



Leaders of tomorrow preparing today

May 19th, 20 kids, two vans and one event: Room 20's Reeshan Kishore was among the Howick Intermediate students attending a day of learning and inspiration — National Young Leaders Day 2011. He shares his experiences with Newz Fuse.

Twenty Howick Intermediate students joined students from many other Auckland schools to wait excitedly for the event to begin. The event began suddenly and first on the stage were the event's hosts Charlie Panapa and Alice Gallagher. After they explained what was in store for us, they called up the first speaker, Nick Tuitasi, who specialises in crime prevention. His interesting talk was about his acronym T.R.Y - Truth. Respect. You. Also he spoke about how good ideas don't work until we put them into action. Then it was time to ask the speakers questions. There were some good questions coming from the audience, which had interesting answers.

Next we had Dillon Boucher, a basketball player from the NZ Breakers, who shared with us stories about his childhood. He mentioned that practise makes perfect and if you want to succeed in anything, you need to train, train, train, and give 100 per cent to achieve. The third speakers were Tumehe and Serena Rongonui, two past *What Now* hosts, who are happily married. They also talked about their past and gave us inspirational advice about how to achieve our goals in life. They talked about their goals and what they wish to do in the future. They had many tips such as always believe that you can do it and don't listen to those who tell you can't, keep your eyes on the positive not the negative and you need to help others to get help in return. Then Tumehe sang *Just the Way You Are* from Bruno Mars and made the whole auditorium cheer.

Then we had Pat Lam the coach of the Blues team, who spoke about the 4 Ps: people, perseverance, performance and purpose. He showed a demonstration on focusing. The amazing and hilarious *Laughing Samoans* were next and filled the whole auditorium with laughter but their performance wasn't just jokes; there was one helpful message —



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Cruelty-free farmed pigs best, says Room 18

By Jacinta Hanscamp

This term Room 18 is looking at animal welfare for their inquiry topic. The animals they are looking at are pigs, chickens, sheep and cows (dairy). Two weeks ago a couple of kids jumped onto the computer and started to make a poster. They found some really gruesome (and **sad**) photos on the internet that they didn't put onto their poster because they didn't want to make you sick! But they did create some very cool posters to make you think about how we are treating our farm animals. Please pass by Room 18 and stop to look at the posters for a little while.



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'Stand up for your rights' or 'Fight for your rights'. In other words stand up for what you believe in.

Then Dave Atkinson came up and entertained the room with his story about when he was a child and bought a Ping Pong Ball Bazooka in the United States. He had some tips on developing your X factor: **1. Be friendly. 2. Say a good word or say good things. 3. Be yourself, don't be anyone else but yourself and don't be afraid to show who you are.**

Before we left the final speaker was Pat Buckley from Amped4life. He is a professional motivational speaker and was very inspiring as he spoke about how you always have a choice: a good choice or bad choice. Pat was inspiring because he had the experience from everything that he talked about, for example he had made a bad choice in his life by deciding to smoke drugs. He also gave the choice to his friend and then started smoking and had the addiction for 16 years. After he beat his addiction he decided to start a new life.

He later began to talk about our lives: it is a challenge growing up but enjoy being young as you have less **stress and aren't paying expensive bills! Work hard at school because your education can affect your future. When you make a choice think, "Will this choice help me or hurt me?" If you ever screw up, just be honest and take ownership. Make a good choice in friends; good friends are loyal and care about you and don't put you into any danger. Good friends watch out for each other. He also had mentioned that you should always believe in yourself. If you are a leader you can become a good role model to your children when you grow up. Being a leader can become lonely but it is great. His final message was that your future lies in your hands.**

The students, teachers and parent helpers had a spectacular day with amazing inspiring speakers. It was a fun educational and interesting event. Many of the students are hoping to go again next year. Now these students have tips on being a leader to use and to think about. Who knows, maybe these students will become our future leaders.



