



POMPALLIER CATHOLIC COLLEGE

Te Kāreti Katorika o Pomapārie

"Diligere Verum" "Love the Truth" "Arohatia te Whakapono"

Newsletter 13 : 5 September, 2025

Tēnā koutou katoa,

This week I have added my name, along with other principals, to an endorsement of the Ministry of Education's current proposed NCEA changes process. It's not that I don't see issues with the current proposal (some of which I refer to below). I do see, however, a Ministry of Education highly motivated to improve our national secondary qualification system.

It is no secret that significant numbers of principals believe NCEA, as it currently stands, is not fit for purpose. Some argue NCEA can be reformed, others that a new approach is called for.

Many now know that our numeracy and literacy achievement has been declining against international benchmarks for two decades. Many also know that NCEA is criticised for allowing too much flexibility in both the knowledge required to pass subjects and the variation in how difficult the qualification is to achieve. This means, for example, that students can gain University Entrance through the easier pathway of internally assessed standards, having not passed any external exams, while others gain the qualification through the exam pathway. As a result, our current University Entrance qualification is not consistently preparing students for the rigours of tertiary study.

An increase to the consistency of both required subject knowledge and levels of difficulty attached to secondary qualifications will bring significant benefits. It would clarify success criteria for students and provide strengthened opportunities for building important life skills: identifying success criteria, building confidence in assessment preparation, and fostering the resilience that high stakes assessments and exams engender. Furthermore, a curriculum that centres on consistent knowledge required for mastery of subjects will likewise develop increased confidence and expertise in teachers. A clear and consistent curriculum will foster clear and consistent teaching.

While I see the current proposals as responding proactively to the need for improvement in these and other areas, there remain some issues that I hope are addressed through the consultation process:

- The proposal is silent on what will be required to gain University Entrance
- The Vocational Education and Training pathway needs further clarification, including how schools and industry will be able to accommodate the pathway
- Students require the incentive of achievement to remain engaged at school. The proposed qualification needs to strike the right balance between achievability and rigour. The current proposal, requiring students to pass 4 out of 5 subjects to achieve the Certificate of Education (Year 12) and the Advanced Certificate of Education (Year 13), runs the risk of disincentivising students.

The ultimate success of the proposed changes will lie in the clarity of the refreshed curriculum across the academic and vocational pathways, its alignment with assessments and exams, and fit for purpose professional development for teachers in both the new curriculum and its assessment. Teachers will need to be sufficiently prepared for the changes they will be expected to make.

I encourage you to have your say before the survey closes on 15 September: Information for whānau can be found [here](#), and a link to the survey is [here](#).

Please note:

- Well done to our 1st XI Mixed Hockey for taking home silver at the Woolaston Trophy in Stratford last week.
- We are finishing today our biggest ever participation in the AIMS Games in Tauranga. Basketball, Football, Hockey and Netball have all participated this week. Congratulations to our young gymnasts for their AIMS Games success: Maeve Ryan (Year 7) placed 2nd in Vault and 3rd in Floor, earning a bronze medal for her outstanding overall performance. Charlee McKenzie (Year 8) placed 2nd in Vault and 1st in Floor, finishing 9th overall.
- Congratulations also to our very talented Year 13 student Sophie Waterman: Sophie won the senior category of the Caritas SINGout4JUSTICE competition with her stunning song, 'Don't Need to Give In'.

Mā te Atua koutou e manaaki,

Hayden Kingdon
PRINCIPAL

VISION STATEMENT

Our Pompallier community living the values of Christ through faith, scholarly inquiry, aroha and courage.



BOARD OF TRUSTEES ELECTION

This is a reminder that voting is currently open for the election of five parent representatives to the Pompallier Catholic College Board.

Schooled have been appointed as the Returning Officer for this election. You have already been sent voting instructions by Election Pilot.

Voting closes at 12:00pm on Wednesday 10 September.

PPTA ROLLING STRIKES

Due to PPTA rolling year level strikes, students will be rostered home on the following dates:

- Year 12 and 13: Monday 15 September
- Year 11: Tuesday 16 September
- Year 10: Wednesday 17 September

Please note: **Year 9 will have supervised classes on Thursday 18 September**, so do not need to stay at home.

