

# the RISING FOUNDATION NEWS TERM THREE 2018

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Many Thanks

Hi everyone

Term 3 comes to a close, as our senior students begin to prepare for final assessments in their quest for success in NCEA qualifications.

The team enjoyed a tremendous Term 3 camp in Rotorua, reinforcing the important term theme of "**Emotions**". The next Term theme is "**Communication**".



As we begin to think about improvements in our programme for next year, my mind focusses strongly on reaching out to potential employees and potential tertiary scholarships for our students. The Rising Foundation is committed to preparing our cohort for life beyond school and of course this means we need to be actively focussed on ongoing tertiary education (where appropriate), apprenticeships/ training and job experience opportunities.

We receive great support from within the community especially from organisations such as **Skills Org New Zealand**. If anyone has any ideas or inside information re potential cooperation with companies or training organisations, then please pass on those contacts to us.

Please also note that our major fundraiser for the year is our **ELLERSLIE Race Course Rising Foundation Race day**. Please put in your diaries **Saturday 30th March 2019**. We will send out details of this event in plenty of time, for you to plan a great day out with us.

Regards, *John*

John Bongard, Board Chairman, The Rising Foundation

## Ari Arises!

Hey TRF family !

I'm Ariana Tupouto'a but everyone knows me as Ari. I'm 21 years old, half Cook Islander and half Tongan. I graduated Papakura High school and of course The Rising Foundation in 2014. My journey with The Rising began in 2010.

At first I was a bit hesitant and shy and was scared because I did not know what I was coming into, but with the help and support I was given by my mentors at that time, I was reassured that everything would be ok.



Unlocking Your Potential

Staying involved with TRF was my best decision ever. As a student on the programme, I grew in ways I didn't think I was capable of. I grew loads of self-confidence that would help me get through all the obstacles and personal struggles that life threw at me.

After graduating high school, I went straight to **Auckland University of Technology**, and those were definitely the longest and hardest three years of my life. Consistent hours of studying definitely became draining, but all I was thinking about was the prize at the end and so I pushed through.

Countless times I wanted to give up, but my family and my mentors from The Rising told me to persevere and keep on going.

On December 14th 2017, I graduated AUT with a

**Bachelor's Degree in Early Childhood Education**. It was one of the proudest moments of my life, and it has shown me that if you have a great support system and you put your mind towards something, nothing can stop you from achieving it.

I am now employed in Papakura, the community I grew up in, as an Early Childhood Teacher at **Kids Count Early Childhood Education Centre** on Kelvin Road.

As a JB Graduate, I am happy to come back and provide the kind of mentoring and support for the new generation of students, that I once received. I know as a student that balancing life and school can be a struggle, but with a good foundation from TRF you will be able to rise above any challenges that are thrown at you. Just like I have!

*Ari*

### Students from our five partner schools have been discovering a hidden treasure.

The history, and amazing achievements of a national hero contained in his very own family home. The Hillary House was moved to Otara and now sits as a leadership training centre on the grounds of Sir Edmund Hillary Collegiate. Groups of our top student leaders had the privilege of hearing the motivational stories and exploring the house that Sir Ed built and lived in, during the planning of all his great adventures.



There was lots to see and learn, students enjoyed sitting in Sir Ed's study and looking at all the items brought back from Nepal and reading through original newspaper clippings from the time of his climb to the summit of Mount Everest.



We wish to extend our genuine gratitude to **Robin Houlker**, Chair of the Hillary House Leadership Centre Trust and to **Bernadette Phillips** from Clearminds. You took the time to make us feel welcome and to inform and motivate the leaders of this generation through understanding the great heart and determination that it required for **Sir Edmund Hillary** to reach the top of the world.

Our students know that they have greatness in them and it was good to see them inspired by Sir Ed's story. He gained worldwide renown, and wisely used the recognition he received to highlight the needs of the people of Nepal. He established programmes that are still helping thousands find better health and education.







