



NEWSLETTER

TERM 2, TERM 3 and TERM 4 2013

The Chairman Report

Welcome to Newsletter 2 for 2013.

Eli and the team have been very busy over the last term including Term 2 camps with all Schools participating. Please enjoy the newsletter updates on these camps!

I want to formally acknowledge this Term the fantastic support we are now getting from various Trusts. Without support from these very generous organisations we would not be able to expand our programme as we are currently doing.

Our Trust supporters are:

The Lion Foundation

The Trusts Community Foundation

SKYCITY Auckland Community Trust

Trillian Trust Inc

Auckland Communities Foundation's 'Mayoress' Fund for Youth

First Sovereign Trust Limited

Youthtown Inc

I would also like to welcome our new Trustee Kay Spencer. Kay is Chair of NARTA Pty Ltd based in Sydney Australia. Kay was born in New Zealand and now runs Australasia's largest Independent Electrical Appliance Buying Group NARTA. Kay is a very welcome addition to our Board and will join our Board meetings, in the main, via teleconference in the company of Raelene Castle who has moved to Sydney to take up the very prestigious role as CEO of the Canterbury Bulldogs Rugby League Team.

Kind regards

John Bongard



Trustee Member Spiel

Hi I'm Richard Jeffery and proud to be a Trustee of The Rising Foundation. I have lived and worked in South Auckland for 13 years.

As CEO of the Counties Manukau Pacific Trust I have helped establish, develop and operate the Vodafone Events Centre. The Events Centre runs some of New Zealand's largest school programmes of which many are free for our community to access. Being the "Town Hall" of the South we continuously showcase a vast array of local talent and host many celebrations from within our community which has much to celebrate.

Being involved with The Rising Foundation is a natural fit for us; giving our youth the opportunity to shine and develop, to have the opportunities that we just took for granted when we grew up is simply what we are about.

Our programmes are developed from the bottom up, are accountable and deliver tangible results that we measure. Many people want to and wonder how best to help our community, well The Rising Foundation is the answer and please talk to us in how you can make a difference.

Cheers

Richard Jeffery



The Rising Foundation connecting with Sir Edmund Hillary Collegiate School (Otago)

On this day, The Rising Foundation signed an agreement with Sir Edmund Hillary Collegiate to run "Unlocking the Potential of NZ Youth" Programme within their school.

We started there in 2012 taking a handful of students to attend our leadership camps along with our other school partners.

During this time they were taught The Rising Foundation structures, group process and The Rising Foundation philosophies to be implemented within the whole group within the school.

This year we kicked off with meeting the extended group, launched our white & teal ribbon push in the assembly, and reinforced the ribbon message at the gate on random days. With regards to who we are, reinforcing the full correct uniform by handing out prizes in assembly and at the gate. One of our core strategies is to focus on and reinforce time management.

We at The Rising Foundation would like to thank Principal Peter Uys & The Board of Trustees for their on-going support as well as those staff who have supported The Rising; Whaea Evelyn Leef, Mrs Ruth Faleolo, Fawn, Gerschen van Niekerk and Tawhnee Harding and of course all those awesome students and their families.

Looking forward to another year of challenges, surprises & growth for us all.



Senior School Principal Peter Uys with Eli Tulafono The Rising Foundation Programme Director

The hand-shake that unites Sir Edmund Hillary Collegiate School with The Rising Foundation



The Rising Foundation connecting with Manurewa High School

RESPECT

Manurewa Spiel:

South side Auckland, there is a belief from a local high school that it is brave enough to believe that their students can aspire towards a brighter future through unlocking their untapped potential through education.

Manurewa High School Principal Salvatore Gargiulo and The Rising Foundation Chair John Bongard signed off towards delivering a structured youth development programme.

An appointment of a Rising Foundation Programme Coordinator based in Manurewa High School.

The common dominators between both parties are the fundamental learning framework from the TRF ways. It is envisaged that through TRF supporting structure students are taught to be teachers to the learners & learners to the teachers. Our aim is to have successful outcome in school attendance, educational retention, positive engagement and greater achievement.

