



NUA NEWS

Tēnā koutou e ngā Mātua me ngā Whaea

April 2021

Kia ora koutou, Talofa lava, Greetings everyone

From the moment we stepped into school as we began preparing for Term 1, and from the very first day that students were onsite, Term 1 has been full of activities, events and learning.

The novelty of being at school has not worn off and especially around the anniversary of when we went into lockdown, we remain thankful about being able to do our teaching and learning onsite with our staff and students present.

This newsletter is very full and provides a snapshot of some of the activities and events that took place this term. Rather than me spending more time explaining what we did, I invite you to scroll through this newsletter and see for yourself what our students and staff have been up to.

I remain immensely proud of our students and what they achieve, and am so appreciative of our staff and all they do to teach and support our students.

Ngā mihi
Grant Congdon
Tumuaki/Principal





News from the Board

Kia ora koutou katoa

It has been a longer term than usual and a busy one. It has been good to see our akonga settled into academic work and school life. Winter sports are starting up and we are delighted this year that both cultural and sporting activities can go ahead. Mr Congdon's Facebook Vlogs provide a good indication of the range of events and activities occurring in the school, and the many facets of our four pillars (academic, sports, arts/culture and service) through which can celebrate our students' success.

We have started well as a Board and have had two meetings this term. We are guided in our work through our annual plan. This outlines our regular tasks and reporting, and also our strategic activities across the year. This includes notification of student and staff visitors who come to speak to various aspects of the school at our meetings and includes the schedule for reviewing policies. We have an ongoing cycle of areas for self-review, but this year we are planning some more significant self-reviews on selected topics (starting with student behaviour management) and we are hoping to undertake community consultation later in the year as we look to create a new Strategic Plan for 2022 onwards.

It is important as a Board that we reflect the diversity of our school community, and that we expose ourselves to a range of views and perspectives. We were delighted at our last meeting to co-opt Jhyslle Ratima to the board (Welcome again Jhyslle!!). Jhyslle is a Rangatahi Ora parent representative, and we are already appreciating the lens she brings to Board discussions. I asked Jhyslle to tell you a bit about herself:



Tēnā koutou katoa,

My name is Jhyslle Ratima and I have recently been appointed the privilege of Māori Representative on the Horowhenua College Board.

I am a full-time mother of three, my eldest child being a proud Māori achiever through Rangatahi Ora and a proud Māori student of Horowhenua College. As a former student of this college I will use that experience as a fundamental guide for my role on the Board. My goal is to advocate the cultural and individual values of our rangatahi so they may achieve their greatest potential in all they do.

Nō reira, ngā mihi nui ki a koutou katoa.

Tēnā tātou katoa.

To our Senior Leadership team and all our college staff – my most grateful thanks for all your commitment to our school and our young people. Thanks also to our board members: Garry Good (Deputy Chair), Megan Bolton, Jhyslle Ratima, Nikki Simpson, Bob Slade, Misipeka Ana (Student Representative), Hanchen Johnson (Staff Representative) and our Tumuaki (Grant Congdon). I feel so privileged to serve our school community alongside this wonderful team whose commitment to growing successful young men and women is evident at every board meeting I attend.

Ngā mihi

Juliana Mansvelt

Board Chair



Introducing our New Staff



Keiran Bryant
Social Sciences



Mel Bryant
Learning Support Coordinator Social Sciences



Courtenay Davis
Social Sciences



Amy Huse
Head of Faculty Maths



Sean Nolan
Digital Technology



Alexandra Sheward
English & Social Science



Daniel Riggs
English & TIC Outdoor Education



Samantha Wiblin
English & Drama



Te Kahui Baker
Teacher Aide



Nicole Hamilton
English & Media Studies



Peter O'Sullivan
Physical Education



Isiah Egan
Part time Caretaker



Steven Marshall
Maths & Accounting & Principal's Nominee NZQA



Board Student Representative

Talofa, Mauri and Kia Ora

My name is Misipeka Ana, and I have been fortunate enough to be a scholarship recipient for First Foundation, a member of the Parliament group Te Rito, a member of the BLAKE Inspire cohort for April 2021 and the Student Representative on the Board of Trustees for Horowhenua College from 2020 to 2021.

I was able to go up to Auckland to receive my First Foundation Scholarship and found out early this year that I was a confirmed member of Te Rito. Te Rito is a programme created by Parliament to increase youth participation with them. I had an induction day in Parliament and it was a great day of learning for me and helped me bring back something to share with my peers. During my induction day I met the Speaker of the House of Representatives - Trevor Mallard, Green MP - Chöle Swarbrick, Clerk of the

House of Representatives - David Wilson, Chief Executive of Parliamentary Services - Rafael Gonzalez-Montero.

Recently I applied for BLAKE inspire which is a week long environmental leadership programme for young New Zealanders. Through BLAKE, I hope to gain more knowledge on leadership so I can improve as a leader.

