



# Portland School Te Kura o Tikorangi

Portland School will provide the opportunity for everyone to reach their potential in a safe and caring environment.

## Ngā mihi nui ki Heron Ship Repair



Portland School Te Kura o Tikorangi extends our sincere thanks to Heron Ship Repair for their generous sponsorship of the salt for our school pool. Your support ensures our akonga can enjoy swimming and water safety activities throughout the summer months. We are truly grateful for your ongoing support of our kura and community.



## KŌRERO TUMUAKI

Kia ora e te whānau,

As we come to the end of another great year at Portland School Te Kura o Tikorangi, I want to take a moment to acknowledge what an incredible journey 2025 has been. Our kura has continued to grow, learn, and thrive together, and it has been a privilege to watch our tamariki shine in so many ways.

This year has been filled with moments of learning, challenge, celebration, and connection. Our tamariki have shown curiosity, resilience, and pride in who they are as learners. They consistently embody our school values of Kawenga, Pono, Manaaki, and Kaitiaki, not just in the classroom, but in the way they support each other and contribute to our kura community.

Our dedicated kaimahi deserve a heartfelt acknowledgement. Their hard work, creativity, and commitment have ensured rich learning experiences for our tamariki, from navigating curriculum changes to leading exciting events, trips, and opportunities that helped bring learning to life. Their passion for supporting the wellbeing and success of our learners is truly appreciated.

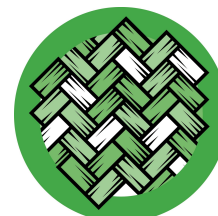
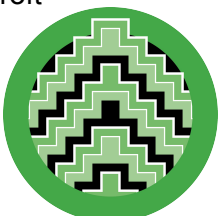
A massive ngā mihi nui to our whānau and wider community. Your involvement, whether attending hui, helping with events, or supporting learning at home, plays a vital role in the strength of our kura. We are grateful for the partnership we share and the sense of belonging you help create for every child.

Looking ahead to 2026, we are excited for the learning and opportunities to come. We remain committed to strengthening bicultural and bilingual education across our kura, ensuring our tamariki continue to benefit from the best of both worlds, thriving confidently in te ao Māori and te ao Tauīwi. We will continue deepening our understanding of Te Tiriti o Waitangi and strengthening our practice as a culturally responsive kura, creating learning environments where identity, language, and culture are valued and uplifted.

As we head into the holiday break, we hope you enjoy a safe, relaxing, and joy-filled time with your whānau. To our Year 6 leavers, we wish you every success as you begin your next chapter, you will always be part of our Portland School whānau.

Ngā mihi nui me ngā manaakitanga o te wā,

Rachel Bycroft  
Tumuaki



# Mangakahia Area School Cultural Festival



Last Thursday, our Kapa Haka performed beautifully at the Mangakāhia Area School Cultural Festival. Our tamariki shone on stage and absolutely loved watching other ropū share their waiata, haka, and pride.

For our Year 6 tamariki, this was their final performance with our ropū. We are incredibly proud of their growth, leadership, and the mana they have brought to our Kapa Haka this year.

Ngā mihi to all our whānau who came along to tautoko, and to those who helped our tamariki get prepared for the day. We definitely had a large and proud crowd representing our kura!



## Cultural Narratives Handover

On Thursday 30th October, a group of our tamariki proudly represented our kura at Te Puna o Te Mātauranga Marae, Northtec, where they took part in the handover of three cultural narratives prepared by Coactive Education for Ngā Kāhui Ako Schools.

These narratives include:

- **Taranga and Marotiri – The Hen and Chicken Islands**
- **Matariki and Puanga – Te Tau Hou Māori**
- **Whangārei Terenga Paraoa – The Whangārei Harbour**

These are significant to our rohe, and we look forward to weaving them into our teaching and learning. We feel grateful to have been a part of this kaupapa.





# Pānui - What's happening in our kura.

## Our kura runs a KICKSTART BREAKFAST PROGRAMME

**What** **it** **is:**

The KickStart Breakfast programme is a partnership between **Fonterra**, **Sanitarium**, and the **New Zealand Government**. It provides **free nutritious breakfasts** (Weet-Bix and Anchor milk) to students in schools throughout Aotearoa New Zealand.