Top Tips to Survive Mentoring

*Mentoring group seem a bit boring to you?
Vanessa Ung and Taylar Allen suggest some
ideas to get the best out of your
mentoring experience*

TIP #1

Try out all the activities that your mentor suggests even if it seems weird.

TIP #2

Get to know someone; it will be more fun if you have someone to talk to.

TIP #3

Crack jokes to break the ice, whenever there seems to be an awkward moment.

TIP #4

Mentoring is all about getting to know other people and to talk about your feelings. So why not take advantage of that to meet new people within the school.

TIP #5

There is an old saying, "Fake it till you make it." So don't be afraid to ACT confident even if you're not.

TIP #6

Find out everyone's birthday and when the day approaches, give them a "HAPPY BIRTHDAY!" shout to make their day.

TIP #7

Make an effort to wave and smile at anyone in your mentor group whenever you see them around the school.

Try following these tips to achieve a more fun and interesting mentor class!

Anonymous Aunties

I got this weird as haircut in the **weekend and I don't want to show** anyone, I refuse to take my hat off in class. What do I do?

You can't keep your hat on forever and not show your new haircut, if people start teasing stay positive and laugh with them.

My best friend isn't talking to me anymore because of a little argument we had. How do I get her to talk to me again?

Try giving her some time to chill out and when she's ready to talk, you two can sort something out and be friends again.

My friends have a Facebook account **but my Mum said I'm not allowed one** until I am 14. I think this is unfair. Should I just make one anyway?

You can just wait until you're 14 or you could understand why she isn't letting you have one. Talk to her about it and tell her what you think of it. She might see your side of it and even let you have a page. PS Facebook requires you to be 13 to open an account.

Got a problem you need help with? Write a letter to the *Anonymous Aunties* and post in the library.



King of the ICE

Ice hockey has been around for a long time in Canada and America but it is quite a new sport in New Zealand. Or is it? Auckland representative Mak Rawiri from Room 19 talked to Vanessa Ung and Renee Page about his passion for ice hockey.

Mak Rawiri was four years old when his mother decided to sign him up for ice hockey lessons – mostly because she **thought he wasn't getting enough fitness.**

That was seven years ago and he is now competing at the top of his league, playing for the Botany Scorpions and Auckland representatives.

Learning to skate came naturally and Mak was already competing at the age of eight. It is not easy though. His schedule is quite **tight. "The hardest thing is keeping up with all the training. I train at the rink on the weekends, do a gym session on Wednesdays doing weights, and compete on Monday and Tuesday nights."**

Ice hockey is definitely not your average, easy-going sport. **Mak's worst injury was concussion** (temporary unconsciousness due to a hard blow to the head) at the

beginning of term one, which took several weeks to recover from.

"You also get sent off for fighting but they usually don't last for long."

One advantage of being part of a top team is the travelling – Mak has so far competed in Gore, Queenstown and Christchurch and hopes to head to Australia some time in the future.

And ice hockey is not just a sport for guys. There are already girls in the league and **more joining all the time. Mak won't be giving up any time soon. "I'll definitely continue to compete through high school because it keeps me fit."**



Ice hockey seems to be getting more popular in New Zealand. A quick look at the Auckland Ice Hockey Association website shows that there are plenty of people getting involved with this sport.

Interested in finding out more about ice hockey? Check out <http://www.aiha.org.nz> or maybe ask Mak about it when you see him around school.



Bull rush!

On Tuesday 17 May, 11 of our most talented orienteers were lucky enough to spend a fantastic day at One Tree Hill's Cornwall Park competing against 38 other schools at the Southeastern Zone Sports orienteering champs. Mrs Vinett, H.I.S. team organiser and coach, said the day was a resounding success with our **girls' team placing 10th and our boys' teams placing 12th.**

Steven Carroll, a year 7 student from room 19, said a highlight of the day was



H.I.S. year 7 boys orienteering team stretch it out



Year 8 girls get ready to compete at Cornwall Park in May

running through a paddock past a large bull – a great motivator to keep the speed up!

