

the RISING FOUNDATION NEWS

TERM TWO 2016

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Many Thanks

Hi everyone

I am writing this from South Africa. Diane's and my visit to this amazing continent has been very enlightening in many respects. Obviously the wildlife and scenery are just awe inspiring but the issues facing the people of this continent remain very challenging.



In Cape Town we took time to visit Area Six and Robben Island where Nelson Mandela was incarcerated for 17 years. Our guide around Robben Island was an ex political prisoner who was also incarcerated at that prison. The experience was very sobering and made me reflect on how fortunate we are to live in our own very special country New Zealand.

To see such contrasts of extreme wealth and extreme, real poverty reminded me that whilst we Kiwis have many things that we can, and should, improve, we are in fact very privileged to live in such a caring society as we do.

Unemployment rates vary through Zambia, Botswana and South Africa but overall they sit at around 25%-30% depending on what part of each country you are in. Education and employment is the key to better lives for all. Whilst New Zealand's unemployment rate is obviously many orders of magnitude better than 30% the key to improvement for us as a Nation is the same, EDUCATION and EMPLOYMENT!!

Our recent Career EXPO held for students during our latest winter camp has been very well received by TRF Team Members, TRF Students, participating Companies and Organisations. TRF remains totally committed to ensuring that we do all that we can to encourage and support our students to work hard towards ensuring a great future for themselves by way of meaningful employment via Higher Education in both academic and trades based activities.

Thanks again to all our supporters. Kiwis are very caring and generous people and that is what makes our small country such a genuinely GREAT country.

Regards, *John*

John Bongard, Board Chairman, The Rising Foundation



Amazing Grace

My name is **Grace Kingi**, I'm 22 years of age and work for The Rising Foundation based in Papakura High School. I have lived in the Papakura region my whole life, in my early years attending Papakura High School as a student where I first encountered The Rising Foundation and their work.

I was a Year 11 student when I first began my journey with TRF and I remember that the programme had a massive impact on the way I

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perceived life, the relationships that I made with people, the attitude that I had in different environments and the ability I felt I had to control personal situations.

There was never a time where I felt as if I was unsupported in TRF. There was always a sense of encouragement, a push to see students develop into leaders; tapping into the potential within them, even if at times students felt they had nothing to offer. It was because of this, I realised, not only that I had a responsibility to give back to a programme that helped me realise so much, but that I genuinely wanted to.

I so appreciated the opportunities to better myself that I had received from TRF while I was in school and I wanted to pursue a career helping other students recognise the importance of the choices that they make every day, and how these choices have the capacity to shape the future ahead of them.

I was very fortunate that when I had finished High School I was able to do just that. The TRF Board was an immense help and fully funded my studies, enabling me to complete my Bachelor's Degree in Social Work (Bi-Culturalism in practice). Something for which I am hugely grateful.

Working within The Rising Foundation I have learnt that personal significance does not come from a job title or position but rather it is about what you do within that position; your actions, words, attitude and genuine service to others. This is something that I feel our organisation is aware of at all levels.

I came to understand that, as a Social Worker engaging with young people, you can't go in with a 'fix what is broken' mentality, trying to give solutions to all your student's problems. Instead, you first have to develop a relationship where you have an understanding of where they come from; making your advice feel optional but your support feel unconditional. Acknowledging that people usually hold the key to fixing their own problems but just want guidance to exercise their own self-initiated alternatives.

Every day and over the years, I am so glad to be a part of The Vision that is The Rising Foundation. Working alongside our youth, their parents, caregivers and all the important people whom support them. Thank you for helping me do this important work.



Grace with our great team of Programme Coordinators .

PLAYING THE BLUES

By Les Richard, Manurewa High Programme Coordinator



On Thursday 16th June a selection of our TRF boys had the opportunity to get 'up close and personal' for a training session with players from the Auckland Blues. Stars, Ihaia West and Steven Luatua with Piers Francis, Scott Srafton, Sam Prattley and Matt Duffie all turned out for the event which was held at Manurewa High School.

