



Communication and Information at Taikura

Our weekly '**Grapevine**' newsletter is emailed directly to all whānau every Thursday. It is also published on our website, and on our SchoolApp.

The Grapevine is more than just a place for notices or basic information, it is the primary vehicle for sharing the life and culture of our kura. It includes articles on curriculum, camps, plays, festivals, kindergartens, Special Character and more. It includes staff biographies, financial and governance updates, photos and an upcoming events calendar. It also includes Principal Pānui, courses and events, employment vacancies, and a space dedicated to celebrating and promoting Te Reo me ōna Tikanga Māori.

If you would like to include a Community Notice in the Grapevine, please note there is a \$5 charge for a 2 week run. Please email your notice or enquiry to office@taikura.school.nz by 9:00 am Wednesday morning.

Website

Our school website www.taikura.school.nz is filled with useful information, particularly about our curriculum. It also includes our term dates.

Facebook

Taikura Rudolf Steiner School and Kindergartens can be found on Facebook, and we encourage those who are Facebook users to follow our page. There are regular updates as well as shared images. Please feel free to share the page or the posts.

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.



School Office

Feel free to call (06 8787363) or email office@taikura.school.nz at any time. We are always happy to help with any questions big or small, and if we are unable to answer or assist we will be able to point you in the right direction.

2025 School Staffing

Principal	<i>Pippa Caccioppoli</i>	Extra Lesson	<i>Nicole Scheidegger</i>
Deputy Principal	<i>Kelly Sutton</i>	LS Handwork	<i>Jade Powell</i>
Class One kaiako	<i>Sue Hull</i>	HS Handwork	<i>Elsbeth Ross</i>
Class Two kaiako	<i>Leon Crellin</i>	Music	<i>Thomas Pearson</i>
Class Three kaiako	<i>Tobi Hensel</i>	HS Science	<i>Tish Chalmers</i>
Class Four kaiako	<i>Cherie Youngman</i>	HS Maths & Science	<i>Jasreen Kaur</i>
Class Five kaiako	<i>Fiona Mackenzie</i>	Te Reo Māori	<i>Troy Gardiner</i>
Class Six kaiako	<i>Darryn Breakwell</i>	Woodwork	<i>Paul van Kampen</i>
Class Saeven kaiako	<i>Sandra Jordan</i>	HS English	<i>Anna Jenkins</i>
Class Eight sponsor	<i>David Urieli</i>	Librarian & Careers	<i>Paula Rose</i>
Class Nine sponsor	<i>Clayton Gibson</i>	Listening Programme	<i>Jaci Chambers</i>
Class Ten sponsor	<i>Elsbeth Ross</i>	Business Manager	<i>Selena Crouch</i>
Class Eleven sponsors	<i>Morag Wislon & Gee Reisima</i>	Executive Assistant	<i>Suzan Bart</i>
Class Twelve sponsor	<i>Ruby Mackwell</i>	Finance Assistant	<i>Karen Hamilton</i>
Academic Dean	<i>Anne Hilton</i>	Property Manager	<i>Liam Wyley</i>
Lower School SENCo	<i>Karyn Wills</i>	Enrolments Registrar	<i>Erika Potter</i>
High School SENCo	<i>Sanne Coulthard</i>	Sports	<i>Janet Osborne</i>
Guidance Counsellor	<i>Maxine Andersen</i>	Gardener	<i>Stephen Oliver</i>
Eurythmy Teacher	<i>Nives Frigerio</i>	Teacher Aides	<i>Angela Binns</i>

Christiana Hatcher

Keitha Parkes

Kaz Jones

Savanna Hood

2025 Kindergartens Staffing

Senior Teacher	<i>Danica Hensel Ondrusova</i>
Operations Manager	<i>Erika Potter</i>
Taikura Head Teacher	<i>Emma Fisher</i>
Taikura Teachers	<i>Bridget Berlin, April Woodhead</i>
Taikura Assistant	<i>Toni Botherway</i>
Kereru Head Teacher	<i>Tash Shaw</i>
Kereru Teachers	<i>Yvonne Collins, Debs Templer, Brooke Smiler</i>
Kereru Assistant	<i>Joanna Bruce</i>
Playgroup Coordinator	<i>Britt Aberahama</i>



