



17 October 2024

Cybersafety Evening

We want our school and our community to be a safe place for all children. Our tamariki are growing up in rapidly changing times, and the risk, frequency and severity of online harm are increasing. We need to tackle this as a community. As such, we have organised filmmaker, author and speaker Rob Cope, producer of the documentary "Our Kids Online" to come and give what promises to be a humorous and eye-opening evening talk to our parent community.

His talk will cover:

- Cyberbullying - How bullies can reach our children 24/7
- Social media - How social media is affecting the mental health in 3 out of 5 children. FOMO, depression, anxiety
- Gaming and the developing brain – An oversupply of dopamine leading to dopamine deficiency, synaptic pruning, and the underdevelopment of social skills and empathy
- Naked Selfies - The pressure to send nudes from intermediate up through high school
- Online predators - The methods they use, how to spot them
- Online porn vs healthy sexuality - How consuming online pornography as a child or teen can create a sexual template where violence, aggression, and dominance are seen as normal and consent can become very blurry.

Solutions

- Filters - Which filters are best and how to install them
- Smartphones - How to lock down a smartphone to make it a safe phone
- Boundaries - How to put good boundaries in place around device use
- 3 golden rules - The 3 golden rules that will keep your children safe
- Talking to your children - How to have difficult conversations with your children
- Challenging our own phone and device usage - Reconnecting as a family.

The talk will be held at the Taikura School Hall on Tuesday 5 November at 6:30pm. Please note this talk is for adults only and is not suitable for children or teens to attend.

We request that at least one representative from each family attend, and hope you are able to prioritise this within your busy lives. This topic is too big for us not to pay attention.

"We have now reached the point where it is irresponsible of us as parents, teachers, health professionals, and policymakers to continue to put these devices, which are designed to elicit addictive-like qualities, in our kids' hands and then expect them to be accountable for their own wellbeing." Dr Samantha Marsh - University of Auckland Faculty of Medical and Health Sciences, July 2023

Included in your ticket is a one-year complimentary subscription to "Parenting in an Online World 101" from Rob and team at Our Kids Online. This is a cybersafety parenting course, designed specifically for NZ families. It usually costs \$99 per family. So show up and get it for free! Course details can be found here [Parenting in an Online World 101](#)

Please sign up here to RSVP: <https://www.eventfinda.co.nz/2024/parents-cybersafety-evening/hastings>

Please sign up so we can plan for numbers. Whānau not represented on the list will be contacted directly. Many thanks for your support for all our tamariki.



He Pito Kōrero!

E te tī, e te tā, ngā mihi mahana o Hinekoanga ki a koutou katoa!

I hope the holidays for you all, was a time a rejuvenation and lots of whānau time together!

My time away last term was spent doing a myriad of activities; gardening, house painting, raranga harakeke, attending the Toitū Te Reo symposium, visiting other schools and areas of the motu, my daughter's wedding in Rarotonga, and generally recharging the batteries! I have to say towards the end of the holidays I was looking forward to stepping back into Taikura and the mahi ahead!

During our break, the Aotearoa Songbook was released, and this is some of the background about this awesome rauemi -resource!

A digital book featuring some of New Zealand's most iconic waiata Māori have been revamped and recorded as a resource for schools.

A group of reo and haka exponents partnered with APRA MCOS NZ to create the 'Aotearoa Songbook'. It will be used by schools that want to reconnect with some of Aotearoa's most iconic classical music.

Hana Mereraiha, the lead project manager on the book, said it's a project that's been in development "for a long time with the idea of creating a resource for children that brings together some of the most famous songs of all time from composers who have passed on."

The online book contains 22 songs, each including the correct lyrics, melodies and context surrounding its origins and composer.

To see the *Aotearoa Songbook*, visit www.aotearoasongbook.com for all the resources. (Maioha Panapa: Te Ao Māori News – 1/10/2024)

Kīwaha o te wiki – kīwaha of the week

Kua taka te kapa! (coo ar tar kar teh car pah)

An idiom to express when something makes sense...the penny has dropped!

