



SCHOOL NEWSLETTER

TERM 4 | OCTOBER | 2024



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PAPATOETOE HIGH SCHOOL



@PAPHIGH.OFFICIAL



Principal's message

Kia ora koutou,

The final term of the school year is always one of our busiest times, filled with events and activities that celebrate our students' hard work and achievements.

A time to celebrate

I would like to extend my heartfelt congratulations to our award recipients for their academic achievements and leadership. In particular:

- | | |
|--|---------------------|
| • Galloway Trophy (sportsperson of the year) | Pyper Wharepouri |
| • Performer of the Year (Arts) | Jirah Morisa-Ualesi |
| • Trenwith Cup (all round excellence at Y11) | Selena La |
| • Trevor Haigh Trophy: (all round excellence at Y12) | Golda Nayagar |
| • Proxime Accessit (second to Dux) | Joel Challis |
| • Dux (highest academic award for Y13) | Jenny Vu |
| • Torch Award (model PHS student) | George Kwan-Him |

A big thank you to all those involved in making all of our celebrations meaningful and so very memorable



Vaughan Couillault

Principal

MEdLM, PGDipSM, BCom, DipTchg

Student leaders 2025

At our senior prize giving this week, we announced our student leadership team for 2025. A big congratulations to:

- Head Boy: William Sauaso-Rasch .
- Head Girl: Golda Nayagar
- Deputy Head Boy: Rehan Abdullah
- Deputy Head Girl: Paige Faafuata
- Sports Captains: Jainesh Singh & Sopheara Theavy
- Arts & Culture Leaders: Micah Hill-Tupou & Alaska Taufahema
- Manukura: Piata Linstead-Manaia & Awa Kahurangi Karena
- Kauri House Captains: Shikara Gunanayagum, Ozal Sheikh, Yufei Xie, Vinshi Lal
- Pohutukawa House Captains: Alen Lam, Siraj Singh, Sylvia Cullen, Stuti Narang
- Rimu House Captains: Jonathan Lilo-Iosefo, Jaden Hansdak, Medina Vavauoti-Khan, Osayi Ayemien Erhabor
- Kowhai House Captains: Nayleigh Pati, Shenal Kumar, Danny Ma, Rayaana Qays

Farewell Mr Peter Cleal

I would also like to take a moment to acknowledge the resignation of Peter Cleal after an incredible 43 years of service to education (40+ at Papatoetoe High School). Peter has been a dedicated educator and mentor, and his contributions have left an indelible mark on our students and staff across his 4 decades with us. We wish him all the best for whatever retirement brings.

Wharenui carvings

We are excited to announce that the carvings for our wharenui are now complete! We are in the process of planning Te whahatuwheratanga o Te Whakatongia te Kakano (carving unveiling ceremony) to honour their arrival. We look forward to celebrating this significant addition to our school and will be in touch about the date for this ceremony as soon as it is confirmed.

Exam season

As we approach the NCEA external exam season (next week!), I want to wish our Year 11-13 students the best of luck. Remember to stay focused, get prepared, get sleep and do your best. To our Year 9-10 students, please be respectful around exam areas and support your peers as they engage in the external exams.

Parking regulations

Lastly, I must express my ongoing concerns about parking regulations in our surrounding streets – Nicholson Ave, Carlie Street and Tui Road. We've noticed caregivers continuing to park across driveways, on yellow lines, and double parking. I kindly request that all drivers adhere to the parking regulations to ensure the safety of our students and residents.

Thank you for your continued support and cooperation. Let's make this final term one to remember!

Ngā mihi nui,

Vaughan Couillault
Tumuaki/Principal



STUDY TIPS

How to ease feelings of stress in students

1 Go back over mock exams

"The key about studying is to learn what you don't know. Most students go home and study what they do know, and that's just a waste of time." And while this might make students feel better, it is not learning. "Learning is going over what you don't know, what you got wrong."

2 Use a variety of techniques to revise

"Use mnemonics, use chunking information. Maybe flash cards, the old-fashioned flash cards still work. Get someone to test you, watch videos, read from different sources, get different multiple points of view, get a tutor to come and help."

3 Study in bursts of 20 minutes

"Do 20 minutes, do a quick revision of what you've just done, and then take a five-minute break."

But don't leave it all to the last minute - cramming isn't an effective way to learn

"Spaced repetition is the way to do it. So, you want to do some of it today, and then go back to it tomorrow, and then go back to the next day.

"Space it out, don't try and cram it all in, cramming doesn't work, so space it out over the time that you've got."

4 Study wherever is comfortable

"It might be in your bedroom, but not on your bed, because that's for sleeping. It could be on the floor, it could be a desk or chair. It could be sitting in the sunshine. Some people like studying in a coffee shop."

Try group study if that works for you: "Talking about it is a great way to learn the information. In fact, teaching somebody is the highest form of understanding." But music whilst you hit the books is an "it all depends".

"If a student is studying to music and they're singing away to the music, then they are not studying. The brain cannot focus on two things at the same time - multitasking is a myth."

5 If a task is proving too hard, move on

"Leave that bit and focus on what you can do," And if a student doesn't understand something and exams are looming, don't panic.

"Your teachers are available right through to your exams, email them for help and ask for support."

Please contact any one of your teachers if you need help. We also have our wonderful counsellors around to help, if you are feeling anxious or overwhelmed.

NCEA EXAM

RULES & INSTRUCTIONS!

PLEASE READ

With NCEA examinations starting on Tuesday 5 December, it's crucial for students to familiarise themselves with the NZQA rules and expectations. Students have been emailed the details from last week's pre-exam assembly and official rules can be found on the [NZQA website](#). Students are expected to arrive 30 minutes before exams start, with morning exams beginning at 9:30am and afternoon exams beginning at 2pm.

