



NEWSLETTER

TERM 2
2015

The Chairman's Report

Dear Supporters

The Team at The Rising Foundation have been in full swing as the end of 2015 seems to be rapidly advancing.

Term 2 camps have been completed and the camps were an outstanding success. Thanks to The Rising Foundation Team and fantastic groups of students the camps worked very well to continue to promote the learnings from the preceding terms meetings and workshops. It is great to see the relatively new group from Rosehill College, led by Gideon, slotting into The Rising Foundation family so seamlessly.

It was a special thrill for us to host our Prime Minister the Right Honourable John Key to our Rising Foundation embassy in Pukekohe High School. John spent over half an hour specifically with our students running through how our programme operates. Tiare and Grace hosted the visit and I know that the Prime Minister thoroughly enjoyed his time with us and our students.

Hello everyone

My name is Donna Rogers and I'm The Rising Foundation's Programme Administrator. Being brought up in Papakura I attended Papakura Intermediate (now known as Mansell Senior School) and Papakura High School. I loved school. The sense of belonging, routine, friendships and learning is what I think it should be about.

After my schooling, I started working at the ANZ Bank. Starting at the bottom as a Ledger Clerk to leaving as a Mortgage Lender after seven years. I then changed banks and worked for BNZ. After several years I also took up a part-time job to save for the "BIG OE". I travelled to parts of the world I only dreamed of while based in London for nearly three years and working for another bank called UBS. My time away is something I'll never forget and this is something I'm so thankful for. All the long hours and two jobs paid off. Back home I started working at Mercury Energy as a Temp, moving to full-time employment after six months. Six years later I left to have my first child. Then I was very lucky to stay home with

my children for seven years, gradually going back to work part-time.

My passion has always been about children, and now that I'm a parent it's even more apparent that this is where my heart is. My journey with this charity began in May 2012. From my first meeting with John Bongard I knew that I would love this job, and who wouldn't it's all about the students and how we can help them, "unlock their potential". My first camp encounter was September 2012 in Rotorua. Not knowing what to expect was daunting. I was lucky enough to take my Partner and two children away so they can see for themselves too, how this programme can help change people's lives. The first two days the children were at my side, but by the end of the week they were off with the High School students and sometimes I didn't see them until dinner time.

This programme is like a big family, everyone watching out for each other and being there to lend a hand or listen if needed.

A big thanks to Ian and Brian from Pukekohe High School for allowing the visit and of course a huge thanks to the Prime Minister and our local Member of Parliament for Hunua Andrew Bayly for taking time out of an extremely busy schedule to visit us.

Regards
John



So how do we inspire and motivate students these days to attend school, let alone stay there for their schooling life to succeed and mature? I believe this programme is exactly what secondary schools need. We are very proud of our Youth Workers and Social Workers, as they have all come through the programme and have seen first-hand how a programme of intervention and support works.

Our amazing TRF Team and Trustees only want the best for our students, so we all feel very privileged that we get to go on this journey with them.



Mojo Style Workshop Monday 15 May



Fifteen students had the pleasure of attending a workshop with Mojo Style, a two hour session aimed at enhancing students ability to adequately enter the workforce. Mojo Style were comprehensive in their delivery, covering a range of topics from; communication skills, body language, personal grooming, hygiene, appropriate dress, colour psychology and also make up application for females. The information presented allowed the students to prepare to think about what's needed from them when going into an interview and gave them a scope of what qualities potential employers are looking for.



"It was a pretty cool workshop, I learnt that in an interview I should present myself in a way that is professional"- Year 12 girl

"I realised not to take any job opportunity lightly but to always go in with my best foot forward"- Year 13 girl

CONGRATULATIONS Feleti and Grace

On Wednesday the 3rd of June 2015, both Feleti Lotulelei and Grace Rawiri graduated with a Bachelor of Social Work (Biculturalism in Practice) Level 7 from Te Wananga o Aotearoa. John & Diane Bongard and Richard Jeffery – Trustees of The Rising Foundation – sponsored Feleti and Grace through their three years at University.



During these three years, both Grace and Feleti worked for The Rising Foundation as firstly volunteers, then part-time employees then onto full-time Social Workers as they progressed through their studies.

They are now part of the team running our programme – Feleti based at Sir Edmond Hillary Collegiate School (Otara) and Grace based at Papakura High School.

