



NEWS TERM TWO 2023

John Bongard - ONZM CRSNZ
Board Chairman, The Rising Foundation

Hi everyone

Welcome to our end of Term 2 newsletter.

At this time of year during the term Donna and Diane have been very busy with the annual audit of our accounts and the publishing of our 2023 financial year Performance Report. Just a reminder that this report is fully audited by our auditors to ensure that the claims we make are absolutely true and factual.

I am delighted to be able to share with you the headline achievements of our students in the programme from the year under review. During the year we had 358 students on our in school programme spread over five South Auckland Secondary Schools.

TRF students achieved a 72% pass rate in NCEA results versus whole of school rate of 61%. This is an outstanding achievement given the extreme challenges that our students faced during the year. Based on internal year end surveys our students report their progress re qualities gained by being with TRF. 92% of our students gained confidence. 82% of our students gained leadership skills. 92% of our students gained self-respect. 89% of our students gained determination and 88% of our students gained purpose.

40 of our students achieved leadership roles in our schools from Head Prefects (4), Deputy Head Prefects (4), Prefects (10), House Leaders (5), Cultural Group Leaders (12) and Pasifika Council (5). From our 46 graduates in 2022, 9 have enrolled in university, 9 are enrolled in other tertiary training, 12 are in full-time employment and 16 are in part-time employment.

During the School Year through our Transition 2 programme we have assisted 35 young people into employment, 18 young people into further education, 55 young people gained Learners Licence, 39 young people gained Restricted Licence, 24 young people gained Full Drivers Licence, 7 young people have completed Defensive Driving Training, 142 young people have attended Drivers Licence workshops and 262 young people have attended a Careers Workshop.

Thanks goes to our talented staff who work tirelessly during the year to help our student cohort achieve these amazing results.

Keep safe everyone.

Regards
John



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the
RISING
FOUNDATION

SELFLESS SELA

Mālō e lelei, mālō 'etau lava ki he 'aho ni, ko hoku hinga' ko Sela Pohiva. Na'e fa'ele'i au 'i Long Beach, California, ko e Tonga au! Ko 'eku tamai mo'oni ko Sione Tu'i Talau Pohiva mei Neiafu, Vava'u pea ko 'eku fa'e mo'oni ko Viola Mafi mei Fotua, Ha'apai mo Matahau, Tongatapu, 'oku nau nofo 'i California, America. 'Oku pusiaki'i au 'e hoku mehikitanga ko Sela Loveday mo hono mali' ko Alani Loveday, pea 'oku ou ui 'a Sela mo Alani ko Mum mo Dad, 'oku ou nofo 'i Papakura, Auckland.

Mālō e lelei! My name is Sela Pohiva. I was raised and have lived in Papakura since I was five years old and I genuinely don't see myself living anywhere else. I am now working with The Rising Foundation as a Programme Coordinator at Papakura High School.

The Rising Foundation has been a part of my life since 2014. Over the last nine years I have transitioned from a student of the programme to a JB Graduate and now to a Programme Coordinator. The Rising has been a prominent source of support in my life, guiding me on a pathway of self-growth and igniting my passion for being of service to others, especially our rangatahi.

Coming from a very big family, I am number six out of 10 children with five sisters, four brothers and plenty of cousins. Within my group of siblings, I am an Aunt to 22 nieces and nephews. My 'why' (and my weakness) in life will always be my siblings and little cousins and when I see our youth, I think of them. We grew up with the pressures and strictness that come from being raised in a Pasifika household. I always tried to be the source of comfort, support and protection for my little ones. Now that I have gained more knowledge, experience and have the resources to grow and do more, I aim to do everything I can to support our youth from similar backgrounds today.

I am a massive advocate for mental health and well-being and aim to create safe spaces for our Māori and Pasifika communities, to bring understanding and promote personal and intergenerational growth among our people. Starting with serving the community that holds a very special place in my heart, South Auckland.

The Rising Foundation is a place where the support and growth never ends and I look forward to now being in amongst that, contributing to the support for our students.

