



## *Student Leadership Team 2025*

See inside for more information!

### INSIDE this issue

*I roto i tenei  
putanga*

*Swimming Champs and  
Tabloids results + photos*

**STUDENT LEADERS  
FOR 2025**

2025 Term 1 Calendar



**Tangaroa  
Blue House**

**Tangaroa is the 'god of the sea.'**  
**Māori believe that water is an**  
**energy, with many moods. It**  
**can be calm and life-giving, or**  
**dangerous and destructive. This**  
**energy is called Tangaroa – 'god**  
**of the sea.'**

### **Koorero a te Tumuaki**

#### **The Principal speaks:**

Kia ora koutou katoa!

It was great to see students participating in our Swimming Champs and Swimming Tabloids earlier this month! The Whare House Points have been close with some exciting results and Tawhirimatea proving hard to beat so far! There is a House Points update on the next page of this e-Bulletin. Participation at house events and doing your very best is so important in earning your house more points. It might make all the difference at the end of the year when the champion house is calculated!

We are proud to say that we have received from NZQA our school results and compared to other schools we have done very well, especially at Level 1! A huge thank you to all our teachers for their mahi with our students and a huge well done to the students for applying themselves and working hard.

A special congratulations to Sam Raja who sat scholarship exams last year and gained scholarship in English, Geography and History. An outstanding effort!

CONTINUED INSIDE. . .



*Nau  
mai ki  
te tau  
hou!*

## Koorero a te Tumuaki Haere tonu

### The Principal speaks continued:

... We continue to see majority of our students comply with our 'no phone' rule. This has a positive impact on our school and our students. A friendly reminder that as parents/caregivers, if you need to contact your child/children please call the school office who will get a note sent to your child. We also continue to crack down on lateness to class and school uniform. Following school uniform rules sets students up well for when they get a job and are employed and have a uniform to wear or a dress code. Uniform should be worn correctly with pride - our students look awesome when they are in it! Please read the uniform policy with your student(s) so there is no misunderstanding about what is allowed and what is not.

A reminder that with our 6 Day timetable, where there are sports days or whole day school events it means there are no timetabled classes for students on that day. Therefore, that 'Day' of the timetable is repeated the following week day. For example, Athletics Day is on Day 5 but because there are no timetabled classes that day due to athletics, the 'Day 5' is repeated on Monday 3 March, 2025. See the calendar on the last page of this e-Bulletin for more information.

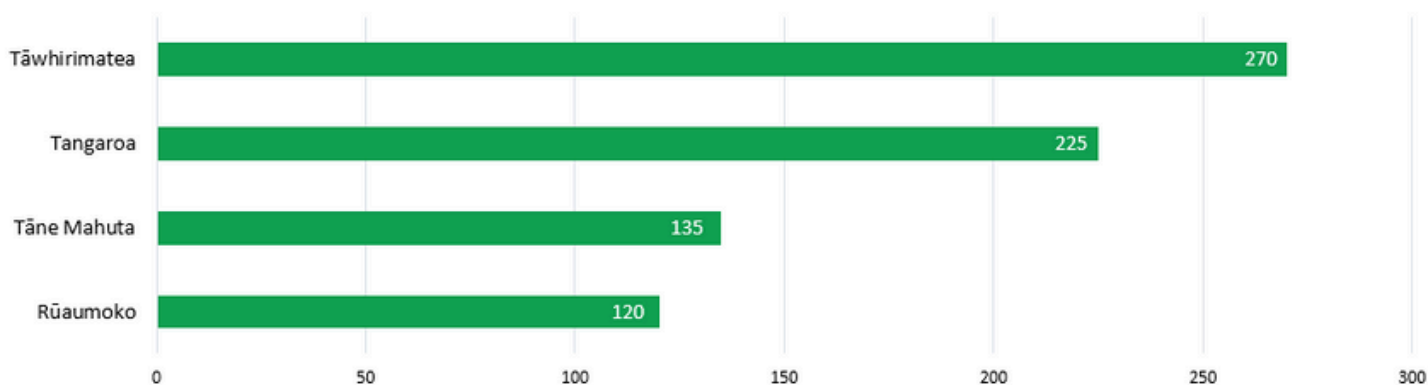
A friendly reminder to all students walking to school or catching a school bus to please be 'road safe.' Make sure you are looking both ways before crossing the road. Be very careful around school buses. If you need to cross the road after getting off the bus please find a safe place to do so and wait until the bus has moved away so you can see clearly in both directions. Let's all work together to keep our tamariki safe! We also remind students that students walking to school MUST use the footpaths on the side of the road, particularly on Elizabeth Street. **Students are not to cut through any private properties.** This is trespassing and residents/the public could take action against students that do so.

