

NAENAE COLLEGE NEWSLETTER WEEK 2, TERM 4, 2020

PRINCIPAL'S COMMENT

Kia ora e te whānau.

We had a wonderful regional Kī-o-rahi tournament this Wednesday which showcased our student leadership and our values as a kura.

Student achievement is tracking very well and speaks to the work that has gone in this year to support students reaching their academic goals. The important message is KEEP IT UP. We are not there yet and it is important to finish well.

As students get closer to the end of the year it is completely natural that they become more anxious about meeting deadlines for internal assessment and external exams. This year things may at times feel overwhelming. We encourage students to talk and seek the support available both at school and via other avenues listed at the end of the newsletter. Things are going well for our students and we know that support is there for them throughout the rest of this year and into next year. Kia kaha, kia maia, kia manawanui.

NIUE LANGUAGE WEEK

Fakaalofa lahi atu!

The theme for 2020 is

'Faliki e tau momoui he

tau atuhau ke he

Vagahau Niue ' which in

English translates to,

"Lay the foundations - give rise to Vagahau Niue for generations"

We welcome all cultures and the diversity they offer.



STUDENT NEWS

KĪ-O-RAHI TOURNAMENT

We enjoyed the opportunity to host the College Sport Wellington Regional Kī-o-rahi Tournament on Wednesday. There were 29 teams entered in the tournament representing 16 Secondary Schools.

The weather was perfect and welcoming to the 400 visitors. Thank you to the Year 10 Health/PE class who assisted with hospitality, marshalling, hosting and facility management. Naenae College had four teams entered which included two boys teams, a girls team and a mixed team. One of our boys teams came second. Well done.

Kī-o-rahi comes from the legend of Rahitutakahina and Tiarakurapakewai. Understanding this legend is as important as the rules of the game. Kī-o-rahi uses a small round ball and the players use similar skills to that of rugby union, touch, and netball.



Students were saying that the day was enjoyable, and it was good seeing the schools come together and encourage each other.



College Sport Wellington

"Firstly, I big thank you to Naenae College for all their efforts yesterday. The sun shone, the food was good and the venue was outstanding. On behalf of CSW and the schools, thanks Yvonne – and please pass our gratitude on to the student helpers, teachers and groundsmen"

Bryan Dickinson, Executive Director

PINK SHIRT DAY



Friday 16 October was World Pink Shirt Day.

This is celebrated annually around the globe, Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying, after a peer was bullied for wearing a pink shirt. In Aotearoa, Pink Shirt Day works to create schools, workplaces, communities and whānau where everyone feels safe, valued, and respected.

Year 13 students bought this day and its values to the community's minds. It captures our Te Whanau Tahi values as we show manaakitanga (caring) and kotahitanga (working together) to one another. This is the opportunity to remember to Speak Up, Stand Together and Stop Bullying.

They organised pink ribbons for staff and students to purchase, with the funds going back to the cause to help provide support for students to feel safe.

We raised \$173.90. Thank you.

Our staff dressed in pink for the day.



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COMING UP:

On Tuesday evening in the College Hall we are having a special night to host the 2021 Year 9 parents and students. This will provide them with an opportunity to meet staff and learn of the programmes that will be on offer for their first year in college.

Students who have enrolled at Naenae College for next year are visiting the school for an Orientation Morning on Wednesday. Students will have the opportunity to select their options at the end of their morning onsite. This is important as they transition from Year 8 to Year 9. I am sure our students will be welcoming and show Te Whanau Tahi.

IMPORTANT NOTICE ABOUT LAYTEX

Te Whānau Tahi, I am asking you to support a ban on laytex based products: Balloons, laytex gloves and other laytex products. We have a student who has developed a severe laytex allergy which is potentially life threatening. We have a safety plan in place and the relevant staff have received training in the administering of an EpiPen and First Aid.

I would ask that we show our Manaakitanga in supporting the safety of this student by supporting this ban on laytex.

Ngā mihi, Nic Richards, Principal.

COMMUNITY NEWS

For more information, visit our facebook page:

www.facebook.com/CommunitySportsBank

Community Messaging

Dear School and/or Sports Administrator

Thank you for your continuing support of WDC by sharing our diving club information in your school newsletters.

We are once again contacting you on behalf of Wellington Diving Club to ask if you would please include the attached poster (&/or the paragraph below) in the **Community Notices** section of your **School Newsletter** to share information for our **Club's 30th Birthday celebration display & show** – happening on Sat, 14th November. This will be a spectacular blend of Star Wars and springboard & platform diving! Free entry and we are also offering everyone who comes along a voucher for a free session in our Sunday public have-a-go programme.

We would be very grateful if you could include the ad for the next few weeks.

If you have any questions, please do not hesitate to contact me on 907 0595 or 027 485 8888.



Again, we thank you for your continued support.

Kind Regards

Barbara

<<Community Notice>>

WDC turns 30 – Star Wars meets springboard diving at Kilbirnie Pool

Wellington Diving Club is turning 30 and to celebrate we're putting on a spectacular display & show that will be hugely entertaining!

Saturday, 14th November – 11.00am

Free entry **plus** vouchers for all spectators for a free Sunday have-a-go session.

Trial Lessons also available throughout Term4 – Tues, Wed, Thurs (4pm) or Saturday 10.15am. T&C's apply.

