



RUAWAI COLLEGE NEWS

Ruawai
COLLEGE
Respect
Resilience
Responsibility

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

Term 1 Week 4
Friday 01 March 2024

UPCOMING EVENTS

- Monday 4 March**
Ruawai College Swimming Sports
- Friday 8 March**
NSS Mountain Biking
- Monday 11 - Tuesday 12 March**
Senior PE Waka Ama
- Thursday 14 March**
School Social
- Friday 15 March**
NSS Athletics
Southzone Swimming
- Monday 18 March**
First Aid Course Senior Gateway Students
- Tuesday 19 March**
Vision Screening Year 7's
- Thursday 21 March**
EPro8 Challenge Whangārei
Senior PE Waka Ama
- Friday 22 March**
NW Swimming Sports
- Tuesday 26 March**
NSS Senior Boys Volleyball Cup
- Thursday 28 March**
NSS Senior Girls Volleyball Cup
RC Easter Egg Hunt
- Friday 29 March**
Good Friday -
SCHOOL CLOSED

PRINCIPAL'S KORERO

Aidyn Rasmussen



Kia ora koutou katoa ,

It is a privilege to be the new Principal of Ruawai College. Thank you for the warm welcome I have received from the community since arriving to take up this privileged position of Principal.

The school has a strong 60-year history, which we will continue to build on and take to the next level. In the months ahead, I look forward to connecting with you all in a partnership that will ensure successful outcomes for our young people.

Over the last four weeks, I have been doing a significant amount of listening, observing, and discussing various aspects of school life with you, staff, students and other key stakeholders.

Academic Results

In every level of NCEA including University Entrance, Ruawai College outperformed the National Average for NCEA achievement in 2023. This is something to be very proud of. Congratulations to 2023 Head Prefect and DUX Emma Philips for successfully obtaining a New Zealand Scholarship in History.

Student Leaders

Early this term we confirmed our student leaders for 2024. The Prefect's role carries great responsibility around service leadership and guardianship of our school culture. It was impressive to see our leaders exemplifying our school values of Respect, Resilience, and Responsibility.

I look forward to meeting you throughout the 2024 school year.

Noho ora mai.



Equestrian

On Thursday 22 February I represented Ruawai College at the Northland Secondary Schools Show Jumping event at Barge Park, Whangārei. There was an incredible amount of fierce competition with 25 teams and around 98 horses and riders throughout four heights - 54 of which competing against me. It was an amazing day getting Ruawai College involved with a new sport and gathering up a few placings.

The Ruawai/Bream Bay combined team ended up placing third overall. Luckily having such a large class meant plenty of time to catch up with old friends and support them throughout their rides. Reflecting on the day, I learnt a very valuable lesson about trusting my instincts and taking risks instead of choosing the safe option.

- Alyssa Bishop, Prefect



Rotary National Science and Technology

During the summer holidays, I had the most incredible opportunity to attend the 34th Rotary National Science and Technology Forum.

A few highlights of mine included biomedical science, where we had the opportunity to dissect a lamb's cardiovascular system, and a chemistry lecture, where we got to perform many experiments like the crystallisation of a chemical and the separation of alcohol from red wine.

The two weeks I spent there were definitely what I would call a thrilling roller coaster, trying to battle exhaustion and then feeling beyond excited for what was to come next. The EMA's definitely helped with waking up energised most mornings. The continuous energy and hype from the advisors was just what I needed to push through the tough days. The constant support and laughter from my group was incredible. Without my advisors Libby and Ryder I don't think I would have been as comfortable and confident in myself during this time. I can't forget to mention the most amazing friends I made during the forum. Tamsin, Georgia, and Ella there are no words to describe the love and appreciation I have for these people.

