

outlook

ONEHUNGA HIGH SCHOOL





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REDEVELOPMENT PROJECT

THE PROJECT IS FINALLY UNDERWAY!

The long awaited redevelopment of our school is about to begin. The redevelopment involves the construction of a new gymnasium and teaching block, as well as renovation and refurbishment of an existing block into new specialist classrooms. More information about the development including concept drawings can be found at https://my.ohs.school.nz/ohs-redevelopment-project/

Construction company Naylor Love has been awarded the contract for the new buildings. The initial stage of the work is the demolition of the existing Library and Gymnasium to make way for the new buildings which is starting during the Term Break.

We will make continue to update you on progress throughout construction. If you have any questions or concerns about the redevelopment, please contact us at school on 09 636 6006.







FROM THE PRINCIPAL

Ngā mihi nui kia koutou katoa Dà jiā hǎo

Very warm wishes to you all in this first week of the term break. Thank you, to students, whanau and staff who continue to work together to keep routines, support and quality learning continuing. We are fortunate to have such a strong community where people genuinely care for each other.

School is a renewed normal, with major enduring changes being:

- A continued strengthened focus on hygiene
- Perspex guards and some relevant COVID-19 signage especially in reception and food areas
- Contact tracing registers and our QR code evident
- Every student with a device in every class
- Every lesson including a digital component

These latter two points are the most obvious enduring learning outcomes, with digital learning embedded in students' programmes, every day. Equitable access to the many and varied learning opportunities afforded digitally is clearly beneficial for all students now and into their futures. Advantages include access to digital assessment, and learning no matter where you are, including ongoing learning when a student and/or teacher is not on site.

STUDENT ACHIEVEMENT

- We have enjoyed and appreciated the work of students and staff, especially our language classes and the Cultural Council, leading language weeks during Term Three:
 - Samoan Language week "Tapena sou ōso mo lau malaga"
 - Cook Islands Language Week "Epetoma ō te reo Māori Kūki 'Āirani"
 - Te Wiki o Te Reo Māori "Kia Kaha Te Reo Māori"
 - Chinese Language Week.
 - The Cultural Council has worked hard to ensure genuine and inclusive celebrations.
 - Matariki was also celebrated in style, thank you especially to Whanau ākonga and kaiako.
- Local artist Isaac Trebilco has won the competition to create an artwork themed "Onehunga is my Neighbourhood" for the Auckland Whale Tales sculpture trail. His design "Our hands" will feature the hands of two wonderful Onehunga residents, Head Students Maya Edmunds and Sione Tu'ifua.
- At our annual Onehunga High School Scholarship assembly we recognised the top academic achievers for 2019, as well as awarding OHS Scholarships at Level 1,2 and 3.
- Elijah Belton 13Lj was awarded top student of the Northern Region Leadership course, which makes him one of the top 3 Services Academy students in New Zealand.
- Thank you to Food and Hospitality students who catered and hosted our cocktail evening on 3 August. It was a lovely occasion, thank you to all who supported our students' learning and achievement in such a delicious way!
- Congratulations to Christina Elone 11Ll and Maia Potini-Bowen 12TU who have been elected as the Student Representatives on the Board of Trustees for 2021.

FORMER STUDENT ACHIEVEMENT

- The latest First Foundation Supporter News includes a wonderful article about Susana Vunipola Link
- Onehunga High School Distinguished Alumnus Hoturoa Barclay-Kerr was awarded Companion of the NZ Order of Merit in the Queen's Birthday Honours.
- Tim Maifeleni, Regional Manager Support Services, Leukaemia and Blood Cancer NZ, secured a grant to fit out the Starship Hospital rooms used for children who need to be in isolation, and organised a charity tournament in support of children with blood cancer. The article is at
- Thita Khenkok has been awarded a Stipendium Hungaricum Scholarship to study Veterinary Medicine. This scholarship provides her full tuition fee, health insurance, accommodation and a monthly allowance during her five-year programme.
- Michel Mulipola, professional artist, wrestler and gamer, features in the July issue of the Onehunga Community News <u>Link</u>. He can be found at https://www.bloodysamoan.com/ or in person at Arkham City Comics in Royal Oak on Wednesday and Thursday afternoons.
- The August issue of the Community News features Dr Seini Taufa, who has been awarded a \$600,000 Pacific Project grant to explore the response of our health system to the mental health needs of Pacific parents.
- Kathy Mitasa has been awarded a Post Graduate Certificate in Public Management from Victoria University of Wellington.
- Welcome home to Dr Matthew Conder who has recently completed his PhD in the UK.

