



1 May 2025

### Taikura H3 Group

At the start of each new year we like to take the opportunity to share the mahi our small group has completed the previous year, and to share with you what our raised funds are being used for.

I realise we are running a term behind this year, however I hope you can still appreciate and enjoy the success and opportunities this small group supported during 2024.

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

The work and healthy funds of the H3 Group rests upon the deep commitment of parents and grandparents both past and present who have contributed tirelessly to the mahi of this group, with particular acknowledgement to those active in the groups beginning years: *Rachel Hughes, Jess Scott, Anna Soutar, Catherine Wathey, Christine O'Brien, Jessica Soutar-Barron and Nicole Scheidegger.*

Their initial work along with the incredible donations of time and wisdom from Anthroposophical Dr Mike Sargent laid the solid foundations for a strong and enduring mission and vision, which our small group continue to work to uphold today.

***“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 Group meets 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](mailto:kelly.sutton@taikura.school.nz) or [nicole.scheidegger@taikura.school.nz](mailto:nicole.scheidegger@taikura.school.nz)*

At Taikura we strive to meet and teach the whole child. 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 work to put in place the relevant support, creating opportunities which facilitate each child in reaching their potential.

*Often the therapeutic and educational supports identified sit outside what either families or school funds can accommodate.*

*Thus we feel so lucky to have a community which generously supports and donates to the H3 fund.*

*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:*

### Anthroposophical Doctor Support consultations and support plans

During 2024 we worked with local Anthroposophical doctor Helen Proctor.

Dr Helen Proctor contributed to child studies, met with students and whānau, school therapists and teachers. Her observations and wisdom offer teachers and parents a deeper insight into a child's development and what support might be needed for a child to get the best out of their learning journey.

### Nursing Therapies

During 2024, over 12 students from across all areas of our kura accessed nursing therapies. Each student receiving a minimum of 3 therapy sessions per course - over 56 sessions made possible by the H3 fund.

Thank you! Already in 2025, students have been supported to access over 9 sessions.



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

At the end of Term One 2025 Weleda remedies were purchased using the H3 fund. Having these remedies available enable teachers and kindergartners to provide students with footbaths. 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 substance that has been recommended by either school doctor, nurse or therapist.



### Extra Lesson

A primary curriculum support / therapy which is 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.

### The iLs Listening Programme

During 2024 over 30 students received the iLs Listening Programme, with many others having had the assessment and who are now on the waiting list. We anticipate a similar amount in 2025.

The programmes are either 40 or 60 hours in length and run each school day for one 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 the Lower and High School. It is exciting to be able to offer this much needed auditory processing support growing within our school.

### Art Therapy

We are privileged to have Art Therapists within our wider school community and the H3 Fund supported 8 students in 2024 to access over 36 sessions of this therapy.

Art therapy for 2025 has already started with one of our regular therapists working within school weekly with two students.

Since 2019 Art Therapy has been a regular inclusion in the therapies offered at Taikura. Since then 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 whānau, 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.

During 2024, 11 students participated in Eurythmy Therapy. This number will increase in 2025 due to John having a term's leave of absence in 2024.

### Speech Therapy

During 2024 therapeutic speech work happened 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 sits predominantly within the High School. Speech will continue to be offered in 2025, and as with the Eurythmy Therapist, we are very grateful for the wisdom and experience Robyn brings.

## Looking into 2025

The H3 Group moves into 2025 with enthusiasm. Our primary aim is to continue to grow resources which support whānau to access the various therapies which support tamariki to access the curriculum.

Our primary fundraiser for 2025 will once again be the food stalls at the much loved Winter Warmer on Thursday 24 July, however you will also see us at some of the festivals. In 2024 the Winter warmer raised \$3930. This is an evening supported primarily by Taikura whānau, so again we say: thank you everyone!

Following last year's event we received some feedback regarding food pricing and quality, please know we are working to improve this. While the evening is a fundraising event it is also important to us that it is an affordable and accessible outing for the family. We will also be presenting a new, never before seen shadow play this year. We look forward to sharing this with you all.

We warmly welcome and wish for new whānau members to join the H3 Group. Our first meeting for 2025 will be on Monday 12 May, followed by an H3 Introduction to the Therapies Evening on Thursday 5 June.

*If interested or you wish to know more please contact [Kelly.sutton@taikura.school.nz](mailto:Kelly.sutton@taikura.school.nz)*

*or [nicole.scheidegger@taikura.school.nz](mailto:nicole.scheidegger@taikura.school.nz)*

We look forward to welcoming new members.

