playing in teams of four in six rounds.

Our A team, consisting of Year 12 students Martyn Rolls, Simon Dziubek, Devon McGregor, and Jack Bursnall took out fourth place in the A grade against 12 other schools. They were positioned at third place after five rounds, but unfortunately the sixth round of games were very tough! Our B team, consisting of year 11 students Jadon Daley, Liam Rolls, Krishna Bisht and year 10 students Ralph Hunter and Maaki Wairau took out first place in the B grade! Liam Rolls in particular had an excellent day with winning all six rounds.

Chess club which is open to players of all levels is held on Tuesday lunchtimes in Math6, and our Chess Academy (invitation only) is held on Wednesday lunchtimes.





CROSS COUNTRY RESULTS

'Happy Hikoi' (a.k.a Cross Country) was held on Thursday 14 September with fantastic involvement from all Year 9 and 10 students. Enthusiasm and participation was high and all students should be impressed with their contribution to this house event. Held over at Windsor Park this year these are the results:

Heretaunga	Te Mata	Tuki Tuki	Kaweka
4th Place	1st Place	3rd Place	2nd Place
182 points	210 points	188 points	190 points

	RUN Champion Girls	RUN Champion Boys	
Place	Junior Ruby Brett 9.02	Junior Hamish Wood 8.19	Senior Ben Randle 12.40
1st	Tarra Rafferty	David Son	Henry Cox
2nd	Lucy Bewley	Javarn Ray	Kaedyn Beazley
3rd	Charlotte Bewley	Caleb Shannon-Harris	Teague Gibson

1ST XI FOOTBALL

Tournament week 28 - 31 August this year saw Karamū enter a boy's football team, which hasn't happened for a number of years. The Rex Dawkins Tournament was held at Park Island in Napier and saw teams from all over the North Island enter.

This year saw a reduced number of teams due to the lack of accommodation here in The Bay, which meant that the standard of football was incredibly high. We found ourselves in Pool A, alongside Northcote College, who went on to win the tournament, and Gisborne Boys' High School, who finished 4th.

Tournament offers us the opportunity to learn so much more about ourselves than just our ability to play football. It teaches us about ways to deal with our frustrations, perseverance, resilience, comradeship, and teamwork.

So, while we didn't win, we can all be incredibly proud of how we played and celebrate what we achieved. As their coach, I am very proud to have been involved with such an awesome team and we're looking forward to seeing what we can achieve in 2024.

Mrs Kirsty Christian Coach



Adam Bristow-Smith and Henry Cox in action versus Whakatane High in the last game of the tournament (the boys went down in a narrow 3-2 loss).



Half-Time huddle for guidance from the coach, versus Whakatane High when the team were down 1-0.

1ST XI HOCKEY

The First XI Girls Hockey Team travelled to Levin for the Eveline Hankers National Tournament from 28 August - 1 September. There were thirteen teams from around the Lower North Island competing and the girls managed to top their pool, proceeding through to the semifinals. Unfortunately, they lost their semi-final to Sacred Heart College (Napier), resulting in the girls playing off for 3rd and 4th against Kuranui College. The girls didn't leave anything in the tank and gave it their best shot. However, Kuranui were too good on the day and took the bronze medal.

The girls learnt a lot from this trip and one of the main things taken away from it is what the coach said from the start of the season: "Believe in yourself and anything is possible". For most of the girls this was their first tournament and to finish in the top four was an amazing accomplishment. The team





were well supported by a great group of parents, coach Dan Hill, managers Amy Bruce and Catherine Brady. The team would like to thank hoodie sponsors AJ Howard Builders and Carpet King. The team at Harcourts HB also donated four trophies during Tournament Week. The trophies were for the following:

Player of the year: This player has impressed the coach and manager. She has been a true leader throughout the year, and she has been a role model to the other girls: Sofia Norfolk

Player of the Tournament: voted by team management. This player started the season very nervous, and she didn't believe that she could do it. She has stayed behind after practices and has asked for extra training and all that hard work has paid off. She has become a very reliable team member, and she played her best game in the 3rd and 4th playoff where she handled the pressure well: Reese Lamborn

Players' choice: Each player voted, and this recipient had a lot to deal with this season and



at tournament week she was the team's rock: Maggie **Taylor-Matthews**

This player impressed the coach and also proved him wrong. She missed out on getting into the team after the trials and texted him to say that he had made a mistake and if she could have another chance. Since then, she hasn't looked back and has been a standout in the team: Linaea Kouzounian

KA ORA KA AKO - HEALTHY LUNCHES PROGRAMME

We are thrilled that we will start the Ka Ora Ka Ako – Health Lunch Schools Programme on day one next term. This is a fantastic coup for all our students as consistent, healthy food, once a day, will make a lasting difference to their future.

