

## Principal's Panui

Tena koutou katoa

This has been a strange term, technically it has been 12 weeks long and everyone is very tired - students and teachers alike. I would like to acknowledge our teachers for all the hard work they did during Lockdown and continued to do when we came back afterward. To our students, you continued to work through some difficult circumstances, and I want to acknowledge the work you have done too over the last 10-12 weeks.

There is still plenty of time to achieve the qualifications that the seniors this year need. Yes, we have lost time, but this can be overcome if we all work together to ensure we have an accurate picture of what each of our students wants to achieve and a clear plan to get there by the end of the year. NZQA has modified the requirements for each level in recognition of the effect of Covid, so the pressure is not as bad as it could have been.

Since the end of lockdown, the Ministry of Education has identified that schools in the Mid- and Far North need more support in helping to support our rangitahi with their mental health. Consequently, we have the privilege of being able to put our entire staff, teachers and support staff, through the Life Keepers Suicide Prevention Course. This will upskill our staff in recognising students at risk and also help staff know what to do and say initially to support our young people to get the help they need. We are also really lucky to be able to offer this opportunity to some of our senior students who will be supporters for their peers. I would like to thank the Ministry of Education (not something you might often see in a school newsletter) for funding this course and providing support for our tamariki/mokopuna.

I hope that everyone has a restful holiday over the next two weeks. Please make sure you look after each other so we can see you back safe and ready for learning next term.

No reira, tena koutou, tena koutou, tena koutou katoa

## First Day of Term 3

Monday 20 July will be a teacher-only day so that our whole staff (teaching and support staff) can participate in Suicide Prevention Training. The first day back for students will be Tuesday 21 July and it will be Day 4 of the timetable.

## College Calendar

### Friday 3 July

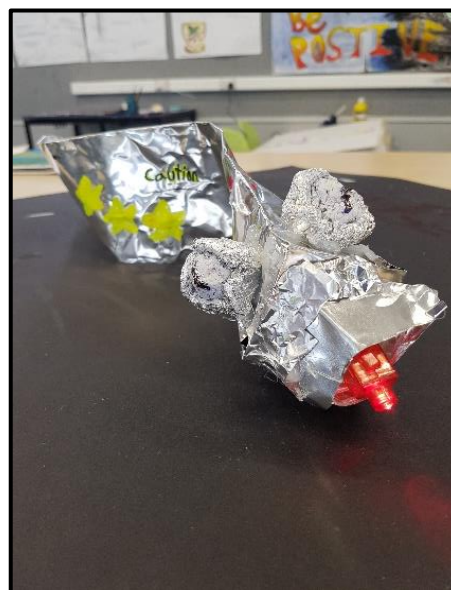
- Last day of Term 2

### Monday 20 July

- Teacher Only Day

### Tuesday 21 July

- First day of Term 3



Art created  
by Lakin  
Whittaker



Team  
artwork  
created by  
Brooke  
Stewart  
and  
Annelise  
Rodgers

## BLING BLING TOI MARAMA LIGHT FESTIVAL!

AKAU in collaboration with Te Pū o Te Wheke Art Gallery bring you Bling Bling Toi Marama Light Festival.

2-4 July, 6-9 pm.

**Te Pū o Te Wheke Art Gallery & Old Hotel Site, Broadway**

The following kura will be exhibiting light art during this Light Festival in Kaikohe:

- Kaikohe West School
- Kaikohe East School
- Te Kura Kaupapa Māori o Kaikohe
- Okaihau Primary School
- Okaihau OSCAR
- Okaihau College
- Ngā Toa Iwi Whenua Te Kohanga Reo
- Kowhai Corner Early Childhood Centre

*Come get involved!*

*Turn up in a glowing outfit and be into WIN some amazing prizes*

**The official opening is:**

**Thursday 2 July, 5.30pm**

**Te Pū o Te Wheke Art Gallery, Kaikohe**

**FREE Holiday Programme Kaikohe**  
**Dates: Thursday 9th, Friday 10th July 8am till 8pm.**  
**AGES: 11-17**

**BREAKAWAY!**  
*be transformed*

Pick ups and drop offs at the Kaikohe Christian School.  
 Bring a change of warm clothes + towel.

All tamariki must have signed registration forms for health and safety. Registration forms will be at Kaikohe Library and 12 Kowhai ave Kaikohe. Any enquiries please contact:  
 Michelle Tito-Brown 02108275271 Sy Michael Kaka 021992861  
 Komene Marino 0211202742  
 "I can do all things through Christ who strengthens me"  
 Philippians 4:13



## Six ways with roast vegetables



Make the most of your roast vegetables by using them in different ways.

Simply dice 2 kumara, ½ a pumpkin, 4 carrots (or any seasonal vegetables) and add to a roasting dish. Mix together with ¼ cup of oil. Roast for 40 minutes at 225°C



Use vegetables in a wrap with chickpeas and salad



Make a soup with vegetables



Add vegetables to a salad with canned tuna



Mix vegetables with eggs to whip up a frittata



Serve vegetables with roast meat and salad



Wrap vegetables inside an omelette

For these 6 recipes, check out  
<https://www.youtube.com/watch?v=acuZlPIXNEk>