

THE RISING

# NEWSLETTER

## TERM 2 ROUND-UP

Dear Supporter

Welcome to our first "Official" Newsletter !!

The work of The Rising Foundation continues forward at rapid speed. The programme has been in full swing at Papakura High School for a number of years now and we currently have around 90 students involved. Eli Tulafono and his support team are retaining a strong heritage of continuing to support and mentor the students involved. We remain very grateful for the continuing support of Peter Heron the Principal of Papakura High School, Board of Trustees and also the staff at the School. Without their full support our programme would not be as effective.

We are very excited about the first expansion of our programme outside of the Papakura area. We will attend a welcome Hui at Pukekohe High School this week to introduce our programme to students, their parents/guardians and Pukekohe High School staff. A number of Pukekohe High School students attended our camp last term and saw first hand the benefits of being involved with The Rising Foundation Programme.

I hope you will enjoy our first newsletter and I look forward to updating you on progress as we expand our programme in to other areas of South Auckland and beyond.

I would like to close by recognising the incredible

support that we have received from very generous individuals, Trusts and Company's. Major donors include The Lion Foundation, Trillion Trust,

Youthtown, Duco Events, Breville Appliances, Rotary Club of Papakura, RSM Prince Chartered Accountants, BNZ, Teale Metal Products. Your support ensures the on-going expansion of our programme.

Regards

John Bongard



### Papakura High School endorses The Rising Foundation



Principal of Papakura High School, Peter Heron with The Rising Foundation Programme Director Eli Tulafono. A hand shake endorsing the support and commitment the school pledge towards the programme.

### Welcoming of 3 schools to The Rising Foundation concept



April 10th was a significant date for us at The Rising Foundation. This marked the introduction of our programme to 3 other high schools. Visiting students came to Papakura High School to enquire "who we are" and "what we are all about." Following this visit the students participated in our normal 4 day camp in Whangaruru, Northland. The new schools who participated were: Pukekohe High School, James Cook High School (Manurewa), Sir Edmund Hillary Collegiate (Otago).

PO BOX 72251, PAKAKURA 2244 PHONE 09 268 4153 MOBILE 021 947 922  
EMAIL [therisingfoundation.nz@gmail.com](mailto:therisingfoundation.nz@gmail.com) WEB [therisingfoundation.org.nz](http://therisingfoundation.org.nz)



## Girls/Mum's Excursion Coromandel Trip 19th-20th May

Coromandel was the place for the girls/Mum's excursion which saw them participate in something they have never experienced before "catching fish." Initially the smell put them off and to touch a fish was unheard of. By the end of the day these girls were not only touching the fish and baiting their hooks, they were also holding the prized fish that they had caught. They were all very proud of themselves, and what a challenge they had all overcome. The question was put to the girls as to what had changed their perception from "no way I'm going to touch that," to "more bait, more bait!" The conclusion was that it was having the sense of purpose from the boat ride, catching any fish to catching the biggest fish. Applying this principle to our everyday life is a challenge in itself. "Who is up for it?"

Very special thanks to The Mad Fisherman (Lawrence), Pat for her hospitality, and to the great girls who brought along a willingness to give anything a go.



*"This has allowed me to get to know the other girls better. The fishing was a great experience but the talk in the evening was even better." Year 10 girl.*

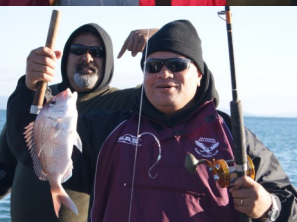
*"My mum and I have grown to understand each other better and can move forward towards the things we talked about in the night talks." Year 10 girl.*



## Boys/Solo Parent Excursion Coromandel Trip 2nd-3rd June



*"Thank you to The Rising for allowing me and my dad to go fishing. This is the first time we did something like this and especially looking at things in our lives we need to work with." Year 13 boy.*