Students cannot sit an exam without their admission slip. These can be collected from student reception and it's strongly advised that they are collected at least a day before their first exam, if they don't already have one.

Students should be aware that any violation of the rules can lead to serious consequences, including disqualification from the examination or cancellation of results. It's essential to take these regulations seriously to ensure a fair and successful examination experience.

Students are also reminded that they must wear their full school uniform for the exams. We wish them all the very best.

Mr Greenwood (Deputy Principal)

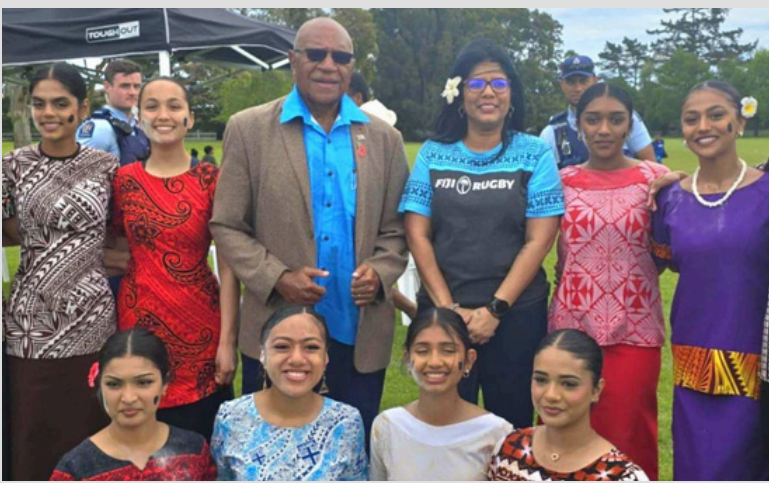
STUDENTS SHINE AT THE Y.E.S REGIONAL EXCELLENCE AWARDS

This year, Papatoetoe High level 3 Business Studies classes not only worked towards their NCEA credits they also took part in the Young Enterprise Scheme. The Young Enterprise Scheme looks to inspire students and unleash leaders for a prosperous Aotearoa, with around 5000 students nationwide learning about developing an entrepreneurial mindset. Inspiring them to succeed in business, in their communities and in life. Teams of students are challenged to create a business and run it during the course of the year, completing a number of independently judged challenges as they progress. This year a hardworking group of students were invited to the Y.ES Tāmaki Makaurau Regional Awards, recognising and celebrating the exceptional achievements of students. The team of Jessica Ouk, Aiza Abdul, Mehar Malhotra, Franklin Bula, Jane Allen and Chien Nguyen were awarded the Excellence in Innovative Thinking - Tohu Whakahirahira i te Whakāro Auahatanga Award for 2024



FIJI DAY CELEBRATIONS

Meeting the Prime Minister of Fiji on Fiji Day at Mangere Centre Park was an unforgettable experience. The celebration was alive with cultural performances, traditional songs, and the vibrant energy of people proudly celebrating their heritage. Standing among the crowd, I observed the Prime Minister addressing the nation with a powerful speech about unity and the importance of preserving Fiji's traditions. His presence reflected a strong connection to the people and a commitment to the country's future. The atmosphere was filled with pride, and being part of such a significant moment made me feel more connected to the spirit of Fiji and be proud to be a Fijian. Our team was also lucky enough to get a photo opportunity with the Fiji PM, Sitiveni Rabuka. Written by: Radhika Vakafa



INTERNATIONAL STUDENTS

Our international students farewelled our leavers by enjoying a delicious breakfast at a local café recently. It was great to acknowledge their achievements and celebrate the successes of all our students as the 2024 academic year comes to a close. We wish Simranjeet, Chloe, Lily and Danielle all the best as they embark on their tertiary studies in New Zealand next year. It has been a privilege for PHS to be part of their journey.



GATEWAY & CAREERS



LEARNERS LICENCE COURSE

We ran a learners licence course in the Term 3 holidays and 27 students successfully gained their Learners licence. We are finished for the year but students can put their name down on a list in G5 at the start of 2025 for more opportunities. Licence classes are based on the availability of funding.



UNIVERSITY SCHOLARSHIPS

Students who will be going into Year 12 next year and are planning on applying for a university scholarship at the end of Year 13 need to keep the following points in mind.

- Universities look at the Year 12 results for scholarships. Try to aim for an overall endorsement of Merit or Excellence
- Students need to be involved in extracurricular activities
- Try to get leadership roles in or out of school
- Join a sports team
- Volunteer your time in the community
- Scholarships are not given only to academic students but to students who are well rounded in various areas.

There is also a scholarship opportunity for students in Year 12. It is called the First Foundation scholarship. Details will be provided next year when the scholarship becomes available.



Careers and Gateway have a Facebook page and Instagram account. This is where we post information as well as in the school notices and newsletters.

Instagram is [Papatoetoe_high_careers](#)
Facebook: [Papatoetoe High Careers](#)

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TRADES ACADEMY

Trades Academy will be running again for 2025. This is for students who are interested in learning about a Trade whilst still at school. It is available to students who will be in Year 12 and 13 in 2025.

Year 12 students are at Trades Academy 1 day a week and Year 13 students 2 days a week. Students are expected to keep up with their schoolwork while on Trades Academy.

There are still spots available for Level 3 Youth Health Care. Please come to G5 and speak to Mrs Parshotam if interested.



Our office is in G5 and we are available to all students to assist them with their future pathways.

Mrs Parshotam – Pathways and Transition Advisor
Mrs Penney – Careers Administrator



859 posts

289 followers

31 following

Careers & Gateway

This is the Papatoetoe High School Careers and Gateway page. For information about Careers and Gateway click the link below

m.facebook.com/profile.php?id=10207911...