I would like to thank everyone that supported me in the lead up and during this experience, for making it truly possible for me to be able to attend such a prestigious event. I would highly recommend this to absolutely anyone with an interest in technology or science. It has truly opened my eyes to what the world has to offer and it has given me that extra confidence to put myself out there, just like applying to London International Youth Science Forum (LIYSF) for which I never thought was possible for a kid like me to attend.

- Lucas Hassall, Head Boy



REMINDER

Mobile Phones: Mobile phones should be left at the office on arrival at school and picked up at the end of the day. We have seen a significant drop in 'social media' harm to our students since we implemented this policy. Thank you for your continued support.

Student Appointments: It is vital that if students leave the school grounds, they must sign out at the office, and again upon arrival. For appointments during the school day, we ask that parents/caregivers please phone in advance and let the office know. Messages can be left on our phone's after hours answering service.

Permission and Consent Form: Please return promptly the **DAY AFTER** the notice goes home.

Mathematics Homework - Why is it important?

All Year 7 to 11 students have a mathematics homework book, with pages assigned to complete each week. Students have access to Google Classroom if they have forgotten which pages need to be completed.

Mathematics homework is important for several reasons:

- **Practice:** Like any other skill, mathematics requires practice to master. Doing maths homework regularly helps students to reinforce the concepts taught in class and improve their problem-solving skills.
- **Retention:** Mathematics homework helps students to retain the concepts they have learned in class. Regular practice of math problems helps to cement the knowledge in the students' minds.
- **Preparation:** Mathematics homework prepares students for upcoming quizzes, tests, and exams. By doing maths homework, students can identify their areas of weakness and work on them before the assessment.
- **Discipline:** Doing homework regularly teaches students discipline and time management skills, which are essential for academic and personal success.
- **Feedback:** Mathematics homework provides feedback to both the student and the teacher. The teacher can assess the student's understanding of the concepts taught in class, and the student can identify areas that they need to work on.

Courtesy of [h2maths.com](https://www.h2maths.com)

Health Programmes 2024

It is expected that schools will consult with their communities when developing health and sexuality education programmes at least once every two years.

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, sports studies, and outdoor education.

This year the health topics to be taught alongside the PE curriculum in school include:

Year 7:

Term 1: Food and Nutrition – Making healthy food choices.

Term 2: Positive Classrooms – Investigate the qualities of friendships and how to maintain friends.

Ko Wai Au – To gain an understanding of their personal qualities, their values and what makes them unique.

Term 3: Personal Hygiene – Identifying adjustment strategies for changing bodies and health care agencies that may help.

Term 4: Dreaming of a Future – Exploring their interests and achievements and how these may affect their lifestyle.

Year 8:

Term 1: Communication – Exploring a range of communication methods and how to behave assertively in a variety of situations.

Term 2: Forever Friends – Identifying features of a healthy friendship, and how these affect feelings of self-worth.

Term 3: Smoking/Vaping – Are innovations always a good thing? Who, what and why are we influenced, exploring how smoking/vaping can contribute to common health problems and the effects on wellbeing.

Term 4: My Body and Puberty – Identifying different aspects that affect males and females during puberty and who may help us cope with these changes; Gaining a better understanding of the parts of the body.

Year 9:

Term 1: Hauora – Exploring an adolescent's total well-being.

Term 2: Bullying – Identifying types of bullying, characteristics of a bully, asking for help, dealing with bullying as a bystander, and strategies to manage bullying.

Term 3: Goal Setting – Identifying how to set 'smart' goals and the different factors that could affect these goals for an adolescent.

Term 4: Alcohol (safe choices) – Demonstrating safe choices and taking positive action in relation to alcohol, the effects on the body, our well-being 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.

Year 10 - Hauora:

- Creating a vision board to represent who we are, long term goals for education, career and where we want to be in the future.
- Learning and Career Pathways – Working towards curriculum vitae. Unit Standard (2 credits).
- 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.

There will be an outside presenter who will be facilitating a vaping presentation to all Year levels.