Sabastian from room 13 also had a fantastic time.

“Clipping the map at the various stations was so much fun and, when we were competing at Lloyd Elsmore, there was a bridge over the stream that was lots of fun to run across.”
Keep it up orienteers!



The vast gap between Wealth and Poverty

This report will discuss the vast contrast between developed and developing countries for things like; food, education and health. The world is basically divided into rich and poor- the rich half is known as developed countries because they are countries with a high standard of living for most of the people. This includes places like America, Europe and New Zealand, too. The poor half is known as developing countries which are countries that have lower living standards than developed countries, for example they may not have enough resources and technology. This includes countries like Africa, India and parts of the pacific islands.

In developed countries we have enough food each day and some people eat too much. One third of children are overweight, and two thirds of adults are overweight. Some people are so obese that they even have to go on weight loss shows like *Biggest Loser*.



A slum in India alongside hotel tennis courts and pools

In developing countries, like East Timor, the amount of food someone might eat is just one sweet potato or bowl of rice a day. They might have only 500 calories of food a day and an average child between 8 to 14 needs 1100 calories a day at least. One sixth of people in developing countries do not get the food their body needs.

In developed countries people can eat whenever they want by just going over to the fridge and choosing something. If we run out of food we can just go to the shop and buy some more food or go to a fancy restaurant and we have heaps of fast food places to get food from. In developing countries there is no fridge and there may be no food available. Food is hard to get and they may have to walk miles for drinking water, or for food they may have to wait a long time between meals. For example, **we take food to school and if we don't like it we chuck it in the bin. We eat a lot of junk food like sweets and chocolate. We can have as much food as we want and sometimes if we get given dinner we don't like we don't eat it and if our mum gives us things we don't like we make a big fuss.**

Every child in a developed country has the opportunity to

have an education. Developed countries have 90% of the literacy rate. **Sometimes we don't want to go to school, but in developing countries it is every child's dream.** If we get an education we are able to get a good job which means we will have a life not stricken with poverty and be well off. We will also have enough money to buy what we need and have a good standard of living. In developing countries most people never get an education and about 134 million children aged from 7-18 do not get an education or have never been to school. Since children do not **get a good education they probably won't get a good job which means they won't make much money.** For every year of education the pay increases by 10%. Educated families tend to send their children to school which helps to break the poverty cycle. Most farmers with no education just scatter their seeds which means their crops **won't grow well because they will grow into each other** and it stunts their growth. This could lead to malnourishment because they cannot buy food and can also lead to sickness because they cannot afford medication or to go to the doctor. Measles, malaria and diarrhoea are three of the biggest killers of children, yet all are treatable or preventable. HIV or AIDS has created more than 40 million orphans, 92% of them live in Africa. Did you guys know that in a developing country there are 16 106 patients per doctor and only 332 per doctor in developed countries.

That's a difference of 15 774. More than 2.4 billion people do not have proper sanitation facilities and more than 2 million die each year from diseases caused by polluted water and filthy sanitation conditions.

It is important to raise awareness of the fact that we (people living in developed countries) are very lucky to have our lifestyle and we need to be generous towards people who are in developing countries by giving what we can. So, next time you are wasting your food **by throwing it in the bin, or don't make the most of your education, or say you don't want your immunization.** Spare a thought for the people in poverty in developing countries and remember how lucky you are. You can make a difference by giving to world vision, giving to the Fiji mission, or giving to the food bank. Lets all try to be generous in our daily lives.



By the 'wealth and poverty' inquiry group, room 20;
Dylan H, Emma, Reeshan, Kwestian, Niraant,
Lucy and Liam.