Mālō 'aupito ho'omou fanongo mai kiate au. 'Ofa ke Tapuaki'i ki mou tolu 'ehe 'Otua. 'Ofa lahi atu.

RELATIONSHIPS

SYNERGY

Relationships are the connections we form with the people in our lives. This theme looks at important parts of healthy relationships. Our principles apply to every relationship, from schoolmates and workmates, to siblings, parents and future life partners.

We encourage our students to take a deep dive and look honestly at their motivations. There are really only two. If we choose to base our relationships on fear, we will limit what we can contribute to the connection and form cautious, unreliable, fragile, possessive and unfulfilling links with the people in our lives. However, if we decide to form relationships based on love we will do our part in forming strong, open, generous, gentle, compassionate, brave, uplifting and wholehearted connections with the people in our lives.

Of course, we understand that many of our students may have good reason to be fearful and cautious but we don't ever want them to think that that's the only way to view relationships. Over the five to seven years they are with us, we create a safe space for them to experiment with opening their heart and learning to trust, sometimes for the first time in their lives.

Here are some of the basic relational principles we promote in The Rising Foundation:

- We love each other as we are, but we love each other too much to leave each other as we are!
- We create a culture of acceptance, patience and respect.
- We think the best of each other, we don't assume the worst.
- We learn to avoid mocking and harsh criticism – we give what we want to get.
- We learn to set healthy boundaries and respect the boundaries of others.
- We learn to differentiate between healthy and unhealthy relationships.

Our workers know how pivotal peer relationships during the teenage years are in a young person's life. Our students are painfully aware of their dependence on the whims of others. A broken heart or a broken friendship can feel catastrophic and earth shattering, so maintaining friendships, at any cost can become an all-consuming need if no-one is there to provide a better way of thinking.

By giving good reasons and explaining clear consequences to poor choices in the realm of relationships we "future proof" our students and create a sense of confidence and hope for their long term relationships.

By providing a consistent and pro-social peer group in their school, we help to alleviate many of the relationship related anxieties our rangatahi face. This frees them up to mature and learn in healthy ways.

By modelling healthy adult relationships our team also provides an alternative to the kind of relationships some of our young people have been exposed to and would perhaps be destined to inherit without our compassionate intervention.

CAREERS EXPO 2023

Our schools are still recovering from a huge drop in attendance in the wake of lockdowns and the resulting staff shortages. In response to this, we have chosen to review and refine the list of industry exposure trips we attend, aiming to minimise the time away from class for our rangatahi as they navigated an already disrupted learning environment and give them “quality over quantity.” As a result, The Careers Expo 2023, held at The Cloud in Auckland, was one of our first career-based trips for TRF Work this term. Getting closer to the end of the schooling year, this was a great opportunity for our rangatahi to gain exposure to the different industries available to them. We were pleased to see that the students were able to come away from the Expo with more ideas in their head about viable future pathways.

EMPLOYMENT SEMINAR

We were fortunate enough to have AWF, New Zealand’s largest recruiting agency and “The Work Collective” come in and present to our rangatahi for version 2 of our Employment Seminar. As the year progresses, the amount of students going into part time work grows, making the need for events like this even more important. Having agency representatives come to us, allows us to create a safe environment where our students are able to ask honest questions about the reality of heading into the workforce. They also learn about their “rights” in the workplace. These employment seminars are an information gold mine for our rangatahi.