Misipeka Ana

Prefect and Board Student Representative





Well being Prefects

Teacher Appreciation Notes

In week 9 of Term 1 our Well-being Committee organised teacher appreciation notes to be handed out. This action was designed last year to help build stronger relationships between students and teachers through the way of showing appreciation to teachers for their hard work and support throughout the term. As a committee we are aiming to hand these notes out once a term to show our love and appreciation to teachers and help brighten their days. The notes are sent to students whānau classes one morning and are picked up that afternoon before being organised and handed out to each teacher. This was a success for us this term and we hope to continue spreading appreciation throughout the year!



Student Welfare Google Form

The Student Welfare Concern Google Form is a way for students to express any worries or concerns they may have for another student or even themselves. This form can be filled out anonymously if someone is raising a concern about another student to ensure privacy of those using the form. However, it is encouraged that students who are writing in about themselves leave their name so that we can provide them with the help and support they may need. The reason for this is because as Well-being Prefects we know that students expressing their worries with another person can be a difficult task at times. Therefore, this is a way they can seek help for themselves and others confidentially, because we genuinely believe that a problem shared is a problem halved. This form is available for students to access 24/7. The google form is shared with The Well-being prefects, Mr White and Mrs Duncan, our school counsellor, as we want to ensure that there is support offered to all students regarding any situation that they may be facing.

Ellee Gilmore, Joel Paxton and Sophia Kingi
Wellbeing Prefects



Academic Prefects

What a busy first term it has been, filled with many events to kick off house competitions for the year. The Academic Prefects alongside the Academic Committee jumped into Term 1 with the annual Spelling Bee. This was the first academic house competition of the year, with many more to come. The school's bright and not so bright spellers came and took their best shot at spelling some tricky words. We have some talented buzzy bees in our school, with excellent results and great participation in this competition. We are excited about what the future holds with our portfolio and hope to further engage students in academia.



Ellee Gilmore

On Wednesday the 31st of March we celebrated our first badge assembly of the year. This is the assembly that recognises students academic achievements from 2020. There are three different types of badges awarded: The 100+ badge for students who gained over 100 credits in 2020, the Academic Honours badge for 46+ excellence credits earned in 2020 and our top badge, the NUA Award. The NUA Award is awarded to the students who gained the most excellence credits in their NCEA level in 2020.



Anand Ranchhod

Congratulations to Anand Ranchhod who gained the most Level 1 excellence credits in 2020 and Ellee Gilmore who gained the most Level 2 excellence credits in 2020. Well done to all our achievers and we wish them all the best for their studies this year.

Jason Sue and Callum Baines
Academic Prefects

Media Prefects



What a busy, fun filled term we have had! As the first two Media Prefects at Horowhenua College, we had an exciting venture into the discovery of what it means to be Media Prefects. Although we have not had a specific event to organise, we have been kept on our toes taking thousands of photographs of school events along with creating videos.

We were also given the responsibility to create weekly slides for assembly, to inform the school of anything important such as any upcoming events or meetings. With our portfolio being brand new we have had to work hard to understand our role and how we can continue to create it to be the best it can be.

Kaitlyn Eyles and Jayden Duggan
Media Prefects



Arts Prefects



We recently had a newly introduced Pastel-Tastic Art Competition. In previous years, this competition has been outdoors and it has been completed in chalk. The new competition included four pieces of blank cardboard, a box of pastels each, and many lunchtimes. The aim was to create a piece that embodied Horowhenua Colleges core values; Be Responsible, Be Respectful and Build Relationships. The houses were required to come up with their own interpretation of the competitions theme “Positive things about our college”. They had a week to complete their artwork in our breaks. The boards turned out fabulous. The results were as follows:

1st - Rātā, 2nd - Hīnau, 3rd Ngaio and 4th Kōwhai.

Thank you and well done to everyone who took part in this competition.

Brooklyn Greig-Hartley and Jessica Burgess
Arts Prefects



International Prefects

The international portfolio is one that looks to explore and find ways to help international students and persons feel welcomed into New Zealand and Horowhenua College. Running events such as flag assembly, this role looks to express and celebrate the vast diversity that our college is lucky to have to help build and grow the students to enjoy the large world we live in.

Gerhardus Louw and Valerie Atonio
International Prefects



Social Action Prefects



The social action portfolio includes things such as 40 hour famine, shave for a cure, the blood drive and all other social events that help to support and help others. So far this year we have organised for Shave For A Cure to be held on the 10th of May at 1:40pm. We have 13 students that have signed up to participate in this good cause. These 13 students have raised \$2,141.00 all together as a team. These donations will be going towards cancer patients around New Zealand, who are going through such a daunting journey.