Test the nation

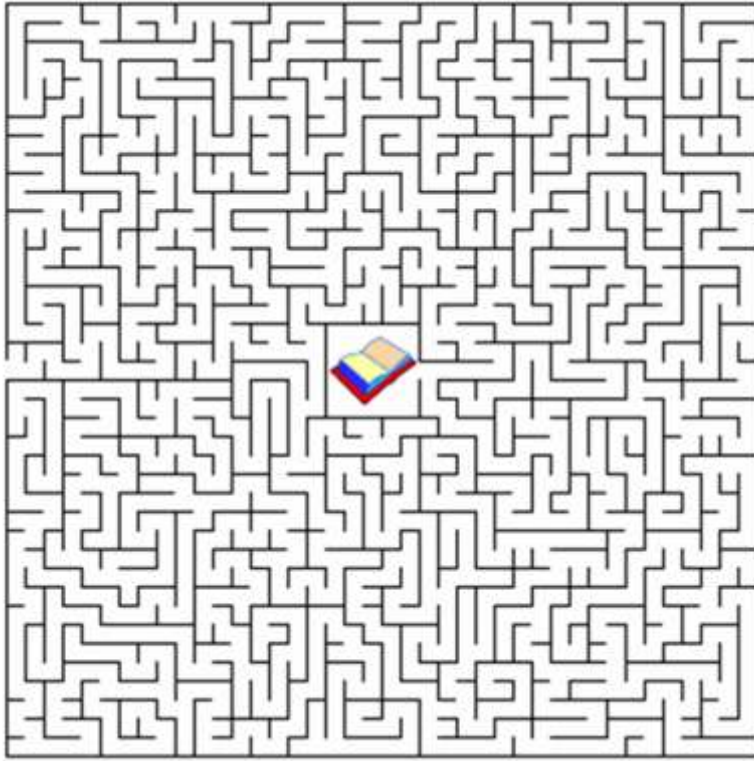


As part of their Crime and Punishment inquiry study, Room 19's Psychology Group tested staff and students at H.I.S asking questions like: *Do smell and sight affect taste? Does birth order matter? How good is your memory really?* Thanks to all those who bravely participated!

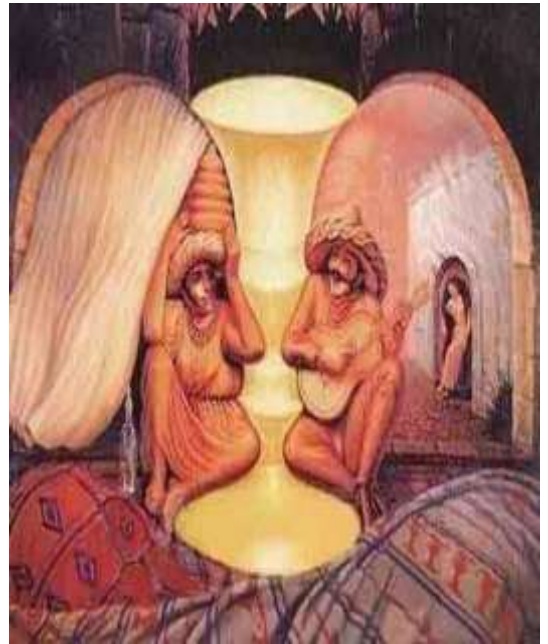


JUST FOR FUN

By Renee Page Rm18



What do you see?



JOKES

- Q) If a rooster lays an egg on top of a house, which way will it roll?
 A) Neither! Roosters can't lay eggs!
- Q) I have four fingers and a thumb but I am not alive. What am I?
 A) A glove.
- Q) What is black when clean, and white when dirty?
 A) A chalkboard.
- Q) What is so fragile that when you say its name it is broken?
 A) Silence.
- Q) What object is king of the classroom?
 A) **The ruler!**

BRAIN TEASERS

1.  2. MAN BOARD 3. STAND I
4. |R|E|A|D|I|N|G| 5. WEAR LONG 6. ROAD A D
7.  8. CYCLE CYCLE 9. LE VEL 10. $\frac{1}{2}$ W O S A D
11. KNEE LIGHT 12.  13. CHAIR
14.  15.  16. GROUND  17. MIND MATTER
18. HES/HIMSELF 19. ECNALG 20. DEATH LIFE