It was with great pride that The Rising Foundation Team attended the ceremony at the Vodafone Events Centre in Manukau as part of the Tamaki Makaurau Graduation Programme.

We are extremely proud of you both.

The Rising Foundation

Board of Trustees

Giltrap

Group

Thanks to the generosity of the Giltrap Group, things have become much easier for The Rising Foundation in terms of transport. The Giltrap Group have donated to us a 2014 VW Transporter, that can take 10 people easily to things like daily excursions, events, and even to camps – which would usually have been done by two or three of TRF staff's own vehicles. The donation of the van has lifted a huge burden off our shoulders, for which we are extremely grateful.

On Friday 1 May, 10 of our students went to Giltrap Prestige in Grey Lynn to say thank you on behalf of TRF. These students were also treated to many opportunities and experiences that will remain with them. First off, Richard Giltrap presented to us what drives the Giltrap Group as an organisation. Richard talked about the love of cars and the commitment to their people and customers, values similar to what The Rising Foundation reinforces with its students – passion for what they love, and becoming better citizens for our communities.

Students were then given the full VIP tour of all the showrooms, seeing luxury cars such as \$737,000 Lamborghinis, to Bentleys, Porsches and McLarens. Students were then given the opportunity to look at how vehicles are maintained and serviced, even being told they too could have the opportunity to work on the cars if they too worked hard for it – for which they are keen to do.



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Our next visit was to meet the Goodman team at Highbrook, who donated our 2014 Toyota Hiace van. This van is just as equally valuable to our organisation as it is our power horse for carting our trailer around, and also for taking students to the various trips that we hold.

The Rising Foundation gave a presentation on how the van has benefitted us, and even a small glimpse at what we do. The table we sat at had a scaled version of the development of the Highbrook area – to which the students were fascinated with. Also meeting the staff of Goodman such as the CEO of Goodman NZ; John Dakin, who is a Papakura High School old boy, and Jo Brailsford who is a former student of Pukekohe High School.

Meeting the CEO of a huge company that went to the same school as you, proves to the students that anything can be achieved through hard work. On the verge of being a careers experience trip, students were given the opportunity to peer into careers that may have otherwise never crossed their minds such as property development, executive management, sales and marketing.

These aspects of the trip brought to life so many new experiences. It's opened the student's eyes to a whole new world, bringing what seemed impossible, possible.

Special thanks must go to Ivan Gillatt and his team from Sign City for the sponsorship of signwriting



Sir Edmund Hillary Collegiate School

Excursion—Pakiri Beach

Friday 19—Sunday 21 June

Senior executive students from SEHC set off to Pakiri, Warkworth on a weekend intent on making closer bonds with one another, and also reinforcing TRF principles to our senior leaders.

Friday night we eagerly left Otara and made our way towards the 'north', travelling through the night and dark to reach our accommodation at Pakiri Beach Holiday Park. Initially, we had planned to go on a fishing charter, and then cook up what we had caught, however the weather proved otherwise and we reverted to plan B. Over this weekend, we lived many new memorable experiences such as shooting a shotgun with clay target shooting; paintball in the pouring rain; archery, and even things like cooking and playing badminton for some. Although we didn't catch the fish, we still had the fish cooking challenge from Countdown, and \$20.00 per team to make something delicious. In the end, both teams used creativity to come up with amazing dishes.

One student said of the weekend: ***"What intrigued me the most about our trip was clay shooting, learning how to load and reload the weapon, and having the chance to fire a gun. Clay shooting interested me because I want to be an Armourer for the New Zealand Army, and this type of experience will be useful for my future. Our getaway allowed us seniors to bond, therefore us seniors bonding will help us***

communicate more easily during group activities and that will show a good example towards our juniors. The highlight of that weekend for me was when we were having dinner on the Saturday night all around the same table as one big TRF family, eating the food that we had made ourselves".

- Year 12 Girl

One interesting note I saw on the trip is our students commenting on the beach, as they have never seen beaches or country as beautiful as Pakiri. It is to you; our sponsors, that we would like to thank on behalf of TRF for making opportunities like this available to our students. One struggle with some of our students is not being able to see or think outside the confinements of the environment they come from – and this trip made it possible to see that there is so much more to life.

By having a strong core executive team, the teachings, values, and ethos that TRF promotes trickles down our hierarchy onto our more junior members and all those under them. This also serves a point in the executive working together, rather than being 'exclusive' to everyone else and sitting at the top. In conclusion, I can comment on how close our senior executive have come together where productivity has increased through all groups, and the synergy and group spirit of each individual group have thus resulted from the seniors stronger leadership.



