

# Pānui Term Three 2023

Kia ora koutou,

One of the highlights this term was the Awa Atua session with Whaea Marlena. Marlena is well known to us at Karanga Mai, as she was a staff member in the Early Learning Centre for a number of years. She spoke about the cycles that we go through as wāhine and how we need to change the narrative around our ikura (period cycles). Rather than it being viewed as something shameful, it is something that should be celebrated and nurtured.

As we enjoy the warmer weather with the season of spring being upon us, it's a chance for us to focus on taking action towards the goals that we have set for ourselves. It is amazing what the increase in sunshine hours does for our hauora. Exposure to sunshine elevates our mood by increasing our serotonin level, this happiness hormone makes us feel calm and yet alert. It improves the quality of our sleep because the more exposure that you have during the day, the more melatonin that is released at night which helps to synchronise our body clock and lower our stress levels. Of course we need to exercise caution when in the sun for longer periods of time due to the risk of skin cancer. However, there is so much to be gained for our mental and physical health simply by sitting outside in the sunshine or taking a walk outside during our lunch break.

Many of us notice the way that the seasons impact on our mood, with seasonal affective disorder (SAD) being something that we can often attribute to low mood during the winter months. Some people talk about the "winter blues" and generally feel flat during the winter. The biggest change that I notice, is a renewed energy and vigor as we hit the second half of the year. If you feel the same, I encourage you to make the most of this energy and to set goals for yourself that require focus and dedication. This might mean making a concerted effort in your work or at kura, it might be a health or hauora goal and it could even be taking up a new hobby or a project at home.

Get out and enjoy the sunshine.

Noho ora mai

Ruth



Karanga Mai Staff take a break from their workshop run by Tātai Aho Rau - CORE Ed, in the city last week.

L to R; Carola Crawford, Wendy Alabaster, Nicola Mckinlay-Clark, Ruth Robertson & Jayne Sutherland.



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

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# Term 3, Spring has sprung ...



This year's annual Spring Picnic was held at Willowbank Wildlife Reserve. It was a fun time had by all and plenty of room for our tamariki to run around once we hit the picnic area. We were very lucky to have ex-student Renee Halloran from Renee Lee Photography to take photos of our māmās with their tamariki. Thanks Renee, you are awesome! It was time too, for some spring planting so our Kaiako Carola and student Jay, spent a sunny afternoon in our courtyard garden to plant some veggies in time for summer harvesting.



# What was going on in Term 3 ...



Hauora Week saw another beach visit to Waikuku, where students hid the rocks that they had painted earlier in the week.

Whaea Marlena worked her magic with our students to produce some beautiful Felt art-work.

We could not issue this newsletter before we made mention of one very special student, Gypsy Walker. Earlier this term, Gypsy was involved in a serious car accident in which there was a fatality. We were fearful of the outcome for Gypsy as she had sustained life threatening injuries. We are so happy to report that against all expectations from the medical team, Gypsy is doing amazingly well and after several visits from our Kaiāwhina, Nicola we are assured that Gypsy will be returning to Karanga Mai when she is well enough. We are all looking forward to welcoming Gypsy back to Karanga Mai when that day comes.

Gypsy pictured here with baby Azaleah-May.



## Term 4: Key Dates:

- Week 3: Monday 23/10 Labour Day
- Week 3: Fortnightly surfing lessons begin.
- Week 6: Friday 17/11 Cant. Show Day
- Week 8: Prizegiving 28/11.
- Week 9: Last day for students 7/12

**TENA  
KOUTOU &  
HAERE Rā**

### Nau mau haere Mai/Welcome

Katie & baby Keanu  
Jay & baby Oakley  
Mikyla & baby Raeyne-Athena  
Katelyn & Dakota  
Lishay & Kayza-Lee & baby Rāwiri

### New arrivals

Leilani (Haererangi)  
Freedom (Moana)  
**Returning :**  
Kaitlyn & Harlow

### Ka kite ano/Farewell

Katie & Kaylani  
Alex & Kiana-Mia  
Katana & Nature

# Relationship building, by Kaiāwhina Nicola ...

Kia ora Koutou,

Can you believe we are almost into the last term of the year? This term has seemed contradictory in both flying by, yet dragging at the same time! The end of winter does tend to work in slow-motion but it only takes the first bulbs of Spring to appear for time to start to gain momentum again.

As always, there is plenty to keep us busy at kura and this term has been no exception.

An exciting thing that we have started together with the Early Learning Centre is our Wā Pēpi sessions every fortnight on a Tuesday. This is a chance for our māmā of young pēpi (ones who are not yet mobile) to enjoy the whānaungatanga and manaakitanga from other mums and some of the staff from the YPC and ELC. Those māmā who are on maternity leave are also very welcomed. We even give the option of being chauffeured to and from the event for these mums. Each session is guided by what the mums want to share or discuss but there can be anything from baby massage, to waiata to sharing birth stories. One thing that is constant each session though is plenty of beautiful mat time, dedicated time with our professionals and the sharing of yummy kai and refreshments. We have set up a dedicated baby space off the whānau room with soft furnishings, pukapuka, toys, wahakura and nappy-changing items. Not only is this space special for our Wā Pēpi sessions, but it is also a quiet space that is enjoyed by our whānau with young babies at any time. This space has also been popular for visitors, like Fionna from Plunket, seen here visiting Beth and her baby, Wynter.