Our school held a mufti day on the 8th of April for the Food Bank. This was where our students each brought an item that they thought could help others in need, these items being things such as canned foods, toilet paper, cereal boxes, etc. This was all delivered to the Salvation Army on the 9th of April by Mr Johnson, Mrs Duncan and the Well Being and Social Action prefects. All of these proceeds were going to be put towards people within our community who may reach out to the Salvation Army for some help and supplies which our donations will be able to go towards.

Our school is fortunate enough to receive the Free and Healthy Lunches for Schools from the Libelle group. Everyday we are delivered almost 700 lunches to supply every student here at Horowhenua College. This is run by our Well-being Prefects, Social Action Prefects and the committee that has been formed to hand out these lunches, put out and put away the rubbish bins for the lunches to go into and ensure that everything is managed properly. We are very thankful for the lunches that we get every day and would like to thank the Government for this initiative that enables us to have them.

Elle Webb and Casey Harding
Social Action Prefects



Sports Prefects



Athletics

Earlier this term , we held our annual athletics day which kicked off the sporting events for the year. It was a very hot, eventful day for everyone, filled with field events, throwing events and relays. It was awesome to see participation from all year levels and see everyone get into the house spirit!

Swimming Sports

Next was the swimming sports. It was a beautiful day and both senior and junior students got involved. Competitive events included freestyle, backstroke and breaststroke while non-competitive events were the walking and mat races. The clothes and kayak relays were definitely a highlight from the students and everyone had a very enjoyable day whether they were competitive swimmers or not.





Sports Prefects



Dodgeball

Our very first inter house event we organised for the year was dodgeball! We ran both a junior and senior competition and to add a little bit more excitement to the mix, we included a Teachers vs Year 13 game, (which turned pretty competitive as the teachers took the win). We look forward to organizing more sporting house competitions for students to get involved in next term and the rest of the year!

Netball

On the 10th of May, 12 players from our Senior A Netball team participated in the Umpire's tournament. From 10am we began facing club teams from Horowhenua and other regions in the premier grade. We played against talented teams filled with experienced players. Even though we are a fairly new team, we played our hardest and made the most out of it. Overall, this tournament has strengthened the relationships in our netball team and has exposed us to the gameplay of experienced netball players. This tournament has been a great start for a successful year of netball ahead.

Futsal

This term, we were lucky enough to take three teams away to Futsal Nationals at the TSB Arena in Wellington. We were up against some tough competition and our senior boys managed to record one win and a draw. However our senior girls and junior boys didn't quite get the results they would have hoped for. Nevertheless, it was an awesome experience and the efforts shown on the court by all three teams were immense. It was good preparation for the winter football season which is starting next term! Massive thanks to coaches and staff who made this trip happen!



Canoe Polo

This year Horowhenua College took two teams to the New Zealand Secondary Schools Nationals, held at the newly built Mitre 10 Sports Park in Hastings. Although our regionals were cancelled due to Covid, we were still allowed to send both our Junior Girls and Boys team to Nationals. Unfortunately the weather was disgusting, but that did not discourage our 13 students from having an amazing weekend! The Junior Boys ended up coming 5th, which is an incredible achievement especially when some other players are into their 2nd or third year of playing Canoe Polo.



Sports Prefects

The boys were respectful, played hard and made their coach James Gilroy really proud. The girls were less fortunate coming in 8th place, but they look forward to improving for next year. Thank you to the staff involved in Canoe Polo this year: James Gilroy, Hanchen Johnson, Justin Tate, Julie Bolton and Andi Hirini. Also a huge thanks to Daniel Sawyer who helped look after the students and to Susan Angus and Adam Tulluch for their generosity that weekend.



Cricket

The Horowhenua College 1st XI went through something of a rebuilding phase in 2021. With a large number of senior students moving on from their time with the team, it gave an opportunity to a new young crop of players eager to make their mark on the game. Captained by Jesse Parker alongside Vice Captain Logan Manson, the team made steady improvement week by week and gained their first win of the season against worthy foes Feilding High School 1st XI early in the competition. Young guns Hannah Bishop, James Dunsmore and Hunter Adsett all proved themselves quickly, and Caleb Jensen and Sharman Patel provided great performances of their own, on and off the pitch. New signing for the season, Chai Hughes, also cemented his place at the top of the order with both batting and bowling prowess. A massive thanks must go to Craig Adsett, who helped coach the team giving some invaluable expertise and knowledge of the game to the students. Thanks also to the parents who helped with transport to Palmerston North, keeping the team going every week and always supporting us. Bring on the end of the year and hopefully the return of the Challenge Trophy to the NUA cabinet!





