



RUAWAI COLLEGE NEWS

Ruawai
COLLEGE
Respect
Resilience
Responsibility

Term 3 Week 10
Friday 25 Sept

Upcoming Dates

TEACHER ONLY DAY

**TUESDAY 27
OCTOBER**

**NO SCHOOL FOR
ALL STUDENTS!**

Friday 25 September 2020

Last day of Term 3

Monday 12 October 2020

Start of Term 4

Wednesday 14 October

Head Prefect Dargaville Rotary Trip

Thursday 15 October 2020

NSS Year 7 & 8 Girls Volleyball
Shake Out Earthquake Drill, 9:30am

Friday 16 October 2020

NSS Year 7 & 8 Boys Volleyball
Ruawai College School Ball

Monday 19 October 2020

"Attitude" Health Presentation

Tuesday 20 October 2020

Year 11 PE Tree Climbing

Wednesday 21 October 2020

Interhouse Top Form Competition

PRINCIPAL'S KORERO

Raeleen Harré – M.Ed (Hons)

*Tena Koutou te whanau o Te Kura o Ruawai
Greetings to the families of Ruawai College*

Thank you for the enormous support that you have given the school in supporting our efforts through the challenge of COVID-19.

The coming holidays are an opportunity for our NCEA students to look at ways they can prepare well for the upcoming exams, including the importance of study, sleep and diet and to return in Term 4 well prepared for the challenge ahead of them.

Congratulations to our sports teams who were able to get some time on the court / field throughout the season. All the reports back have been very positive in acknowledging the team efforts and excellent behaviour of our students. Coaches and whanau supporters have felt proud of our students who have represented the school and the community admirably.

We have taken considerable pride from the success of the school's production "Romeo & Juliet...AND Ophelia" that took place this week. This was a superb production which showcased the best of student acting, dance, musicianship and backstage. The large audiences at their performances was gratifying and, judging by the many comments, you felt the same too. All that talent only comes together thanks to committed staff working behind the scenes. I wish to acknowledge the work of Deborah Steele who did an outstanding job in bringing it all together. I wish all staff and students a safe and restful holiday break - explore our beautiful country.

- Raeleen Harré, Principal

Te Wiki o te Reo Maori Language Week

Māori Language Week has been celebrated each year from 1975. Māori Language Day is September 14 and commemorates the presentation of the 1972 Māori language petition to Parliament. New Zealand is revitalising the Māori language and a part of that is celebrating and promoting Te Reo Māori.

We held a few events at our kura. From a photo shoot, Interhouse haka competition and a staff hakiri, we promoted the use of Te Reo Māori throughout the school. Tamariki completed a general knowledge kahoot where we asked a range of questions that reflected our local area.

- Robyn Aloua, Head of Learning Languages (Māori)



SCHOOL VALUE FOCUS FOR TERM 4

Perseverance – Politeness – Accountability – Grit – Consideration – Duty – Hardy – Reliability – Appreciation

Keep in Touch!

Ruawai College website: www.ruawaicollege.school.nz

Follow us on Facebook: www.facebook.com/ruawaicollege

Fax: 09 439 22 14

Phone: 09 439 22 16

To inspire students to be lifelong learners, to be respectful, to be resilient, to be responsible global citizens

MENTAL HEALTH AWARENESS WEEK

This week is Mental Health Awareness Week. Any students who find themselves needing some confidential counselling or advice during the school holidays (or anytime for any reason), I highly recommend Youthline. Youthline provides free and confidential counselling and advice 24/7 by trained and experienced staff.

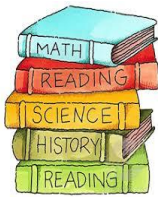
They can be contacted in the following ways: www.youthline.co.nz, web chat, free call 0800 376 633 or free text 234. For any person seeking information or advice regarding mental health / wellbeing support, the Mental Health Foundation of New Zealand www.mentalhealth.org.nz provides a wide range of resources, advice and contacts (no direct counselling).

If you need support or advice regarding any online experience or are interested in learning more about rights, rules and reporting concerns when using the internet, Netsafe is a free and comprehensive service for any person.

Website: www.netsafe.org.nz, free call 0508 638 723, email help@netsafe.org.nz or text NETSAFE to 4282.

