

# School Newsletter

10th April 2025

Tēnā koutou katoa,

As we reach the end of Term 1, I want to take a moment to reflect on the energy, growth, and achievements we've seen across our kura. It has been a busy and rewarding term filled with rich learning experiences, strengthened connections, and a shared commitment to our values of whakaute, kotahitanga, tuakiritanga, and whanaungatanga.

I am incredibly proud of the way our students have embraced challenges, shown resilience, and supported one another. From the classroom to the sports field, to cultural events and leadership opportunities, our ākonga continue to shine in so many ways.

A huge thank you to our dedicated staff who bring their passion and expertise to school each day, creating an environment where every student is valued and encouraged to thrive.

To our whānau, thank you for your ongoing support and partnership. A special thank you to those who joined us for Whānau Day – it was wonderful to see so many of you engaging with staff and students, and strengthening the connections that help our kura flourish.

Looking ahead to Term 2:

We begin on Monday 28th April with a whakatau to welcome new students and staff.

Monday 5th May (Week 2) will be a Teacher Only Day – there will be no classes for students on this day.

Our next Whānau Day is set for Wednesday 25th June – we hope to see even more of you there.

Thursday 1st May (week one) will be an NCEA Information Evening with two sessions at 4pm and 5pm – a great opportunity to learn more and ask questions.

As we head into the break, I encourage everyone to take time to rest, recharge, and spend quality time with loved ones. We look forward to welcoming everyone back refreshed and ready for another exciting term of learning and growth.

Ngā mihi nui,  
Sharlyn Holt  
Tumuaki | Principal

# School Newsletter

10th April 2025

Deborah Te Rangiita  
Deputy Principal  
administration@tongariro.school.nz  
Tēnā koutou katoa

Ko Deborah Te Rangiita tōku ingoa

I was born in Christchurch, went to Canterbury University and then did a five year OE in Japan teaching. I have 3 adult boys, Benjamin, Cole and Casey-James, and a mokopuna named Jasper. My husband's name is Pia.

In my free time I enjoy long walks, gardening and baking.

Coming back to Tongariro is a privilege and my goal is to ensure school is a place where all of our ākonga feel safe, have a sense of belonging and purpose and can see relevant and meaningful pathways.

No reira, Tēnā koutou katoa

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Leeanne Mason  
Deputy Principal  
administration@tongariro.school.nz  
Kia ora koutou katoa

Ko Leeanne Mason tōku ingoa

I am excited to be joining the team at Tongariro school and look forward to working in our community.

I am passionate about education and helping young people achieve their goals, ensuring the best outcomes for all our ākonga.

I believe that for any learner to achieve their best, they must experience belonging and connectedness - this is the basis for all my work.

Outside of school I like to spend time with my family and friends, and love being a nana. I enjoy getting outdoors, walking along the great river tracks and am a beginner at pilates.

No reira, Tēnā koutou katoa



# School Newsletter

10th April 2025

## Whanau Time at Tongariro School 2025 Year 7 - 13

Vision: Whānau/tutor time is a dedicated space where every student is known, valued, and supported. Through consistent connection, we foster a sense of belonging, strengthen relationships, and create a safe environment for personal growth with a trusted adult.

Becoming a whānau teacher is one of the most important and rewarding roles a teacher can take on. Whānau time is an opportunity to build a close caring relationship with students, whilst supporting their academic journey and wellbeing. It is also an opportunity to facilitate whānau relationships amongst students, build agency, and support transition into career pathways.

At Tongariro School, Whānau Time is considered to be vital for the continuity and care of our students, and their feeling of safety and support through their Secondary School journey.

Whānau time will run four mornings per week from 8.45 to 9.00am on Monday, Tuesday, Thursday and Friday beginning next term.

This will affect the bell times for the break times.

### Changes to the bell times from term 2

Period	Time	Time period
Whanau time	8:45 - 9:00	15 mins 60
1	9:00 - 10:00	mins 60
2	10:00 - 11:00	mins 45
First break	11:00 - 11:45	mins 55
3	11:45 - 12:40	mins
4	12:40 - 1:35	55 mins
Second break	1:35 - 2:05	30 mins
5	2:05 - 3:00	55 mins

**Wednesday times for classes will remain the same**



## Congratulations to Our Year 6 Graduates - Pedal Safe Champions!

We're proud to celebrate our Year 6 graduates who have successfully completed the Pedal Safe cycle skills programme! With guidance from qualified instructors and support from 'Bike Taupō', our tamariki developed key road safety skills, improved their bike handling, and grew in confidence and independence.

