

the RISING FOUNDATION NEWS TERM THREE 2017

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Many Thanks

Hi everyone

That time of year is rolling around again!

Our students face assessments, exams and prize giving as we all prepare for the Christmas and New Year periods.

It is a time to reflect on the old year and prepare for the exciting challenges of the year to come. In reflecting on the year gone by I need to once again thank our amazing supporters, our incredible staff and the group of ever present JB graduates that help out with our programme during the year.

I also need to single out the Principals and teaching staff of the schools that we are embedded into. Without your help and support we would not be able to operate our programme as efficiently. The dedication of the management and teaching staff at the schools we partner with never ceases to impress me. Thanks from us all!

A big thank you also to our Board of Trustees and Treasurer who all give their time freely to ensure the smooth running and efficient operation of our programme. Welcome to our new Trustees Sam Bongard and Jenna Broadhurst (co-opted) and a big thank you to Raelene Castle for the time that she spent as a Trustee on the TRF Board.

A reminder that we have our **TRF Race Day** at ELLERSLIE Race course on 17th February next year. We still have races for sale and tables and tickets available to anyone that is interested in a great day out. This fund raiser is a major event for us and we are very fortunate to have the winner and runner up of The Voice Australia 2017 Judah Kelly & Hoseah Partsch as guests that day to sing and entertain us exclusively.

Finally I would like to take this opportunity to thank you all again for your support and interest in The Rising Foundation.

Regards, *John*

John Bongard, Board Chairman, The Rising Foundation

Here's Sam

TRF Trustee



Hi, my name is Sam Bongard and I now feel very privileged to be part of The Rising Foundation as a Trustee. I grew up in Takanini where I played most of my rugby, cricket and soccer. Even though I live in Auckland Central now, I am still a passionate South Auckland. I am a very big Counties rugby supporter and love it when they beat Auckland!

I went to Saint Kentigern College and went on to University where I graduated with a Bachelor of Commerce with a double major in Economics and International Business.



My business career has been in Appliance Retail, where I have been with several retailers in my career. I am now with a company called Appliance Connexion that is the largest New Zealand independent cooperative buying group for Appliances and owner of the 100% Appliances brand. I hold the role of National Whiteware and Seasonal Product Buyer.

With Dad and Mum's involvement in setting up The Rising Foundation, I have seen it go from strength to strength from the outside looking in. The major drawcard for me to becoming involved with TRF is the people involved and the very real difference I have seen them make to the lives of the students. For me, that is very inspiring and I feel privileged to now be a bit more closely involved.

The team TRF has is fantastic and is without a doubt its strength. I think the fact that all of the team has come through the programme itself, is a testament to part of its success. When the opportunity to become a trustee came up, I jumped at the opportunity to play a part. Although relatively new to becoming a trustee, I am hoping to learn my role fast and play my small part in the continued success of TRF.

I want to be involved The Rising Foundation in any way I can, as I believe in the unique approach that works so well and how it is involved every day in the schools and communities, to help students find their positive path in life.

Sam

Dale Carnegie Business Immersion Training

Five of our TRF staff were fortunate enough to be included with staff from other charities, that make up the Momentum Hub at Vector Wero, to participate in an 8 week course run through the *Dale Carnegie Training Organisation*.

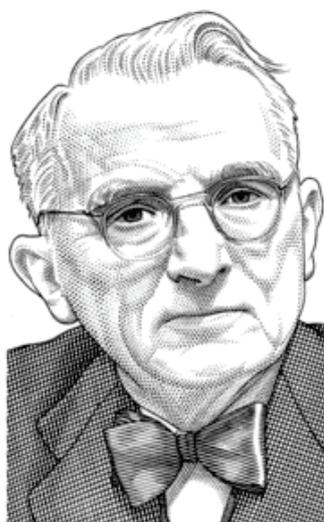
Many aspects of the course have stood out for me such as enhancing relationships and motivating others; clearly presenting my ideas through effective communication techniques; and even something as simple as learning to disagree agreeably with others.

Although a lot of these concepts are obvious once you understand them, the course identifies crucial elements to the human psyche which can be exploited to enhance

relationships with others. I found them especially applicable to our relationships with our students. The course teaches one to forge better engagements with other people, with the intent of building "effective communications and human relations skills for success".

With this in mind, the relationship we have with our students and their families is at the core of what we do, with the course being great professional development as Youth Workers, so that we can better serve our students and deliver a better programme.