The boys represented all the schools that The Rising Foundation is involved with. All are great young men with potential to possibly go all the way in terms of having a

career in rugby. It was great to see our boys just training and learning new drills with the players. They also took the chance to talk to them about the pressures of being a professional athlete.

The Blues players themselves said they were very impressed with the talent they saw in the boys that were present. There was sheer admiration amongst the boys as they saw the athletes come in and just talk with them in any easy and informal way. One Year 10 boy saying, "I want to be like you". This demonstrated the level of inspiration he received from the players, but also his level of determination and belief that he can actually make it if he puts in the hard yards and works for what he truly wants.

This inspiring afternoon ended with a friendly game and then photos and snacks with the players. All the boys got signed memorabilia as the players wished them well on their future careers as rising athletes.



A Day at the RACES

ELLERSLIE
HEARTS RACING

The Rising Foundation Ellerslie Race Day held on Queen's Birthday Weekend.

It was the last day of the racing season and a special occasion for us as a foundation. For many of our valued donors and for a select group of our wonderful students, it was great fun watching the excitement as the horses and riders raced by, and the warm-hearted generosity shown in the charity auctions was humbling and encouraging.

The venue was excellent and the service and catering was of the highest standard. Sincere thanks to Bill Heap and the fantastic team at the Ellerslie Auckland Racing Club for the warmth of their welcome and for an unforgettable experience for all involved.

In the past we have used historic video footage of races, so it was a major step up to be at an actual live televised event with a panoramic view of the course.

During the event our students also entertained the 'punters' with their singing. The students were so impressed that all these important people took time to support this event for their benefit.

At the beginning many students felt a bit overwhelmed looking at our guests in their finery but the kindness and friendliness of everyone soon had them feeling at home. The wonderful lunch certainly helped too.

A special thanks to Kevin Hickland our Auctioneer and our MC for the day Stephen Campbell and to our major sponsors who had the special experience of watching from the 'birdcage' and meeting the jockeys, owners and trainers in the winner's circle.

We are hoping to continue this popular annual event and we look forward to seeing all those lovely dresses again at Ellerslie next year!



A great turn out and a lovely venue.



The thrill of the chase.



John enjoying the day with staff and students.



Trackside at the 'birdcage' to watch The Rising Foundation featured race up close and personal.



Gideon goes off the grid!

By Gideon Rihari, Rosehill College Programme Coordinator

My time at Outward Bound was eight days long and packed full with activities and challenges. I was sponsored to do the eight day 'Connect Course' which is specifically meant for those working with young people. Although Connect is shorter than the Classic 21 day course we still got the full Outward Bound experience but with a little twist as we focused more on sharing our knowledge and experiences with each other, in order to improve our practice.

From the time of our arrival we got straight into things, starting with getting into our 'Watch Groups' and learning each other's names. I was in a group of ten called the Batten Watch named after Jean Batten. I ended up being the only male with nine females which was a challenge in itself!

Over the next four days we did awesome activities together: tramping, camping, kayaking down crystal clear rivers, sailing and rowing a yacht called The Cutter and exploring the Marlborough Sounds. We even swam with Hector's and Bottlenose dolphins in the middle of winter! Through these activities we were able to bond as a team, although there was a lot of physical and mental struggles, we pushed through together. We shared stories and experiences which helped us develop our skills as Youth/Social Workers.

After spending every minute with each other our watch leaders decided it was time for our 'Solos', which were two days and nights alone in the bush. This time is your own and you choose how to spend it. I found my solo time to be very calming. My life in and out of The Rising can become pretty full on at times. So it was good to get away from everything and just think, plan and reflect.

Overall the eight day Outward Bound experience was jam packed and physically demanding, yet a rejuvenating time which I thoroughly enjoyed being a part of. I have made positive relationships with likeminded people from all over New Zealand and gained some of their knowledge which not only helped my development as a youth worker but also as a human being. I fully recommend this course for anyone who is thinking of doing it!

