



Fraser Taniwharau

2022





What's inside Contents

Leadership	7-13	Vocational Centre	54
Principals' Message	7	Hauora Centre	55
Senior Celebrations	14-29	Adult Community Education	56-59
Dux 2022	18-19	Student & Staff Profiles	
Proxime Accessit 2022	20-23	Matareu Toko	69
Key Fraser Groups	30-59	Tina Hillie Taylor	81
Hei Taniwha & Te Kaapuia	30-35	Gabrielle Williams	75
Aiga Tasi	36-41	DJ Paletua	99
He Puaawai	42-47	Marcus Ord	113
Sport at Fraser	48-53	Poutokomanawa	121
		Tangiora-Eketone	123
		Jackie Kara	123



Art Gallery	60-61	Senior Premier Basketball	108-109
Fraser High School News	60-128	Ei Katu Workshop	122-123
The Senior Extravaganza	64-67	Culinary Fare	124
Western Community Compost	72-73	Market Day	126-127
Rainbow Group	84-85	Staff at Fraser Photo	130-131
2022 Ball	86-89	Autographs & Time Capsule	132-133
Matariki noho	96		
NZ Sailing Trust	104-105		
Apollo Projects	106		







Virginia Crawford

Tumuaki o Taniwharau

**“Me ka moemoeaa ahau
Ko au anake
Me ka moemoeaa e taatou
Ka taea e taatou**

*If I am to dream
I dream alone
If we dream together
Then we will achieve*

Te Puea Heerangi

Firstly, I acknowledge and pay respect to the people that we have loved and cared about but have tragically lost from our Fraser Taniwharau whaanau. To their families, on behalf of the school, I humbly offer our deepest and warmest condolences.

I feel proud to serve and work with Fraser's staff, students, families and communities. Over the last 3 years, the humanity of our school community was never more evident than during the pandemic, and for the time that we are in right now.

The whakatauaakii from Te Kirihaehae Te Puea Heerangi is significant to Waikato Tainui, Ngaati Maahanga and to Fraser High School. It describes the importance of the collective energy, fortitude and spirit of the people to pursue their aspirations, goals and dreams. In our case, it is Fraser's collective: the school, learners, families, and our haukaainga, who will work together for our children's success and continued growth in their chosen pathway(s).

To dream together is to have hope for the future, in people, in ourselves, and in our children. Fraser Taniwharau will work to give effect to the dreams of our people, our whaanau, and our students by sharing our resources, lifting each other up, and meeting and overcoming challenges with shared solutions.

Our Fraser Taniwharau people will thrive and flourish when nourished and supported by our communities, in positive relationships and partnerships.

**Maaku anoo e hanga i tooku
nei whare. Ko ngaa pou o roto,
he maahoe, he paatete, ko te
taahuuhuu he hiinau.
Me whakatupu ki te hua o te
rengarenga. Me whakapakari
ki te hua o te kawariki.**

*I shall fashion my own house. The pillars
will be of mahoe and patete, and the
ridgepole of hiinau. Those who inhabit
the house will be nourished by the
rengarenga and strengthened by
the kawariki.*

Kiingi Taawhiao

This is a well known and important tongikura of Waikato Iwi. Kiingi Taawhiao referenced the period of the New Zealand Land Wars and the confiscations or raupatu which saw Waikato Iwi enter into a new struggle for independence, and reclamation of autonomy and sovereignty.

With the issue of Waikato confiscated lands unresolved, and faced with poverty, Kiingi Taawhiao spoke of rebuilding using the less well-known, more humble trees, and no matter what the British did, the work of the less known and humble people would hold fast against the British.

This tongikura resonates with our Fraser Taniwharau collective strength and responsibility for our children and school community. Our people are uniquely diverse and collectively we are a formidable force to build a community of powerful, and impactful agents of change, leadership and learning.

In the sometimes overwhelming waves of demands upon each of us, we may easily forget our purpose, and that we are not expected to do everything by ourselves. Often it may seem easier to focus on the dilemmas of the day, instead of lifting everyone to keep the vision uppermost. It is always about our children first, and our people.

May our entire school community have a safe, peaceful, and loving Christmas and New Year's.

**Kia hora te marino
Kia whakapapa pounamu te moana
Hei huarahi maa taatou i te rangi nei
Aroha atu. Aroha mai.
Taatou i a taatou katoa**

*May peace be widespread
May the sea be like greenstone
A pathway for us all this day
Give love. Receive love.
Let us show respect for each other.*

Student Leaders



Principals' Advisory Forum



Student Board Representatives



Ngaa Niho o te Taniwha



Aiga Tasi Council



Katelyn Widdicombe

Head Student

Ko Kurahaupo te Waka,
Ko Tawhitirahi te Maunga,
Ko Potahi te Marae,
Ko te Awapoka te Awa,
Ko Te Aupouri te Iwi,
No Te Kao au,
Ko Katelyn Widdicombe
tooku ingoa.

Procrastination has forced me to truly reflect back on my years at Fraser High School in just a short amount of time. When I think back on my journey I can honestly say that Years 11 and 12 were the most difficult years. COVID messed up my high school dream but I wouldn't change now for anything. **YOU are the one who controls YOUR path, not your friends, not your teachers, maybe your family but in the end it's you. What YOU put in, is what YOU get out of it.**

Some of the greatest support you will receive throughout your years of high school is from your teachers. Even though it may seem that they are

just always in your grill about attendance and grades, one of the greatest reasons they want to be a teacher is to see students grow, thrive and reach their full potential.

To the Year 11s; my advice to you is NCEA Level 2 is crucial. It'll open so many different pathways so don't slack! Try your very best, study hard and get good grades. **But on that note, have fun and make the most of your year because time flies by fast. Eighty percent of success is just showing up.**

To the Year 12s; you have made it this far already so why stop now? It's your time; it's your year! Stay close to your friends and your teachers because they will help you through the year, to reach your goals. Class of 2023, it's championship time; this is your break it or make it moment.

I am Katelyn Widdicombe, one of your Head Students for 2022, signing out!



Noah Smiler

Head Student

Kia Ora, my name is Noah Smiler and I am one of the four Head Students at Fraser high for 2022.

Maa whero maa pango ka oti ai te mahi. A whakataukii that refers to different people or groups of people cooperating and combining efforts to achieve a common goal.

My role here at Fraser High School has given me endless opportunities to create new relationships. I have strived to do my best. Throughout the year I have listened to and learnt from my peers — their support has helped me to develop into someone who leads by example, but I'm still learning.

I am passionate about rugby league. At the beginning of the year I changed from rugby union to league and I met a group of

people who I enjoy spending time with. I also love the game itself, when I play I know that it's something I want to be around for the rest of my life. Over my high school years, Fraser has supported me in my journey with league. An example was when Fraser allowed me to play for Tokorua High School at the secondary school nationals for league. At this tournament I was able to get exposure and place 2nd.

In my next adventure I plan to move to Australia for work as a welder or to play league. My camps in the next couple months will determine my decision between the two options.

I'd like to thank Fraser for support, both in and out of school — with sports, academics and my overall wellbeing.



Akansha Mala

Head Student

A year of extremes - loss, strife, and sacrifice.

When we came to school, we didn't leave our lives at the gates. Each day, we brought in stories to share, the hardships we were facing, and impatient questions that we didn't yet have answers for. We have ventured through obstacles. In this navigation, we have grown. Through our growth, we have received various learnings and acquired knowledge that has given us the ability to thrive.

This is a celebration of facing and often overcoming uncertainty. The fact that even through the unknown, you have shown up for yourself and gained an ability to adapt. You rested when you needed to, and you picked YOURSELF up.

There were times when we lost, and in this loss, we may have let others down. We learned to be better, and help others thrive by first being honest. Through our shared disappointments, we appreciate that we are still here.

In our connection, we in turn elevate those around us. We have contributed in many different ways to each other's lives, and individually, you have given your all to make it to where you are.

There's a mix of uncertainty and excitement for what is to come next for each of us but do keep showing up for yourself. Whatever this looks like for you. Deliberately seek happiness in turbulent times, because there are circumstances that will challenge you.

Be purposefully optimistic, because the exciting world is greater than doubt. What you feel is important.

The experiences you had here are important. The connections you had the heart to create, and the wisdom you acquired both in but especially out of the classroom, gives you the capabilities to only choose and be open to the riches the universe offers.

This is a celebration of our stories so let's never forget to celebrate.



Quinn Te Whare

Head Student

Kia ora, my name is Quinn Te Whare. This time last year, we didn't get to enjoy the ceremony of a traditional prize giving - even though Year 11s and 12s had a reduced award evening in term 3.

My experience as a new student at Fraser High School was challenging. There were certain things I was not used to. Transferring to a co-ed school like Fraser, I was taken by surprise with how different things were. ***I can gladly say that my transition to Fraser is one of the best choices I have ever made.***

Only a week into the year and I made new friends. I was introduced to some of the most amazing teachers and an amazing group of students who are supportive, loving and encouraging of anyone.

To the Year 11s and 12s of 2022: you are the next important part of the ongoing legacy that is Fraser. You have the chance to

make a difference, to bring the fun and life back into school that many of us missed in the last couple of years. Represent Fraser with pride, and be proud of where you come from. Fraser is a culturally proud school. We are known for being loud and supportive of our peers.

To continue the legacy of Fraser, I ask you to be yourself, be who you want to be, become a person you admire, a person known for something... anything!

I am grateful for the teachers who guide us, teach us, support us and awahi us, while they were also dealing with the stresses of COVID, and having to manage their own families and health.

