



From the Taikura H3 Group

“Naku te rourou nau te rourou ka ora ai te iwi”

“With your basket and my basket the people will live”

H3 with Taikura and whānau, weaving a network of support around our tamariki.

OUR MISSION

H3 Group is:

- A strong, stable and self-sustaining scaffold to support CARE work at Taikura
- A central group that activates our community to provide resources for use by our CARE practitioners
- Committed individuals who work in relationship with our teachers, therapists and initiatives to hold the CARE impulse within our school

OUR VISION

Our hands: We resource curative work and therapies for individual children to remove barriers that limit their ability to access and engage fully with our curriculum.

Our heads: By empowering and enabling our children we are supporting their families, their fellow classmates, their teachers and their communities.

Our hearts: With strengthened communities and relationships all our children flourish and develop into free, able, confident individuals.

The H3 Groups meet on average once per term. Presently we are made up of parents, past and present staff. Over the years members have included grandparents and past parents of Taikura. We are currently a very small group and would welcome new members. If interested please contact kelly.sutton@taikura.school.nz or nicole.scheidegger@taikura.school.nz

At the start of each year we like to take the opportunity to share with the community the success and mahi of the previous year. It is also an opportunity to thank you for your support and to highlight planned activity for the coming year.

We would like to thank all those who make regular donations of either money or time in support of the H3 activities - it is much appreciated thank you. These ongoing contributions enable students to access a broad range of therapeutic and educational support. Thank you!

At Taikura we strive to meet and teach the whole child, and so if we identify a barrier to a student's learning our desire is to work to understand what is happening for the learner and what is needed. Once the need is established we put in place the relevant support, creating opportunities which facilitate each child in reaching their potential.

This is why the therapeutic and educational supports are so important and why the H3 Fund is so necessary.

With your generous help the H3 fund along with support from our Proprietors Trust is able to continue to support Taikura Students to access the following therapies / curriculum supports / and student activities:

The iLs Listening Programme

During 2023 30+ students have received the iLs Listening Programme, with many others having had the assessment and are on the waiting list. We anticipate a similar amount in 2024.

The programmes are either 40 or 60-hours in length and run each school day for 1 hour per session. Students participate either in class groups or in tiered groups. As a staff we are committed to the iLs Listening Programme as an added educational support that we can now access easily for our students. We have had more than 137 students participate in the programme since its introduction and have seen significant gains in the majority of our post assessment results! This is hugely gratifying and especially so when the students themselves experience improved ability in areas of their lives – whether it is being more focused, able to understand and process instructions more clearly, more aware on the sports field, improvement in their organizational skills etc. We have a very aural based learning environment at Taikura School but statistics are showing us that auditory processing issues are increasing – so we feel very grateful to have this programme running at our school. We offer the iLs Listening Programme to students across Lower and High School. It is exciting to be able to offer this much needed auditory processing support growing within our school.

Nursing Therapies

During 2023, over 14 students from across all areas of our kura accessed nursing therapies. Each student receiving, a minimum of 3 therapy sessions per course - over 40 sessions made possible by the H3 fund. Thank you!

Anthroposophical Nursing therapies are a core therapy. This therapy warms and strengthens the foundational base in the child, supporting their ability to meet and cope with the world and all that comes towards them, by engaging the senses of warmth, life, touch, movement and balance. This is done through the gentle application of oils, compresses, wrapping and time to rest.



Footbaths

In 2023 products were purchased by our H3 fund to enable teachers and kindergartners to provide students with foot baths. This is a simple practice that can be used in a general fashion to help the children settle into their day or it can be more specific using a product that has been recommended by either school doctor, nurse or therapist. This year the H3 Group has been generously donated by Weleda a collection of footbath products to distribute for use in our kura.



Thank you Ally Hay for nominating the H3 Group to receive this beautiful and generous donation and thank you Weleda for your ongoing support of our initiative.

Extra Lesson

A primary Curriculum Support/therapy which we make available for the children is Extra Lesson. This programme is pivotal in supporting and developing a child's healthy movement integration. This programme primarily works on the lower senses of touch, balance, life and movement. By working through specific, sequential movement patterns there is the possibility of strengthening the imprinting and integration of body geography, and spatial awareness, gross and fine motor skills, uprightness and fluidity in movement. The development of these specific movement skills can in turn support academic and social learning. This programme is delivered by a trained Extra Lesson Practitioner and is often, along with nursing therapies, what is offered at Taikura first, as these two modalities go hand in hand to provide a foundation on which the other therapies build upon.

Art Therapy

We are privileged to have Art Therapists within our wider school community and the H3 Fund supported 4 students in 2023 to access this therapy.

Art therapy for 2024 has already started with one of our regular therapists working with 2 students weekly. Our aim is to grow this mahi further in 2024.

The Art Therapist will work closely with families and school to support the student. Since 2019 Art Therapy is a regular inclusion of the therapies offered at Taikura. Since this time we have seen how important and helpful it has been for some students to utilise art in a guided and supportive way to work through complicated and confusing emotional issues that are sometimes too hard to talk about. It can help bring a shift that can enable healing to occur, new insights to be found or an increased sense of acceptance or self-empowerment.

Eurythmy Therapy

Eurythmy continues to be offered as a therapy at Taikura. Eurythmy Therapy is supported by our Proprietors Trust, Koha from whanau and the H3 Fund. Eurythmy Therapy happens weekly. We can have between 4 and 6 students attending, usually twice a week for a term. This therapy specifically engages the sense of movement and gesture, balance, the sense of life, and rhythm - connecting the sounds in language to physiological processes and in doing so building up an increased self awareness and ability to stand in the world with greater confidence. John Allison is our school Eurythmy Therapist and comes to us with a wealth of wisdom and experience - we are very grateful for his knowledge and expertise, along with the many insights that only a person with his years of experience can bring.

