



Newsletter

Wisdom begins with Wonder



Week 5 Term 4 2024

Tuesday 12 November

Tongariro Reflections

As I write this I have had a chance to reflect on our William Pike Challenge expedition last week, where we successfully tackled the Tongariro Alpine Crossing. 17 of our Year 7-8 students and six parent volunteers travelled up to Ruapehu on Wednesday last week, not really understanding the magnitude of the challenge to come.

It's easy to say the crossing is 19.4 km long, climbing to an elevation of over 1800 m. It's easy to say that the weather in alpine environments can be unforgiving and changeable. However, until you've experienced it, you don't really appreciate the difficulty the Tongariro Alpine Crossing presents, physically, mentally, and emotionally.

Our climb started at 9 am on Thursday morning and we completed the crossing just before 6 pm. It was a long day! The crossing has different aspects, each presenting different challenges. It starts off gently, climbing to Soda Springs. The next stage required physical graft and perseverance to scale the 'Devil's Staircase', climbing 200 m to the South Crater. Heavy cloud shrouded our ascent with nearby Ngārauhoe not visible at all!! As we walked across the barren South Crater, it felt like we were in another world. The wind began to bite and we put on extra layers in preparation for the final climb to the Red Crater.

This climb was testing. The footing is unstable, the track narrow and exposed, falling perilously to each side, and the wind-chill dropped the temperature to around 3C! Visibility was poor and our spirits began to falter. This is where grit was needed. We all came together, closed ranks, put our heads down and powered through to the plateau before the last climb to the summit. As we crested the summit, the clouds cleared and the views of the Red Crater and the Emerald Lakes far below were spectacular. We all took a moment to soak them in and the sense of wonder and feelings of pride were palpable!!

From here, we scrambled down the scree slopes, frolicking in a wee bit of snow, down to the Emerald Lakes and then across the North Crater to the Blue Lake. The trek from the Blue Lake to Ketetahi and then out to the carpark was the hardest section mentally.

We had overcome the challenges before us, however, we still had 6 km to go before completion. And while it was mainly downhill, it can become monotonous. The landscape is unchanging, energy levels flag, and feet begin to ache. This is where the importance of team shines through. Students encouraged and supported each other, providing motivation as we slowly made the descent.

To some degree, the end was an anticlimax. Suddenly, we were there. It felt like there needed to be more of a celebration, ticker tape and confetti cannons would have been appropriate!!

Apart from the grit and determination shown there were other aspects that warmed my heart. Being a heritage listed walk, there were many overseas visitors on the track at the same time. I was impressed with the way our students interacted with them. Not only were they great ambassadors for themselves, their families, and school, but for Aotearoa New Zealand too! Many of the hikers we came across were blown away that our students were completing the crossing!

This experience wouldn't have been possible without the support of parents at home and those who volunteered to assist. It's a huge responsibility to enter into an undertaking like this where we are entrusted with your tamariki. So thank you all and especially to Darren, Lee, Linda, Julie, Michael, and Sarah for coming along for the ride!

So, what was the learning? I think we all learnt something about ourselves and our limits. We are all capable of more than we believe, however, it often requires hard work. Further, by surrounding yourself with the right support people, challenges can be overcome. These are valuable life lessons.

And last but not least, a huge thank you to Marian Campbell and the CHB William Pike Challenge Trust for the support and mentoring they have provided across the year. This programme develops the confidence of our senior students as they move into adolescence, providing them with skills that will help in the journey ahead.



Staff Member Profile

Laura Thornhill



Kia Ora, my name is Laura Thornhill. I grew up on a sheep and beef farm 20 minutes out of Pahiatua, on which my brother is now the 4th generation farmer. My hobbies include hockey, running and anything really that gets me outside and active. I am a Teacher Aide at Pukehou School. I am married to Phill and have two beautiful girls (yes I am biased) - Kayla (11) and Hayley (8) who attend Pukehou School. I have been a Teacher Aide at Pukehou for 5 years now and am currently studying for my level 4 Teacher Aide certificate. My role at Pukehou is incredibly varied ~ it allows me to be in every classroom each day. It is a rewarding and yes, sometimes challenging, job but the connections I get to make with all the children is invaluable. I feel extremely privileged to be apart of your children's growth and learning.

House Points:	PUKEITI	PUKENUI	KAUHEHEI	KAHURANAKI
Week 3 - 4	7,850	6,250	8,400	5,300
End of Term totals:	17,690	13,430	18,880	11,815

IMPORTANT DATES:

(Check updates on the HERO Calendar)

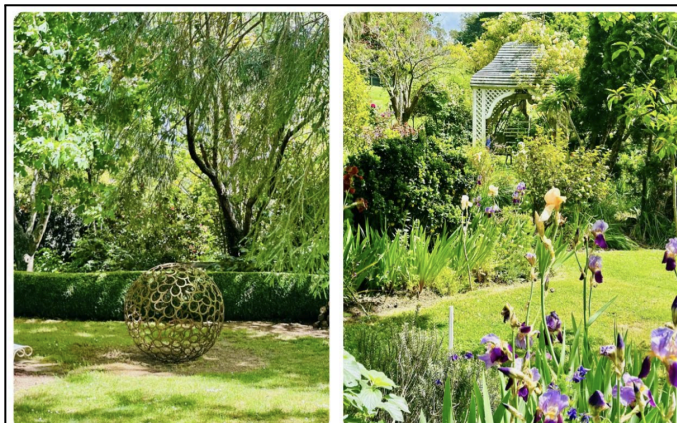
NOVEMBER

- Wed 13** Pukehou / Poukawa / Otane Athletics
- Tues 19** CHB Inter School Athletics
- SUNDAY 24** **PUKEHOU GARDEN TOUR**