Gideon (Far left) and his Connect Group in the Marlborough Sounds.

The learning never stops for our TRF Programme Coordinators. They are our ambassadors and our frontline workers. We value each one and we are committed to their ongoing growth and progress.



Many thanks to Drury Kiwanis Club for sponsoring Gideon on this excellent

adventure, we all benefit when the life of one of our team has been enriched in this way.



ISLAND ADVENTURES

By Feleti Lotulelei, Programme Coordinator for SEHC

On the 2nd of July, winter gave us a break from the usual miserable weather, allowing 19 students and four 'JB Graduates' a beautiful day of adventure around the Auckland CBD and beyond. We even had the opportunity to go zipping over the tree top canopy of Waiheke Island!

The purpose of this trip was to introduce our newest students to what being in The Rising Foundation can do for them. Through this trip, our 12 new juniors had the chance to meet their senior peers in the Rising, forging relationships through various tasks. One task was creating documentaries about the local wildlife (played by the senior students) at Auckland Museum.

Students then tested their confidence by trying their hand at busking outside Britomart Train Station. They were so impressed when another busker, who appeared needier than them, gave what little money he had. After this, the students decided to give the money they made to those who needed it more. This reinforced our theme of 'community'. Students said: "being from our community, we need to stop thinking about ourselves. By helping our community, we can make a big change in other people's lives". One of our students said this about her experience:

"...before we went to Waiheke, we did a little challenge at Britomart. Our challenge was to busk for money. We had to perform for the people, this was the most difficult thing to do. We sang, we danced, we rapped, but we still didn't get anything until three generous and caring citizens gave us \$25 in total. It was heaps of money to us, especially when we were there feeling awkward singing, but our hard effort paid off. Then we gave it away to people in need. Overall this experience taught us how difficult it must be for these homeless people to be living in the streets with absolutely nothing, so it warmed my heart to see the smile on one persons' face when we gave him some money. There's a saying 'the more you give, the more you get' and that taught us even though it's hard at times, it'll get better if you do better, work harder, and keep going".

After our stint in sidewalk entertainment, we travelled by ferry to Waiheke Island where we enjoyed the EcoZip Adventures Zipline over the native bush and vineyards of the island. The trip broadened the students' experience, and helped them see beyond South Auckland, showing them that there is a whole world out there for them to conquer. Some students had never been to Auckland CBD, and none had ever been to Waiheke Island before so the trip was a real eye opener. For most, zipping through the sky over such a beautiful place was something they will never forget.

Another student said this about her experiences:

"Our Junior excursion was an unforgettable experience that I was privileged to attend. We went to Waiheke, to their Eco Zipline. We were attached to harnesses and went down really long distance flying fox's. Going down the three zip lines was breathtaking and the views were extraordinary because Waiheke looked so exquisite with all the beautiful landscape. Going through the sky, I felt the most free I have ever felt in my life, like I could fly. I would like to thank The Rising Foundation for the opportunity they offered to us. Thank you".

Experiences such as this give our students new enthusiasm for life, they raise the standard of what is possible. Each had opportunities to bond on a different level from school and, most importantly, each returned home with lifelong memories and experiences with their newfound 'family' in The Rising Foundation. I would like to thank you all for your support that helps us to do what we do. Special thanks to Sam Allen and the team at EcoZip Adventures Waiheke, and also to Rod and Bev from Sport Connections Transport.



Windswept on the Waiheke Ferry.



The Eco-Zip Line. In one day our students spent time among some of the Auckland region's poorest and richest residents. (More photographs on page 9)

CAREER EXPO

In lieu of our winter camp we decided to host activities closer to home this year. Vodafone Events Centre was suggested as a venue and this led to the idea of pairing two very different experiences for our young people. A Careers day and an 'in at the deep end' White Water Experience! Well perhaps entering a raging river and entering the workforce for the first time aren't so different after all?

For some time now we have been developing relationships with a number of proactive employers, Industry Training Organisations and Tertiary Education providers. We see that there is a vital need to close the gap between the world of education and the world of work. We want to expose our students to all the employment and education options available and we want the business community to see The Rising Foundation Programme as a great source of quality recruits.

