

# Wellington Ocean Sports Host He Huarahi Tamariki



At the end of Term 2 our students were privileged to participate in the Wellington Ocean Sports Safe Boating Programme held at Port Nicholson Yacht Club in Oriental Bay thanks to support from the Wellington Community Trust. Students experienced keel boat sailing, stand up paddle boarding and kayaking. Fine weather and little wind provided perfect conditions for our activities. Students were warmly greeted on arrival and took part in a theory session with sobering statistics on national drowning. They learnt that unsafe habits around water had contributed more to drowning statistics than not being able to swim. They also learnt safe water habits which was then followed by experience out on the water. Many students had never tried these water sports before. Some found it challenging while others embraced the experience.

Sailing was both a thrill under sail and relaxing when the motor was turned off and you could enjoy the motion of the boat. One student commented, "Sailing was cool, I fell asleep." Closer to shore, others participated in stand up paddle boarding and kayaking. It was great to see the comradeship shown by our students to one another as some managed to stand up and others fell in. Another student commented that it was, "Good fun, scary—I didn't like standing up paddling because you saw the jellyfish!" This day was well worth it. We all improved our boating knowledge and learnt safe practices on the water as well as having fun. A very big thank you to Wellington Ocean Sports for providing us with the opportunity and to our students for trying something new.  
*Fiona Mokomoko Park.*



*Fiona Mokomoko Park gives the thumbs up sign with Talia Osborne, Alyssa Callaghan and Lilly Best under sail on Wellington harbour.*



*Goldie Duncan, Hineora Hodges-Mike and Isayah O'Neill paddle boarding in the Wellington lagoon.*



*Goldie Duncan, Kohine Balejko, Hineora Hodges-Mike, Isayah O'Neill, Zara Wallace Smith & Esta Walker-Visala.*



*Hineora Hodges-Mike and Simon Quirke*

## Fire Safety with Tawa Fire Brigade

Following a fire which destroyed a neighbouring house, our local fire brigade visited and presented a safety session covering smoke alarms, "get down, get low, get out", having a household fire escape plan which is practised and having a safe place to meet such as the letterbox.



Original quilt design by Amber Woods, quilted by Sue Bracken for Melissa Carrere's new baby boy.

A very big thank you to all the public and private donors who have supported us this term. We could not provide the varied programme and high standard of care for our students without your help. We welcome donations towards the work of the school. Donations to the scholarship fund can be made to the HHT Trust. These are tax deductible and a receipt will be sent to you.  
Empathy Design, DarrochForrest, HM Forsyth, Gawith-Deans Family Trust, D Gottschalk & Southland Girls High School Old Girls' Association.

If you have changed address or would like the newsletter emailed to you, please contact Sarah De Renzy at [sarah@hht.school.nz](mailto:sarah@hht.school.nz)

He Huarahi Tamariki School for Teenage Parents—PO BOX 51346 TAWA WELLINGTON—(04) 232 0956 Fax 232 0957—[sarah@hht.school.nz](mailto:sarah@hht.school.nz)

Our host school is Wellington East Girls' College—Principal: Sally Haughton

# He Huarahi Tamariki

School for Teenage Parents

Term 3 2015



## HHT Visits Government House

Her Excellency Lady Janine Mateparae hosted our students at Government House on Tuesday 28th July. We were welcomed and enjoyed a morning tea. Students then joined Chef Yann Robert in the kitchen where he shared his considerable cooking expertise. He chose recipes that were economical, nutritious and delicious. Within minutes we had learned how to cut a large pumpkin after it had been baked in the oven and how to make pumpkin hummus, chicken, pumpkin and leek risotto and pumpkin and ham soup while a braised shin of beef simmered. He demonstrated the art of jointing a chicken and assured us that this would become quite easy with practice. Afterwards we ate lunch with Her Excellency and students had an opportunity to ask questions and find out about life in Government House and the duties involved. See [www.facebook.com/Governor-GeneralNewZealand](http://www.facebook.com/Governor-GeneralNewZealand)  
*Left to right: Esta Walker-Visala, Rauaroha Tuhou-Taiapa, Isayah O'Neill, Zara Wallace Smith, Chynna-Rose McGee, Hineora Hodges-Mike and Chef Yann Robert at Government House.*



## From our Teacher in Charge

*Tēnā koutou katoa*

The past weeks have been a rich mixture of academic effort alongside a variety of extra curricular experiences. We were very honoured to be hosted by Her Excellency Lady Janine Mateparae at Government House. We were treated to a cooking demonstration followed by a special lunch where we sampled the dishes we had seen being created. We felt very privileged to be the recipients of such a thoughtful and enjoyable experience. We were all presented with a cook book which included dishes that had been demonstrated. The recipes are too good not to share so we have included one in this newsletter.

Our 2015 Book of Stories, "Tuawahine", has been published and this year includes very lovely photographs of students and their children taken by Kerry-Anne Hutchinson. These photos celebrate parenting and give a further context to the writing. This journal explores personal experiences of parenting, being a teenager, relationships and learning journeys.