STAFF NEWS

We thank and farewell Tevita Ngungutau, who has been part of our team at Onehunga High School since 2005, and has contributed significantly as our Head Groundsman. We also thank and farewell Morgan Rangi, who leaves at the end of this term to take up a role as Deputy Principal at Rosehill College, and we congratulate Ceri Cheshire on her permanent appointment as Deputy Principal at Onehunga High School.

FURTHER CHANGES TO NCEA TO SUPPORT AUCKLAND STUDENTS

1. Extra Learning Recognition credits

Learning Recognition credits were introduced to recognise the classroom time lost during the nationwide lockdown earlier this year. Extra Learning Recognition credits are now available to students in Auckland because of the additional COVID disruption in August.

2. Support for students

Te Aho o Te Kura Pounamu (the Correspondence School) will offer extra places in their Summer School in 2020, and extra places are available in programmes from Term 4.

3. Preparing students for success

If another COVID-19 disruption prevents students from sitting end-of-year examinations, there are steps in place to ensure they can still receive a grade. Teachers are gathering assessment evidence from the course work students are doing that shows whether they meet the requirements of the standard.

Changes to University Entrance were announced in June, meaning students need to achieve 12 credits, rather than 14 credits, in each of 3 University Entrance approved subjects. There are no extra changes to UE, but all tertiary education providers are taking the unique circumstances of 2020 into account in their discretionary entry requirements for 2021, and are offering extra support for students as well.

HOLIDAY TUTORIALS

Many departments are offering subject tutorials after school during the term and also on Tuesday 29 September – Friday 2 October. Details of these have been sent to all senior students and families. We are also offering study rooms with teachers or tutors 29 September – 2 October for general support. Tutorials will not be offered in the second week of the term break because it is essential that students and staff take time to relax and refresh. We ask that everyone does this, please. Look after yourselves.

SCHOOL BALL

We were very disappointed to have to cancel the 2020 school ball after all. We are working together with Year 13 students to plan an extra special Year 13 Leavers' celebration on the evening of Tuesday 8 December.

POLYFEST 2021

Polyfest will not occur in its usual format in 2021. The large scale multi stage festival on one site has been cancelled, with the Polyfest Trust continuing to consider other options. With the disruption to Polyfest for the past several years due to a variety of factors, and venue issues ahead, it is timely to consider how to safeguard and optimise this celebration.

ADULT AND COMMUNITY EDUCATION

Adult education classes, especially the introduction of online classes during Alert Level 4 earlier this year, are continuing as part of the learning opportunities offered through our Adult Learning Centre. Online classes are proving to be very popular, providing a different approach to learning.

REDEVELOPMENT PROJECT

Work has continued apace on the progress of our redevelopment this term. The new classrooms for Pāngarau (Mathematics) were blessed at the end of July, and students and staff are enjoying these renewed facilities. Students and staff of Te Reo Pakeha (English) are also appreciating their renewed spaces. During the upcoming term break, work will begin to remove the gym, library and café to make way for our new facilities, as well as renovations of five original classrooms.

STAY SAFE

Thank you to Sue Walsh who has put together Tips for Parents Supporting Young People During the Pandemic (see later in the newsletter) after requests about how best to support students during these uncertain times. I found this very helpful and we hope you find this useful too.

We wish everyone a safe Term Three break and look forward to seeing all students on Monday 12 October for the final term of 2020. The only two week days that we plan for school to be closed in Term Four are Monday 26 October (Labour Day) and Thursday 19 November (Staff Only Day for all secondary schools in Auckland as part of the Ministry of Education accord).

He waka eke noa. We are all in this together. Ngā manaakitanga

Deidre Shea

Principal



2019 TOP SCHOLARS

ACADEMIC AWARDS

Y11 TOP SCHOLAR:

OHS SCHOLARSHIPS

DUX: PROXIME ACCESSIT: Y12 TOP SCHOLAR:

Catilin Read Karolina Vachudova Holly Hu Paige Campbell NCEA LEVEL THREE: Clint Amores
Caitlin Read
Karolina Vachudova

NCEA LEVEL TWO: Charles Amores

Holly Hu Ali Lovatt Jeremy Moran Josh Saluda Reuben Smith Lee Wong

Marco Smeets

NCEA LEVEL ONE:

Maia Potini-Bowen Paige Campbell Ella Cavanagh Gabrielle Manu Vanessa Ly





Photo courtesy of Onehunga Community News

NCEA CHANGES

Changes to earning rate and LR credit maximums

NCEA Level
LR credit maximum LR credit earning rate
L1
Up to 16 LR credits 1 for 4 credits achieved
L2
Up to 12 LR credits 1 for 4 credits achieved
L3
Up to 12 LR credits 1 for 4 credits achieved

Total number of credits required from assessment

64

68 (48 + 20 from another level) 68 (48 + 20 from level 2 or higher

These changes apply to all the credits achieved in 2020, including credits earned before the recent lockdown, and cover internal assessment, exams and portfolios.