Our enthusiastic team headed for Coromandel for a boys fishing weekend. The weekend was a huge success and enabled our boys and solo parents to bond for the weekend whilst enjoying the thrill of catching fish. Many of the group had never been fishing before and the opportunity to share each others company whilst experiencing this new activity was uplifting for all. Although the size of the catch was not as successful as the girls fishing trip, the guys still had fun with the catching of snapper, kahawai, gurnard and even a thresher shark! Even back at school and home today, the relationships and memories forged are still apparent. A father and son who had never been fishing before and even turning down opportunities, now are eager to go. One father said that the fishing trip was "another awesome experience as we had never fished before in our lives. This excursion made me realise that spending time with family and friends is more important than just working."





## THE FARM - Whangaruru Northland Camp from 10<sup>th</sup> – 13<sup>th</sup> April



The group camp during the April holidays was spent at The Farm, Whangaruru Northland. The 3 schools that attended were Papakura High, Pukekohe High and Sir Edmund Hillary Collegiate. The Farm is a place that challenged and invigorated all who attended. The students were involved in activities during this camp which included bush craft, an eeling competition, milking cows, possum hunting, horse trekking, trail riding, orienteering and much more. These activities provided opportunities for everyone to overcome any obstacles both physically and emotionally, but also for the city slicker kids to become one with nature! However, asking about how the effects related to their life, it impacted everyone hugely in various ways. One Year 11 student said that the camp “challenged me in a way I had never been challenged before, by putting me out of my comfort zone. I now attempt everything to the best that I can. The Farm was an amazing experience!”

### Quote from the Principal of Pukekohe High School Ian McKinnon

Twenty four Pukekohe High School students joined with others from Papakura High School, James Cook High School and Sir Edmund Hillary Collegiate in a four day leader’s camp at Whangaruru during the holidays. The Rising Foundation is a programme to develop student leaders to become mentors for younger students. “I gained new skills and learnt new things about myself. If I could learn this within just 5 days of being put out of my comfort zone, imagine what it could do for other students.”

The Rising Foundation “It’s about being you”

**“LEADERS ARE BORN FROM CRISIS, SOMEONE WHO STANDS UP AND TAKES CHARGE”**



# White & Teal Ribbons Campaign



The Rising Foundation supports the White Ribbon Campaign (Show You're Against Violence Towards Women) and Teal Ribbon Campaign (It's Not OK). In supporting these great campaign's we are asking students to show their support by wearing the ribbons.



## SHOW YOU'RE AGAINST VIOLENCE TOWARDS WOMEN

White Ribbon offers men the opportunity to be part of the solution to end violence against women. Violence is endemic within New Zealand. One in three women are victims of violence from a partner, while on average fourteen women are killed each year by a member of their own family.

White Ribbon is a campaign led by men who condemn violence against women and take action. We are part of a global campaign committed to ending violence against women. You can help effect change by supporting White Ribbon. Wearing a white ribbon is a personal pledge to never commit, condone or remain silent about violence against women.

## "IT'S NOT OK"

The colour Teal was chosen as a neutral colour that allowed everyone, no matter how far along the continuum, to be a part of change.

The most significant change in a person's life is a change of attitude. "Right attitudes produce right actions."



## UPCOMING EVENTS

**Turangi Challenge Leadership Training  
Camp 2nd-6th July**

**Outward Bound Leaps & Bounds  
Course — 7<sup>th</sup>-14<sup>th</sup> July  
Mother and Daughter attending**

**Otorohanga Camp 1<sup>st</sup>-5<sup>th</sup> October**

## Acknowledgement of Sponsors

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.

*Arohanui*

**DUCO**  
EVENT EXPERTS

**RSM!Prince**  
Chartered Accountants



**Teale**  
METAL PRODUCTS LTD  
www.teale.co.nz

**TRILLIAN**  
Trust Inc.  
SERIOUS ABOUT YOUR COMMUNITY



**Breville**