### Purpose

The aim is to ensure all tamariki start their school day **fed, focused, and ready to learn**. It supports schools and kura to:

- Improve student wellbeing and concentration.
- Encourage positive relationships and a sense of community.
- Provide a consistent, inclusive start to the school day.

### How it works

- Schools sign up to join the programme (any decile/Equity Index school can apply).
- Fonterra supplies **Anchor milk**, and Sanitarium provides **Weet-Bix** for free.
- The school provides the setup — e.g., bowls, spoons, tables, and supervision.
- Breakfast can be served daily or a few times a week, depending on need and volunteers.

### Who can participate

- The programme is **open to all students** — it's not limited to those in need. (This helps remove stigma and encourages inclusiveness.)
- Some schools run it for the whole school; others make it available to those who want it.

### Benefits

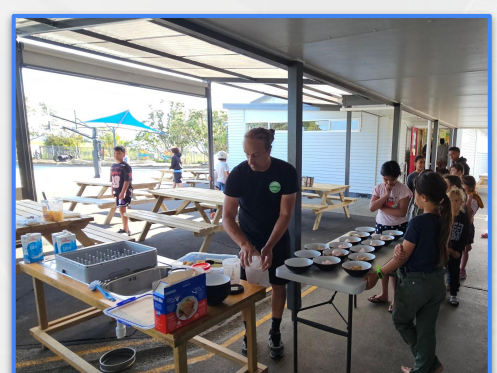
- Better concentration and participation in morning learning.
- Improved attendance and punctuality.
- Strengthened relationships between students, staff, Opportunities for tuakana-teina (older students helping younger ones).



### Support for schools

KickStart provides:

- Delivery of Weet-Bix and Anchor milk every term.
- Resources and guides for setup, food safety, and community involvement.
- Occasional competitions and promotional support.





# Pānui - What's happening in our community!

## About the sore throat check

### Who does the check?

A specially trained pharmacist will do the check. They can answer any questions you have at any time.

### How long does the check take?

The sore throat check only takes a **few minutes** and the pharmacist will let you know if any treatment or follow-up with a doctor is needed.

### What happens during the check?

The test is done in a private area at the pharmacy. The pharmacist will gently take a swab of the sore throat using a soft cotton swab. They will lightly brush over the back of the throat, around the tonsils, and over any red or sore areas to collect a sample.

### Does the test hurt?

The test may be a little uncomfortable and the swabbing may briefly cause slight pain.

### What happens with the swab sample?

The sample goes to the laboratory to be tested to see if the sore throat is Streptococcus, commonly known as strep throat.

The pharmacist will get in touch with you 3 or 4 working days after the test to let you know the results and to discuss next steps and treatment.

### What if medicine is needed? Do I need to go to the doctor?

In some cases, antibiotics are needed to treat the infection. If you need antibiotics after your throat check, the pharmacist will supply them to you. There will be no cost for the antibiotics.

### Need more help?

You can call **Healthline** for free, 24 hours a day, 7 days a week on **0800 611 116**.

Visit [www.pumanawa.org.nz/resources-for-whānau](http://www.pumanawa.org.nz/resources-for-whānau)

Talk to your pharmacist, hauora Māori provider, Pacific health clinic or doctor.

### Get a FREE check now at:

**Kaikohe** - Orrs Kaikohe Pharmacy  
**Kaikohe** - Te Hau Ora O Ngapuhi Limited  
**Kaitiāia** - Brown's Community Pharmacy  
**Kerikeri** - Unichem Kerikeri Pharmacy  
**Paihia** - Paihia Pharmacy  
**Ruakaka** - Unichem Orrs Pharmacy  
**Whangārei** - Kensington Pharmacy  
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**Whangārei** - Otaika Pharmacy  
**Whangārei** - Unichem Buchanans Pharmacy  
**Whangārei** - Unichem Whangarei Pharmacy  
**Whangārei** - David's Pharmacy Kamo  
**Whangārei** - Unichem Orrs Pharmacy Tui





# Ngā mihi nui!

Portland School Te Kura o Tikorangi would also like to extend our heartfelt gratitude to all our main sponsors for their ongoing generosity and commitment to supporting our kura.

Your contributions make a significant difference to the learning experiences, opportunities, and wellbeing of our ākonga.



