

*& Early Learning Centre*

Newsletter Term One 2022

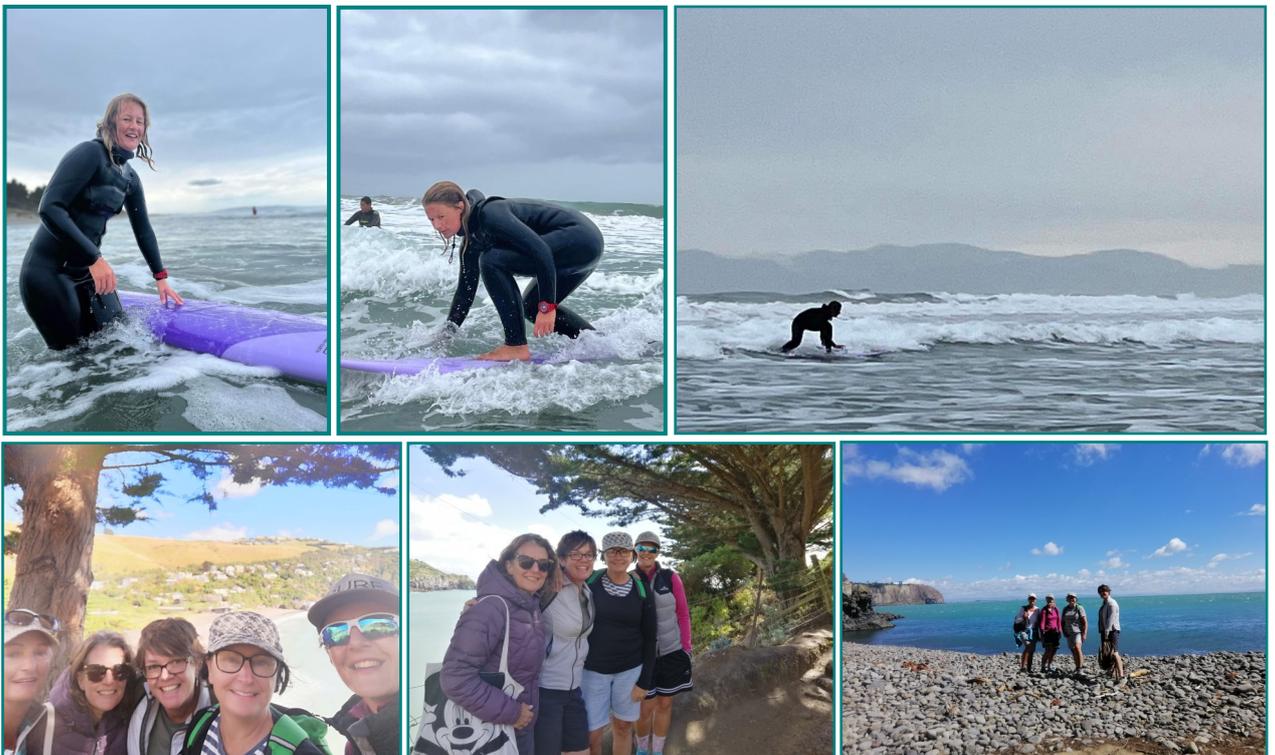
Kia ora koutou,

The year at kura has started extremely positively. We have built our role to 18 students this term and are happy to have been able to welcome a number of new māmā to our kura. We farewell our mathematics teacher Wendy Alabaster for the remainder of 2022 as she takes up her study leave to complete her PhD at University of Canterbury. In her place; we welcome Liz Norman to the rōpū and are looking forward to working with her.

With the COVID regulations we have had to navigate our way through these challenging waters, being flexible with our planned events, using technology to connect with each other and taking caution with sickness. A big thank you to everyone who has done their bit to keep kura a safe place to be. We hope that we have the courage to continue to make good decisions to keep us moving forward as a team.