Changes to certificate endorsements

Instead of 46 credits, students now need 44 credits to earn Merit or Excellence certificate endorsements.

ADULT EDUCATION

LIFE UNDER LOCKDOWN: ADULT LEARNING PROGRAMMES RISE TO THE CHALLENGE

Over the past few months we have had to change the way we have done things at the adult learning centre. Every roadblock or challenge presents an opportunity and at Onehunga High School Adult Learning Centre we have used this time to re-connect on a personal level with every tutor. We decided that providing on-line, distance learning classes was vital for our community.

In the second week of lockdown we rolled out a comprehensive "new" programme of adult learning courses via virtual classrooms. Every course provided a learner access to free learning while in lockdown and within a few days the programmes were full with over 600 enrolments. ESOL classes, particularly Conversation and Business English classes, filled up with learners expressing a desire to stay connected. Business and Language programmes, First Aid and Music proved popular; far beyond our initial expectations.

We had to close down all registration as the classes were full because of the unprecedented demand. A second round of on-line classes was rolled out the following week; proving that learners wanted to take the opportunity to upskill, learn something new, stay engaged, develop new relationships or to just take time for themselves when they lead such busy lives. For many it was a lonely time when they could tap into learning something. For others it was an opportunity to improve their employability or confidence.

What we have learned has shaped how we will adapt in the future. More and more learners want quick and convenient access to classes. They want short courses that equip them with the skills they need to compete in the workplace; either to progress through to management positions, or to seek new employment. We have learned that we can achieve by offering some programmes

through virtual classrooms. However it has also been evident for many adult students, that face-to-face learning optimises their experience and they have a preference to be in a physical classroom setting. We will continue to work on creating programmes going forward that cater to different needs.

Please visit our website for up-to-date adult classes and enrolment information: www. adultlearn.co.nz

'Education is the passport to the future, for tomorrow belongs to those who prepare for it today' – Malcolm X.





INTERNATIONAL DEPARTMENT

Our current long term international students are settled and happy. Preparation for senior exams is underway and most are well placed to achieve good results.

All of our students have indicated that they will stay in New Zealand instead of returning home. We have placed them all in homestay with assurances that they will be included in family activities over the holidays. It is at these times that we are grateful to our many dedicated homestay

carers. Everyone has risen to the occasion and our students are very lucky to have such excellent all round care.

We are currently busy investigating online programmes off-shore instead of our usual study tours at the school site. By the time this newsletter goes out we will have run one such programme and tested our digital platforms to ensure they are user friendly and robust. Students at school were surveyed to see if they would be interested

in buddying up with an exchange student overseas and we had over 170 students eager to be part of the programme. What a wonderful opportunity this is for students all over the world; meeting up online to share their culture and experience and most of all to support each other in their learning journey.

TERTIARY VISITS INSPIRE YEAR 13's TO PLAN FOR 2021

Speakers from Auckland University, Massey University, AUT, MIT, Unitec, Te Herenga Waka Victoria University of Wellington, and Otago University all visited this term and helped students to select and plan their programmes of study. Sophie-Lee Bosson attended several workshops "These sessions were a great chance to hear about different places I could study, start planning my degree and get excited about being more independent next year! It was interesting to hear how different university is from school and about all the clubs and groups I could join to meet new people."



Y12 STRENGTHEN LEADERSHIP SKILLS



Year 12's Strengthen Leadership Skills In a new workshop series, 'AUT Pacific Leaders', 20 Year 12 students were inspired by Sam Pilisi to take responsibility for their journey and think like leaders. Jesse Leilua shared a key learning "A true leader has a servant's heart. Leadership involves listening to different perspectives and respecting people." Other Year 12's had the opportunity to attend the Kei ā Tātou te Ihi (KATTI) programme where the kaupapa was 'Hikina te Manuka - take up the opportunity!' The keynote speaker, Leilani Perese, encouraged students by telling the story of her struggles