Hemi: Mōrena e Mata! How did you go with that mahi kaenga (homework)?

Mata: I finally got it after really looking at the patterns of that rerenga (sentence)!

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

Fete Update

Just under five weeks to go until the Fête! We have two quick updates to share.



- **Rosters are coming to your inbox this week!** You will receive an email from your class parent liaison with links to the rosters for children's activities and food stalls. This email will also contain a list of each class's responsibilities and a few more details on some changes this year. We ask families to please fill those roster slots by 31 October.
- **Fête Craft Night** – Tuesday 29 October, starting at 6.30pm in the High School Handwork room. Please RSVP to Elspeth at elspethrossdesign@gmail.com. A great opportunity to bring your crafts and finish off anything you are working on for the Children's Shop.

Ngā mihi nui,
The Fête Committee

Sports Uniform Amnesty

Sports uniforms over the years have cost Taikura large sums of money, and we know there are many uniforms out in the community. We are asking that every member of the community look through their wardrobes, cupboards and drawers to see if they have any long-forgotten uniforms. These uniforms may come from older siblings or relations who have left the school.

If you find any uniform items please return them to the office, no questions will be asked. We are wanting to complete a stock-take of uniforms and see how we are positioned for the start of next year.

These uniform items could be the grey jackets, Lower School sports uniforms, cross country, cricket, hockey etc. High School netball, hockey, athletics, volleyball, soccer etc. or goalkeeper gear and bags. Please do look as this will help to keep costs down for our sports teams. Thanking you all in anticipation

Anne Hilton
Sports Facilitator

Hats for Term Four

A reminder that it is compulsory for Lower School students to wear brimmed hats during Terms One and Four.

Halloween Costumes

Please note it is not suitable for halloween themed clothes to be worn to school - see our updated dress code on the following page for our expected standard of dress for all students.

Upcoming Events

International Eurythmy performance - Sunday 20 October at 7:30pm - *see page 8*

School Board Meeting - Monday 21 October at 5:00pm

Hawke's Bay Anniversary - Friday 25 October - SCHOOL & KINDERGARTEN CLOSED

Labour Day - Monday 28 October - SCHOOL & KINDERGARTEN CLOSED

Class 12 Parent Evening - Wednesday 30 October at 6:00pm

School Teacher Only Day - Friday 15 November

Taikura Fete - Sunday 17 November

THE SCHOOL DRESS CODE

It is part of the Special Character of Taikura Rudolf Steiner School that we do not have a uniform for students. Whilst the staff acknowledge that some students tend to be influenced by the latest fashion trends and to experiment with their appearance, what they wear and how they wear it is important. All our students are important role models for those younger than themselves and our students represent Taikura in the wider community, so we expect all clothing to be of an appropriate and functional style for school activities. There are public occasions such as the Carol Evening and off-site visits where smart casual dress is required.

Clothes

- Clothes must be presentable and appropriate for a public environment. Frayed edged garments, ripped garments or holes from wear and tear are not acceptable.
- Cleavage, and sides must be covered, and undergarments should not be visible in those areas or through sheer clothing. Strapless tops, bare midriff clothes and low-cut tops and dresses are not to be worn. Tops must be worn at all times.
- In our Lower School slogans and branded clothing must be acceptably discreet – no bigger than the area of a standard playing card size on any part of clothing.
- Images contrary to the law or the school philosophy, Eg marijuana leaf, references to alcohol, sex, drugs, skulls or violent images, movie or video game images, insulting words or phrases on clothing are not acceptable.
- Images and logos honoring Te Ao Māori and Te Reo Māori are acceptable.
- Shorts, skirts and dresses must maintain decency when moving around the school, upstairs and in classrooms and underwear must not be visible.
- Lower School swim and beachwear should be modest and functional. A rash vest is recommended for sun protection. Swimming togs should be a one piece or a two piece that covers midriff – no bikinis.