What to do after COVID... move forward, move past your mistakes, don't hold yourself back from reaching your dreams, keep your head held high and ***lift your aspirations through the roof.***



***Senior
Celebrations***



Graduation with Honours

Ezra Aguilar
Yull Hanz Aguirre Gonzalez
Baki Asici
Ryan Bateman
Teegan Bennett
Kaidyn Brown
Hyrum Brown
Kristy Cao
Rebecca Clare
Oisin Cummins
Hannah Davey
Kirsten Degarnham
Rainier Duque
Kuraroa Funaki
Jack Green
Amelia Ham
Tina Hille-Taylor
Amber Hobbis
Addie Holmes
Noah Kirkby
Te Aroha Mei Kirkpatrick
Andrea Kosijer
Tiana Landon
Kyden Leenstra
Tara Lingard
Josiah Low-Schuemperli
Chaka Luki
Akansha Mala
Leah McAnnalley
Mugisha Mugisha
Amorangi Ngarongo
Ivonne Nitz
Marcus Ord
Nikaia Paama
Luca Palairat
Pakeke Peneha
Krishiv Prasad
Bastion Putu
Sadaf Safa
Noah Smiler
Tzar Smiler-Hapi
Nicholas Sullivan
Defpheny Sweet
Crystal Szanto
Kahlea Tau
Quinn Te Whare
Manasseh Timu
Libby Turner
Malele Utumapu
Alma Walmsley
Katelyn Widdicombe
Jenna Williams
Campbell Zander

Graduation Certificate

Nautica Abbott
Nadia Alikhel
Ethan Atwood
Neeve Baker
Chae Bennetto
Jason Birch
Turua Boko
Darren Cassidy
Mercedes Conroy-Wright
Bailey Couchman
Areta Cox
Oliver Cunnane
Brooke Davis
Aagam Diwaniyan
Eden Edwards
Tahlia Farrell
Morgan Garrett
Makayla Gribben
Saphyre Haine
Paige Hamilton
Harriet Harpley
Jarrin Ingram
Nikoia Itinimarewe
Te Ariki Johnston
Imtiyaz Jones
Tama Kereopa-Waite
Yashilta Kumar
Aarish Kumar
Fadi Lazar
Daimon Leilua-Paekau
Eva Ma'u
Wiremu Mahuika
Kimball Marsden
Denym McCarthy
Liam McLaughlin
Arphie Meera
Ak Min
Ebony Miru
Olivah Needham
Dashon Nikoia
Camille Owen
Mara Petero
Logan Polaczuk
Kate Pukepuke
Thomas Robinson
Reiley Samuels-Porter
Tanis Sommerville
Cody Staples
Mia Taiapa
Filipe Taufa
Arama Turner
Cole Watson
Sam Way
Kayah Wihongi



FRASER HIGH SCHOOL
Te Kura Tuarua o Taniwharau





Tara Lingard

2022 Dux

Fraser High School Year 13 High Achiever Awards

Distinction Classical Studies

Distinction Business Studies

High Distinction Food and Nutrition

Food and Nutrition Award Year 13

High Distinction History

Top Year 13 History Student

High Distinction Geography

Top Year 13 Geography Student

Graduation with Honours

The Rumney Family Trophy for the Board
of Trustees Student Representative

The Russell Cup for Dux 2022





Hyrum Brown

Proxime Accessit

Fraser High School High Achiever Awards

High Distinction English

Senior Oratory Trophy Year 13

High Distinction Biology

Travers Trophy for Excellence in Level 8 Biology

High Distinction Chemistry

Peter Hampton Award for Overall Excellence in Science Year 13

Top Maaori Academic Male

Graduation with Honours

Joint Proxime Accessit for 2022





Alma Walmsley

Proxime Accessit

Fraser High School High Achiever Awards and Scholarships

Senior Music Cup for Academic
Excellence

High Distinction Physics

A+ pass in a first year University of
Waikato Computer paper

King Cup for Best Piano Performance

Graduation with Honours

High Distinction Music

The University of Waikato Te Paewai
o te Rangi Scholarship for Outstanding
Academic Achievement to the value of
\$28,000

Joint Proxime Accessit for 2022





Kristy Cao

High Achiever

Fraser High School High Achiever Awards and Scholarships

Distinction English

High Distinction Tourism

Distinction Health

High Distinction Child Development Studies

Overall Excellence in Child Development Studies

The Dinsdale Lions Club Citizenship Award for reflecting the Lions' principles of liberty and integrity

The University of Waikato Ko Te Tangata Scholarship to the value of \$5,000

Graduation with Honours

Top Year 13 Tourism Student

Top Prize Winners



Thomas Gardner

Year 12 Awards

Distinction Biology - NCEA Level 3

Distinction Mathematics with Calculus
- NCEA Level 3

Distinction Physics

High Distinction English

Year 12 Excellence in English Cup

High Distinction Computer Science

The Horlor Cup for Excellence in Digital
Technology

Probert Award for General Excellence Year 12



**Jennifer
Linton-Brown**

Year 12 Awards

High Distinction Health

Top Year 12 Health student

High Distinction Mathematics with Statistics

High Distinction Food and Nutrition

Food and Nutrition Award

High Distinction History

Joint recipient of the John Quinnell Award for
Top Year 12 History student

High Distinction English

Morrison Cup for Academic Excellence Year 12



Jack McCoy

Year 11 Awards

Distinction Business World

High Distinction Mathematics with Calculus - NCEA Level 2

High Distinction Science

High Distinction English

High Distinction Computer Science

Top Computer Science Student Year 11

Kay Cup for Academic Excellence Year 11



Xiandreuk Gines

Year 11 Awards

High Distinction Physics - NCEA Level 2

High Distinction Chemistry - NCEA Level 2

Excite Trust Science Award for Top Level 7 Science Student

High Distinction Mathematics with Calculus - NCEA Level 2

Top Year 12 Mathematics Student

The Ian Edgerley Trophy for Comprehensive Excellence in Year 11

Kay Cup for Academic Excellence Year 11



Emma Walmsley

Year 11 Awards

Distinction Graphics

High Distinction Mathematics

Top Year 11 Mathematics Student

High Distinction Science

High Distinction English

Year 11 Excellence in English Cup

High Distinction Art - Painting

Award for Excellence in the Visual Arts - Year 11

Senior Prizegiving







***Hei Taniwha
& Te Kaapuia***







Hei Taniwha & Te Kaapuia

**“Maaku anoo e hanga I tooku nei whare.
Ko ngaa pou o roto, he maahoe, he paatete,
ko te taahuuhuu he hiinau. Me whakatupu
ki te hua o te rengarenga me whakapakari
ki te hua o te kawariki.**

I shall fashion my own house. The pillars inside will be of maahoe and paatete, and the ridgepole of hiinau. Those who inhabit the house will be raised on rengarenga, and nurtured on kawariki.

- Kiingi Taawhiao

Ki te uia mai koe he aha te painga o ngaa mahi Hei Taniwha? Teenaa paanuitia mai raa!

Hoki ake nei au ki ngaa pou o tooku nei whare, ko te mana, ko te whanaungatanga ko te hauora. Maa teetehi anoo teetehi, maa te katoa e tuu ai te whare e kiia nei ko Hei Taniwha.

Ki te paa atu au ki te pou mua ko too te mana o te tamaiti teeraa. Ko taa taatou he poipoi kia whakamana I toona anoo mana kia tupu, kia puawai ki toona ao.

Kia anga atu au ki te poutokomanawa ko te whanaungatanga teeraa. Ko ia te te pou e here ana I te whare kia pakari ai te tuu I te poo, I te ao. Ko teenei pou te manawa o te whare e hono ana ngaa waahanga katoa kia tuu maia.

Ka aro atu ki te pou muri ko te hauora teeraa. Naa te whakamana I te tamaiti, naa te kaha tupu o te whanaungatanga ka ngawari ai toona uru ki ngaa aahuatanga hauora moona ake. A-hinengaro, a-wairua, a-tinana, a-whaanau. Maa teetehi anoo teetehi, maa te katoa e ora ai te tangata I toona anoo katoa.

Nei raa ngaa pou o tooku whare, te whare o Hei Taniwha. Ko au ko tooku whare, ko tooku whare ko au, ko au ko Hei Taniwha, ko Hei Taniwha ko au.

In Hei Taniwha, there are three pou on which our whare stands, Mana, Whanaungatanga and Hauora. Everything we do connects back to these pou as we wholeheartedly believe that individual and collective success is built upon these.

Our kaupapa offers our aakonga an opportunity to grow their understanding of Maatauranga and Te Reo Maaori, as well as their confidence in living Tikanga Maaori in a variety of settings. This year, we have been extremely pleased with how our aakonga have engaged in the various opportunities presented to them, such as Turbo Touch, Kii o rahi, Kapa Haka, Puuhoro, Matariki Noho, Koroneihana, Poowhiri, Tuakana-Teina, our Careers Evening, Haerenga ki Rangiriri, Mercer, Pokeno, Production, Waka Ama, and many, many more.

Ka aakina te akonga Hei Taniwha ki ngaa pou e toru moo te ora o te tangata, te whaanau, te iwi.

Whakanui Celebration





Hei Taniwha Top Award Winners

Aroha Ki Te Tangata	Piper Maikuku
---------------------	---------------

Taatai Hono	Marcus Ord
-------------	------------

Te Mana Tuupuna	
-----------------	--

He Kai Kei Aku Ringa	
----------------------	--

Te Puawaitanga	
----------------	--

Tuia Te Muku Tangata	DJ Paletua
----------------------	------------

Taku Mana Maaori	
------------------	--

Mahia Te Mahi	
---------------	--

Taatai Hono	Addie Holmes
-------------	--------------

E Rua Ngaa Kiiwai	
-------------------	--

Te Ringa Manaaki	
------------------	--

Te Tuu Whakaiti	Ty Johnson
-----------------	------------





Aiga Tasi



AIGA TASI
ONE HEART, ONE MIND, ONE FAMILY



Aiga Tasi



FRASER HIGH SCHOOL
Te Kura Tuarua o Taniwharau

‘Aiga Tasi’ translates to ‘One Family’ and represents the many beautiful cultures of our students and families from the Pacific.

Aiga Tasi has grown abundantly since its establishment, from 62 students in 2017 to 165 in 2022. I have collected information from Aiga Tasi members through interviews, and their perspectives give us an idea of how Aiga Tasi has helped them throughout their life at school and at home.