Tomorrow is Athletics Day and we look forward to seeing our students participating in this - don't forget your sun hats, sun screen and a water bottle! Students are to come to school in their Whare House PE uniform and go to their Whaanau class. Students will leave their bags locked in their Whaanau Class. Students can wear running shoes if they wish.

We're already into March next week and nearly half way through Term 1! I look forward to seeing all the great things our students do and achieve in the rest of the term!

*Chris Betty*

### House Points Update 2025



### Term 1 School Value *Wāhanga 1 Kura Uara*

**At our kura we have four school values and we focus on one value each term of the year.** These values are an integral part of our school and we want all of our students to display them in their day to day life, not only at school but also outside of school.

In Term One we focus on 'Manaaki, Aroha + Whakaute - Caring, Love + Respect.' *Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them.* We can show 'Caring, Love + Respect' by talking openly and honestly with each other, listening to each other, valuing each others feelings and needs, compromising, speaking kindly about others, giving each other space, supporting each others interests/hobbies and building each other up.

**Student Leadership Team 2025**  
**Te Rōpū Kaihautū Ākonga 2025**



We are proud to introduce to you our senior Student leaders for 2025!



**Leo Brooker**  
Head Student



**Hemi McGrath**  
Head Student



**Sophie Dorotich**  
Head Student



**Charmaine Hazell**  
Head Student



**Kyuss McDowall**  
Student Representative  
on the Board



**Prefect**  
Chiquita Dewan



**Prefect**  
Tia Barker



**Prefect**  
Olivia Carpenter



**Prefect**  
James Tupou



**Prefect**  
Willow Hyslop



**Prefect**  
Izzy Currie



**Prefect**  
Courtenay Fah

## School Lunch Programme *Te hōtaka tina kura*



**We are still very privileged to have a funded school lunch programme offered at Tuakau College.** We are sad we have lost our local provider, who we thank greatly for the fantastic service they gave our college. Thank you La Valla for the work in providing nutritional, well prepared lunches to our school.

We are now with the school lunch collective and we have had a mixed start to the year with the school lunch provision. The issues of getting the lunches here on time, the temperature the lunches are arriving at, the quality of the food and the communication with the new provider certainly needs to be improved.

Time will tell. We certainly have not had the experiences some schools have had. It is early days and I expect a huge improvement.

The uptake of eating the new lunches has been low. It is increasing. There are always plenty of lunches available for students if they want them. There should be no student going hungry.

Having a school lunch is optional and students do not have to have one.

## School Climate *Te rangi o te kura*

**The college has started well for the year. I would however just like to reiterate that we do not sanction the use of violence (physical assault) by students to resolve an issue.** It is unacceptable and will not be tolerated.

We will use the tools that we have to deal with this misconduct. The tools used are:

1. Restorative Meetings
2. MOE Stand Downs
3. Awhi Whaanau (Family Support)
4. MOE Suspensions
5. NZ Police

Parents and caregivers must be aware that each incident has to be investigated and all the information collated to ensure that all students/staff members concerned are justly and fairly heard. The laws of natural justice must be used. Once a clear picture of events are given a final decision is made on the outcome. It could be one of the above tools. This process is applied across the behavioural management spectrum.

Parents and caregivers do have an opportunity to discuss matters with the relevant staff member, about their child's involvement BUT we will not discuss other students' outcomes due to privacy matters. Please, you need to have confidence in this process.

If you have issues, please, I encourage you to contact the teacher concerned. Their email addresses can be found on our school website. It is better we know early about an issue so we can do something about it and 'nip it in the bud.'

I can assure the school community that we are working hard to ensure your child is safe at school and that we address issues with the utmost vigour and clarity so that the outcome for all is appropriate.

## New students pōwhiri 2025 Ko nga tauira hou pōwhiri 2025



On Friday 31 January we had a pōwhiri to welcome our new students to our kura! This was followed by a few activities and then a barbecue lunch to finish off! It was lovely to see all our new students there and we look forward to all you will achieve at Tuakau College!