## Trafix Manpower Ltd

Trafix Manpower Ltd is a locally owned and operated traffic management and labour hire company. Their annual donation, along with their ongoing support in providing vans and signage, has been invaluable to our kura. We are extremely grateful Val and Merle for your continued partnership.

[trafixmanpower.com](http://trafixmanpower.com)



## Caleb Lawrence Orthodontics

Caleb Lawrence Orthodontics is a specialist orthodontic practice based in Kensington, Whangārei, providing braces, Invisalign, and retainers. Their annual contribution toward our Duffy Books programme, alongside their generous donations of toothbrushes and toothpaste for our tamariki—and even regular cake deliveries for our kaiako—has been truly appreciated. Ngā mihi

Dee and Caleb! <https://www.clorthodontics.co.nz/>



## Golden Bay

From their manufacturing plant right here in Portland, Golden Bay produces high-quality bagged and bulk cement products used across Aotearoa. Their annual donation, which goes directly toward the cost of our kura bus, is essential in supporting reliable transport for our ākonga. This contribution helps ensure our tamariki can travel safely to and from kura.

<https://www.goldenbay.co.nz/>



## Otaika Valley Free Range Eggs

Otaika Valley Free Range Eggs is a well-established, family-run business with farms in Otaika Valley near Whangārei and Kaharoa near Rotorua. Their free-range hens roam on beautiful, fertile land and rest safely in spacious barns. We are incredibly fortunate to receive a weekly supply of eggs for our ākonga, which helps supplement our Lunches in Schools programme and ensures our tamariki have access to nutritious kai each day. <https://otaikavalleyeggs.co.nz/>



# Pānui - What's happening in our community!

 Important health notice

## Measles is here

### Protect yourself and others

Measles is spreading in our community and it's serious. Anyone who is not immune can get infected and become very sick.

#### Protect yourself and others now:

- ✓ Check everyone in your family has had 2 measles vaccines after the age of 12 months. See [info.health.nz/measlesimmunity](https://info.health.nz/measlesimmunity)
- ✓ For anyone who hasn't, or you're not sure, **book a vaccine now**. It is safe to get another vaccine and is free for most people. See [info.health.nz/measlesvaccine](https://info.health.nz/measlesvaccine) or free call the **Vaccination Helpline** on 0800 28 29 26.
- ✓ **Stay at home** and free call **Healthline** immediately on 0800 611 116 if you develop any measles symptoms:



Red, blotchy  
rash



Fever



Sore, watery  
pink eyes



Cough



Runny  
nose

Health New Zealand  
Te Whatu Ora

[info.health.nz/measles](https://info.health.nz/measles)

WPH0007-2 | 16.07.20



# Pānui - What's happening in our community!

## 5+A DAY CARROT FRITTERS



**Serves:** 4  
**Preparation:** 15 minutes  
**Cooking:** 15 minutes

**Ingredients**  
3 carrots, peeled, grated  
3 eggs  
2 spring onions, finely sliced  
2 teaspoons ground cumin  
2 garlic cloves, crushed  
¼ cup flour  
¼ cup parsley, finely chopped  
1 tablespoon olive oil

**To Serve**  
½ cup natural yoghurt  
1 lemon

**Method**

- Beat the eggs in a large bowl. Add the spring onions, cumin, garlic, flour, & parsley. Mix well to combine
- Place the grated carrot onto a clean tea towel & squeeze the excess water out. You want to try & get as much water out as possible, so the fritters stick together when cooking. Place the carrot into the bowl & mix well to combine
- Heat olive oil in a non-stick fry pan over medium heat. Use a tablespoon to add mixture to the frying pan. Cook the fritters for 3-4 minutes on each side or until golden. Serve fritters with yoghurt & a squeeze of lemon juice

Visit [www.5aday.co.nz](http://www.5aday.co.nz) to access all of our recipes, what's in season and nutrition information.

Follow us on social media @5adaynz for fresh inspiration and great prizes. Tag us in to your fresh fruit and vegetable photos and use our hashtag #5adaynz







Always wash your hands with soap and warm water for 20 seconds and dry them thoroughly before you start to cook. Wash your fresh fruit & vegetables under running water.