Sports Prefects

Manawatu Inter Secondary Schools Athletics

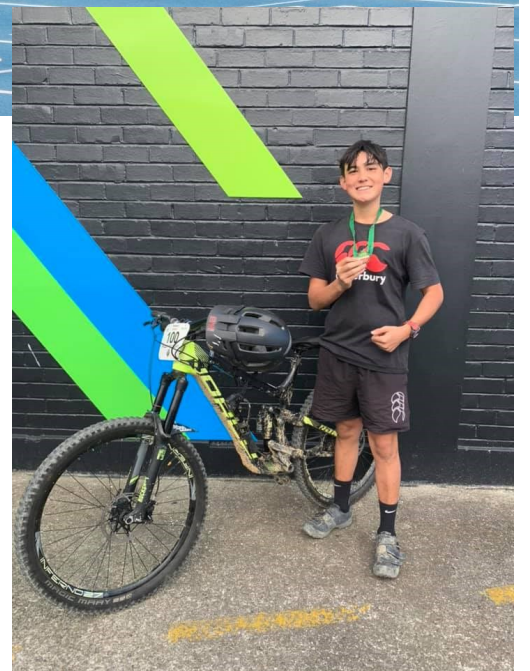
What an achievement for Hermione Petersen winning the senior girls discus event with a throw of 25.35m. Our small team of 8 students did us proud with both Hannah Bishop and Tyson Jones making finals in their respective 100m races.



Secondary School Mountain Bike Nationals

Big congratulations to Ryley Halliday for finishing third in this years school MTB Nationals!!

Caroline Hyslop and Ake Tarawa
Sports Prefects





1st XV Rugby



Our Horowhenua College 1st XV Rugby Team kicked off their season with a historic win against Te Aute College. The 1st XV boys were welcomed onto Te Aute grounds with beautiful waiata sung by the Te Aute College boys and were stunned by the lovely landscapes of the school.

It was a great start to the season from our boys; they held up their side of the field with 27 points to 17 points from Te

Aute. Five tries and a conversion were scored by Horowhenua College and two tries and conversion were scored by Te Aute. Congratulations to our boys for winning both their first season game and historic game.

Ake Tarawa
Sports Prefect





Waka Ama



What an awesome experience attending the National Secondary Schools Waka Ama Championship at Lake Tikitapu (Blue Lake), Rotorua. This year Horowhenua College entered 19 paddlers across four teams, travelling alongside Waiopahu College and their 24 paddlers, competing in boys and girls 6 man Waka Ama races over 250m and 500m and a mixed 12 man Double Hulled Waka in a 250m race.

Most of our teams were novice paddlers who should be very proud of their efforts, improving throughout the week with every race. Our aim was to progress into the semi-finals and finals so congratulations goes to our girls team - Horowhenua Te Mātauranga who finished 5th overall in the 500m Bowl Final.

Many thanks to Kelly Tahiwī from Muaūpoko Tribal Authority and Hawaikinui Tuarua Waka Ama Club who coached our teams as part of the programme “Rangatahi for Waiora” promoting health and well-being through Waka Ama. It is hoped that we can continue to build on this momentum and send Waka Ama teams through to future Regional and National events in the years to come. Kia eke Panuku, kia eke Tangaroa!

Matua Dylan
Rangatahi Ora Co-ordinator
Dean of Māori Students







Year 13 Camp



For this years Year 13 Camp the class of 2021 went to Matau Marae as a way to celebrate the 4 years that they've had together leading up to this year but also to grow and build on the relationships that they already had as this is a core part to the Horowhenua College experience. Over the course of three days the students competed in house competitions and fun events set on the beach and in the marae that focused around team building and enjoying the experiences. Events such as the karaoke and sand structure building activities made sure that every student got their chance to put themselves out there and express themselves while also showing great respect to their peers. During all the different activities, the Year 13s also got to be welcomed and learn about the rich Māori culture of New Zealand and the area of Horowhenua by coming into contact with the history and customs of the Matau Marae. Universities came and gave the students an overview of how and where they could find their future education through speakers and representatives. At the end of it all, Hīnau had won the overall events but the students had learnt more about each other and grown stronger together, even building a bridge between the house competition to have gained a lot through the experience and through each other.

Gerhardus Louw
Prefect





Year 13 Camp



Equestrian

Equestrian is alive and well at Horowhenua College. Over the first term there have been various interschool equestrian events, firstly Otaki College jumping day on the 26th March with Sasha and Leah MacNarmara, Mikayla and Charlotte Williams, Sam Weller, Nikita Rupene and Riley Knight competing. For some of them it was the first time. They all acquitted themselves extremely well, some getting some minor placing with Sasha MacNarmara picking up Champion in her ring.

The 31st March saw us head to Queen Elizabeth Park at Paekakariki. Caitlyn De Burg and Caitlin Hanson joined us and this event involved not only show jumping but cross country, again a first for some. Even though the weather gods were not on our side the girls had a fantastic time and great experience with Caitlin and Caitlyn picking up 5th and 6th in their group of some very experienced combinations. These events are very popular and a great experience for our riders.