TRF is now setup for the long journey with all its students as supported by the Foundation members and corporate partners and access to resources and business networks that has been out of reach for this school and community.

To date the TRF Manurewa High students have attended over the last school holidays two separate camps that has made an impact on the future of those who participated.

Many of student's failure to date are the result of their own lack of self-belief. TRF here at Manurewa can show how close they really are to astounding success...and also show how close they were when they gave up. TRF in this school is about daring to believe the future belongs to those who dare to hitch themselves to a rising star.

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AKORANGA



Manurewa High School Principal Mr Salvatore Gargiulo with The Rising Foundation Chair John Bongard sealing a long term relationship



Hi my name is Harold So'e, as of Term 4 I have been employed as the TRF Programme Co-ordinator based at Manurewa High School.

I am blessed with a beautiful Nga Te Rangi Wahine Kerry, where together we have eight children plus my grandchildren.

My passion for young people through education and community development expands 20 years of dedication.

I took up this opportunity as a means to add further quality values to things that are happening at the school and its community in terms of unlocking the tremendous potential our students have.

I know because I have been here for more than 6 years. This has been confirmed to me and my family through The Rising Foundation programme with its young people in South Auckland through visionary people.

TRF 4 LYF :)

WHANAUNGATANGA

BNZ Race Night Fundraiser

Friday 17 May

 8 23456 78901 1	RACE NIGHT Please join us for "The Rising Foundation"
	Friday 17 May 2013 6.30pm Level 1 BNZ Partners Business Centre 86 Highbrook Drive East Tamaki <small>~ "Andrea Moore" Awards for the 'Best Dressed Ladies' - \$500 in vouchers ~</small> RSVP to billy_walsh@bnz.co.nz by 10 May 2013  The Rising Foundation <small>www.therisingfoundation.org.nz Proudly supported by Bank of New Zealand</small>

ADMIT ONE

Billy Walsh and his fantastic team at BNZ Partners Business Centre Highbrook put on another great fundraiser evening on 17 May. The concept "A Night at the Races" is staged around actual horse racing footage that's been videotaped using cinematography cameras and narrated from start to finish. The suspense and close up action created the atmosphere of actually being at the racetrack.

Seven races took place with race eight being an auction race. Our fabulous auctioneer Kevin Hickland again wowed the punters to outbid each other for the final race. Race winnings were redeemed against prizes donated by businesses. The concept worked extremely well with many businesses willing to donate prizes for a good cause.

The delicious variety of food offered and made by Papakura High School students was extremely popular. Thanks to Gaynor Matthews and her team of students!

To our supporters and sponsors who could not make the evening but donated money, we thank you very much!

The evening raised \$14,137.00 which goes towards the students to enable them to participate in leadership training and transition camps.

Special thanks must go to ANZ, Andrea Moore, BDR Max, BNZ Highbrook, Bio Fuel Logs, Breville New Zealand Limited, Jet Park Airport Hotel, Harvey Norman Mt Wellington, Murphy's Law Irish Bar Drury, Nicholas Jermyn, Philips, Portavin New Zealand Ltd, Rainbow's End, Teale Metal Products, Tora Bay Wines Ltd and Vodafone Events Centre for the donated prizes and support.

To all our owners, jockeys and attendees thank you for making the evening a great success!

Outward Bound Leaps & Bounds Course 22—29 June



The Rising Foundation is very fortunate to have a scholarship programme with Outward Bound. Outward Bound and Partners had sponsored two families to attend the Leaps & Bounds Course in June. Leaps & Bounds is the ultimate shared adventure for a parent/caregiver and their teenager. The eight day challenge provided them both with the opportunity to learn about themselves and each other within the Outward Bound environment.