For years The Rising Foundation has been turning out honest, responsible, motivated and highly employable young men and women. We felt that a Careers EXPO would be a great way to get these two pieces of the workforce puzzle together.

We want to take this opportunity to thank all our excellent exhibitors who put a lot of effort into interacting with our students with activities including everything from haircuts to fruit cocktails, plumbing to CPR!

In between their white-water 'dunkings' and walks around the exhibition floor, the 175 students that attended warmed up on the professional basketball half court, kindly provided by our friends at **BetterWay** and of course the ever present sausage sizzle.

We have had some very positive feedback from the event. We hope to establish the Careers EXPO as a yearly opportunity for students, employers and trainers to meet and plan their futures together.

A very special thanks to Vodafone Events Centre, Wero White-water Park and the Trillian Trust for their hospitality and backing. Without their support this event would not have been possible.



Safety training with the brilliant Wero staff.



It starts off quite gently ...



... then it's all on! What a rush!



After a long day and their white-water adventure, all glad to be alive and in one piece.

There's Nothing like a Good Story.

Partnering with TSI to enrich our Programme

The Rising Foundation has the great privilege of having a firm friendship with **Ron Phillips**, author of the Splendora Trilogy, family therapist extraordinaire and teller of tall tales.

Ron has worked wholeheartedly and tirelessly for 30 years as a therapist in Northland and South Auckland with his unique brand of preventative emotional health work. Therapeutic Storytelling Intervention (TSI) uses stories as vehicles to deliver lessons in life and fundamental models for mental stability and healthy emotional development.

We have been so impressed with the impact Ron's 'Gem Journey' has had in the lives of some of our students that we have approached Ron with a proposal to take our collaboration to the next level. Three of our staff members are currently being equipped to facilitate TSI storytelling sessions and we hope to train all of our programme coordinators in the art of storytelling to promote better developmental outcomes for all of our students.



Ron Phillips interacting with our students.

We are also in the process of integrating elements of the Gem Journey into The Rising Foundation's five year programme so that we can reinforce the principles, models and cognitive frameworks that TSI promotes through our weekly themes and deepen the impact and add to the uniqueness of our work.

Check out Ron's website at: www.tsico.nz

RISING YOUNG LEADERS EXPERIENCE

Raising future leaders, is a vital part of the longevity and sustainability of any organisation. There is no success without a successor. This awareness enables us to keep our eyes open for the students showing genuine potential, who already have followers and who show themselves to be naturally capable of shouldering responsibility.

I don't know of another agency where all the frontline leaders have grown up as students of the programme - this unique requirement makes The Rising Foundation ever reliant on the quality of our training and the integrity and commitment of the young people we work with.

Our leadership experience took the whole team away from the city to the peaceful Coromandel coast, where we could focus our time and attention on just a few of our Year 12 and 13 students. The goal of these days was to introduce our future leaders to the concept of 'servant leadership' using our compassion and our followers' goodwill to direct change and seeing vulnerability at the door to relationship.

This was a great way to end a term where 'Community' was our theme. We all took the time to reflect on the importance of our individual willingness to engage with others if we truly want to see positive change in our families, schools and neighbourhoods.

"Discipline is just choosing between what you want now, and what you want most."



Using every moment for growth and learning.



Nature is a great teacher. A beautiful place!

Mother's & Daughters Retreat Weekend

TRF Pukekohe High set off on a weekend away from the 22nd -24th July to Rotorua. Five of our Year 11 students and their Mums came along excited for what was in store for them! On Friday we headed to Hamilton to get our nails done and a picnic at the Hamilton gardens.



Mums deserve pampering sometimes.

During our trip down to Rotorua, some of the Mums had expressed that they had never had the opportunity to get their nails done before and were so grateful for this experience. We arrived at the bach, introduced ourselves and clarified the purpose of the weekend trip- to establish a positive relationship with the Mums and create a space where Mums can spend some individual time with their daughters.