- Kay Smith, Health and Physical Education

London International Youth Science Forum

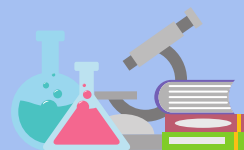
Our Head Boy, Lucas Hassall, has been selected to attend the London International Youth Science Forum (LIYSF). This event attracts 500 of the world's leading young scientists aged 16-21 years old from more than 70 countries. This is an amazing opportunity for Lucas and it is a chance to put Ruawai College on the international stage for Science.



If you are in a position to support this amazing opportunity, visit the Give a Little page via our school Facebook page. Alternatively, contact the school if you can assist in another way.

Lucas was recently the guest DJ on More FM Northland 91.6, check out his interview via their Facebook page!

Well done Lucas!



The Ruawai Way Responsibility, Takohanga

Follow instructions
Be on time and ready to learn
Make it right
Follow school tikanga

Powhiri

“Na, ano te pai, ano te ahuaureka o te nohoanga o nga teina, o nga tuakana i runga i te whakaaro kotahi.”

“How good and pleasant it is when brothers live in unity.”

Psalms 133:1

(This scripture is the whakatauki derived from the Kotahitanga hui at Turangawaewae. It is envisaged that all iwi and hapu of Aotearoa will use this as their guiding tauki for the year of 2024).



Tena tatou e te whānau,

Our first official engagement for Te Ao Māori this year was our Powhiri for our new whanau joining Ruawai College. Deputy Head Prefect Freedom Anihana-Dunn led the Karanga for our manuhiri who were led in by our new Tumuaki Mr Aidyn Rasmussen. Mr Rasmussen was accompanied by the whānau of Mangere College and the new teachers and students attending Ruawai College this year.

Morris Hagger from Naumai Marae and Kelvin Welsh from Waihaua Marae led the mihimihi as taumata on behalf of the school. They were supported in waiata by our staff, senior school members and Te Uri o Hau Matauranga tautoko. Daniel Kelly replied for the manuhiri and Mangere College. Followed with a tautoko by Mr Rasmussen who also introduced himself to the gathering. He then explained that Daniel, the first speaker, was schooled here in Kaipara.

We welcome warmly to our school the new Principal Mr Rasmussen, our new teachers, and our new students. Ka tukua he mihi atu ki a koe e te Tumuaki Mr Aidyn Rasmussen ratou ko nga mahita hou me nga taura hou ki tenei kura. Nau mai haere mai i waenganui i a matou te ngakau o Ruawai.

Tena koutou, tena koutou, tena tatou katoa.



- Eva Pirini, Teacher in Charge of Te Reo/Te Ao Māori

Peer Support

Wednesday 31 January saw the Year 12 and 13 students come together for peer support training where we learnt what we needed in order for peer support on Thursday 1 February to be a success. On Wednesday, we went through the activities we would be doing with the Year 7 students and came up with two goals for the senior students to aim for in Term One.

On Thursday after the powhiri finished, we put the Year 7's in groups that were led by our seniors. We then spent the majority of the day getting to know them through little activities, an amazing race, and a “create your new species” game. The amazing race was a very fun and a very challenging activity. The create your own species activity ended in a few of the students being dressed up in uniquely crafted costumes. We then finished the day with a game in the gym or a quick dip in the pool.

- Alyssa Bishop, Prefect



Thursday 1 February was my first day at Ruawai College. I was super nervous to meet the senior students and my new teachers.

We started the day with being welcomed into the school, alongside our new Principal - everyone was so welcoming.

We played a whole heap for team building games and got to know the Year 12 & 13's really well. They were super nice to us and were cheering us on the whole day. We played games like fruit salad and the amazing race. The day was really sunny and a hot, but we had lots of fun.

By the end of the day I was feeling super excited for the new school year to come.