TRANSITION

meaningful work for our rising generation

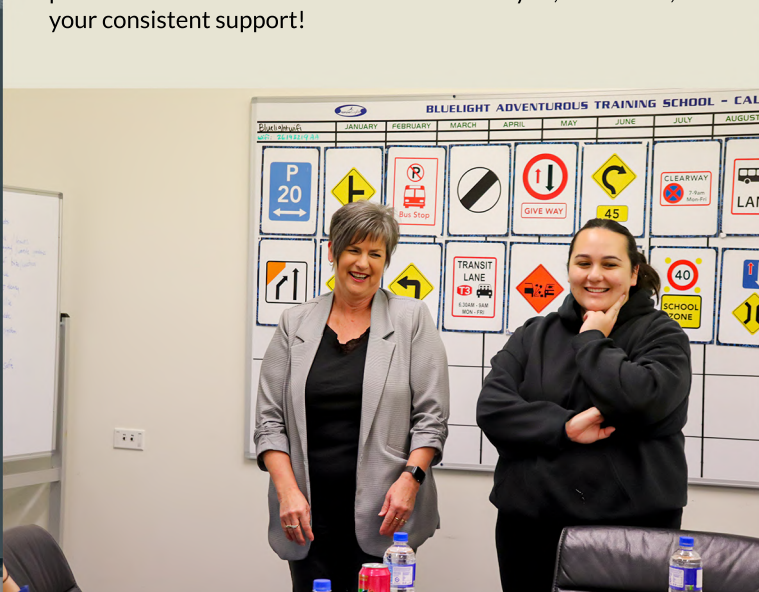
Let's get legal! June had seen TRFDrive chew through our second round of Learner's Licence and combined Restricted/Full Licence workshops. Seeing a total of 23 students prepared and supported by our friends at Te Ara Haepapa and Class 1 Driving School.

Learners Licence passes: Maria Alefosio, Norton Cullen, Joe Saurara, Cruz Harris, Tevita Latu, Tony Asafolilo & Moala Falevai.
Restricted Licence passes: Myra Tafa, Bronson Talapule & Ruth Solovi.
Full Licence passes: Kalepo Solomona, Klender Talapule & Lio Soolefai



Our total number of students and graduates who have gained a licence through TRFDrive workshops for 2023 so far is **55!**
That's a **96.3%** eventual pass rate.

Passing a Drivers Licence test may seem like a small achievement to some people, something they just need to get out of the way. For our rangatahi it's a huge step forward in understanding commitment, responsibility and opening up new job and travel opportunities. Generous support from The Harcourts Foundation makes these possibilities realities for our students. Thank you, Harcourts, for your consistent support!



SAMOAN LANGUAGE WEEK

‘Mitamita i lau gagana, maua’a lou fa’asinomaga’ which means
‘Be proud of your language and grounded in your identity’.

This was such a beautiful week where we got the opportunity to embrace and share our culture a little more to our communities. This year I was assigned the great opportunity and honour to be one of the staff in charge to lead our Samoan Language week preparations. Our weekly routine consisted of Siva practices, food prep, ava ceremony learning and also uniform prep.

Leading up to Samoan Language week the students had sacrificed a lot of time before, during and after school but they all agreed it was worthwhile. It was such a great week to witness the students and their families fully embrace our beautiful culture. The involvement of the school and TRF staff and all students was incredible to watch. It was also a great opportunity for me to watch my students through a cultural lens. The final challenge I left with the students, was for them to now transfer the same energy with which they embraced this celebration, into the classroom and into their academic achievements.

Sincerely, Ma le fa’aaloalo tele lava,
Faumuina Eddie Lepou





SERIOUS ABOUT YOUR COMMUNITY

A HUGE THANK YOU TO
TRILLIAN TRUST FOR
MAKING THIS
CAMP POSSIBLE.

TRANSITION 2

meaningful work for our rising generation

CAMP 2023

As well as the practical support we provide our young people, the Transition 2 team is tasked with allowing students to explore what it means to grow up as healthy young adults. Understanding this challenging transition can help set our young people up for success in all areas of life.

We set out to deliver a week's worth of adulthood fundamentals and skills for our Year 12 and Year 13 students in our Transition 2 Camp.

One important goal of this camp is to highlight the real problems we see crippling our rangatahi today. We present and model to our seniors how to avoid falling into patterns of behaviour that get them stuck. We encourage students to be aware of how adult choices, mean adult consequences too. It is a great responsibility to be an adult; we want them to enjoy their last moments of being a child/teenager before entering the grown-up world as workers, tertiary students, householders, life partners or even parents.

Monday, or our Taha Tinana day, focused on our physical well-being. We started with sports and Zumba, heading into the evening with introductions to "What does it mean to be an adult?", provoking real discussions (some quite heated) to up their thinking on the expectations and standards we have around adulthood.