Thank you to matua Dennis for the whaikōrero and welcoming our new students and staff. A pōwhiri is a key aspect of our college. All visitors (manuhiri) and new students/staff are welcome to our school with this ceremony. All visitors and 'newbies' are tapu (sacred) and with the haka, pōwhiri, the karanga (calls), the whaikōrero and the hongi (nose touch) and hariru (hand shake) the tapu is lifted and the new students/staff become part of our whaanau and school community. Through this we acknowledge and embrace the cultural diversity in our school and what is coming into our school. This sets the scene for the year. The new students and staff have settled in and at Week 5 are doing well!



### Tuakau College social media Tuakau College pāpāho pāpori

Make sure you are following Tuakau College on Instagram and Facebook to see all photos of events, important information and any updates! You can find us on Instagram by searching '@tuakau.college' and on Facebook by searching 'Tuakau College.'



## House Leaders 2025 Nga Kaiarahi o te Whare 2025



**Tane Mahuta:** Chloe Jamieson, Hayley Lapwood, Sapphire Somerville and Mattias Tafto  
(Miss Anderson - Teacher Leader)



**Tangaroa:** Sophie Hall, Baylee Hynes, Skye Jenkins and Brya Mahoney (Mr Cochrane - Teacher Leader)



**Tawhirimatea:** Kahungunu Aubrey-Lindsay, Cate Harvey, Lauren Rowsell and Nian Van Loggerenberg  
(Miss Cowley - Teacher Leader)



**Ruamoko:** Johann Jacobs, Sean Taka, Va Tinalevu and Danielle Van Wyk (Mr Van Niekerk - Teacher Leader)

# ROUNDERS COMPETITION 2025

*Whakataetae Rounders 2025*

On the first day of school for all our students, after a morning of Whaanau House assemblies and Whaanau Class activities, the day was finished off with a whole school Rounders competition! This was the first House Competition of the year.

Congratulations to Tangaroa who placed first! Tawhirimatea placed second, Tane Mahuta placed third and Ruaumoko placed fourth. Well done to all the students that participated and earned valuable points for the Whaanau house that might make all the difference at the end of the year!



**VISION:**  
 Ka whakarite kareti o Tuakau i ngā ākonga kia whai tāna e tōmina nei, kia kounga tonu tana kete mātauranga. Tuakau College prepares students for life through a quality education promoting excellence in all things.

**STRATEGIC GOALS - TUAKAU COLLEGE WILL:**

- Whakawhānui i ngā whai wāhitanga te angitūtanga o ngā ākonga.**  
 Maximise opportunities for student achievement.
- Me ārahi i ngā whanaketanga o te rohe o te Ao hurihuri.**  
 Lead local developments in a continuously changing world.
- Kia noho hei manawa o te hapori kia hiahia te katoa.**  
 Be the heart of the community where everyone wants to be.

**MANAAKI, AROHA - WHAKAUTE**  
 CARING, LOVE + RESPECT

He aha te mea nui o te Ao? He tāngata, he tāngata, he tāngata.  
 What is the most important thing in the world? It is people, it is people, it is people.

**NGĀKAU TAPATAHI**  
 INTEGRITY

Kaua e takahia te mana o te tāngata. Do not trample on the mana of the people.

**Ū TONUTANGA**  
 PERSEVERANCE

Kaua e mate wheke mate mangōpare. Don't give up like an octopus but fight like a hammerhead shark.

**TINO PAI RAWA**  
 EXCELLENCE

Pai rawa atu i ngā mea katoa. The very best in all things.

# SWIMMING CHAMPS 2025

Whakataetae Kauhoe 2025



**Well done to the students that participated in our Swimming Champs on Friday 14 February.** Congratulations to Tawhirimatea who took out first place with 218 points! Tane Mahuta placed second with 117 points, Tangaroa placed third with 111 points and Ruaumoko placed fourth with 103 points!