- Leah Hick, Year 7 Student

Otago University Advanced School Sciences Academy (OUASSA)

For a week in January, fellow Prefect Seth Eve-Rumsey and I were lucky enough to attend the Otago University Advanced School Sciences Academy. This is a two week course which we completed the first week in January, and the second in July.

This week was an incredible eye-opener, both socially and most definitely academically. For the time I was there my main focus subjects were chemistry, biochemistry, and genetics. Being able to participate in these subjects was amazing. In chemistry, we were asked to complete a series of experiments ranging from making a mirror by combining aldehyde with an ammonia complex of silver to setting our hands on fire. Then in biochemistry, I was able to create a new colony of bacteria and also “help solve a crime” all with the use of different science techniques.

Throughout these two weeks, we were tasked with what they called “Science Communications” which are either creating a podcast, creating a museum exhibition, making a short film or creating an interpretive science talk. The one of which I chose was the interpretive science talk. This means that through my time now and when we go back in July, my team and I must work collaboratively to draft a talk we will present back to the other students and alumni of OUASSA.

In the middle of the week, we chose electives - I attended pharmacology. During this elective we were tasked with completing many tests regarding reaction time, memory, and steadiness. After which we each had a drink of coffee. After a while we then took the test again to see if there was any change in each of the areas and matter of fact caffeine does increase each of the tested things. But after we did the tests for a second time it was revealed to us that half of the cups were decaf so there were some embarrassed faces.

Also on this day we had the opportunity to embark on the “Monarch”. The Monarch is a boat tour around a bay which is highly populated with albatross. It was incredible to see so many albatross in the place.

I would like to thank everyone who supported me from the start of the application and even till now it means the absolute world. Without their guidance and effort I would have never thought this opportunity could be possible.

- Lucas Hassall, Head Boy



TERM 1 SPORTS CALENDAR

Friday 1 March	Senior Touch
Monday 4 March	Ruawai College Swimming
Friday 8 March	Mountain Biking
Friday 15 March	NSS Athletics
Friday 22 March	NW Swimming Sports
Tuesday 26 March	Senior Boys Volleyball Cup
Thursday 28 March	Senior Girls Volleyball Cup
Thursday 4 April	NSS Swimming

The Ruawai Way Respect, Whakaute

Mahi tahi
Use school appropriate language
Accept differences
Treat people and property well

TOP FORM





*First LA
R1*



Ruawai College held its annual Athletics Day on Friday 23 February where students ran, threw, and jumped their way through an exciting day. The students who did participate did an amazing job with both track and field events.

The day started off with 100m sprint heats which eased everyone into the day. Well done to Totara House who won the interhouse event overall, with Rimu House coming in second place, and Kauri House in third. Overall, athletics was a success and Ruawai College looks forward to next years event.

Athletics



Athletics Champions

Sub-Junior Girls

Kiriahi Hardy-Kapa

Sub-Junior Boys

Malachi Devlyn-Cullen

Junior Girls

Ashlee Fraser

Junior Boys

Ryder Dawson

Intermediate Girls

Leticey Kapa

Intermediate Boys

Brayden Johnson

Senior Girls

Taynah Hardy

Senior Boys

Ben Watkins/Mokoia Llewellyn

Records

1500m IB

M Watkins 4:50:67
(B Watkins 4:53:50 2022)

1500m SB

B Watkins 4:40:72
(B Watkins 4:50:96 2023)





Northern Wairoa Kāhui Ako (Community of Learning) Consultation

Ruawai College would like to begin community and student consultation to join the Northern Wairoa Kāhui Ako (Community of Learning) - a group of education and training providers that form around children and young people's learning pathways and work together to help them achieve their full potential.

Please keep an eye out for this consultation process in the coming weeks.

