



12 June, 2026

TE KARERE O TE KURA TUARUA O WHANGAROA

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Kia ora koutou,

The Importance of Sleep for Learning and Retention of Learning

When students arrive at school tired and just want to put their heads down on the desk for a nap, this has a huge effect on their ability to learn in a number of ways. Getting enough sleep is very important if students are going to get the best out of the time they spend at school.

During the day, your student's brain takes in massive amounts of information. Sleep acts as the ultimate filing system. While they rest, the brain processes everything learned in class, moving it from short-term memory into long-term storage. Without enough sleep, new information simply slips away.

A sleep-deprived brain is forced to work on a flat battery. Lack of sleep directly impacts the areas of the brain responsible for decision-making, attention, and emotional control. This can lead to:

- Lower concentration: Difficulty staying awake or focusing during class.
- Slower reaction times during sports or play.
- Mood swings: Increased irritability, anxiety, and stress levels.

Unfortunately, during the teenage years, their bodies do not release melatonin—the sleep hormone—until around 11:00 PM. That is why it is hard to get teenagers to go to bed at a reasonable hour on school nights.

Teens need about 8 to 10 hours of sleep per night, but few actually get it. Here are a few practical ways to support them:

- **The 60-Minute Screen Ban:** Blue light from phones tricks the brain into thinking it is still daytime. Disconnecting an hour before bed makes a massive difference.
- **Keep a Routine:** Try to maintain similar wake-up times on weekends to keep their internal clock steady.
- **Ditch the Late Caffeine:** Energy drinks or coffees in the afternoon drastically disrupt deep sleep cycles later that night.

Supporting your teen in getting more rest is not just about stopping morning grumpiness—it is giving them the exact fuel they need to succeed in the classroom. We appreciate your support and helping our students turn up to school on time and fit to learn and making sure that they have the opportunity to retain what they have learned during the day.

Looking Back and Looking Forward

Since the last newsletter, students have completed Common Assessment Activities (CAAs) in Numeracy and Literacy with the aim of achieving these important credits for Level One. We noticed that students are putting a greater effort into achieving these successfully. Selected Year Nine and Ten students and all Year Eleven and Twelve students who still require these credits were involved. NZQA will release results for the Reading standard at 3pm on 23 June and the Writing and Numeracy standards, at 3pm on 23 July. Students will be able to access their results through the MyNZQA learner login.

During the next week and a half, students from Year Seven to Year Eleven will be sitting e-asTTle tests in Numeracy, Reading and Writing. These tests show the progress that students have made since the beginning of the year, as well as providing valuable information concerning where to next for individual students.

Semester One finishes on the last day of Term Two. Reports concerning student attainment will be available for Year Seven to Ten students at the end of this term. Senior reports will be available in Week Two of Term Three, which gives the opportunity for all assessments to have been moderated and for all CAA results to have been received and added to the reports.

A new timetable has been prepared for Semester Two, and senior students are in the process of choosing their options and Pods.

Ngā mihi nui,

Raewyn Cairns-Cowan

Director of Teaching and Learning



NAU MAI, HAERE MAI! ALL WELCOME

WHANGAROA COLLEGE

Matariki Markets

11:00 am
Matariki Opening

11:30 am – 1:30 pm
Markets Open

12:30 pm
Kaumātua / Kuia Luncheon
(Hall)

1:30 pm – 3:10 pm
Entertainment

STALLS

- | | | |
|-------------------------|----------------------|-----------------------|
| ★ Raffles | ★ Kawakawa Products | ★ Sea Glass Treasures |
| ★ Fresh baked goods | ★ Driftwood Planters | ★ Natural Cleaners |
| ★ School Elephant Stall | ★ Hot / Cold Drinks | ★ Candles |
| ★ Sweet Treats | ★ Seafood Dishes | ★ and much more... |

All stalls will use 'Matariki Tara' as currency.
Please exchange cash for Tara at the hall entrance.

Any unused Tara must be exchanged before the markets close at 1:30 pm.