Throughout the course, students took part in fun, practical activities aligned with the Waka Kotahi NZ Transport Agency Cycle Skills Guidelines. They learned how to ride safely, consider others on the road, and explore biking as an environmentally friendly way to travel.

Ka rawe, Year 6! You've shown fantastic resilience and responsibility - skills that will serve you well on and off the bike. We're excited to see where your wheels take you next!





# School Newsletter

Today we celebrated and acknowledged all the students that have above 90% attendance and the students who had 100% attendance.

Ka mau to wehi!!





# School Newsletter

## 100% Attendance





# School Newsletter

## Whanau Day - Room 9





# School Newsletter

## Duffy Role Model Assembly

We were fortunate enough to have Raymond Bishop come to our assembly and present the students with their Duffy Books for Term 1.





# School Newsletter

Kiwi Forever is a leadership program where you get to meet new people and to learn about our native species (Both plants and animals) and how we can help to protect them.

Our trip was a great opportunity to build leadership and teamwork skills.

We spend 6 days out at Tiorangi Marae, Ohakune and we got to go out into nature. We learned first hand how pest control works and the amount of effort and time that goes into trying to keep our native birds safe.

We also got the opportunity to see Whio in person and were able to do a kiwi release.

This trip is not only just about our native species and how to protect them but it's also a spiritual experience and you we got time to connect with the awa, maunga and ngahere.

This trip was a great opportunity and would be recommended for everyone who wants to try to get out of their comfort zone and try something new.

**Camerynne De Paris - Year 12  
and Morgan Foxall- Year 13**





# Literacy and Numeracy



Nau mai haere mai

We will be holding an NCEA information evening on the 1<sup>st</sup> May (Thursday).

**There are 2 sessions 4pm and 5pm in Waiora.**  
**This is for any whanau who want to know about NCEA plus the literacy and numeracy co-requisites, and how you can help.**

## 2. What is Literacy and Numeracy?

Literacy is being able to read, write and understand language.

Numeracy is the ability to understand and use mathematics and statistics.

This enables students access to further learning, develops important life skills, and allows people to fully engage in work and in their communities.

Literacy and Numeracy is a qualification that students must gain in order to achieve NCEA  
(it is worth 20 credits)

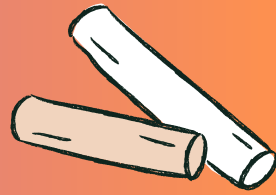
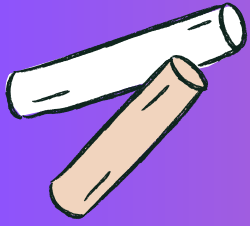
This can happen from Year 9 onwards where students are able to sit an exam when they are ready.



# Literacy and Numeracy

Here are some examples of a Literacy and Numeracy question

Have a go with your child



## Literacy Question

Circle (○) the correct option in each shaded box to complete this sentence:

Readers have their | they're own ideas, so you also need to think about what their | they're concerned about.

Circle (○) the correct option in each shaded box to complete this sentence:

Think about weather | whether what you are writing is appropriate for everyone | every one who is going to read the article.

## Numeracy Question

The large water bottle holds 15 litres of water when it is full, and weighs 15.352 kilograms.



Large water bottle

(a) How much does the **empty** water bottle weigh, in **grams**?

**Note:** One litre of water weighs one kilogram.

g



# School Newsletter

## Central North Island (CNI) Area Schools Sports Clinic

Eight senior students recently attended the Central North Island (CNI) Area Schools Sports Clinic held in Te Awamutu from the 7th to the 9th of April. Over the course of two action-packed days, students took part in intensive coaching sessions across a range of sports including Kī o Rahi, rugby, volleyball, soccer, basketball, and netball.

Each athlete had the opportunity to showcase their skills and commitment while working alongside experienced coaches, refining techniques, and building confidence in their chosen sport.