You can read about our continuing work with Surfwise further on in the newsletter. It's fair to say that Wednesday is my favourite day of the week, because on Wednesdays we surf! I take my hat off to every ākonga and kaiako who consistently sit outside of their comfort zone and challenge themselves at Waikuku.

Noho ora mai. Ruth



Top row: enjoying the surf every bit as much as the students, Ruth leading the way with her surfing skills.  
Bottom row: the KM staff got together before the start of term for an invigorating walk along Godley Head.

# Karanga Mai & Surfwise Mahi ...

Karanga Mai Young Parents' College and Surfwise Waikuku Surf School have been working together over the past year to empower ākonga (students) to experience the holistic potential of the ocean through surfing. Each week the students travel north to meet with Waikuku locals; Tammi Martin and Averil Church-Phillips to use the ocean as a transformative tool to enhance their hauora (well-being) and to learn some surfing skills along the way. Ākonga look forward to these sessions every week as they know that they will always leave the ocean space feeling better than when they arrived, as do staff who also slip into their 'supersuit' (wetsuits) and commit to the shared group process surfing has offered them also. Karanga Mai Kaiwhakahaere (Director) Ruth Robertson says "there is real power in our kaiako being able to learn alongside our rangitahi, being vulnerable together, pushing outside of our comfort zones, and sharing waves and our surfing journey has massive positive trade offs for us in building trusting relationships with each other." There is plenty of research around the positive impacts of surfing and how the negative ions act as nature's antidepressant; boosting your mood, triggering the release of serotonin in the brain and promoting the activity of Alpha brain waves. During the current turbulent COVID climate this is a well received mental health benefit for everyone who gets in the water.

Back in the classroom at kura (school), they continue to work towards NCEA and use the experiences at Waikuku to support their learning. Specifically in the area of Health and Physical Education, where they are able to zero in on the areas of social responsibility, risk management, biophysical principles and change management. By being able to experience the learning physically in the natural environment ākonga deepen their understanding of the content.

The student voice around the piece of mahi (work) has been extremely positive. Samara Timu speaks of her experience "it's a really good way for us to deal with the full on nature of being a parent and being able to do something for ourselves in a positive way that releases a lot of the stress. When I am out there I am able to feel what is going on with my life, it's a positive distraction that fuels new ideas and ways to be a better parent. It's an eye opening and an empowering thing to do. Tammi and Averil actually care about us and do what they do with love and passion. It's motivating to see that just because I am a young Mum my options are not limited. I look up to Tammi and Averil because I can apply what they teach us to real life, not just in the water as well as being able to learn a really cool new sport."

Sometimes it's a walk through the pine forest together at Waikuku, or along the banks of the Rakahuri and down to the beach that can shift an unhealthy mindset or a rough start to the day. Other times it's plunging mid winter into the ice cold Moana. We sit together in the surf club around the fire to play ukulele and share the lyrics we've shaped about the ocean and it's connection to us. There is an intention to our journey together as Karanga Mai and Surfwise, a collaboration which invites ākonga and Kaiako to bring and be their best selves and to connect deeply with themselves, others and the environment.

A particularly encouraging outcome has also included our rangatahi feeling confident to replicate their coastal experiences by bringing their own tamariki or whānau down to the beach at Waikuku - outside of school time - to experience together the transformations they know to be real in this space.



# What's been happening in Term 1 ...



## At Home Camp 2022

Our initial plans for camp involved going to Okains Bay to spend two nights away as a group. Surfwise were due to meet us on the peninsula and run ocean based therapy sessions for us. Okains Bay was an exciting destination due to the beach location, the well resourced camp ground and the Māori history in the bay. Along came Uncle COVID and threw a spanner in the works. The overnight option was no longer feasible, so we opted to have an "At Home Camp" based at Waikuku and then Aqualand in Kaiapoi. The purpose of camp at the beginning of the year is to form whakawhanaungatanga (establish relationships) throughout the whole rōpū. Surfing, shared kai and a treasure hunt of the local area at Waikuku was the plan for the day. Unfortunately, Day Two at Aqualand had to be rescheduled, due to the park being closed because of poor water quality. The common theme through the year to date of being flexible and continuing with a focus allowed camp to still happen with success and to achieve our intended outcome.