Hats & Hair

- Hats and caps must not be worn inside, and hoods must be kept down at school.
- Brimmed sun hats are compulsory outside for Lower School students in Terms One and Four
- Hair should be kept clean and off the face and clear of the eyes.
- If boys have facial hair, it should be neat and well groomed.
- In the Lower School dyed or coloured hair, extreme styles such as mohawks, dreadlocks, shaved heads, number ones, shaved pictures such as lightning bolts, checker boards, are not allowed.

Lower School - Jewellery / Makeup

- No rings, bracelets or jewellery allowed unless approval has been sought for cultural reasons
- A concealed taonga/necklace may be worn
- Discreet studs or small sleepers may be worn in ears that are pierced
- Other piercings are not permitted
- Nail polish, makeup or lipstick are not to be worn
- Tattoos (other than cultural), stick-on tattoos, facial glitter, face paints are not permitted
- No aerosol sprays to be used on school site due to allergies.

High School - Jewellery / Makeup

- Discreet piercing is acceptable.
- No aerosol sprays to be used on school site due to allergies.

Footwear

- Shoes/sandals must be worn at all times – except in the gym.
- No slippers, rubber/plastic jandals, ugg boots, steel cap boots or stilettos are to be worn.

Physical Education/Gym Lessons

Students from Class 3 upwards are required to bring a change of suitable clothing for Gym lessons. A change should include: a T shirt, shorts, track pants or sports leggings, a sweatshirt (if cold).

- All jewellery and watches removed
- Long hair tied up
- Optional - a pair of shoes suitable for field or turf play (if outdoors)

Woodwork & Handwork Lessons

- Closed shoes
- Long hair tied up
- No dangling jewellery /clothes

The school reserves the right to direct students to change their attire if we deem it necessary. In the Lower School this may also include the removal of nail polish, make up and/or jewellery.

It is important that we have a clear direction on the standard which is required to fully reflect both a pride in ourselves and in our school. Emphasis will be on the condition of the clothes, overall presentation, modesty and suitability for our working and learning environment.

Sports Notices

Hawke's Bay Primary and Intermediate Schools Cross Country

At the end of last term, we had a number of students competing in the Hawke's Bay Cross Country race held at the showgrounds. This was on a very windy Tuesday and was for schools from Central Hawke's Bay to Wairoa.

Though we did not get a podium finish, we had several finishers in the top 10 placing, which is very creditable.

Well done to all who participated and represented the school.

Term Four Sports

We are looking for an enthusiastic cricket coach to support a team of cricket players in our Intermediate age group for the Term 4 season, which starts on Saturday 2 November. Any ex students, past players keen to have a fun experience with a group of dedicated kids? 7 week commitment!

We have a Junior High school girls (classes 8 & 9) volleyball team starting On Tuesday 22 October, please let me know if you would like to join.

Waka ama will be starting up again soon, details to follow or see Clayton Gibson.

High School girls water sports course to be announced soon, this will be a 4 week after school programme later in the term, this is a girls only initiative as we are working with Sports Hawke's Bay with The Girls on the Move programme.

We have a few other volleyball, cricket and netball teams entering into the term 4 competitions.

I will keep you updated with other sporting opportunities as they arise, e.g tennis, badminton and triathlon.

Term Four Badminton HB Programmes



Napier
Term 4 Program
Thursday
(17/October - 28/November)
Development Program
4:30 - 5:30 pm
Year 1-8 (Beginner level)
Location: Meeanee Indoor Sports Centre
\$10 per session
\$50 for 7 sessions
BADMINTON Hawke's Bay



Hastings
Term 4 Program
Wednesday
6 - 27/November
Junior Program
8:00 - 7:00 pm
All Level
Year 5-13
Location: Hastings Sports Centre
\$10 per session
\$30 for 4 sessions
BADMINTON Hawke's Bay



