



Newsletter 16

Term 4 | Week 2

Tuesday 17 October 2023

Ph: 098388529 Mobile: 0210759095

Email: office@hendersonint.school.nz Web: www.hendersonint.school.nz

*Kia Ora Talofa Guten Tag Bonjour Malo e lelei Kia Orana
Fakalofa lahi atu Goeie Dag Sawadee Croeso Bula Fáiite*

From our Principal

Kia ora koutou

Warmest Greetings to you all.

I hope that you had an enjoyable time, with your children at home with you recently for the holiday break. It is great to feel the temperatures finally warming up, all we need now is some good fine days.

At this time of year we start to think about 2024 and we are planning things ready for the new school year. One thing that we ask you is, that if your child is currently a Year 7 and you would really like them to have a change of homeroom teacher, then please [email](#) me about that. No questions will be asked. This is because it matters to us that your children are happy and ready to go in the new school year.

Staff are starting to think about the nominations for the various Prize Giving Awards. The day will be upon us before we know it.

The Year 8 students have two big occasions to look forward to at the end of the year. One is the day trip out to the Pools on Wednesday 6 December and the other is the Graduation Dance on Friday 8 December.

If children have had repeated serious behaviour issues, things like assault of other students, verbal abuse of other students, bullying, vaping etc then we will not be allowing those students to attend these events. We do all that we can to encourage the right behaviour here at school and every year we have a few students who consistently behave inappropriately. They are the ones making poor choices. Our priority is the safety and well being of all students at HIS.

Work on the new build is well underway. We are getting very excited about this. In the next 2 weeks we will be allowing students to go and have a look inside the building to see the progress that is being made behind closed walls!

Warmest wishes to you all

Mrs Wendy Esera
PRINCIPAL
FOR AND ON BEHALF OF THE STAFF AND BOARD

Upcoming Events

Whiringa-ā-nuku / October

- 23 - Labour Day - School CLOSED
- 26 - Waitākere Zone Volleyball Competition

Whiringa-ā-rangi / November

- 2 - Waitākere Zone Badminton Competition
- 7 - Waitākere Zone Touch Competition
- 14 - Waitākere Zone Table Tennis Competition
- 16 - Performing Arts Concert 7pm
- 17 - Teacher only day - School closed for students
- 20 - Board Meeting



[School Calendar](#)

Values Awards

Congratulations to the following students who have been presented with a Bronze, Silver or Gold Values Certificate:

GOLD

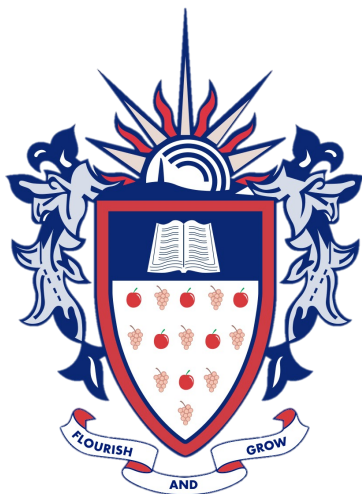
Amy Thomas

SILVER

Abdul Al Jaiab
Ibrahim Farid
Riley Hopewell
Niva Rangitutia Ngawaka
Temi Teakaupa
Wilson Taom
Kaya Bennett
Isamaela Emau-Tupai
Khloe Pulemagafa

BRONZE

Keirah Beryl
Dorothy Dumkhar
Kenisha Achari
Jack George
Rylie Gavin
Zac Gregorio
Christina Kiely
Maddison Herewini-Kem
Rihanna Faumui
Hosan Spinali
Waiora Barlow Paraone
Ryah Leaupepe
Marley Bernard
Elayne-Lia Faumuina
Alexis Pulemagafa
Horatio Clarke



2024 Enrolments

IMPORTANT

Do you have a Year 6 child you would like to attend H.I.S in 2024 but you have not yet enrolled them? We ask that you please do so as a matter of urgency. Please click [HERE](#) to use our online form. Please provide proof of your address, your child's birth certificate or passport, preschool immunisation records and complete our [Hearing & Vision form](#) (these can be attached to your online application).

Thank you

Thank you!

Thank you to The Trusts who have again sponsored our End of Year Prizegiving. This is always much appreciated and helps us purchase the prizegiving trophies and medals for our tamariki.