"Amazing experience which strengthened the relationship between Dad and I, it made us push our boundaries both together and individually and helped us gain a stronger knowledge and understanding of each other." (Kaitlyn Murray—Year 12)

"Attending this course has given me a feeling of achievement as I was able to come home and say that I attempted everything to the best of my ability." (Kaitlyn Murray—Year 12)

"Completing the course has given me an awesome feeling of achievement and I now know I can push myself further and am not afraid to give anything a go. The course gave us a taste of many different activities and the tutors were very encouraging and positive which made the experience fun." (Campbell Murray—Father)

"I went through so many things out of my comfort zone at OB school. Like facing height, talking in front of big crowds and sharing my thoughts and ideas on things. This course also gave me a good opportunity to bond with my mother, at home I only saw her as caring, supportive, a lovable mum but after spending time with her for that duration of 8 days, I now see her as many other things, she's strong, brave, courageous and independent." (Ma'u Isileli-Fo'ou—Year 10)

"This gave me a good opportunity to think about my life and actions towards the future, it also made me grateful for what I have at home and that it is enough, because others aren't that lucky to have a roof over their head or food." (Ma'u Isileli-Fo'ou—Year 10)

"One of the biggest highlights would have to be my achieving climbing the rock wall. It took everything out of me physically, emotionally and mentally." (Hepi Lopeti—Mother)

"All I can sum it up is that it was the most rewarding, challenging, inspiring thing I have ever done and to have my daughter there to share it was the icing on the cake." (Hepi Lopeti—Mother)

Thank you to the Rotary Clubs of Papakura and Pukekohe for providing funds to cover travel costs. Thanks must also go to Outward Bound and Pub Charity for enabling this experience for our students and parents.

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear". Nelson Mandela

"If you feel you have butterflies in your stomach, you are going to experience something awesome." Outward Bound

"If you fail to plan, you plan to fail." Outward Bound

TRF Pukekohe High & SEHC Leadership Camp— Motatau

Sunday 14 July—Thursday 18 July



110 Students from Pukekohe High & Sir Edmund
Hillary Collegiate Schools



Term 2 Camp Champions "Group 4"

The things that I got from Motatau camp "I used to be shy when talking in front of a crowd as time went by I've gained a bit more confidence. I've learnt a lot of things like to speak up when I have a problem because I used to be the sort of person who keeps problems to myself..... When I came home I had the confidence to talk about issues with my mother.....because since I was Year 10 my parents had problems which always made me mad so ever since then I would always do my own thing and now my mum tells me that if I have a problem, to just let her know which has made us closer. I enjoy going to camp but the thing I like the most is meeting new people and I also enjoyed our concert night lols."

Year 12 Girl Sir Edmund Hillary Collegiate

Our Spiel: Motatau came with its own sets of challenges when it came to activities, group dynamics and the fact that mobile coverage was non existent (Yus!!).

All this allowed us to bring clarity to the thinking of those at camp and how such situations can dictate our behaviour from an emotional point of view.

After much discussion and deliberation, the camp was back on track and students allowed themselves to enjoy the purpose of why we came, based, on the term theme—Adding Value.

With five full on days & 110 people later, bruises, bumps and many days of exhaustion from our 6.00am stretches, 4 km daily runs (lol), 1.5 hour Zumba's, spaghetti on toast breakfast, boil ups at the dinner table, roller coaster bus riding , treaty ground educating and ablution block wiping and not just floors & walls tbh. Of all the hype and fuss, the worst of all "the snoring" Shame on you Girls!!

But serious, this week to most was a life changing experience. Many internal shifts were created which impacted within the groups. The common goal of the school term and throughout the week—Winning the Trophy.



TRF Pukekohe High & SEHC Leadership Camp— Motatau Sunday 14 July—Thursday 18 July #2



Thank you to everyone for making my experience on camp amazing! I learnt so many things about myself and you all, and so proud to call you all my family. Definitely missing you all now, wishing we were still in Motatau. Amazing memories were made that will stay with me forever. Thanks to everyone and stay safe over the rest of your holidays...

Year 12 Girl Pukekohe High School



What I captured at camp was I'm not the only one stuffing, there are so many other kids out there going through the same things, also that before I do anything I need to forgive people, as this will help me move on and also be able to discover who I really am.