Melanie Davies
TIC Equestrian





World Vision Leadership Training

World Vision Leadership Training Conference is in May and Year 12 students, Brooke Rollinson and Anand Ranchhod have been chosen to join our Year 13 Social Action Prefects, Casey Harding and Elle Webb as they attend the Wellington Conference.

Several hundred student leaders from a variety of schools around the area will be trained in leadership with a focus on preparation for the event in June, the 40 Hour Famine.



Level 2 Digital Technology

The Level 2 Digital Technology students have been hard at work making a Pokemon fan site for their assessment. After this we are going to improve the site by adding a database behind it .



Year 9 Academy



2021 is the first time for Horowhenua College Year 9 students to have an opportunity to get a taste of the Services Academy. We are grateful to have some of the Year 13 Services Academy students (Jack, Sammy and Soane) share their knowledge and passion.



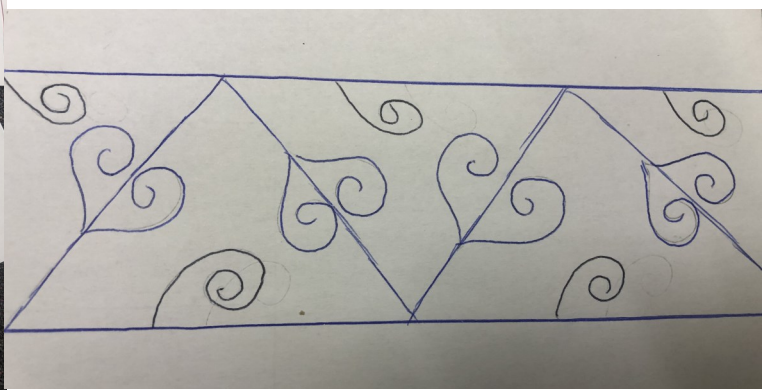
Mathematics



Our Year 9 Math classes visited Te Puna O Te Mātauranga, our college whare, for a whakaaturanga (presentation) on Geometry from Matua Dylan.



This kōrero focused not only on the geometrical transformations present in the kōwhaiwhai patterns within the whare, but also on the meanings behind so many of them. Students were then encouraged to create their own design that reflected their whānau and incorporated the transformations they'd learnt about. It was a great opportunity for our rangatahi to create links between their mathematical learning and the Māori culture.



In the Maths Faculty we are celebrating a student of the month in each of our junior rōpū. This student is nominated by their Maths kaiako based around them excelling at one (or more!) of the NUA way values in their Maths class that month. As well as receiving a certificate they are also invited to enjoy a pizza lunch together. It was great to see so many of our Students of February able to make it to our most recent celebratory pizza lunch.