Music Lessons at School

Throughout the year, we have had a number of our talented students take advantage of the musical instrument lessons we offer. The Music Education Centre provides specialist tuition here at school which many parents find really convenient.

It is not too late for your child to start learning an instrument in term 4, so for more information about availability and instrument choices offered, please contact the Music Education Centre directly on 0800 89 39 39

2023 Speech Competition



The speech competition was open to all students in the school this year. With no specific topic, students were given the task to create the most interesting and engaging speech. With over 40 participants. All students prepared their speeches and went through heats which resulted in our top 6 students! On the last Wednesday of Term 3 our finalists gathered together to present their speeches to the entire school. With our guest judges, we heard 6 amazing speeches which were carefully crafted to the best of each student's ability. Speeches were presented with passion and pride, the amazing talent shown astounded students and teachers alike. **Isamaela Emau-Tupa'i** (H.I.S Deputy Head Boy, 2023) ended up being the overall winner of the 2023 Speech Contest. Congratulations Isamaela.

Student Achievement

A big congratulations to Atelina Selu, Room 22, who was selected to represent the Ponsonby team at the Women's Rugby Festival held in Christchurch this year. She also represented Under 13s Samoa in the Rugby League Youth Cup festival and placed second. Well done Atelina! What a wonderful experience for you!



Showcasing Team Waitākere Rooms 2, 3, 4, 5 & 6

HENDERSON LOCAL HISTORY

INDUSTRIES THAT IMPACTED ON HENDERSON'S GROWTH
Many industries like wineries, vineyards, orchards, pottery, and along with many brickworks, all helped to build Henderson's economic status. The West city mill in Henderson, today is very big, but back then its size was just like an average old mansion. The mill was also just near the railway so as the railway was doing what it was meant to do, the mill also thrived with many people, this of course led to making the mill bigger. In 1901 brickworks and pottery were introduced around Auckland. Starting in New Lynn as they also manufactured tiles, this spread to Henderson and they flourished in this activity too. People changed to building with bricks to prevent incidents, because they wouldn't want another building catching on fire like the community hall incident. The winery and vineyards were the most progressive industries in West Auckland as wine did attract many people and many immigrants who were coming to the areas of Henderson, fruit orchards and wine making were generally the core industries in Henderson.

HISTORY OF THE OPANUKU STREAM AND TE KAWARAU A MAKI
The Opanuku stream was inhabited by Te Kawarau A Maki since it was a traditional route to them. The stream also provided the tribe with resources and safe drinking water as it was unpolluted. In modern development this was the first stream in West Auckland to be dammed for kauri loggings, this was a significant use for the stream.
In the late 1800s, the Europeans arrived in the area of Te Kawarau A Maki. The settlers brought diseases that weakened the people of Te Kawarau A Maki and tribes around the area. Around 1821 the missionaries arrived at Auckland, and this was caused by Ngapuhi and Hōne Hika Ngapuhi mostly did this because they wanted land. In 1823, Te Kawarau A Maki suffered great loss of land and people because Ngapuhi basically bombarded their whole settlement, other Auckland tribes were affected too and this was all Ngapuhi doing.

SIGNIFICANT PLACES
The Corban Estate was the largest winery industry in Auckland Henderson. They were popular for producing in many wine-making techniques and tools. It is now known to be an art gallery located in St Lukes Lane (Now in its Significant Place).
In 1881 Henderson Railway opened up. The railway was first used to deliver goods but in December 20 it started being used as a transport for people to get to school. This was significant for the people in Henderson.
The streams are obviously significant places in Henderson in its early history. Many had crossed the streams in Henderson but significant ones for them, such as transporting and for getting resources. The Opanuku Stream stream are the most recognized streams.
The Falls Hotel was a building built in 1854 by Long John McLeod who was the mill manager for Thomas Henderson. The Falls Hotel is located on Rialto Avenue and around Street North 54. The building has been made to provide an extra space for a home to the workers who worked in the mill. The hotel had many name changes like, Mikahia hotel, Briton hotel, Crown hotel and lastly The Prince Central Boarding Hotel because it was then used as a boarding house in 1924 built by Steve Clark. The Falls hotel (Or Prince Central Boarding Hotel) has been standing for over 130 years as it has been part of Henderson's Community past. It is also one of the oldest significant buildings in Henderson.
Preservation acts were also being done for the Norcross family to restore the Falls Hotel and put it back in business and to preserve its history.