For more information please call Barbara on 027 485 8888 or <https://wellingtondiving.org.nz/contact>

Barbara Franks

Club Admin & Finance

Wellington Diving Club

admin@wellingtondiving.org.nz | 027-485-8888

www.wellingtondiving.org.nz

For news and updates on our club, [click here](#) to visit our Facebook page.

Usual Office Hours – Monday – 9am-3pm & Thursday – 9am-4pm

Outside of these hours I will respond as soon as possible. Thanks.

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Victoria University of Wellington will be running the Na Vosa Ni STEMAD event to promote Science, Technology, Engineering, Mathematics, Architecture and Design at Naenae College this week. They'll be promoting possible pathways to our Pasifika junior students of the entire Hutt Valley. Science teachers and LARs have been promoting this exciting opportunity to our Pasifika students in their classes, so we hope to see many of our students and families there.



NEW EVENT DAYS!
DEPENDENT ON COVID19 LEVEL RESTRICTIONS

NA VOSA NI STEMAD

LET'S TALK SCIENCE, TECHNOLOGY, ENGINEERING, MATHEMATICS, ARCHITECTURE & DESIGN


Na Vosa Ni STEMAD is an opportunity for our Year 9 and 10 students to come together as a Pasifika community and engage in areas of Science, Technology, Engineering, Mathematics, Architecture and Design, giving them a chance to explore in an interactive manner and perhaps stimulate interest prior to selecting subjects for NCEA Level 1.

HUTT VALLEY - 28 OCTOBER 2020
NAENAE COLLEGE - 910 HIGH ST,
AVALON, LOWER HUTT

FREE COMMUNITY EVENT
REGISTER VIA
<https://go.wgtn.ac.nz/na-vosa-ni-stemad.html>

PASIFIKA STUDENT SUCCESS
OFFICE OF THE ASSISTANT VICE-CHANCELLOR (PASIFIKA)

 **VICTORIA UNIVERSITY OF WELLINGTON**
TE HERENGA WAKA

Self-Care Ideas/Suggestions and Distress Tolerance Activities

<p>PHYSICAL: Taha tinana</p> <p>How do I look after my body?</p> <p>Increase circulation, distract from worries and burn off energy.</p> <ul style="list-style-type: none"> • Deep breathing (3, 5, 10 breaths). • Eat regular healthy meals. • Abstain from coffee or alcohol. • Go for a walk/hike or run. • Go swimming. • Medical check ups. • Have an adventure day. • Get a massage. • Dance. • Take a nap. • Yoga, stretch your body. • Play sport. • Chop wood. • Work out. • Cook a new or favourite meal. 	<p>PSYCHOLOGICAL: Taha hinengaro</p> <p>How do I look after my thoughts and feelings?</p> <p>Help us see and express our emotions in healthy ways</p> <ul style="list-style-type: none"> • Acknowledge accomplishments. • Express emotions in healthy ways (break a plate, cry, pound a pillow, rip something, squeeze a rubber ball). • Take a break from problem-solving. • Cuddle with pets. • Set aside daily quiet time to read. • Write in a journal or blog. • Doodle, paint, draw. • Disconnect from electronic devices. • Visualise a drain with feelings going down. • Visualise a peaceful place, or secret room. • Visualise success. • Name some favourites. • Focus on what you like, not what you hate. • Watch a comedy or inspirational movie. • Stir up the opposite emotion to the negative one you are feeling.
<p>SOCIAL RELATIONSHIPS: Taha whānau</p> <p>How do I look after my family and social relationships?</p> <ul style="list-style-type: none"> • Ask for support. • Be with people you admire. • Call a friend or family member. • Share a meal with someone. • Give your time, volunteer to help others. • Go to a support group. • Go to an event. • Spend time with uplifting, positive people. • Have a cup of tea/coffee with a friend. 	<p>SPIRITUAL: Taha wairua</p> <p>How do I look after my spirit?</p> <ul style="list-style-type: none"> • Practice mindfulness. • Take classes on how to meditate. • Increase awareness of nature (e.g., birds & flowers during day, stars & solitude at night), lie on the grass. • Read inspirational literature. • Learn new skills. • Make a gratitude list. • Listen to music. • Be in nature. Sit in the sun or the dark. • Volunteer for a meaningful cause. • Look for meaning or purpose in your struggle – how is it helping you get stronger, what are you learning about yourself?
<p>WORKPLACE</p> <p>How do I care for myself at work?</p> <ul style="list-style-type: none"> • Pursue meaningful work. • Maintain work-life balance. • Positive relationships with co-workers. • Time management skills. • Get some EAP if needed. • Get a mentor. • Do a puzzle, count to 10 slowly. • Examine the pros and cons. • Focus on what you like doing, rather than what you don't like doing. 	<p>IN THE MOMENT ACTIVITIES AND SENSATION-FOCUSED ACTIVITIES</p> <p>Pleasurable activities that take little planning</p> <ul style="list-style-type: none"> • Accept the moment. • Distract yourself, get lost in a good book. • Imagine. • Box up a thought and set it aside. • Recite a mantra or pray. • Name things you are grateful for. • Recall a past positive event/memory. • Reward yourself for success. • Shout “stop!”, Sing or hum. • Burn incense, light a candle. • Cold wash cloth on your face, take a hot shower or bath.