Thanks must go to **Brett McLeod** for being the best facilitator, and also to **Richard Jeffery** and **SNCT** for sponsoring our staff to be a part of this course.



Dale Carnegie 1888-1955

Feleti, Jordan, Tiare, Les and Gideon receive their Graduation Certificates.



TRF: A HAND UP



Not a HANDOUT

Many commentators claim that this upcoming generation is the most 'entitled' generation ever. Apparently they expect too much and don't want to work for what they get and when they do get something they don't appreciate it and are constantly looking for the next thing.

Not in The Rising Foundation, we encourage our students to value hard work and to be grateful for the good things they receive.

We also foster the understanding that privileges need to be earned and that a big part of the joy of the experiences we share on camps and excursions is knowing that each person contributed to the cost of that adventure.

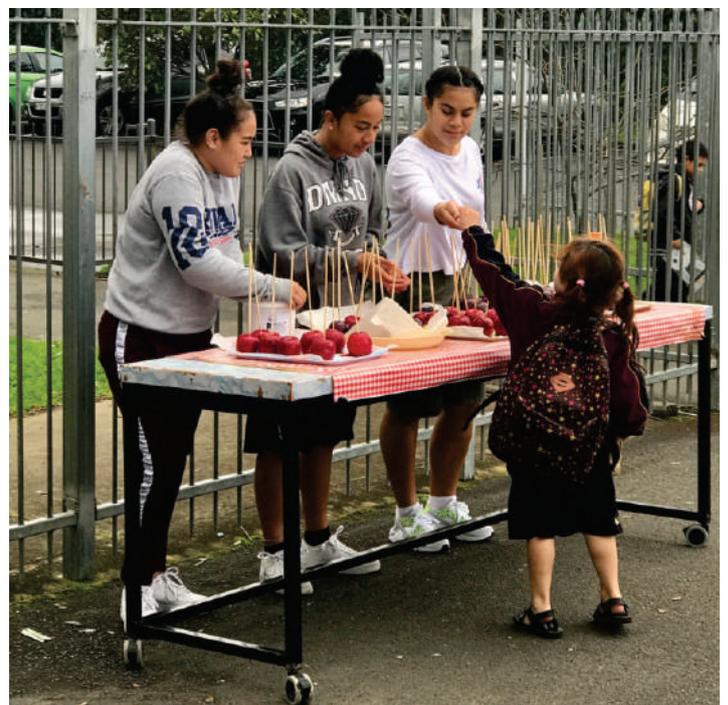
For many it is a genuinely shameful thing to need help and it is our privilege to have enough of a relationship of mutual respect and understanding with our families that we can partner with them in giving their children otherwise unattainable experiences.

Contrary to popular opinion about the 'welfare culture' our students and families really struggle to 'take charity' and much prefer to work hard and earn money so they can pay their way while on the rising.

That brings us to the ongoing battle for every charity: FUNDRAISING!

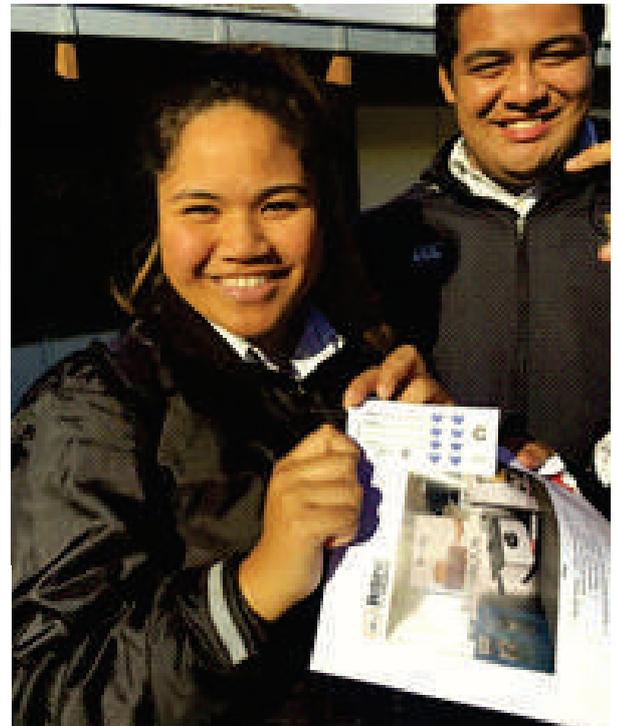
Its costs us \$2000 per student, per year to provide the quality and scope of programme necessary to see results in their lives. And a good percentage of this is raised by the students in a whole range of creative ways.