Pukekohe High School

Term 2 Headlines

Fundraisers

This term was another successful period for Pukekohe High students to come up with more inventive ways to raise funds for their camp. Fundraisers include sausage sizzles after school, during the First XV Rugby games held at the school, confectionary raffles, "Guess the lollies" in the jar and butter chicken meal deals.

Overall, the committed atmosphere from all groups was shown through the subsidised camp fees. Students were able to reduce their camp fees by \$30, which helps immensely with families that have more than one child in The Rising Foundation programme.



CrossFit

This term Pukekohe High has started an after school CrossFit session in support of our theme "Live It". The 45-minute sessions are student-led including Year 12 and 13 students who study Sport and Rec with Te Wananga o Aotearoa as a vocational pathway course. This course enables students who are struggling with gaining NCEA Level 2 to gain 40 credits.

Every Friday the course is held at Waiuku College where they learn about the body and healthy living. CrossFit training is essential as they compete in CrossFit competitions, therefore these sessions are supporting our students involved in the course. A huge aspect of "Live It" is proactive leadership and self-initiating that change which our students seek to do. Getting fit and having fun is just one example of putting goals into a reality!

Awesome job guys!



Pukekohe High School Camp Te Unga Waka Marae Auckland Monday 6 July—Thursday 9 July

Students embarked on a journey filled with challenges, new learning and self-discovery during the Auckland City camp. The theme for this term was “Live It!” and a huge aspect of the theme was proactive leadership that students were encouraged to utilize during the activities at camp. Students were able to enjoy these activities knowing that their hard work from fundraising during the term paid off. A part of proactive leadership was self-initiating positive change within their groups to overcome obstacles and within each individual’s life. The biggest challenge we seek to achieve is maintaining that proactive behavior learnt from camp back at home, at school and in the community.

A massive thank you to our Trustee Richard Jeffery for being a guest speaker and judge for our skit night, The Rising Foundation Board, The Team and our JB Graduates for all your help throughout camp!

“I've been on six camps and all are as amazing as the last, the bonds and memories made have been unforgettable, let alone in this past camp. The four-day camp is always a testament to who you really are, and others getting to see that. We are all pushed, and become tired to bring the side many of us keep hidden out, but it does not go without reason. This camp had a smaller number of people, which allowed us to bond a lot more with each other. Personally I feel this was better as we

got to spend a lot more time with each other. The activities that we did on this camp proved to be more fun than challenging for me, and I was grateful to be able to do such things like Jump, Tree Adventures, and especially the SkyWalk. The most enjoyable parts of it was being able to help those that weren't as confident in doing those activities, as well as learning The Rising Haka "Maranga Mai". The Haka was a highlight of camp because not only was it of interest to me since I love Haka but the meaning behind it and how it embodied The Rising made it more to cherish.

What I learnt on camp was being able to be the change you wish to see in the world, and how the transition into whom you want to be from who you are now which may be difficult but it is possible to break old habits. Not only that but it will help greatly on the journey towards fulfilling my life's purpose. Alongside the year long theme of thankfulness, I am extremely grateful for the opportunities and experiences I've had because of The Rising. I can see all the effort and hard work that goes on, even behind the scenes to make every camp possible, and none of it goes underappreciated. The Rising Foundation is the family that I chose to have, it has done nothing but support and guide me to many blessings, The Rising being a blessing in itself.”

- Year 13 student



Pukekohe High School Camp Photos



Sir Edmund Hillary Collegiate & Manurewa High School Camp

Te Unga Waka Marae Auckland

Friday 10 July— Monday 13 July

In Term 2, Sir Edmund Hillary Collegiate and Manurewa High School went to camp in Epsom together, embarking on a new journey as this camp for Manurewa and some students of SEHC had lots of new students who had never been on a TRF camp before.

Through this camp, we completed many activities such as Tree Adventures and SkyWalk which really tested everyone's limits, but all in the confinements of support and safety from the rest of their team. Throughout this term, students at both school were taught the basics of TRF, ranging from our four pillars, to a basic principle we refer to as the 'Iceberg Principle', in which people are judged from the 10% that they show to the world and others, however they have 90% still under water in which would be better to also display – lining up with the notion of living a transparent life.