Our congratulations to John and Ruth McIntyre who have been the recipients of a James Patterson Independent Grant. The Children's Bookshop grant is one of only four awards in New Zealand and recognises its commitment to our HHT literacy programme and the community. For years Ruth and John have shared their love of reading and donated many books. Through this grant, this opportunity will now be available to three other teen parent units.

Our graduates continue to share their good news. Recently a small group of students was interviewed by Ruth Stuart as part of her honours degree research. Ruth is looking at the recent changes around benefits and the introduction of the Young Parent Programme by the MSD. Through interviews, she is exploring their lived experience of these welfare changes. We wish Ruth all the best with her studies.

We are grateful to Wellington Ocean Sport and the Wellington Community Trust. Their vision to offer hands on and theory sessions to Wellington schools in an attempt to address our drowning statistics is to be commended. The day was excellent and the discussions on boat and water safety have continued. Our students are fortunate for the many experiences offered to them and the continuing generosity of our donors.

*Ngā mihi nui Helen Webber*

*Dolls modelling hand knitted hats gifted to us from our knitters: Gay Ennis, Linda Beard and Margaret Blair.*



# ANZAC Memorial



Regis Le Moguedec led our ANZAC Memorial Service with a video presentation on the context of WW1 and the story of the red poppy. This was followed by a tribute given to the fallen soldiers. This ceremony was performed in front of our 'field of remembrance' and was closed with a rendition of the 'Last Post'. Our thanks to Rick Doyland and Bruce Mills for spending time setting up our crosses.



## Pumpkin Hummus

from Government House

### Ingredients

300g pumpkin, cooked until tender  
400g can chickpeas, drained  
2 cloves garlic, crushed  
1 tsp ground cumin  
1 tsp ground coriander  
1 tbsp. lemon juice  
Sea salt  
3 tbsp. olive oil  
1/4 cup pumpkin seeds  
1/2 tsp chilli flakes  
1/2 tsp ground cumin (extra)  
1/2 tsp ground coriander (extra)

### Method

- Place pumpkin, chickpeas, garlic, cumin, coriander, 1 tablespoon olive oil, lemon juice and sea salt in the bowl of a food processor and process until smooth.
- Taste and adjust seasonings with extra salt if needed.
- Heat remaining oil in a small frying pan and add pumpkin seeds, chilli, cumin, coriander and a sprinkle of sea salt.
- Cook, stirring until seeds start to change colour.
- Remove from heat and arrange pan contents over the top of the hummus.

\*Roasted pumpkin or pumpkins with less water content may mean that you need to add a little water to your hummus to get a good consistency.



*Time: 15 mins*  
*Makes: 2 cups*  
*Cost per cup: \$3.50*

# HHT Celebrates Matariki



Joan Reader, Isayah O'Neill and Fiona Mokomoko Park in the kitchen preparing watercress and vegetables and fried bread for our Matariki lunch.



Our Matariki table with woven baskets, bracelets and poi.



Students designing and making their own clay tiki.

Matariki was a week of stories and education about the significance of Māori New Year followed by a wonderful day of celebration. This included a shared hakari (feast) and various activities with friends and kaumatua of the school.

The students requested some of the activities as they wanted to learn how to cook a 'boil up' with dough-boys and fried bread. They were also keen to make poi for their children while others wanted to try their hands at weaving bracelets and flowers, creating kowhaiwhai decorated pencil containers and moulding a hei-tiki pendant made of clay.

Their ingenuity and individuality showed in their creations as did their perseverance to continue when sometimes things did not quite go to plan.

Our hakari was delicious with Isayah and Esta as keen participants and helpers in the kitchen. Their fried bread was sublime.

The day ended with some special certificates, which included relevant whakatauki presented to the students so that they may reflect on them during their lives.

It was a great day and was an awesome opportunity to work together and enjoy one another's company as whanau.

*Fiona Mokomoko Park*

## New Babies

We welcome four new babies:

Cheylo Bristowe-King - *Leahra*, Tineal Rameka - *Bryce*, Rebekah James - *Aslan*, Chynna-Rose McGee - *Marley*



HHT Welcomes Helen, Fiona and Hedley



Frances Stone, friend and volunteer, visited Sarah De Renzy and Helen Webber at HHT with bags of donated wool for projects and fundraising. Thank you, Frances.



Lania O'Toole and Adeleiah welcome our children back to school on the first day of Term 3. Students and staff were encouraged to check out the new layout in the Griffin as the babies and older children swapped places in the school. We love the new look!



Helen joined the staff in Term 1 and is responsible for senior English and History. "HHT is a very welcoming place for both new staff and students. I am really enjoying the variety of experiences and opportunities this year and working with everyone." Fiona joined us in Term 2 teaching Social Studies, Home Economics and Parenting. "I love working here - I am continually amazed at what opportunities there are here for students. The staff nurture and care for our students and it's great to be part of an awesome team." Hedley Aitken is relieving for Leigh Maczuga and joined us in Term 2 teaching Science, Biology and Home Economics. "This is the second year I have filled in for Leigh. It is great to witness the young women taking advantage of so many wonderful opportunities for themselves and their children."