



The 9 Most Important Minutes of Your Child's Day!

According to Dr. Panksepp, known world wide as the father of affective neuroscience - the nine most important minutes of our children's days are:

- the three minutes after they wake up
- the three minutes after they get home from school or kindergarten
- the three minutes before they go to bed

When thinking of these nine minutes you see the importance of connection after separation. Connecting together after the separation of sleep, separation while at school and then a re-connection, and finally in the evening, before we return to the spiritual world for our nights of sleep, we connect again with our children. A bedtime ritual such as the lighting of a candle or bedtime song all adding richness and warmth to this final connection of the day.

When translated to the school day these nine minutes look like the following moments of connection and reconnection:

In those first three minutes of arriving at school - reconnecting with kaiako - our students are greeted at the school gate. Their day starts with an individual hand shake and welcome. For many as they enter their classroom this ritual happens again with their Sponsor or Class Teacher.

Depending on the age of the class, formal instruction opens with a karakia, or in the younger years the coming together in a circle and then the karakia. The circle time creates space to reconnect with our friends and recreate our relationship to learning and our day's mahi.

The three minutes after their lunch hour - reconnection in the younger years particularly, time is taken to connect with the class after lunch and unpack and sort any social upsets which have occurred during their lunch break. This korero offers individuals opportunities for rich learning about their own and their peers' feelings.

The three minutes before they leave in the afternoon - connection before separation - at the end of the school day classes come together to create their end of day circle. Before leaving they speak together a closing karakia, or in the older years only the karakia without the circle. Finally a hand shake as they leave for the day.

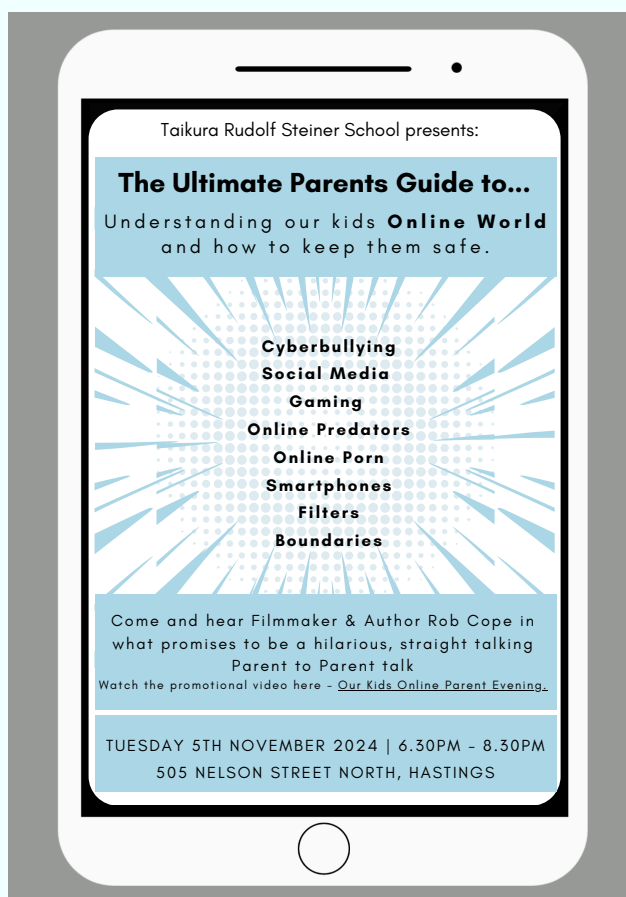
Kelly Sutton
Deputy Principal



School App

If you have not already done so, **we encourage you to download our School App into your smart phone.** You will find school contacts, newsletters, a link to our website, term dates, absentee notifications and our calendar which is filled with upcoming events, meetings, camps and trips. Subscribe to class alert groups and you will receive notifications such as class camp school arrival times and meeting reminders straight to your phone. So much useful information!

1. Go to the **App Store** or **Google Play Store** on your mobile device
2. Search **SchoolAppsNZ**
3. Download the **App**
4. Open the **App**
5. When it asks to send notifications – click allow.
6. When it asks to search your **School** – type your **School Name** in the search bar
7. Lastly, subscribe to the Alert Groups you would like to receive alerts for.



