



*Taku Mana
My Prestige*

*Taku Manawa
My Heart*

TE KARERE

A Newsletter from Aotea College

Important Dates: **Term 1 2022**

April

11th & 12th 11PEO Rangatuhi Mt Bike Trails
13th-14th ~ Reports emailed
14th ~ Non uniform day ~ Food Donation for local community groups

14th ~ Last day of Term 1

May

2nd ~ First day of Term 2

5th-6th ~ 11PEO Rangatuhi Mt Bike Trails
11th ~ NCEA me te whānau evening 6-7pm
11th-13th 12PEO Cycle Tour 1

18th ~ Teacher only Accord Day

19th-20th ~ 12PEO Cycle Tour 2
23rd -24th ~ 11PEO Rangatuhi Mt Bike Trails
26th NCEA Information evening 6:30 to 7:30pm
27th ~ Tough Girl Tough Guy Challenge
30th ~ Samoan Language Week
13PEO Mountain Biking 9-1pm
Board meeting 6pm

June

6th ~ Queens Birthday holiday
24th ~ Matariki Public Holiday

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8th April 2022

Kia ora e te whanau.

It is so good to see the weather coming right for sports on the fields tomorrow.

Our outdoor education programme and preparation for Polyfest are underway again.

Already we are seeing success with the Senior A Boys Basketball team and Junior A Netball.

The beginning term will see winter teams named and kitted out. If you are willing to help out with coaching and managing especially in Basketball and Netball we would love to hear from you.

Hope to see you on the side-lines soon.

Nga mihi

Kate Gainsford
Principal

Non-Uniform Day- Thursday 14th April

On Thursday 14th April (the last day of this term) we will be having a Non-Uniform day and we ask all students to bring in 2+ items of non-perishable food to be donated to local food banks and charities to support local families struggling at this disrupted time. Food items will be collected during Hui Ako time on this day. We urge all families in our community to support this Student Council led initiative.



Year 9 Out of zone enrolments 2023

Aotea College enrolments are controlled by an enrolment scheme which helps us to manage the growth of the school. This means that students who live in our zone are guaranteed acceptance if they choose to enrol with us.

Aotea College Home Zone:

All of the northern ward of Porirua City, boundary (encompassing Pauatahanui, up to the summit of Paekakariki Hill Road and Paremata and Haywards Road (SH58) to Mount Cecil Road). This includes the neighbourhoods of Aotea, Ascot Park, Camborne, Mana, Papakowhai, Paremata, Pauatahanui, Plimmerton, Pukerua Bay and Whitby.

The Ascot Park area of the eastern ward with the eastern boundary following the Kenepuru Stream south from the point of intersection with the northern ward to where it meets with SH1 and runs into Porirua Harbour (Mephram Place is not in zone).



All out of zone enrolment applications for **Year 9 2023** students **must** be received at Aotea College by **Monday 25th July 2022** to be included in the ballot.

A ballot will be held on Monday 1st August 2022. All applicants will be notified by Thursday 4th August 2022.

Please note that if your out of zone application is received after the closing date, it cannot be included in the ballot. Your application would then be added to the waiting list.

Polyfest

At a meeting held at Porirua College last Thursday, it was confirmed that the dates for the Northern Regional Polyfest 2022 will be Friday 12 August 2022. Funds have also been secured through Creative NZ to support the purchasing of outfits for the groups again this year. It is hoped that the COVID setting will be at a level that will allow the festival to go ahead in its normal way and audiences will be allowed in. Registrations for Polyfest have been opened up on the sports website and we held a meeting at school last Monday to share the details with interested students. I am very pleased to say we have had interest from students in being part of the leadership for the groups this year and some have already started to talk to potential tutors.

We will be doing the organisation of the groups in the next week to make sure everyone is ready for the start of term two with practice times and spaces. We always welcome help from our community with Polyfest and if you are interested in helping out as a tutor or support person for one of the groups, we would love to hear from you. We are hoping to have a Samoan, Tokelau, Cook Island, Kiribati and Kapa Haka group performing this year. There is also some interest in a Tongan group from the school, we are looking for support for this group as we have not had a Tongan group perform for some years and it would be great to make it happen.

Please contact Mrs Parsons if you are interested in supporting any of the groups this year ~ **pas@aotea.school.nz**

Sport

The school has been a hive of activity on the sporting front with the summer sports season drawing to a close and the winter season training and pre-season games starting. With the changes to the COVID framework rules around outside gatherings, it has been great to see whānau and staff out supporting our teams. We wish all our teams well in their final summer season games and their winter pre-season games in the last week of term.