Napier
Term 4 Program
Thursday
(17/October - 28/November)
Junior Program
5:30 - 7:30 pm
All Level
Year 5-13
Location: Meeanee Indoor Sports Centre
\$10 per session
\$50 for 7 sessions
BADMINTON Hawke's Bay

Come and learn some new skills at Hawke's Bay premier indoor sports facility with our Term 4 Pickleball games and fun sessions!
No experience necessary all gear provided
Thursdays after school starting 24th October for 8 weeks \$60 per child
Register your child here 🙌
<https://forms.office.com/r/zms7vC0Zy4>
Or for more information email us on events@rodneymgreenarenas.co.nz



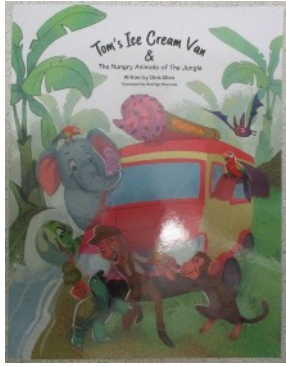
PICKLEBALL
THURSDAYS Years 5,6,7,8
Pickleball games and fun!
Term 4 starting October 24th
Rodney Green Arenas
REGISTRATION LINK BELOW OR EMAIL

Janet Osborne

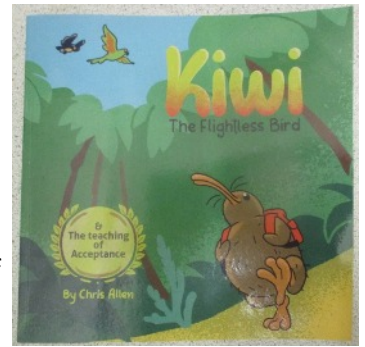
sports.coordinator@taikura.school.nz

Author Visit

Last term classes One and Two received a visit from Chris Allen. Previously a standup comedian, Chris has discovered a passion for writing children's books and offered to come in and read them to us.



His first book "Kiwi the Flightless Bird & The Teaching of Acceptance" was inspired by New Zealand's nature and wildlife and shares a valuable and relatable message.



His second book "Tom's Ice Cream Van & The Hungry Animals of The Jungle" is a fun story about what you can achieve when you work together – this book is not officially on sale yet, making us one of the first ones to experience it.

Chris very generously donated a copy of each book to our school library for all of us to enjoy - thank you Chris.

Community Hui 'Coming Together'
30th October 9am to 10h30

What is the special character of Taikura and why does it matter to you and your tamariki?

We warmly welcome parents, whānau, caregivers, prospective whānau, past students, and anyone in the community with an interest in attending.

This follows on (and includes suggestions) from our community hui held last November.

This time we will hear from past Taikura students, experience Handwork as life skills with Olivia Donnelly, and move 'from movement to maths' with Johnny Ryan. Plus a chance to meet and connect with our Proprietors Trust and School Board.

The morning will be structured so that at the end of the hui whānau can experience kai from our parent-led community canteen just as our tamariki do every day.

Homestay Families Required

As our International student programme is growing we are requiring more families to host students during their time at Taikura. We will be looking for short and longer term places from 2025. Most families find the experience very rewarding and begin relationships that last a lifetime. Host families provide:

- Three meals a day
- A furnished bedroom
- WiFi internet access
- A safe and welcoming environment

Bring in some additional income, and have an experience of a lifetime. I will have information packs available shortly with all the details. If this is something that sparks your interest, please email Janet

international.admin@taikura.school.nz

Community Canteen - urgent support needed

Our Community Canteen is in urgent need of helpers for this term. We are fully stocked, but we need people to give 3 hours of their time. At this point we have many people in our community with previous experience, and it could even be done just by following the written instructions, no experience is needed.

I absolutely see the scarcity of time for everyone in these challenging times, and with the Fête just around the corner everyone is super busy - but we could run the canteen ONE day a week.

I know there are many out there that would love to help, but just can't - we need to prioritise how important is it to us that there is free food offered to ALL students at school, how important is it to us, that ALL students are fed and put in a position that is supportive for learning and not disruptive, how important is it to us, to show our tamariki, that we come together as a community and look after each other by providing food for everyone, especially in challenging times.