Speech Therapy

During 2023 therapeutic speech work happened twice weekly with Anthroposophical Therapeutic Speech Teacher Robyn Hewetson. We have found the work Robyn brings to be extremely beneficial and well received in the older years. Currently, her mahi rests predominantly within the High School. Speech will continue to be offered in 2024. And like with Eurythmy Therapy, we are very grateful for the wisdom and experience Robyn brings.

Looking into 2024

The H3 Group moves into 2024 with enthusiasm. Our primary aim is to continue to grow resource which supports access for whanau to the various therapies/enables which help our tamariki access the curriculum.

Our primary fundraiser for 2024 being the Winter Warmer food stalls, however you will see us at the festivals, the first being the Autumn Festival, along with the Community Canteen offering kai for sale to grow the funds for our respective projects.

We would warmly welcome and wish for new whānau members to join the H3 Group. Our first meeting for 2024 will be Monday 11 March at 7:00pm in Te Manukura, the school whare.

If interested or you wish to know more please contact kelly.sutton@taikura.school.nz or nicole.scheidegger@taikura.school.nz We look forward to welcoming new members.

Warmest greetings Kelly Sutton

For Taikura H3 Group.



He Pito Kōrero!

Ko te aha tēnei rā? – *What day is it today?*

It has become a common practice for our kaiako to write the date in te reo Māori on the board. When I used to write the date, I utilised the kupu for the days of the week that Te Taura Whiri i Te Reo – The Māori Language Commission created. These kupu for the days of the week referenced aspects of te ao Māori: Rāhina (Monday), refers to the moon, Ratū (Tuesday), refers to Tū, the God of war and by some distant association goes back to the planet Mars. These kupu Māori have their origins in the Roman narratives that stand behind the days of the week as we know them.

Over time, the way I write the date has changed, after listening and following the kōrero of people like Doctor Rangi Mātāmua, who talk about time from a te ao Māori perspective. I have shared a link to the podcast, Everyday Māori, which explains this well.

[Everyday Māori Podcast - 33. Ko te aha tēnei rā? \(What day is it?\) | Free Listening on Podbean App](#)

Now, when I write the date on the board, I use the kupu mino or loan words, that sound like their English counterparts. I also use the transliterations for the months as well, instead of the periods of time taken from the Maramataka – Māori lunar calendar. The maramataka is about what is happening within the environment, the phases of the moon, and has a very specific time allocation, that does not correlate with the English months of the year.

I have been teaching the first waiata from this Youtube clip to our tamariki, that support their learning of 'Ngā rā o te wiki: [The days of the week Waiata \(youtube.com\)](#).

Whakarongo mai!

Kia pai te wiki...have a good week! Nā, Matua Troy.

Kīwaha o te wiki – kīwaha of the week

He mea peita ō taringa? (her meh ar pay tah oar tah ding ah)
Are your ears painted on/aren't you listening?

Hemi: Kia ora e hoa! What was that homework we have to do? I wasn't listening.

Manawa: Aue e Hemi! He mea peita ō taringa!

He pito kōrero is a space dedicated to celebrating and promoting Te Reo me ōna Tikanga Māori



Waiata Mai **Thursdays – 12:30 – 1:00 pm - in the Whare Te Manukura**

Ngā mihi hīkaka ki a koutou ngā manu tioriori o Taikura!

Every Thursday in our Whare Te Manukura. If you want to learn some of the waiata that your tamariki sing at school, nau mai, haere mai te katoa....all are welcome!

Ngā mihi ki a koutou ngā kōpara e kō!

Nā Troy Gardiner

Aramoana Beach and Snorkelling Camp

Class 5 students had a great time at the annual beachfront DOC camp at Te Angiangi Marine Reserve. Many creatures were seen whilst snorkelling; stingray, octopus, spotty and stripy fish, starfish, crabs and giant sea snails! The weather was kind and the sunrises were ataahua!

There were also many stories of the camp involving the beach treasure hunt, Darryn in a wetsuit, jumping in waves, mystery underwear, car music, the cello player, singing, new games, feathers, shells, kina and all the food!



Host Families needed for International Students

We are looking for interested families that would enjoy sharing their home and time with High School students attending Taikura for 6 months from Rudolf Steiner Schools globally.

We currently have several inquiries from students who will need homestays during Terms 3 & 4. All students pay a set board fee directly to homestay families.

Please email Janet at international.admin@taikura.school.nz for a chat and further information.

Community Canteen Roster

This year we are asking all classes to nominate a “back up person” in their canteen roster for the week, in case the rostered person can’t make it. Our system is such that one class takes responsibility for one week per term, so Class 2 will be on in week 2, class 3 in week 3, class 4 in week 4 etc.

There will always be an experienced Canteen crew member rostered as the leader for the day.

There is no experience needed at all to work in the canteen - anyone can do it! It is a lot of fun, an opportunity to connect with other parents and very rewarding to see the students’ happy smiling faces.

Please utilise the below sign-up link as shared by liaison parents:

<https://www.signupgenius.com/go/10C0B4EACAE23AAFD61-47680303-community>

Friday Market



Upcoming Events

- Kereru & Taikura Kindergartens Parent Evenings Wednesday 6 March
- High School Athletics Day Tuesday 12 March
- Class Three overnight camp Friday 15 March
- Class 10 Marae week 18 - 22 March
- Autumn Festival Thursday 21 March
- Community Assembly Thursday 28 March
- Good Friday Friday 29 March
- Easter Monday Monday 1 April
- Easter Tuesday Tuesday 2 April - School Closed
- Taikura Kindergarten Harvest Festival Thursday 11 April
- Kererū Harvest Festival Friday 12 April
- Last day of Term 12 April