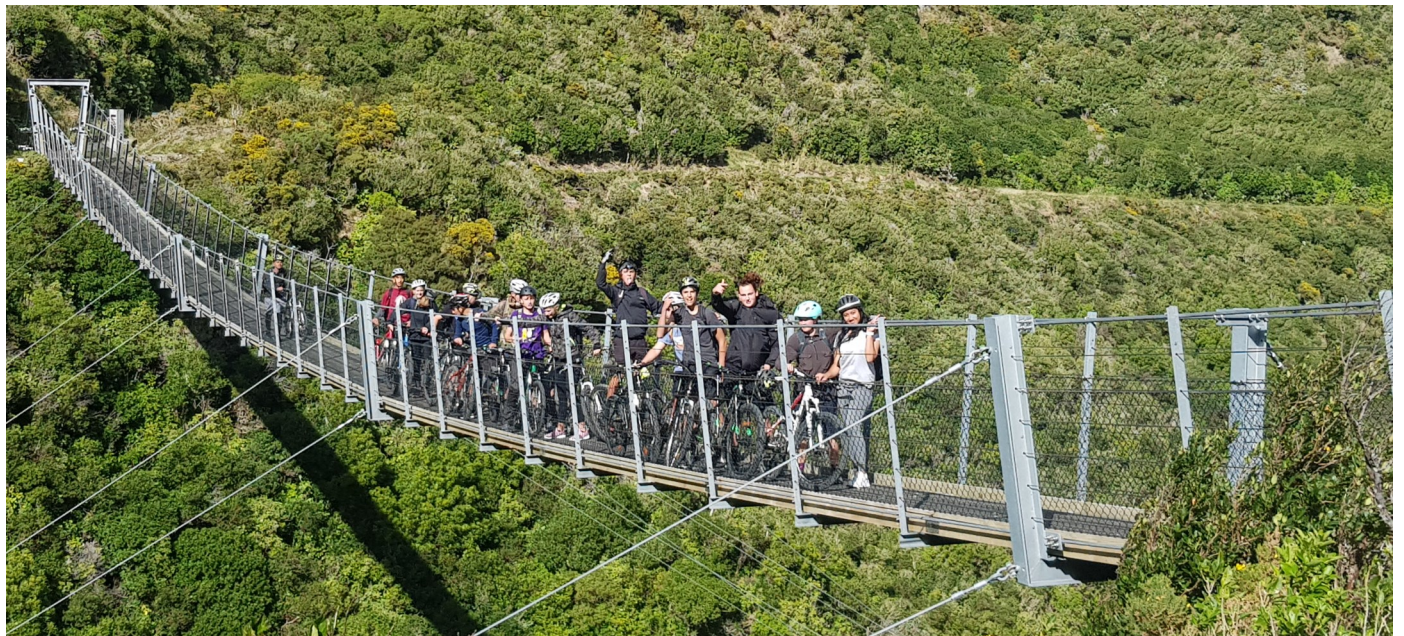
Amy Huse
Head of Faculty Mathematics



Outdoor Education



The Level 1 Outdoor Education students recently embarked on a mountain biking trip in the Rimataka Ranges. The students biked the Rimataka Trail covering a distance of 60kms in two days.



The Level 2/3 students have started their river crossing unit. This is also in preparation for the survival and camping unit in Term 2 which will involve some river travel.

The class recently visited the Ohau River where they practiced river crossing methods and river swimming as well as apply important decision making concepts.

Fun was had by all and the students displayed commitment and enthusiasm in the challenging outdoor environment.

Daniel Riggs
TIC Outdoor Education





Duke of Edinburgh



The Duke of Edinburgh programme has started well for 2021 being a particularly special year for participants. With sadness we remember the recent passing of our founder HRH, the Duke of Edinburgh, a committed champion of young people worldwide.

Students have began their bronze award outdoor adventure section with training on Friday nights after school and have just completed their overnight practice journey around the Turakirae Head Wild Coast Track to the Wairarapa. The award is designed to challenge young people and the practice journey did just that, starting with a 34 kilometre return walk into a blustery southerly and finishing into a strong northerly headwind. The wild coastal scenery was spectacular and the students, most of whom had never camped out or carried a tramping pack before, should be very proud of their efforts.

Donna Elliott
TIC Duke of Edinburgh





Design Technology



In Design Technology students have spent the first 6 weeks researching and designing one-person boat construction. Since then students have been building their designs in teams. We have several very different strategies being used in the development of these creations and it has been very exciting watching their vessels take shape.

David Brewerton
TIC Design Technology







Design Technology

Why does chocolate have to be in squares? No more temptation to 'tidy up the row' anymore!

The Year 9 Design Technology students have created and made their own chocolate moulds using the processes of laser cutting from a digital file and plastic vacuum forming. Students produced and designed a box net package and then melted a signature recipe of chocolate into their custom moulds.

There were a few steep learning curves in the project, lots of fun and a suspicious amount of chocolate on faces!

Donna Elliott
TIC Design & Visual Communication





Art

Senior art students are hard at work, as their internal standard of 10 small A5 mixed media works is due by the end of these holidays. They have loved this unit, as they choose their own theme, and can use a wide variety of media including charcoal, ink, dye, paint and collage.





Art



The Year 10's have also been working on their super hero unit.





Pasifika News

Malo e lelei, Talofa lava, Kam na bane ni Mauri and warm Pasifika greetings to you all.

Many exciting things have happened this term in the Pasifika space at Horowhenua College! For the first time in history our college had the opportunity to perform with Waiopahu College for Pasifika Day. Student leaders from both colleges choreographed routines representing island groups from around the Pacific (Tonga, Samoa, Tuvalu, Kiribati and Rotuma). The performance was well received by the community. Students also volunteered to help at the event



handing out prizes, food and helping with the set up and clean up for the event. We want to say a huge Vinaka Vaka Levu to Fale Pasifika for organising this event and allowing our college to take part. Students are currently working very hard perfecting their dances for Pasifika Fusion. We look forward to competing against Waiopahu College on June 30th- July 1st at the Regent Theatre in Palmerston North.

Our He Vaka Moana programme recently welcomed a new tutor. We have the privilege of having Tausi Tausi (an ex student and Prefect of NUA) as a Science/Mathematics tutor to help us in our academic journey towards Pasifika excellence.

Many of our Pasifika students have shown an eagerness to show service to the college by volunteering to be part of lunch teams (students help hand out lunches), cleaning up the college grounds and taking part in the various extra curricular activities the college offers.



Pasifika News

Two of our Pasifika students, Elizebeth Logologo and Angelina Toeieiu were chosen to be year level representatives for our college student council. This is great to see our Pasifika students taking leadership opportunities and showing service to the college and the community.



We look forward to sharing more good news of how our Pasifika space is developing at Horowhenua College.

Kam bati n rabwa,
Jessica Foster
Pasifika Dean



Student Achievements

After completing his first season as a Surf Lifeguard at the Waitarere Surf Lifesaving Club Nic Wynne was awarded the Paul Kent Memorial Trophy for the Top Patrolling Club Member for the 2020/21 season. He smashed the previous record of voluntary hours and amassed a whopping 207 unpaid service hours over the season. He spent his whole summer holiday volunteering and helping the paid regional guards during the week, as well as attending weekend patrols and assisting with the two week holiday program for juniors.