## 5+A DAY POTATO MASH



**Serves:** 4 as a side  
**Preparation:** 10 minutes  
**Cooking:** 20 minutes

**POTATO & KUMARA MASH**  
**Ingredients**  
4-6 potatoes, washed & roughly chopped  
2 medium kumara, peeled & roughly chopped  
1 tablespoon lite sour cream or butter  
¼ cup vegetable stock (more or less for your favourite consistency)  
2 tablespoons fresh mint, chopped  
Freshly ground black pepper

**Method**

- Boil the potatoes & kumara until soft
- Drain & mash with the sour cream & stock until smooth
- Sprinkle over the mint & season with black pepper

**POTATO & CARROT MASH**  
**Ingredients**  
4-6 potatoes, washed & roughly chopped (Agria, Draga or flom Hardy work well)  
3 carrots, washed & chopped  
1 tablespoon butter  
¼ milk (more or less for your favourite consistency)  
Freshly ground black pepper

**Method**

- Boil the potatoes & carrots until soft
- Drain & mash with the butter & milk until smooth
- Season with black pepper

Visit [www.5aday.co.nz](http://www.5aday.co.nz) to access all of our recipes, what's in season and nutrition information.

Follow us on social media @5adaynz for fresh inspiration and great prizes. Tag us in to your fresh fruit and vegetable photos and use our hashtag #5adaynz







Always wash your hands with soap and warm water for 20 seconds and dry them thoroughly before you start to cook. Wash your fresh fruit & vegetables under running water.

Seasonal allergies are a reaction to substances only in the air during certain months of the year. Kids tend to start sneezing and get itchy eyes and a blocked nose when they go outdoors. These symptoms may affect sleep, social life and school work. Talk to your doctor or health professional about ways to manage allergy symptoms.



## IS IT HAY FEVER?

### 4 telltale signs in children

Dark rings under their eyes and rubbing itchy, red or watery eyes



Constant sniffing and sneezing, wiping their runny nose upwards



Eating with their mouth open because of a stuffy nose



Snoring at night and tiredness during the day





# Ngā mihi nui!

Kia hiwa rā, kia hiwa rā, kia hiwa rā ki ēnei rōpū e tautoko ana mai i Te Kura o Tikorangi. Mihi atu, mihi atu, mihi atu ki a rātou katoa.

Portland School Te Kura o Tikorangi would like to extend our heartfelt gratitude to all our supporters:

A special thanks to **Fundable** for their invaluable assistance in securing funding for our swings project. We are also extremely grateful to our other successful funding partners. We are delighted to report that we have nearly reached our funding goal for this project and are awaiting responses from two additional applications recently submitted.

Over 2025, we have received the following generous contributions:

- **Pub Charity** (Onerahi Tavern, Poroti Tavern, The Grand Hotel): \$5,000.00



- **Oxford Sports Trust** (Judge House Of Ale, Kensington Tavern, Pure Bar & Grill, Tote N Poke, Waipu Hotel): \$3,000.00



- **Akarana Community Trust:** \$6,711.75



This significant financial support will greatly enhance the learning experiences and opportunities we can provide for our ākonga. **Ngā mihi nui ki a koutou katoa – thank you for helping our tamariki thrive!**



# Pānui - What's happening in our kura!

## ATHLETICS - MAUNGAKARAMEA



We were so proud of all our tamariki who participated! Not only did they bring their best in every rotation, they upheld our school values and mana to a high standard, and this was recognised by many other schools. It was a fantastic day, we can't wait for the next round!





## Pānui - What's happening in our kura!



KidsCan is a New Zealand charity dedicated to helping tamariki affected by poverty by providing essentials such as food, jackets, shoes, and health products through partner schools—Portland School Te Kura o Tikorangi is proud to be one of them. Their mission is to ensure all children have what they need to fully participate in learning and have opportunities for a brighter future.

We are currently placing an order for wet-weather jackets and shoes. If your child requires a jacket or shoes, please send their name and size to the office. We will do our best to have these ready before the holidays. You can contact Whaea Carol via a text message on the kura phone or by emailing [admin@portland.school.nz](mailto:admin@portland.school.nz).



KidsCan also supports our tamariki with Nitbuster treatment and combs. We keep a supply at school, so you can either come and pick some up or we can place them in your child's bag to take home if you are running low.

With the summer months here please check your child's hair regularly for nits

Additionally, KidsCan has provided food to supplement our **Lunches in Schools** programme, helping ensure all tamariki have access to nutritious meals during the school day.

We are incredibly grateful for the ongoing support we receive from KidsCan—it makes a real difference for our tamariki!