*Some of our staff and students ready to begin the 2022 academic year at KM. Welcome to all our new ākonga.*



*A picture paints a thousand words ...*



Top Left: new students Maddison & Gypsy enjoying some sunshine along with science study.

Bottom Left: Chey & Katelyn find a comfortable spot to catch up on some reading.



Cake was the order of the day for birthday girl KM Administrator, Jayne.



# Courage during COVID Times . . .

## From our Kaiāwhina/Support Worker - Nicola Mckinlay-Clark

Lately I have noticed a lot of wellness talk about courage and it has made me think of our students at Karanga Mai. For many of our students, courage is shown every time they get onto the van and come into kura, and no more so than this term as Covid has well and truly embedded itself into our daily lives.

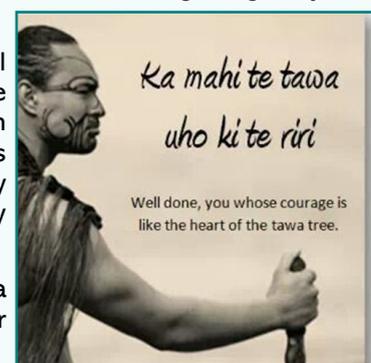
Courage is the ability to step out of our comfort zone, to be able to do something that makes us nervous. Courage is doing something even though we aren't sure what the outcome may be. Courage is taking a risk because we know there may be reward, but also knowing that we may fail.

What this courage looks like is different for everyone, but this term I applaud our students for their courage to come to kura. School can be scary regardless of the situation; will I understand what the Kaiako is talking about? Will my tamariki settle okay today without me? Will the other students accept me? Will I try out surfing even though it scares me? Add to that; will today be the day I get Covid because I have left home? Will today be the day my child gets Covid? If I get Covid will I have the supports I need to get through the isolation period? Will I be safe at home for such a long length of time? Will we be able to afford the things we need during this time?

Even though these extra stressors have been there, still our students have come into kura. Way, way back in the old days, there was a famous motivational speaker (well he is still a little bit famous) called Dale Carnegie and he said "Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit at home and think about it. Go out and get busy." So a big shout out to our students who have been getting busy. We see your acts of courage and we acknowledge that bravery!

This is not to say that there aren't more courageous acts we can do, as we should all be looking at little acts of courage that we can do each day so that we can get the most out of life. Perhaps it's the courage to show grace by not getting involved in other people's dramas, perhaps it's the courage to show up even though there is drama, perhaps it's the courage to show compassion and empathy to those who may be experiencing drama, these are all things that can make life more meaningful. Any step out of our comfort zones are a true sign of courage.

So, here's to term two where hopefully the covid chatter will quieten, even if just a little so that we can all focus on taking little courageous steps into the areas of our lives that really matter. Aroha nui, Nic



## Term One Achievements

At the end of term one we celebrated the following student's achievements:

- ◆ Achieving NCEA Level 1 - Tasi, Cheyenne, Aleisha and Amiria
- ◆ Achieving NCEA Level 2 - Hikatia and Aleisha
- ◆ Nadia Level 3 - Merit in Biology & gaining her restricted drivers licence
- ◆ Aleisha Level 2 - Excellence in Biology, Merit in Health, Maths and PE
- ◆ Samara Level 2 - Merit in Maths and PE
- ◆ Tasi Level 2 - Merit in Biology
- ◆ Cheyenne Level 1 - Merit in Science & gaining her restricted drivers licence



## Key Events/Dates in Term 2:

Healthy Lunches in Schools programme continues during 2022.

Week 1: Singing with Lisa Tui, Friday afternoons for 6-weeks.

Week 2: Mates & Dates Workshops Tues & Thur afternoons for 3-weeks.

Week 6: Monday 6th June Queens Birthday - no Kura.