He Pito Kōrero

Ngā taonga o Taikura

While I was leaving for Rarotonga for my daughter's wedding, last year, I was in Grey Lynn in Tāmaki-makaurau. One afternoon I came across an exhibition by Tracey Tawhiao. Tracey is a well-known Māori artist, with a wide range of creative expressions. Tracey lives in Titirangi, and she has had a long association with Waldorf education, through her tamaahine - daughters, who attended Michael Park School. The piece above now hangs on the wall in Te Manukura. This was made possible with funds that was generously given as a koha for an art piece for our whare, from the organisers of the last Kolisko Conference - Michelle Vette, Jean McGavock, Mary Green, Edith van der Meer and Kathy MacFarlane, held at Taikura in 2021. Mei kore ake koutou mō te taonga nei, i takohatia mai ki te katoa!



The name of this artwork is 'Te Marae', and this is a short kōrero that Tracey shared, to explain some of aspects of this taonga.

- The marae is situated in the moana, as this is where marae originated from.
- We also turned our waka into whare.
- Māori also whakapapa to the future. The rangitira stands on an alien craft that goes into the moana and space, because we whakapapa to both these places.
- The manu is here to herald that we will stay here.
- The manu tū – kite, shows us that we were led to this whenua by the winds.
- The whai – stingray's tail at the back of the marae symbolizes the whai that guided the waka here.

As Tracey says, "Artwork is open to personal interpretation!" and I am very grateful for the presence of this in Te Manukura.

Nā, Matua Troy.

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



Waiata Mai Every Thursday 12:25 - 12:55pm!

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

Every Thursday in our whare, Te Manukura, you can learn some of the many waiata that your tamariki sing at kura! Nau mai, haere mai te katoa...all are welcome!

Ngā mihi ki a koutou ngā kōpara e kō!

Nā Troy Gardiner

Medical Updates

If there are changes to your child's medical situation, please complete a Medical Safety Action Plan via the school office and return it to karyn.wills@taikura.school.nz for Lower School students, or to sanne.coulthard@taikura.school.nz for High School students. If staff need to administer medication to your child or young person, please also complete the medical authority form. If there are no changes to your child's medical situation, and you have already filled in these forms, no action is required.

Ngā mihi, nā,

Karyn Wills & Sanne Coulthard, Taikura SENCOs (Special Education Needs Coordinators)

'Portraits, Places and People'

You are invited! An exhibition by Art Teacher Clayton Gibson and students from Taikura Rudolf Steiner School.

At ArtsInc, Hastings Community Arts Centre, 106 Russell Street South,

Opening Tuesday 18 February at 5:30 pm.

As a High School art, history of art, history of architecture, mythology and drama teacher at Taikura Rudolf Steiner School, I am pulled in all directions planning and teaching the subjects that I am passionate about.

As preparation for the lessons and the units of work that I teach, I use my visual art practice to help me process the content, and trial some of the art assignments that I am asking my students to attempt. By doing so I am able to gain a deeper insight into the themes I am exploring with my students and I am able to work through the pitfalls that they may experience while creating their own work.

Due to the breadth of subject areas that I am asked to prepare for, and my way of preparing through my art practice, this particular exhibition is quite eclectic in nature.

I have attempted to break the work into three distinct themes. The first theme explores events that have occurred in Aotearoa history that may have not been part of my own education.

The second theme explores portraiture of family members. Even though I don't see myself as a portrait artist, I ask my year 13 students to explore this very subject matter, so it would be unfair to ask them to explore this area of art without attempting it myself.