Q1: How has being in Aiga Tasi affected your life?

A majority of the interviewees mentioned that being a member of “A1” or the Aiga Tasi programme has helped them gain a better connection with their heritage, and has given them a safe place to be who they are, without fear of judgement. A member of the Aiga Tasi Council said, “I am learning more about my cultural identity which gives me confidence to be proud of who I am and where I come from”.

Q2: What support is offered in Aiga Tasi for our students?

One strength of Aiga Tasi, which came up in all the interviews, is the positive relationships our students have with each other and our teachers. One student said, “My Group Tutor is more than a teacher because he understands me for who I am because he too shares my faith, my language and culture.”

I too have been blessed with many leadership opportunities in Aiga Tasi which have helped me develop my own character and made me more resilient.

Our A1 Student Leadership Group, also known as Navigators, help organise many different events and celebrations throughout the year, such as our Pacific language weeks. Although Aiga Tasi is known for its singing and dancing, there is a much deeper significance to it. I have been part of the Pacific Studies course throughout my 5 years and I have not only learnt more about my own Samoan culture and history but also about other Pacific countries. I am proud to have taken this subject as we as Polynesians have a rich knowledge that is just as important as other learning subjects.

I’d also like to share this experience from one of our Aiga Tasi members which summarises why Aiga Tasi is one of Fraser High School’s special treasures. A1 teaches us not only to be proud of who we are and where we come from, but also that it is even more important to know where we are and who we come from.

“As a Year 9 student, starting high school was scary for me. I was lucky enough to have some friends and family that were already at Fraser. However, I didn’t feel like I had a place. I wasn’t too close to my Pacific roots and didn’t understand there was more to me than just being half Palagi and half Tongan. I was placed in different group rooms throughout the school over my Year 9 and 10 years, where I was trying to find where I fit in.

As I turned into a senior, Mr Siilata gave me the opportunity to be a part of the A1 Group room. At first, I was hesitant, but thought I would because of my friends. This was the best decision I made as I entered a space that was built on foundations that felt like home. The warm feeling that was shown to me by the teachers made me want to make a change. They provided comfort, support and love through all the things I loved to do at school. ***They gave me a space to open up to be myself and strive to be who I wanted to be.***

The biggest thing I thank Aiga Tasi for is giving me the chance to engage and learn about the deeper meaning of being half Tongan. ***That I wasn’t only trying to create my own legacy but I was carrying on the legacy that my ancestors started many years ago.***

I became closer to my roots and learnt that I wasn’t the only one. That all my Pacific brothers and sisters were trying to do the same. The amazing opportunities Aiga Tasi gave to me shaped and guided me into the person I am today.”

Written by Tiana Landon (Y13)

Aiga Tasi “One Heart,
One Mind, One Family”

Celebration Evening





Aiga Tasi Top Award Winners

Aiga Tasi Top Overall Year 9 Female Student	Taumafa Tonga
Aiga Tasi Top Overall Year 9 Male Student	Kingston Smith
Aiga Tasi Top Overall Year 10 Female Student	Kowhai Popham
Aiga Tasi Top Overall Year 10 Male Student	Siakumi Fakavai
Aiga Tasi Year 11 Academic Award	Sani Lemaia
Aiga Tasi Year 12 Academic Award	Keira Landon & Cailyn Williams
Aiga Tasi Year 13 Academic Award	Hyrum Brown
Aiga Tasi "Spirit of Pasifika" Award	Filipe Taufa
Aiga Tasi Top Overall Senior Female Student	Tiana Landon
Aiga Tasi Top Overall Senior Male Student	Oisin Cummins





He Puaawai







He Puaawai

Young Parents Centre

He Puaawai is a school for pregnant teenagers and young parents who wish to complete their high school education in a safe, supportive and welcoming space.

We are based on the same campus as Fraser High School, and our students come to us from different kura all around the Waikato. Our amazing educators are passionate about supporting our community to thrive as learners and parents. We know that navigating the journey of parenthood, whilst also working towards NCEA qualifications, is an incredible juggle, and one we are so proud of our learners for committing to.

He Puaawai is special because it offers an opportunity to learn in a supportive whaanau atmosphere alongside other young parents.

One of the best things about He Puaawai is how our young parents support each other, and ensure that nobody feels alone. That solidarity and connection is powerful.

We are very lucky with the incredible resources we can offer our He Puaawai parents, such as a transport, access to our wonderful nurse practitioner onsite, an excellent childcare option at Campus Creche, as well as access to youth providers and community organisations, all of whom ensure our learners receive the financial and wellbeing support they need.

We are endlessly proud of the resilience our young parents show. They are waahine toa. Every day, this community breaks down the stereotypes about what we are frequently told it is to be a teen mum.

He Puaawai learners completely rewrite that narrative on their own terms, and replace it with their own stories of achievement, success, focus, purpose and love.

We are so lucky to work in a place full of so much joy, laughter and connection. Our He Puaawai parents and their babies inspire us everyday.

Despite the uncertainty of COVID, and the many disruptions in the earlier part of the year, 2022 has been one of positivity and growth at He Puaawai. We welcomed 5 new babies. It is a privilege to work in this special space, alongside such special people.

Wishing all of our young parents and their beautiful tamariki a safe and happy summer. You guys are our heroes. We are already looking forward to a new year with you, and all the magic, strength and energy that you bring.

“Maa te huruhuru ka rere te manu

‘Adorn the bird with feathers so it can. fly’

He Puaawai Graduate Testimonials



Siobhan
& Axl



I'm Siobhan. In May 2020, when I was 17, I had my son, Axl. In August 2020, I joined He Puaawai. I had left high school a couple of weeks after my 16th birthday. I worked at McDonalds for a few months before starting a hairdressing course, but then I fell pregnant and left due to pregnancy-related illness.

I attended He Puaawai for almost two years. I was a very broken solo mum who had no idea what to do with life except care for my baby. I had been made to think I had wasted so much of my potential because I had dropped out of high school.

During my time at He Puaawai, I gained my NCEA Level 1 and 2. I had endless support: gas and supermarket vouchers, supportive teachers, my amazing youth coach to support me with buying furniture for my house, and **a community that understood me, always having someone to cry to when life became overwhelming. I got my confidence back.**

In the time I attended He Puaawai, I finally cut my losses with my son's biological father, moved out of home and found a 2 bedroom house for my son and me in Waitomo. I bought a new car, and

continued to travel a 2 hour round trip every day, 5 days a week, to gain my high school education. Axl started at Campus Crèche when he was 3 months old, and still attends there today, although I have since left He Puaawai. Crèche has been just as supportive and flexible with Axl's new schedule, through winter illnesses, and beyond.

In March 2022, I had to break the news to Gill that I was leaving He Puaawai. I had been accepted to St John Ambulance to begin studying and working full-time for 6 months to gain my New Zealand Diploma in Ambulance Practice. Gill supported me immensely with the process of transitioning to this new phase of my life.

Since leaving He Puaawai earlier this year, I have gained my NCEA Level 3, completed my diploma in Ambulance Practice, and am now a full-time qualified Emergency Medical Technician for St John Ambulance. I have recently applied to continue my Paramedicine degree while working full-time. I love the challenge of my new role, and the sense of purpose in my job; I can't wait to see where it takes me.

Without He Puaawai, I wouldn't be in the position I am in today.



Cheyenne & Kaharoa



I was a part of He Puaawai for 3 years of my high school journey. Throughout my time at He Puaawai, I shared many experiences, learnt many new life skills and made an abundance of memories.

Thanks to the help of my whaanau at He Puaawai, I was able to attend my graduation with Kaharoa on my hip, graduate with Honours and achieve 3 scholarships.

Since graduating, I have started a new journey with my Waikato University family, working towards a Bachelor of Science degree and aiming towards becoming the first neuroscientist in my bloodline. I am also working as a supervisor at Blastacars in Hamilton, and have just found a new home for Kaharoa and me to begin yet another chapter in our lives.

My gratitude to all of my He Puaawai kaiako - Lee, Gill, Hannah, Ian, Riana, Pania, Sandie, Maxine and Karen.



Sports at Fraser







Sports at Fraser

Sports at Fraser this year has seen the return of multiple sports teams after the disruption of COVID, and students have been able to enjoy many different secondary school sporting events after a disruptive 2-year period. Joining a sports team at Fraser is an awesome opportunity for students to make new friends, improve their skills and experience a new sport.

Participating in sport strengthens students' well-being and helps grow their confidence and leadership skills.

A rising number of students opting for social teams over competitiveness is a contributing factor to the multiple teams we have within the same sports code.

Fraser High School is fortunate to have support that alleviates challenges so that our students can participate in a sports team: Apollo Projects Sports Sponsorship, 20 new pairs of football boots sponsored by Mark at Direct Group, 30 pairs of used sports shoes and boots were donated to the Sports Office by members of the community.

We would like to acknowledge all the volunteers who make our sports teams possible — our coaches and managers who invest their time and expertise into our students, our sideline crew of teachers and parents, and our current students and ex-students who volunteer as coaches or umpires. ***We appreciate all that you have done this year, you are absolute champions!***

Autemate Tuaiti, Sports Manager

Renee Rota-Muraahi, Sports Co ordinator

“Be yourself. Everyone else is already taken.”



Jenn Te Whare

This year we farewelled a long-standing member of our Sports Department, Jenn Te Whare. Jenn worked tirelessly for more than 10 years to develop a strong sports culture within our school, and a culture of pride in representing Fraser High School. She was dedicated to promoting not only sports, but also coaching. Jenn was often seen out and about supporting various sporting codes on the weekends and evenings. She helped numerous sports teams in their fundraising efforts to ensure they could represent Fraser at regional and national tournaments, and was the face of familiarity and comfort to many of our school's whaanau.

Jenn was the driving force behind our new Turf and the awesome sports uniforms worn proudly by our Fraser students almost every day of the week. Jenn has an awesome new position with Touch NZ as the Regional Development Manager. She will be missed and Fraser High School wishes her all the best in the next chapter of her life.