Plunket Nurse, Fionna with Beth and her pēpi, Winter, enjoying our newly

Last week, we were sharing time with our ELC whānau again when we got together for our Spring Picnic. This year it was held at Willowbank, so there was a great deal to see and do for everyone. From ohhhing and ahhhhing at the baby monkey to feeding the eels, to being chased by the large array of farm birds, there was something for everyone. By the time we settled down for lunch at the Picnic area by the Farm Yard everyone's appetites were saited by the food provided and prepared by Jayne from the YPC and Eli and Beth and the crew from the ELC. A huge thank you to these amazing wāhine for always working hard in the background to ensure everyone is well feed and provided for. We are so grateful and thankful also to Renee for coming along and taking professional family photos at Willowbank for the whānau who were present. We were fortunate for the day, as the weather was perfect and it was yet another chance to join together as a community. We place great value on our relationship with the ELC and the community. Looking at the big picture of what is most important for our students, we need them to feel that Karanga Mai is a space that feels like a home away from home for both them and their tamariki, so sharing quality time and space with the whole Karanga Mai whānau is integral to that.

As we head towards the holiday break, I hope that there are more chances for us all to spend time with our whānau, have some down-time and hopefully start Term 4 energised and ready to embrace the last term of 2023.

Until then, ka kite āno x

Photo left: Time for lunch at Willowbank Wildlife Park , tamariki and kaiako tuck in.

Photo right: Jacinta McInerney (ELC), Ruth Robertson & Nicola Mckinlay-Clark (YPC).



# Life & Learning in the Early Learning Centre ...

Tēnā koutou katoa

*“Me mahi tahi tātou, Mo te oranga o te katoa - We must work together for the wellbeing of all”.*

A fitting whakataukī to utilise at the completion of a busy Term 3 that has been full of learning and living, and all while navigating through various winter illnesses.

**Nau mai tauti mai!** This term we welcomed a lot of new learners and their whānau into our learning environment; Harshdeep, Jasreet, Keanu, Oakley, Rāeyne & Rāwiri. We were also thrilled to have return to our Centre; Dakota, Kyza-Lee and Harlow.

## LIFE AND LEARNING IN OUR COMMUNITY

**Providing hauora, health and wellbeing:** This term saw the commencement of our Manatū Wāhine funded yoga sessions with Letesha, the ‘yoga warrior’. Letisha has created a beautiful space in which we can work on gaining better control of and strengthening our core muscle groups, as well as fostering our holistic wellness. Her sessions also complement our physically active Monday sessions at Hiwa i te Rangi (Kaiapoi High School Gymnasium).



**Te whakarite maara:** The word for spring in te reo is kōanga, a derivative of the word ‘kō’, an ancient gardening tool used to prepare and seed our māra kai. Our garden beds have been prepared and we have started to plant spring vegetable seedlings with the blessing of atua of Rongomātāne. This supports our strong kaupapa of ‘food is life’ and working together to plant, tend to and harvest kai for ourselves and our community. Our tamariki love getting involved and as they learn this new skill it fosters a love of gardening and developing a strong sense of manaakitanga for our environment.

**Wā Pēpe:** This term we were excited to have the commencement of fortnightly ‘Wā Pēpi’ sessions to assist with the gentle transitioning of māmās with their pēpi. This derived from a need to provide an unhurried and responsive environment for our very young and is a joint project with the YPC that combines the expertise and resources to provide young māmās the opportunity to connect with each other and access post-natal support.

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

**Karanga Mai Young Early Learning Centre, Robert Coup Road, Kaiapoi 7630**

**P: 03-3278315 E: karangamai@wellbeingnc.org.nz**

**Team Leader: Jacinta McLnerney M:0278165388**

## Life and learning (continued) ...

**Community picnic at Willowbank:** This was a huge success with very high attendance and lots of positive feedback. The opportunity to have whānau photos taken by a professional photographer (and past student of Karanga Mai YPC) Renee Halloran, was a wonderful gift to be able to offer our attendees.



**He kai kei aku ringa:** *There is food at the end of my hands.* This acknowledges how every person has a purpose and can use their abilities and resources to create success. With having so many experienced kaiako at Karanga Mai ELC, we view it as an honour to be able to support the learning and professional practice of student teachers. This term we have been fortunate to have Savannah and Tessa complete five-week placements with us, as well as supporting our very own kaiako kaiawhina Nic, to embark on her career path with balancing study while working two days a week for us.

**Kia kaha ki te kōrero Māori** – Te reo Māori language learning is alive and well in our community and is being strengthened by fortnightly te reo training for our kaiako. It's a wonderful thing to be able to have the knowledge and skills to support all of our learners equally in their sense of belonging and identity.

**Keeping in Contact-** There are two ways to keep up to date with notices and events; our Facebook group 'Karanga Mai Early Learning Centre' and on 'Storypark' (which also holds our children's individual assessments/stories of learning). If you need assistance in receiving either of these, please let us know.

No reira whānau mā, and for those of you having some refresh and reset time over the school holidays, we will see you when you return for more fun and learning in Term 4.

*Cint, Gillian, Sue, Cyd, Chris, Amanda, Jojo, Anna, Deb, Lou, Nic, Eli & Beth.*

