



MANAWA

RANGATAHI SYMPOSIUM

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2018

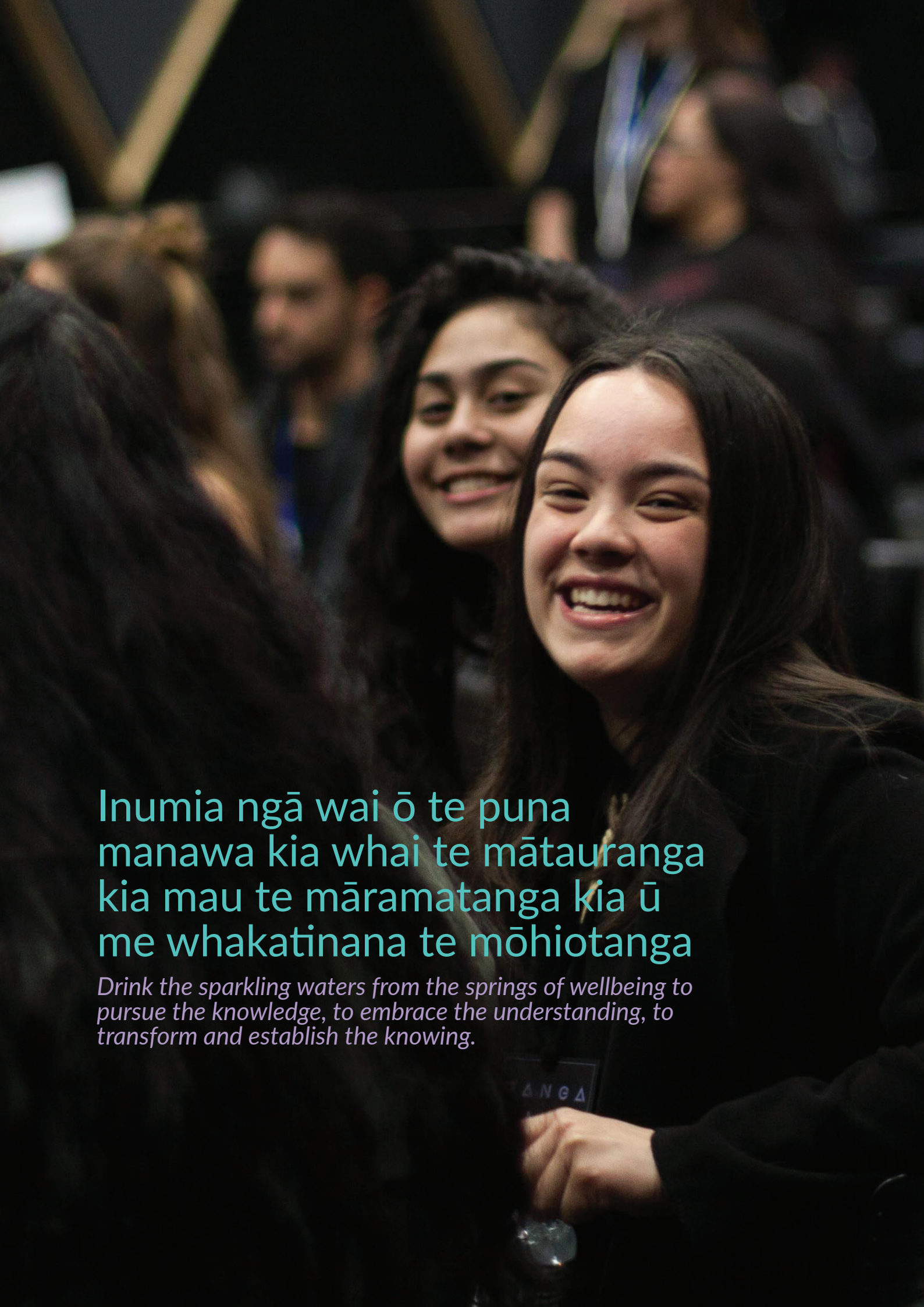
FINAL REPORT TO  
TE RAU MATATINI



Te Pūtahitanga  
o Te Waipounamu





A photograph of two young women with long dark hair, smiling and looking towards the camera. They are wearing dark clothing. The background is slightly blurred, showing other people and what appears to be a large indoor event space.

Inumia ngā wai ō te puna  
manawa kia whai te mātauranga  
kia mau te māramatanga kia ū  
me whakatinana te mōhiotanga

*Drink the sparkling waters from the springs of wellbeing to  
pursue the knowledge, to embrace the understanding, to  
transform and establish the knowing.*

This is the final report for 'Mana Wā Rangatahi – a wellbeing day for Māori secondary school students in East Christchurch' from Te Pūtahitanga o Te Waipounamu.

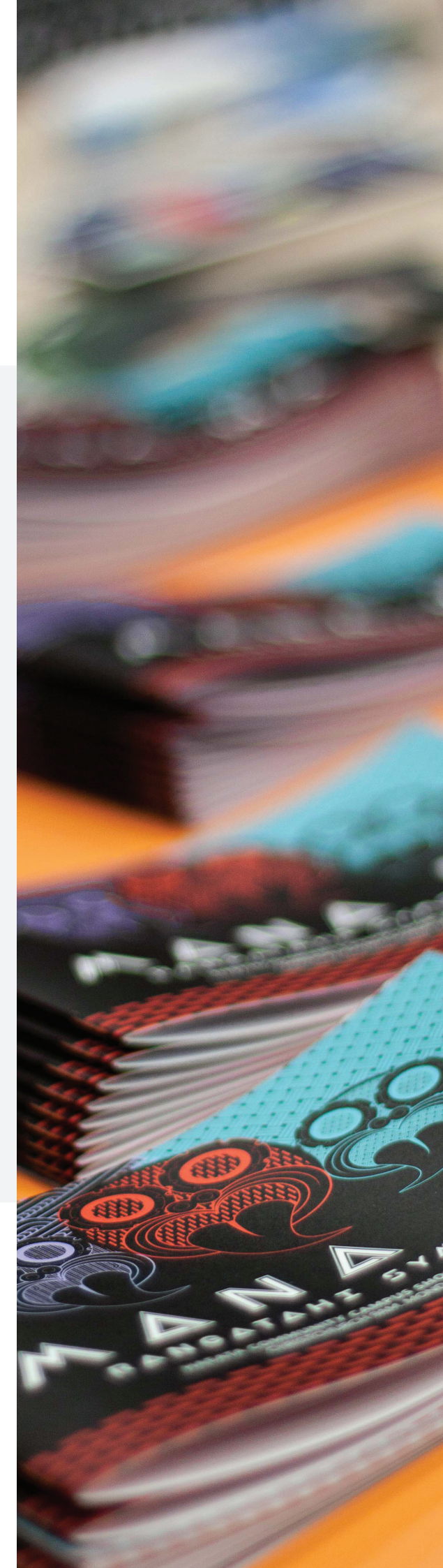
## CONTEXT

On 2 May 2018, an agreement was signed between Te Pūtahitanga o Te Waipounamu and Te Rau Matatini to deliver a suicide prevention event AuE in Christchurch before 31 August 2018; and to complete an action plan/project plan for the event by 28 May 2018.