Faa'fetai lava to our sister Jay for hosting our Zumba session. Thank you for bringing the energy and helping our kids be comfortable with their movements. Learning how to express your gratitude is a great skill and our students learn at times like this, followed up with a mean waiata. Our lovely Maia taught the group "Hutia Te Rito", which answers, "What is the most important thing in this world? The people, the people, the people." I think Jay really appreciated it.

Our wonderful partners, Julia and Eteroa from Fibre Fale, invited us along to visit Halter: The Future of Farming. A technology that allows farmers to shift cattle remotely, create virtual fences, optimise pasture use and actively monitor their herd through a cow collar and app combination. Students were able to tour the building, learning about each department's function and role within the company. Career exposure is a staple to our mission of bridging the opportunity gap for our kids. We are grateful to Fibre Fale for their ongoing support and partnership.

Tuesday evening, our team facilitated gender workshops leaning into relationships with self, with family, with friends and intimate relationships. Although we focus on the positive things we can do to contribute to a healthy relationship, we have to recognise that the other person in the relationship might not be doing these positive things. It is important to realise that "it takes two hands to clap" and that both people in a relationship are equally responsible for their own well-being. T2 is, in particular, grateful to our hard working JB Graduates who have a deeper relatability to our current students. Their advice is invaluable to the rangatahi.



"Unlocking Young People's Potential since 2009"
[THERISINGFOUNDATION.ORG.NZ](http://therisingfoundation.org.nz)



Bungee jumping has always been about facing your fears. We want to congratulate every student who jumped off the 40-meter Auckland Bridge Bungy Jump. This activity completes the leap of faith that we ask of them to take, as they enter the next chapter of their lives with confidence. Thank you to our brothers Jordan and Aviata for hosting workshops to gain perspective and understanding around our relationship with social media, their faith, phones and drug and alcohol harm reduction. Wendy also presented tangible, practical tips in money management. Our symposium is an opportunity for each person to articulate themselves and declare their future aspirations with clear communication. For some this is just as scary as bungee jumping, so we are very proud of each student who achieved this! We would like to thank Trillian Trust for funding this camp.





Student Comments.

"I feel like the workshops were a real eye opener for me because it was more of a reality check for me to wake up and make better decisions when it comes to being a young adult."

"Doing the symposium made me feel like I conquered a huge mountain"

"Bungee jumping was my favourite trip; if it weren't for The Rising Foundation, I would've never experienced it. It was new, and I felt that it built my courage."

"This camp helped me prepare for adulthood because we were treated like young adults so that we have a fair idea of what it's like to be an adult."

"I learnt that our phones have so much power over our generation."

"Bungee jumping was my favourite because it helped most people get over their fears."





SERIOUS ABOUT YOUR COMMUNITY

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CAMP POSSIBLE.

JUNIORS

CAMP 2023

Our annual Juniors Camp is always a time of great excitement for our students, knowing that they'll have the autonomy to lead, teach and develop synergy in their groups, as well as make a statement of their impact within each respective school. Such a camp requires a venue that provides all the space and vibe to match this excitement and no better place sprung to mind than Tui Ridge Park near Rotorua.

Although, due to the Matariki public holiday, our camp was shorter than usual, our planning team made sure to jam pack the time we had with relationship enhancing workshop content, ample individual school times and night time sports to make the most of the energy of our younger TRF members. Needless to say, our Juniors were spoilt with what we had planned and prepared for them. An equal balance of great laughter, memories and fun, mixed with significant learnings and in-depth reflections.

A stand-out highlight for me would be the level of workshop information retention that our students had, when reflecting on their learnings from TRF workshops. I attribute this to the caliber of content that is being delivered by our staff. It's truly amazing to see all the individual ways that our Juniors receive workshops. This comes from core TRF teachings, backed by hard research of our topic and illustrated by great life lessons and personal experiences.

Another highlight shared amongst our students and staff would be the skit night. Our students put their hearts on their sleeves when sharing the important message behind their skit. The beautiful harmonies from their songs, the energy and vibe from their chants and the elegance and pride in sharing their cultural dances in their groups. We got to see a huge range of gifts, talents and skills utilised that night, a sight that I'm sure instilled a great sense of encouragement and hope in the future generations of TRF students to come.