UPCOMING EVENTS - Term 3

NOTE: All events are subject to confirmation.

SEPTEMBER

Mon 8 - Wed 10	EDGEExams	College	
Wed 10 - Fri 12	Corequisite Exams - Writing, Numeracy, Reading		
Fri 12	e-Missions Day		
Fri 12	Northland Book Battle	Elim Christian Centre	9:45am - 12:30pm
Mon 15	PPTA Rolling Strike (Years 12 & 13)	Year 12 & 13 students rostered home	
Tue 16	PPTA Rolling Strike (Year 11)	Year 11 students rostered home	
Tue 16	Year 8 HPV Vaccinations Dose 2	College	9:00am
Tue 16	Year 13 Leavers' Workshop	College	11:25am - 1:20pm
Tue 16	Lit Quiz	Pompallier Hall	1:25pm - 3:00pm
Tue 16	International Students Hiking Trip	Whangarei Heads	9:00am - 2:45pm
Tue 16	Kai & Kōrero Meeting	College Staffroom	5:30pm - 7:00pm
Wed 17	NorthTec Sport & Rec Day	McKay Stadium	9:00am - 2:30pm
Wed 17	PPTA Rolling Strike (Year 10)	Year 10 students rostered home	
Thu 18	PPTA Rolling Strike (Year 9)	Year 9 students supervised at school	
Thu 18	Year 7 & 8 Social	College Hall	5:00pm - 7:00pm
Fri 19	Last Day of Term 3	School finishes 3:00pm	

OCTOBER

Mon 6	First Day of Term 4	School starts 8:45am
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KICKSTART BREAKFAST CLUB

Thanks to the support of Fonterra and Sanitarium, we have now joined the Kickstart Breakfast Programme.

We will have weetbix and milk to start off with, and we hope to add other breakfast products such as toast and spreads if we can source contributions. Students are welcome to bring along other products, such as bananas or fruit they would like to add to their weetbix, if they want to.

The fliers on pages 9 & 10 of this newsletter give information about the value of wholegrains, fibre and protein to young growing bodies, so we encourage all students to take up this opportunity.

Thank you to the parents who have volunteered to help with the programme. All volunteers are police vetted prior to starting.

Our Breakfast Club will be open from 7:45am until 8:30am everyday in Room 20, starting in Week 2, Term 4.

We are currently in need of bowls, spoons and tea towels for the Breakfast Club. If you are willing and able to donate any of these items we would be very grateful! Items can be dropped to the college office anytime between 8:15am - 3:30pm during term time.

If you have any questions, please do not hesitate to contact me via email: lucille.spring@pompallier.school.nz

Lucille Spring, KICKSTART BREAKFAST CO-ORDINATOR



Come on in. Haere mai ki roto.

Location / Wāhi: Room 20				
Time / Wā:		From / Mai:	7:45am	To / Ki: 8:30am
Day / Rā:				
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere



KickStart
BREAKFAST



MINISTRY OF SOCIAL
DEVELOPMENT
TE KANATŌ WHAKAHIAŌ ŌRA



POMPALLIER E-MISSION DAY

FRIDAY 12TH September

Mark your calendars, because
on Friday the 12th of September
We will be holding the first E-Mission
day for 2025!

On this day, a donation will be
expected from drivers of vehicles
with only *one student*.

The aim of E-Mission day is to
promote the use of more
eco-friendly transport to and
from school.

Money raised will go towards
environmental projects around
the school.



Any Questions? Please don't hesitate to email:
neve.reiher@pompallier.school.nz

P.S. This also applies to all staff members.



SPORTS NEWS : Term 3, Week 8

WINTER TOURNAMENT SPOTLIGHT

Our 1st XI Mixed Hockey team headed down to Stratford for Winter Tournament last week, competing in the Woolaston Trophy. This has been an annual tradition for our Pompallier Hockey players, and TKKM o Whakarewa I te reo ki Tuwharetoa this year did not disappoint.