There was an expectation that AuE Christchurch would attract at least 120 rangatahi. The final report should also include a summary of expenditure, and RBA measures. In essence, RBA (Results based accountability) looks at performance measures which demonstrate whether anyone is better off as a result of your efforts.

In this report, the RBA focus is based on three simple questions to get at the most important performance measures:

- How much did we do?
- How well did we do it?
- Is anyone better off?







## MANA WĀ RANGATAHI

The event was rescheduled for a week later than originally intended, taking place on Monday 20 August.

## MANA WĀ

The notion of Mana Wā was a deliberate play on words : to make reference to te kuku o te manawa – the pincers of the heart – that denote the precious love and affection we have for our rangatahi; while at the same time being a space ('wa') to give expression to the mana motuhake; the integrity and the absolute power and potential of our young people.

The design branding incorporated in all of the communications around Mana Wā was inspired from the opportunity of rangatahi expressing themselves, the contemporary tiki brought to life to portray the different spaces in the community via the Mana Wā event. The three patterns within the tiki, encapsulate kōtahitanga (unity), and exist to express different spaces at the event.

This report focuses on the *highlights* and the *lessons learnt* from the two events.





## HAEATA HAUORA DAY

Within a week there was agreement between school staff and the Mana Wā team to help organise a second event for all 391 Year 7-13 students. The Haeata Hauora Day became a dedicated whole-of-school event to focus on health and wellbeing.

It is important to acknowledge that the Māori staff of Haeata Community Campus were integral to supporting Mana Wā Rangatahi and ensuring that as many students as possible could take up the opportunity of participating in the activities and experiencing new opportunities for learning.

## ORIGINS

Mana Wā Rangatahi was adapted from the Te Rau Matatini Auē! events that have been successful approaches towards suicide prevention taking place in North Island communities. With input from Te Rau Matatini, Te Pūtahitanga o Te Waipounamu brought together local community leaders experienced in mental health promotion and cultural education who were also committed to a Whānau Ora focussed suicide prevention symposium. The strategies implemented encompassed a variety of contemporary and traditional activities that instil culture, identity and connectedness to promote protective factors to prevent suicide of rangatahi Māori.

## PROTECTIVE FACTORS

Protective factors are conditions or attributes in whānau that, when present, mitigate or eliminate risk and increase the health and well-being of in this case, rangatahi. Where protective factors are developed then whānau are likely to be able to increase their health, well-being and resilience.

## PERSONAL PROTECTIVE FACTORS

- Access to health care and social services
- Access to support and help
- Self-esteem, identity and a sense of belonging
- Having a positive outlook on life; having hope
- Positive relationships and good social support
- Supportive whānau, hapū and iwi connections
- Positive community support
- Skills in problem solving, conflict resolution and positive ways to deal with challenges
- Having a sense of responsibility for others
- Cultural/spiritual/religious beliefs that support self preservation.

## CULTURALLY DERIVED PROTECTIVE FACTORS

- Strengthening of cultural identity
- Access to cultural resources
- Reconnect and maintain those connections to whānau, hapū iwi, and communities
- Use outcome measures appropriate to the Māori world view and experiences.





## MANA WĀ FACTORS

E toru ngā mea mō te kaupapa papamahi – te ihi, te wehi, te wana. Three objectives to light the spark of wellbeing were:

- find your personal power;
- know your awesomeness and
- discover and enjoy expressions of mana

This approach, predicated on personal and cultural protective factors, while at the same time influenced by the three wellbeing drivers, was developed in response to the Te Pūtahitanga o Te Waipounamu Te Ko-Ha environmental scan about the effects of suicide prevention on Māori living in Te Waipounamu. The findings of that report concluded that despite the continuing efforts of various government agencies and, in particular, community efforts in the social and health sectors in Aotearoa to address the issue, the number of deaths by suicide among Māori has remained unacceptably high. Interviews with whānau affected or bereaved by suicide revealed solutions centred around our younger whānau members (rangatahi) being more culturally connected:

*“Whānau, however, pointed out that a culturally grounded whole-of-whānau approach is required to address issues around mental health and suicide, particularly among young whānau.*

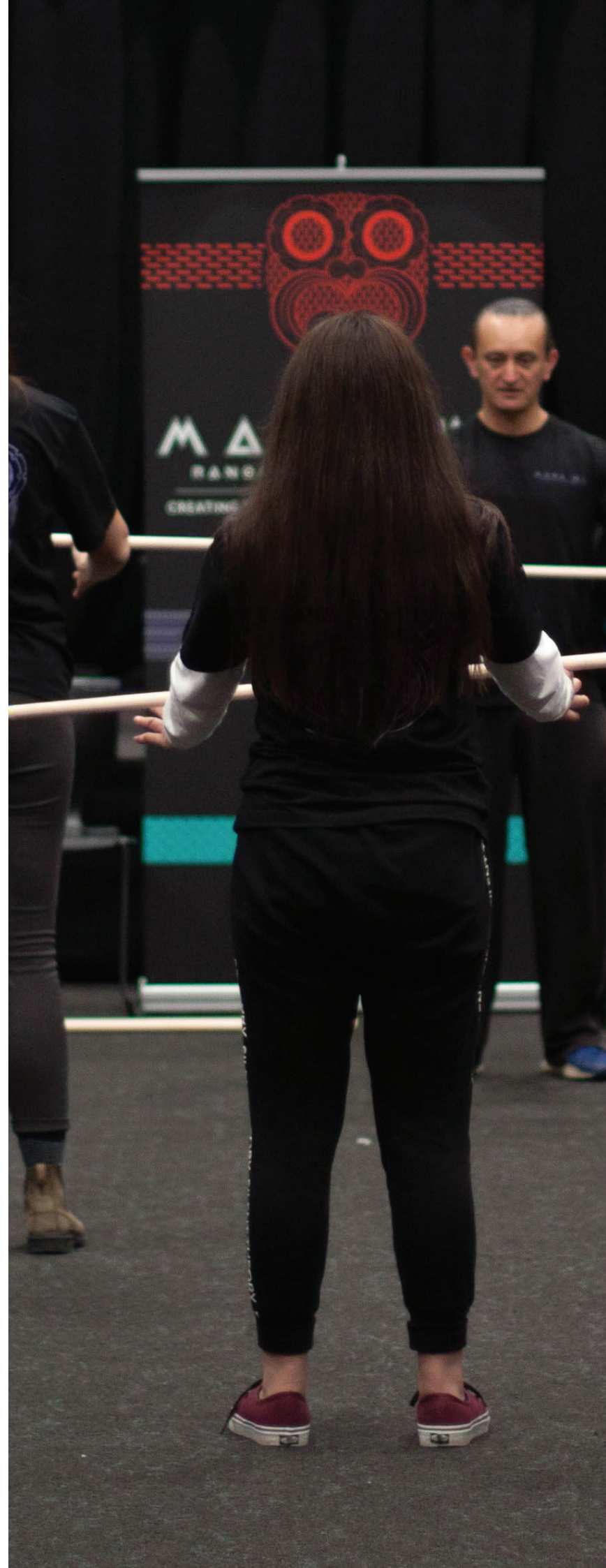
*Strengthening and maintaining cultural relational ties, networks, and whānau connections have been consistently identified by whānau in Te Waipounamu as important not only for Māori mental and emotional wellbeing more generally, but also for preventing suicide”.*