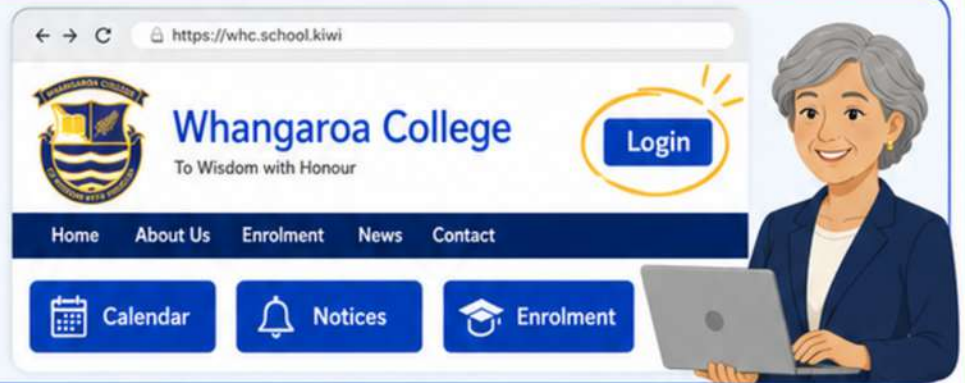
KAMAR PARENT PORTAL

Supporting Student Attendance & Achievement

As part of our school focus on student attendance and achievement, we are encouraging parents and carers to use the KAMAR Parent Portal to stay informed and support this kaupapa.

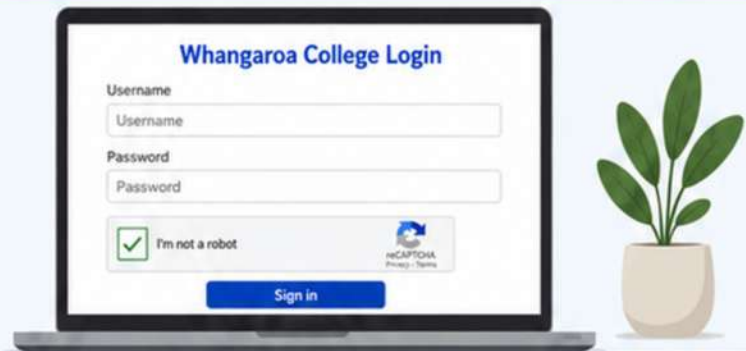
1. Visit the school's KAMAR portal page

Go to <https://whc.school.kiwi> and click the **Login** button on the school homepage.



2. Sign in using your details

Use the login details created and sent by the school. These details are emailed to caregivers. If you do not have your password, please email or call the school office. You may be given a separate login for each student.



3. Access your child's information

Once logged in, the Parent Portal gives you access to information from the school administration system, including:

- Calendar and daily notices
- Student details, including caregiver details
- Student timetable and real-time attendance
- NCEA summary results
- Reports
- Pastoral / behaviour reports
- A place to report your student's absence



4. Need help?

Ring or email the school for your login details or support.

 09 405 0199

 office@whc.school.nz



Students can also log in to the portal using their own student login and password to view attendance, timetable, daily notices, and NCEA results.



Why use the Parent Portal?

From the portal, you can access information about your child's attendance, academic information, upcoming events, and more.



Stay Informed



Support Success



Save Time



Work Together

JUNIOR INTEGRATED STUDIES

The Junior Integrated Studies classes have been learning about environmental studies. Over the semester, students have planted seedlings in a variety of growing conditions to investigate what plants need in order to grow. Some students also created terrariums to explore ecosystems and how the earth's spheres interact with one another.



UPCOMING EVENTS

TERM 2: 20 APRIL - 03 JULY

WEEK 9: 15 JUNE - 19 JUNE:

Monday 15:
Tuesday 16:
Wednesday 17:
Thursday 18:
Friday 19:

WEEK 10: 22 JUNE - 26 JUNE:

Monday 22: Learner's Licence
Tuesday 23: Learner's Licence
Wednesday 24:
Thursday 25:
Friday 26: Matariki Markets / Celebration

WEEK 10: 29 JUNE - 03 JULY:

Monday 29: School Photos
Tuesday 30:
Wednesday 01:
Thursday 02:
Friday 03: End of Semester 1 / Term 2

TERM 3:

Monday 20 July - Friday 25 September

REMINDERS

ALL visitors to the school must sign in at the office.

- Cellphones need to be handed in at the office before school. Any confiscated phones will need to be picked up by a parent or carer.
- Students are not permitted to go to the shops after getting off the school buses in the mornings.
- As winter approaches, we want to help all students stay warm and well. School jackets are available from Matua Joe's office.
- To help keep everyone healthy, please keep your child at home if they are unwell.



Bay of Islands-Whangaroa
Community Board

THANK YOU!

*Supporting Rural
Travel Funds.*

STAY CONNECTED



WEBSITE

www.whc.school.nz



FACEBOOK

[/whangaroacollege/](https://www.facebook.com/whangaroacollege/)



KAMAR Parent portal

<https://whc.school.kiwi>