Well done Nic!



Abigail Hall (Year 9) racing at the NZ Powerboat Race 2020 in Karapiro and Rotoiti at the beginning of the first term.





Teacher Achievements

This term one of our PE teachers, Peter O’Sullivan, competed in the GODZone adventure race in Rotorua. The 666-kilometre course consists of mountain biking through the famous Redwoods Forest, pack rafting down the Mohaka River, a nearly 100km trek over the Kaweka and Kaimanawa Ranges, along with kayaking the length of Lake Taupo. The total trek distance is 109km, mountain bike 365km, kayak 57km, pack raft 13km, and pack raft/trekking 122km. The course was open 24 hours, and competitors raced day and night, stopping at transition areas to change disciplines and pick up equipment. Mr O’Sullivan competed for Team Swazi. The following was taken from the GODZone website:

“They came away with the Legends Trophy. For each GODZone this trophy is awarded by the race organisers to the team that, in the twilight of their sporting careers, show how it should be done. The Legends Trophy is open to both race categories and true legends, as the trophy small print claims, do not require prizes to recognise their awesomeness. Therefore Team Swazi nailed it. They were the team on the course that just ticked along and got the job done finishing in 16th place. With a team goal ‘to go as fast as possible’, the proof of this goal accomplishment is clear due to the fact they were neither short coursed nor unranked. This eight day course around the back blocks of Bay of Plenty and beyond, was real tough. Congratulations - you were great out there.”



Third from left: Peter O’Sullivan with Team Swazi



Teacher Achievements

In June of 2020, I decided to set myself a challenge to see what I was capable of. Having been considerably overweight at times in my life running has sometimes been a struggle, but I decided to use it to break my perceptions of what I am capable of and entered the Old Ghost Road Ultramarathon, an 85km trail run on the West Coast of the South Island that involves 2700m of vertical climbing. To get ready to tackle this I clearly needed to commit to a disciplined training plan, and also made big changes to my diet and lifestyle. The training involved six sessions a week, with as many of these as possible before my kids woke or after they went to bed to avoid impacting my time with them. However, the alarm going at 4.30am meant that I was often in bed very soon after them! I also went to a fully plant-based diet, which for someone who grew up on a dairy farm and enjoys hunting, was a real challenge but the benefits made it worth it. The sacrifices and commitment paid off when on Saturday the 20th of February 2021 I found myself on the start line of the race and facing one of the biggest challenges ever put in front of me, but feeling confident that I had done the hard work required to give me the best chance of success.

I set off running feeling like an alien amongst fit slender runners, I highly doubt there were any other ex-pros among us! Once the group spread I was able to find a good rhythm and felt ok for the 30kms before the first big climb. As I got to the top of that hill the sun started to have an impact as once we were above the treeline there wasn't a lot of shade. Sitting at the aid station at 42kms I was feeling good despite the distance already covered, but knowing the second half involved significantly more climbing. Not far after this point, the real climb started, and the heat of the day really started taking its toll. Once on the tops the views were breathtaking, not that I needed anything else to take it away, but offered a reward for the hard work done to that point. It was here that I noticed how dehydrated I had become, and had to focus on getting my fluids back up as I was fading fast. Despite a knee injury not enjoying going downhill, the descent back down into the bush was welcome, and it was surreal sitting at the 67km aid station knowing it was the furthest I had ever run, I was more shattered than I had ever been, yet I still had 18kms to run. I had to look deep inside myself to keep running, celebrating each km mark as I passed them, and thinking about my family who I knew would be waiting for me at the finish line. Any challenge I come across in the future, when running or elsewhere, will be easier now that I've shown myself what I can achieve when I focus my effort and stay positive as I did for these 18kms.

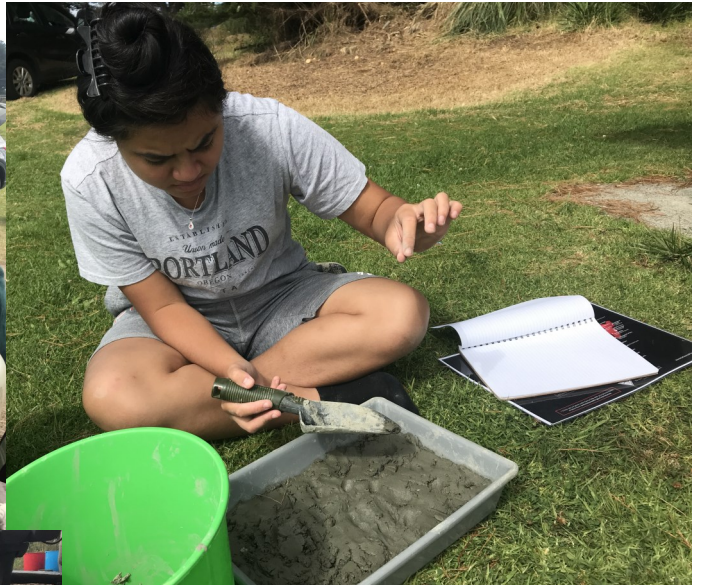
Crossing the finish line with my kids is a moment I will treasure, 12hours and 10mins after I started, having completed a run that I would never have thought possible for myself. If my kids, and any of the students at Horowhenua College can see through this, that with dedication, commitment, and hard work, we can achieve far more than we think, then it will make it even more worth it .