**Key words, whānau ora, wellbeing, connectedness, cultural identity**

The whānau voice is a key element of the Te Koha Strategy and was considered to be meaningful in terms of the manner in which the study aligns coroners’ data, the wellbeing survey and interviews with whānau bereaved from the impacts of suicide.

The key messages identified by the Te Koha gap analysis are as follows:

- culture, identity, and connectedness are key tenets of Māori wellbeing;
- there is a need for safe places and spaces for rangatahi, takatāpui and those whānau who live outside their iwi area;
- Māori culture, both traditional and contemporary, should be a key component of the hauora curriculum in schools;
- physical activity and sport is a positive influence on the wellbeing of Māori students in school, and
- connected whānau are less likely to be isolated.



## HAEATA HAUORA DAY

### HOW MUCH DID WE DO AND HOW WELL DID WE DO IT?

For the purposes of this report, the evaluation findings have focused on the second event: The Haeata Hauora day. At the Haeata Hauora Day held on 19 September 2018 one hundred surveys were circulated at a selection of workshops on the day. Another hundred surveys were distributed at the closing plenary to gauge from a sample of students responses to their satisfaction with the whole day overall. That sample did not achieve a satisfactory result due mostly to the size of the audience and students wanting to promptly leave the auditorium after karakia. However we have included the results for the record.

Maddie Hullena, a teacher and the event organizer, worked with a small group of students to design the programme booklet and to map out the workshops and maps giving directions to workshop locations.

The Mana Wā Project team provided support information and contacts to assist with planning and primarily to ensure the programme was culturally responsive. The taha Māori or cultural elements to promote the protective factors of suicide prevention were woven throughout the day. Te Pūtahitanga o Te Waipounamu provided the master of ceremonies, Rā Dallas, and the facilitators and resources for the workshops :

- Mau Rākau,
- graphic storytelling,
- the Aunties,
- Te Ha o te Ora – breathing,
- AEIOU for teachers and workshop presenters.

The programme included four rotations of sixteen workshops. The principal and deputy principal started the day with introductions to the concept ‘Know Yourself’.

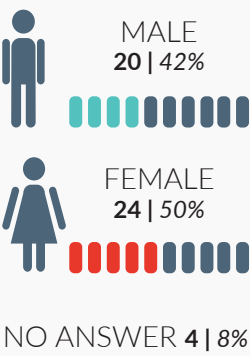
Other speakers included Nort Beauchamp – his journey for wellbeing as a Christchurch born international title holder for boxing and Steve Sibley – local community constable.



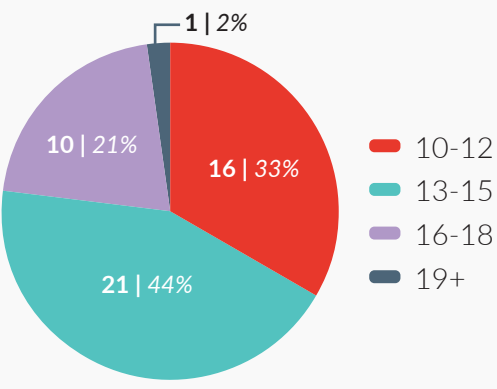
# SURVEY RESULTS

Out of a possible 200 participants who attended the whole day the number of returned and completed surveys amounted to 59 respondents. 48 surveys were completed in the workshops; another eleven came from the closing plenary.

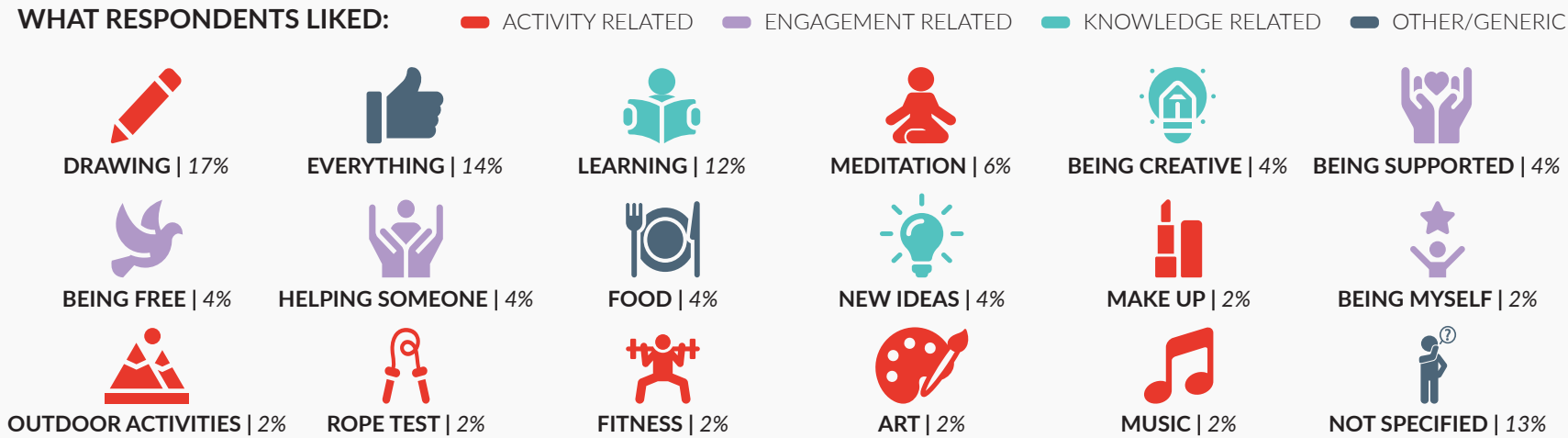
### GENDER:



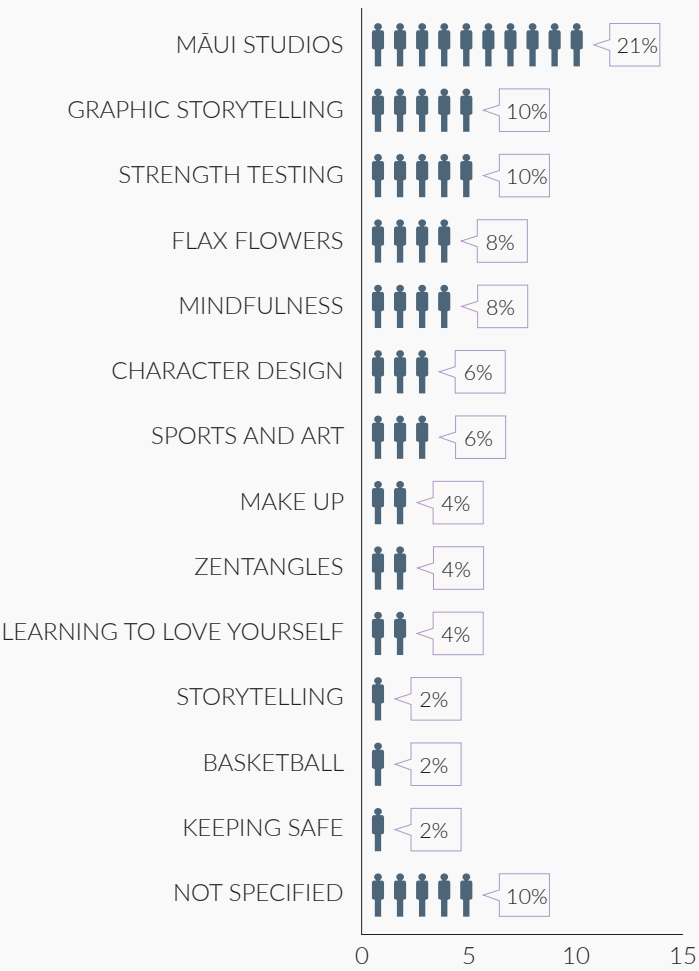
### AGE:



### WHAT RESPONDENTS LIKED:



### ACTIVITIES ATTENDED BY THE RESPONDENT:



Awesome  
Great  
Fun  
Cool  
Inspiring

WEIGHTED WORD CLOUD:  
ONE WORD DESCRIPTION  
OF THE PROGRAMME

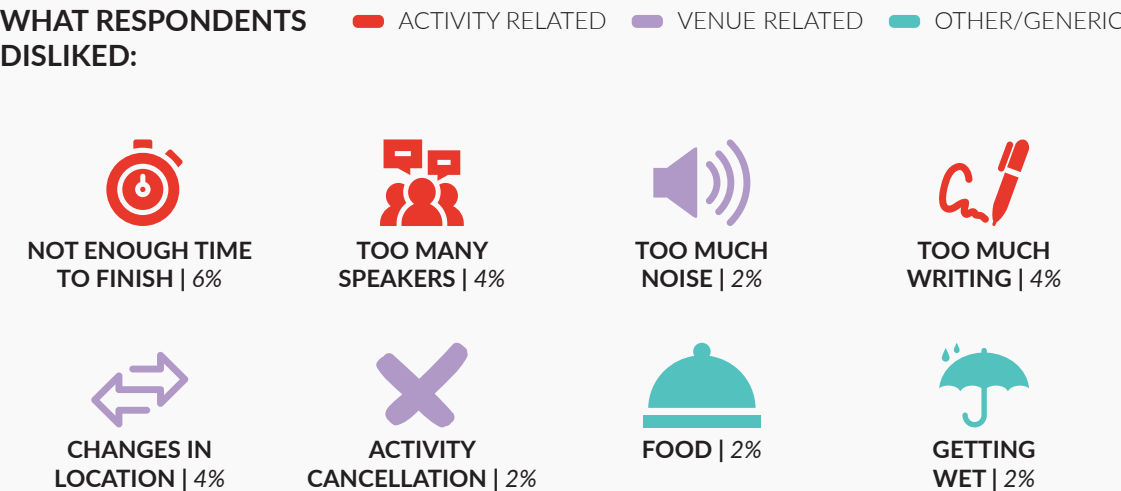
### IDEAS FOR IMPROVEMENT:

- More lead-in time to organise speakers and workshops
- More time for students to walk from stall to stall
- Find new ways to engage and get people interested
- Keep bringing in new knowledge
- Less sitting

### KEY MESSAGES FROM THE PROGRAMME/ACTIVITIES

- Listen
- Know yourself
- Get to know yourself and become the best you
- Putting on too much make-up is bad for your skin

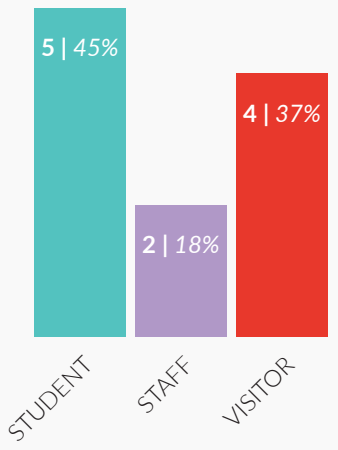
### WHAT RESPONDENTS DISLIKED:



### WEIGHTED WORD CLOUD: ONE-WORD DESCRIPTION OF ACTIVITY/ACTIVITIES ATTENDED

awesome  
interesting  
mean  
thrilling  
prepared  
informative  
choices  
okay  
different  
fun  
great  
good  
challenging  
involved  
amazing  
calming  
boring

### RESPONDENT STATUS:







## WHAT WORKED WELL

Haeata Community Campus is a school willing to support culturally grounded activities focussed on wellbeing. The activities were reinforced by the Mana Wā Project team with key messages being promoted throughout the day by the workshop facilitators, MCs and merchandise on hand. The key messages incorporate the protective factors that might decrease or prevent rangatahi Māori suicides.

Adopting a whānau centred and Whānau Ora approach enabled school staff to take the Whānau Ora strategies on board for a wide range of students not just Māori. The culturally grounded approach was successfully integrated alongside the school's health oriented activities.

The Ministry of Health has distributed evidence and guidance supporting suicide prevention activity in New Zealand Schools 2003 – 2012. There is a wide variety of suicide prevention school based programmes currently being delivered but the following five categories of approaches have received a great deal of international attention.

The report showed there are five types of suicide prevention programmes in schools :

1. Suicide screening
2. Gatekeeper training
3. Peer-helping programmes
4. Curriculum based programmes
5. Individual level psycho therapeutic interventions.