Warmest greetings,

*Kelly Sutton*

For the Taikura H3 Group



## 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.





## **He Pito Kōrero**

### **TaumatawhakatangiHangakōauauoTamateaturipūkakapikimaungahoronukupōkaiwhenuakitanatahu!**

Kia ora e te whānau!

This week as part of our kōrero-a-rohe - local history, I am sharing with our ākonga the longest place name in the world -

TaumatawhakatangiHangakōauauoTamateaturipūkakapikimaungahoronukupōkaiwhenuakitanatahu – 85 letters in total! This place can be found on the way to Pōrangahau. The significance of this rohe tells the story of Tamatea pōkaiwhenua, an avid explorer. He travelled across the moana and whenua to find new places and played his koauau in remembrance and love for his taina (younger brother) Te Uenga.

Earlier this month a new beautifully carved sign that was designed by Jacob Scott, a renowned Māori artist, architect and educator, of this area, was unveiled and it is well worth the drive to visit! There is also a book that I love sharing with our ākonga, that was written by Brian Morris – Te kōauau o Tamatea. The book is written in te reo, and shares Tamatea's search for his taina, as he explores the whenua and sees tohu – signs that came to him in a dream, that tell him his brother is near.

Our ākonga also start to appreciate that Māori place names carry history and in this connect us to the whenua. They can also appreciate that when someone asks, "Matua, what does this place name mean?" I am reluctant to give a literal meaning, as Māori place names are significantly shortened. Therefore, the stories and history of that place name can be misinterpreted because of this. However, finding out the full name and the background kōrero can support our connection and knowledge of the whenua we live in.

Mauri ora. Nā, Matua Troy.

#### **Kīwaha o te wiki ... kīwaha of the week**

Weti weti! (weh tee, weh tee)

Awesome, fantastic!wh

Hemi: Kia ora e hoa, I just passed my restricted licence!

Himiona: Weti weti e hoa!

*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



## Seasonal Changes

### The chill in the air signals winter is on its way....

Hawke's Bay weather can be unpredictable. A reminder that the changeable weather also brings changes in temperature. For everyone to stay well and in good health, it is important to have layers of clothing which can be taken off or added to. The wet and cold days, with the warm snaps here and there, are fertile ground for winter colds. There are times when children do not have the right or sufficient amounts of gear to cope with these weather changes throughout the day.



For children to get the most out of their play environment during the winter months it is important they bring to school layers of clothing, including a hooded long length rain coat which goes past their bottom, and gumboots, which are also essential wet-play gear.

Due to a child's accelerated metabolic rate they are not always able to fully regulate or recognise being cold, or when they are overheating, thus the importance of having layers available to them. Our curriculum is all about supporting the child to fully incarnate into their physical bodies. Warmth enables this incarnation process to happen more easily. With this in mind, during Terms Two and Three it is helpful for students from Classes 1 to 5 to keep a pair of slippers at school. The layers your tamariki bring to school ensure we are able to support them to stay warm, or to cool down.

*Kelly Sutton  
Deputy Principal*

## Upcoming Events

**Lower School Parent Teacher Interviews** - 5 May to 16 May

**High School Parent Teacher Interviews** - Wednesday 7 May 3:30pm - 9:00pm

**Lower School Specialist Teacher Interviews** - Wednesday 14 May

**School Board meeting** - Monday 19 May at 5:00pm

**Class 8 play performance** - Wednesday 21 May at 7:00pm

**Hui-a-whānau Tū mai Taikura** - Thursday 22 May at 6:00pm

**Teacher Only Day - school only** - Tuesday 27 May

**High School Information Evening** - Wednesday 28 May at 6:00pm

**High School Fundraising Ball** - Friday 30 May at 7:00pm

**King's Birthday - school & kindergartens closed** - Monday 2 June

**Whitsun** - Friday 6 June

**School Board meeting** - Monday 16 June in Whare Te Manukura at 5:00pm

**Kererū Kindergarten Lantern Walk** - Wednesday 18 May at 5:30pm

**Matariki - school & kindergartens closed** - Friday 20 June

**Last day of Term Two** - Friday 27 June

**Taikura Fete** - Sunday 16 November

## School Policy Reviews - Term Two

This term SchoolDocs is reviewing the following policies: **Planning and Preparing for Emergencies, Disasters and Crises; Communication during an Emergency, Disaster, or Crises; School Closure; Emergency Management; Disaster Management; Crisis Management.** In order to participate in these reviews we encourage you to visit our SchoolDocs site (username: taikurasteiner, password: heartwood). Along the top of the page you will see a tab labelled 'Current Review' where you will find a table with links to the policies currently under review.

- Follow the link
- Read the policy
- Click the blue 'start your review' button at the top of the page. A new screen will appear.
- Select your role (board member, staff member, parent/whānau) from the drop-down list.
- Enter your name (optional).
- Submit your ratings and comments.