The third part of the exhibition explores art techniques that I am asking my Year 10 and 11 students to explore. This part of the exhibition explores places that I have been or feel connected to. I have used this subject matter in conjunction with composition derived from the exploration of cubism as part of our studies in History of Art.

Accompanying each section of the exhibition are examples of student's work from our school, showing what these very talented students can create using similar techniques and subject matter.

Clayton Gibson



Sports

High school hockey trials for students from classes 8-12 are being held on Monday 10 March from 3.30 to 4.30 pm on the school turf. Our Sports Facilitator Anne Hilton will explain the trial process to class 8 students.

Volleyball

High School and Intermediate volleyball games start next Tuesday.

Practices in the gym are 1 x class 7 team Wednesday lunchtime.

Coaches: *Harvey Shore and Paige Abraham*

Teacher in charge: *Gee Reisima*

1 x class 8 team Tuesday lunchtime.

Coaches: *Manu Vilhena and Zahara Kizito-Rees*

Teacher in Charge: *Gee Reisima*

1 x Senior boys volleyball Thursday lunchtime.

Teacher in Charge: *Morag Wilson*

Waka Ama

Coach: *Clayton Gibson*

Practices are Monday after school and Wednesdays for those going to Secondary School Nationals.

Junior cricket

Coach: *Michael Williams*

Practices are Wednesdays after school on the school turf.

Basketball

Class 11 and 12 boys basketball training.

Coach: Isaac Cox

Wednesdays after school

High school Water Sports

Surf and Diving

Thursdays after school.

Upcoming Events

School Board hui - Monday 17 February at 5:00 pm in our whare, Te Manukura

Class 3 parent hui - Wednesday 19 February at 6:30 pm

Class 4 parent hui - Wednesday 19 February at 6:00 pm

Class 2 parent hui - Thursday 20 February at 6:30pm

Classes 10, 11 & 12 parent hui - Monday 24 February at 6:00pm

Class 5 parent hui - Wednesday 26 February at 6:00pm

Class 1 parent hui - Wednesday 26 February at 6:00pm

Class 6 parent hui - Thursday 6 March at 6:00pm

High School hockey trials - Monday 10 March at 3:30pm

School Tour - Monday 10 March at 3:30pm

High School Athletics Day - Tuesday 11 March

Taikura Kindergarten parent hui - Wednesday 12 March at 6:00pm

Friday Market

The Friday Markets are a fantastic way to build community each week while steadily growing your class's bank account. On average, each class earns between \$200 and \$250 per term—contributing to valuable funds that can help offset costs such as class camps!

Thank you to all the families who consistently bake, set up, serve and help out.

Quick Overview

Friday Markets start in Week 2, 14 February.

Find the rostered date for your child's class below.

Review the guidelines for baking, pricing, and more.

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.

Term One Roster

Week 1, 7 Feb

No Market

Week 2, 14 Feb

Class 2 + Class 3

Week 3, 21 Feb

Class 4 + Class 5

Week 4, 28 Feb

Class 6 + Class 7

Week 5, 7 March

Class 8 + Class 9

Week 6, 14 March

Class 10 + Class 11

Week 7, 21 March

Kereru Kindergarten

Week 8, 28 March

Taikura Kindergarten + Play Group

Week 9, 4 April

Class 12 + Class 1

Week 10, 11 April

Teacher Only Day



Music at Taikura

We have tuition available on-site for guitar, ukulele, bass, banjo, piano, flute, violin and cello. Lessons are available from class 3 to class 12. They are a wonderful opportunity to impart resilience, perseverance, and creativity. It is strongly preferred that these lessons occur outside of main lessons and need to be arranged in close consultation with teachers whose lessons are affected. Lessons are available throughout the year, however, spaces are limited.

Taikura Lower School Orchestra and High School Orchestra

The music department is keen to have students in class 4-7 and 8-12 join our Lower School and High School Orchestras. The lower school orchestra meet on Wednesdays during the day and High school orchestra on Monday mornings. We are looking forward to our Carol evening in December and have spaces for new members.