Jason White
Deputy Principal





Level 3 Biology Crab Study at the Manawatu Estuary





Ngaio House Term 1



Ngaio has been having a great time this term, from the youngest to the oldest! These photos are from the Year 9 Wearable Arts (we won!) and the Year 13 Camp.

Louise Mattheus
Ngaio House Dean



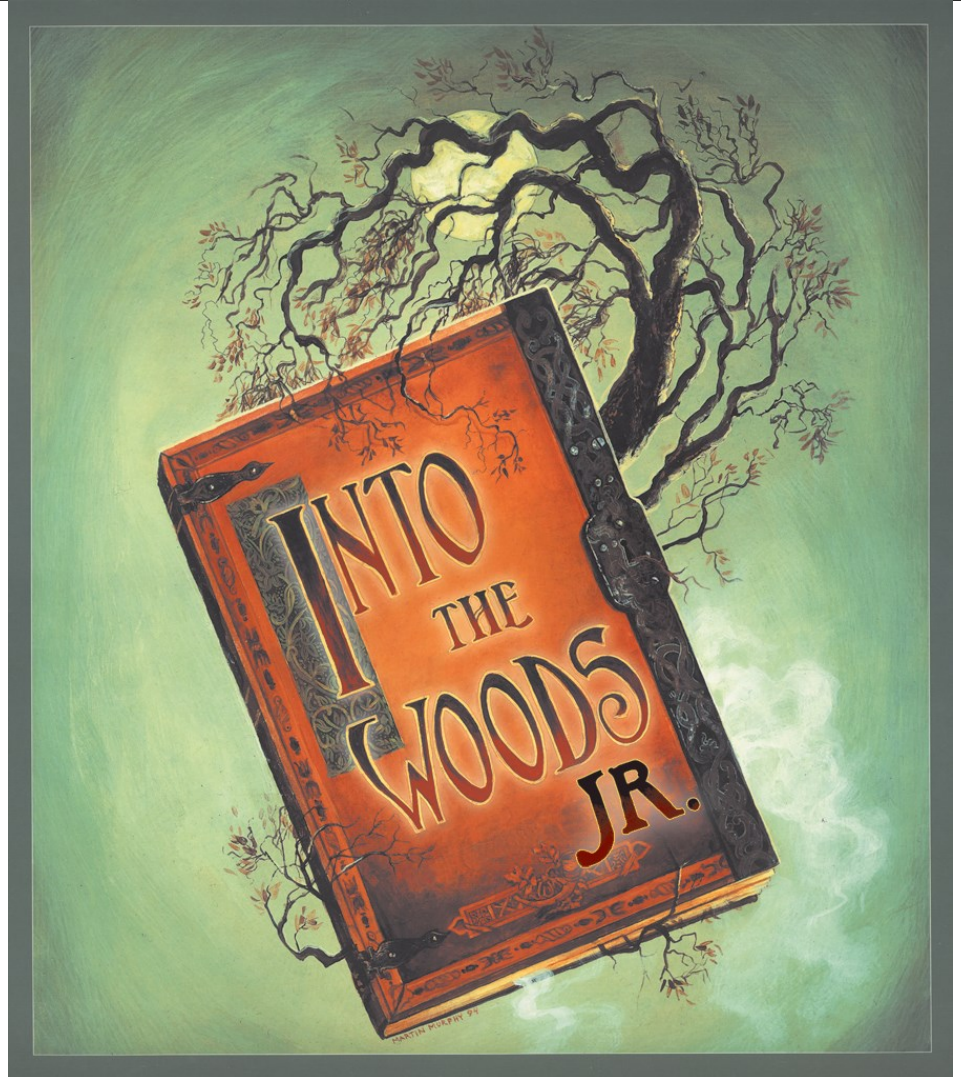


2021 School Production

We are happy to announce that our new school production for 2021 will be happening soon. Our staff and students are working incredibly hard to help put this show together.

Keep an eye out for performance dates and ticket sales and come and support our students as they present to you *Into the Woods Jr.*

Sam Wehipeihana
TIC Drama



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We also use our facebook page for messages and updates
<https://www.facebook.com/Horowhenua College>