As one door closes, another opens and we would like to warmly welcome Autemate Tuaiti as our new Sports Manager, who who joined Renee Rota-Muraahi in the Sports Office. All the best in your new role, Autemate!

Sports Player Spotlight Profiles



Jessica Clear (on left)

What drives you and what are your plans in the future?

I play sports because it gets my mind in a positive and healthy mindset.

I have always been a sporty person and it's a part of my personality. Ever since I was a little kid I have watched rugby games with my dad. Earlier in 2021 I was introduced to a coworker who was a Black Fern. She taught me skills during work and it sparked my interest in rugby. I didn't know where to sign up or anything, but then I was told that Fraser was making their first rugby girls team since 2014, so I signed up immediately. My goal is to one day to play for Waikato and then Black Ferns. I feel like since I've started playing rugby I have been achieving more, and been very engaged with my sports career, and keeping myself ready for anything that comes my way. I wouldn't be the person I am today if it wasn't for sports.

How have you contributed to sport at Fraser?

I have contributed to Fraser High School in a positive way this year by helping out whenever I could to take on responsibilities. I have signed up for outside school umpiring for the primary school tournaments to help them have a good day. I have been positive and supportive to all the teams I play in plus adding support for my coaches.

What are your sporting achievements for 2022?

- Fraser Girls Rugby
- Fraser Prem Reserve Netball
- Fraser Premier Soccer
- NZ Waikato under 18s Harlequins, Melville Senior Women's A (Rugby)



Arama Turner

I have represented the school with a positive attitude and behaviour when participating in tournaments. I have upheld the school values of pride, respect and support of others I play with and compete against. My goal is to play overseas for either basketball or volleyball, or or get a D1 scholarship to a school in Canada.

Tournament Highlights:

U17 Waikato Basketball - Easter's and Nationals

Fraser High School Premier Basketball Team - Regionals and Nationals

Fraser High School Volleyball A team - Regionals

U18 HoopNation NOX

U19 Waikato A's - IPC Volleyball

Waikato Huskies Men's Development Team (Volleyball)

Invited twice to New Zealand Volleyball

Training commitments:

Basketball Premier - 2 trainings a day morning and night 2 hours each.

Volleyball every Monday and Wednesday hour and half each.

Fitness training running 3km every weekend for my warm up to do plyometrics (jumping program) for 3 hours.

HoopNation 3 days a 2 hours of scrimmage.

Waikato Reps Saturdays - 2 hour trainings/scrimmage.



Centre Vocational

“Carry on through the craziness in 2022”

What a year!!!

Rolling starts and online learning have been challenging for businesses, families and our students.

We have still been able to offer a variety of work-placements including engineering, joinery, retail, security and farming.

Students have been putting their best foot forward while gaining work experience. This experience has taught our students new skills and has helped a number of our students gain meaningful employment.

Visits from universities and polytechnics, both in person and online, have aided our students in their search for further career opportunities.

The Waikato Trades Academy is a great opportunity for our students and we hope to be able to give more students that opportunity next year.

Our Gateway class encourages our students to work on employability skills such as having a positive attitude, having good communication, teamwork, self-management, willingness to learn, thinking skills and most importantly having resilience.

We had some students participate

in the Outward Bound course in the Marlborough Sounds and, through their experiences, were able to learn a lot of skills. Their comments were that the experience was “life-changing”.

Assisting students with work experience, helping them find work or navigating through their career and study options is what we are about.

2022 was a stop and start year for our students. We believe 2023 will be better.

The Vocational Staff are humbled to be able to assist our students. We thank all the students for their great attitudes and commitment to make the most of their time while they are on their journey here at school.



Hauora Centre

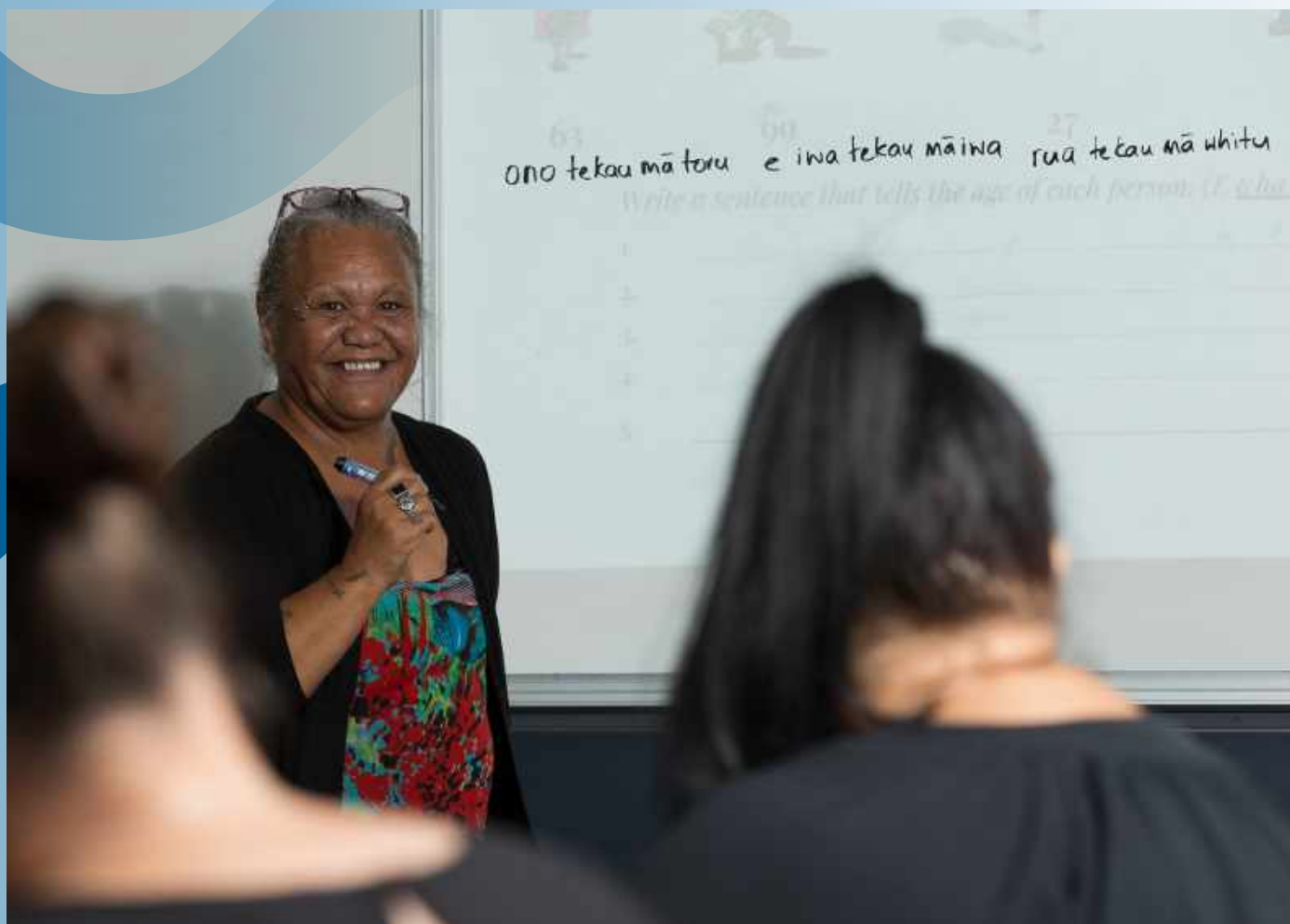
While the Hauora Centre tends to students' physical and emotional wellbeing, the staff in the Centre get so much out of engaging with our beautiful rangatahi. We enjoy laughing with our students, helping them in their recovery journeys, and supporting them as much as possible because they make us so happy.

While 2022 was another difficult year in terms of widespread illness of all sorts, so many students showed resilience and determination to continue as normal even though things were anything but normal.

We have seen many quiet heroes amongst our students who have shown concern for others and offered help and support in all sorts of different ways. Our students inspire us and make us want to do more and be more for them.

Ngaa mihi nui ki a koutou,

Hauora Centre Staff





Adult Community Education

Fraser ACE weathered some storms this year with another set of lockdowns. School staff and tutors have shown resilience and good humour, and we finished strong in Term 4.

We welcomed several new tutors this year, including a team of three amazing Te Reo Maaori tutors, who work collectively to deliver programmes at Fraser High School, Western Community Centre and bespoke workshops for organisations such as Tourism Waikato.

Our NEW courses included Vietnamese and Korean cooking, barista skills, cake decorating, two fabulous new art programmes, a music reading course, soapmaking, and raranga.

We also took a focus on wellbeing – launching programmes like Note2Self Wellbeing and Imagining Better Futures Through Storytelling. Popular new programmes ‘Rainbow 101’ and ‘The Big Qs’ help people who are exploring their identity or want to do more with diversity and inclusion.

We want to thank the fun and thoughtful Year 13 students who helped us out this year to fulfil their community service hours. We’d love to see more Fraser High students join us for the start of term in 2023!

Check out the team on our Fraser-ACE-Adult-Learning Facebook page, where we keep you up to date with short courses and weekend workshops.

Our full programme is starting in February 2023, and the classes are already filling up. Our wonderful community of learners are ready to take on a new challenge in 2023 and so are we!





Art Gallery *Find the artist & their work*



Saskia Elliott Year 12

Page 68



Emily Schriner Year 12

Page 98 & 128



Chaka Luki Year 13

Page 120



Sadaq Saqa Year 13

Page 94 & 95



Ashlin Dons

Page 120



Paige Hamilton Year 13

Page 74



Emma Walmsley Year 11

Cover



Noah Smiler Yr13

Page 134



Emma Mather Year 12

Page 80





The Junior Variety Show

The show must go on!

Despite sickness, COVID restrictions and isolations, auditions for the 'Junior Variety Show 2022' and 'Senior Extravaganza 2022' prevailed. We were excited to be dancing, singing and rehearsing! Rain, wind, sunshine or COVID. The show must go on!