You can help by signing up for a shift (8:45-11:45) <https://www.signupgenius.com/go/10C0B4EACAE23AAFDC61-47680303-community>

OR by getting back to me canteen@taikura.school.nz which days & dates you would be available and I will try to make a roster out of it

OR by forwarding this request to your wider whānau, who may be available to support.

If you get back to me (or sign up) by Saturday night I will try to make a roster out of it on Sunday and we will see how many days we will end up being able to run the canteen this term. Please look out for information via the school app. Thank you!

Silke Moenchmeier for the Taikura Community Canteen

Friday Market

Term 4 Roster

Week One - 18 October

Class 2 + Class 11

Week Two - 25 October

No Market

Week Three - 1 November

Playgroup + Class One

Week Four - 8 November

Canteen + Class 9

Week Five - 15 November

No Market

Week Six - 22 November

Kereru Kindergarten

Week Seven - 29 November

Class 5



Friday Market reminders and helpful tips

- Afternoon tea items need to be made at home and not store bought.
- Please follow the school lunch box policy.
- Pizza and iced cakes are always popular.
- Label your items if allergy specific (GF / DF / NF etc).
- Stalls need to have a 50c option and maximum pricing of \$2.

Eurythmy Performance

BE WHAT YOU ARE – GIVE WHAT YOU HAVE
A homage to the human rights

EURYTHMY CORNELIA KLOSE

SPEECH **ELIEN HOFFMANS**
PIANO **INGRID PALMER**
VIOLIN **MIRU SHIMAOKA**
DIRECTING / COACHING **CHRISTIANE GÖRNER**

Ausländer · Friebe · Cadenas · Jimiénez · Barkauskas · Chopin · Richter · Say
A dialogue between eurythmy, poetry and music that moves the heart and mind.

TAIKURA RUDOLF STEINER SCHOOL · Hastings · SUNDAY 20th of OCTOBER 7.30 pm · Tickets \$20

The opportunity to watch professional stage Eurythmy rarely occurs in New Zealand. We are therefore excited to announce that in October Cornelia Klose will be touring the country with her solo show, 'Be What You Are - Give What You Have'.

Cornelia has dedicated her life to the art of Eurythmy, performing and teaching all over the world, including China, and is currently working in Vietnam. While living in the Philippines Cornelia was confronted with human rights violations on a daily basis, and on her return to Europe she became strongly aware of the deterioration of human rights in her own culture. These experiences inspired her to create the programme, 'An Homage to the Human Rights'.

'Be What You Are - Give What You Have' is a poetic and musical journey through some of the essential articles of the Universal Declaration of Human Rights. The performance will be held at Taikura School on Sunday 20 October at 7:30pm. Cornelia will be accompanied by Elien Hoffmans (speech), Ingrid Palmer (piano), and Taikura alumni Miru Shimaoka (violin). Adults \$20, students \$15.

The next day, Monday 21 October, Cornelia will hold 2 workshops for High School students, followed by a school performance.



HANGI FUNDRAISER

!!SUPPORT OUR NZ YOUTH AMBASSADOR
PROGRAMME GET TO FINLAND MARCH 2025!!

\$20

3 MEATS
VEGEZ
STUFFING
STEAMPUDD&CUSTARD
JOLLY DRINK

SUNDAY NOVEMBER 24
PICK UP 11.30AM-1PM

PICK UP HASTINGS TAMATEA CLUBROOMS

PRE-SALE TICKETS
ONLINE
(PLEASE PAY BEFORE NOV15)

ONLINE BANKING: HE RANGATAHI POUNAMU
ACC # 03-0698-0198353-000

REF: HANGI
CODE: NAME

PARTICULAR: HOW MANY HANGI?