# OUR RUGBY LEAGUE CHAMPIONS!



We have been really excited to see how our Programme Coordinator, Feleti Lotulelei and a bunch of our TRF students have thrown themselves into their rugby league this year.

12 of our girls, coached by Feleti and joined by some school friends formed an amazing team. They loved playing together and were a great example of Synergy, one of our Four Pillars.

To their joy and surprise their hard work turned into a series of wins, until the day came when they beat Aorere College 30 - 8 to win the **SAS College Rugby League Girls' 9 a side Grand Final!** Congratulations! And well done for all your hard work!



(Above) Supreme effort in winning the victor's shield in front of a great Mount Smart crowd.

(Below) Special thanks to Feleti (Back Right) for going the extra mile and building this team of confident young leaders - both on and off the field.





# All for a good cause. Epic fundraising!

The Rising Foundation operates on the principle of providing a 'hand up' in life for our 250+ students. That's **'a hand up not a handout'**. Every student who participates in our programme, and enjoys the benefits of all we offer them, is expected to work to raise funds and pour themselves wholeheartedly into living life the TRF way. Our excellent group at Pukekohe High School (under the leadership of TRF Social Worker and Programme Coordinator Tiare Matara) is no exception. This term they held two record breaking fund-raisers and delighted their fellow students with their cooking skills and precision organisation.



As well as the sense of team and contribution, fundraising gives our natural entrepreneurs a chance to shine, boosts confidence and promotes our transformational work to the broader school community.



Two things always draw a crowd. The smell of steak and fried onions and the crunch of traditional fried bread, we sold out in minutes! We've started a Pukekohe tradition!



## FRONT AND CENTRE

We are all super proud of these two students: **Donnavyn** and **Pongi** from TRF **Papakura** for the amazing night they put on as Masters of Ceremony for the **Papakura Sports Awards** with **Counties Manukau Sport**. They rehearsed a 34 page script in their spare time and delivered their parts in a really professional and confident way. No one could replicate their charismatic personalities and they added real fun and humour to this special night. Awesome achievement guys!



We work hard behind the scenes to raise the running costs of our excellent programme. Will you partner with us?

Download the app  
and find us on ...



The better way to give

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# Unlocking Your Potential





# THE BIG ONE

## EMOTIONS CAMP ROTORUA



A Huge THANK YOU to Trillian Trust for funding this camp!

For the first time ever, this October we ran a single camp with students from all five of our partner schools. 115 students 17 volunteers and 7 staff and it was brilliant!

Tui Ridge near Rotorua provided excellent facilities and coped admirably with the numbers and 'enthusiasm' of our students. The days were jam packed with activity and adventure, interspersed with some brilliant '**expression workshops**' which gave our students new ways to process and express their feelings in creative and artistic ways.

Our theme for Term 3 has been **EMOTIONS**. This theme sits under the Pillar of INSIGHT and focusses on the awareness, understanding, expression and mastery of emotions. These are some of the most challenging tasks that the adolescent brain faces as it develops.

Our evening sessions were designed to inform and equip our students and a calmer and more reflective space and covered some of the deeper emotional experiences that we all must face in life.

Over the next few pages we hope to give you a glimpse of how great it is to be swept up in the life, action and challenge that characterises a TRF Camp.

You might think that hanging out with 120 teenagers might be a bit daunting? Not these teenagers, these are Rising students some of the greatest young people in the country and some of the brightest young leaders you are ever likely to meet.



TRF gives young people a solid foundation to launch their adult life from. A healthy, pro-social peer group makes a huge difference. At camp, good friends show us the way to be brave, have fun and be the best we can be.