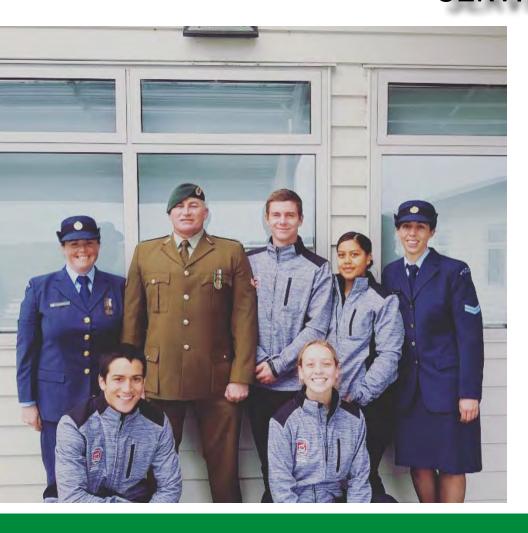
and strategies to balance whānau, studying for a degree and being a Black Fern. Maia Potini-Bowen appreciated the opportunity "It was awesome to see how we could weave our indigenous traditions and beliefs into present day leadership qualities. I loved meeting students from other schools and thinking about leadership in a way that embraces my culture." A further 10 Year 12s attended the Pacific Island Leaders of Tomorrow (PILOT) programme and were also supported to develop confidence in their leadership skills and career aspirations.

OHS ALUMNI SHARE THEIR CAREER STORIES

When students are researching options for their future, it is certainly valuable to talk to people already working in roles of interest. It's an added bonus when these speakers themselves went to OHS! We are grateful to OHS alumni Holly Stiles (nee Baxter) and Michel Mulipola for being part of a team of guest speakers who shared their career stories with our students this term. Blake Costley commented "It was great to hear from Holly and Deane and learn about the realities of being a police officer first hand. It was interesting to hear how her role changed during the lockdown and it helped me weigh up my interest in this line of work." Michel Mulipola, an accomplished comic book artist, wrestler and Tekken player, also shared his career journey and spoke to the professional enjoyment that comes from following your interests.



SERVICES ACADEMY



NZDF LEADERSHIP COURSE

Kelly Poa, Ashlee Gordon, Benny Lam Sam, Elijah Belton from L3 SERD were selected to attend a five-day leadership course run by the NZDF at Whenuapai Royal Air Force base as part of the Services Academy programme. Students learnt about different leadership theories, how to give orders in a military context and how to apply these strategies during a confidence course and a tramp in the Waitakere Ranges. All four students were commended on their work ethic, leadership skills and how well they support others.

Elijah Belton was selected by the NZDF as "Top Leader for the Northern Region Leadership Course." This is a huge honour for Elijah and the academy, this puts Elijah in the top 3 Services Academy students across the country.

Feedback from YLS staff on Elijah, "Trainee Belton has all the traits of a true leader, he has no ego, has humility and builds relationships with his team. These are natural traits for him and as a result he has other trainees willing to follow."

CATERING AND HOSPITALITY

The L3 FAH and CAT students hosted a Cocktail Evening on August 3rd. They planned, costed and produced food of high quality and the FAH class offered great service. The guests enjoyed their evening and offered high praise for the students' work.







BUSINESS SCHOOL

3 DAY BUSINESS CHALLENGE

Sixty-two Year 10 students have recently competed in a 3 Day Business Challenge, sponsored by BP and facilitated by external providers contracted to the Young Enterprise Trust. This challenge is designed to provide Year 10 students with the opportunity to explore content and skills that they will encounter in life and should they decide to continue with Business next year, they have had a great taste of what to expect. Students were put into groups and tasked with coming up with an innovative solution to a problem and then spent two days investigating all aspects of producing and marketing their product. Each group appointed a CEO who delegated individual tasks, managed personnel and co-ordinated their group's presentation. Every member of the group was encouraged to speak at the presentation. It was fascinating to see the progress of students, many of whom began the programme unsure of how they would benefit from the challenge. These initial hesitations were quickly replaced with

enthusiasm as they realised that they were largely able to direct their own learning and contribute to their groups' success. They soon realised that no matter where they go in the future or what they do, they will all be involved in the business world in some capacity and having an understanding of how business works is very advantageous. The groups each came up with innovative products, which included; a shower that filters, cleans and recycles water; earrings that double as earphones; an instant hand sanitising machine; a portable car washing machine that uses no water; a school uniform that has the ability to heat and cool; a solar powered portable fan; a stainless steel bottle that regulates temperature and can be used as a cup. The winning business idea was a smart mirror, which linked to your wardrobe, allows you to access tutorials on styling, hair and makeup and linked to your favourite clothing websites. Congratulations to CEO Georgia Hay and her team, Marketing Managers Trey Gordon and Eli Sargent,

Production Manager, Sadie Woodward, Strategic Managers, Himanshu Ram and Nikhil Narayan and Finance Manager, Stan Foster-Atkins.

Students learnt a lot about team membership and collective responsibility. The judges made particular comment on the exceptional standard of work produced in such a short time. All of the students involved are to be congratulated on successfully completing the challenge.