On this camp too, students were treated to one of the longest Burma trails that we have ever conducted, promoting trust most importantly through themselves, their teams, and also in the staff around them. Students at this camp were also taught the crux of our programme, the realization of their potential through the song 'He Kakano Ahau/I am a Seed' in which we liken a student's life to that of a seed, and its journey of growing into a tall and lofty Kauri tree, sprouting many others like it with the same values – creating impact over many generations.

One student had this to say of camp:

"Term 2 holidays Sir Ed combined with Manurewa High, the newbies of TRF. On camp we did Tree Adventures, SkyWalk and Burma trail. Taking part in these activities made us come out of our comfort zone and to live in the moment that's given. I learnt on camp that everyone sees each other as icebergs by saying this I mean other people only see what's before them, and not what we're really capable of or who we really are. Camp also taught me that there are constant challenging obstacles that life throws at us but that doesn't mean we give up because it's hard, but push through the hardships and to trust in our JB's and the TRF staff because they have our back."
Year 12 Girl

A number of students mentioned the SkyWalk playing a huge impact on their life, testing fear and also giving them insight into something these schools have not touched on yet – elevated sight. The same Year 12 student had this to say of the SkyWalk – *"The highlight of camp for me was when we did the SkyWalk because it helped me conquer my fear and see other perspectives from new heights"*.

It is these moments in which it makes camp all relevant and worthwhile, equipping our students with life long teachings that students would definitely not learn in a classroom, and possibly not later in life when it could be too late.



Sir Edmund Hillary Collegiate & Manurewa High School Camp Photos



The schools had very different dynamics and made camp enjoyable. Through the activities taken on camp we saw many students overcome fears and translate that in to their everyday battles that they face.

"I learnt how to conquer my fears. If I can conquer heights, then I can conquer anything, and TRF taught me an easy way to live life by following the 4 Pillars." - Year 9 Boy (Manurewa High)

This shows that no matter how young these kids are they still have so much to offer, and we can be that guiding hand they need to unlock their hidden potential.

"Live life to the fullest and take every opportunity you have." - Year 11 Girl (Manurewa High)

We have always tried to instil in The Rising kids to have a real "go getta" attitude. That you will only get back as much as you put in, this shows that these kids have this concept that life has opportunities, but it is up to you what you do with them.

Papakura High & Rosehill College School Camp

Te Unga Waka Marae Auckland

Tuesday 14 July—Friday 17 July

Another term gone and another camp done and dusted! Term 2 camp was spent out in the all too familiar area of Auckland City with all three camps accommodating five different schools were run back to back over the two week school holidays; ending with Papakura High School and Rosehill College. The Theme for the term was 'Live It!' – living a life true and reflective of who you really are alongside the concept of living a proactive life style.

Being Rosehill College's first camp with TRF, on day one everyone had to settle into their groups doing team building activities before getting dressed into their Native American attire and heading out to Tree Adventures in West Auckland. Tree Adventures, a high ropes course nestled amongst the Woodhill forest offered 10 different courses ranging from 3 to 14 meters above ground and was suitable for most ages. Although the courses were self-operated, it allowed students to take control of their own actions and push themselves through obstacles without being reliant on others in their group. For many it took a strong will and the right attitude/mindset in order to complete challenges but was a good accomplishment and stepping stone for what was to come next. Day two allowed groups to sit back and relax at Parakai Hot Springs while planning out their skits and other items on concert night. Day two ended with a trip to Stardome Observatory paying attention to all that we have in our universe. On the third day the intensity was raised where students participated in the SkyWalk. The SkyWalk is situated 192 meters above Auckland and was a challenging but thrilling experience for all those brave enough to step up. Students were able to take control of their fear of heights and although some were shaking and crying, many were still keen

to push themselves further and do the challenges set out by the guide such as leaning over the edge, dancing and some even doing a Haka to those watching from the restaurant. Drawing close to the end of the camp, students got ready to perform their items for concert night where a few parents were invited to have dinner and watch their kids show what they had learnt from camp over the past few days. After the presenting of their group banners, skits, 4 chords and chants; the judges calculated all points gathered over the term with Group 2 Atsa coming out on top. Overall it was a great experience for everyone who attended over the four days and was beneficial especially to the parents, who were able to get a glimpse of their children operating within The Rising Foundation so that their journey is not only supported with the realm of school but also continues at home.