The annual production is more than a few nights of entertainment for our audience. It is a space for our students to be part of something greater than themselves.

This space allows our aakonga to showcase their many talents and skills — from acting through to singing, cultural performance, dancing, lighting, or making the magic happen behind the scenes.

We applaud the resilience of our aakonga and kaiako, kaiako, who worked hard to bring a fantastic show to you.







The Senior Extravaganza

The Senior Production is always a highlight of the Fraser High School year! We are so proud of the performances from our talented students at the Senior Variety Show 2022. Each show was packed out with whaanau, friends, and schools from across the Waikato.

The production team worked hard to bring together an array of entertaining acts — featuring performances from six cultures, a range of dance from hiphop and kpop to jazz and ballroom dance, a special performance by the Girls Group Medley, along with popular duets and drama acts.

A huge thank you to all of the Fraser High staff and whaanau who helped make the show possible. Everything was taken care of from kai to costumes. Our students looked fabulous, and their confidence was undeniable!

“Being part of the production is like another family to me, everyone is so friendly and has a warm heart, and the bond we had is immaculate. We get to explore more about different cultures, and dance genres, and perform with amazing people. We also showcase our talent”

- Defpheny Year 13

“My favourite part about production was being able to be a tutor and teach people my culture. I also love watching those that have never performed before gain confidence, and being able to perform on a stage in front of people.”

- Malele Year 13

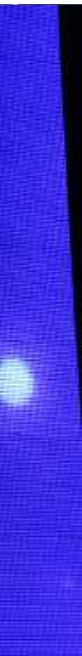
“Production really helped me bond with everyone. I got to know everyone more, and it helped me come out of my comfort zone.”

- Talmage Year 11

“My favourite parts of the 2022 production were being able to connect with people, become more confident in myself with the help of family, friends and teachers, learn about different cultures, and taking part in them, express my pride and happiness for the stages while performing.”

- Kahlea Year 13









Matareu Toko

Kia Orana Toku ingoa ko Matareu Reuyanto Toko, I am a full Cook Island Maaori born in Rarotonga Cook Islands but raised here in Kirikiriroa. I am 16 years old, Year 12, and the President for Aiga Tasi. I arrived in New Zealand being the only child, and now I am the oldest of five. My family, culture, school, and my belief in God are what have kept me grounded, and helped me become the person I am today.

I came to Fraser High School with low expectations. I was very stubborn, and had no interest in being at Fraser High. I was determined to apply for the Sports class but was encouraged to apply for Aiga Tasi. I had no idea what Aiga Tasi was, and never knew that it would cause a huge shift in me and give me the opportunities that I needed.

And what a shift it was. I took part in the School Productions 2021 and 2022, learned so many different cultures. I received many awards, became the Cook Island group leader, and am now the President of Aiga Tasi.

I was no longer shy. I had confidence that I never knew I had, and I was no longer afraid to be who I am.

Aiga Tasi has encouraged not only me and our students here at Fraser, but also other students from other schools to fully embrace, teach and learn about their cultures and to start programmes just like our Aiga Tasi.

I am passionate about being a leader so that I may carry on the legacy of the Aiga Tasi alumni. During my junior years the values of Aiga Tasi helped me become the person I am today.

In the next chapter of my school life I wish to help the juniors feel confident about their identity and to teach them the same values I was taught as a junior – to be proud, caring, and to treat everyone like family.



More than a Maths Teacher

Tarun Kumar is a mathematics and statistics teacher at Fraser High School. He is more than a teacher, and Fraser is proud to celebrate Tarun's other amazing contributions and achievements in our community.

Tarun has been the President of the Waikato Gujarati Sports and Cultural Association, and the Executive member of New Zealand Gujarati Sports and Cultural Association for 17 years (2003-2019). In 2019, Tarun was appointed as the Patron of Waikato Gujarati Sports and Cultural Association. Recently, the New Zealand Gujarati Sports and Cultural Association presented Tarun with the GOOD SORTS AWARD in Auckland recognising his contributions to sports. Tarun also represented Waikato Gujarati Sports and Cultural Association playing sports including soccer, table tennis squash.



WaiMaths 2022

This year the annual WaiMaths competition was held at Melville High School on the 10th of August. What fun! We had a great group of enthusiastic students, staff and caregivers join us for the competition. Although our Fraser team didn't place, the experience reinforced a valuable lesson for students, to understand and remember that competition is about more than just a win and a loss.

"Performance, mastery of skills, and sportsmanship are all vital components of the experience that do not hinge on beating an opponent. The benefits students have already received are mental and physical exercise, perseverance and determination, social interaction, and friendship." said Mrs Lou, Leader of Curriculum, Mathematics and Statistics.

Congratulations to the students who participated in this year's event, and thank you to everyone who showed their support to our students.




KORAKORE
Working towards zero waste



Western Community Compost

Fraser High School and the Western Community Centre have come together to create a Community Compost and Community Garden. We are excited to continue to nurture the soil and reap the harvest. Fraser High School's Green Team emptied 8 full bins of food waste into our Fraser & Western Community Centre compost. It is so wonderful to be diverting that amount of kai from landfill! A group of our Green Team students have been collecting collecting data about the amount of food waste and rubbish around our school, so that we can work on finding solutions to reduce this.

***Working together to create
compost and kai!***







Gabrielle Williams

Noo Poorana, Airani, Ingarangi me Kootirana ooku tupuna.

I whaanau ahau i roto
Tuuranga-nui-a-kiwa.
I tipu ana au ki Kirikiriroa,
kua 20 ngaa tau e noho ana
au ki Whaaingarora.

Ko Karioi te maunga
Ko Whaaingarora te moana
Ko Tainui te waka
Ko Waikato te iwi
Ko Gabrielle Williams ahau.

I am passionate about our earth - the people, the land, the water, the sky, the languages, the music. I always wanted to travel as a young person, as I was fascinated by different languages. I worked hard in hospitality as I travelled, and I'm so grateful for that experience. Although inspired, I was confronted by a common thread - loss of land and language. This affected me greatly which led me to return to Aotearoa to study Anthropology.

It is my hope that as a Food & Nutrition teacher, and as a Dean, I can expose young people to experience the gifts our natural world provides us with, so that they help to care for it, and inspire keeping indigenous languages and worldviews alive and thriving.

I would love to see our school have a huge food garden and kitchen, where we can learn about this whenua as the students and community grow, prepare and serve warm nourishing lunches, and sit and eat together.



Fraser Filmmaking

Students develop and project their creativity, learning how to entertain and influence audiences and communicate powerfully using media technologies.

Film making at Fraser is alive and well. It is important we tell our stories and showcase our talents and passions. Years 11 to 13 get the opportunity to make a film or short animation. Our film makers are passionate about storytelling. The students are creative as well as organised. What a combination of skills! Congratulations to all film makers - keep making films.



Work Experience Taster at Varda

A few of our Fraser students took the opportunity to enjoy a short 'Taster' course being offered by Varda Academy. They were able to experience first-hand what the beauty/hairdressing industry has to offer by trying out simple shampoos, treatments, braids, blow waving, and much more. They even got morning tea to enjoy. How awesome is that!



Quad Bike Practical Training

The Year 12 Agriculture class (group 1) completed a quad bike practical training course as part of their class curriculum. During this session they learned how to complete a vehicle pre-check, and how to operate a quad bike safely.



Vaiaso o le Gagana Samoa

This year's theme for Vaiaso o le Gagana Samoa - Samoan Language Week is Fa'aāuāu le Folauga i le Va'a o Tautai: "Continue the Voyage with Competent Wayfinders of the Ocean". This theme reflects the journey of language revitalisation and maintenance. It recognises the importance of having the right tools, good leadership skills, relationships and the correct medium (va'a) that is adaptable to faring the ocean and its elements.

2022 is also a significant year for the Samoan community, being the 60th anniversary of Samoa's Independence. We were very blessed to be hosting the Waikato Samoa 60th Independence Celebration here at Fraser High School throughout the Queen's Birthday weekend.

Samoa has a unique historical relationship with New Zealand. It is the only nation with whom New Zealand has a Treaty of Friendship. The Treaty is about a commitment to partnership, friendship and a mutual endeavour to obtain for Tagata Samoa fuller opportunities for social progress. Language is critical in achieving this.



Tongan Language Week

Aiga Tasi held a combined Tongan Language Week Celebration with our friends from Fairfield College and the Hon. Anaseini Tupou Veihola, the grandniece of the King of Tonga.



K'aute Pasifika

The Aiga Tasi Cook Islands Group performed at Nawton School, Woodstock School and the Whaanau Ora Programme for K'aute Pasifika in Frankton.



Emma Mather Year 12



Tina Mihipeka Hille Taylor

Kia ora I'm Tina Mihipeka Hille Taylor.

This is my final year at Fraser High School. Over these past 5 years I've found I'm extremely driven to help others using the opportunities directly and indirectly attributed to Fraser High School.

Having played an active role in the Principal's Advisory Forum, SADD, Rainbow Group, Enterprise in Action, Young Enterprise Scheme, Pride in Schools Week, FHS 2022 Ball, supporting 2023 leaders, FHS 2022 Leavers Gear, YES regional finals, Winning EIA Challenge 1 and more, and I couldn't have gotten half as many opportunities without the support from Fraser staff, students, friends, and last but not least my family.

I plan to keep working through my studies, and hopefully one day get a role where I am able to help others.





Young Enterprise Scheme

On Friday the 1st of July one of our Fraser High rangatahi, Tina Hille Taylor, travelled to Wellington for the weekend to work on projects, and business ideas that are capable of changing and improving the world.

Tina participated in the Young Enterprise Scheme (YES) Enterprise in Action weekend where she worked with 5 other high-achieving students from all over New Zealand.

Tina's first challenge was to create a business that solves the ever-growing problem of our disconnect. Their solution was 'Eco Camp', a marketplace for people to stay where they can pay with their own funds, or time and effort, to gain experience, learning, and reconnect with the environment and culture.