Current members:



Meet our 2024 Perfects



Taynah Hardy - Kia ora, my name is Taynah Hardy. My journey started at Ruawai College in Year 9. Ever since my first day I have found that I've become a more approachable senior student for our school. I'm caring, encouraging, and always keen to support others. I show all of the values that our school holds and am prepared to take on any new challenges coming our way with the support of our leadership team. As a Prefect this year I'm expecting the year to run smoothly with some challenges ahead, but nothing like a challenge to test our leadership team's abilities to work and support each other.

Lucas Hassall - Hey y'all, I'm Lucas and I am your Head Boy for 2024! I was one of the Prefects last year and it was an incredible experience from which I was able to learn all the necessary skills to be able to have this role. I have been attending Ruawai College since Year 7 in 2018 and since then I have grown accustomed to challenges and have flourished as a leader. I'm looking forward to working alongside my fellow prefects and the staff this year. I can't wait to see what this year has to offer!



Freedom Anihana-Dunn - Kia ora my name is Freedom and I am the Deputy Head Prefect for 2024. I started my journey here in 2022 and I have loved every minute of being at Ruawai and I am so grateful that I had the chance to have this opportunity. The expectation I have for this year is to be a memorable and responsible Year 13, and to work my hardest to achieve my goals, and to help alongside my Perfect team to work towards ways to better the school.



Seth Eve-Rumsey - I am the Deputy Head Boy of Ruawai College for 2024. My role includes being a role model for the school and the younger students, meeting with other prefects from other schools (Dargaville, Otamatea, and

Rodney), assisting my fellow Prefects in their roles and school leaders with events that happen in the school. I have enjoyed my time as Deputy Head Boy so far and would recommend this role to any of my fellow peers if they want to become one.



Mokoia Llewellyn - Kia ora In 2024, I, Mokoia Llewellyn, will hold the position of Deputy Head Prefect at Ruawai College. I have attended Ruawai College for my whole college career, and every year has been more thrilling and enjoyable than the previous year. Even though the years got harder and came with more responsibility as I got older, I have still loved every second I have spent here. Throughout my time in college, I have taken on a variety of roles, but leading the Ruawai College basketball team was the most fulfilling one. While leading our team through wins and many losses, I learned that the thing I love most about basketball is everyone coming together and having a good time. We have a very strong bond because, through all of our playing together, we have always laughed and had a good time, regardless of the outcome. And that is what I want for the students at

Ruawai College. I believe that the thing that brings people closest is having fun and laughing together, and I want to try my best to keep a smile on our students' faces as well as keep them focused on their school work. I want to be a role model for the student, someone they can come to and trust to ask for assistance when they need it.

Alyssa Bishop - Hey, I'm Alyssa and I started my journey at Ruawai College as a Year 11 student in Term 2 of 2023. I was lucky enough to be given the opportunity to be a prefect for 2024. I'm excited to be able to learn new skills and have many fun experiences whilst overcoming challenges alongside the rest of the Prefect team as well as the staff. I am looking forward to being a role model and guiding our younger students towards achieving their goals.



Malachi Neho-Poutai - Kia ora, my name is Malachi, Prefect of Ruawai College 2024. I am a very hard working individual and try my best in all aspects of school. I enjoy showing the students of our school that you can do anything you put your mind to without giving up and showing resilience. As a Prefect for this year I am expecting this year to be tough and challenging but with the help of my peers we can overcome all challenges that come our way.



Ben Watkins - Hi, my name is Ben, and I am one of your Prefects for 2024. I have been learning at Ruawai College for seven years and I'm very excited to improve my leadership skills and to meet new people. I have also learned more about the in works of the school and all the

events I'm involved with. I can't wait to see how the rest of this year will turn out for me and the rest of the Prefects. When I leave school I would like to get an apprenticeship as an electrician and then hopefully get accepted into the police academy in Wellington to become a police officer.



WELCOME

New Staff Members



Mark Brimblecombe
Music Teacher



Frances Riddell
Head of Learning Arts



Alyson Lewin
Teacher Aide



Naadi Stewart
Teacher Aide



Harata Roberts
Teacher Aide

REMINDER

School Newsletter - Please let the school office know if you wish to receive a hard copy. The newsletter is also available to view on our school website and can be picked up at the school office.