Noho haumarū me te hauora,

- Justine Vallance, School Counsellor (MNZAC)



CURRICULUM

Health Programmes - Term 4 2020

The New Zealand Curriculum states that the focus of health is on the well-being of the students themselves, of other people, and of society through learning in health-related contexts. Four concepts are at the heart of this learning area: Hauora / Wellbeing, Attitudes and Values, Socio-ecological Perspective and Health Promotion.

Within Health and Physical Education, we are also expected to cover the seven key areas of learning. These are: Mental health, sexuality education, food and nutrition, body care and physical safety, physical activity, sport studies and outdoor education.

Year 8 – Term 4 Focus:

Discovering my Future: Identifying personal qualities, learning pathways and career options available.

Attitude (Outside Presenter), Tackling Technology: Content includes text bullying, online safety, communication, building character, and balance.

Year 9 – Term 4 Focus:

Alcohol (Safe Choices): Demonstrating safe choices and taking positive action in relation to alcohol, the effects on the body and our wellbeing and the laws in New Zealand associated with alcohol. Once this unit is completed students will investigate other substances and their effects to ensure consequences are known.

Attitude (Outside Presenter), Connected: Connected helps young people reflect on how technology influences their lives, encourages them to become positive cyber citizens and to seek a healthy balance between the online and offline worlds. Text bullying, online addiction and cyber safety are covered.

Year 10 – Term 4 Focus:

Contraception and STI's (Sexually Transmitted Infections): Increasing knowledge of the anatomy, merits of contraception, types of contraception and being aware of the signs and symptoms of STI's.

Attitude (Outside Presenter), Hardwired: Addressing the issues that cause people to develop habits, and give ideas on how to assess risks, make positive decisions, deal with peer pressure and overcome addictions.

Senior Health – Term 4 Focus:

Although there are no specific Health classes run at Senior level, throughout the year we have outside educators come in and run courses in a range of the key learning areas.

This year these include:

RYDA (Road Safety Education): Educating the 'whole student', providing a unique opportunity to learn essential life skills as they face the challenges of driving solo or as an influential passenger of a novice driver.

Year 11 Attitude, Sex with Attitude: Discussing the emotional and social aspects of sexuality and provide a decision-making guide to relationships. The programme covers the benefits of postponing sexual involvement, and how to set boundaries. It challenges teenagers to think about the options for their future.

Year 12 & 13 Attitude, The Pitts (Mental Health): This is a survival kit for handling the bad times, and covers grief and loss, depression and stress.

If you would like to comment or make suggestions in relation to the health programme please contact me through the school office.

- Kay Smith, Head of Learning Health and Physical Education

Central Northland Science & Technology Fair 2020



Overall 1st place winner from this year's Ruawai College Year 7 & 8 Science Fair Imogen Williams participated in the Central Northland Science & Technology Fair earlier this term.

Imogen won Highly Commended in The Living World category.

Imogen investigated "*If sugar or Panadol helps a flower's appearance stay fresh*

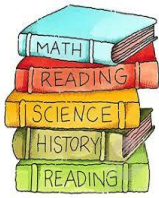
and colourful for a long period of time or if plain water is the best for my flower". Imogen found that not adding anything to the flower's water such as sugar or Panadol helps with keeping the flower's appearance, colour, and freshness. The flower in just water seemed to work the best, taking a long period of time to shrivel up and droop naturally where the other 2 flowers in sugar and Panadol seemed to shrivel up and droop quite quickly. Imogen recommends to the florists and families enjoying their flowers in bouquets to keep the flowers in water as that helps to keep them well hydrated and fresh longer.

- Meeta Sandhu, Head of Learning Science

RUAWAI COLLEGE SENIOR PRIZEGIVING

FRIDAY 6 NOVEMBER 2020

ALL WELCOME TO ATTEND



CURRICULUM

Gateway 2020

Gateway is an initiative from the Ministry of Education that enables schools to provide senior students with structured workplace learning opportunities and supports them in their career choices for their futures. The students must obtain an average of 20 NCEA credits through this initiative.



In 2020 Ruawai College has taken a number of approaches to reaching our target of 34 senior students including students participating in weekly placement for one Ag-Hort student at Kaipara Kumara and three students opting to participate in the Red Shirts in Schools programme (The Warehouse) offered through Service IQ.



All other students are placed on three day placements in a variety of Vocational pathways. Most students completed this between Wednesday 5 – Friday 7 August with another group heading out between Monday 31 August – Wednesday 2 September. Education was taken outside the classroom and our three core school values respect, responsibility and resilience were put to the test.