Performing Arts Update

From Term 2 we will have Jazz Band and Barbershop Chorus rehearsals again. Look out for specific times / days for rehearsals in next week's TK and Facebook. We are aiming to participate in the upcoming Barbershop Event (not competition) in late May to promote singing. The Jazz Band will be competing at the Manawatu Jazz Festival over the Queens Birthday weekend in Palmerston North. Further details to come. Please email gre@aotea.school.nz to join our Barbershop Google Classroom

Year 10 Hillary Outdoors Trip 2022

In the first week of Term 4 (Sunday 16th October – Friday 21st October) Aotea College will be taking a group of Year 10 Students on a 6 day adventure up to Hillary Outdoors Centre in Tongariro National Park. This trip will involve students challenging themselves in a range of different outdoor activities and adventures as well as developing important interpersonal skills and leadership. If you enjoy a challenge and want to push yourself and learn important life skills while experiencing new adventures in the outdoors this could be the trip for you.

This trip is open to any year 10 student, however, there are only 20 places available.

For more information please contact Todd Woods (wod@aotea.school.nz) to find out more about what is involved and the cost of this trip.

The links below will provide more information to those who are interested.

[Hillary Outdoors Programme](#)

[Types of activities offered](#)



Pathways

2022 First Foundation scholarships-YEAR 12

Applications are now open for the 2022 First Foundation scholarships

Each year the First Foundation aims to offer approximately 50 places on their 4 year scholarship programme, funded by their scholarship partners. Their scholarship partners are businesses, trusts and personal funders who believe in their transformational programme (3-pillar model) and want to give a “hand up and not just a hand out” to deserving young people who want to make a difference in their whanau and community.

VALUE

Four year scholarship programme (valued at \$22,000) managed by First Foundation to provide talented young New Zealanders opportunities and resources to help them successfully navigate from school, through university and into a meaningful career.

Our life-changing 4 year programme offers:

- A personal mentor* for 4 years (Year 13/1st Year University to 3rd Year University)
- Exposure to Work ** (4-5 weeks per year)
- Access to wrap around support from First Foundation’s Student Support Team
- Access to Workshops and Events***
- \$12,000 towards tertiary fees/costs**** at degree level (\$4,000 per year for the first three years of university)

ELIGIBILITY

First Foundation scholarship applicants must meet ALL of the following criteria:

- Household income threshold guidelines
- Income cap \$75,000 1-2 dependents*
- Income cap \$90,000 for 3 or more dependents*
- Currently be enrolled at Year 12 at a NZ Secondary School
- Endorsed Merit or Excellence at Level one NCEA or equivalent. **
- Be a New Zealand Citizen, NZ Resident, or Refugee Status

*Dependents are your parents/caregivers children who are financially dependent on their income. We do have some grey areas here.

** Where a school does not offer qualifications at level 1 we will use schools recommendation or equivalence in the first instance.

PRIORITIES

- Year 12
- First in Family to attend University
- Scholars meeting the household income threshold
- Endorsed merit or excellent at level one (or equivalent)

If students are interested, please meet Period 3 Monday April 11th in the Pathways Office

Sports news

Aotea College Return to Play Sport Protocol - March 2022

Minimum 1 Day to resume normal training.

Assess at the end of the session how overall health is and check in the following morning. This return to play model is absolutely based on trust and expectations that parents and players treat the threat of this virus seriously. The vast majority will of course have a relatively mild illness and uneventful recovery, especially if vaccinated. If you have any questions or concerns your first point of contact is Aotea College Sport department

In these uncertain times the increased instance of the Omicron variant of Covid is causing concern world-wide. It is fair to say that we do not have a great deal of medical knowledge about the threat of long term covid but it is important to be aware of this and reduce the potential of long term effects by NOT returning to play too quickly.

The High Performance/professional setting has the luxury of individual assessment and monitoring but that is not feasible on a wider scale.

The following is put together in consultation with a medical practitioner with the expectation that at a school level coaches, managers, parents and players all play their part to negate any potential issues. The key is to monitor for anything that 'doesn't feel right' as players are returning to exercise, although also important to remember kotiro and tama cannot be entirely relied upon to notice and report things. The risk of complications including long COVID seems quite related to the severity of the initial illness, which is intuitive.

Consequently someone who is initially very sick with COVID should have a slower return to play and a medical clearance from GP in the latter stages.

Specific symptoms to look out for include unexpected shortness of breath, chest pain, heart racing, dizziness. Players who have not contracted COVID but have been isolating for the 7 days as they are a household contact are required to return a negative day 7 RAT test to leave isolation. RAT tests are integral to monitoring and dealing with the virus.

With no positive tests the player will be able to come straight back to training.

Players who have contracted COVID require 7 days of rest through the isolation process, Once completed and symptom free for 72 hours and/or off all medications and treatments for COVID symptom management the protocols below can be followed.