Special thanks go to our judges who took time out of their very busy schedules to attend. Thank you very much:
Anna Dao, CEO Apolinar Group
Cris Peau, National Operations Manager Independent Traffic Control
Danny Vaitohi, ANZ Branch Manager Royal
Oak, Jared Percival, CEO Onform Signs,
Rau Tangiiti, CEO Independent Traffic
Control.



BUILDING AND CONSTRUCTION SCHOOL

HOUSE BUILD ON TRACK DESPITE DISRUPTIONS



PHYSICAL EDUCATION AND HEALTH







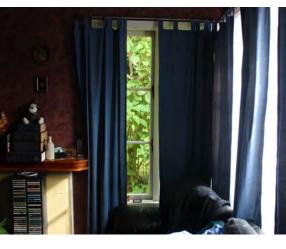
Term 3 involved lots of fun learning for students in the Physical Education and Health department. Year 9 Physical Education students started a new module based on movement and were able to try sports such as badminton and spike ball which turned out to be a great hit. Students also participated in a range of Te ao kori games which they thoroughly enjoyed. Outdoor education and Game making were on the agenda for the Year 10 Physical Education students, with students working through the unit of challenge, going outside of their comfort zone, whether it be to develop a new game to teach to the class or participating in a range of exciting Outdoor Education activities, including tent making and bivvy making in the bush which was a real favourite. Sexuality education was taught in Health, with NEST, an outside provider coming in to teach the students the importance of healthy relationships.

The Torpedo 7 Get2go challenge included 8 students chosen from the Sports
Leadership class to take part in activities against different schools, from mountain biking and orienteering to paddle boarding. This encouraged great teamwork and communication and the students thoroughly enjoyed the opportunity to compete against different schools with the overall winner being chosen to participate on Great Barrier Island in December. Unfortunately we did not win, but the day was great and the students had lots of fun. We will be back next year hungry to compete for the top prize again.

Our Senior Physical Education students have been working hard on their assessments, some stand outs include Level 2 Health continuing with their health promotion activities, encouraging breakfast club for our students and also understanding the issues around period poverty and what they can do to try and minimise this as an issue for our students. Unfortunately for the Level 2 Physical Education students, the event they have all been training for and looking forward to for the year; Tough guy and gal, was cancelled. Although this is unfortunate, students have enjoyed continuing with their practical through the context of Turbo Touch (we might have to get an OHS team running next year). Senior students continue to work hard on their internals.

We bid farewell to the use of our school gym this term and look forward to the development of the new gym. This is an exciting time for the Physical Education department and we are all looking forward to see the changes take place for us all to enjoy.







Yiyi Cui L3ARA

at the loss of three or four colleagues who had been in the stat of Labour's battles, and especially of two who had he coulding up the movement from its early days, was a 'dia to the Labour movement'. He argued that the crisis ce been overcome in other ways, without depressing further standard of the unemployed; and he denied that a governmeld be 'national' which was opposed by the largest party in use.

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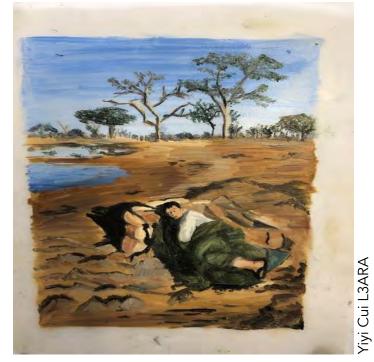




















TERM 3 ROUNDUP

Term 3 started off with excitement and energy as we got back into school sport for the winter. It was great to see our teams participating and competing over the first 5-6 weeks as we briefly enjoyed some action.

It has been a very disrupted year for secondary school sport this winter, the season has stopped and started through term 2 and 3 and unfortunately has now been cancelled.

It has been tough on our students, staff and volunteers but we are very thankful for your time and efforts this winter season even though we only managed 4-6 games for each sport.

We now keep our heads up and look towards a positive summer season with our Year 9's and 10's.

Hopefully we can enjoy 2021 with fewer disruptions and more sporting opportunities.

A big thank you to all staff, students and volunteers for their efforts so far this term, keep up the good work and continue to strive for excellence and showing LAC along the way.

Chad Coombes
Director of Sport

SPORTS PHOTOS

All students should have received a personal key code in order to access photos and purchase from photo life. https://photolifeonline.co.nz/ordering/access

COACHES AND MANAGERS WANTED

Onehunga High School is always interested in parents and caregivers helping out with sport in all sorts of capacities. If you are interested in coaching or managing a sports team at OHS this summer please get in contact with Chad Coombes on 0272462448 or ccoombes@ohs.school.nz

JETS 2021

Thank you to all those who have registered for JETS in 2021. We will email and send letters to all students about the term 4 trial dates.