Many schools have concerns as each category of programme has its own particular strengths and weaknesses.

The main concerns of schools, communities and the Ministry of Health are the potential for

- iatrogenic effects – there could there be negative effects, so 'first do no harm'
- existence of barriers to those students identified as at risk receiving follow up support
- lack of cultural responsiveness built in to the programmes

## LESSONS LEARNED FROM THE TWO EVENTS

What we have learnt from the Mana Wā hui is that we believe the approach is both effective and transferrable at a local level. We would suggest that AuE and Mana Wā Rangatahi (and duly incorporated into Haeata Hauora Day) are successful because they are culturally grounded and focussed on a strengths based approach to wellbeing. As indicated by the Ministry of Health most schools lack programmes that are culturally responsive. Our commitment as the Whānau Ora Commissioning agency for the South Island is to generate a campaign across Te Waipounamu using the lessons learned at Haeata Community Campus.

The results of the data gathering exercise we commissioned through Te Koha support findings from existing research and literature that point to the significance of close and supportive relationships, and strong social and community bonds, in improving and maintaining psychological and emotional wellbeing (Holt-Lunstad et al., 2015; Friedli, 2009; Thornley et al., 2013); and, the importance of commonly held cultural connections and values in growing resilience and improving the ability to cope (Hudson and Hughes, 2007; Proctor, 2010).

We believe that AuE and Mana Wā Rangatahi can create a platform for schools and community organisations to support culturally grounded, locally driven and innovative suicide prevention events. Such an approach ensures greater cultural authenticity and responsiveness in engaging rangatahi Māori, Māori teachers and Māori suicide prevention networks across Te Waipounamu.





# RECOMMENDATION ONE: AN EXPERIENCED TEAM IS ESSENTIAL

The Whānau Ora networks we invited to join us were expert and experienced in mental health promotion, youth suicide prevention, and facilitating the whānau centred approach and Whānau Ora outcomes. In addition the support from the Mana Wā Project team involved sponsoring successful people to contribute as:

- keynote or celebrity speakers;
- MC experienced in Whānau Ora, taha hinengaro, whakamomori,
- clinical and cultural health professionals,
- successful sports people - basketball, personal trainers / fitness instructors,
- experts in information technology, graphic design, gaming
- whānau passionate about Māori cultural arts and heritage
- Personal grooming hair and makeup experts
- all of the workshop presenters were supportive and incorporated traditional knowledge, te reo me ōna tikanga across their approach.



# RECOMMENDATION TWO: A CULTURALLY COMPETENT SUICIDE PREVENTION SPECIALIST PRACTITIONER IS REQUIRED AS AN MC

A culturally grounded approach requires team members who are confident in tikanga and te reo. Facilitating a suicide prevention symposium style event is about being able to gauge the audience such as noticing when rangatahi are losing interest. It's about motivating an audience with positive, key messages.

It should also not be understated how important it is to have a te reo speaker willing to lead the responsibilities on the paepae or mihi whakatau.





## KEY VALUES

The values that should underpin the approach to suicide prevention are offered by the above whakatauki. It provides words of encouragement and strength to affirm our view that both statistically and qualitatively, there is clear evidence for the value of a Whānau-Ora approach to suicide prevention and improving mental wellbeing more generally<sup>1</sup>.

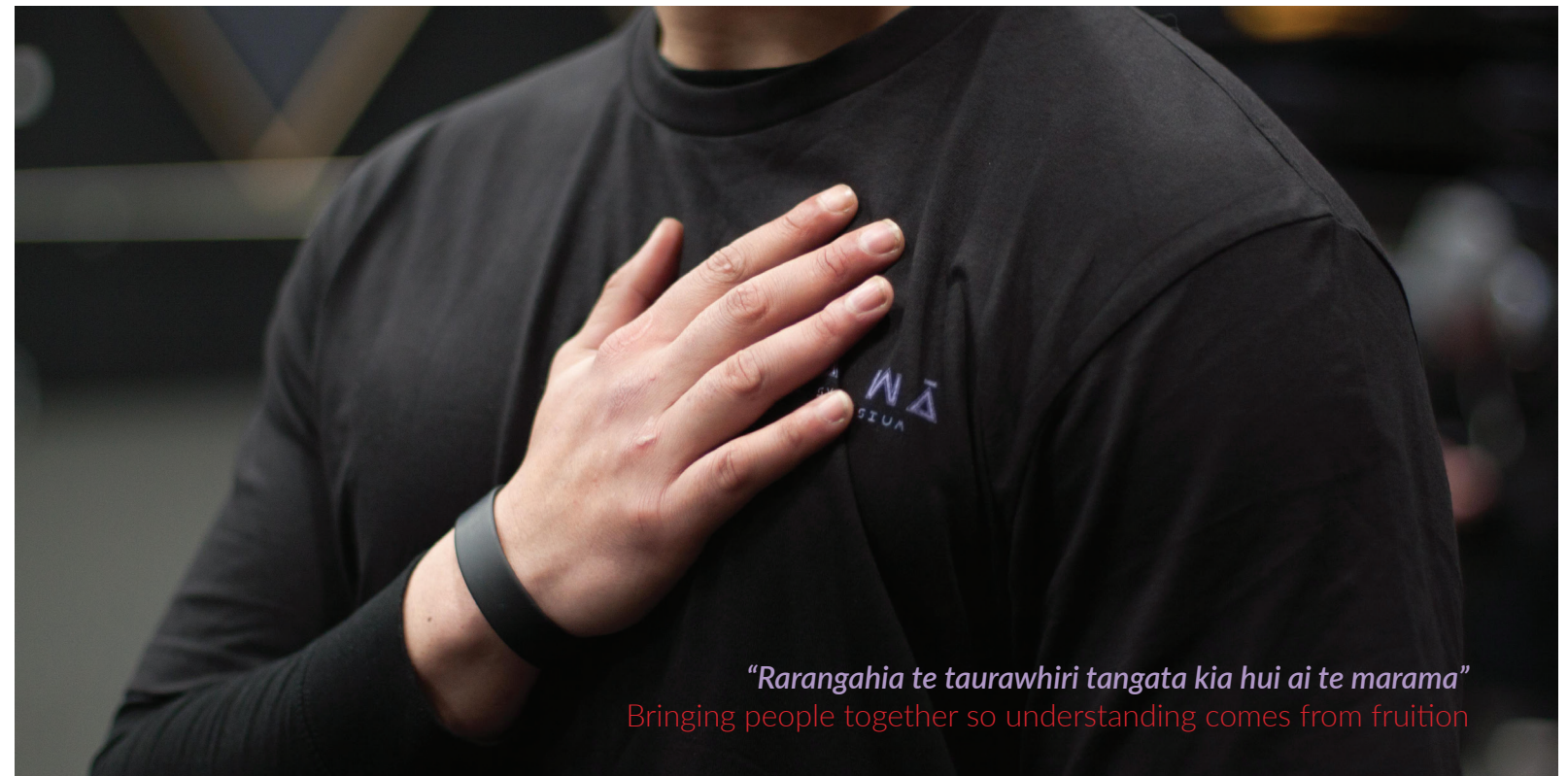
The Te Ko-Ha environmental scan commissioned by Te Pūtahitanga o Te Waipounamu was a data gathering exercise of the latest information from the coroner, relevant information from South Island district health boards, a pilot wellbeing survey and in-depth interviews with whānau.