As individuals we need to be consistent. Having to support each member in your group, helps you want to strive to do anything, we all have support which is really awesome to see. The things that I have taken home is, love and cherish every moment with family. Having a good relationship with your parents and grandparents is good because your life is like a boat, a boat needs a captain! When your captain is gone you're always going to want your captain back. Thanks to everyone that came to camp it was awesome:) - **Year 13 girl—Pukekohe High School**

TRF Papakura High Leadership Camp - The Farm, Northland

Saturday 20 July—Tuesday 23 July



- It was the best experience ever, I learnt so many things, I've become more confident in what I do and in who I am. I made life long brothers and sisters it was just the best xx—*Year 11 Girl Papakura High School*
- Had the best time at The Farm these past couple of days with The Rising Foundation NZ. Met some new people and reunited with old friends. Faced some challenging times and got sick! Overall, I had fun and everyone was just awesome. Big ups to my Group, number 2 for taking out the title this season. Proud of you for maintaining your humbleness and most of all faith. Love you xOx—*Year 13 Girl Papakura High School*
- What I took away was having the right relationship, collaborating with the right people can influence a positive me so stick with the right crowd for the right reasons and yeah that's it.—*Year 11 Boy Pukekohe High School*
- Had an awesome week & a bit . Words can't explain what I went through during these holidays. This camp worked my mind, body & soul...physically & mentally. Can't wait for the next one. Mad respect to my group for pulling through, winning & putting up with the camp & also to group 1 for loosing haha, algeezs maybe next holidays? Haha. Had fun, rebuilding till we can't build no more. Big thanks to The Rising Foundation NZ & to everyone that attended both camps, Mauri Ora xo—*Year 12 Girl Pukekohe High School*

A sponsors camp experience

My first introduction to The Rising Foundation was on 26 April 2013; the occasion was Dinner with Gordon Ramsay at the Vodafone Events Centre Manukau. I was fortunate enough to be seated at the same table as The Rising Foundation Team. From my first meeting it was obvious that they were both passionate and totally committed to the foundation.

About four weeks after the Gordon Ramsay dinner I attended another fundraiser for The Rising Foundation; on this occasion I was able to have an in-depth discussion with Eli and to see at first-hand both his passion and the product of the programme, for in attendance were pupils of Papakura High School. It was at this fundraiser that I offered my support to be involved with The Rising Foundation. Eli Quickly followed up on my offer and the next thing I knew I was pledging myself to come along as a supporter at one of the camps!

20 July 2013 I joined The team, other support workers, and students of Papakura High School for a four-day trip to "The Farm" which is situated a little way out of Russell; my journey had started! Over the four days, I witnessed many changes; I saw young shy kids turn into confident young adults. I saw those that had started out in the shadows take their place in the spotlight. I saw cheeky irreverent individuals become team players. I saw all focus on a common goal, that of "Rising".

As for me, the four days away were extremely rewarding - I too rose. I laughed with many, albeit I also wept with some when I heard the cards that life had dealt them. I wept because I saw the strength with which these young souls were now approaching the new chapters in their lives, a story that they were now writing to make things better for themselves; a story they would not have considered writing if they had not received the support of the team from The Rising Foundation. I was also rewarded with forty new friends, to many of these I may never have been known as Kelvin but as "Uncle Gav".

I look forward to a long-term involvement with The Rising Foundation; not least of all I look forward to Eli inviting me again to be involved at one of the camps.

All the very best

Uncle Gav

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Extended Invitation Voucher—Valid forever

This is an extended invitation to the reader to come join TRF at any of our camps, excursion's, workshops or even school visits as to the training within the group!

Please be warned, that once you come, engage and assist you will end up leaving with the knowledge that you have up to 700 nephews and nieces within South Auckland.

But please come and get a first hand perspective of what it is TRF does and capture, the essence of "Unlocking the Potential of NZ's Youth" Youth Development Programme.