Tina's idea was presented to a panel of NZ Business entrepreneurs who, impressed with this innovative solution, awarded her group first place. The award came with an individual \$4000 university scholarship, a cash prize and further development opportunities.

Tina hopes to use this experience of working on social and cultural based projects to fulfil her passion of making the planet a better place for everyone.

Congratulations to Tina Hille Taylor on winning their scholarship!



Rainbow Group

Fraser's Rainbow Group runs twice a week, for students who identify as part of the LGBTTTQIA+ community, and supportive allies. It's a space where students can relax and be themselves, and talk about issues, improvements, and ways to celebrate our community.

This year, the Rainbow Group successfully petitioned for the inclusion of gender neutral toilet cubicles in C Block, giving our gender diverse students safe bathroom options while also keeping gendered options available. We also worked with the Uniform shop to find non-gendered ways to describe uniform items - Fraser's uniform has been non-gendered for several years but the labels in the shop didn't always reflect that. The Rainbow Group is grateful for the teachers

and support staff who help ensure Fraser is a place where LGBTTTQIA+ aakonga feel safe and welcome.

Our biggest celebration this year was Pride in Schools week, where students put together a programme of events to acknowledge and celebrate diversity. The events were complemented by an optional education programme that teachers could use during Group times.

We also love the rainbow pedestrian crossings that now brighten up the entrance to our school!

Me mahi tahi taatou moo te oranga o te katoa.





2022 Ball

A Night in the Moonlight Gardens

The mystical, magical night began with loud flash cars and an entranceway full of stunning dresses and cool suits - this was the Fraser High School 2022 Ball.

We send our congratulations to all our students who won a prize that night especially Bastion Putu and Mikah Standen for 'Ball Royalty'.

Students did their best pose in the Flash n Dash photo booth and enjoyed delicious kai from Mavis & Co.

Getting our students to break it down on the dance floor, documenting our night with all of the photos taken, enjoying each other's presence, and just letting loose was the year's highlight.

Big thanks to all those involved for making it a truly memorable night for Fraser High. One we will never forget!

***A Night to reminisce
In the garden of bliss.***

***Where the moonlight shone bright,
Amidst the semi-dark night.***

***Along with the friends
who went together,
They'll stay best friends forever.***

***While the music played out loud,
We danced as though we were
proud.***

***Of the students that attended,
Found the evening most splendid.***

***What a Night Fraser High,
Under the moonlight.***

- Kirsty Cao









Spanish Fiesta

Spanish students gathered in the Hall at Fraser High School for a vibrant celebration on Tuesday 1 November.

Spanish culture is an important part of the Spanish course here at Fraser, so we like our students to experience culture in an authentic way. The Fiesta was a great opportunity to show the students how the Mexican and the rest of the Spanish world celebrate their birthdays. No better way to do that than by breaking their traditional pinatas!

To make it more authentic, the Year 10 class had been working hard last Term, and did a fabulous job making all the piñatas. The students were so creative that we had a variety of cultural items and characters, such as Dora la Exploradora, Chilean Empanadas, Mexican Burritos, and a football. The students lined up in groups to break the different piñatas. Some were blindfolded, and they banged and banged the piñatas, until finally all

the sweets flew across the floor.

Another ingredient that could not be missed at the Fiesta are the delicious Spanish churros! We served 250 churros with caramel sauce, and the students absolutely loved them!

The Fiesta is a fun way to celebrate culture, and treat the Spanish students at no cost for the whanau.

Thank you to all the Spanish students that attended the Fiesta. You were incredibly well behaved and excellent helpers tidying up after the event! Thank you to the group of teachers who helped to make this a safe and successful event. To the Spanish students in 2023, I can't wait to have another fantastic year with you all and end it with a new Fiesta!

Sra. Cazalas TIC Spanish



Tourism EOTC at Velocity Valley Rotorua

Our Tourism 7 and 8 students were invited to go on a day trip to Velocity Valley in Rotorua for an educational experience outside of the classroom. The field trip was planned and pre-booked by REN (Rotorua Education Network), a provider of educational tourism packages for schools. The main purpose of the trip was to educate students about the business of tourism, and for them to understand the operations and work roles of everyday domestic tourism operators.

Four teachers and approx. 30 students took part in the various adventure tourism activities. The group departed from Fraser at 9:00am and arrived at Velocity Valley

Adventures at around 10:30am, where we were met by the tourism operators. Velocity Valley staff gave a presentation about the business before students tried out the adventure activities like Swheeb, Swoop, and Jet boating. All safety precautions were explained in detail and demonstrations given for students to learn from. Students had a great day at Velocity Valley, experiencing first-hand the popular adventure tourism activities, and learning how the business works sustainably.



Sadaq Saqa Year 13



In memory of Mahsa Amini 28.6.1401



Matariki noho with Hei Taniwha

Maanawatia a Matariki

Hei Taniwha celebrated Matariki in Term 2 with an overnight noho marae. As a roopuu we shared maatauranga about Matariki, and how it is known and celebrated by different Iwi. We had amazing kai together, feasting on haangi, crumble and boil up with doughboys. Tino Reka! We played games and spent time with each other, reconnecting as Hei Taniwha whaanau. We remembered those who had passed, reflected on the year that had been, and looked ahead to the coming year. After an early wake up, we even got to see Matariki rising as we stood around the umu kohukohu whetu, giving Taramainuku a morning gift of kai.



Museum Trip

In Term 2, we studied Waikato Te Awa and used the Moteatea 'Waikato Te Awa' as the foundation of our curriculum and learning. On our haerenga (journey), we stopped off and explored the water quality of the awa, the history and whakapapa connected to the awa, and the well known whakatauki, "He Piko He Taniwha". We learned about Te Kiingitanga and Tuurangawaewae and the connection to Te Puea Heerangi.

Part of this haerenga involved us growing our connection to the awa by exploring 'Katohia He Wai Moou, Katohia He Wai Mooku'.

On Friday 27th May, aakonga (students) from Te Kaapuia went on a haerenga ki Te Whare Taonga o Waikato (the Waikato Museum). There we were met by four amazing kaiaawhina (assistants). They led us through the different art pieces from the start of the awa at Mount Ruapehu to Te Puuaha o Waikato (Port Waikato). They emphasised the relationship between the artworks by Tainui artist Fred Graham and te awa o Waikato. Aakonga saw how art, maatauranga and whakapapa could be woven together. We thoroughly enjoyed seeing magnificently formed art pieces with depth and meaning behind them.

***Katohia He Wai Moou,
Katohia He Wai Mooku***





DJ Paletupa

Ko Te Ramaroa tooku maunga
Ko Pa te Aroha tooku marae
Ko NgaPuhi te iwi
Ko Te hikutu te hapuu
Ko Ngatokimatawhaorua tooku waka
Ko whirinaki tooku awa
Ko Hokianga tooku Moana

Kia ora e te whaanau my name is DJ and I am a Year 9. I am part of Hei Taniwha and Tau Iwa Te Kaapuia Hub.

During the end of Term One, I was introduced to the Hei Taniwha whaanau, and I can't lie, at first, everyone and everything scared me. But later, I got to grow my confidence with everyone and join in activities, like Kapa Haka and volleyball, not only that, but I've been able to grow a strong connection with my classmates and teachers in Hei Taniwha.

Some highlights I have from this year is going on a trip with my Te Kaapuia classmates to Rangiriri, Maungatawhiri, Pokeno (not just for ice cream), Koroneihana and the Waikato Museum. I also enjoyed our Matariki noho. The power going out was the funniest part because the food was still cooking and we had to eat the potatoes and kumara when they were still not cooked properly. I have also enjoyed being a part of my volleyball

team. I have had fun playing the games, meeting new people and being in the team. I'm proud of where my team is in our league.

Something I have enjoyed is watching myself and others growing our understanding of Te Reo Maaori and learning more about our New Zealand history. I enjoyed it because it gave me an understanding of what it was like back in the olden days. Another thing I enjoyed is doing mau raakau with my classmates.

I'd just like to say I've had a great time in Hei Taniwha and I'm looking forward to my next four years here. Going into Year 10, I hope it will be a good year. ***I hope it brings more people for me to meet, more maatauranga for me to grow in and more opportunities for us all to enjoy together.***

Noo reira, teenaa koutou, teenaa koutou, teenaa koutou katoa.



Titus Proctor

at Knees of Fury

Congratulations to former student Titus Proctor for claiming victory at the Knees of Fury 86 event on the 23rd of July. This is a prestigious New Zealand Muay Thai Boxing event. Titus fights out of Tihipuke Muaythai (TMT) in Hamilton.

Chris Malone, Titus's mentor, mentioned how great this achievement is:

"Very proud of Titus Proctor, a past pupil of Fraser High, who claimed a huge victory at the recent Knees of Fury event. Winning an event like this was a goal that Titus set while at school last year.

It is fantastic to see his hard work and dedication pay off. Titus has always shown grit and resilience against the odds; looking forward to seeing more success from this determined young man. It was a privilege to mentor Titus during his time at Fraser"



Tough Guy & Gal Challenge

On Friday the 1st of July, the Year 13 PE students took part in the Secondary Schools Tough Guy and Gal challenge in Ngaaruawaahia. This involved completing a 6km mud run within a given timeframe. This event is part of one of the Level 3 PE Achievement Standards, and the event is NZQA accredited. Our students stood out from the rest, dressed in their high visibility vests. They represented Fraser with pride, and had a great time slipping and sliding their way through the course. Our students performed very well, with a number of students achieving Merit and Excellence grades.



Fraser Force

In-line Hockey

In-line Hockey has been played at Fraser for many years and our players have represented our school at both regional and national. This sport is fast-paced requiring skill and agility. It is a version of Ice Hockey, but played in an indoor rink, using in-line skates.