Upcoming Events

Community Assembly - Thursday 5 September at 11:00am in the school hall

School Board meeting - Monday 9 September at 5:00pm in whare Te Manukura

Class 5 whānau hui - Thursday 12 September at 6:00pm

Little Yarra visit - Monday 16 September - evening performance - details on page 6

Spring Festival - Friday 20 September

Class 12 project speeches - Friday 20 & Saturday 21 September

Last day of Term 3 - Friday 27 September 3:00pm

Sports - East Coast Road Race

On Thursday 22 August two senior runners participated in the East Coast Secondary School's Road Race. They did very well representing the school in this event. Taina Nogueira (CI12) placed 7th in the 4-kilometre run for senior girls. This is a shorter distance than Taina is used to so was a creditable placing for her. Yudi Porter (CI11) placed 9th in the senior boy's race which was 6 kilometres. This race was by far the biggest in numbers and Yudi did well to place in the top quarter of the field. Congratulations to both of them.



Hockey 1st XI Final



Throughout the season the Hockey 1st XI had been playing very well and won the round robin, but going into the final this does not mean anything in a one-off game to secure the trophy.

The game was held in Napier versus Napier Boys' High School, the team that has been chasing Taikura for the season and who came close to winning in our last encounter. Securing a back-to-back win, to secure the trophy, is never an easy feat. Nerves were a factor in the time leading up to the game but once the game started things settled down. Many parents,

current Taikura students, teachers, and Taikura alumni came to support the side and the team were proud of the support on the sidelines - thank you to all who managed to attend the game.

We won the toss and secured the hit off and from the start Taikura dominated. We swept straight on to attack. Strong neutral umpires were secured for the game and a general warning was issued to all players regarding tackling, the enforcement of the five metres rule, and receiving the ball from overheads.



Taikura quickly pressed into the circle and in the 4th minute, Tyler secured a goal. Unfortunately, we succumbed to a green card (2 minutes on the sideline in Hockey) for a bad back tackle. This meant the team had to quickly adjust for this period of 2 minutes. Ashley was amazing in this position. The team managed to stop any goals being scored against us during this time.

The second quarter started with the opposition receiving two green cards and Ian saving a great loop goal shot. In the 26th minute a great pass was put through to Ashley by the goal and she managed to pass the ball

across the goal to Pippa who scored. It was such a great team goal.

Hockey 1st XI cont.

Half-time saw some tired legs needing to be subbed for a while and up stepped Ashton to relieve Lucy who had dominated in the left half position. The same for Jayden who played an awesome defensive position as left back - Mika stepped into this position. All the work during the season allowed these transitions to happen seamlessly and the opposition still could not penetrate the goal. Manu was tireless in pressurizing the opposition defensive ball carrier, an important job.

After an exciting run up the right side of the field by Joshua, he passed the ball to his brother who shot at goal and scored in the 31st minute.

The final quarter saw Lucy and Jayden slot back into their positions. Kaito and Chris were able to take control in the centre of the field and both of them were able to secure numerous penalty corners. Great skills were on display throughout this quarter. Nico was amazing in the defensive circle and often in this quarter he managed to stop attacks with his ability to move his body around the ball and tackle players. Truly the most improved player of the season. Yudi, as the high back, managed with skill to regularly dispose the NBHS striker. He then passed the ball to other players to set up an attack. Defence is the first form of attack in hockey. In the 47th minute, Tyler was able to slot in another goal off the keeper's pads. The final few minutes were noticeable for Joshua sprinting the length of the field, out-running the ball carrier, to get back in defence, steady himself, then tackle the ball carrier and set up the attack again. The final goal was scored by Chris in the 55th minute with a nice shot from the top of the circle. This secured the win, 5 - nil.

The trust between teammates to do their role makes the team stronger and this has been commented on several times during the season. Thank you must go to the helpers who scored every game during the season and our umpire Marie Emerson who has helped the players learn and develop their understanding of the game.

The next step is off to Secondary Schools' Tournament week and the team is looking forward to playing teams they have never played before.