TRF & High Wire Charitable Trust Camp with Pukekohe High School 2013



The Rising Foundation operates several initiatives within the school and out in the communities.

One of these with partners - The High Wire Charitable Trust based in Papakura and made up of ex Elite servicemen who are wanting to make a difference with Youth in and around South Auckland and New Zealand.

15 days of fitness, discipline, routine, bush craft, survival, map reading and navigation just to name a few.

18 students sent out to experience the outdoors and to test their limitations. Each one came back with a different perspective of life and an appreciation to school. Yet some were challenged beyond their limits and had asked to be removed.

14 completed the programme and were rewarded with a graduation certificate and hosted the night for their families and loved ones.



Senior Student from Pukekohe High School are sent to oversee Year 9s & 10s for the duration of camp.



TRF Pukekohe High School—Father & Son Excursion 2013



Student Spiel:

We had a mean time kicking it with the boyz, shouts to The Rising for taking us. The best part was when we were playing spaces against the adults and we whipped them. It cracked me up when we were in our teams making a plan for laser strike and everyone just got lost in the maze.

When we got back it was hard to crash out because I was so amped up from the night and looking forward to the next day. I've noticed that we are all closer to each other now.



A Dad's Spiel

Just want to thank all those involved in the organising of this event. This has allowed me to see how busy I had allowed myself to be, when it came to spending time with my son. Little did I know that I was working my butt off to ensure he had a better life than I did, but now realising that I wasn't giving him what he needed most, my time!

Thank you to The Rising Foundation for this weekend, the time off work paid off in the long run.



TRF Girls Retreat — 2013



Apart from the amazing experience throughout the weekend I captured the differences between two places. Like even though we were still in NZ it was so different man. For me going out to town was like a massive step, because ya know I'm like so used to being stuck to my Mum because she's my backbone ya know like my support and stuff. And within those few days I learnt to work alongside the girls. Like I was actually really enjoying myself and didn't feel so anxious as much because I knew these girls were there for me. In relation to TRF I think we were the pillars for each other. Without that support we would probably still be tucked in our shells, and being afraid of the unknown experience ahead. I also learnt that change is good. Like from stepping from home to what had seemed like a very unfamiliar place and then ending up liking it so much.

Year 10 Girl Papakura High School

I'm just going to basically write in a few words of what I personally captured on this weekend retreat.

To me, I captured two things:

One was the lifestyle. We stayed in a luxurious apartment. A very different level of living to what we are used to. When I arrived at the hotel and I think I'm speaking for all of us, basically our jaws dropped because it was beyond our expectation and just amazing. For some its a normal lifestyle which they are used to. So for instance, getting their hair and nails done on a regular basis is just part of their everyday living, but for us it doesn't come that easily we have to work hard and save for it. As described to us it is like two different worlds.

Then this brings me to the second thing I captured. Just because we have different lifestyles does not mean we can't have it either way. It just shows what you can achieve if you work hard enough. If you continue to push your limits and explore endless opportunities. But in saying this, you don't have to have a life like this, it's up to you. It's just an example of an outcome from a pathway you choose. Listen guys, the hard work doesn't stop. It's the way you choose to handle it makes a drastic impact on your life this is what I captured in short.

Year 13 Girl Papakura High School

TRF & High Wire Trust Camp with Pukekohe Intermediate School 2013



Our Capture:

The first lot of Intermediate students who were referred to TRF and HWCT to set activities in place during this 15 day residential programme so that they were able to understand their own sets of values, morals and level of fitness within the group.

Trained by NZ SAS Elite Squad, these guys were out to show our young people that there is an alternative to behaviours that they are accustomed too.

Using alternative behaviour modification tactics these student came away having a new approach to life, their school and most of all their families. Thank you to Ra and the crew for their outstanding effort.



TRF & Stakeholders supports being against violence



SEHC Senior School Principal Peter Uys

Assisting us in our stance that any form of violence is
NOT OK!