DECEMBER

- Wed 4** 4 yr old Discovery Day
- Mon 9** Board of Trustees Meeting @ 6 pm
- Tues 17** Final Assembly / Prize Giving
- Wed 18** End of Term (half day)

2025 start date - Monday 3 February

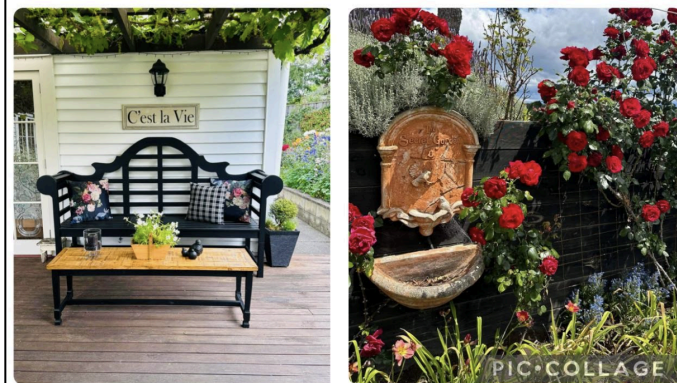


 **Pukehou School**
Garden Tour
Sunday 24th November 2024

Photo Book & Calendar Orders

Thank you to those families who returned their order forms promptly. We ask that orders be confirmed and paid for by this **Thursday, 14th November.**

All proceeds from the sale of these items will go towards outdoor equipment.



Recent Sports Results:

- Kāhu Kings Miniball - 24:13 vs Waipukurau
- Tennis - 4 Nov Rackets v Sherwood
 - Singles: Otilie 1 v Harry 7 Lucy S 5 v Scarlett 7
 - Millie 6 v Lucy 1
 - Doubles: Lucy S. & Otilie 7 vs Harry & Scarlett 5
 - Millie & Toby (sub St Josephs) 7 vs Lucy & Annabelle 2
- 4 Nov Temu Workers v CHB Mixed
 - Singles: George W 5 v Fleur 5 Addie 8 v Hannah 6
 - Cosmo 7 v Frankie 2 Skye 0 v Jack 7
 - Doubles: Cosmo & George W 2 v Fleur & Frankie 2
 - Addie & Skye 2 v Jack & Hannah 7

A sneak peak at some of the gardens on the Pukehou School Garden Tour - only a couple of weeks to go! It's going to be a great day with plenty of beautiful spots for a Spring picnic. Tickets at **Eventfinda**.

Robb Pratt from Pukehou School, Otane

Mr Rob Pratt : Principal and Teacher at Pukehou School. Mr Pratt leads by example, getting outside with the students to play whatever is on the court that day. He is competitive and fun and the kids love how involved he is in their games. On the sidelines he is a huge supporter to each and every team, cheering and coaching (when he prob has a mountain of paperwork!). He plays Saturday sport himself but takes the time to cheer our children on as often as he can - whether it's netball, football, hockey... you name it he's there! Thanks Mr Pratt for being awesome and providing so many sports/outdoor opportunities for our children Nominated by Ak Hansen

Congratulations Pukehou School! Westpac in partnership with iSPORT are delighted to inform you that your school has won a box of sports balls through our recent Facebook competition where we asked the public to nominate teachers who have made a difference in kids' physical education!

We'd like to give a special shoutout to Ak Hansen, who nominated Robb Pratt at your school. Check out their nomination in the RedNews article above. Their thoughtful nomination is a testament to the positive impact you're having on students, and we're so pleased to support your efforts.

This gift is intended to support your students in staying active, having fun and building teamwork through sport.

Once again, congratulations, and thank you for your dedication to fostering an active and engaging environment for your students!

Warm regards,

Olivia Westpac & iSPORT Sports Balls Giveaway Co-ordinator



Taken during a recent visit from 'Table Tennis NZ' to Pukehou.



SLAP ON A HAT

WHAKAMAURIA HE PŌTAE WHĀNUI TE PEHA

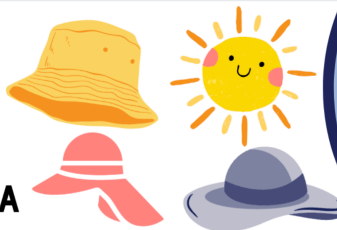
BE SUN SMART IN NEW ZEALAND

Our mokopuna are busy in the sun, even at school. Schools encourage, if not enforce, the wearing of sun hats, especially in our hotter terms, to help protect our students from the effects of high temperatures.

As well as damage to the skin, Ultraviolet (UV) radiation from the sun can cause damage to the eyes and the sensitive skin around them. The face, back of the head, eyes and ears have some of the highest levels of UV radiation exposure and a sun-protective hat can substantially reduce this exposure.

Continuing to protect their skin outside of school is also important. No one is excused from the damage that can be caused from our strong Hawkes Bay sun exposure.

See the New Zealand Sun Smart Website for more information:
<https://www.sunsmart.org.nz/be-sunsmart/slap-on-a-hat/>



What's on top?

Kāhui Ako
Ruahine - Te Angiangi