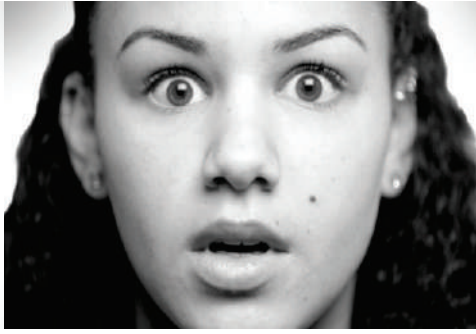


# UNDERSTANDING THE 8 FOUNDATIONAL EMOTIONS



**ANGER**

*I don't like this!*



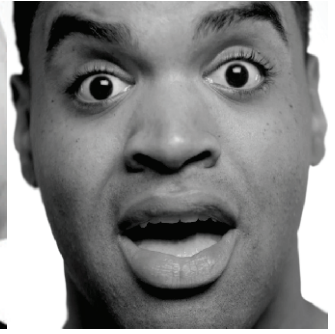
**FEAR**

*There's a threat!*



**DISGUST**

*That's not for me.*



**SURPRISE**

*That's new!*

Why take a whole term and a five day camp just to talk about **EMOTIONS**?

Think of the scary, erratic people in your life, almost certainly they have not learned to master their emotions. Now think of the safe, reliable people in your life, almost certainly they will have a better grip on their emotional responses.

Once you learn to master your emotions your whole life will feel more stable and calm. Adolescence is the best time to learn the skills of emotional mastery and acquire the capacity for self-control, that every successful adult needs in life, work and relationships. That's why we teach about emotions.

We have found that training our students on a theme during the term and then reinforcing those messages at camp, is the best way to ensure these insights 'sink in'.

Getting away from Auckland is a real treat for many of our students and we made an effort to encourage all of them to deliberately leave their stress and worry behind, to breathe the fresh air and let nature calm them during this camp.

We collected all their mobile devices and to their surprise they all survived for five days without Instagram and Snapchat. They did what every young person will do if they have absolutely no other option, they talked to each other and they listened to us, which was exactly what we needed them to do.

We took this window of opportunity to help our students recognise their **eight foundational emotions**, learn what they are saying to them and find ways to express them appropriately and effectively.

Our young people are smart, and they have all lived through some difficult days and harsh realities. We have learned not to try to tell them what to do. We are attempting to impart wisdom not knowledge. They can easily get more knowledge than they know what to do with, from Google.

Wisdom comes from living life well. We put it on the table for them and we respect their ability to take the wisdom they need today and own it. We provide the insights and principles that they need to come to their own conclusions.

At camp we spoke about becoming more emotionally available in an age where technology often separates and isolates us and entertainment replaces interaction.

We spoke about the nature and process of emotional responses and the purpose of particular emotions. We explained how our emotions can be mastered and can become excellent servants when we accurately interpret their 'reports' to us about the changes going on around us.

And we spoke about grief and loss, in all its forms, and how to go through the grief journey in a healthy and genuine way, which leads to healing and greater resilience in the end.



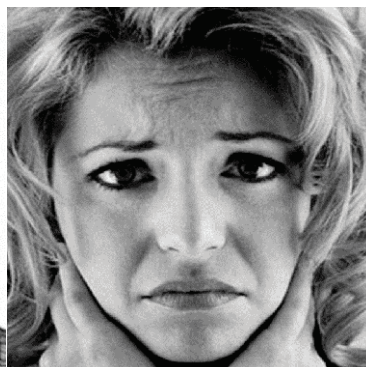
**ANTICIPATION**

*Get ready!*



**ADMIRATION**

*I can trust them.*



**SADNESS**

*I've lost something important.*



**HAPPINESS**

*I've got what I need!*

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# Unlocking Your Potential



# Slices of Camp Life

There was so much happening at camp! 12 groups of students rotating round a rolling schedule of 14 daytime activities and four more intensive evening workshops. We also squeezed in a Sports Tournament and all the rehearsals for their performances on our famous **Skit Night**, that showcases some of the cultural depth and amazing talents we have in TRF. The skits were also a great demonstration of how the students had absorbed the wisdom we introduced during the training sessions through the week. Each team's drama communicated something practical about mastering emotions in life.