SPORTS DEPARTMENT



SPORTS APPAREL

This winter we have updated our sports apparel for sport students. A new sports tee and jumper have been designed and are nearly ready for purchase. Sports tees are \$40.

Available now – order from the accounts office.



INTRA-SCHOOL SPORTS COMPETITION

The last few weeks with no sport has seen the rise of our lunch time sports competitions. We have run 3x3 Basketball and Fast 5 Netball every break time for the last 2 weeks which has seen a large number of teams, spectators and staff involved in some competitive but social sport. A big thanks to our sports council, staff and students for getting involved and making the last few weeks of term 3 a sporting success.



VIRTUAL CROSS COUNTRY

The 2020 cross country was held virtually in 2020 during our second lock down. Big thanks to McDonald's Royal Oak for providing our winners some vouchers. 2020 winners are:

Year 9 Girls Hannah Hamilton-Ralph

Year 9 Boys Munro Rankin
Year 10 Girls Sadie Woodward
Year 10 Boys Jacob Greig
Senior Girls Olivia Bush
Senior Boys Kemen Zulaika



FOLLOW SPORT ON SOCIAL MEDIA

Please make sure you are following our social media pages to keep up with all our sports teams, events and school based activities.



https://www.facebook.com/OHSsport/https://www.facebook.com/ohsJETS/

https://www.facebook.com/onehungafootball/



https://instagram.com/onehunga_sports_council



SUPERSTAR AWARDS

Year 9

Ahmed Ali

Serafina Amosa

Cherise Armstrong-Tuiavii

Jazmine-Belle Brown

Dylan Chandra

Simon Clark

Fabs Dixon

Minela Dervishi

Poasa Falesii

Matariki Feu'u

Na'ati Filikitonga

Alayna Gilbertson-Tautiaga

Felix Grange

Henrietta Finau

Hannah Hamilton-Ralph

Faith Hohua

Shein Ioramo

Tupea Kamira

Talila Leavai

Nelson Leulu-Brown

Jaanvi Lingam

Natajsha Lui

Davina Mailangi

Anasha Malek

Ataria Maxwell

Thaddeus Metuangaro Davies

Janice Nair

Jade Nathan

Athena Ngutu

Oscar Parker

Deanne Philpott

Tui Pihema

Piukala Piukala Mafi

Sahara Viviani- Poelima

Evehannah- Joi Prescott

Tinia Purotu

Cameron Ross

Reshley Roy

Joe Salaivao

TK Short

Cameron Siebert

Natalie Sifaheone

Primrose Tan

Suleman Tariq

Vanesa Tawha-King

Olivia Thomas-Stone

Alex Thrush

Nuku Uasi

Shawn Vaetoru

Aria van Dolleweerd

Bryan Wei

Esther Williams

Lavigne Williams

Rylee Williams

Nahar Yousef

Yr 10

Liam Ashby

Trinity Atileo

Dawn Vaifanua Chick

Quivarn Collis

Keiran Duncker

Revival Faaaoga

Tulivae Falesii

Zsyon Folau- Koloni

Sanjarna Godigamuwa

Abigail Haitoua

Mohammed Hassan

Isaac Hemaloto- Ali

Luke Huddleston

Cherry Hudson

Precious Kalauta

Katrice Kampitan

Jazmin Kauie

Marama Keepa

Helen Kitekeiaho

Kamaia Koloni

Lukaz Kum

Frida Langi

Christopher Latu

Mark Latu

Ilaisaane Likiafu

Mataora Loti-Rapana

Malakai Mackie

Sharnia Manuel

Manu Manuika

Mohammed Moiz

Kavi Mudaliar

Kishan Nand

Kaydence Ngutu

Cassidy Ormond Ilami Pakileata

Azariah Parka

Akshat Pillay

Raymond Piu

Eastah Ponifasio

Tiana Poutai

Ai Poutoa

Maxwell Pulepule

Denita Purotu- Keepa

Pale Purotu

Ushield Rai

Meh Reh

Shania Russell

Ja-qwonn Salatielu

Eli Sargent

Kathryn Simanu

Aleyah Sly

Dorothy Spiers

Reece Tamaiva- Manukonga

Chloe Taupau

Ratai Tere- Kaivananga

Miitamaine Tuineau

Shanley Tuwhangai

Josiah Ulakai

Lucas Vaipa

Amber Williams

Melody Wu

Yr 11

Holly Buncuga

Abigail Catterson

Ronald Cousins

Lisa Finau

Uluaki Fulivai Kaivelata

Maia Gilbert

Abby Harris

Amarissa Havili

Sione Havili

Y'quesha Itamua Sivi Kiole

Jahnevah Lui

Anusha Maharaj

Tyla Paegotau

Nu Phan- Huynh

Vincent Rogers Darian Shaw

Janet Tuave

Clare- Ellen Wetere

Yr 12

Manish Naidu

Isitolo Taliai

Lebam Tatā

STUDENT COUNCILS

ACADEMIC COUNCIL

This term, the Academic Council has introduced students and teachers to Texthelp Read & Write. It is a toolbar that works with the Google Chrome browser. It has interesting features such as Talk & Type where the computer types as you speak and the Highlight Tool which is very helpful for students doing any kind of research. Other features that we like are the Picture Dictionary and Screen Masking. We are looking forward to supporting other students as they continue to discover all the great possibilities that Read & Write has to offer. If you need help downloading the toolbar or would like to know more, please ask your kaitiaki teacher

or access the help videos on the Academic

Council instagram page @ohs_academic.

SPORTS COUNCIL