## Pānui - What's happening in our community!



# HE WAKA EKE NOA WHANGAREI



Every Monday  
5:30-7:30pm



Rear of Salvation  
Army Building

3 Aubrey St  
Regent  
Whangarei



**Sarah**  
hwen.whangarei@  
gmail.com

022 532 0816

*Bringing culture, fun  
& valuable connection to  
Recovery...*

He aha te mea nui o Te Ao?  
He tangata! He tangata! He tangata!

What is the most important thing in the world?  
It is people! It is people! It is people!

Become a part of a group that will continue to show you just how important you really are, not only to us, but to the whole world! Tikanga and kaupapa Maori is the foundation of our program, and karakia, waiata and haka is our fuel. Heal and recover with us. You don't have to do this alone.

**He Waka Eke Noa**  
*"We are all on this journey together!"*



## Stay Connected with the Parent Portal!

Kia ora whānau, did you know you can stay up-to-date with your tamariki's learning and school information through the Ministry of Education's **Parent Portal**? Understand what your child is learning at kura, how they are progressing against the curriculum, and what you can do to support them at home. It's a great way to keep connected with Portland School Te Kura o Tikorangi and support your child's learning journey.

You can learn more here:

<https://www.education.govt.nz/parents-and-caregivers/school-s-year-0-13/parent-portal>



## Curriculum Changes and End-of-Year Reporting

This year has brought several updates to the New Zealand Curriculum, and our kaiako have worked incredibly hard to navigate these changes and weave them meaningfully into our teaching programmes. As a result, you may notice some shifts reflected in your child's end-of-year report.

Our End of Year reports may look a little different to what you have seen previously as we continue to adjust to evolving Ministry and government requirements.

All key information explaining these changes is included in the reports themselves, so we encourage you to take the time to read them carefully, and to look at the Parent Portal (link above).

More curriculum changes are on the horizon for 2026, and we expect further adjustments to follow. Despite the uncertainty across the education sector, we remain extremely proud of how well our kaiako and ākonga continue to adapt. Their resilience, teamwork, and commitment ensure that Portland School – Te Kura o Tikorangi remains a place where great learning happens every day.

As always, any of our kaiako are available to speak to your child's report, explain changes or for a general kōrero about your child and their learning.



# Pānui - What's happening in our community!

## Sore throat?

**FREE** checks for eligible people aged 3 - 35 years at participating pharmacies until **30 June 2026**.

### What is a sore throat check?

It is a swab test of the throat to see if the Streptococcus bacteria is causing the sore throat, sometimes called strep throat.

### Why is it important to get a sore throat checked?

Flu and cold viruses can also cause sore throats, so the swab test tells you when strep throat is the cause.

If you are at a higher risk of developing rheumatic fever, you must check a sore throat early and get treatment for strep throat with antibiotics. Without treatment, strep throat can cause rheumatic fever, which can damage your heart.

You are at higher risk of rheumatic fever if:

- you have had rheumatic fever before
- someone in your family or household has had rheumatic fever
- you are of Māori or Pacific Peoples ethnicity.

If you are not at higher risk, rheumatic fever is extremely unlikely for you, even if you have strep throat, so you don't need a swab test.

If you feel very unwell, have a high fever, or just have questions, seek advice from your doctor or Healthline phone **0800 611 116**, 24 hours a day, 7 days a week.

### How much does the check cost?

For a limited time, the sore throat check is **FREE** at participating pharmacies.

### How long is the **FREE** sore throat check available?

Now until 30 June 2026.

### Who can get a **FREE** sore throat check?

People aged 3 to 35 years old who are at high risk of rheumatic fever are eligible for a **FREE** check.

People who are outside of this group can still get a sore throat check at their local hauora Māori provider, Pacific health clinic or doctors. Charges may apply.

### Do we need to book for a **FREE** sore throat check?

No, just head to one of the pharmacies and ask for a check.