Findings from the in-depth interviews support the results from the pilot survey in showing a strong positive correlation between whānau, culture and community connectedness and mental wellbeing.

The Te Ko-Ha findings also indicate that being connected to whānau, culture and community can be empowering for people, can improve the resilience of whānau and enables individuals to cope with issues of suicide and other traumatic and/or distressing circumstances.

**He mihi ki ngā tauira mai o Haeata Community Campus.**

<sup>1</sup> Te Ko-Ha 2018: Te Putahitanga o Te Waipounamu Environmental Scan



Culture and connectedness is consistently identified as important not only for Māori mental and emotional wellbeing more generally, but also for suicide prevention.

A culturally grounded, whole-of-whānau campaign that is particularly inclusive of rangatahi, takatāpui and kaumātua is essential to strengthen and build cultural connectedness, consolidate relational ties and strengthen networks. This is particularly so for whānau or communities bereaved by suicide.

Ngā mihi mo to tautoko Te Rau Matatini - for the opportunity to learn and work alongside your team Kura, Eunique and Tracey kia ora rawatu!. We also acknowledge the contribution from your kaimahi who supported AuE at the Bishopdale YMCA in Ōtautahi and the support to schools in the Christchurch West cluster and Te Kura Kaupapa Maori o Te Whānau Tahī.

Finally, Te Putahitanga o Te Waipounamu celebrates the shared understandings we have experienced with Te Rau Matatini, Haeata Community Campus and more especially the rangatahi who participated at the three events in Ōtautahi between August and September 2018 - Tihei Mauri Ora!



# ACKNOWLEDGEMENTS

He aroha whakatō  
He aroha puta mai

**Te Rau Matatini:** Tracey Potiki; Mākohakoha and Maria Baker, Pouwhakahaere Matua/  
Chief Executive

**AuE:** Kuratapirirangi Higgins and Eunike Kitiseni

**Haeata Community Campus:** Maddie Hullen (Kaiarahi Year 7-10), Lexi Davis (Kaiarahi Year  
11-13); and Andy Kai-Fong (Principal);

**Mana Wā Co-ordinator:** Maire Kipa, Te Pūtahitanga o Te Waipounamu

**Mana Wā Master of Ceremonies:** Raniera Dallas, Jordan Tuhura (JT), Trinity Thompson-  
Browne

**Graphic Story-telling:** Madison Henry, Vinnie and Luke Egan; Maui Studios

**Gamer’s Zone:** Hori Mataki; Max Tiweka; Ariki Creative

**The Aunties Corner:** Wendy Dallas-Katoa and Ivy Churchill (Purapura Whetu Trust)

**WeR:** Tyler and Rawiri Hazel

**Mau Rakau:** Aaron Hapuku, Te Whare Tū Taua

**Basketball skills:** Tyla Harrison-Hunt; Crossover coach New Zealand

**Event coordination:** Rongo Baker, Hikairo Te Hae and Jasmine Briggs

**Te Ha:** Vaea Coe / Mana Fleming

**Taonga Puoro:** Mahina-ina Kingi-Kauai :

**Waiata:** Lisa Tui

**Rose Beauty New Zealand:** Miriama Buchanan

**The Barber Lounge:** Lucas Kelly and apprentices

**Keynote speaker:** Kenny McFadden

# REFERENCES

Summary findings of an exploratory data gathering exercise on Māori suicide in Te  
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Dallas; and, Helen Leahy

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Mana Wā Video: <https://vimeo.com/285938673/9c59739dd5>



# APPENDIX ONE: EXPENDITURE REPORT - TE PŪTAHITANGA O TE WAIPOUNAMU

## Te Rau Matatini AuE Suicide Prevention Event

Expenditure Report  
Primary Recipient(s): Maria Baker  
Date: 31 October 2018

INCOME	ACTUAL	BUDGET	VARIANCE
Payment One 50% On Signing	\$20,000.00	\$20,000.00	0
Payment Two 50% On Completion of report	\$-	\$20,000.00	(20,000)
TOTAL INCOME	\$20,000.00	\$40,000.00	(20,000)

EXPENSES	ACTUAL	BUDGET	VARIANCE
Conference Facilitators	\$3,500.00	\$4,100.00	(600)
Workshops	\$12,000.00	\$12,500.00	(500)
Venue and Catering	\$1,200.00	\$3,200.00	(2,000)
Travel Costs	\$1,559.66	\$2,000.00	(440)
Promotional Materials	\$7,393.10	\$5,700.00	1,693
Media and Event Filming	\$6,500.00	\$6,500.00	0
*Administrative Overhead	\$6,000.00	\$6,000.00	0
TOTAL EXPENSES	\$38,152.76	\$40,000.00	(1,847)
Net Surplus/Deficit	-\$18,152.76	\$-	(18,153)

\* Administrative overheads include survey analysis and project team meeting costs

# APPENDIX TWO: MANA WĀ RANGATAHI PROGRAMME BOOKLET



## EVENT PROGRAMME

The morning allows for 4-5 rounds of workshops.  
20-40 Minute workshops allows groups of 15-20 to rotate to groups of their choosing.

The afternoon allows for one round of workshops up to 30 mins long and 30-40 Minutes for poroporoake.  
The poroporoake shall be an expression of mana from three groups  
To share a waiata, pūrakau, haka or some other epic form...

TE WĀ	KĀUPAPA	TE WĀ	KĀUPAPA
9:00am	Registrations (Foyer near Stairwell)	12:30pm	Wā Kai
9:15am	Pōwhiri (Assemble at the auditorium doors)	1:00pm	Wā Kauhau - Kenny McFadden
9:30am	Kaputi	1:15pm	Wā Papamahi
10am	Wā Whakatau - Jaytee & Trinity	1:45pm	Wā Whakatā - Jaytee & Trinity
	Wā Kauhau, Rā Dallas	2:00pm	Wā Poroporoake
10:15am	Wā Papamahi	2:15pm	Waiata - Lisa Tui
		2:30pm	Karakia Whakamutunga
12:25pm	Wā Whakatā - Jaytee & Trinity		



## WORKSHOPS

A Mix Of Creative And Innovative Spaces For Rangatahi To Express Mana  
In Traditional And Contemporary Forms!