We want to take the time in this edition of our News, to highlight the efforts our students go to and to honour their wholehearted contribution to our programme.

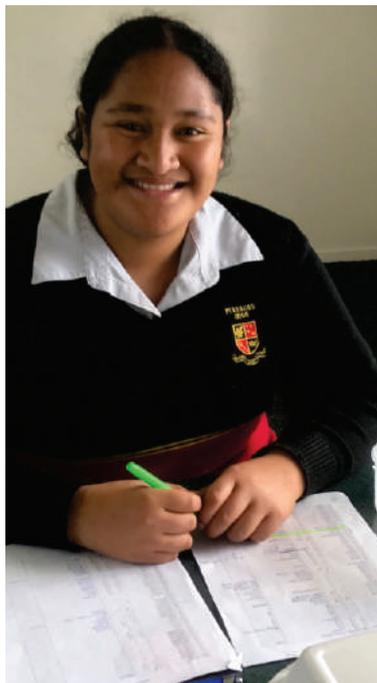


Our faithful team at Sir Edmund Hillary Collegiate had the idea of making toffee apples - the first batch sold out in an afternoon outside school so now we have a regular production line going. This, plus other efforts earned them over \$1,000 this term.





Above and below left: Our great team at Pukekohe High School and parents made meals and ran raffles. Above and Below right. A big raffle raised over \$1,000 for the programme in Manurewa High School.



Proceeds are used to part fund camps or for specific projects suggested by our students, all part of their training.



We work hard behind the scenes to raise the running costs of our excellent programme. Will you partner with us?

We understood from the beginning that the communities we worked in would need practical support to subsidise their own fundraising efforts. To fill the gap we are constantly applying for grants from Local Council boards, philanthropic trusts and corporate / community funders.

Our active Board also work hard to maintain relationships with private funders and corporate contacts. More and more we are seeing the need to find partners in this work. Not just those who are willing to make a one-off transaction with us, but those who have the same heart and vision that we have for the brilliant, capable and talented young people in the schools we serve.

Download the app and find us on ...  *The better way to give*

Lots of people give to charities out of a sense of guilt, or obligation but we want partners who give out of a sense of love and commitment to our South Auckland communities.

Partners who long for the day that our young leaders can lift their heads and stand as part of a generation that has finally outgrown the poor reputation that our region still has but less and less deserves.

If that's you - call us! Or go to the **Donation** page of our website, or download the **Easy Giving** app on your mobile phone and find us there. Thank you to all our supporters including those we have yet to meet!

Lakewood Lodge

TRF IDENTITY CAMP

Week One - Pukekohe High, Rosehill College and Sir Edmund Hillary Collegiate



“You'll never know who you are unless you shed who you pretend to be.” *Veronika Tugaleva*

During Term 3 the students from each of our schools were encouraged to keep an **Identity Journal** where they wrote down thoughts and ideas generated from the weekly teaching sessions on the theme of Identity.

The groups had already done a lot of thinking about the elements that make up the person we are. They had looked at the elements that make up individual identity, and had examined their family identity and cultural identity.



They had also been introduced to the idea of the adolescent developmental stage where 'acquiring identity' is the main achievement necessary for their progress as people.

During this pivotal time of change in their lives we know that it is so important that they gain a clear knowledge of who they are as a person, as this equips them for healthy adult life. Armed with these understandings they arrived at camp.



Group discussions helped reinforce the message of the term theme.



Specific training sessions, group activities, presentations, stories of the personal journeys of the team and volunteer helpers and lots of time to think, write, talk and reflect, gave the students the chance to absorb the big ideas that this term has introduced.

How great to understand the good person they truly are and to portray that person consistently.

We were so impressed by the way our students took ownership of this process and helped each other to give the focus and honesty that this vital subject required.

Lakewood Lodge is a rural farm adventure camp in the Waikato that provided an excellent venue for the team and students to relax and enjoy the activities offered, the animals, the outdoors and each other's company.

The excellent camp staff took the students out in groups through the mornings, challenging them physically and then TRF staff took over in the afternoons to reinforce the message of our Identity theme with a wide variety of presentations and activities to get their minds and emotions engaged. (Continued on page 8)



The physical activities that we enjoyed at Lakewood Lodge were geared to give our students the opportunity to push themselves beyond their usual limits. Not in extreme ways but in significant ways for each one.