With a very Northland-heavy draw, we started in a pool with Tauraroa Area School, Northland College/Bay of Islands College and local team Tuakua College, coming away with some very convincing wins and topping the pool - with Hewitt Pool and Jack Perris fighting it out for top goal scorers!

Heading into the semi-finals we came up against TKKM o Whakarewa I te reo ki Tuwharetoa, a very strong side from the Taupō region. Whakarewa scored first, but the team pulled together with some amazing resilience, and with a goal from Jessica Meyer and Malachy Smedley, we come away with the win in a very wet game!

Finals time! And the energy was high as we came out against our fellow rivals Huanui College. Our team played with pride and determination and threw everything they had at the match, but were unable to get the win in a very close game, placing 2nd in the Woolaston Trophy 2025.

A very special mention to the supporters and whānau of this team. I was blown away by the support for the students and the special relationships that had been formed through hockey - long may they continue off and on the pitch!

To our senior students who played their last match for Pompallier; Emilie Adams, Kaley France, Alex Kite, Jessica Meyer and Lucy Skelton, thank you for your service to Pompallier Hockey - you will be missed!

We also say goodbye to our **Head Coach, Mark Meyer**. We cannot thank you enough for your dedication and drive - you have helped build an amazing legacy within Pompallier Hockey and you will be sorely missed - don't forget about us now you are Tik Tok Famous!

We have included some photos from tournament on the following page.

KEEP UP-TO-DATE WITH SPORTS NEWS ...

[Add us on Facebook](#) for all sporting communication for Pompallier Catholic College!

Sam Page
SPORTS CO-ORDINATOR
438 3950 Ext 219
sports@pompallier.school.nz



Remember, if you have a student success you would like to share, email us at ...

newsletter@pompallier.school.nz

CARITAS SINGout4JUSTICE

Sophie Waterman (Year 13) has recently won the senior division of the Caritas SINGout4JUSTICE competition with her original song, *Don't Need to Give In*. Sophie's song discusses the importance of looking for your value outside social media and knowing that you are amazing in God's eyes. It shows how your faith in God can bring hope and light to others.



SINGout4JUSTICE is an annual competition which is open to students from NZ Catholic Schools in Years 1-13. The theme for this year's competition was 'Shine like stars in the world'. You can listen to Sophie's song on the Caritas website at www.caritas.org.nz/singout4justice



LEAVING SCHOOL THIS YEAR?

To help with our 2026 planning, if your child is not returning to us next year (excluding students currently in Year 13), please let us know by emailing: admin@pompallier.school.nz

Thank you!

SCHOOL LOCKERS



Lockers are available at the college, for any student.

Cost is \$60.00 per year, plus a refundable \$15.00 bond.

If you would like to rent a locker, you will need to fill out an online order form via Stowaway Lockers, at:

<http://www.stowawaylockers.co.nz/order-form/>.

Note: The lockers are supplied and maintained by **Stowaway Lockers**, they are not owned by the college. Therefore, please contact Stowaway Lockers direct for any queries or for more information, on 027 4221 783, or 437 5818.



Pompallier joins the ReSport movement!

Together, we're championing kids and community through the power of circular economy. Since inception, ReSport has collected nearly 10,000 units, rehomed 7,500+ items, and saved Northlanders nearly \$1 million in sports gear. Every donation is a step toward equity, pride, and play - thanks for being part of the impact. ♡ ♻️



Join the movement. Your contribution fuels opportunity, connection, and momentum for Northlanders. Let's keep it growing.

Pompallier ReSport bin is in the main admin building.



TOURNAMENT WEEK ...



Silver Medal Winners !



Excursion Activity



Team Photo



Our Year 13 Leavers



With the Support Crew





YEAR 7 RETREAT

On Friday 1 August, our Year 7 students took part in a retreat led by the Year 13's. The day was full of activities that focused on teamwork, communication, and getting to know each other. Everyone was encouraged to step out of their comfort zone and give things a go. One of the highlights was after the winner of a contest of skill and mental agility was found amongst Year 7 students, they challenged the current Year 13 record holder - but couldn't quite beat him!