We're proud to announce that seven of our students were selected to represent the CNI Area Schools teams at the upcoming National Tournament in Invercargill, scheduled for June 2025. This is an incredible achievement, and we wish them all the best as they prepare to compete at the next level!

**Kaydis Hallett - Rugby**

**George Hemara - Volleyball**

**Xavier Hamilton - Basketball**

**Daniel Biddle, Rawiri Hura, McKayla Furze, Shaunee Reweti - Ki o Rahi**

**Double coders also playing rugby - Mckayla Furze, Shaunee Reweti.**



**Kaydis Hallett - Rugby**



**George Hemara - Volleyball**



# School Newsletter!!!



**Xavier Hamilton - Basketball**



**Daniel Biddle, Rawiri Hura,  
McKayla Furze, Shaunee Reweti  
- Ki o Rahi**



**Double coders also playing Rugby  
- Mckayla Furze, Shaunee Reweti.**





# School Newsletter!!!

our AE class at Rongomai Marae last week, helping to clean, hang, pack and store trout as part of harvest for our people of Tuwharetoa





# School Newsletter

## Te Wharekura

**Mā te noho tahi, ka kitea te painga o te mahi a te tuakana ki te teina.  
Through unity, the benefits of the tuakana's guidance to the teina are revealed.**



**He koa ana ngakau, he aroha whakatō, he pikinga wairua.**



# School Newsletter

## Autism Awareness Day at Tongariro School Wednesday 2nd April 2025



Thank you to everybody that  
supported  
our kaupapa & Sponsored our Day  
Tūrangi Dairy  
Bidfood Taupo  
Parents & Caregivers  
Teachers  
Support Staff  
and our amazing students.

Together we raised an amazing \$1297.30  
for AutismNZ



PIC•COLLAGE

# School Newsletter

## Upcoming Event

Student Elections on 4th September 2025

Board Elections on 10th September 2025

## LOST PROPERTY

IF YOUR CHILD HAS LOST ANY CLOTHING PLEASE COME DOWN TO SCHOOL TO SEE.

IF IT IS IN THE LOST PROPERTY. AT THE MOMENT THERE IS A LARGE AMOUNT OF CLOTHING AROUND THE SANDPIT AND/OR HANGING ON THE DECK RAIL OUTSIDE ROOM 3.

WE DO ASK THE CHILDREN TO CHECK IF ANY OF THE CLOTHING BELONGS TO THEM.

IT WOULD HELP IF ALL BELONGINGS WERE NAMED.

## LUNCH PASS SYSTEM

ANY YEAR 11 - 12 MAY APPLY FOR A LUNCH PASS TO GO HOME FOR LUNCH OR PURCHASE LUNCH LOCALLY.

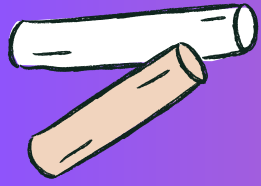
THIS PERMISSION FORM CAN BE COLLECTED FROM THE OFFICE AND MUST BE SIGNED BY BOTH STUDENT AND PARENT/CAREGIVER AND THEN RETURNED TO THE SCHOOL OFFICE.

STUDENTS MUST COMPLY WITH SCHOOL EXPECTATIONS AND RULES WHEN OUT OF SCHOOL TO BE ALLOWED A LUNCH PASS.



# School Newsletter

10th April 2025

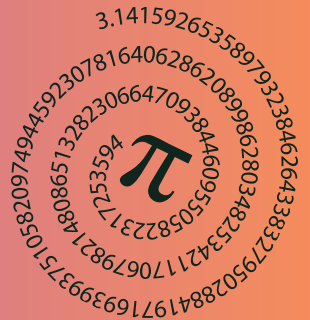


## TEACHER ONLY DAY TERM 2



THE TEACHERS OF OUR KURA WILL BE HAVING A  
TEACHER ONLY DAY ON THE

MONDAY  
5TH MAY 2025  
WEEK 2 OF TERM 2



THIS IS TO UPSKILL THE TEACHERS ON THE NEW  
MATHEMATICS CURRICULUM. THE SCHOOL WILL  
BE CLOSED ON THIS DAY.