WORKSHOP	WHO	DESCRIPTION
1. Waiata	Lisa Tui	"Singing the world into being", rangatahi in sync for expressing confidence, self-presentation, teamwork and collaboration on a song for the day!
2. Mau Rākau, Te Whare Tū Taua	Aaron Hapuku	An introduction to the art of Māori weaponry, expressions of positive attitude for physical fitness, good health and the practise of humility and self discipline.
3. Basketball Games and Skills	Kenny McFadden Tyler Harrison-Hunt	Handy tips and fun games designed to encourage your basket ball skills and passion for the game. Team building, coaching tips about being successful in sport and with your schooling.
4. Taonga Puoro	Mahina-ina Kaui	The art of performance through traditional instruments from Te Ao Māori, learning how music draws on the four elements and the epic ways of legendary creation stories.
5. Te Hā - Meditation And Mindfulness Techniques	Vaea Coe & Rewa Skipper	Celebrate the places and spaces of mindfulness and meditation. Sharing tips and skills of breath and relaxation for stressors at home, school or in your community.



## WORKSHOPS

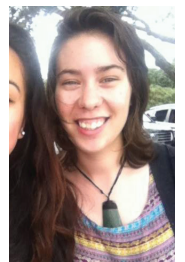
WORKSHOP	WHO	DESCRIPTION
6. The Aunties Corner	Ivy Churchill Purapura Whetū Trust and Wendy Dallas-Katoa	A place to hang with the Aunties, a safe talk forum to ask questions and just talk about when the going gets tough and maybe mana enhancing ways to support others if they come to ask for help.
7. Nail Artistry	Miriama Buchanan	Get inspired by Miri a wahine with flair and style building her dreams through nail artistry!
8. Basement Barbers	Joseph from the Basement Barber, Christchurch	Joseph is with us all day to step up the game in the barbering world. Barber Lounge quote for the day "build your own dreams or someone else will hire you to build theirs.
9. Graphic Storytelling	Vinnie and Luke Egan Māui Studios	Augmented & Graphic Storytelling seeking out the protective elements and expressions of mana in the rangatahi quest for wellbeing.
10. Gamers Zone	Hori Matakī, Max Tiweka - Ariki Creative	Using gaming as a way to understand respectful relationships and concepts like consent. Tips on technical ways gamers and rangatahi can use to keep themselves safer online.
11. AIEOU	Ra Dallas	Targeted afternoon presentation for volunteers, workshop facilitators and manuhiri to present a suicide prevention resource AIEOU - mauri ora!

## KAIKŌRERO OUR EMCEES



### JORDAN TUHURA (JAYTEE)

Jordan (Ngāti Porou) graduated from Otago in 2015 with a Graduates Diploma in Accounting and a Major in Management as a Bachelor of Commerce. He recently returned to Aotearoa after working in Sydney Australia at an investment and financial management firm. On his return, he decided to pursue his passion for health and hauora. Now an inspiring personal trainer capable of helping people make positive life decisions, Jaytee now spends his days with the Māui Studios team pursuing kaupapa he is passionate about, and brings a whole new level of energy to the game.



### TRINITY THOMPSON-BROWNE

Woven from the threads of Māori, Scottish, Irish, English and American whakapapa, Trinity (Kahungunu ki Wairarapa, ki Tamaki-nui-ā-rua, and ki Te Wairoa) comes from tipuna passionate about creative expression, exploring new horizons and documenting their time periods. As the kaitiaki of *Fruit From The Vine*, a media platform by rangatahi, for rangatahi that aims to reduce suicide through providing positive, diverse, aesthetically epic representations of Māoritanga, Trinity follows in their footsteps. Based in Te Upoko o te Ika, she's just started working full time as a photographer.

#### Favourite quotes:

1. Find people who speak your language so don't spend a lifetime translating your soul.
2. Strength is for service, not status.
3. Ko te whakaiti te whare o te whakaaro nui / humility is the resting place of meaningful thought.

## KAIKŌRERO



### KENNY MCFADDEN

Kenny McFadden is the President of the Wellington Basketball Association, taking responsibility for developing administration, coaches and players in the Wellington region and assisting players towards a "student-athlete" development pathway. Kenny took Steven Adams under his wing as a 14-year-old who had been shifted by an elder sibling to the capital from Rotorua in order to get his life back on track. He has been Steven Adam's mentor ever since, refining his skills early on at his Wellington hoops academy and then later providing the guidance and advice as the young man headed stateside to chase his dreams. Kenny also played at Washington State University and has played and coached the Wellington Saints.



### RĀ DALLAS

Rā Dallas (Ngāi Tahu, Ngāti Raukawa, Ngāti Tūwharetoa) has been involved in the community sector of suicide prevention for the last 5 years. Working amongst an extensive range of whānau and hāpori across Te Waipounamu and wider Aotearoa. His strengths include kapa haka, community engagements, community mana enhancement and leadership building.



RANGATAHI  
Patterns = Whakapapa, Genealogy



WHĀNAU  
Patterns = E Tū, Stand together Whānau



TAKATĀPUI  
Patterns = Kōtahitanga, Interconnectedness

Inspired by the values of people expressing themselves, the contemporary tiki have been brought to life to portray the different spaces in the community via the Mana Wā event. The three patterns within the tiki, encapsulate kōtahitanga (unity), and exist to express different spaces at the event.





APPENDIX THREE: MANA WĀ RANGATAHI PĀNUI



# MANA WĀ

## RANGATAHI SYMPOSIUM

CREATING SPACE AND TIME FOR EXPRESSIONS OF MANA WITHIN OUR RANGATAHI.

MANA WĀ IS A WELLBEING DAY FOR MĀORI SECONDARY SCHOOL STUDENTS UNDER THE GUIDING KAUPAPA OF "MANA-WĀ RANGATAHI". WE HAVE SELECTED SCHOOLS FROM THE EAST SIDE CLUSTER TO PARTICIPATE AND WELCOME YOUR SUPPORT.

**MONDAY 20TH AUGUST**  
**STUDENTS ARRIVE 9AM - EVENTS FINISH 2.45PM**  
**HAEATA COMMUNITY CAMPUS SHORTLAND STREET, WAINONI.**  
**KAI & MANAAKI WILL BE PROVIDED**


### WORKSHOPS INCLUDE

A MIX OF CREATIVE AND INNOVATIVE SPACES FOR RANGATAHI TO EXPRESS MANA IN TRADITIONAL AND CONTEMPORARY FORMS!

