

## Te Pūtātara a te whānau Te Kura Kaupapa Māori o Wairarapa

Wāhanga Ako 1, Wiki 7 o te 11

10 o Poututerangi 2020

Kia ora e te whānau. Ka nui ngā mihi ki a koutou e whakapau kaha nei ki te tautoko i a tātou nei tamariki, ki te tautoko anō hoki i tō tātou nei kaupapa me tōna hirahira.

Ka nui rawa te mahi a te rangi nei me te nui anō hoki o ngā manuhiri i noho mai ki waenga i a tātou.  
*We have had a busy day with lots of manuhiri at our kura today.*

I noho taki tahi a whaea Bubba rātou ko whaea Riki, ko whaea Leigh-Maree ki te whiriwhiri whakaaro ki Kelly-Aroha Huata nō te whare wānanga o Ōtākou mō ngā mahi ki te whakariterite i a tātou taiohi mō te mahi whai muri mai ana i te kura. He nui anō ngā hua i puta i te hui nei.

*Whaea Bubba, whaea Riki and whaea Leigh-Maree met with Kelly-Aroha Huata from Otago University to talk about how we can prepare our wharekura students for life beyond kura. They gained a lot from this meeting.*

Waihoki, i tae mai a 'Takirua' me tā rātou whakaari "Ngā Manu Rōreka". Kātahi ko te whakaari papai rawa atu ko tērā. Ka nui te mihi ki a rātou o Takirua ka whakapau kaha ki te whakarite whakaari hou ia te tau, ia te tau.

*We also had Takirua here to perform their play 'Ngā Manu Rōreka'. What an awesome play! A huge mihi to Takirua and the work they do to prepare and perform a new play each year.*

Nā ko ngā manuhiri kua waiho au ki te mutunga o ngā kōrero nei – ko ngā 'Kutu' ērā. Tēnā kia kaha ki te whakapaipai i te makawe o a koutou tamariki kia kore ai rātou e hari mai i aua manuhiri nanakia ki te kura. Kei a whaea Lou he 'rongoā patu kutu' ki te tari ki te hiahia koe i ētahi – he mea kore utu!

*I have left our final manuhiri to last – they are Kutu. Please check your child's hair so that they are not bringing kutu to kura. Whaea Lou has some hair treatment in the tari if you need some – there is no cost for this.*

Ka mutu au i konei  
Whaea Pip

## Te Akomanga o whaea Hubba

Te Akomanga o te Kura Teina.



I tērā wiki i tae atu tatou ki te whare kuti hipi. I kite mātou i te nuingā o te wūru mai i ngā hipi. I kite hoki rātou i te marea ka tae atu ki reira mai i ngā wāhi o te motu, ā, o te ao hoki.

He tino hīkaka ngā tamariki ki te puta atu ki waho ki te kite i ngā hipi. I reira rātou e whakarongo ana ki tētahi wāhine e kōrero mo ngā hipi me te wūru.

I te pō o te Rāpare i uru atu ētahi tamariki ki ngā whakataetae kuti hipi. Ka puta te werawera i ō rātou mahi. He pūkenga pai ēnei mo ngā tamariki ki te ako i te mea, he mahi papai rawa, he maha ngā mahi ki te Wairarapa. Nō reira, tēnei au e mihi ki ā koutou ngā tamariki i eke panuku ki ēnei mihi.

Ka haere tonu ngā mahi ki roto i te akomanga. He tino pai ngā mahi pāngarau, te pānui. Kātahi anō ngā teina kua tīmata ki te tuhituhi. Kei te aro mātou ki tētahi whārangi – Te Reo Matatini e tautoko tātou ki ngā tuhituhi rerekē.