If your child is interested in joining the orchestra or to undertake music lessons, please do get in contact with me via my email: thomas.pearson@taikura.school.nz

Kolisko Conference Billeting

There will be visitors from across the motu and overseas attending the Kolisko conference which is taking place at Taikura in April. If you are able to billet/host conference attendees at your home, please contact Suzan Bart suzan.bart@taikura.school.nz

Community Notices

Evolutionary Stages of the Earth and Human Consciousness

9 week lecture series + optional art experience

Gain insight into the spiritual and material evolution of the Earth and human consciousness—core anthroposophical principles for teachers and parents, that help shape Rudolf Steiner Waldorf curriculum.

February 11 – April 8, 2025 | \$170 lectures | \$230 including art

Attend online or in person in Hastings, NZ

Access the online course with lecture recordings and notes anytime

Free lesson preview and more details: <https://anthro.thinkific.com>



House for Rent

Tidy 1920's 3 bedroom house for rent, available from early May. 350 metres from Taikura. Large backyard, food forest, chook run, garden beds, fenced area for pop up pool, heat pump, fire, heat transfer system, small shed, pets negotiable, \$650 per week. Contact Tabitha on tab.bristow@gmail.com

Skateboarding Lessons

Term One skateboarding lessons for all ages and abilities from complete beginners to more advanced riders! Boards & protective gear provided! Sessions are run by a Taikura parent and we have awesome Taikura teen coaches. 3.40-4.40pm on Tuesdays & Thursdays at William Nelson Skatepark, Hastings. \$5 per class!

Sign up at www.wellnessriders.com or email sarinah@wellnessriders.com

Downsizing Garage Sale

Sunday, 16 February 3.00 to 4.00 pm at 55 Durham Drive, Havelock North

We are downsizing and have many treasures which we would like to offer to the Steiner community, with which we have been associated for many decades. As some items are quite special and unique we want to offer them to you, at this one-off afternoon.

Please make a koha for individual items and the bargain boxes. There are some items that are priced.

Items for sale include - wooden toys, fabric and silk, art materials, acrylic and water-colour paints, Chinese items, European Christmas Silver Rain, wheat crafts, doll's old cane pram, doll's pushchair, building frames, Scottish woollen kilt and bodice, camping equipment, beach ball, crafts, Toop of London canvas bag, original water-colour painting of St Christopher by Mary Ogilvie an early Anthroposophical artist, sheet music, garden and woodwork tools, old china, collectors' books by Leo Tolstoy and others, orchids and other plants, and much more. We would like to pass these things on to others who can enjoy them.

Only one session - 3 to 4 pm on Sunday. Though this is not open to the public, feel free to bring friends.

Diana and Robin Bacchus

Sika's Sound Journey

Sunday 23 February from 7:30 to 9:30 pm

Koromiko Hall @Taruna College, 33 Te Mata Peak Rd, Havelock North

Details on Facebook and Tickets at www.eventfinda.co.nz

Grief on Various Degrees

Grief and adversity, while incredibly painful, can be catalysts for personal growth. These experiences challenge our resilience, forcing us to confront our limitations and develop coping mechanisms. They can lead to a deeper understanding of ourselves, our values, and our relationships. In the midst of darkness, there are often silver linings: newfound strengths, a renewed appreciation for life, and a deeper connection to others who share similar experiences. While the pain may never fully disappear, it can transform us into stronger, more compassionate individuals

Tune into "grief on various degrees" this chat is with Paul - who's a local counsellor at the hospice.

https://open.spotify.com/episode/4b9I9BNJnJFSKSzf8gTqOv?si=M653mDszRRusEyuy90_T2g

Alysha Macaulay

Eurythmy for Adults

Take the opportunity to explore & experience the gifts of eurythmy. What it can mean to hold a centre in life's challenges and come to an experience of the self! Join us for 8 weeks. Tuesday 11th February - Tuesday 8th April 9.15-10.15am at the Steiner Centre, cnr Nelson St & Whitehead Rd. Cost: \$120.