Pukekohe High School Head Girls helps push the
message



TRF Manurewa High School Leadership Camp

The FARM— Term 3 2013



I only had a few minutes to get myself together. My stomach started to toss and turn , my body started to shake . I could barely stand . I didn't know what to expect .

For sometime now I have been a victim towards all types of bullying . I was a shy person , always stuck my head down and kept out of people's lives and business . I didn't have that much confidence in myself . I tried so many groups at school to build my confidence up , but none of them worked .

When I heard about The Rising Foundation I was keen as to get on board . On the leadership camp , I was so shy I didn't want to get involved in the activities , didn't want to be anti-social . When one of the leaders came up to me and had a talk , I had a better sight of my future . I got involved and it was better than I thought .

My journey to the farm gave me a new sight for my future . It made me build new blue paths rather than red paths . My journey to the farm changed my bad ideas into more important and good ideas . My journey to the farm made me see the thing behind the thing in life . I look forward to my future , and to watch myself develop in the long term . It allowed me to be a new me . Now I know what I want in the future and know what I have to do to get it .

Year 9 Girl Manurewa High



Camp winners—Group A



TRF Pukekohe High & Pukekohe Intermediate School Tauranga Transition Leadership Camp 2013



Camp Champions—Group 2

Best week of my life, camp was so amazing, Group 2 love yous and miss yous already, and to TRF it was an amazing experience with everyone being so nice. Can't wait to see yous again sometime. Just like to thank everyone who had our back down Tauranga. U leaders had all our backs down there, I couldn't ask for better leaders. Well done Group 2 who won it, Group 2 all the way....and to the other groups you guys are awesome.....thanks to TRF and the adults if it wasn't for them we probably wouldn't be there.

Year 8 Girl Pukekohe Intermediate



Group 2—winners of the sandcastle competition along Mt. Maunganui's precious beach...



Those teams that either came last to any competition, those whose team were the last to get to any of their designated places, those who didn't do their house keeping jobs to the standard that it was found, those whose member/s talked whilst in a workshop etc were given press ups, sit ups & others for their troubles. 20 min—80— max as camp progresses.....

TRF Manurewa High School Leadership Camp Papamoa — Term 3

TRF camp in Papamoa was a great start for the new comers from Manurewa High School. The activities were a good exercise and helped the new comers to bond with one another. Manurewa High School students were shy at first and struggled to bond as it was the first time we had come together. But something happened when the principles of TRF were shown, explained and how our own school values actually were almost the same.

Workshops were used this moment of “duh” to highlight our poor behaviour and “Flocked” all that out of us in the cold late at night. Wow too much, very emotional as others got it that night...freaky but special as we were for the first time working as one. That's when the real fun and learning began. Yes the activities were fun but were made more fun when followed up by the workshops. Before we knew it...it was time to have our final circle time. OMG could not control myself, very special moment really outside to what I would normally feel comfortable within a group.

But hey we are now committed for the long 5plus years together...yeah!!! Nik minit we were back outside the school gate. OMG going to cry again left a man, came back a baby... “Just the beginning guys just the beginning your standards will now get higher from now on”! Thanks TRF for my first step forward to what will be a wonderful journey together. **Year 10 Student Manurewa High**



Adding Value as the camp theme

Pirate dressed to breakdown paradigms & see one another as equals



Flocking Workshop..... Bring down walls!



The Rising Foundation Supporters & Sponsorship Thank You Evening - ANZ Centre Albert St Auckland



The Rising Foundation Prefect History

Prefects:

Papakura High School:

2009 - Chyna Phelan
2010 - Les Richard
2011 - Grace Kingi
Chloe Bilton
Freja Nielson
Ashleigh Lockwood
Mita Puru
Samu Malu
Kayla Stowers
2012 - Jasmine Day
Jordon Tanielu
Stephanie Skilton
2013 - Foli Waru
Lucky Faisauvale
Debbie Kingi
Olivia Mafileo
Te One Matthews
2014 - Ben Abela
Arthur Crichton

Pukekohe High School:

2013 - Courtney Wilde
2014 - Liana Vaipa—Rice
Lupe Soapi
Jordan Tyla Oppert
Virginia Talifolau