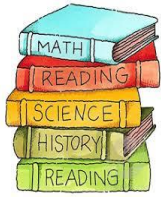
Ruawai College would like to thank the following businesses for

their generosity and willingness to accommodate students for Gateway this year.

- Jenny Dallison, Careers

- Kaipara Kumara Limited
- The Kauri Museum
- Craig Ashford
- North Kidz
- Moa Café
- Dargaville Hospital
- Silverfern Farms
- Kaipara District Council
- Good Life Soap
- Paparua Store
- Subway Dargaville
- Kiwi Valley Farm Park
- Hammonds Law
- Trudie's Hairdressing
- Ngati Hine FM
- Halo Hair Design
- Lance Matich
- Woodleigh Belgian Blue
- ATS Building and Maintenance
- Ruawai Pizza Bar and Steakhouse
- Blush Beauty
- Laser Electrical
- Smooth Beauty
- Latto Builders
- Last Chance Equine
- Ruawai Primary School
- Wairoa Farms
- Fishbone Café
- Northland Rural Mechanical Services
- Glen Jenyns Excavators
- Toyota NZ
- Boyd Flavell
- Kaipara Logging
- The Warehouse Dargaville





CURRICULUM

Level 1 Kai Iwi Lakes Camp

On Monday 7 September, the Level 1 PE class went on camp to Kai Iwi Lakes for three days. This camp was to support our NCEA assessment titled "Survivor Challenge", an assessment focusing on the implementation of interpersonal skills.



After setting up camp together, our two teams "Bobby's Builders" and "Friendship Ships" made team mascots out of natural materials found around the campsite. From here, we participated in activities such as kayaking, blind folded challenges, raft building, "Spaghetti Challenge", "Trough Troubles" and other cooperative team building activities, including cooking and cleaning!



Many of the activities were challenging, forcing us to work together cooperatively and collaboratively - but the hardest part was trying to keep warm in our tents at night! This camp was great, we grew together as a unit, learnt new skills and had so much fun!

Thank you to Ms Smith for her organisation of the camp, as well as the help received from Mrs Rope-Battcher.

- Year 11 PE Class

Level 3 Geography Rotorua Trip

In Week 7 of this term, the Level 3 Geography class travelled down to Rotorua to undertake research for an assessment. The purpose of the trip was to gather research, information, and evidence about how tourist operators function in Rotorua to ensure environmental sustainability.



We stayed at the YHA backpackers in the Rotorua CBD. We had to interview tourist operators as well as giving out surveys to residents and visitors of Rotorua.

We went to many popular tourist attractions including ZORB, Luge, Sky Swing, Velocity Valley, Te Puia, Redwood Tree Walk, and Wai O Tapu. Our favourite attraction was the Sky Swing and Bungy Jump.

The Sky Swing travelled at 150km/h – some people went on the ride more than once because it was that fun!



This trip was a cool experience and is something to look forward to if you're thinking of taking Year 13 Geography.

Thank you to those who helped us fundraise for this trip, and to Sam Panoho and Mrs Steele for taking us down there.

- Indiana Panoho & Liam Sanford, Year 13 Geography



TE WIKI O TE REO MAORI LANGUAGE WEEK



SPORTING NEWS

Northland Primary School X Country

On Wednesday 23 September Alert Level 1 a handful of our Ruawai College students headed to Whangarei to compete in the annual

Northland Primary School X Country competition.



When we arrived, it was amazing to see how many competitors were there. Once we signed in, we were made aware there were over 720 runners across all age groups! Our students knew they had to run hard – and they did.

Ezra Scott placed 7th in his 2.3km race, Tyla Griggs placed 42nd, Markus Williams placed 41st and Matthew Watkins placed 6th in their 2.8km races.

Congratulations to our students, your effort and determination to get amongst it and come away with awesome results is always a pleasure to witness first-hand.

Thank you for an awesome day out.

- Raymonde Huriwaka, Sports Coordinator



Cheer Success!

Year 9 student Tasharna Keogh participated in the United We Cheer cheerleading spring carnival held in Porirua on Sunday 13 September. Tasharna came away with impressive results,



winning first place in both the Individual Level 4 division with a score of 86 and Duo Level 3 division with a score of 84.5.

Videos of her performance can be found on our school Facebook page.

Congratulations Tasharna – amazing effort!