PAPAKURA
HIGH SCHOOL





I want to extend a massive fa'amalō to a few people: to our TRF staff who know how to get things done with class, our amazing JB Grads who voluntarily offer their time and energy, sacrificing leave from work to enhance the experience of our students. Our camps are only successful because of their great support. Fa'afetai lava Tui Ridge Park for providing such a magical place for our students. We love Tui Ridge so much that we've been back twice since our first camp there in 2018! Lastly, thank you to Trillian Trust for enabling us to do what we do! The biggest key to the effectiveness of our programme is in our camps and we cannot thank you enough for the opportunity to take these students away to unlock their potential!

Tū e leova i lo ta vā,
Aviata Tanielu





SERIOUS ABOUT YOUR COMMUNITY

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CAMP POSSIBLE.

WATCH THIS SPACE

We always like to keep looking forward and the stories here point to bigger things in our future. The seeds that we and our supporters are sowing now will keep growing and we will look back on this term as the start of something big, whether this is local investment in our work or resources that will soon be available to spread TRF values around the country.

WTG SUPPORTING OUR TRF STAFF

We are always impressed by the kindness and generosity of our sponsors. Recently Mr Ismail Waja from WTG (Working Together Group) and his daughter Aalayya visited our office to donate four brand new Lenovo ThinkPads for our staff based in schools and one for our office administrator.

Our staff love their new faster devices! WTG is all about 'community welfare' and it's great to see organisations banding together in South Auckland, for the greater good who take the time to identify and equip programmes that are making a change for our young people. Local support is becoming a vital part of our annual income, thank you WTG!



WTG | Working Together Group



THE GEM JOURNEY FAMILY PACK

We are excited to finally have the first advance copies of our Family Pack for The Gem Journey in the country. This is the culmination of a few hard years and demanding work behind the scenes, writing, editing, filming and developing to create something brand new and unique.

The Gem Journey follows the story of a young hero facing many adventures and challenges in The Land of Confusion. Parents, grandparents or caregivers present the 18 modules of the story and then the family discusses and learns from the themes together. Every family faces moments of conflict and tension especially families with teenagers! Now, with the help of the high quality, professional resources in our Family Pack we have a way to pass the wisdom and insights that hundreds of our TRF Students have benefitted from to New Zealand families.

Working with Ron Phillips (MFT) the author of the novel *Gem of the First Water* and founder of Therapeutic Storytelling Intervention International, we now have a pack that families can use to bring a fresh perspective and a healthy approach to their relationship and interactions at home. We will soon be launching a dedicated website to promote these powerful resources and we would love for you to join us in spreading the word to friends and family members, who are looking for a fun way to enhance their home life and deepen their connections with their children.



the FOUR PILLARS of TRF

INSIGHT

Thinking System

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

SYNERGY

Collaboration

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

INTEGRITY

Accurate Representation

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

CREATIVITY

Innovation

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

**KNOW
IT**

**SHARE
IT**

**LIVE
IT**

**SPREAD
IT**

the PARTING SHOT

We want to take a moment to honour the unsung heroes of The Rising Foundation, our wonderful front-line team. We have been through many changes and have had to weather some storms over the years, but we have grown and matured as a result. We have now created a great culture that sees new workers welcomed in and equipped but also supports our veterans to move on to bigger and better things when they are ready.

TRF 4 LIFE!



A COMMUNITY OF FRIENDS

The Rising Foundation would like to acknowledge all Sponsors, Philanthropic 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. During the thirteen years that the programme has been running, we have seen 2000+ students and their families and friends benefit from our work across the wider Auckland area.

Without your generous support and collaboration none of this would be possible.

THANK YOU FOR SUPPORTING THE RISING FOUNDATION; WE ALL TRULY APPRECIATE IT.

SPONSORS

Thank You!



"Unlocking Young People's Potential since 2009"
THERISINGFOUNDATION.ORG.NZ