Sir Edmund Hillary Collegiate:

2013 - Ansley Pu`a
Herman Tumanuvao

Head Prefects:

Papakura High School:

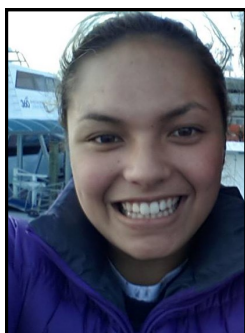
2009 - Bradley Laughton
2010 - Feleti Lotulelei
Wiremu Mehana
Ellie White
Zakkyah Ali
2011 - Moananui Hori
Mita Tupaea
2012 - Gideon Rihari
Patrick Mailata
2013 - Trish Ana Day
2014 - Calvin Tautari
Aviata Tanielu

Pukekohe High School:

2013 - Tiare Matara
Stephanie Tema
2014 - Reece Morrison
Billie Paterson



The Rising Foundation Part time Staff



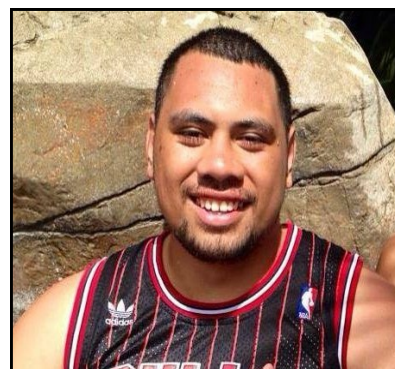
My journey with The Rising started 4 years ago as a year 11. It was at this time that I started to lose the importance of studying and just wanted to have fun. I didn't have a goal towards what I wanted to do when I finished school it was shown in my behaviour where I would miss school and do other things to distract myself. One day I remember being called to the Deans office and being told I'd been selected for a leadership programme within the school, as I had potential to do better but needed encouragement. My first glimmer of what The Rising was about, was during my first camp at 'The Farm' Whangaruru. Along with the fun and excitement of the activities, it was here that I was introduced to the stickman workshop and the four anchors or core principles that The Rising Foundation enforces. This was something that instantly grasped my attention and the more I learnt about these principles the more I found myself thinking about and applying them to my surroundings. It was challenging because it exposed a lot of the negative impacts I was experiencing yet at the same time it gave me reasoning and understanding to how to deal with them. I started to look at things with a totally renewed perspective. **Grace Kingi (TRF Team Leader)**

My journey through TRF has seen me through many roles. It started in 7th form in 2010 at Papakura High School, starting as a CEO for Group 1. TRF taught me many valuable lessons that mainstream education does not teach. TRF taught me values of integrity; being honest and transparent to all, thinking outside of the box and deeper within issues, being creative and knowing the importance of collaborating with others and representing the identity of whom you are accurately. I took these lessons and applied it to my life, making it more of a lifestyle change for me to fully adapt and use it within my daily practice. These lessons proved their weight in gold, as I was to leave high school and venture in to the big world as a new JB Grad & 2nd year in my Bachelor in Social Work — **Feleti Lotulelei (TRF Community Social Worker)**



My journey with TRF started rough due to my own previous experiences with youth work & the perceptions that I developed. But through The Rising I found the point of difference of what potentially could be NZ's saving grace for youth work as a whole. My experiences working with youth was; they did not have the capacity without extensive support to change their own life. This perception came about through a long drawn out experience of being involved in programmes that were designed to be completed before they made a real impact. When really these programmes were just waiting at the bottom of a cliff for them to jump. TRF has taken the concept of 'Family' and brought it into schools. Within TRF they have learnt how to express who they are and have an attitude to understand what their role is in this family. Personally I have witnessed the roll on effect of this attitude adjustment which in TRF is labelled "the ripple effect". Finally TRF has unlocked the potential of our youth to become who they should have always been, character based leaders. **Zac Thomas (TRF Community Social Worker)**