### Get a **FREE** check now at:

**Kaikohe** - Orrs Kaikohe Pharmacy  
**Kaikohe** - Te Hau Ora O Ngapuhi Limited  
**Kaitia** - Brown's Community Pharmacy  
**Kerikeri** - Unichem Kerikeri Pharmacy  
**Paihia** - Paihia Pharmacy  
**Ruakaka** - Unichem Orrs Pharmacy  
**Whangārei** - Kensington Pharmacy  
**Whangārei** - Life Pharmacy Orrs  
**Whangārei** - Otaika Pharmacy  
**Whangārei** - Unichem Buchanans Pharmacy  
**Whangārei** - Unichem Whangarei Pharmacy  
**Whangārei** - David's Pharmacy Kamo  
**Whangārei** - Unichem Orrs Pharmacy Tui





# OUR SCHOOL VALUES

At Portland School Te Kura o Tikorangi, our commitment to our kura values is ingrained in every aspect of our day. Our tamariki actively contributed to shaping and designing these values, giving them a sense of ownership and a deep understanding of what our values mean to us.

## Kaitiaki



*I am a Guardian*



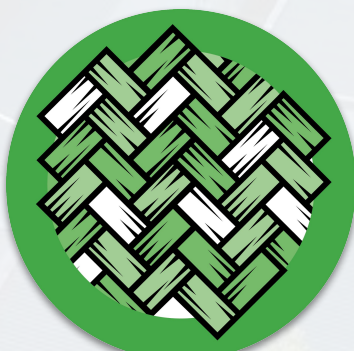
## Kawenga



*I am the Best  
I Can Be*



## Pono



*I am Trustworthy*



## Manaaki



*I uplift the Mana  
of Others*



## Pānui - WHAT YOU NEED TO KNOW...

### \*\*\* Staff Only Days Term 4 2025 \*\*\*

Tēnā tātou katoa e te whānau whānui o Portland School / Te Kura Tikorangi,

As part of the **Numeracy Curriculum changes** and ongoing **Kaimahi Professional Development and Planning for 2026**,

we will be holding two staff-only days at the end of Term 4:

→ **Monday, 15 December 2025**

→ **Tuesday, 16 December 2025**

**School will be closed for ALL students on these days**

While we understand that staff-only days may cause some inconvenience for our whānau, it is essential that our Kaiako continue to develop their teaching practices to provide the best possible learning programmes for your tamariki.

These dates have been carefully chosen to minimise disruption to the school year and your child's learning.

**Consequently, the last day of kura for our ākonga in 2025 will now be:**

**Friday, 12 December 2025 – full school day, finishing at 3:00 PM.**

We greatly appreciate your understanding and continued support for our kura as we ensure our staff are prepared to deliver high-quality learning experiences in 2026.

## Property Work

We are super excited to announce that three major property projects are about to get underway at Te Kura o Tikorangi! These projects include repairing and replacing our drainage, updating classroom window joinery, refreshing sink areas, fixing roofing, repairing cladding, building decks, and completing other essential maintenance. In addition, our entire administration block will receive a full refurbishment.

This is a significant infrastructure upgrade that will benefit our kura for years to come, and we will need the support and understanding of our whānau and community while the work is happening. For everyone's safety, the school gates will be locked over the holiday period from Monday, 22 December to Sunday, 11 January. Please note that access to the kura will be limited during this time.

During the refurbishment of the administration block in Term 1 2026, our office will be temporarily relocated to the small space next to Whānau Tikorangi. Please also note that we will not have a sick bay or shower facilities onsite, so whānau will need to pick up tamariki if they are unwell or require a shower while construction is underway.

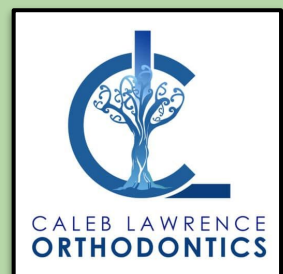
Once all the work is complete, the kura will also be receiving a full repaint. By the middle of next year, our kura will be looking refreshed and amazing—ready for another fantastic year of learning and growth!



## COMING UP...

Mangakahia Kapa Haka Festival	Thursday 20 November
Waitangi Trip - Kākano/Tikorangi	Thursday 27 November
Waitangi Trip - Manaia/Matakohe	Friday 28 November
BOT Hui	Monday 1 December
Athletics Fun Day	Wednesday 3 December
Year 6 Leavers Dinner	Friday 5 December
End of Term/Year Celebration Hui	Thursday 11 December @ 9.15am
Last day of Kura for 2025	Friday 12 December

## Portland School Te Kura o Tikorangi Sponsors



### Support from Others



CONTACT US

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Website: [www.portland.school.nz](http://www.portland.school.nz)