This term has been an unexpected season along with upsetting news for our winter sports teams as competitions had been cancelled an-d postponed for the remainder of the season due to Covid-19 restrictions. Keeping our vision and focus on the health and fitness of the students, we've worked together cooperatively to promote a new and fun way to engage students after the lockdown period and the winter sports season being cut short. In the last three weeks of the term, we ran three sports tournaments which consisted of 3v3 basketball (Wk 8), FastFive netball (Wk 9) and dodgeball (Wk 10) where each tournament was played across one week, all break times, having the winner play the teachers on Fridays. These tournaments were a success as lots of students were getting involved, having fun and students coming in to watch to support their peers. We've also been active on social media where we've posted captain and high flyer profiles weekly to recognise and congratulate the sporting talent of our student athletes at our school. On Tuesday and Thursday mornings, we've run a breakfast club where all students are welcomed to come in and have some breakfast after morning training or just want something to eat.

COMMUNITY COUNCIL

The Community Council for 2020 consists of a brilliant group of 14 students from year 9 to year 13. The council's main goal for 2020 was to create a constructive connection within the community- the school community and the outside local community. Within the council, 3 sub-groups have been formed. The sustainability subgroup, which focuses on environmental factors such as the school recycling system, issues such as climate change and educating people on how to be sustainable in the community. The events sub-group focuses on running events such as fundraising for charity, get-togethers, and other events the school community is willing to be involved in. The humanitarian subgroup focuses on issues and events involving human rights, advocating for organisations such as Amnesty International and World Vision as well as creating volunteering opportunities and creating awareness for things such as the 2020 election. We got some really amazing opportunities to go out into the community, such as 3 of our members helping local primary schools with a waste audit and a trip to the zoo to learn about sustainable living. Due to Covid-19, many planned events were to be cancelled, however, despite the disruptions we have really come together as a group and it has been a privilege working alongside everyone with the resources we had such as our Instagram account @ohscommunitycouncil_. We would like to thank Mr Brendon Marshall and Mr Christiaan Buijsers for their outstanding leadership and providing us with many great opportunities and immense support. The Community Council for 2020 has been a great success and we wish the future Community Council the best as well.

CULTURAL COUNCIL

Talofa lava, Malo e lelei, Kia orana, Ni hao.







GUIDANCE / HEALTH DEPARTMENT

TIPS FOR PARENTS SUPPORTING YOUNG PEOPLE DURING THE PANDEMIC

TAKE CARE OF YOURSELF

You are an important role model for your young people. They look to adults for guidance on how to react to stressful events. If you seem overly worried your young people's anxiety may rise. It is important to find time to do things that are just for you, even if it's taking 10 minutes for quick walk around the block or 5 minutes to have a cup of tea undisturbed. If things seem overwhelming try some slow breathing, or concentrate on the sounds outside, anything that you know helps. Model how you want your young people to behave. If you prioritise your needs you will be in a better place to offer comfort and care to others when they need it.

BE REALISTIC AND COMPASSIONATE

These are unprecedented times.
Remember you are doing your best during a very difficult time. Some things won't get done and others won't get done to the standard you might be used to. That's ok. Try to stay on top of your essential daily tasks and allow yourself to relax your standards for now.

HELPING YOUNG PEOPLE TO MANAGE STRESS

We all have different ways of showing when the demands placed on us outweigh our capacity to cope. In young people, misbehaviour, lack of focus, an inability to concentrate, withdrawal

and changes in attitude are common reactions to stress. Your calm, patient response can help mitigate their stress and anxiety. Check in with them regularly and be curious about their feelings and thoughts. All feelings are helpful information. Acknowledge and validate your young person's feelings let them know their feelings make sense and help them manage them in an appropriate way.