My journey started as a Year 10, at the time my focus had no room for studying but that all started to change once I got chosen to be a part of this youth leadership programme. This gave me a new feel for school because it wasn't just sitting down listening to the teacher blabbering on about things that I didn't care for, but, it was a whole different environment. Much more interactive, fun, deeper thinking, it was just a whole new way of learning and I loved it. TRF taught me to change/renew my mindset and not to be governed by what we can or cannot see. I can honestly say that if it wasn't for the support and encouragement from the TRF Family I wouldn't have finished school or given thought about studying at university. Now I have aspirations to work towards getting a diploma in youth work next year. I am very Grateful and Blessed to be a part of the team. Fa'afetai i le atua.—**Jordan Tanielu (TRF Community Youth Worker)**



My journey with The Rising started in mid September as I was referred by my University placement co-ordinator to undertake a two month practicum. Welcomed by the team, this new learning environment which focuses on equipping youth with the tools to unlock their potential and proactively shift their lifestyle in regards to their thinking. The team used the tool to extract information from children on me which exposed my thought patterns and the way I perceive the world. It clearly showed my grey areas and what I needed to do to create a clear balance in my life so each part is equal and transparent. Within this short time with the skills and shift in paradigms, I made a conscious decision to redevelop my thinking so I can provide the best service for youth & empower all those I come in contact with, along with those outside my work. I can say the uniqueness in this programme brings forth a huge change in the lives of those who have been touched and adversely shows purpose for the staff who instils this kind of knowledge to our youth today and future years to come. **Quan Peters (TRF Community Social Worker)**

Community News



Congratulations to our boy Arthur Crichton who has been selected for the Under 18s Kiwi League Squad. Arthur has been on our leadership programme since Year 9. Having started at Papakura High School a shy, uncomfortable boy he has certainly come around full circle to become a leader in our programme. As a Year 9 any group discussions or activities he felt like he didn't belong, and was not comfortable in group situations.

Arthur was invited to attend The Rising Foundation Dargaville Camp, this being his first TRF camp at Papakura High School. From this camp there were evident changes to Arthur's attitude. This camp brought him enjoyment, bonding with fellow students and he felt comfortable around students who he met for the first time. Arthur came away feeling great and with a sense of belonging.

Having been involved in the programme now for four years, Arthur has become a well adapted, strong all rounded Year 12 student. He is liked by his fellow peers and is looked up to by the younger students. He's thriving on the programme and is the Captain of the school league team. The team this year went on to win the National's Cup beating Tokoroa at Bruce Pulman Park.

2014 will see Arthur as a Year 13 student whose ambition will be to continue playing league for the school and New Zealand. Arthur looks forward to studying engineering and graphics once he graduates from school.

PUKEKOHE BIKE BASH

TRF supporting the cause to help raise funds for Cancer.

Our team biked for 8hrs non stop along with over 100 other organisations & business throughout FRANKLIN! Along side members of BNZ Pukekohe we all encouraged one another in this day, many there from conversation have been affected or knew of someone affected by cancer. Some of our own either had an immediate whanau member currently on their own treatment journey or about to start was a huge motive to get us all going!!



South Auckland High School White Ribbon Breakfast 2013

**VIOLENCE TOWARDS WOMEN IS
NEVER ACCEPTABLE**

- It's OK to ask for or offer help
- No violence is tolerable. If you know someone who is being frightened or intimidated by the behaviour of someone else, it is not OK.

Violence isn't just physical. It's also emotional or verbal behaviour used to control someone through fear.

Dare to soar - how successful you are is determined by your attitude.

Successful people do what unsuccessful people don't dare.

When you stop trying to change others and work on changing yourself, your world changes for the better.



Acknowledgement of Sponsors & Partners

Our programme has been made possible thanks to the support and contribution made by sponsors, school staff, parents and trustees.

Without such donations and the generosity of our sponsors, these opportunities would otherwise not be available to our students.

Thank you for choosing to support The Rising Foundation; it is truly appreciated by all.

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**Thank You all for your continued support
From all of us here at The Rising Foundation**