We were so impressed by the way the camp staff bought into our vision for the camp. They took every opportunity to help the students grow.

Students were split into groups and given team and culturally inspired performances as part of their journey to understanding their unique identities.



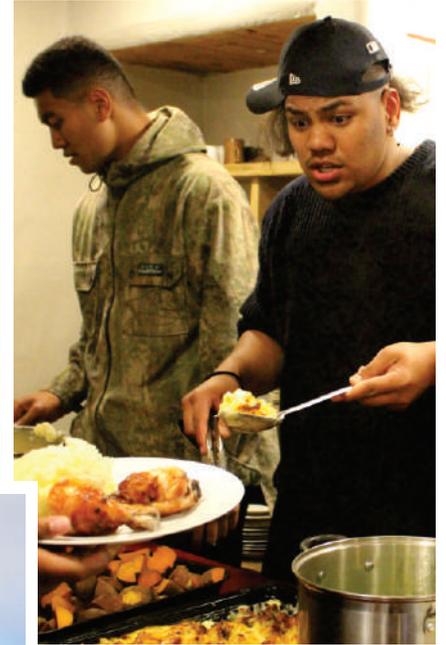
"If you only know who I pretend to be, how can I be sure that you could really love me?"

Julie Miller



WEEK ONE GALLERY

We are all individuals and that means we experienced week one in 85 unique ways. Here are a few.



Lakewood Lodge

TRF IDENTITY CAMP

Week Two - Papakura High and Manurewa High



(Continued from page 6) We invited a number of guest speakers with thorough knowledge of the cultural heritage of the students we serve and we were honoured to have excellent cultural performances from Tonga, Samoa, The Cook Islands and Maori groups.



It was so rewarding to see our young people standing on their own two feet. Knowing who they are, owning where they are from and holding their heads high with confidence and dignity as individuals and as proud representatives of their own cultural groups, their own families and of The Rising Foundation family.

This was a revealing and challenging journey for all of our students, there were times where it took real courage for the students to open up about the experiences that had

shaped them so far. In many of our sessions there wasn't a dry eye in the house.

The team and students alike agreed that the two weeks of the identity camp were among the most enjoyable and deeply effective camp experiences so far.



Throughout the week the groups grew closer and this resulted in the trust and openness that fosters life-changing moments.

Quotes from students

"I learned how to show my true self and to apply the knowledge gained in my life"- Yr 11 Boy

I recognised my own self worth, it's important to appreciate others and what you have already"- Yr 10 Girl

"Camp was beneficial because it sort of let the 'real' out of me. I showed some feelings in our talks even though I had barely let my guard down before"- Year 10 Boy

"This camp made me think a lot about the importance of family and how much they are needed, more than I think at times."- Year 12 Girl

"...camp was life changing for me. I wanted to cry as soon as I saw my parents! The teachings in camp have opened more doors, and opportunities for me to grow into a better/wiser individual...you must make a choice to take a chance or your life will never change". - Year 12 Girl.

"I've learnt so much from everyone. If you have a dream, you've got to grab it and never let go! Chase what you wanna do and just be you. Also learnt that the biggest mistake we all make is forgetting about ourselves. We get caught up in all the dramas and nonsense of life and we forget where our true focus should actually lay. Be who you are and don't wear any masks because we are loved". - Year 11 Girl.



WEEK TWO GALLERY

A smaller and slightly older group gave us different opportunities and breakthroughs



The students really related to the idea of wearing masks that protect us but also isolate us. Being vulnerable is the key to finding ourselves and true friendships.

Right: Matua Aviata shares his wisdom.
Below: Feleti meets a hungry local.



The mighty Kingdom of Tonga was ably represented in week two and JB Grad Melevesi Mafile'o (front and centre) did a great job in bringing some energetic young men and shy young women into line and encouraging them to perform with grace and dignity.

Many of our students are caught between two cultures with traditional influences at home sometimes clashing with the world they are exposed to at school or on TV and social media.

We encourage them to see the value in all the good parts of themselves.



The Samoan group from week 2 really put their whole heart into their performance and their love for, and pride in, their culture shone through.

Thanks to Matua Aviata and Matua Herb for their work in preparing the groups for their time in the spotlight. And a special thanks to Trillian Trust for their funding help.

#BEST CAMP EVER!