From the top: Phoenix and Benny lead the popular Dance Expression Workshop, the sit down 'Gravity' dance introduced a style of emotional expression that doesn't come naturally for everyone. Bubble Soccer was a real safe release for any pent up frustrations! Ready for Dinner! The food was tasty and abundant, just the way we like it. A farewell Haka on the final morning to honour the Tui Ridge staff.



# LIVING LARGE

Knowing the difference between real, necessary fear and imagined, debilitating fear is an important step in the development of emotional self-control.

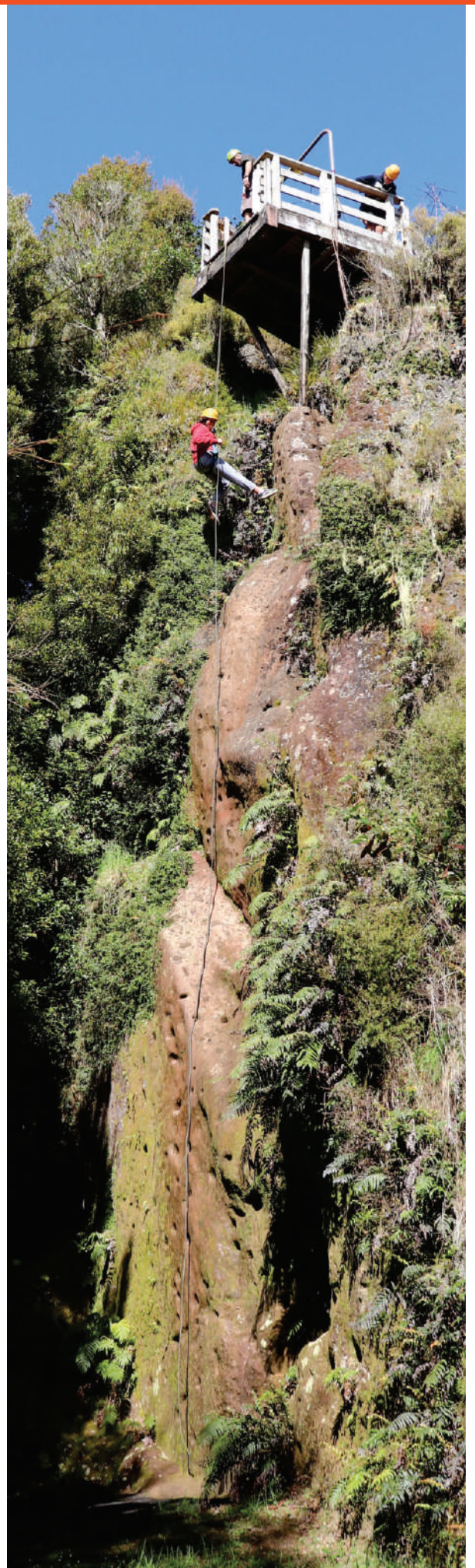
When you step over the edge of a 14m cliff, there would be something wrong if you didn't feel some healthy fear as your body and mind reports a genuine threat to your safety.

To feel that fear and overcome it with reassuring facts like: the rope is strong, the harness is sturdy and the instructor knows what he is doing, is an emotional health skill we all need to practice. If not we stay stuck in irrational, imaginary fears and we never achieve anything. Achievement builds confidence.



We all loved the big challenges that Tui Ridge had to offer. The giant swing was a great adrenalin rush and taught teamwork too. The flying fox off a mountain and the 14m abseiling cliff were great tests of courage and the mountain biking on some fairly challenging bush tracks were all favourites with many of the students.

Congratulations to our Tui Ridge instructors for their skill and patience in coaxing some of our more reluctant students to have enough of a go to feel that sense of accomplishment. Many came home surprised and proud of what they were capable of.





# GETTING ACTIVE



"And a 5,6,7,8!"



Joyful  
dancing



Concentration!



Better duck!



Height  
advantage!

Our TRF students have so much energy they need lots to do at camp. Lots of activity during the day left them ready to relax and reflect at night.