NOTABLE PEOPLE - THE TRIBE
Thomas Henderson
Thomas Henderson was a Scottish immigrant who came to New Zealand in 1840 from Upper Wharfedale, Yorkshire. He was a miller and a farmer. He was the first miller in Auckland. He was the first miller in Auckland. He was the first miller in Auckland. He was the first miller in Auckland.
Steve Clark
Steve Clark was born in 1884 in Scotland. He was a miller and a farmer. He was the first miller in Auckland. He was the first miller in Auckland. He was the first miller in Auckland. He was the first miller in Auckland.
The Dalmatian People
The Dalmatian people arrived in New Zealand around 1850. They came here to work on the ships. They were a free state of independent people, working in the area of the Opanuku stream. They were a free state of independent people, working in the area of the Opanuku stream. They were a free state of independent people, working in the area of the Opanuku stream.
Assid Corban - The Corban Family
Assid Corban was a Scottish immigrant who came to New Zealand in 1840. He was a miller and a farmer. He was the first miller in Auckland. He was the first miller in Auckland. He was the first miller in Auckland. He was the first miller in Auckland.
Te Kawarau A Maki
Te Kawarau A Maki is a Maori tribe that lived in the area of Auckland. They were a free state of independent people, working in the area of the Opanuku stream. They were a free state of independent people, working in the area of the Opanuku stream. They were a free state of independent people, working in the area of the Opanuku stream.

INCIDENTS
In 1873, the area where Henderson town developed and where the mill was, was hit by a major flood. The flood damaged nearly everything, which probably included the Corban Vineyard, 1 industrial, and mainly Opanuku in some lengths. Though after the flood, Henderson thrived even more as a railway was built.
In 1891, Henderson had opened up a community hall that would host concerts in west Auckland. This lasted for a while till it broke out in 1924, destroying it from top to bottom. It was soon rebuilt in 1925.
Another building that caught on fire was The Falls Hotel. The fire is now used as an attraction but when Steve Clark, who is the owner of the hotel, died in 1914 was the last owner of the fire or his old age. After the building caught on fire, the Norcross family took action in restoring the Falls Hotel.

BY: VILLE GREGORIO

We have been learning about New Zealand History and we were tasked with writing a newspaper article about local Henderson history and about Henderson Intermediate School. We did lots of research and produced some amazing pieces of work!

Henderson History

Maori and Subsequent European arrival:

When Europeans arrived in New Zealand around the late 1700s and early 1800s they brought diseases to Te Kawerau A Maki which weakened them and other tribes that lived in the same area. Later on in 1821 the Musket Wars reached Auckland through the raids by NgaPuhi (A very powerful and large tribe based in the North Island) Led by Hongi Hika. After 4 years Te Kawerau a Maki suffered major losses at the hands of NgaPuhi. Other Auckland tribes went into exile in the Waikato including Te Kawerau A Maki. They stayed there until 1835 then returned to the Waitakere area (later the South Kaipara) Under the protection of Waikato chief Te Wherowhero.

A significant place in Henderson

The Opanuku stream is a significant place in Henderson, it was one of the first streams in West Auckland to be dammed for Kauri logging in the 1850s. The Opanuku stream formerly known as the Henderson stream is based in the Auckland Region of New Zealand's North Island. The Opanuku stream is a traditional rohe of Te Kawerau a Maki Panuku. Panuku was the wife of Parekura and unfortunately she passed when she was kidnapped by Nihonipi. (The stream represents the life force of Panuku)

People in the history of Henderson

Thomas Henderson was a Scottish immigrant who purchased land from Ngati Whataua in 1844. He established a Kauri timber mill in Te Wai-o-Pareira 1844. Henderson was named after him. The purchase was successful. The community started growing around the Mills and in that area. In 1860 a hotel was also opened on Henderson Towns main street.

BU KAHAJA

HENDERSON INTERMEDIATE CELEBRATES 58 YEARS

IMAGE OF THE FUTURE BUILDING

From 1964-2021 Henderson Intermediate had this building. It was used for tech classes like Music, Cooking, Art, and Design. Students loved playing in the courts but due to the new building site, part of the court is unable to play on.

OVER THE YEARS THE UNIFORMS HAVE CHANGED

THEN

NOW

PRINCIPALS OVER THE YEARS

Starting from the foundation year the wonderful Mr. Haydon was the principal until 1972, when he left a new principal named Mr. Dolgosh started in 1973 and stopped on 1989.