Anne Hilton
Sports Facilitator



Class 3 Play



Friday Market

Term 3 Roster:

Week 6, 30 August

Kererū Kindergarten

Week 7, 6 September

Class 8 + Class 9

Week 8, 13 September

Taikura Kindergarten + Class 7

Week 9, 20 September

Class 10 (double stream)

Week 10, 27 September

Community Canteen



Kereru Kindergarten are doing a craft lucky dip and selling seedlings alongside their afternoon tea this Friday.

Little Yarra Ensemble Live In Concert!

Monday 16th September
Doors 6:20pm - Koha entry

Taikura Rudolf Steiner School Hall Hastings

6pm Music Fund Raiser!
Tea, Coffee + Cake (cash only)

Not to be missed!



Little Yarra
STEINER SCHOOL

From Victoria,
Australia
One night only!

COMMUNITY NOTICES

Accommodation available

My name is Skye, I am a school parent. I have a sleep out to rent. It is a nice large yet cozy room in our back garden. Ideal for a student. You share the kitchen and bathroom with my son and I. Our place is close to school, easy to cycle, if not walking. Available short or long term. Please contact on 0210 259 4894

Celebrating Balance

22. September 24



The Equinox is the balance
of night and day, of dark and light,
of work and rest - the natural midline.

In this workshop we will focus on everything
that nourishes our sacred masculine and feminine
to help us return to our natural balance.

Join in and celebrate the nature of balance
in all its beauty with ancient knowledge,
yoga, breathing, meditation and
sound and in the company
of beautiful souls.



TAIKURA
community
special
\$20

3pm - 5pm

Taruna, Havelock North

\$30pp

RSVP

silke@viveholisticwellness.co.nz

Silke
get in balance



Alysha Macaulay

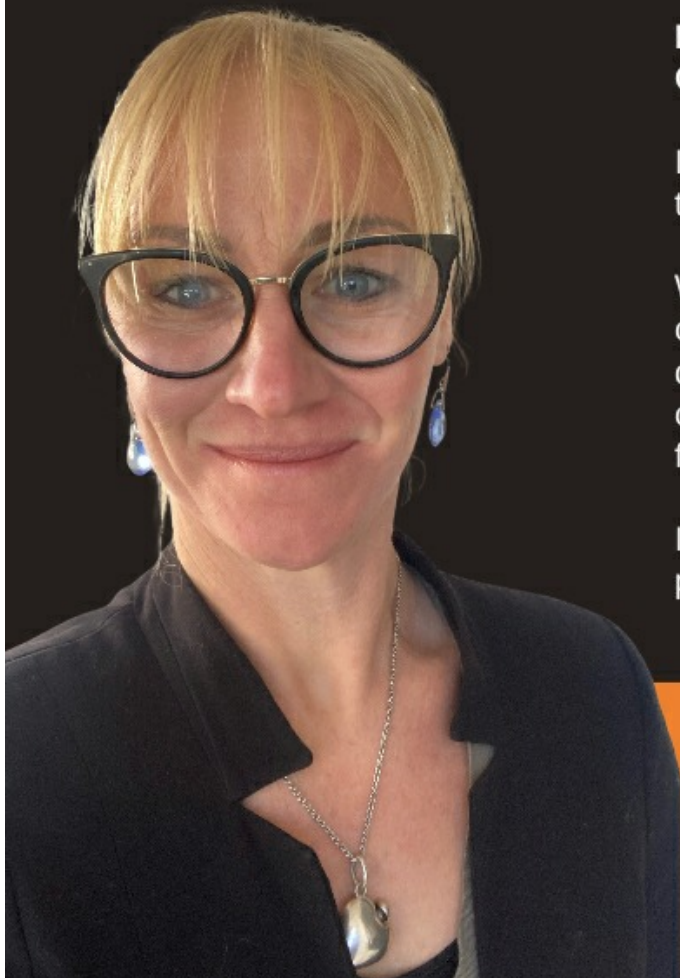
Funeral Celebrant, Death Doula and MC for all Events

Honoring Life's Moments with Compassion and Care

I'm dedicated to supporting you
through life's significant moments.

Whether you need a funeral
celebrant, an MC for your event, a
death doula to provide comfort and
care at the end of life, or a facilitator
for a pet funeral,

I'm here to offer compassionate and
professional service.



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