Nāku iti nei  
Whaea Hubba

## NGĀ KAUPAPA E TŪ MAI NEI

### Poutu te rangi

|    |  |
|----|--|
| 12 | Te Maipi Whānau Curriculum Review Hui 5.30 |
| 19 | Tararua Whānau Curriculum Review Hui 5.30  |
| 23 | Parent Teacher Interviews 3.30 - 6.30pm    |
| 24 | Parent Teacher Interviews 3.30 - 6.30pm    |

### Paenga whāwhā

|   |                   |
|---|-------------------|
| 8 | Last Day Term 1   |
| 9 | Teachers Only Day |

**Te Ataarangī Classes with Nanny Paremo**  
**Every Wednesday** 10am – 11am in 'Kourarau' at kura

**Kura Pahi** 027 913 4924

#### **Kōhanga Reo Transition**

Friday 9am -11am

Tamariki need to be accompanied with an adult.

#### **Kura Health Clinic Years 1-8**

Mondays in sick bay at Kura.

#### **Makoura Health Clinic Years 9-13**

Mon - Nurses Clinic 9am-1pm

Weds Doctors Clinic 9am-12.00pm

#### **Curriculum Review and Whānau Hui**

**We need your input!**

Our fourth hui to talk about our curriculum and what you want for your tamariki is due to be held this Thursday at 5.30pm.

Hui this week is for **Te Maipi whānau** – **kai will be provided and tamariki are welcome.**

All hui will take place in Te Puke (classroom nearest the road in the office block).

#### **Hui dates are as follows:**

**Te Maipi – Thursday 12 March at 5.30pm**

Tararua – Thursday 19 March at 5.30pm

We look forward to seeing you. If you have any questions or want to know more, please come in and see whaea Pip.

## Hākinakina

**Netipaoro** Tuesday 10th March

**Rangiatea vs St Pats Shamrocks**

Court 2 4.20pm

**Poiuka** – Softball Friday 13th March

**Kura Wairua** - matua Hone will notify whānau via the kura facebook page

Practice Tuesday 3.15 - 4.15pm

**Teeball** Saturday 14th March 9am at MPS

**Kura Teina vs MPS Strikers at MPS**

**Modball** Saturday 14th March 9am at MPS

**Kura Waenga vs MPS Kings**

Practice Wednesday 3.15 – 4pm

**Pā Whutupōrō** Touch Rugby Thursday 12th March

**Kura Teina vs DPS Masons**

3.45 Field 1

Masterton Red Star

**Kura Waenga vs Lakeview Stormers**

4.15pm Field 6

Masterton Red Star

**Kura Tuakana vs Opaki Kakariki**

4.45pm Field 1

Masterton Red Star

**Wharekura vs SM Sassy**

4.15pm Field 10

Masterton Red Star

**Volleyball** Wednesday 11th March

**Wharekura Teina vs Chanel**

3.45pm Court 2

Makoura

**Wharekura Tuakana vs WC Yellow Mix**

4.15pm Court 1

Makoura

#### **Te Aho Matua – Te Ira Tangata**

1.6 He tapu tō te wahine he tapu anō tō te tāne. Kia kua tētahi e whakaiti i tētahi. Ēngari kia whakanui tētahi i tētahi i runga i te mōhio mā te mahi ngātahi a te wahine me te tāne e tupu ora ai ngā tamariki me te iwi hoki.



# Strengthening Children and Teens Against Anxiety

An Evening for Parents

with Karen Young

Psychologist > Speaker > Author

Anxiety is a very normal part of being human, but for as many as one in five children it can reach intrusive levels, interfering with family life, friendships and school performance. This transformational session will provide parents, carers and others dealing with children and young people with the essential information and powerful, practical strategies to help their children and teens thrive through anxiety, whether it's everyday levels of anxiety or more intrusive. As part of this presentation, we will explore:

- A new, empowering way to understand anxiety.
- Common ways loving, committed parents might unintentionally fuel anxiety, and what to do instead.
- What to do when anxiety hits.
- Proven ways to calm and strengthen an anxious brain.
- How to build courage and resilience.
- Why anxiety might look like anger or tantrums, and what to do.
- Anxiety during adolescence – how social media, friendships, and the changes in the adolescent brain might contribute to anxiety, and what parents can do.