Starting from 2013 up till now Henderson Intermediate has an amazing principal named Mrs. Wendy Esera. Although she won't be principal anymore next year, she had made HIS an amazing school.

FREE STUFF FROM KIDSCAN

Henderson Intermediate School is very lucky to have free lunches, free jackets, free shoes, and supplies from KidsCan. The students are able to have jackets to keep them warm and dry. The students are also very lucky because they get free lunches. KidsCan is very helpful for people who can't afford food or can't afford supplies.

THE NEW BUILDS

KidsCan
Giving all Kiwi kids a fair start

WHERE WE FLOURISH AND GROW

Henderson Int star

So many changes

Over the 58 years that Henderson Intermediate has gone through not one but four uniform changes and all for the reason to modernize the look of the school and for this reason the school uniform has changed so many times. The uniforms were a pink dress for girls and a grey shirt and grey shorts for boys then a white shirt for both genders pink skirt for the girls and grey shorts of the boys and now a checkered blue and white shirt for both genders a dark blue skirt for girls and navy shorts for the boys.

Improvements

Over time so changes were applied to the school like: 16 new classrooms, bikes and a bike track a confidence course. These changes were applied for the students and this school does really well for these types of thing and this school has also been building a new block of 14 classes.

Kidscan Lunches

For the last 3-4 years Kidscan have been providing free lunches for Henderson Intermediate. These lunches consists of mashed potatoes, noodles, tofo, chicken, beef, rice and

More parking

In 2023 the grass patch outside of HIS was dug up to build more parking for teachers the project lasted a month or two now they have more space to park their cars

New Zealand News

Benjamin, John, Luis, Phoenix, Banga

NZ and Henderson History

New Zealand History
first to arrive

The first to arrive in New Zealand were the Maori. They arrived in 1281. The Maori brought with them their own culture, language, and way of life. They were the first to settle in New Zealand and they have lived there ever since.

HISTORY OF HENDERSON

HENDERSON INTERMEDIATE

The first year in 1960 Henderson Intermediate school started to be built. And in 1964, it was done and the first class started. It only had 10 classrooms and 50 students. There were 10 teachers including the first principal (Mr. H. Haydon) and a nurse (School back then was great. But since it was in the 1960s, clothes were not hard to get. There were also no free food. So you would need to buy, or make your own lunch.

Dear Abby,
I am bored because my phone is charging. What should I do?
Sincerely,
Bored

I always have to wait my drop in the morning because they always do what should be...
Sincerely,
Bored

I am bored because I don't have any friends. What should I do?
Sincerely,
Bored

Thank you!
 We love our water bottles provided by Mrs Esera and the Board!



We have been focusing on our Hauora topic "Healthy body, healthy mind and healthy me". Earlier last week, we designed our perfect school and weekend lunch. We have been looking at different types of macronutrients in food, this includes: fats, protein and carbohydrates.

My dream lunch

I would love some kfc chicken, gravy and fries with orange slices with some grapes and some sushi.

For my drink I would like a vanilla coke with some cold water & a napkin.

Yakiniku

MY DREAM LUNCH FOR THE WEEKENDS

What is yakiniku?
 "Yakiniku" refers to Japanese BBQ, where slices of beef or pork are grilled on an iron griddle or mesh grill. Dating back to around the middle of the 20th century, the history of yakiniku is actually quite short. It was originally inspired by Korean BBQ, which then crossed over and became widely known in Japan.

Different from grilled meat cuisine in the West, yakiniku is unique in that the customers usually cook the meat themselves. For this reason, restaurants serve items on the menu like balls and tongue to customers as raw slices. The balls are cooked with special charcoal or charcoal burners covered with iron griddles or mesh grills so guests are able to cook their meat by themselves at their seats. Special dipping sauces, lemon sauce, and other seasonings are provided in most dishes, so try dipping your grilled slices of meat in them.

onigiri

MY DREAM LUNCH FOR SCHOOL

How to make onigiri
 Cook the rice.
 Begin by cooking the Japanese rice according to your favourite method.
 Mould the rice balls.
 With a small amount of salt sprinkled on your hands, mould the rice into small balls or triangles approximately 8cm wide.
 Add your choice of ingredients.
 Create a small well in the centre of the rice and put in your choice of ingredients. Then mould the rice with your hands around the well to cover your filling completely.
 Wrap the rice balls.
 Using a sheet of nori seaweed, wrap up your ball of rice.
 Chill and enjoy!
 Sprinkle some sesame seeds or cut up chop leaves to put on the rice for a little extra flavour (optional). Enjoy for a snack or during lunch.