PLEASE MAKE ALTERNATIVE ARRANGEMENTS  
FOR THE CARE OF YOUR TAMARIKI ON THIS DAY

NGĀ MIHI NUI  
DEB TE RANGIITA  
KAITIRIWĀ TUMUAKI





# THE IMPACT OF ENERGY DRINKS ON STUDENTS – WHAT WHĀNAU NEED TO KNOW



## High Caffeine Levels

Many energy drinks contain 2–3 times more caffeine than a standard cup of coffee. This can lead to jitters, anxiety, headaches, and trouble sleeping—especially in tamariki and rangatahi.



## Sugar Overload

These drinks often contain excessive sugar, contributing to poor dental health, weight gain, and energy crashes that affect concentration and mood.



## Sleep Disruption

Consuming energy drinks, particularly in the afternoon or evening, can interfere with sleep patterns. Lack of sleep impacts learning, behaviour, and wellbeing.



## Behavioural Effects

Some students may experience hyperactivity, irritability, or aggression after consuming energy drinks, which can affect their relationships and engagement in class.



## Heart Health Risks

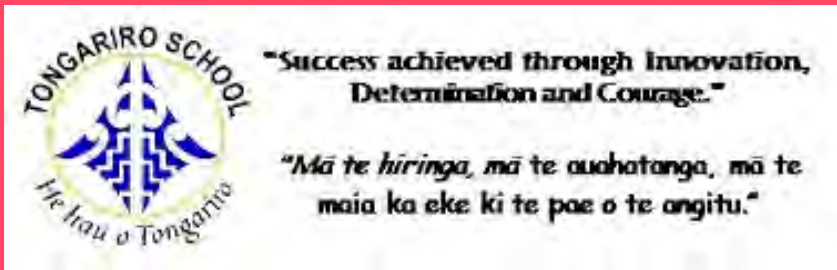
The combination of stimulants can increase heart rate and blood pressure, which is risky for developing bodies.

## Not Recommended for Children

Health experts and the Ministry of Health strongly advise against energy drinks for children and teenagers due to the known health risks.

### What can whānau do?





# WE WANT YOU

## Relief Teachers

If you are a registered teacher and interested in relief work. We would love to hear from you



please email:  
[administration@tongariro.school.nz](mailto:administration@tongariro.school.nz)



**FREE  
EVENT**



**KIWI WARRIOR**

**RUGBY  
101**

**ONE**

**VS**

**ONE**

**TURANGI RUGBY 101  
TOURNAMENT**

**Sat 12th April 2025  
10am - 3pm**



**REGISTER  
HERE**



**TURANGITUKUA PARK, TURANGI**

**MERCHANDISE - FOOD - PRIZES & MORE**




"All Girls 15's Clinic" in Taumarunui for our secondary school girls age group.

The purpose of this clinic is for girls wanting to gain more knowledge around 15's, help build confidence in positions but also focusing on skill development.

19TH SAT APRIL KING COUNTRY RUGBY UNION 8:30AM START

# GIRLS 15'S CLINIC



**TAUMARUNUI DOMAIN**  
SECONDARY SCHOOL GIRLS RUGBY CLINIC.  
COME DOWN AND LEARN/TRAIN WITH SOME OF OUR CURRENT AUPIKI AND FPC PLAYERS.

ALL SKILL LEVEL WELCOME  
NAU MAI HAERE MAI.  
Made with PosterMyWall.com

FOR MORE INFORMATION CONTACT  
WAHINERDO@KINGCOUNTRYRUGBY.CO.NZ

19TH SAT APRIL KING COUNTRY RUGBY UNION 8:30AM START

## WHAT TO BRING:

- MOUTHGUARD
- BOOTS
- WATERBOTTLE
- BOOK & PEN
- TOWEL
- SPARE CLOTHES
- ANY SNACKS YOU REQUIRE ON THE DAY.

**TAUMARUNUI DOMAIN**  
SECONDARY SCHOOL GIRLS RUGBY CLINIC.  
EVERYONE IS WELCOME TO COME DOWN AND WATCH.

ALL SKILL LEVEL WELCOME  
NAU MAI HAERE MAI.  
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FOR MORE INFORMATION CONTACT  
WAHINERDO@KINGCOUNTRYRUGBY.CO.NZ

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