Grace under Pressure! Outward Bound

The start of this journey saw me leaving Auckland airport in the early hours of the morning on a turbulent flight, accompanied by a sense of nervousness and anticipation of what was to come. I was about to spend eight days in Anakiwa in the Marlborough Sounds on a Connect Course with 10 other people who work with youth. We gained new knowledge and shared existing principles that we use in our practice as teachers, instructors, social/youth workers and mentors. We were to be known as 'McKenzie Watch'.

This Outward Bound course was an adventure packed experience that I look back on with appreciation and gratitude. Every day we were ambushed by the unknown and tossed into the deep end (quite literally at times). But I wouldn't have had it any other way.

One of my most challenging moments was rock climbing blindfolded. If the activity wasn't



Grace Kingi is the TRF Programme Coordinator at Papakura High School. We are so grateful to Outward Bound for all that they have sown into the lives of our team members - these experiences stretch us - enhancing our practice.

already physically demanding, now I had to do it without my sight! I remember my hands brushing over the rocks trying to feel for where I could place my fingers and feet to push up. At one point my legs and arms were shaking from fatigue and my mind was becoming frustrated.

I harnessed what energy I had left and listened to the instructions from my teammates below. I had to put trust (my full weight) into each movement I took. Eventually I made it to the top and a wave of relief washed over me. But relief is a short lived feeling on Outward Bound!



I remember before going to Outward Bound I was sceptical. I thought that there wasn't much for me to learn or take away from such an experience and it was something that I just wanted to get over and done with.

I never intended to be impacted in the way that I was. As each day went past I learnt so much about aspiring to be the best version of myself, adopting a positive frame of mind however hard situations get and the notion of knowing that there is more in you physically and mentally. I now have a greater appreciation for the people I surround myself with and a deeper desire to explore and try new things.

The last day was wrapped up by the longest run I had attempted in my lifetime which was 11kms through the darkness and thick early morning fog. I approached the finish line breathless, with one last jump off the Jetty into the freezing water. I emerged feeling refreshed, proud and a little sad, knowing that my journey had come to an end but recognising all that I had accomplished.

I don't want to give too much of 'The Outward Bound Experience' away but I thought I'd end with a snippet from my journal, written while on "Solo" where I spent two nights in the bush amongst the fern with a flowing stream as a backdrop.

Sometimes there are moments best spent alone. When you're left with your thoughts just thinking about home. Your family your friends, the person that you are, Your lifestyle, your habits are they taking you far? We get caught up in cycles, call it daily routine. In relationships and work life - I need my caffeine! Our time at Outward Bound has put my system out of whack. Shaken my mind-set to put my life back on track. I've become accustomed to the feel of wet shoes and wet hair, The lack of wind in the air, to fill our sails, The constant hope that good weather prevails. From our early morning dips to our frozen finger tips, My experience so far has been one hell of a trip! So thanks for the memories, the late night games, the cliff jumping, the moments your heart's pumping. Being blind get rock climbed. On Solo, the 'Me Time'. I will cherish the time we've all spent together, and wish you well on your journeys, whatever you endeavour.



THE FOUR PILLARS OF TRF

INSIGHT

(Thinking Systems)
The ability to extract, grasp and internalise principles, develop higher moral reasoning and mature in emotionally healthy ways.

KNOW IT

SYNERGY

(Collaboration)
The ability to function well within an established group while maintaining the identity and purpose of each individual.

SHARE IT

INTEGRITY

(Accurate Representation)
The ability to put values and principles into practice consistently and wholeheartedly in our daily life.

LIVE IT

CREATIVITY

(Innovation)
The ability to continually develop new ways to express our values and principles for the benefit of ourselves and our community.

SPREAD IT

THE PARTING SHOT

We wanted to take this opportunity to say a huge thank-you and farewell to **Les Richard** who has been a vital member of our team and was one of the first generation of TRF Students way back in 2009. Les has moved on to pastures new and we wish him all the best in his new role and developing career.

As we have said before Les - you may have left the team but you will always be part of the family.

We will miss your strength of character, your sense of humour, your soft heart, your love and compassion in helping South Auckland Youth but most of all we will miss that very contagious laugh!



A Community of Friends of TRF

The Rising Foundation would like to acknowledge all Sponsors, Philanthropic Trusts, Corporate Businesses, Individuals, Local Businesses, School Trustees, Principals, School Staff, Families and our Community Trusts who sponsor students or have helped us to expand our programme. So far we have seen over 1300 students and their families and friends benefit from our work across the wider Auckland area. Without your generous support and collaboration we couldn't do the work we do.

Thank you for choosing to support The Rising Foundation; we all truly appreciate it.

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