Visitors to School - If you need to contact your child throughout the day, send a message or drop something off, then we ask you to contact or visit the office. All schools are governed by Health & Safety regulations and the expectation that all students, employees and visitors are safe while on the school grounds. We take our responsibility to keep your child safe seriously, and therefore all visitors need to report to and sign in at the office. In the event of an emergency we also need to ensure we know who is on the grounds and where. We thank you for your understanding in this matter.

Students bringing a Vehicle to School - Students may drive to school and park in the gym car park, provided they have either a Restricted or Full license. Before bringing a car to school students must provide a copy of their license and complete a permission slip signed by their parent/caregiver. It is at the discretion of the Senior Leadership Team whether students have permission to have a vehicle at school. Students are required to hand their keys in to the office on arrival and must travel alone unless they are permitted to carry passengers.

Naming Gear - A lot of uniform and non-uniform items are handed in to the office, some of which is very expensive. Please ensure all items brought or worn to school is named so lost items can be returned to the rightful owner.



Art of the Month

Board Comment

Tēnā koutou katoa,

Welcome back for the 2024 school year. Ruawai College has been a hive of activity over these last five weeks and believe it or not, we're nearly halfway through the first term. Our annual powhiri was well attended by the community, and I wish to extend a thank you to those who travelled from Māngere College to tautoko our new principal, Mr Aidyn Rasmussen.

Congratulations to our newly elected staff board member, Ms Jenny Dallison. Jenny has prior board experience, and we're supremely confident in what she has to offer in this role.

As a board, we value community engagement. We recognise our school community is made up of different groups with different needs for their children attending this school. Over the year, we will be calling on you to provide us with your valuable input on how we can help make Ruawai College the local school of choice.

Each term we ask for suggestions on our school policies, via the School Docs review system. The following policies are due for review this term, and close on Friday 12 April 2024:

Te Titiri o Waitangi

Board Responsibility

Parent Involvement

Communicating with Parents

Community Conduct Expectations

Documentation and Self-Review

School Planning and Reporting

Reporting to Parents on Student Progress and Achievement

Although we were ahead of the curve with our "mobile phone free zone" being implemented a few years ago, as required by new government regulations we must update our student cellphone policy too. Please keep an eye out for this review in due course.

Our next board meeting is Tuesday 26 March 2024.

- Anthony Blundell, Board Chairperson

2024 Board Meeting Date

6.00pm

Tuesday 23 May

Tuesday 27 June

Tuesday 22 August

Tuesday 19 September

Tuesday 7 November

Tuesday 5 December

Ruawai Community Events Presents

MUSIC By DJ Pete FOOD STALLS Local Talent on stage KID'S ZONE Free Parking

Entry by Koha

Supported By

R U A W A I

L I O N S

C L U B

Festival 24

At Ruawai Primary School Grounds

16th MARCH 2024
9AM - 4PM

Ph Tina 0211511569 ph Malcolm 0274436140
All money raised to be give to the local community

Assisted by MAURI ORA KI NGATI WHATUA INC

Supported By

R U A W A I

P R I M A R Y

S C H O O L

Dear parents/caregivers,

The school based vaccinations for Year 7 (Boostrix for tetanus, diphtheria, and whooping cough) and year 8 (Gardasil for HPV infections) will be starting early this year. Vaccination consent forms have been given out to all year 7 and year 8 students today. Therefore, we require you to please return the consent forms as soon as possible to the school office. This includes non-consent forms as well. There will be spare consent forms in the office if necessary. Your support is very much appreciated.

Sue Plunkett
PHN 0212445415



GIRLS' BRIGADE

21 WEEKS
EASTER + TERM 2 & 3

EASTER
28TH MARCH 3-5PM

EASTER PARTY