YOU ARE INVITED TO

ECSTATIC DANCE

FRIDAY 8TH NOVEMBER

7PM-9PM

Plant medicine, Sound frequencies & Movement.
DJ Ora with special guests Kelly Whitewood offering a
beautiful Cacao Ceremony & Aaron Gregory- sound Bath
Location: 'The Homestead' Keirunga Arts Venue,
Havelock North

<https://events.humanitix.com/ecstatic-dance-gdsd8fa9/tickets>



**Children's & Teens
Term 4 Art Classes.
One on one Artistic
Therapy sessions
available. Held at
Keirunga Arts Venue,
Havelock North**

Guided by Amanda Sowersby a
local qualified Artist &
Artistic Therapist.



Contact Amanda
✉ amanda@artandalchemy.co.nz
0211449168

**Term 4: 21st October-16th December
8 weeks \$192
Monday: 3.30pm - 4.30pm/ 4.40pm-5.40pm.
Wednesday: 3.30pm-4.30pm. (ends 11th Dec)**



**Guardian & Child Art
Workshop
Saturday 16th November
9.45am-11.30am
Keirunga Arts Venue**

Guided by Amanda Sowersby a
local qualified Artist &
Artistic Therapist.

Contact Amanda
✉ amanda@artandalchemy.co.nz
0211449168



**Experience the magic of a unique bonding workshop designed for Guardian's and children to unleash their creativity together. You will be guided through the art activities, exploring the wonders of pastel techniques and clay modelling, deepening your connection together while expressing your artistic visions. Held amongst the tranquil beauty of Keirunga Gardens within The Homestead. All art supplies and afternoon tea will be provided. Join us for a memorable activity in this serene setting.
Location: The Homestead Keirunga Arts Venue, Havelock North \$52 per duo**

Hawkes Bay
Arts Trail

Sunday 10th November,
2pm-4pm



Vibrations of Creativity

*A Sound Bath, Art
Journey & Detox
for Mind, Body & Soul
Workshop
by Amanda & Aaron.*

*Location
Keirunga Homestead
Keirunga Arts Venue*

<https://events.humanitix.com/vibrations-of-creativity/tickets>

20TH OCTOBER 10AM-2PM

SOUND, BREATHWORK & CLAY ART WORKSHOP



AWAKEN YOUR
INNER CREATIVITY

Join us for a day of creativity, starting with a sound journey and breathwork to awaken your inner creativity, followed by a hands-on clay art session.

Light refreshments provided!

Guides: Amanda Sowersby & Kelly Whitewood

<https://events.humanitix.com/creative-clay-day-unleash-your-inner-creativity/tickets>.

Hawkes Bay Arts Trail 2024

Explore the Beauty of Watercolours & Pastel

Sunday 3rd November
2pm-3.30pm



Hosted by local Art Alchemist Amanda Sowersby
Location: Quilters Cottage- Keirunga Arts Venue
Limited numbers, \$25 each

Sign up for the workshop today:
<https://events.humanitix.com/explore-the-beauty-of-watercolors-and-pastel/tickets>;
email: bookings@artandalchemy.co.nz

KEIRUNGA

Open Day

SUNDAY 3RD
NOVEMBER
10AM-4PM

6 PUFFLET RD, HAVELOCK NORTH



JOIN US FOR A FUN-FILLED DAY AT KEIRUNGA AS PART OF THE HB ARTS TRAIL! EXPLORE OUR ART CENTRE, FEATURING AMAZING ART & CRAFTS, MINIATURES, QUILTING, CREATIVE FIBRE ART, AND LIVE PAINTING WORKSHOPS. ENJOY LIVE MUSIC, THEATRE, SINGERS, POETRY, FACE PAINTING, TASTY FOOD AND DRINKS, & SCULPTURES IN OUR BEAUTIFUL GARDENS. WHETHER YOU'RE INTO ART OR JUST LOOKING FOR A GREAT DAY OUT, THERE'S SOMETHING FOR EVERYONE. ALL ARE WELCOME! DON'T FORGET TO BRING CASH!