All of the Fats.

Dairy, fast foods, meat. Some fats are also called lipids. These are some types of fat: saturated, polyunsaturated & monounsaturated. Butter, palm oil & cold meats are all healthy fats.

CARBOHYDRATES

Carbohydrates are sugar molecules. Our bodies break down the sugar molecules into glucose, which is blood sugar. Blood sugar is the source of our energy for our tissue, body cells, and organs.

Types of Protein

PROTEIN

Proteins are needed in our diet as they provide energy, strength, and to build muscles and bones.

Good Fats And Bad Fats

What is the difference between good fats and bad fats?

Good fats
 milk, avocado, vegetable, meat.

Bad fats
 Ice cream, burger, chips, popcorn, cookies.

The good Fats and make people healthy, but you can't eat too much.

HDL

LDL

FOODY FACTS!

FATS! although there is alot of fat in fast food and dairy produce!

FAT! fat is in everything even vegetables! although only 0.2 grams though

there are good fats and bad fats.

good fats are in things like vegetables, fruits, fish, and some nuts.

bad fats are in things like cookies, burgers, pizza, dairy, and fries!

Bad Fats
 pizza
 fries
 coke
 butter
 chocolate
 burgers
 donuts

Good Fats
 Acocado
 Olive oil
 Nuts

What are the difference between good fats and bad fats

Good fats can actually give you energy, it doesn't make you lay on the hospital bed.
 The bad fats like coke, fries, ice cream pizza, and the other junk food they can be bad and lead you to see the doctors in the hospital bed.

Community Notices

A warm reminder that Massey High School 2024 Enrolment forms are open online.

15 November is our final enrolment evening for 2023. We have appointments available between 3.30pm and 5:45pm.

Visit www.masseyhigh.school.nz/enrol to complete the online enrolment form.

If you are having trouble completing the online enrolment form, please contact us to discuss this further - 09 831 0500.



Massey High School 2024 Enrolments Open Online!

Feeling stressed?

Youthline offers free counselling services in Auckland

Individuals aged 12-24 years old can access **six to eight free counselling sessions** with registered counsellors



Call 0800 361 416

Text 'Choice Counselling' to 234

Email youthlinecounselling@youthline.co.nz

Visit Face to Face Auckland - Youthline



youthline **te ara talohi**
whakatapua kia ora ai

Est. 1970

Waitakere Indian Association
वायटाकरी इंडियन एसोसिएशन
Te Ropu Inia O Waitakere

Diwali

FESTIVAL OF LIGHTS

11AM TO
10PM

SUNDAY
29 OCTOBER

TRUSTS
ARENA



SUPPORTED BY





Glen Eden Tennis Club Inc.
42 Glendale Road, Glen Eden

Junior Tennis coached classes for the season 23-24

Commencing:

Tuesdays from 10th October 2023 through to end of Term 4 and

Tuesday from 31st January 2024 through to end of Term 1

1. Under 8 year olds 4.00pm to 4.45pm - \$205
2. Over 8 and under 11 4.45pm to 5.45pm - \$225
3. Over 11 year olds 5.45pm to 7.00pm - \$240
4. Family membership – 2 adults and up to 4 children - \$600
5. Social Membership – per player - \$250
6. Key \$35 and Bond \$35

Private Coaching available: Josh Mark phone 021 031 8013

Club Coaches: Josh Mark and Toby Runting

Fun Tennis: Thursday 7.00pm to 8.30pm - \$10 per session casual

Summer Tennis: Doubles on Wednesday evenings 6.00pm to 8.00pm

Winter Ladies Tennis: Tuesday mornings 9.30am to 11.30am

Inquiries: Anne Nightingale 021 103 3786

Email: kiwinightingale@gmail.com

Or

Raema Inglis 021 208 0725

Email: spingles63@gmail.com

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Glen Eden Tennis Club

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DEFENCE - ALL AGES**

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PH: 0210 325 082 www.theshinobiacademy.co.nz



3 Brick street, Henderson, unit 9

Limited Space

Register Now!



Henderson Intermediate School
...where students flourish and grow

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