



# He Huarahi Tamariki

SCHOOL FOR TEENAGE PARENTS - TERM 3 2024

## We are the champions!

A few weeks ago, Whakatipuria TPU hosted the Lower North Island Teen Parent Unit Netball Tournament. On a fantastic day for sport, the setting at Vautier Park was a perfect fit for netball matches and greatly accommodated all participants and visitors throughout the time we were there. All of our girls were ready for the day, arriving at kura early for a 7:30am start. Whilst changing into our uniforms and doing our hair, the vibes were immaculate! Everyone was just so excited for the events of the day and we couldn't wait to make our way to Palmerston North.

Upon arrival we were greeted by some of the organisers who showed us to the court area we'd be playing on and from there we went straight into warming up as our first game was at 10:30. Each game was 2 x 8-minute halves with a 2-minute half-time break. Our first game was against our "sister TPU" Titiro Whakamua (Upper Hutt) and was our closest scored game out of the tournament. He Huarahi Tamariki (HHT) won by a single goal with the final score being 8-7. Our girls were oozing competitiveness!

Our next game was against Whaimana Ako (Taranaki), HHT won this match, 13-3. At the end of the game, we had the opposing team's coach come over and praise one of our girls, Tennessee Ahu, for amazing sportswomanship and just "keeping the vibe up". This brought the vibe up even more for our team!

After a short break we played our third game against Pua-wananga (Wairarapa). This is where our girls were feeling it physically the most, but they definitely persevered through, winning this match 15-7. We then, thankfully, had a bye. We had lunch together and prepared for our last game. Our final match was played against our hosts Whakatipuria (Palmerston North). Our team was drained from the day, but still some absolutely amazing netball was played! HHT won this game and the final score was 11-8.

Knowing we won the entire tournament, our girls were over the moon! Our hard work had paid off and we knew we were bringing that trophy back to kura! After having a little victory dance to ourselves, we had prize giving. Here we were given our trophy, which our captain, Omapere Heke, received on our behalf and gave thanks to the people who made the day possible. There were also spot prizes given to Shakira Colston and myself chosen by lucky dip. Overall, I am very proud of our girls for their hard work and dedication to playing and making it on the day! We deserved the win and couldn't be happier with it!

We would especially like to make a huge shout out to our kaiako, Kohine and Jackie, for being our biggest supporters and taking great care of us prior, on, and following the netball tournament day!

*Hayley Ahu*



Clockwise from Bottom & Top Left: Pre-game warm-ups & stretches; Post-game handshakes with the competition; In the van on the way home after a long successful day; The team celebrating with the trophy.

## Tēnā koutou katoa

Kia hora te marino, kia whakapapa pounamu te moana, kia tere te kārohirohi i mua i te rangi nei.

*May peace be widespread, may the ocean glisten like greenstone and may the shimmer of light guide you on your journey.*

The whakataukī above is a part of one of our karakia that we use at kura and it resonates with our journey throughout term 3. We have had a journey focusing on hauora taha tinana — with Netipōro training and undefeated success at the Regional Netball Tournament as well as some amazing zen learnings through yoga provided by Emma Chen with funding from Lululemon. We have also continued with Muay Thai training provided with support from our chef, Chloe, and fitness sessions through Zumba, with support from myself. Looking after our taha tinana is an important part of the He Huarahi Tamariki way and supports us towards Mauri Ora.

*Aroha atu, aroha mai - tatou i a tatou katoa.*

*Ngā mihi nui,  
Paula Hay — Kaiārahi*

## Zumba Fundraiser



Along with a cast of 12 Zumba instructors, Paula Hay organised and ran our inaugural Zumba Fundraiser this September to support He Huarahi Tamariki. We made good use of the venue supplied by

Wellington East Girls College with 60 plus attendees and over \$1700 raised. These funds will be instrumental in continuing to cover costs associated with sporting events and excursions to keep them accessible for all our students. Ngā mihi nunui to everyone who supported us either through attending or helping to run the event.

**Missed the event and still keen to contribute? Details for donating to the school are on the back page of this newsletter.**



## Welcome to our New Babies!



Tiare, a boy — CJ-Apirana

Lily, a boy — Khai

Tia, a girl — Kahliia-Rose

Hayley, a girl & a boy —  
Kamaiyah & Ezra

Lily's baby, Khai.