## About the Speaker

As a Psychologist Karen has worked extensively with children, teens and families in both private practice and educational settings. Karen created 'Hey Sigmund', an Online resource that attracts millions of readers each year and provides accessible and contemporary information on anxiety. She is the author of two children's books "Hey Warrior" and "Hey Awesome" that creatively assist children to 'find their brave' (both books are available at [www.compass.ac.nz](http://www.compass.ac.nz)). Karen is based in Brisbane and is a sought after speaker and a regular contributor to a range of international publications (including NZ Parenting Magazine). She speaks with an ease and clarity which ensures this is an evening not to be missed for all parents who are interested in new ideas on how to effectively support their children to develop into strong and resilient young people.



## Presentation Details

Date: Monday 30th March

Time: 7-9pm

Location: Copthorne Hotel, Solway

Cost: no cost

This seminar is useful for anyone dealing with children– parents, educators, social agency staff

This seminar has been arranged by the Wairarapa Secondary Principals' Association using a grant from the Masterton Trust Lands Trust

Further details available by emailing [colleen@colleendouglas.education](mailto:colleen@colleendouglas.education) or contact at 027 6090 838

Parent / Teacher Interviews - Week 9, Term 1, 23<sup>rd</sup> & 24<sup>th</sup> March. Please select your preferred date and times, write your child's name in the space and return to the tari before Friday 20<sup>th</sup> March. If we need to make a change to your preferred time and date we will contact you by phone or text to confirm this with you.

Nohinohi – Year 1-3 (whaea Hubba, whaea Marata & whaea Ana)

|           | Rāhina 23/3       | Rātū 24/3         |
|-----------|-------------------|-------------------|
|           | Nohinohi<br>yr1-3 | Nohinohi<br>Yr1-3 |
| 3.30-3.45 |                   |                   |
| 3.45-4pm  |                   |                   |
| 4-4.15pm  |                   |                   |
| 4.15-4.30 |                   |                   |
| 4.30-4.45 |                   |                   |
| 4.45-5pm  |                   |                   |
| 5-5.15pm  |                   |                   |
| 5.15-5.30 |                   |                   |
| 5.30-5.45 |                   |                   |
| 5.45-6pm  |                   |                   |
| 6-6.15pm  |                   |                   |
| 6.15-6.30 |                   |                   |

Waenga - Year 4-7 (whaea Lily & whaea Kiri)

|           | Rāhina 23/3  | Rātū 24/3    |
|-----------|--------------|--------------|
|           | Waenga yr4-7 | Waenga yr4-7 |
| 3.30-3.45 |              |              |
| 3.45-4pm  |              |              |
| 4-4.15pm  |              |              |
| 4.15-4.30 |              |              |
| 4.30-4.45 |              |              |
| 4.45-5pm  |              |              |
| 5-5.15pm  |              |              |
| 5.15-5.30 |              |              |
| 5.30-5.45 |              |              |
| 5.45-6pm  |              |              |
| 6-6.15pm  |              |              |
| 6.15-6.30 |              |              |

Wharekura – Year 8-13 (whaea Pip, whaea Bubba, matua Wake & matua Hone)

|             | Rāhina 23/3        | Rātū 24/3 |
|-------------|--------------------|-----------|
|             | Wharekura yrs 8-13 |           |
| 3.30-3.45pm |                    |           |
| 3.45-4pm    |                    |           |
| 4-4.15pm    |                    |           |
| 4.15-4.30   |                    |           |
| 4.30-4.45   |                    |           |
| 4.45-5pm    |                    |           |
| 5-5.15pm    |                    |           |
| 5.15-5.30   |                    |           |
| 5.30-5.45   |                    |           |
| 5.45-6pm    |                    |           |
| 6-6.15pm    |                    |           |
| 6.15-6.30   |                    |           |

**MASTERTON**  
free  
**SCHOOL HOLIDAY PROGRAMME**  
20 - 23 April 2020  
5-13 YEAR OLDS

**SPACES ARE LIMITED!**

Registrations close Friday 27 March 2020

Register online at:

[connectingcommunities.org.nz/  
school-holiday-programme/](https://connectingcommunities.org.nz/school-holiday-programme/)



Or pick up a form from 41 Perry St, Masterton or ask your school office  
For more info call/ text Ruth 027 641 9229