Contact Sue Simpson sue.simpson0@gmail.com



Fluoride Free NZ
www.fluoridfree.org.nz

Hastings

Michael Connett:
International Fluoridation Expert

The acclaimed US lawyer who won the federal case proving fluoridation poses an unreasonable risk to health.

Be informed, Learn the facts.

Friday 7 February 2025
7.00pm to 8.30pm

Magdalinos Room
Havelock North Function Centre

This is a great chance to hear the USA lawyer who won the TSCA fluoridation case against EPA in 2024. The judge said "fluoridation posed an unreasonable risk." This is particularly important for parents to know, as fluoridation is associated with lowered intelligence in children. However, older people are also impacted by fluoridation with arthritis, bone fractures, thyroid and kidney problems.

Angela Hair & Lizzie Freeman

Taruna Courses

Taruna warmly invites you to "**Beginners Art Classes**" on the 11th or 12th February. Eight Tuesday evenings or Wednesday mornings from 11/12th February to 1/2nd April.

These art classes are led by Sonya Lethbridge an Artistic Therapist. You will explore Goethe's colour theory with the mediums of pastels, watercolours and coloured pencils.

For more information follow our link: www.taruna.ac.nz/courses-and-workshops/art-for-beginners/

Taruna College warmly invites you to the "**Supportive Therapies Workshop**" 7 - 9 March.

This workshop is for nurses, therapists, caregivers who would like to broaden their anthroposophical nursing knowledge, learning practical and effective care and intervention strategies.

For more information follow our link: <https://www.taruna.ac.nz/courses-and-workshops/therapies-for-care-and-recovery/>

Finland update

Kia ora whānau, Here we are our Ambassadors. Ambassador Kalel Wairau and Ambassador D'Artagnan King about to depart from Ahuriri to Helsinki. Kiitos. Thank you all for your aroha, tautoko and koha to make this dream a living reality, treasuring our youth, connecting people and sharing the light.

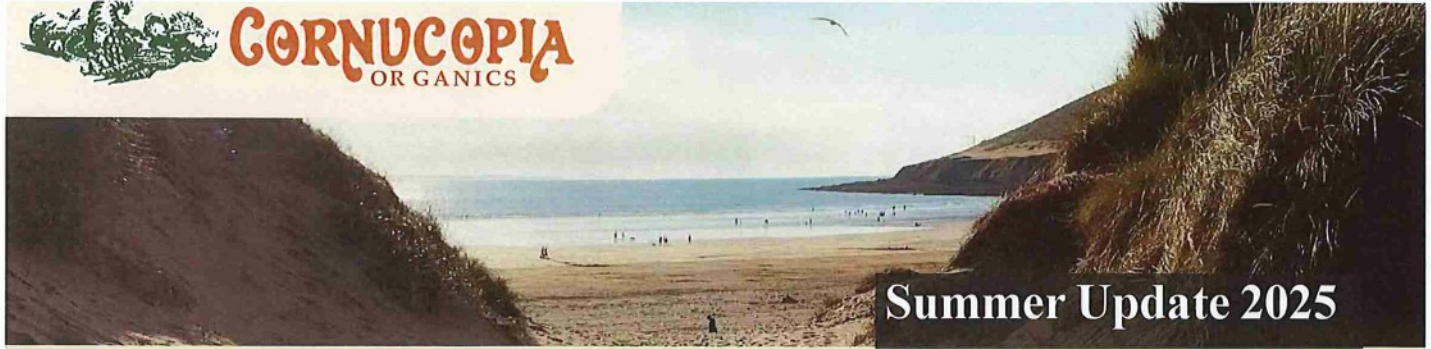
Nāku Matua T

From the land of long white cloud we soar Tolland of long white snow fields where angels play and wait to greet the mokopuna of Kupe..