## Breathe Move You — Yoga Event



This term we have been privileged to have Emma Chen, from Breathe Move You, work with us. Emma's passion is in pre- and post-natal yoga so she was a perfect fit for our students. As a Lululemon Legacy Ambassador, Emma was able to secure funding for 5 yoga sessions at school and an event at local yoga studio Beyond Yoga, with Lululemon goodie bags and yoga mats for all the students and amazing food by eat.graze. amore.

Emma also organised for speakers at the event to share with our students. One of whom was Victoria Sharp, HHT Graduate and recent new 2nd-time mum.

Check out the amazing photos from the event taken by @michellejacobsonphotography.



Above: Kai time for the group and doesn't it look fantastic!

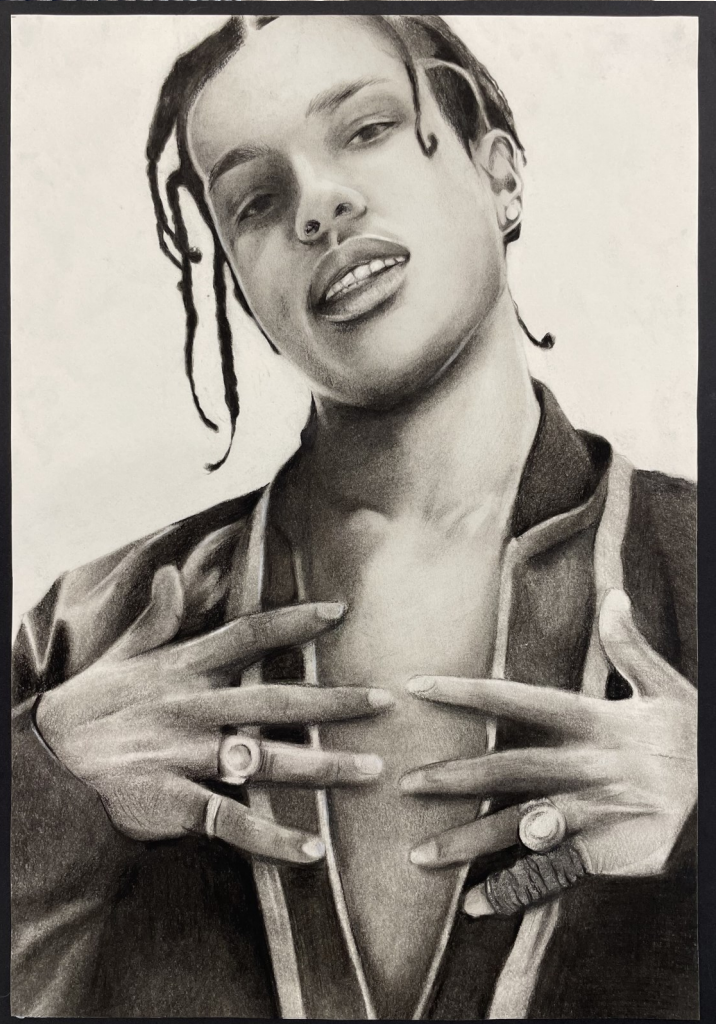
Clockwise from top left: Wāhine toa doing warrior; Blocking up; Emma Chen leading the session; Relaxation; Standing tall; Lahni & Tiara with their Lululemon gear and mats; Trying out downward dog.

## Student Contribution — Paris Hinton



I am an aspiring artist eager to explore and expand my creative horizons. I mainly specialise in pencil or charcoal, but for the past couple of months I've been working with acrylic paint for the first time.

Paris  
with her  
son  
Cairo.



## Save the Date...

### 30th Celebrations

This coming November we are excited to begin celebrating the 30th Anniversary of the opening of the He Huarahi Tamariki school!

We will have a number of events throughout the following months, but we will start with a celebration here at school open to our wider whānau, including past and present staff and students, and our many supporters over the years.

Please mark your calendars now and come along to join us for a time of celebration, not to mention lunch and cake!

**Friday 8 November**

**11 :00 am to 1:00 pm**

RSVP: [30years@hht.school.nz](mailto:30years@hht.school.nz)

In addition, next year will see 2 big events:

- The publication of a book about the creation and history of He Huarahi Tamariki by founder Susan Baragwanath.
- A School Reunion weekend.