Age group results were as follows:

**Year 7&8 Boys**

1st - Rhys Campbell-Cox

**Junior Boys**

1st - River Missen

**Intermediate Boys**

1st - Luke Campbell-Cox

**Senior Boys**

1st - Nate Flipp

**Year 7&8 Girls**

1st - Pippa Missen

**Junior Girls**

1st - Sulize Strydom

**Intermediate Girls**

1st - Danielle Claridge

**Senior Girls**

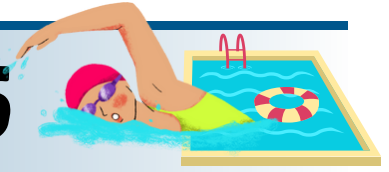
1st - Lome' Strydom

To see all photos please visit the Tuakau College Facebook page!



# SWIMMING TABLOIDS 2025

Ripa Kauhoe 2025



On Friday 21 February we had our Swimming Tabloids and it a fun event with plenty of house spirit! Students competed in the plank race, underwater treasure hunt, house scramble, relays and more to try and earn points for their house! Congratulations to Tawhirimatea who won with 365 points! Tangaroa placed second with 285 points, Ruaumoko placed third with 215 points and Tane Mahuta placed fourth with 135 points. To see all photos please visit the Tuakau College Facebook page!





**Year 7 Camp 2025**  
**Tau 7 Camp 2025**



**Our Year 7 students had an awesome three days at Chosen Valley Christian Camp in Ararimu earlier this month!** Students challenged themselves in archery, kayaking, raft building, trolleys, the flying fox, waterslide and more! It was great to see our students bond and encourage each other throughout the camp! A massive thank you to our staff and parent helpers who made the camp possible. To see more photos of the camp visit the Tuakau College Facebook page.



## Danielle shines at Harlequins Zonal Open Water Challenge *Ka whiti a Danielle ki Harlequins Zonal Open Water Challenge*



**Well done to Danielle Claridge (Year 11 student) who had some awesome results at the Harlequins Zonal Open Water Challenge earlier in February!** Danielle represented Tuakau College and her hard work and dedication was put to the test as she raced through the waters from Rangitoto to St Heliers Beach.

Out of all of the competitors Danielle was one of the stars of the day as she not only finished first overall in the 2.3km race but also earned several Banana Boat medals along with the coveted Harlequins gold in the 14-15 girls category - an awesome achievement!

## Sports Registrations Open Now *Ka tuwhera nga rehitatanga hakinakina inaianei*

**Registrations are open for rugby, netball, football and hockey!** Please visit our website (<https://www.tuakaucollege.com/sports>) and click on the relevant sports pages to register. Please contact the Sports Co-Ordinator on [a.taua@tuakaucollege.com](mailto:a.taua@tuakaucollege.com) with any queries.

## Cleo's Ministock achievements continue *Kei te haere tonu nga whakatutukitanga a Cleo Ministock*

**Well done to Cleo Beckett (Year 11 student) who has had some awesome Ministock results over the school holidays and since school has returned for 2025!** Beckett Racing traveled back to Dargaville for a two day event on 25 & 26 January. Day 1 was West Coast Champs and Day 2 was a sponsored day. Cleo was there to defend her title as West Coast Champ (1st place) 2024.

Racing went well on Day 1, getting second place in the first race and third place in the second race. Racing was then suspended due to rain and the meeting being postponed until the next day to complete the Champs, with thunderstorms and heavy rain overnight and a tornado going through Mangawhai. Day 2 started with rain but with a lot of work from the the Team and Drivers they were able to get the track to good enough condition to complete the last six races for all the classes left for the West Coast Champs. Cleo was lucky to come away with a the win after a very close battle this race. She was lucky enough to end up with enough points to hold her first place title as West Coast Champ for the second year in a row!

Another event that Cleo attended at Dargaville was their Club Champs on 16 February. Cleo was unlucky with her grid draws, only getting one grid close to the front on Race 2. In the first race she came from the rear of the pack to claim second place and in the second race she also got second place, with a very hard battle as she went from second to first during the race just to be bumped out of first again on the second to last lap. In the third race she started at the back again and luckily worked her way through the other cars getting second place again. With her three second place finishes it gained her enough points to hold on to the position of first place Club Champ for the second year in a row!



## Being a responsible social media user

### *Te noho hei kaiwhakamahi pāpāho pāpori whai mana*



**Everywhere you look you see people with their heads down staring at a bright screen, often consumed with the endless communication, information and entertainment that an electronic device provides.** Cell phones, tablets, smart watches and computers are everywhere!