1. Minimum 2 Days of light activity – jogging, cycling on stationary cycles. 2. NO RESISTANCE TRAINING. NO CONTACT TRAINING. And duration of less than 30 minutes total.

2. Monitor for any post viral fatigue symptoms and general health.

4. Minimum 1 Day of more complex training activities – joining in with the team for running drills, skills drills, fitness type of training, resistance training.

5. NO FULL CONTACT TRAINING. And duration of less than 45 minutes total.

Monitor for any post viral fatigue symptoms and general health. Restore confidence and assess any longer lasting symptoms or long COVID symptoms.

t of call should involve your GP and above all keep in close contact with your coach. We look forward to seeing everyone back on the sports field in a safe and comfortable manner.

[Return to Sport - Covid Care](#)

Sports news

Sport congratulations

Congratulations to the following students who have been selected for the Senior A Boys Basketball team for 2022:

Leo Enoka, Cam Linkhorn, Kahn Wasley, Ashton Birdling, Harry Allen, Dev Reddy, Simon Ulm, Taranaki Te Hauora, Harper Schaumkell and David Ayora, Training partners ~ Logan Reti and Luke Weir-Smith

Congratulations to the following students who have been selected for the Junior A Netball team for 2022:

Lucy Byres, Charlotte Godden, Hatti Jones, Ana Lupena, Holly McManaway, Ava Merenheimo, Matilda Po Peyton Rudman-Wilson, Ayden St Just, Jayelle Temarama and Lily Tofilau

Winter Sport trials

2nd Jnr Boys basketball trial - Tuesday 12th of April 2:30pm-5:00pm

Girls basketball trials - Wednesday 13th of April 3:30pm-5pm

Winter sport

With our winter teams starting to be named (Basketball, Netball, Hockey, Football & Rugby) and games beginning week one of term two, we will start giving playing uniforms to the teams starting soon. We are only able to give uniform to students who have paid their registration fee and uniform bond.

Payments can be made by cash or eftpos at the school office or by internet banking -

Aotea College BoT

12 -3140 - 0255922 - 00

Please use your students name and the sport as the reference when paying.

If you have any questions around paying for fees please contact the sports department.

Students will be notified via email when their uniform is ready for collection.

Coaches and managers needed

Some of our sports teams are still looking for managers and coaches specifically in basketball and netball.

If you are interested in coaching/ managing please let the sports department know or you can contact

nau@aotea.school.nz, we will be happy to advise you on systems to help support you in these roles.

Basketball scrimmages



**BASKETBALL
HOLIDAY
SCRIMMAGE AND
REFEREE COURSE**

Aotea College basketball is holding a referee course during the holidays, and we need players who are wanting to play games for our referee's to practice.

Where: Aotea College Gym
Please arrive in training clothes, bring your water bottle and your own sweat towel.

Dates are below. Please note the different groupings

| Jnr Boys Wednesday | Snr Boys Thursday | All girls Friday |
|-----------------------|----------------------|----------------------|
| 27TH April | 28TH April | 29TH April |

All sessions start at 10:30am-12:30pm
Registrations are open via Aotea College Sport website

Community notices

Fresh Koko Holiday Programme

Fresh Koko invites you to three days of cultural exploration through Music, Art, Performing Art and Sport. Free for ages 12-18 and 19-21 if you want the experience to be a tuakana. We have collaborated with local talents such as Wayno, Nate Lopa, Amba, Norths Rugby Club, Polycon, and so much more. Register online or register on the day. Afio Mai. All Welcome!



Nga Manu Easter Celebration 2022

Ngā Manu Nature Reserve, 74 Ngā Manu Reserve Road, Waikanae, Kapiti Coast
Friday 15th April – Monday 18th April 10:00am – 5:00pm

Gather your family, pack a picnic, and come and celebrate Easter at Ngā Manu Nature Reserve. We have Easter eggs, children's activities and awesome daily prizes throughout the long weekend!

Full event details on our website <https://ngamanu.org.nz/upcoming-events/nga-manu-easter-celebration/> or on Eventfinda: <https://www.eventfinda.co.nz/2022/nga-manu-easter-celebration/waikanae> or on Facebook: <https://www.facebook.com/events/1147243622704903>

Families can visit our **Easter Zone** to make a decoration to hang on our **Easter Wishing Tree**, hunt for **Ngā Manu Easter Rocks** and **Winner eggs** throughout the reserve to win chocolate eggs and prizes throughout the long weekend. It's going to be lots of fun!

As a charitable trust, your visit to Ngā Manu supports Ngā Manu's wildlife and conservation programmes – thank you. Please help us share this event far and wide!

We really appreciate your support and hope you enjoy our event.

Have a lovely Easter.