There are degrees of activity!



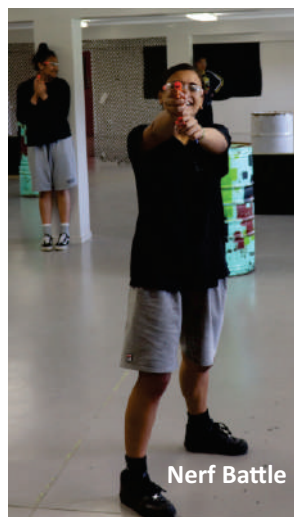
Phoenix leads  
Dance Expression



Tag! Maybe the oldest game on earth



No bubbles were harmed  
in the course of this activity



Nerf Battle



Archery Attack

Unlocking Your Potential



# The Art of Emotional expression

We had the great privilege of being joined on camp by visiting speaker **Lesley Kahn**, who added her passion and knowledge of art to the broad learning mix our students enjoyed at Tui Ridge. Lesley really put her whole heart into introducing our students to the colourful world of art. She showed how famous artists had used the hardships and struggles in their lives to add depth and passion to their work. Then Lesley gave the students the opportunity to create a painting that expressed something about themselves and the way they were feeling.

These evening Art workshops were a lovely contrast to the bustle of the day and there were real breakthroughs for many students, as they put their feelings onto paper often for the very first time. Students wept as they looked at their paintings and realised how much feeling they put into them, others had never picked up a paintbrush before but are now determined to nurture a hidden talent.

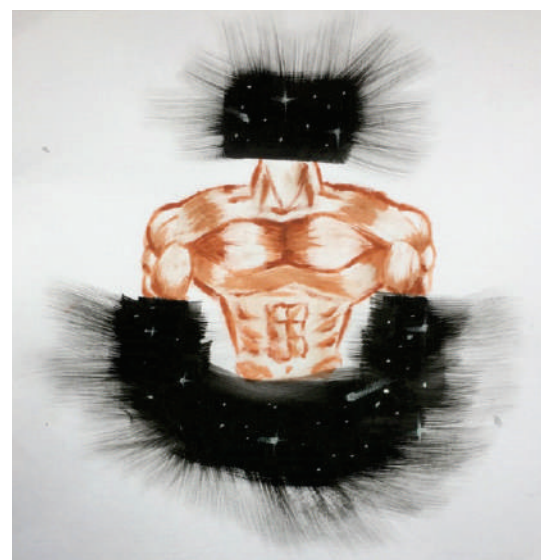
Thank you Lesley for fostering an atmosphere of creativity, respect and safety for our students to find a new side of themselves.



*My painting is about the emotions I have felt during this camp and how I love the nature at our camp. How we are surrounded by nature.*

*It's so beautiful and makes me calm, even when there is something going on, if you go outside and have a breathe and a break, it's the environment of nature that can change your emotions.*

**Year 9 Girl**



*"This shows how even though we may be strong or trying to hold in your true feelings, we need sometimes to relax and realise that we have a spot in ourselves that wants to be free and be in their own space where they can be themselves."*