Kids and teenagers growing up in this digital age are learning how to use technology at a huge rate of speed. When used appropriately, there are so many positive benefits that come with technology and using social media however there are also many risks and potential harmful consequences to social media use.

One of the best benefits of social media is it allows people to easily stay connected through messaging, video chats or photographs. It can provide opportunities to meet people from all areas of the world without even leaving the comfort of your own home. Social media also provides so many platforms to express feelings, thoughts and opinions. It's a great way to explore and learn more about various interests and stay informed about current events. Social media and technology can help someone develop or discover a community or support network too.

Along with the benefits of social media, risks and negative consequences can arise. Too much social media use can result in lower interaction with family, friends, or co-workers. Exposure to inappropriate content like violence and pornography is highly possible without the use of monitoring and parental control applications. Inappropriate behavior such as bullying, slander, or sending/posting risky pictures can happen because a social media user has a false sense of security behind the screen. Often people don't consider that their digital footprint can last forever.

Lack of sleep or interrupted sleep is another negative side effect of too much social media use. Some people report feeling anxious or depressed after using social media. Pictures and stories often depict someone's "best of the best" or "highlight reel." The pressure to keep posts engaging, picture-perfect and time-worthy can add to feelings of anxiety. It is easy to start comparing your life to someone else's digital life and feel down or not good enough.

Young people have the ability to be in contact with friends all the time, thus leaving them with a sense of no privacy and "too connected" with peers. Despite the constant ability to stay in contact, they can also feel lonely at the same time. Due to apps that share your location or show if a message has been read, it can be apparent if someone is ignoring or not including you.

Listed below are some good reminders about using social media and technology responsibly to make the most of the positive benefits it can offer.

- Develop and tend to your real life relationships and experiences.
- Take an honest self-assessment of your use. How much are you using social media and why?
- Be yourself and be nice!
- Set limits and take breaks. For example, no posting during homework time, shut phone off or keep in another room during sleeping hours, make "technology free" rules with peers and family members.
- Don't share your passwords with friends.
- Learn about privacy settings and review them often.
- Utilize social reporting policies and sites.
- Always think before you post.
- If you're a parent/caregiver, monitor and set limits for your children and teen's social media use, have honest conversations about the benefits and risks, and model appropriate social media and technology use yourself.

Information taken from <https://youthfirstinc.org/using-social-media-responsibly/#:~:text=Set%20limits%20and%20take%20breaks,settings%20and%20review%20them%20often>.



## HEALTH CENTRE *Tari Hauora*

**Hello! We hope everyone is keeping well!** If you have a child with medical needs and would like to speak to the nurses, contact us through phone (extension 119) or email us on [nurse@tuakaucollege.com](mailto:nurse@tuakaucollege.com). We'd like to hear from you as we endeavor to keep all students safe in their learning environment. There will be some slight changes to our Health Centre during Term 1, as we have two of our nurses that are unable to join us again until Term 2. We will have a couple of nurses in to cover for them until the end of Term 1 and we are very thankful for their help. We welcome Mrs Sarah Kull and Mrs Edel Sweeney to help out in our Health Centre in their absence!

### Year 9 Wellbeing Review

Tuakau College has an agreement with Te Whatu Ora Counties Manukau to provide free nursing services on site. The health and wellbeing of students at the school is important to us. The main aim of the clinic is to improve the health of our students, so they come to school well and able to learn.

As part of this, one of the school nurses will complete a comprehensive wellbeing review for all consenting Year 9 students. This review will provide an opportunity for our students to discuss their: health/social concerns, medical history, emotional strengths and whānau and community supports, vision and hearing screening, height and weight measurements, nutrition and physical activity.

The review is likely to take 30-60 minutes and a referral to other services will be available where needed. It will take place during the school day and there is no cost for the service.

If you have any questions, or if you do not consent to your child having this wellbeing review, please contact the school Nurse by emailing [nurse@tuakaucollege.com](mailto:nurse@tuakaucollege.com)

*Tuakau College School Nurses*

Phone: 09 236 8521 ext 119

**Te Whatu Ora**  
Health New Zealand



**Te Mahau**

**School Panui Update**

**Pertussis (Whooping Cough)** - Due to ongoing high levels of pertussis cases (and hospitalisations) the National Public Health Service (NPHS) and the Public Health Agency declared a national epidemic. Epidemics of pertussis typically occur every 3-5 years and usually last for 12-18 months. Cases have spread across the motu, affecting various age groups and ethnicities, with some hospitalisations among young babies and older people. Pertussis can be particularly severe for babies, and they may require hospital care. We are also aware that many school communities across the motu are being impacted by cases.

