



Beginning of Term 3 Newsletter

18 July 2025

Kia ora koutou

As we head towards the end of Week 1, Term 3, welcome back to important Term 3 events and news at Whanganui High School.

Attendance Summary for Term 2, 2025

- 735 students attended school for over 90% of the time (an 8% improvement from Term 2, 2024).
- 354 students attended school for between 80% to 90% of the time (a 3% improvement from Term 2, 2024).
- Our average daily attendance was 85%.

Our school, whānau, and community work together to ensure our students have the best possible attendance and learning outcomes. We encourage and support regular attendance and keep whānau informed through:

- Weekly email summary to caregivers/parents of their child's attendance in each class.
- Text messages to caregivers/parents if their child is absent from Period 1 and/or form time.
- Phone and/or email contact from House Form teachers, subject teachers, House Deans, and House Deputy Principals.
- Contact and requests for family hui and discussion regarding the impact of absences on sustained student learning.
- Referral to Attendance Services when appropriate.
- Email feedback to whānau at the end of each term outlining their child's current MOE attendance category.

Key dates for Term 3:

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| • Monday 14 July | Interim Reports issued |
| • Tuesday 22 July | Junior Central 6 Tournament (Kapiti College) |
| • Wednesday 23 July & Thursday 24 July | Student Achievement Conferences (3.00 pm to 8.40 pm) |
| • Monday 28 July | PISA testing |
| • Tuesday 29 July | Te Paepae o Aotea Sports Exchange
(away exchange – Hawera) |

- Thursday 31 July Spelling Bee Competition
- Wednesday 6 August Dance NZ Made competition
WSS Mountain Biking championship
Massey University Open Day (Palmerston North)
- Thursday 7 August Sports Photographs
- Friday 8 August Year 10 Speech Competition
Year 11 Speech Competition
- Monday 11 August Can Drive Week
- Tuesday 12 August NCEA Inter-School Moderation
- Monday 18 August
to Friday 22 August Future Focus Week
- Wednesday 20 August Parents' Information Evening re: Future Focus Week
- Thursday 21 August Performing Arts concert (Royal Whanganui Opera House)
- Friday 22 August Victoria University of Wellington Open Day (Wellington)
- Monday 25 August
to Friday 29 August Winter Tournament Week
- Monday 1 September
to Tuesday 9 September Senior School Examinations
- Wednesday 3 September NZCER 'Me and My School' Survey
- Monday 8 September
to 10 September CAA Literacy and Numeracy testing
- Thursday 18 September 'Youth Health and Well-being' survey and NZCER 'Well-being at School' Survey
- Friday 19 September End of Term 3

School Board Elections

The Boards of all state and state-integrated schools are required to hold elections every three years, and this will be happening again in 2025. Please refer to the attachment for important details.

The 10th Hiroshima Junior International Forum

Congratulations to our Head Boy (Jake Newton) and Head Girl (Lilly Terrey) who have both been selected as New Zealand's only representatives at the Hiroshima Junior International Forum in Hiroshima, Japan, from 13 August until 18 August. The programme's objective is to help nurture the next generation of leaders by selecting foreign and Japanese high school students to discuss global peace, share ideas, deepen mutual understanding, and spread a message of peace around the world. The Junior International Forum is sponsored by the Hiroshima Prefectural Government.

New International Students

At the beginning of this week we welcomed 24 new international and exchange students to Whanganui High School. The students have joined us from Cambodia, Czech Republic, Germany, Japan, the United States of America, and Vietnam. We wish the students all the very best during their time with us and we greatly appreciate their full involvement in the life of our school and our community.

Tahiti trip (Thursday 10 July to Sunday 20 July)

After more than one year of fundraising, family and student savings, and focused staff planning, our first overseas school trip since the pre-COVID era has been able to happen.

Alex Ferretti (HOF Languages), Riria Henry (HOD Māori), Sarah Crook (Science teacher and parent) are currently in Tahiti along with 19 of our senior students who study French and/or Te Reo Māori.

The group is having a wonderful time in Tahiti and gaining deep learning about all the various stages involved in a genuine total immersion cultural experience.

Year 12 Health Assessment Activities

Over the last few weeks Year 12 Health students have been working on various health promotion assessments – the students are required to take action on a health issue in our school community that is negatively affecting students' well-being.

There have been some very interesting assessment activities completed by students and I thought I would take this opportunity to share the findings of Teri-Ellen Karipa, Iycis Battersby, and Zoe Crosse with our school community:

Kia Ora, parents and caregivers

As part of our health class, we've been doing our internal assessment called: Take action to enhance an aspect of people's well-being within the school or wider community. In order to complete this we need to take a specific action within our school community. Our group has been learning about the importance of sleep and we wanted to share something that really stood out to us.

In the middle of busy school schedules, sports, families, and homework, sleep often ends up being the first thing to be sacrificed. But the truth is, getting around 8–10 hours of proper sleep each night is one of the best things we (teenagers) can do for our mental, emotional, physical health and spiritual wellbeing. Widely known as the Te Whare Tapa Wha model, a model where we look at how one aspect of our wellbeing can influence all of the other aspects.

Sleep isn't just about feeling less tired it helps with memory, mood, energy, focus in class, and even staying healthy. Lack of sleep has been linked to things like anxiety, lower immunity, and long-term health problems. Problems that students world wide face, especially in today's society. Sleep is crucial to the development of their minds, so it is important we truly value the quality of sleep our children receive.

We know it's not always easy to get a good night's sleep with everything going on. Especially in larger families with lots of after school activities. But even small changes like helping them put their phones down a bit earlier before they go to sleep and sticking to a more consistent bedtime and routine can enhance their sleep quality. Winding down without screens and having more of a natural routine like having a warm shower, writing, reading or drawing can make a real difference before bed. We all want our children to succeed and being able to sleep and have the knowledge behind it will boost them in all aspects of their Hauora.

We just wanted to say thank you for supporting us as we try to build better sleep habits within our kura. A well-rested teen is a healthier, happier one and we really feel the difference when we get proper rest!

Ngā mihi,
Teri-Ellen, lycis and Zoe

Ngā mihi nui

Martin McAllen
Principal
Whanganui High School