PRIORITISE HEALTHY HABITS FOR YOURSELF AND YOUR YOUNG PEOPLE

Try to make sure everyone is eating properly, getting enough sleep and doing some sort of exercise every day. These are basic things that will contribute a lot to helping everyone keep healthy and on track. Routines (like waking up and going to sleep at around the same time each day) are really important during uncertain times. They help anchor you, give structure and purpose to the day. Routines also promote a sense that you have some control over what goes on in your life which makes it easier to deal with the things you can't control.

MAKE SURE YOU HAVE ACCURATE INFORMATION

When sharing information with young people, try to provide facts without promoting a high level of stress. There is a lot of information on COVID-19,

and it changes minute to minute. The information is often sensationalized and unhelpful, so get the facts from a credible source. The New Zealand Government site and the Ministry of Health site are good places to start. Talk with your young people about the protective actions we can all take to avoid infection and stop the spread of the virus. And remember to talk about the good news. There are lots of stories of people sacrificing, donating, and supporting one another in different ways. It is important to counter-balance the heavy information with the hopeful information.

The Ministry of Education website has helpful information and resources for parents supporting young people.

He waka eke noa, we are all in this together.

Please reach out if you need help.

HELPFUL LINKS

The following links might be helpful for more information

MANAGING STRESS

https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial https://www.melonhealth.com/manual/brain-breaks/https://www.melonhealth.com/manual/https://www.youthline.co.nz/

COVID19

https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus https://covid19.govt.nz/



Featured artworks by Macayla Gardener L3ARA RETRENCHMENT, 1920-1922

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blood though not of life. In the winter of 1920–21 there were many demonstrations in London in favour of 'work or full maintenance', particularly before the offices of boards of Poor Law Guardians. During 1921 there were two big demonstrations in London (on July 11 and October 4), the latter ending in a battle in Trafalgar Square. There were similar demonstrations in Sheffield, Dundee, Bristol, Leicester, Cardiff, Glasgow, and several towns in Lancashire. In Liverpool, there was a riot on September 13, 1921, when a crowd of about 5000, refused a hall for a meeting, invaded the Walker Art Gallery. In 1922 the first of the hunger marches of unemployed men took place: delegations, one coming from as far as Glasgow, converged on London on November 17.1



The most important of these acts was that of March 1921, which, among other things, provided for two periods of extended benefit of sixteen weeks each, separated by gaps when no benefits could be drawn. This was 'uncovenanted' benefit, beyond what the working man was entitled to from his contributions and in theory an advance against future contributions; for this purpose the Unemployment Fund was given power to borrow up to £30 millions from the Treasury. Thus was born, if not named, the 'dole', ungratefully accepted by those it saved and bitterly condemned by the comfortable classes who saw in it only the symbol



TERM FOUR

12 OCTOBER - 9 DECEMBER

WEEK ONE

12 Oct Start of Term 4 14 Oct UNITEC Y11 Katti

Programme

16 Oct Job Seeker Support Day

JETS Exchange Rotation: 4,5,1,2,3

WEEK TWO

22 Oct

21 Oct ONE - Dance and Media

collaboration

3 Way Conversations

(4pm - 7pm)

3 Way Conversations

(4pm - 7pm)

23 Oct 3 Way Conversations

(All-day)

Rotation: 5,1,2,3,4

WEEK THREE

26 Oct LABOUR DAY

3 Way Conversations

(4pm - 7pm)

27 Oct BOT Finance Meeting

28 Oct Sports Celebration Assembly

(12.40pm - 1.40pm)

BOT Meeting

29 Oct Health Science Academy

Fono

Rotation: 1,2,3,4,5

WEEK FOUR

4 Nov Y13 Mini Awards (10am) 5 Nov Y11 Mini Awards (10am)

Y12 Mini Awards (12.40pm)

6 Nov Y13 Day

Rotation: 2,3,4,5,1

WEEK FIVE

9 Nov Senior Awards (11am)

10-13 Nov Junior Exams12 Nov Ara Jobs Expo

13 Nov L3 Services Sports Day

Rotation: 3,4,5,1,2

14 Nov Services Academy
Graduation Parade

WEEK NINE
7 Dec

WEEK SIX

WEEK SEVEN

WEEK EIGHT

23 Nov

25 Nov

19 Nov

16 Nov-9 Dec NCEA Exams Start

Staff Only Day

BOT Meeting

Rotation: 4,5,6,1,2

BOT Finance Meeting

Rotation: 5,1,2,3,4

7 Dec Junior Awards (10.30am)

30 Nov-4 Dec Y10 Active Lifestyles Week

Y9 Inquiry Week

Rotary Awards Evening (5.30)

8 Dec Y13 Leavers Event 9 Dec End of Term 4