After the excitement of the game, the students moved on to *The Amazing Race*. In this challenge, groups worked together to solve puzzles, riddles, and tasks that tested their brains and teamwork. At each station they earned a letter, and once all the letters were collected, they had to work out a secret message. Some tasks needed memory and co-ordination, like copying a pattern with coloured tiles, while others were word games under time pressure. The final message was our school motto, and the students were proud when they figured it out.

Throughout the day, the Year 13's were more than just leaders, they were mentors. They cheered the younger students on, helped when things got tricky, and made sure everyone was included. The retreat wasn't just about fun games. It was about building confidence, making new friends, and feeling part of our school community. By the end of the day, the Year 7's had come out of their shells and felt warmly welcomed into our school.

"It was super fun! We got to play a lot of games. The day was filled with excitement, everyone was really kind and we learnt the Marist values in an interesting way." - Joanna, Sera, Essa & Agnes

"It was a fun day off that we got to spend time with our friends." - Asher

"An exciting day competing with other teams. We loved winning the Amazing Race." - Sapphira, Amani, Amelia, Isabella & Georgia





FRENCH AUCKLAND UNIVERSITY TRIPS 2025

It has become quite a tradition over the last eight years for French students from Year 10 to Year 13 to spend the day at Auckland University. This year we had 2 trips due to the increase in numbers of French students, and we were delighted that the University of Auckland were able to welcome us so warmly on both occasions.

Leaving school at 7am is always a shock, but it doesn't stop the excitement growing as we approach Auckland CBD.

The guided tour of the university always awes our students - the sheer size and amount of the buildings, the equipment on show and the available facilities for about forty thousand tertiary students. We were lucky enough this year to see the brand new Hiwa recreation centre, with its olympic sized swimming pool, endless fitness studios, bike studios, bouldering wall, and a sports hall with a full glass floor with white LED court lines (the first one in the Southern Hemisphere!).

We didn't get to see the rooftop turf, outdoor running track and outdoor seating for relaxing or studying, maybe next time!

After the tour we enjoyed lunch in the many and varied eateries in the quad, then it was time for our lecture with the top French lecturer, Madame Viviane. Sitting in the lecture theatre gives our students real insight into their future studies.

The fun doesn't stop there - after saying goodbye to all the wonderful people at the University of Auckland, we head up Queen Street to Le Garde-Manger. Here, we order delicious crepes and refreshing Orangina - all speaking French, bien sûr!

Vive la France!

Denise Finchett
TEACHER IN CHARGE OF FRENCH





Wholesome Wholegrains & Fabulous Fibre!

Fuel your body with the goodness of wholegrains & fibre

WHY WHOLEGRAINS?

Wholegrain foods are packed with nutrients that help give us energy to fuel our body. Wholegrain foods take more time for our bodies to digest and breakdown, keeping us fuller for longer and giving us the fuel to keep going.¹

Wholegrain foods contain different vitamins, minerals as well as soluble or insoluble fibre.²

All wholegrains contain 3 layers



Bran
Contains fibre, along with essential vitamins and minerals



Endosperm
Stores starch - a carbohydrate which serves as a source of energy



Germ
Houses vitamin E, antioxidants and healthy fats

WHAT IS FIBRE?

Dietary fibre or just fibre, is found in plant-based food like wholegrains, lentils, fruits and vegetables. Fibre is not digested in the small intestine. Instead, fibre travels to the large intestines or colon where it is partially or fully broken down for digestion.³



Fibre's job is to help keep our digestive system healthy and keep our bowel motions regular. Fibre bulks up our stools, which makes them softer and easier to pass. This allows waste to move through the digestive tract more quickly.⁴

HOW MUCH FIBRE DO I NEED?

As we get bigger, our body needs more fuel. The Ministry of Health recommends we aim for the following amount of fibre each day.⁵



AGE	MALE	FEMALE
4-8	18g	18g
9-13	24g	20g
14-18	28g	22g



Wholegrains versus fibre?