Interhouse Basketball Results

Best All Round Year 7 & 8 Boy: JZ Llewellyn
 Best All Round Year 7 & 8 Girl: Bekks Coll
 Most Improved Year 7 & 8: Koaria Bristow

Best All Round Year 9 & 10 Boy: Mokoia Llewellyn
 Best All Round Year 9 & 10 Girl: Kayla Llewellyn-Huriwaka
 Most Improved Year 9 & 10: Raniera Parker

Best All Round Senior Boy: Hunter Connett
 Best All Round Senior Girl: Jahnae Llewellyn-Huriwaka
 Most Improved Senior: Ryan Hassall

Year 7 & 8 Top House: Totara House
 Year 9 & 10 Top House: Totara House
 Senior Top House: Rimu House
 All Stars: Totara House
Overall Winning House: Totara House



1st Place:
Totara House



2nd Place:
Rimu House



3rd Place:
Kauri House



SPORTING NEWS

Interhouse Winter Sports

Ruawai College held our annual Winter Sports House Festival on Tuesday 22 September.

Students played volleyball, touch, football and unihoc. Congratulations to Totara House, the overall winners of the event, followed by Rimu House then Kauri House.



1st Place:
Totara House



2nd Place:
Rimu House



3rd Place:
Kauri House



STUDENT VOICE

Student Trustee 2021

Election Day for our 2021 Student Trustee was held last Friday – congratulations to Year 12 student Jahnae



Llewell-Huriwaka. The new Student Trustee officially takes office from Friday 25 September onwards.

Level 1 BCAT Project

Level 1 Building, Construction and Allied Trades student Logan Brindle pictured below with his recycled pallet table.



Spaghetti Bolognese - Yes Please!

Earlier this term, Year 8 students Bonnie Robinson and Angela Kelsall wanted to make their entire class spaghetti bolognese for lunch. Bonnie and Angela wanted to give back to their class, and show off their awesome cooking skills. The class thoroughly enjoyed it!

- Mandy Powell, Teacher





COMMUNITY

COVID-19 Update

As announced by the Prime Minister, the Auckland region moved to Alert Level 2 from 11:59pm Wednesday 23 September and the rest of New Zealand moved to Alert Level 1 at 11:59pm on Monday 21 September.

Reminder to all:

- Please continue to stay home if you are sick and get tested if it is recommended you do so
- Maintain good hygiene practices
- Scan into places through the NZ COVID tracer app or keep a good record of where you have been, to support speedy contact tracing

Things to know about Alert Level 1

- Schools are open and must operate safely. At Alert Level 1 the virus is contained in New Zealand but not overseas.
- There are no restrictions on personal movement at Alert Level 1 – all children and staff should be at school. The only people who need to stay away are those required to self-isolate, individuals who health authorities have asked to stay away while waiting for a test result (most people will be able to go back to school / work while waiting for a result) and children, staff and students who are unwell.
- Testing remains a crucial component in preventing an outbreak. If you have cold or flu symptoms you should call your doctor or Healthline on 0800 358 5453 for advice about getting tested.
- Schools will close for cleaning and contact tracing if there is a confirmed case of COVID-19 at school. The Director of Education will work closely with the school and health authorities if this should occur.
- The school will continue to support contact tracing through the display of QR code posters and our visitor register, attendance register and school timetable. If a new case does appear in our community, our contact tracing processes will support the speedy identification of close contacts of the confirmed case. You are encouraged to check in using the NZ COVID tracer app including when you are doing pick ups and drop offs.
- There are no restrictions on numbers at gatherings. Schools, like workplaces are not considered to be gatherings. Physical activities including cultural and sporting activities, practices and events can go ahead.
- Fundamental public health measures continue to apply such as hand hygiene, cough and sneeze etiquette and regular cleaning and disinfecting of high touch surfaces.
- There are no restrictions on domestic travel. People should avoid using mass transport if sick, awaiting a result from a COVID test or required / recommended to self-isolate. Individuals travelling to, through and from Auckland by plane are required to wear a face covering.
- Face coverings continue not to be required when in school. This includes school transport and charter buses hired by the school to transport students and staff to and from school. Anyone who chooses to wear a face covering in any setting will be supported to do so.

Unite
against
COVID-19

GET READY TO Shake Out™

OCTOBER
15TH
9.30AM

OUR NATIONAL
EARTHQUAKE DRILL
AND TSUNAMI HIKOI

SIGN UP TODAY
SHAKEOUT.GOV.NZ

WHEN AN EARTHQUAKE HAPPENS

DROP



COVER



HOLD



ROMEO & JULIET... AND OPHELIA