**Measles** - Measles is a highly contagious viral disease that can cause long-term damage and be fatal. Symptoms include fever, cough, runny nose, sore eyes, and a blotchy rash. People born overseas may provide evidence of their overseas vaccination to their healthcare provider for verification and inclusion in the Aotearoa Immunisation Register. If you're unsure how many doses of MMR you've had, it's usually safe to get vaccinated again but check with your healthcare provider. The MMR vaccine is free for anyone 18 years or younger, including international students and visitors, and for adults who are eligible for free healthcare. Adults and children over 3 can get the vaccine at many pharmacies.

**Meningococcal disease** - Meningococcal disease is a bacterial infection. It can cause 2 very serious illnesses – meningitis and blood poisoning. These complications can cause permanent disability, deafness or death. Early treatment is very important. It can develop rapidly (in just a few hours) and can be deadly. The Meningococcal B (MenB vaccine), and Meningococcal ACWY (MenACWY) vaccines are available for free to rangatahi aged 13-25 years who are entering (or who are in) their first year of close living situations including boarding schools, youth justice facilities, university halls of residence and military barracks. Schools and ECEs can encourage their community to check their immunisation status through their 'My Health Record', and they can find out where they can obtain a vaccination through Book My Vaccine.



Find out more →



# Join ST JOHN YOUTH

Young people developing their potential through leadership, hauora and engaging in their communities.

St John Youth is for all young people aged 5 to 18 years, so come and learn, connect and grow with us.

## *Bombay Division*



Monday



6:30 - 8:00pm



Bombay Rugby Football Club,  
30 Paparata Road, Bombay

[youth@stjohn.org.nz](mailto:youth@stjohn.org.nz) | 0800 ST JOHN | [youth.stjohn.org.nz](http://youth.stjohn.org.nz)



**Hato Hone  
St John**

# Calendar

Maaramataka

## for Term 1 2025

\*PLEASE BE AWARE THAT THESE ARE INDICATIVE AND COULD CHANGE  
A 'WEEK AHEAD' IS POSTED ON OUR SOCIAL MEDIA PAGES EACH  
SUNDAY WITH UP TO DATE INFORMATION FOR THE WEEK AHEAD.

MON	TUE	WED	THU	FRI	SAT	SUN
27 JAN Auckland Anniversary (Public Holiday)	28 Course Confirmation for Year 12 and 13	29 Staff Only Day	30 Staff Only Day	31 New Students Day Course Confirmation for Year 11	1 FEB	2
3 Whole school starts Rounders Competition	4 Timetable starts	5	6 Waitangi Day (Public Holiday)	7	8	9
10	11	12	13 Levels Assembly	14 Swimming Champs	15	16
17 Year 7 Camp	18 Year 7 Camp	19 Year 7 Camp	20 Whare Assembly	21 Tabloid Swimming	22	23
24	25 PhotoLife ID Photos Board Meeting	26	27	28 Athletics Day	1 MAR	2
3	4 11 Horticulture Small Motors Course	5 11 Horticulture Small Motors Course	6 School Assembly 11OUT Trip	7 11OUT Trip	8	9
10	11 Year 11 - 13 Fabrics Trip	12	13 Levels Assembly 12 Geography Trip 12OUT Tramp	14 12 Geography Trip 12OUT Tramp	15	16
17	18 Reo Rua Trip 12OUT Tramp	19 12OUT Tramp	20 Endorsement Assembly Franklin Schools Careers Expo	21 13 Geography Trip	22	23 Waka Ama Nationals
24 Waka Ama Nationals	25 11 Horticulture Small Motors Course Waka Ama Nationals Board Meeting	26 11 Horticulture Small Motors Course Waka Ama Nationals	27 Waka Ama Nationals School Assembly	28 Waka Ama Nationals	29	30
31	1 APR 13OUT Trip	2	3 13OUT Trip	4	5	6
7	8	9	10 School Assembly	11 Term 1 Ends		

Because these  
are whole school  
events this is not  
counted as a  
timetable 'Day'