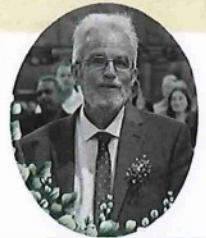
CORNUCOPIA
ORGANICS



Summer Update 2025

Welcome to our summer update. Our goal is to keep you informed about what is happening, what new products and specials are available, and provide you with health and wellbeing tips for your family. Read and subscribe to our newsletter (online and instore) for lots of great tips, recipes and hacks to help you elevate your daily lunch making routine and support your gut health in 2025.

2024 was a tough year. The death of our beloved co-founder Alan Keats has been a huge loss to our family and business. Having the privilege of knowing such a wise, humble and gentle soul, we now move into 2025 with love and gratitude. He always put others first and always made us laugh with his sharp sense of humour. He will be forever in our hearts and his legacy lives on in his children and grandchildren. His family will endeavour to make him proud by keeping the wonderful business he created alive and aligned with his core business values for Cornucopia - organic, local, sustainable and affordable.



Sustainability spotlight for a better world in 2025

At Cornucopia, we love supporting local sustainable companies and believe in the power of small, everyday habits that build up over time to create real change. Therefore, we will be profiling some of our favorite local sustainable suppliers throughout 2025. Our goal is to highlight how small steps can make real change. During January, we have been promoting Nil, with an awesome giveaway. Leah Marshall was the lucky winner of the stylish compost bucket containing Stainless Steel pegs, Premium NZ Wool Dryer Balls and Eco laundry detergent sheets from Nil.

Nil is all about Nil harm and Nil waste, creating a better, kinder, nil harm world with sustainable products, everything from household essentials, to back to school basics, mother and baby and more. Pop in to check out their products! Let's step into 2025 making positive changes together!



Back to School with eco-friendly lunchboxes

Build sustainable habits from a young age by introducing litter less lunchboxes to your little ones. These eliminate the need for packaging with glad wrap, plastic or foil wrappers as have layered compartments that keep food fresh.

We sell a range of lunchbox and drinkware options from Meals in Steel, Nil, Honeywrap, Ecotanka and more. These bento style lunchboxes are a great way to elevate your lunch prep for school and work as they simplify

daily life and reduce waste (plastic free). As do our beeswax food wraps, cloth sandwich food bags, cotton string bags, stainless steel straws and cutlery. So, kick start 2025 with positive, sustainable, healthy living habits that not only simplify your daily life, but also help reduce waste and protect the planet. Make every meal a conscious and impactful choice and join us on our mission of introducing small sustainable habits that make a real difference.



Extended opening hours

Monday to Friday: .8.00am - 6.00pm

Saturday:.....8.30am - 3.30pm

Sunday:.....Closed

Some of our New Products

- *Bullet coffee cup, assorted colours, 8oz \$36.50 and 12oz, \$39.50*
- *Alpha Domus, sparkling rose, 250 ml \$9.00 or 4-pack for \$32.00*
- *Burts Bees 100% natural lip balms, assorted flavours, \$9.95 each*



Some of our Monthly Specials (while stocks last)

- *Milton Wine Special, 15% off*
- *Henna Hair treatment and colourless shampoo and conditioner, \$24.90 - \$34.90*
- *Free Antipodes gift with purchase, when you spend \$49 or more (while stocks last)*
- *Free Living Nature Charcoal Clay Mask when you spend \$49 or more*



Your One-Stop Organic Shop

Community Workshop: Simplifying Family Life

Inspired by Simplicity Parenting by Kim Payne

**Discover practical ways to bring more ease
and connection into your home.**

Join us for an insightful session on creating a
calmer, more intentional family life!