In Term 2, our inline Team Fraser Force came together ending the COVID hiatus. The team consisted of Eden, Ryleigh, Dylan, Addie, Nick, Campbell and on occasional Sev. This term was a learning curve for our newer members. With each training session, our new skaters gained confidence. The end result saw our team place 3rd in Grade 3.

In Term 3, our team numbers fluctuated due to illness and injuries, but everyone gelled well and we had a number of stellar performances during this term. The final games of Term 3 resulted in the win which put us into 1st place in the grade. This win resulted in us being promoted to the next grade.



Fraser Premier Netball 2022

This year saw the return of the much anticipated UNISS tournament. We took a team of 10 determined students ready to showcase their talents. Without the opportunity to play in a tournament over the last few years, only two players had experience playing in a week-long tournament.

At the UNISS tournament many memories were made, challenges were faced and conquered, lifetime friendships were formed, and new skills were learned. Midway through, we lost two key players to injuries, but the team put up a good fight to finish the tournament, placing 18th in their grade of 32 teams.

Our team now has tournament experience and we are looking forward to competing on our home soil in Hamilton for UNISS 2023.

A special mention to our captain Chakana Armstrong-Briggs. Chakana has played in the Fraser Premier Netball team since she was a Year 9 student and was the only member of the team who had been to UNISS. We will miss her knowledge of the game and her leadership.

Thanks to our team: Chankana Armstrong-Briggs, Ella Clarke, Ness Titoko, Ella Houghton, Kitana Marshall-Leef, Shynnara O'Brien-Pari, Nikaia Paama, Emma Peat, Cori Solofa, Danielle Taylor, Coaches Michelle Paama, Renee Rota-Muraahi, and Christian Waretini. You all represented Fraser with diligence, pride and excellence.





NZ Sailing Trust Sailing Trip

Five days on board Sir Peter Blake's Steinlager 2 presented a range of new challenges for a crew of Year 10 and 11 Fraser High School students, sailing all over the Hauraki Gulf on an amazing learning adventure. And the end result - teamwork, self-confidence, and learning that "you can get along with different types of people".

"Which side of the boat is port...left or right?"

"What's the difference between a clove hitch and a bowline knot?"

"How does that vacuum pump toilet work?"

"No Maccas for a week; are you kidding?"

"We're gybing?... I thought we were tacking"

"Morning swims are when?"





Apollo Projects Sports Grant

In 2022, a number of Fraser High School students received funding from Round 1 and Round 2 of the Apollo Sports Grant. More than \$10,000 has been awarded this year. Congratulations to the student recipients.

The sponsorship that Apollo Projects has offered Fraser students is \$24,479.00 per annum. The focus of Apollo Projects' sports' sponsorship is to support students to access sporting opportunities that they might not otherwise have access to due to financial constraints. Thank you Apollo Projects for supporting our rangatahi!

Scholarship Recipients

Ropata Turangi-Joseph	Raiha Hepi	Denym McCarhty	John Lee
Ezra Aquilar	Tylah Matthews	Iverson Harris	Joseph Harpley
Arama Turner	Caprice Beets	Chaka Luki	Kingston Kaka
Devante Matchitt	Matthew Mclean	Aj Lulu	Fabian Toko
Tre Kaiapa Frederick	Evans Dashon Nikoia	Ipu Lulu	Siakumi Fakavai
Israel Pemberton	Talmage-Jay Matenga	Ben Tini	Lincoln Leenstra



Tania Dalton Foundation Scholarship

The Tania Dalton Foundation welcomed the arrival of twelve new deserving recipients for its scholarship programme. Our very own Fraser High School student, Tiana Landon, was one of 12 scholarship students to be awarded a scholarship in the class of 2022. The 2022 recipients join 49 young talented sport women across New Zealand.

The foundation, created in honour of the sporting legend Tania Dalton, supports young New Zealanders from all circumstances and stages of development to unlock their potential and their best selves. The Scholarship Programme honours Tania's passion for supporting young women in a range of sports. The three year programme provides financial support, mentoring, and personal development workshops to 12 talented and deserving young sports women each year. Each recipient is paired up with a scholarship partner who has provided the financial support for the programme.

The ultimate goal of the programme is for these young women to then 'pay it forward' and contribute back to their communities, and continue the legacy for future generations.

***Guiding young women to lead their best lives,
inspired through sport***



Senior Premier Basketball returns to Nationals

In 2022, the Senior Premier Boys' Basketball team returned to the National Competition for the first time since 2018. It was a challenging road to get there but an exciting opportunity for many of our team to experience basketball at a national level for the first time. A lot of hard work went into ensuring the team was well prepared for the high calibre of competition they were to face, and we were privileged to have had the expertise of Mr Kazlo Evans Snr to guide the team. We are excited to continue on this journey in 2023 and hope to return to Nationals once more. Our trip to this year's Nationals would not have been possible without the support of the Apollo Projects Sports Grant. We have been grateful for the support of the wider community as we embarked on our basketball journey.





IVF Va'a World Sprint Club Championships 2022

This year, alumna Destiny Hope Moke represented Aotearoa at the IVF Va'a World Sprint Club Championships 2022, London. What a huge feat it is to compete on an international stage, let alone earn medals of success! Congratulations to Destiny and her fellow team members who won gold in the V6 1500M, V6 500M and V12 500 sprint races.



Junior Boys' Volleyball

The Fraser Junior Boys' Volleyball team has revealed themselves as a force to be reckoned with, excelling in a Tri-Schools tournament on Auckland's North Shore. Although they finished with the same sets for and against as Rangitoto College, they ended up second overall due to their narrow loss to Rangitoto, 2 sets to one. Fraser beat Rosmini College easily 3-0 while Rangitoto dropped a set to their Shore rivals.

Volleyball was definitely the winner on the day - our boys were outstanding ambassadors for the school, with both sets of opposition coaches and parents remarking on their exceptional sportsmanship, and positive attitudes on and off the court.



Fraser High School Premier Mixed Touch team

The Fraser High School Touch team have been preparing for the NZ Secondary Schools Touch Nationals which will take place in Rotorua from December 9 – 11. The students are really excited after last years National tournament was cancelled. The team is supported by an amazing Coaching staff that includes two ex Fraser students and two current Teachers.



University of Waikato Secondary Schools Kilikiti

Our Fraser Senior Boys and Girls teams competed against 6 other local high schools in the University of Waikato Secondary Schools Kilikiti Tournament.





Ord Marcus

Ka timu te tai ki tai, ka pari te tai ki uta,
Kaarohirohi te wai o Waipaa e teretere nei,
Ka tetee a ngaa niho o te tipua,
He tipua nuku, he tipua rangi,
Ka puta ki te wheiao, ki te ao maarama,
He mana tuupuna, he mana tangata,
Tiihei, mauri ora!

Ko Raakaumangamanga te maunga,
Ko Ipipiri te moana,
Ko Ngatokimatawhaorua te waka,
Ko Te Rawhiti te marae,
Ko Ngaa Puhi te iwi,
Ko Ngaati Kuta, ko Patukeha ngaa hapuu,

I whaangai au ki te whaanau o Wihongi,
Ko Marcus (Koro) tooku ingoa.

I have a deep passion for Te Ao Maaori. My passion was ignited by the amazing Whaea Pania in Year 9 te reo, and since then, the flames of my passion have only grown stronger. I joined my lifelong whaanau of Hei Taniwha in Year 10, and my only regret was that I hadn't joined earlier. Being part of the Hei Taniwha whaanau gave me endless opportunities to learn, develop and practice te reo Maaori, tikanga Maaori, kapa haka and so, so much more. The kaiako within Fraser have endless compassion for their students, and always do whatever they can to see them reach their goals.

Hei Taniwha and our whaanau Aiga Tasi help to positively shape our peers and kaiako to understand different cultures and different people on an entirely new level. ***Both whaanau run events throughout the year to encourage others to participate in their culture, to learn, have fun and see the world through different lenses.***

My time at Fraser has been filled with so many memories, relationships and opportunities; however, like all things, it has come to an end. Just because I've graduated and am moving onto the next part of my story, doesn't mean I won't come back to support my whaanau at any opportunity I get (and to bug Matua and Mama Green!)

I will now leave you with a whakataukii from the wise Matua Tini, ***"There are three kinds of ships. There are big ships, and there are little ships, but the best ships of them all are FRIENDships."***

Ko wai raa? Ko wai raa? Aana, taniwha, taniwha, Taniwharau!



Students meet Rodney Tongotea

Our Year 9 Aiga Tasi students, alongside some of our senior Pacific Studies students, had the privilege of meeting and chatting with Rodney Tongotea, a member of the Tongan Rugby 7s team that had recently returned from the Commonwealth Games. It was a great opportunity to hear about the hard work, determination and willpower it takes to reach your goals. Rodney also shared the pride he has representing Tonga, his culture, and and most importantly his family. Malo 'aupito Rodney for taking the time to visit Aiga Tasi and bless our tamaiti with another awesome opportunity to see success with their own eyes.



Waikato Extreme Hip Hop Fitness

Aiga Tasi teamed up with Aunty Audrey to host a fun-filled Waikato Extreme Hip Hop Fitness session with Phil Weeden (USA) for the Community.



Year 11 Incomparable Programme

The Year 11 Incomparable Programme is offered in partnership with Puatata Training. This year they had Kieran Read, the former captain of the NZ All Blacks, come and speak to them.





Anzac Dawn Service

This year, two of our head students, (pictured left) Katelyn Widdicombe and Akansha Mala, represented our kura at the 2022 ANZAC Dawn Service held annually at Memorial Park.

Each wreath brought by the leaders in our community represented something different. The wreaths collectively represented the respectful sentiments of everyone gathered from their communities.

It is such a beautiful thing, for so many around the nation to come together and show that amongst the busyness, and the continuous movement of our lives, we remember and honour those who fought for our nation. Witnessing various generations of life standing together in silence created a sense of wholeness. There was an overwhelming gift of respect in the quiet, to grasp the weight of the heavy day, and because we were there together, it made it powerfully poignant.

