April/May 2026

Newsletter

Sir Edmund Hillary Collegiate Senior School

Kia ora,
Mālō e lelei,
Talofa lava,
Taloha ni, Kia orana,
Fakaalofa lahi atu,
Namaste, Ni sa bula, nǐ hǎo,
Salaam, Selamat siang, Mauya

and warm greetings to all our SEHC Senior School whānau,

Welcome back to Term 2! We hope you had a safe and restful break. It's been great to see our students return ready to learn, reconnect, and continue their journey. We're looking forward to a positive and purposeful term ahead.

As we reflect on Term 1, there have been many moments that reflect the strength, identity, and achievement within our Senior School. Our first round of assessments has now been completed, and we are working towards improving how we share student progress with whānau. Our upcoming whānau hui will be an important opportunity to connect and support your child's learning.

We also recently farewelled Donna Tupaea, who has taken on the role of Tumuaki at Tuakau College. We thank her for her leadership and the positive impact she has made at SEHC and wish her all the best.

Ngā manaakitanga,
Christine Pili
Tumuaki/Principal SEHC Senior School

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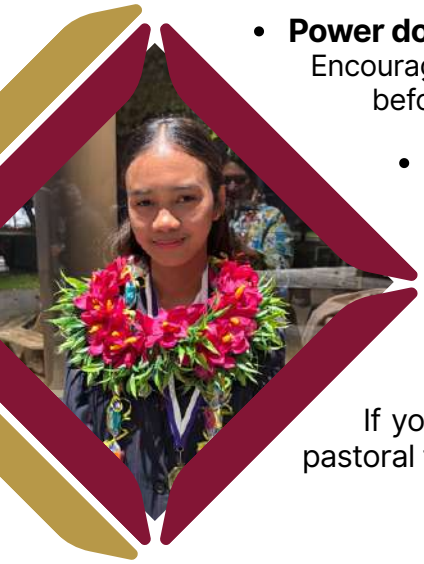
Healthy Sleep Routines

Whānau Wellbeing: Back to Term 2 – Reset Sleep Routines

As we return to school, getting back into a healthy sleep routine can make a big difference for our young people's mood, learning and overall wellbeing.

Here are some tips to get back into routine!

- **Keep a regular sleep time**
  Teenagers and their growing bodies and brains need 8-10hrs of sleep a day to help support learning, memory and mood. Not enough sleep can cause irritability, low energy and difficulty focusing.



- **Power down before bed**
  Encourage rangatahi to turn off phones and screens at least 30-60min before sleep. This helps the brain wind down.

- **Wind down together**
  A quick kōrero before bed, checking in about the day can help your young person feel connected and more supported.

Good sleep supports focus, emotional regulation, and resilience, helping our rangatahi show up as their best selves to school.

If your young person is struggling with sleep, stress, or any other concerns, our pastoral team is here to help.

Screen Time Support

PGF Counselling is helping design a new service that will support young people (aged 10-24yrs) who may be having difficulties related to screen time, social media, gaming, or online spaces. They'd like to hear from whānau so the service is the best it can be. Complete this short survey to share your thoughts: www.bit.ly/PGFscreentime

Academic Highlights

We are proud to acknowledge **Arianne Alamanzor**, who received the **AUT Academic Award,** a significant achievement. Congratulations - we are very proud of you!

Arianne was nominated by her Whānau Leader, Mrs Josephine Ivirangi, for the Academic Awards Night at AUT in Manukau. The event is organised by the Ministry of Education and AUT for students who in 2025 gained exceptional academic excellence.

We also saw great engagement in our Spelling Bee, which brought a strong focus on literacy - well done to our winning house, **Kahurangi**.

Community Connection

Our connection to the community remains important. Our Refugee and Migrant Families Connection Evening was a truly special and meaningful event, bringing together our community in a spirit of unity and celebration. Families had the opportunity to hear from key speakers who shared valuable insights about education and life in Aotearoa New Zealand, helping to strengthen understanding and support.

The evening was filled with warmth, connection, and engagement as we celebrated Eid alongside our families. It was a wonderful reflection of the diversity and strength within our school community.

A heartfelt thank you to our Learning Support Coordinator, Ms Lemusu, for organising such a successful and enriching event.

Recently, we hosted our AUT Iti Kōpara Schools Partnership Programme Whānau Hui, where families were introduced to the programme and the opportunities it provides for students throughout their NCEA journey.

A huge thank you to all parents and whānau who attended and showed their support for our young people and their future pathways.

This partnership with Auckland University of Technology supports Year 11–13 Pasifika and Māori students through mentoring,academic workshops, campus experiences, and career pathway exploration as they prepare for future success.

It was an honour for our student leaders to represent our kura at the Ōtara ANZAC March.

Hillafest was also great celebration of our students across the Collegiate. Thank you to our staff, students, and whānau for your continued support.

Cultural and Sporting Success

Our cultural identity continues to be strongly represented across the school. Congratulations to our Cook Islands group for placing 1st - Polyfest 2026 Meitaki Ma'ata! This reflects the commitment of our students and staff in valuing language, culture, and identity.

Our students continue to represent our kura beyond the classroom. Congratulations to Parekura Phillip (Year 11) for representing the Cook Islands U16 National Women's Football Team - an outstanding achievement. With winter sports now underway, we look forward to another strong season.

During the school holidays, our First XV boys took part in a number of valuable pre-season fixtures against One Tree Hill College, Papakura High School, Westlake Boys' High School, and Dilworth College. These matches provided important game experience and preparation ahead of their season opener against Pakuranga College on Saturday 9 May. We are proud of the effort and commitment shown by the team throughout their preparations.

Our Senior A and Junior A netball teams also returned to training with great energy and enthusiasm as they prepare for the upcoming season. It has been fantastic to see the dedication and positive attitudes from all players as they continue developing their skills and teamwork.

During Term 1, our Under 15 rugby team began training for their season ahead, while our Senior A Rugby League team carried strong momentum into their first pre-season fixture of Term 2 against Aorere College.

A huge thank you to all coaches, managers, staff, parents, and supporters who continue to give their time and support to our sports programmes. Your encouragement plays a huge role in helping our young people succeed both on and off the field.

Important Dates

- **13 May:** NCEA Whānau Information Evening @ 5:30-7pm
- **18 - 28 May:** NCEA Literacy & Numeracy Exams taking place
- **28 May:** Whānau/Teacher Interviews @ 3-7pm
- **29 May:** Teacher Only Day - no school for senior students
- **1 Jun:** King's Birthday (Public Holiday) - no school
- **2-5 Jun:** Samoan Language Week
- **10 Jun:** Juniors Literacy & Numeracy Whānau Hui @ 5pm