Remember to include a range of different wholegrains in your diet to make the most of their different fibre, vitamin, minerals and phytonutrients!⁶

Boost your fibre with these delicious breakfasts*



2 Weet-Bix[®] wheat biscuits & milk
~3.0g of fibre⁷



2 Weet-Bix[®] wheat biscuits, 1 sliced banana & milk
~6.0g of fibre⁸



2 slices wholegrain bread with peanut butter
~7.7g of fibre⁸



1 cup of homemade porridge ~ 2.5g of fibre¹



1 cup of baked beans on 1 slice of wholegrain bread ~ 10.0g of fibre¹



GRAB & GO Breakfast crumble ~ 6.0g of fibre⁷



GRAB & GO Weet-Bix[®] Fruit Stack ~ 3.7g of fibre⁷

References and where to find more information about wholegrains and fibre –

- <https://nutritionfoundation.org.nz/nutrition-facts/nutrient/carbohydrates/fibre>
- <https://www.heartfoundation.org.nz/Wellbeing/healthy-eating/nutrition-facts/whole-grains-good-for-you>
- <https://www.health.govt.nz/system/files/documents/publications/food-nutrition-guidelines-healthy-children-young-people-background-paperfeb16-v2.pdf>
- <https://www.vegetables.co.nz/health/vegetable-nutrition/>
- <https://www.sanitarium.co.nz/products/weet-bix/weet-bix/original#2>
- <https://www.sanitarium.co.nz/products/spreads/peanut-butter/no-added-sugar-or-salt-smooth-peanut-butter#2>
- <https://www.sanitarium.co.nz/recipes/a-z/weet-bix-tropical-stack>
- <https://www.sanitarium.co.nz/recipes/a-z/weet-bix-breakfast-crumble>

*Individual food requirements will differ and may be higher due to activity level and weather

MINISTRY OF SOCIAL
DEVELOPMENT
TO PROMOTE WELL-BEING

The bare bone facts

Healthy Bones, Healthy Bodies

Calcium is a major building block for healthy bones and teeth!

How to help grow strong bones!



TO HELP BUILD THE HIGHEST PEAK BONE MASS, ENSURE YOU INCLUDE CALCIUM RICH FOODS AND REGULAR ACTIVITY.

Calcium is required for the normal development and maintenance of bones and teeth.

Childhood and adolescence is an important time to build your bone mineral density (bone mass). By your 20's, your bones will reach their peak bone mass density and be as strong as they can ever be.



99%

OF YOUR CALCIUM IS STORED IN YOUR BONES!

MILK & DAIRY are not only bursting with calcium, they are also some of the richest sources.¹

The calcium in dairy products such as milk, cheese and yoghurt is easily absorbed by the body.

Aim to include 2-3 servings of dairy each day to help boost your calcium intake



2 Weet-Bix™ wheat biscuits & milk has ~166mg of calcium plus it contains fibre!

DID YOU KNOW

growing kids need between 700-1300mg of calcium every day depending on their age!¹



I LIKE TO MOVE IT MOVE IT!

Physical activity can help strengthen bones and muscles. Aim for at least 1 hour of moderate to vigorous physical activity each day* to keep your bodies strong!

There are lots of ways you can stay active throughout the day with your whānau and friends. Run, skip, hop, cycle, dance, jump and more each day to help keep your bodies strong.



Calcium-rich breakfast ideas.



250ml of fresh cows milk contains at least 360mg of calcium¹

250ml of soy-based calcium fortified alternatives contains ~296mg of calcium¹



100g of yoghurt contains ~130mg of calcium¹

40g serving of edam cheese (2 slices) contains ~375mg of calcium¹



1 slice of wholegrain bread ~ 33mg¹



Homemade fruit smoothie: add your favourite fruit to 1 cup of milk and 1/2 cup of yoghurt. This contains at least 522mg¹



1 orange contains ~35mg of calcium²

For a quick 'grab n go' option, add a handful of almonds alongside a piece of fruit, sandwich or scroggin mix. 10 almonds contains ~30mg of calcium¹



References and to find out more information about calcium and bone health visit:

1. <https://nutritionfoundation.org.nz/nutrition-facts/minerals/calcium>

2. <https://www.healthyfood.co.nz/resource/calcium-calculator>

3. <https://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-children-and-young-people-aged-2-18-years-background-paper>

* <https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/how-much-activity-recommended>