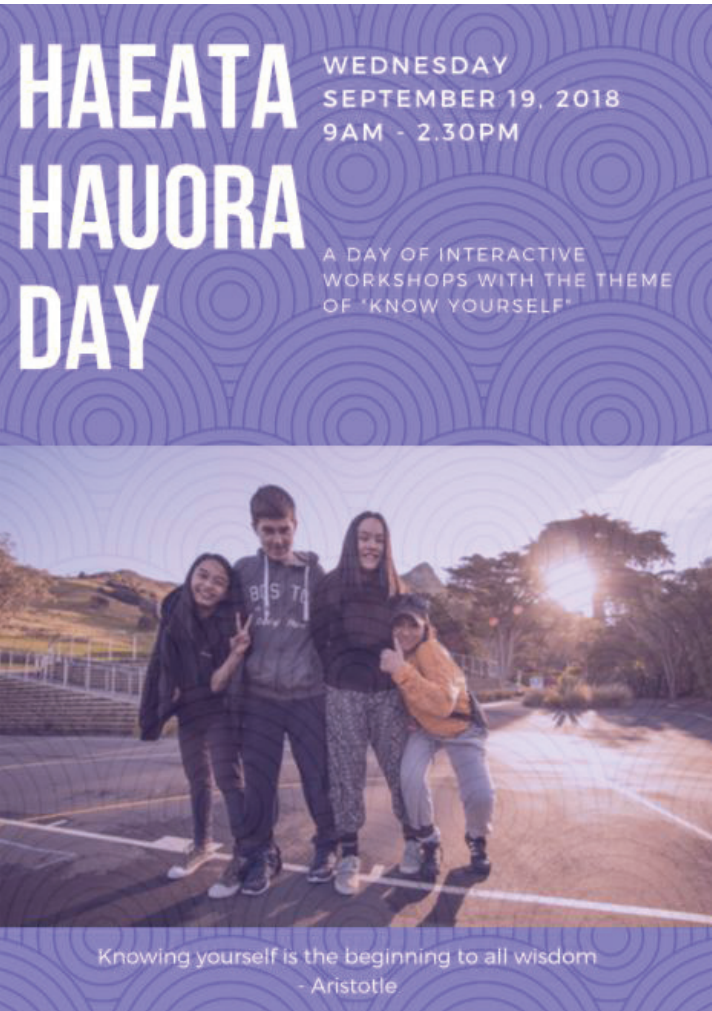
- ✧ WAIATA-A-RINGA ✧ TAONGA PUORO
- ✧ MAU RĀKAU, TE WHARE TŪ TAUA O AOTEAROA
- ✧ TE HĀ - MEDITATION AND MINDFULNESS TECHNIQUES
- ✧ BASKETBALL GAMES & SKILLS
- ✧ PERSONAL STYLISTS FOR WELLBEING
- ✧ MĀUI STUDIOS AR INTERACTIVE STORYTELLING
- ✧ ARIKI CREATIVE GAMERS ZONE
- ✧ GUEST SPEAKERS INCLUDE: KENNY MCFADDEN, RĀ DALLAS & MORE
- ✧ MCs INCLUDE: JORDAN TUHURA & TRINITY THOMPSON-BROWN



APPENDIX FOUR: HAEATA HAUORA DAY PĀNUI



## General Information 2018 for Haeata Hauora Day



**HAEATA HAUORA DAY**

WEDNESDAY  
SEPTEMBER 19, 2018  
9AM - 2.30PM

A DAY OF INTERACTIVE WORKSHOPS WITH THE THEME OF "KNOW YOURSELF"

Knowing yourself is the beginning to all wisdom  
- Aristotle



# Haeata Values:

**HANGA WHARE**  
*Building the foundation for ALL learners to leave our school MORE curious than when they arrived*

- Enterprise, innovation and curiosity provide the framework for the daily life of the school
- We redesign constantly to meet our changing environment
- Connected locally and globally

**SERVICE**  
*ALL learners mindful of their unique role in making a difference*

- All learners are leaders and role models
- All learners act with responsibility and respect
- All learners are mindful of their influence on the environment
- We learn from our community and our community learns from us

**ALOFA**  
*Compassion, commitment and love ignite action*

- For the learner
- For teaching and learning
- For self and others

**SUCCESS**  
*Every learner crossing the stage with dignity, purpose and options*

- High expectations of self and others
- Is defined by whānau, school and students to meet the unique needs of each learner
- We are responsible for individual and collective success

**MANAAKITANGA**  
*Every learner having a sense of belonging*

- Learners are at the heart of what we do
- Mana, well-being and identity are valued
- Every learner is welcome, engaged and heard

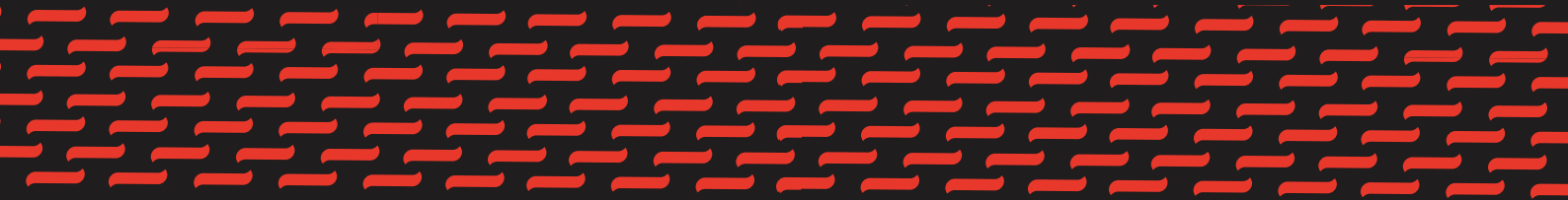
**Address:** 240 Breezes Road, Aranui, Christchurch 8061  
**PH:** 03 - 930 0110  
**Web:** [www.haeata.school.nz](http://www.haeata.school.nz)

## Day Plan

- 7.15AM - Maddie onsite and setting up.
- 8.15AM - Reception opens. Please sign in upon arrival.
- 9.00AM - Meeting with Maddie for all external organisations
- 9.15AM - Mihi Whakatau shared kai and wondering around stalls
- 10.00AM - Keynote speaker - TBC
- 10.30AM - Morning tea
- 10.50AM - Rotation 1
- 11.20AM - Rotation 2
- 11.50AM - Keynote speaker - TBC
- 12.20PM - Lunch
- 1.00PM - Rotation 3
- 1.30PM - Rotation 4
- 2.00PM - Keynote speaker - TBC
- 2.30PM - Home time







**Te Pūtahitanga**  
o Te Waipounamu