Week 6: Harata Franks from CDHB visits Thursday 9th June.

Week 8: Friday 24 June Matariki Celebration - no kura.



**Need to contact the school? Here are our details:**

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**karanga mai**  
early learning centre  
*our community, to belong, to believe, to discover & to grow*

He aroha whakatō,  
he aroha puta mai.  
If kindness is sown  
then kindness you shall receive.

We are rocking in to the end of Term 1 already, the year is getting away on us! This year has brought us a mixed bag of events thus far as we continue to navigate our new way of knowing, being, and doing, through COVID.

### ***Whakawh itinga - Transitions:***

This term we have welcomed a number of new whānau; Alayah and her mama Amiria, Willow and her mama Maddison, Harlow and her mama Kaitlyn and from our community; Tui, Prayha, Xavier and Kingston and all their whānau whānui too. Nau mai tauti mai ki Karanga Mai Early Learning Centre, we looking forward to learning and playing alongside you all.



Settling in to a new place and space of learning, and establishing new relationships can be daunting for everyone involved. Thank you to our new mamas for taking the time needed to settle your tamariki at the centre. Supporting them while they build new relationships and develop trust will enhance their ability to manage future transitions or changes in their lives.

### ***Kai Time:***

This term we have started providing meals from KidsCan and the tamariki are loving them. We have an 8-week rotational menu which our wonderful cooks; Eli and Beth choose from a 'selections menu'. The menu introduces our tamariki to new flavours and some old favourites too. For the most part our tamariki enjoy what's on offer. Eli and Beth add fresh baked options with fruit and homemade yogurts too. Kaiako are able to sit alongside our tamariki and enjoy a meal too. Kai times encourage whakawhānaungatanga, ngā hononga, manaakitanga and rangatiratanga.



We would love whānau input and feedback about our Kai Times, so will put out a survey early in Term 2. Keep an eye out for this.

### ***Pātaka Kai:***

Please remember to check our pātaka and help yourself to anything you would like in there. Our pātaka is for everybody.

'Me mahi tahi tātou mo te oranga o te katoa'

(Working together for the wellbeing of everyone).

## Early Learning Centre (cont . . . )

### ***Life and Learning in our Hāpori (Community):***

COVID -19 continues to reek havoc in our communities, and we all learn and grow as we navigate everyday life through it. We continue to have whānau who are being impacted by positive cases within their immediate whānau and households and so we ask if this is you and you need assistance with kai pick up/drop off or a care package (tissues, cough drops, masks, sanitizer, RAT's test kits) please feel free to get in contact with Nat or Cint who can get this sorted for you.

### ***Local excursions:***

Although COVID has changed the way in which we have had to engage with each other on a larger scale, we have made the most of any opportunities we have had to get out for a walk in our local community. Baker Park is always a crowd pleaser with our tamariki and handy to the centre. Our tamariki are becoming very confident and independent on the play equipment at the park and have become more familiar with the road rules and boundaries when we are out and about in the community.



### ***Te tautoko i ngā whānau:***

We would like to share a few words of appreciation for our over arching Organisation – Community Wellbeing North Canterbury Trust. How lucky are we to be a part of such an amazing organisation that leads the way in supporting Karanga Mai to support not only our immediate learning community, but our wider hāpori as well. The care packages that whānau in isolation have received, the educational packs that all our tamariki were given together with some awesome resources , and the on-going support from the Kaiapoi Community Services Food Pantry in providing food parcels for whānau in need. We feel blessed to be a part of such a wonderful organisation that lives true to it's name of Community Wellbeing – ka tuku ngā mihi maioha kia koe, mo te manaaki me te aroha i a tātou.

No reira whānau mā, have a safe and happy Easter break, and for those of you taking some time away over the school holidays we will see you when you return.

Cint, Nat, Sue, Cyd, Chris, Amanda, Jojo, Whaea Jo, Anna, Eli and Beth

### **Need to contact the Early Learning centre? Here are our details:**

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