Personal Captures-

"Before I went to camp I was very closed minded, I didn't know what to expect but when I got there I was surrounded by so many positive people who were so down to earth and passionate about their jobs and making all children feel at home. From the early mornings, to the very late nights waiting for the shower I did find it hard but in the end it was all worth it. We did so many awesome activities such as the SkyWalk, Tree Adventures but through those activities I learned so many life lessons which help me to see the big picture and not what's just in front of me. I have made so many new friends and feel blessed to be a part of The Rising foundation family." - Year 12 Girl

"From camp I learned how to be more outgoing and to socialise with others, regardless of age or school." - Year 7 Girl



Papakura High & Rosehill College Camp Photos



Royal New Zealand Air Force Visit

Thursday 16 July

The Royal New Zealand Air Force kindly hosted students from TRF Manurewa and Sir Edmund Hillary Collegiate, giving us a tour of their base and a closer insight into what they do around the globe. Students were shown various departments of the Air Force such as their Fire Department; where students dragged around a 80kg mannequin to simulate rescuing someone from a fire, and even putting out real fires with fire extinguishers; touring a C-130H Hercules; visiting the Armaments Bay; the logistical side with Air Movements; Communication and Information Systems (CIS) Compound where the team there showed us their equipment such as a \$600,000 mobile satellite dish; and concluding the day at the Military Dog Working Unit where the staff there showed us the way dogs are used to protect RNZAF assets, including a demonstration of one of the dogs in action against an 'intruder'.

A Year 13 female student had this to say of the trip:

"The trip to the Air Force was empowering to me, as it showed me a different pathway for employment. It was inspirational to see what people in the forces do on a daily basis, and even going inside the plane was intriguing to me as we only ever see that stuff in movies".

All in all, the day posed a great insight to future careers our students may or may not have ever considered. In particular, it gave three of our female students a sense of direction in where they want to head in the future, specifically joining the RNZAF in the CIS branch to drive the 'monster trucks' around the field as well as practical leadership.

A special mention must go the RNZAF and Mrs. Shona Tokana for making this visit possible, and also to FGOFF Adam Palmer for showing TRF around Whenuapai Air Base.



Prime Minister John Key visits The Rising Foundation Friday 31 July

The Rising Foundation Pukekohe High was fortunate enough to be hosts for the Prime Minister the Right Honorable John Key from his visit through Franklin. TRF student representatives were able to articulate what our programme is about and their journeys since being with TRF. Students were working on fundraising plans and brainstorming around our theme for this term 'Threshold' whilst engaging with Prime Minister John Key. The visit was an amazing experience for students to engage with someone so significant in our country and get a glimpse of how decision-making processes in New Zealand work. A huge thank you to the school for hosting the Prime Minister and local Member of Parliament Andrew Bayly for taking time out of their very busy schedule!

Captures from students:

"In a classroom you hear about politics and government policies but it's not everyday you get to say that you had a conversation with the Prime Minister about these 'real' issues in our society. He's very bold about his ideas but nevertheless meeting him was a pretty cool experience." - Year 13 student

"The Prime Minister's visit was a humbling experience for myself and fellow students in The Rising Foundation. It was so awesome that he recognised our leadership group out of many around the country and actually took the time out of his day to come and visit us and see how we work. Personally I enjoyed showing him around the embassy and was thankful that I got a bit of time by myself to talk with him. Even though our time was short, it was a great experience to spend with him." - Year 12 student



TRF Community Friends

The Rising Foundation would like to acknowledge all Sponsors, Family Trusts, Corporate Businesses, Individuals, Local Businesses, School Trustees, Principals, Staff, Families & our Community Trusts who have sponsored a student/s or have assisted us to expand our programme "Unlocking Your Potential". 2013/14 has seen 1620 individual youth, their families and friends participate in our programmes across the wider Auckland area. Your generous help and support has seen many mind shifts and lives changed that have seen youth with a confidence to set themselves goals for the next 1, 3, 5 years. To embrace differences; to expand their networks; understand time management & much more.....

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

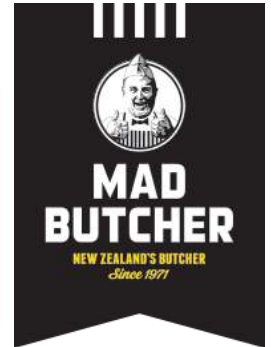


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