We will share more information about the timings for both of these events as soon as we have more details.

### Open Afternoon

**Friday 15 November**

**2 :00 pm to 4:00 pm**

RSVP: [info@hht.school.nz](mailto:info@hht.school.nz)

**Calling all of you that work with or support young people who are hapū/pregnant or parenting:** School Counsellors, Teachers, Social Workers, Youth Coaches, Family, Friends, Nurses, Doctors, Family Start Workers, Midwives, Pregnancy Support Services, Plunket & Tamariki Ora Nurses, local politicians and many more.

He Huarahi Tamariki is hosting an open afternoon so that you can come along for a kōrero and some cake. Find out more about what we offer our young parents to support them completing their secondary education and transitioning to their next steps.

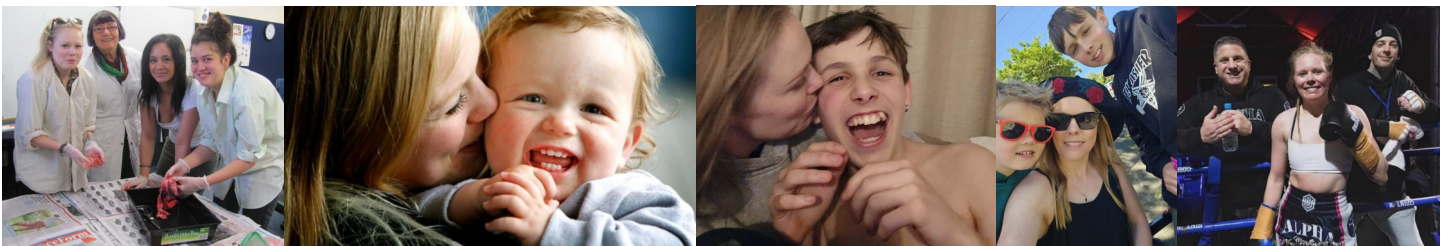
A flyer will be sent out soon, but mark your calendars now and spread the word. For catering purposes, please rsvp to [info@hht.school.nz](mailto:info@hht.school.nz).

*See you there!*

## Graduate Update — Chloe Callaghan

It has been wonderful reconnecting with He Huarahi Tamariki graduate Chloe Callaghan (2010-2013) who joined us here at school as our Kitchen Manager late last year. On top of keeping us all fed, Chloe has introduced us all to Muay Thai kick boxing which is her chosen competitive sport. Chloe has been volunteering her time to run training sessions for us all once a week and it has been a welcome addition to our Physical Education programme. Ngā mihi aroha Chloe for all your mahi.

We thought it would be fun to revisit some photos from when Chloe was here at school and share them with you all alongside some more recent ones.



Left to Right: Chloe doing science in 2012; Chloe & Blake in 2011; Chloe & Blake recreated today; Chloe today with Archie (5) & Blake (14); Chloe after winning her first full Thai rules amateur fight at the Renaissance 1 Competition hosted by Maui Muay Thai in Nelson

**A very big thank you to all the public and private donors who have supported us recently. Your donations are very much appreciated.**

He Huarahi Tamariki Trust, Zonta Club of Mana, Ian Crabtree Charitable Trust, Herbert Teagle Masonic Perpetual Trust, Wellington Methodist Charitable and Educational Endowment Trust, Presbyterian Support Central—Bichan Trust, Pat Lummis, Inner Wheel Club of Tawa, Levin Catholic Women's League, Janet Gottschalk, Kiwi Community Assistance, Beanies for Babies, Parish of Pauatahanui, Arise Church, Pregnancy Help, Loved for Life, The Salvation Army, and the many others who donate used equipment and clothing.

**Donations towards the work of the school (03 0547 0671844 000) are always welcome and donations to the scholarship fund can be made to the HHT Trust (02 0548 0369188 000). Either of these are tax deductible and a receipt will be sent to you.**

**If you have changed address or would like the newsletter emailed to you, please contact us via [info@hht.school.nz](mailto:info@hht.school.nz)**

**Our host school is Wellington East Girls' College - Principal: Gael Ashworth**



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**“Of course you can do it”**