For more information contact:
britaberahama@gmail.com
No bookings required



Community Workshop: Simplifying Family Life With Britt Aberahama

Simplify to Thrive:
Creating Space for Calm and
Connection

Date: Saturday 22nd February

Time: 10:00-11:00am

Location: Rudolf Steiner Centre

500 Nelson Street

\$20.00 Koha



Friday Felting for our Fijian Friends

For 8 Friday's during Term 1 we will have a
Friday Felting Session to raise funds for
2 Fijian Steiner Kindy Teachers to attend Kolisko

Give what you can

Friday's: 9.30am - 11.30am
@ Rochelle's Place in Havelock North

February: 7th, 14th, 21st, 28th

March: 7th, 14th, 21st, 28th

We will also be running a raffle
\$5 for 3 Tickets

Contact Rochelle on 027 333 0995 for more info

Raffle 4 Fiji

To raise funds to bring 2 Fijian Kindy Teachers
out to Kolisko

\$5 for 3 tickets

On sale @ Friday Markets during Term 1

Winner takes All + More....

Prizes donated by Weleda, Taruna College, Clayton Hairs, Humanity Books & Fine
Art, Wardini Books, Rochelle Hairs, The Yoga Space, Sonya Lethbridge

Winner Drawn Friday 11th April



Contact Rochelle on 027 333 0995 for more info

A series of Conversations

About Early Childhood

Ka ngā raupapa kōrerorero Tereina

Nga kaupapa o nga kōrerorero hui: Akoranga o tātou tamariki

A 6 weekly discussion group for Parents, Early Childhood Educators & Health Professionals

13 Feb: Stomp. Your BE Silly's Out. Together.

20 Feb: Why Ordering a cappuccino in Te Reo makes perfect sense and how this relates to child behaviour and Neurodiversity

27 Feb: Movement Matters! Why Children NEED to Move – A lot!

6 Mar: Beyond the Behaviour: Exploring our Sensory Systems in relation to understanding Child Behaviour

13 Mar: Seeking a Neurodivergent Diagnosis – How / Why / When?

20 Mar: Power, Consent, Harm Minimisation & Restraint
(aka Love, Care & Respect)

Small group Discussions (max 10 people) in Havelock North

Thursday evenings 6 -8 pm : Join 1, some or all

Starting February 13th 2025

\$20 per session or \$100 for all 6

Hosted by Rochelle Hairs



Rochelle is a Child & Family Health Nurse specialising in Challenging Behaviour, Neurodiversity, Sensory Integration & Developmental Movement Play Therapy

MA (Nursing), Grad Cert (Child & Family Health), Grad Cert (Extra Lesson), BA (Psychology & Education)

Wet Felting as a Sensory Experience for Adults

Do you or someone you know have Sensory Sensitivities?

Maybe you identify as Takiwātanga...



Wet felting in a neuro-affirming, small group
(5 + carers if needed), nature based, safe space can be fun, social
and therapeutic.

There'll be lots of time and space for
movement, chill out spaces if needed,
and awareness of sensory needs.

Can also do 1:1



I'm taking Expressions of Interest
for Classes in 2025.

Havelock North or Your Place.

Rochelle - 027 333 0995

info@rochellehairs.co.nz

www.rochellehairs.co.nz

The Pathway from Overwhelm to Connection



Offered by Peace Talks

Jorinde Rapsey & Sally Prebble PhD

Join Our Supportive, Interactive Programme Designed For Parents!

Learn with support and guidance:

- The vital role of connection in your child's wellbeing
- Why parenting today can feel especially tough
- Effective communication techniques for more meaningful relationships
- Simple, practical steps to nurture a deeper bond with your child
- Tools to create more peace and harmony in your home



Peace Talks
Reconnecting People



Feeling overwhelmed by
the daily challenges of
parenting?

Do you find yourself acting
in ways that don't align with
your deeper values?

Looking for practical ways
to strengthen your bond
with your child and create
more peace at home?

Register or learn more:

scan the QR code

✉ peacetalksnz@gmail.com

☎ 027 694 57 50

Visit us online:

www.peacetalks.nz

Peace Talks was born from a shared love of Nonviolent Communication (NVC) and a desire to share it widely to inspire transformation in individuals, families, and communities. We envision a peaceful world where people speak truth with love, reshape systems to meet human needs, and care for each other with compassion.