



16/02/2024

Te Kāpehu Whetū

Kia ora e te whanau o Te Kāpehu Whetū

Week 3 done and dusted.

Both sites have completed their whakawhanaungatanga and starting to refine their programmes to meet the needs of ākonga. Ill report more on that over the Term.

Under our **Kia Tū Rangatira Ai Pou** we have initiated:

- Hakinakina/fitness programmes at both site
- Initiated the Leadership Academy programme for the year (more on that later)
- Initiated korero with our senior Kōhine (who I'll introduce to you over little while)
- Looking for teams for our sports
- And introducing our approach to better nutrition

PAENUKU SPORTS TEAMS

Poitūkohu:

- First game for Paenuku Basketball starts this Wednesday.
- We have two teams
 - o Year 5/6
 - o Year 1/2/3/4
- Training for Paenuku will be Mondays during kura time (pls bring PE gear and shoes)
- Still waiting for the draw to come out.
- Time of game and details to be confirmed.
- If you are still keen contact Whaea Toni through Whaea Sam at Paenuku

Netball:

- Netball season is approaching.
- If your tamariki is interested in playing Netball
- Again please contact Whaea Toni

PAETATA/PAETAWHITI/PAERANGI

- Sports teams, seasons and training still being worked on Whaea Kaye and matua Rua to report on shortly



16/02/2024

Nutrition:

Kia Ora Whānau!

We hope you are aware, from our previous panui, drinks other than wai Māori are not permitted at Kura. Neither are fast foods, sweets or junk food.

This is derived from our desire for better futures for us all. If we want Mana Motuhake, we need to ensure we have the health to achieve this in our day to day lives. The health of our ākongā, our mokopuna, ourselves is absolutely vital. So we make it part of what we do here to inform our ākongā (and ourselves) of the importance of nutrition.

We thought it best that we explain to all our ākongā why we believe these rules are important. At the beginning of this term, all our Tuakana students have learned about the basics of nutrition, focusing on the three main nutrients: protein, fat, and carbohydrates. Students learn what each nutrient does for our bodies and the importance of having a balanced diet that includes all three.

- One thing we looked at was the difference between complex and simple carbohydrates and how they affect blood sugar levels. This understanding helps our students make better choices about the foods they eat, which can lead to better health and sustained energy levels throughout the day.
- We encourage all parents to talk to their children about what they've learned. Ask them about the nutrients and their roles as well as the differences between complex carbohydrates and simple carbohydrates and the effect they each have on blood sugar levels.
- At Te Kāpehu Whetū, we believe in promoting the overall well-being of our ākongā and their whānau. By sharing this information, we hope to help our community make healthier choices when it comes to kai and meal planning.
- Remember, making good food choices doesn't just benefit our physical health – it also helps us stay focused and ready to learn. Let's continue to learn and grow together as we prioritize the health and well-being of our ākongā and whānau.

**Mauri ora,
Matua Rua Paki**

**Na,
Pouhere
Raewyn Tipene**

PAENUKU

RĀHIRI MAI... NGĀTAHI MANGOROA!

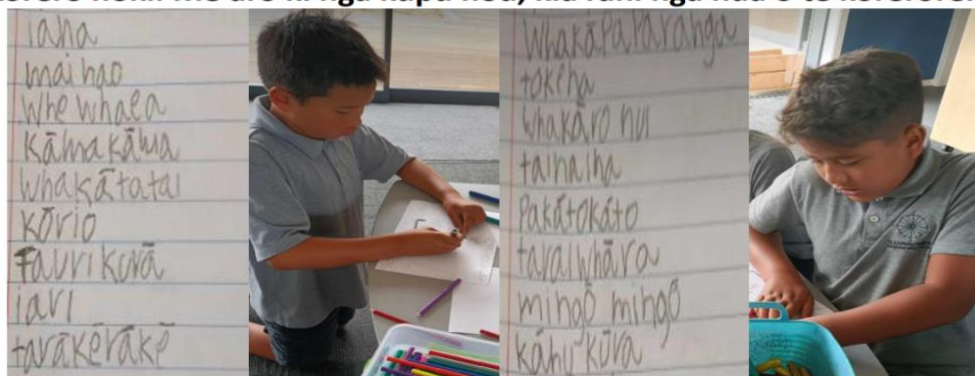
Tini whetū ki te rangi, ko Paenuku ki te whenua. Ko Mangoroa e rēre nei ki tūa o Paerangi, Paeroa.