Research indicates that feeding children and young people lunch each day:

- improves wellbeing;
- supports child development and learning;
- improves learners' levels of concentration, behaviour and school achievement
- reduces financial hardship amongst families and whānau;
- addresses barriers to children's participation in education and promotes attendance at school;
- boosts learners' overall health.¹

After completing a four-week trial with a group of over 60 students we have decided to engage with local company *The Food Co.* to be our external provider. However, with all new things comes change. The small changes that we need to make for this big positive includes, moving mentor time and lengthening the first break, as that is when the lunch will be delivered. For Year 9 - 11 lunch will be delivered to mentor class just before 11am. This will give a wonderful opportunity to eat lunch together as a mentor class.

Example:

New Times		
Period One	8:35 - 9:35	
Period Two	9:35 - 10:35	
Mentor Time 10:35 - 10:55		
Lunch 10:55 - 11:40		
Period Three	11:40 - 12:35	
Period Four	12:35 - 1:40	
Break 1:40 - 2:00		
Period Five	2:00 - 3:00	

NB: A full copy of the day times will be given to each student Week 1 of Term 4.

The canteen will also no longer be open at LUNCH (as the Year 12 and 13s will be having their lunch delivered from here), but it will be open in the second BREAK, but only with snacks for sale. Leftovers from lunch will be available on the tables in front of the canteen then.

With all change we will seek students and teachers feedback around how this works, but we also ask for everyone's patience, students to try the food, watch the processes, wait and experience it. This is a wonderful opportunity for us to be part of something great and we know the school will embrace it.

1 https://www.education.govt.nz/our-work/overall-strategies-and-policies/wellbeing-in-education/free-and-healthy-school-lunches/#The-2019-EQI

TIRA ORA 1983

In this issue of Karamū Korero we showcase Karamū's twenty first year, the Year 1983.

Principal: Mr R McGarvey

Deputy Principal: Mr A J G Milbank Senior Dean of Girls: Mrs B C Boag

Senior Master: Mr A Grey

Hastings High School Board of Governors: Mrs G L Bignell

School Roll: 1005 (Increase in 5th Form roll due to unemployment)

Head Boy: Gavin Evans

Head Girl: Melissa Whaitiri; Michelle Epplett

Dux: Alistair Fussell

Proxime Accessit: Michelle Epplett General Excellence: Gavin Evans

School, Buildings & Grounds:

- Extension to second Woodwork/Electronics room
- Squash Courts started in November



Students in the technical department 1983

Staff:

- Appointment of Mr Gorham Milbank as Deputy Principal (from Awatapu College).
- Mr N Pratt leaves to take up Deputy Principal roll at Hauraki Plains College (1977 1983).
- Staff Choir formed sang at Prize-giving's & School Music Festival.
- Mrs Jill Smith represents NZ at World Cup in Hockey.

Students:

- Discussions over shifting University Entrance to the 7th Form.
- Senior Home Economics students take part in Microwave Cookery classes.
- Calculators allowed in School Certificate Mathematics & Science for first time, due to Slide Rule becoming hard to buy.
- Employment issues in Hawke's Bay result more seniors returning to school & leaving during the year as jobs become available.
- New student newspaper "Enthusiast" commercially printed in colour.
- Spring Week (organised by Seventh Form) becomes a Karamu tradition.
- School Council formed.
- Combined Senior/Junior Prize-giving followed by supper.
- Students vote to bring back the school tie.
- House system changed to Yellow, Green, Blue, Red.
- Huge amount of fundraising for Squash Courts including: KARNIVAL 83 raised \$8,300, Work Day \$8,900, Staff Funny Money evening, nation-wide Car Raffle (\$9,500 raised) and 35 students (1 from each class) run from Wellington to Hastings to raise money.

Sport:

- Girls included in Trap Shooting team for first time.
- Fencing successful sport at Karamu 3 members selected to National Secondary School Squad.
- Boys' Volleyball (Senior) win Inter-school competition.

HASTINGS

- Hastings population: 52,900.
- Westend Shopping Centre opened with Write Price Supermarket & 14 shops.
- L J Harvey sold to Auckland businessman.
- Hydra slide & small pool added to Windsor Park swimming complex.
- 93FM Radio Station opens.
- Apple & Pear new store at Whakatu.

KARAMŪ'S GOT TALENT



IF YOU HAVE CONCERNS

If you are a student and you have a concert

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 England Deputy Principal Student Management
A pastoral issue, eg. bullying, attendance	Your form teacher	Your dean	Mr England or Mr Rolls the Guidance Counsellor

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 England Deputy Principal Student Management	
A pastoral issue, eg. bullying, attendance	The dean	Mr England 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 Meiring Principal's EA	

YEAR LEVEL DEANS 2023

At Karamū 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



Dave Murdoch



Justin Kite bcrawford@karamu.school.nz dmurdoch@karamu.school.nz jkite@karamu.school.nz



Karen Beaumont karenbeaumont@karamu.school.nz (on leave)

NGĀ POU KAIĀRAHI

Year 9



Seidah Tuaoi stuaoi@karamu.school.nz



Ashley Blake ablake@karamu.school.nz

Year 11



Tom Blake tblake@karamu.school.nz

Year 12/13



Tom Willis twillis@karamu.school.nz