I am grateful to have taken part in this year's ceremony alongside the other student leaders and families who were in attendance. My take away from the service was exactly this: We are unified on this day, not because we are the same, but because the pride that we share for Aotearoa and its people that left and never came back is.

Lest we forget.

Peace, recognition, strife, love, war, acceptance, togetherness, and remembrance.



New Deputy Principal

Teenaa koutou, Teenaa koutou,
Teenaa koutou Katoa
Ngaa mihi au ki te Maunga oo
Te Pane o Mataaoho
Ko Hauraki te Moana
Ko England te whenua oo ooku tiipuna
I te tau 1965 i haere mai a
Bramston ki Aotearoa
Ko Taamaki Makaurau te waa
kaainga oo tooku whanau
Ko Andrew tooku ingoa
Noo reira, Teenaa koutou,
Teenaa koutou, Teenaa koutou Katoa

Kia Ora my name is Andrew Bramston and I am excited to join Fraser High School. For the past eight years I have worked at Avondale College in Auckland as a Head of Faculty for Commerce, focusing on improving student outcomes, and revitalising the curriculum to support Maatauranga Maori and Te Ao Maaori.

I am enjoying immersing myself into Fraser and Hamilton life. I have moved here with my wife and three boys, and we are excited to discover what the mighty Waikato has to offer. When I'm not working, I enjoy football and cricket, having played and coached multiple teams to success within Auckland and nationally.

I wanted to work at Fraser High School because of its commitment to improving educational experiences for all rangatahi, especially tangata whenua.

Ma whero ma pango ka oti ai te mahi.

With red and black the work will be complete.



Talanoa Ako

Year 9 Aiga Tasi students took part in Talanoa Ako, a 10-week programme where we support our tamaiti and whaanau with the transition from intermediate to secondary school.



Year 8 Enrolments Talk

Aiga Tasi Year 9 students visited Year 8 Students from local contributing schools such as Maeroa Intermediate and Koromatua School to talk about 2023 enrolments.



Ashlin Dons



Poutokomanawa Tangiora-Eketone

Kei aku nui, kei aku rahi, kei aku whakataparahi ki te rangi, teenaa taatou katoa.

He uri teenei noo Ngai Tuuhoe, Waikato-Tainui, Ngaati Maniapoto me Ngaati Rongomaiwahine, ko Poutokomanawa Tangiora-Eketone tooku ingoa.

I'm Te Ao Maaori driven, genuinely passionate about my culture and whakapapa, and learning about all things historical to my people. This is what shaped me into the person I am. I've been a Teacher Aide at He Puaawai for four years and it is the most amazing work environment I've ever been a part of.

At He Puaawai I love making connections with our young maamaa through learning whakapapa and pepeha, building cultural relationships and making yummy kai.

My vision at He Puaawai is to simply let our space be more known to people so that other young maamaa are able to continue their education and they can have a safe space to belong. I had my son when I was 17 and I know how hard it can be.

The advice I would give my teenage self is to do what makes me happy, to be confident in myself, to keep doing the best of my abilities and that my happiness is just as important as those around me.





Ei Katu Workshop

On Thursday 26th of May, He Puaawai had the privilege of hosting Autemate Tuaiti and his wife Mii, who facilitated an Ei Katu workshop for the young parents and staff.

It was a beautiful opportunity to take a breath in an intensely busy term. We appreciated the opportunity to pause, connect and learn something new. Our He Puaawai parents created some amazing pieces for themselves and their tamariki.

Best of all was the care and support Autemate and Mii showed to our learners, throughout. It was a really special experience for all of us.

E mihi ana ki a koorua. Thank you Autemate and Mii for sharing your knowledge and your stories.

***The opportunity to pause, connect
and learn something new***





Waikato Young Leaders' Day

On 6 July 2022, a group of Year 9 students from Fraser High School attended the Waikato Young Leaders Day held at Waikato University. A variety of students from Year 9 were selected to attend, including representatives from the Junior Council and Rainbow Group.

The Waikato Young Leaders Day (WYLD) day, with Waikato Institute of Leadership and Sport Studies, is designed to challenge students to reflect personally on what they can achieve if they focus, set small goals, have patience, perseverance and have belief in themselves.



GRIP Leadership Conference in Rotorua

On 13 June 2022, students from Senior Council and Junior Council attended the GRIP Leadership Conference held in Rotorua. This was an exciting opportunity for students to train in their roles as school leaders, hearing practical ways they can contribute to the school community.



ATHLETES + WARRIORS + HEROES

ANCIENT GREEKS

Witness the exhibition
2000 years in the making.

The British
Museum

AM

Treasures from
Ancient Greece
at the British
Museum



Classical Studies trip to Auckland Museum

On the 28th of September 2022, the Year 12 and 13 Classical Studies classes had the opportunity to visit Auckland Museums' *Ancient Greek; Athletes, Warriors and Heroes* exhibition. During this trip, we were able to see 170 artifacts from 2000 years ago, including jewellery, pottery, weapons and priceless statues. One thing we learned during this trip was that Greek athletes were able to gain respect from their communities, and even gain sponsorships for their performances in athletic activities. We are very grateful for the opportunity to visit this once-in-a-lifetime exhibition and learn more about the ancient Greeks through the ancient artifacts.







Kara Jackie

Tēnā Tātou Katoa
Ko Maungatautari Tōku Maunga
Ko Waikato Tōku Awa
Nō Kirikiriroa Ahau
Ko Kara Tōku Whānau
Ko Jackie Tōku Ingoa

I was one of the longest serving teachers at Fraser High School. I taught at Fraser for 44 years up to my retirement at the end of Term One this year. I left training college and Fraser was the first and only school I taught at. Why Fraser? Fraser has a special atmosphere and is known for its manaakitanga (kindness, generosity, support and care for Fraser students and staff).

I am passionate about education and learning, particularly in improving the outcomes for our tamariki. Education is the passport to higher learning, attaining goals and dreams. With a good education, ākonga can make decisions about their future careers, whether it be a doctor, shop assistant, lawyer, waiter, CEO, or teacher. I have taught some amazing ākonga who have overcome obstacles and, with the support of whānau and kaiako, have left with good qualifications and gone on to have successful careers.

As a teacher in Digital Information, I became a life-long learner, always learning new content in the computer science field and attending further tertiary study. The technology world is moving so fast that it is important that all ākonga keep up-to-date with new technologies. The use of technology is widely prevalent in all jobs and daily life and is an important skill to leave school with.

My other passion is my whānau. With children, grandchildren and a great grandchild, I will have no trouble filling my retirement with whānau and continuing to advocate for a fair and equitable society in Aotearoa.



Culinary Fare

The 17th Annual Waikato Culinary Fare took place at the Wintec Centre for Hospitality at the Rotokauri Campus on Thursday 29th and Friday 30th September 2022. Van loads of excited students from schools around the Waikato headed along for the two-day competition. Fraser High sent along seven students to compete in a range of categories and events - from Static buffet presentations to Live Cooks under the critical eye of the judges.

On Thursday, Ellie Reid and DJ Anderson entered their cupcakes in the Secondary School cupcake class, while Anthony Aschenbrenner-McCall and Oliver Cunnane plated up their beautiful cold desserts.

Later in the day, Anthony, Alissa Eyre, Jenelise Chhak and Justina Tuarekura donned their chef jackets and prepared for the Mystery Box Live Cook Challenge - a competition where contestants are given mystery ingredients and have a limited time to create their masterpieces! On Friday, Ellie, Jenelise and Justina were back to present their carefully crafted cafe cakes, and Ellie donned her chef jacket to create a delicious pizza in another live cook. In the end, Fraser garnered a silver medal, five bronze medals and two merit awards.

Melanie Matthews and Gabrielle Williams





Wintec Pacific Pipeline Open Day

Senior Aiga Tasi students took part in the Wintec Pacific Pipeline Open Day. They were able to visit the campus and find out more about the wonderful learning opportunities Wintec has to offer.



Daffodil Day

This year at Fraser, we fundraised for Daffodil Day a day early. The Junior and Senior councils ran activities from our school quad and hall. They sold cookies and ribbons. All of the funds raised were donated to the Cancer Society to support those affected by cancer.



Market Day

Despite the volatile trading environment at the start of the year, several commerce groups went on to develop and sell successful products and earn profits over 2022. Particular congratulations should go to the Young Enterprise Groups 'One for all' (Olivah Needham and Ivonne Nitz) and 'Baking Memories' (Tara Lingard and Tina Hille-Taylor) who made the YES Regional Finals for the second year running. Tina and Tara were also awarded top spot in the Young Enterprise Trade Fair, claiming Best Trade Fair Presence against stiff competition from other local schools.

This year, Tina applied for and won a place in the Enterprise in Action Weekend in Wellington where, working as part of a group, she constructed innovative business solutions to real world problems.

Fraser students embraced additional authentic learning at the local Sunday morning Hamilton Community Market, where they sold their products, alongside other well-established rivals who operate businesses across the North Island.

There has been tremendous team effort, and the students have lived up to the whakatauki:

***Te amorangi ki mua,
te hapai o ki muri.***









***Staff at
Fraser***





Autographs

My Fraser Whaanau

Time Capsule

A memoir for years to come

INSERT MY
2022 ID HERE



FRASER HIGH SCHOOL
Te Kura Tuarua o Taniwharau

Full name _____

Age _____

Best friend(s) _____

Favourite series _____

Favourite movie(s) _____

Favourite song(s) _____

Favourite band(s) _____

Favourite class of 2022 _____

Why? _____

Funniest thing that happened this year _____

Something important that I learned this year _____

Something or someone inspirational _____

Because _____

Something I will never forget _____

Something I think is important right now _____

My highlight of 2022 _____



Noah Smiler Year 13



*Thank you to everyone who submitted stories and
helped with the 2022 Fraser High School Year Book.*

Designed and collated by Annika Van Driel and Georgia Ranginui Charlton



FRASER HIGH SCHOOL
Te Kura Tuarua o Taniwharau