**Year 12 Boy**



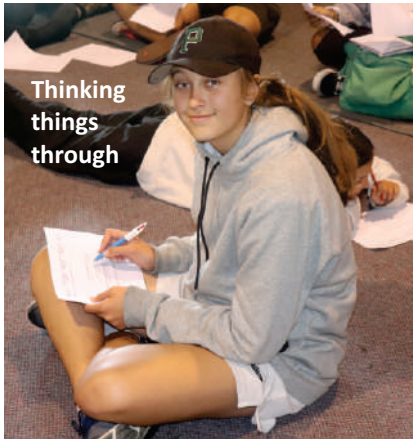
# MOMENTS AND MEMORIES



Cultural performances



Good friends



Thinking things through



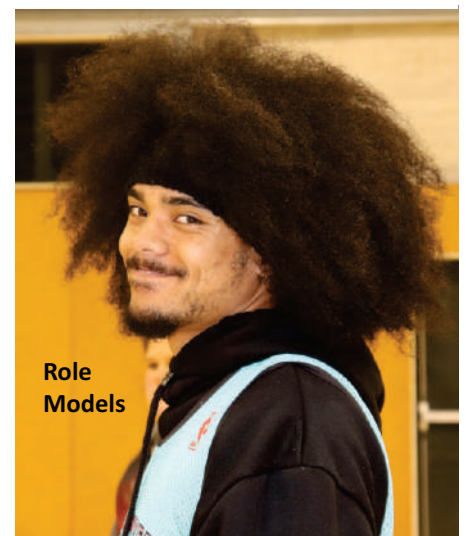
Recognising achievements



Classic skits



Leading with love, patience and humour



Role Models

## 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

(Accurate Representation)

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

LIVE IT

### CREATIVITY

(Innovation)

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

SPREAD IT

Unlocking Your Potential



# SING IT OUT!

## Student Quotes

Our precious adult volunteers, **Aviata**, **Aso** and **Fane** did an excellent job teaching our students how to express their emotions through singing. Music is possibly the most emotive and accessible of all the expressions we taught and their gentle and funny approach encouraged even the most bashful students to lift their voices.



The last night of camp is always special, but this time seemed especially appropriate as we all stood together and sang a song of hope and change in beautiful harmony.

"It is all right to cry." -Y9

"At this age, many teenagers are confused and don't know how to express themselves. I think this camp really helped with that." -Y10

"This camp gave me a release from everything. I learnt that you can have control over your emotions." -Y12

"Every camp I learnt more and more about myself that I didn't even know and that's the whole reason I love TRF." -Y11

"This camp helped me control my emotions and it taught me alot. Being CEO of my group really helped me be a better leader." -Y12

"...because I learnt that emotions are just reporting to you and you should not let them control you." -Y10

"It helped me to be who I really am and at the same time I think that I could help others" -Y9

## Dale Carnegie Skills for Success Course

For the second time members of the TRF Staff have benefitted from the tried and true wisdom of Dale Carnegie.

Programme Coordinator **Grace Kingi** from TRF Papakura High School, Programme Administrator **Donna Rogers** and General Manager **Alex Tarrant** all agreed that they had gained a raft of useful skill and insights from this eight week training.

It was also interesting to see that many of the values that we strongly promote in TRF were present throughout Dale Carnegie's excellent material.

This was also a wonderful opportunity to get to know more of our co-workers from **Second Nature Charitable Trust** and from our neighbouring charities at the **Momentum Hub**. Special thanks to our presenter, **Brett MacLeod**.



Thanks to David Comery and The Second Nature Charitable Trust for allowing us to be involved.



# MELE PARTING SHOT

## Mele's ticket to Antarctica!



Olympian Mike Dawson, Mele Fetu'u and Lana Kiddie-Vai. Photo credit: Newshub.

**Mele Fetu'u** a Rising Foundation student from Sir Edmund Hillary Collegiate, along with classmate **Lana Kiddie-Vai**, both 16, have been picked for a 10-day trip to the Antarctic Peninsula! "It's something I have never even thought of", Mele said. She will be kayaking among icebergs in the company of whales, seals and penguins. Its going to be awesome! Inspired by the antarctic adventures of Sir Edmund Hillary in the 1950's the trip has been organised by the **Antarctic Heritage Trust** who wish to conserve, share and encourage this spirit of exploration - the sense of curiosity, the sense of discovery and of challenging yourself.

Mele, along with Lana and five other students will receive expert kayaking training and will be accompanied by Olympian **Mike Dawson**. They leave in March 2019. Mele and her TRF family are currently fundraising to make this amazing opportunity possible.

## A Community of Friends of TRF

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 nine years that the programme has been running, we have seen over 1300 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 choosing to support The Rising Foundation; we all truly appreciate it.**

## MAJOR SPONSORS



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