E ako ana matou ki te tuinga taki. He mea hanga nō ngā hararei me te rā o Waitangi.



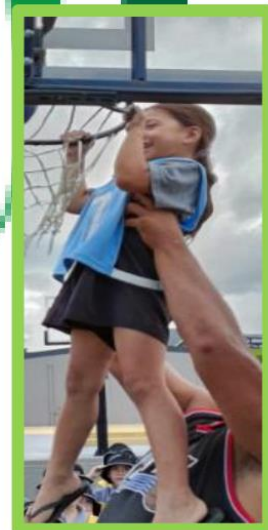
TE REO MATATINI. He maha ngā akoranga ki te kete kupu, ki te kete kōrero hoki. Me aro ki ngā kupu hōu, kia rahi ngā hua o te kōrerorero.





POITŪKOHU

Nau mai, hoki mai te roopu whakahaere a te poitūkohu ā rohe a Whangarei Terenga. Ngā mihi anō ki a Matua Herbie.



PAETATA/ PAETAWHITI



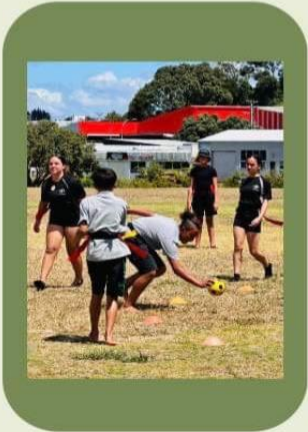
16 PĒPUERE 2024

PAETATA ME PAETAWHITI



Mihi

Tēnā ka mihi nei mātou ki a koutou
 E te hunga e pīkoko ana ki te reo
 kāmeameha hei whakarangatira ai
 tō tātou māhuri tōtara
 Tū mai hei toka tū
 Tū mai hei manawa aroha
 Tihei wā mauri ora



Whanaungatanga

Kia ora koutou e te whānau.
 We hope your tamaiti has settled in well at kura this week. Whanaungatanga continues to guide us as we start to become more familiar with our new learning environments and faces. It has been great to see our taura coming back together with their old friends, along with seeing new friendships starting to take shape.



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PAERANGI

We are thrilled to welcome back Matua Stanko to Te Kāpehu Whetū. Matua Stanko was an integral part of our kura in our early years and is a valuable asset in the promotion of numeracy and maths skills. We look forward to watching our ākonga's numeracy and maths confidence and strategies grow under his guidance. Nau mai hoki mai, matua Stanko

This week has seen Paerangi settling into their classes and our kura routines. We had our first tuakana kapa haka session on Tuesday, starting our prep for Te Tai Tokerau Festival at the end of the term. Fitness sessions are in full swing, ākonga completed their first RFL last week establishing their baseline to work from and improve through the term. With this hot weather it is essential ākonga are bringing a drink bottle to kura every day. We finished the week with a trip to the town pools for some whanaungatanga and a change to unwind after our first full week of kura. It was great to see the different year levels mixing together and bonding under the korowai of TKW.

The Ministry of Education has created a pānui for whanau Māori with children in the Education system. It is sent monthly via email to whanau who sign up. Kia Manawaroa is about:

- Opportunities, changes, and milestones in Education
- Celebrating Māori success as Māori
- Promoting and normalising te reo Māori

Check it out via the link below

<https://parents.education.govt.nz/essential-information/kia-manawaroa/>



KAUPAPA



We believe passionately in our culture, our people, our ākonga, and we know that through hard work, commitment, and focused support they will achieve within the Kura and beyond. We do this hereby acknowledging the 28 Māori Battalion and the price paid for citizenship, so that ‘we’ can “Navigate Māori Futures”.

To do this we commit to success in all its forms:

Kia Māori - Be Māori – Be

- An education that validates Māori knowledge and ways of learning.

Kia Mātau – Be Knowledgeable – Know

- Encouraging innovation, inquiry, and the development of specialised knowledge and skills.

Kia Tū Rangatira Ai – Be Rangatira – Do

Kia Tū Rangatira Ai – Be Rangatira – Do

- The development of strong character and personal excellence, living with mana.

“Ki te kore te putake e makukungia, e kore te rakau e tupu”

If the roots of the tree are not watered, the tree will never grow

Raewyn Tipene

POUHERE