The first activity of the night was for each pair to create a poster or banner that represented their family that included the pillars of TRF. This was a good chance for students to articulate what the pillars meant to them and how they are applied at home.

On Saturday we went to Skyline Luge where we saw the competitive spirit from everyone! The weather did not hold us back for sure! An awesome first experience for many, with all thanks to The Rising Foundation for making this all possible. We ended our relaxing, adventurous weekend with dinner and a movie.

Quotes from two of our Year 11 students:

"I learnt to control my attitude because I sometimes swear a lot. I was grateful for this weekend to happen and to have some bonding time with my Mum. Thank you so much for the weekend it has been so good. I would like to say it had been a great experience away down in Rotorua. Loved it so much."

"I learnt how strong my Mum is. I enjoyed spending time with her. She is such a strong person and I didn't see that until the weekend away."



Tiare Matara, Programme Coordinator from Pukekohe High School leading the excursion to Rotorua. TRF recognises the value of supportive parents and our family oriented excursions are important opportunities for thanking those behind our students for their participation and loyalty to the goals their children set with us.

THE FOUR PILLARS OF TRF

INSIGHT

(Thinking Systems)

The ability to extract, grasp and internalise principles, develop higher moral reasoning and mature in emotionally healthy ways.

**KNOW
IT**

SYNERGY

(Collaboration)

The ability to function well within an established group while maintaining the identity and purpose of each individual.

**SHARE
IT**

INTEGRITY CREATIVITY

(Accurate Representation)

The ability to put values and principles into practice consistently and wholeheartedly in our daily life.

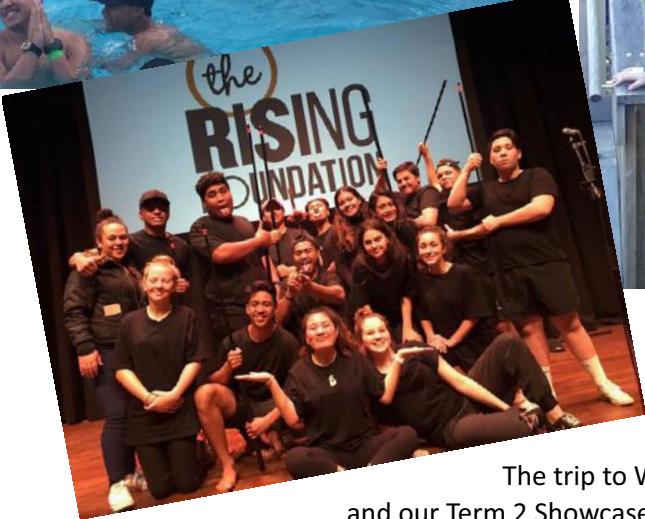
**LIVE
IT**

(Innovation)

The ability to continually develop new ways to express our values and principles for the benefit of ourselves and our community.

**SPREAD
IT**

Term 2 Excursions photo wall



Some great moments from the trip to Waiheke Island and Auckland Museum.

The trip to Waingaro Hot Springs and our Term 2 Showcase where TRF Rosehill College were the winners.



A Community of Friends of TRF

The Rising Foundation would like to acknowledge all Sponsors, Family Trusts, Corporate Businesses, Individuals, Local Businesses, School Trustees, Principals, School Staff, Families and our Community Trusts who sponsor students or have helped us to expand our programme. We have seen over 2000 students and their families and friends benefit from our work across the wider Auckland area.

Without your generous support and collaboration we couldn't do the work we do. Your help and support has enabled more young minds to shift their thinking into positive directions, more lives to be influenced for good, more honesty, more tenacity, more confidence, more responsibility, more hope. You have helped these wonderful young people set and meet their goals, embrace differences, expand their networks, understand time management, discover their capabilities, become more employable and much more ...

Thank you for choosing to support The Rising Foundation; we all truly appreciate it.

MAJOR SPONSORS



U n l o c k i n g Y o u r P o t e n t i a l