## Parking and School Pick Up Reminder

Parking can be at a premium at pick up and drop off times. **Please do not** park in or across driveways, teachers' carparks or in the bus stops which are well marked with yellow lines. Please be aware that we have time restrictions on parking outside the school between the hours of 8:30 am to 9:15 am and 2:30 pm to 3:30 pm when there is 5-minute parking only. If you are finding it challenging to find a park, please could you allow an extra few minutes in your day to park a safe distance from the school – this can be an opportunity for some gentle exercise and a pleasant way to start and/or end your child/ren's school day.

We have been asked by our neighbours, Totara Health, to please remind our school community not to use their staff carpark. Their spaces are allocated for doctors going in and out of their work place. They have advised us they will not hesitate to call a towing company next time this occurs.

Please allow time to collect your child, or arrange to meet them in a designated spot, such as further down Fitzroy Ave where they can safely walk without having to cross any roads.

PLEASE TAKE CARE AND PUT ALL STUDENTS AND FAMILIES FIRST. Thank you to those who have made a conscious decision to change their routines.

## Class 8 Play Performance - The Seussification of Romeo & Juliet

Written by by Peter Bloedel Directed by Clayton Gibson

This is a funny 40-minute one-act play with a happy ending. A whimsical reinvention of Shakespeare's love story, without all the tragedy. It comes complete with fanciful costumes, rhymed couplets and creative wordplay -- similar to something Dr. Seuss might have written if he ever had his way with the script.

This play first premiered in 2001 and has since played in 41 US states, plus Australia, Canada, Japan, & South Africa and now at Taikura Rudolf Steiner School in Aotearoa.

Performance date: Wednesday 21 May at 7:00pm

Taikura Rudolf Steiner School Hall

# Sports at Taikura

**Sport is an integral part of our school and the students' lives.**

## Code of Ethics

Although winning is rewarding it is important to be humble in victory and gracious in defeat.

Students should play to the best of their ability.

Recognise and respect the abilities of others.

Represent your school with pride.

## Players Code of Conduct

**Practises** - Players are expected to be present at every practise unless they are unwell. If players are unwell, please notify the coach or manager. Not turning up to practises may result in less game time. Students are asked to be focused and attentive at sports practises, remember the coach is volunteering their time.

**Games** - Players must arrive 20 to 30 minutes before the start of the game as directed by the coach. This is important for warming up and team talks. High School players can be benched for a game if not at school on game day with an unexplained absence. All students can be benched for a game for breaches of general school rules as directed by the behaviour management team.

**Uniform** - All students must be in correct uniform before taking the court, turf or field. This includes socks, shorts, shoes and allocated sports tops. Students may be asked to sit out a game if they are not in correct uniform. Sports uniforms are to be worn at games only. Managers will carry one spare sports kit.

**General Behaviour** - Players must act respectfully to all coaches, managers and umpires, including the personnel from opposing teams. All of these people are generally volunteers, not professionals, and doing the best they can. The team captain is the only person who can speak to an umpire (during a break) if a call is not understood. Students need to remember umpires are human and mistakes can be made at all levels of sport. Students are representing our school, their behaviour at sports reflects back on our school, we ask students to be on their best and most respectful behaviour at all times. Swearing, back chatting or other unnecessary negative comments from students will be reported to the sports faculty and disciplinary measures will be enforced. The sports facilitator and sports coordinator will use a penalty system for behaviour infringements.

## Manager's Role

- To collect all parent contact details of team members
- Communicate with parents as directed by the coach or sports coordinator
- Be responsible for First Aid at games
- Enforce the uniform requirements for team members and hold a spare kit
- Collect all uniforms at the end of the season
- Collect and return all equipment/balls and First Aid kit to the sports coordinator at the end of the season

## Parents' Role

- To support your child to attend all practises and games on time
- To watch games and support the team with positive comments
- Organise appropriate thank you gifts for the coaches/managers
- To hold yourself back from sideline coaching or umpiring

**PLEASE REMEMBER ALL COACHES AND MANAGERS ARE VOLUNTEERS**

**Sports Coordinator:** Janet Osborne [sports.coordinator@taikura.school.nz](mailto:sports.coordinator@taikura.school.nz)

**Sports Facilitator:** Anne Hilton [anne.hilton@taikura.school.nz](mailto:anne.hilton@taikura.school.nz)



## Friday Market

### Term Two Roster

#### Week 1, 2 May

Class 4 + Class 5

#### Week 2, 9 May

Class 6 + Class 7

#### Week 3, 16 May

Class 1 + Class 10

#### Week 4, 23 May

Class 2 + Class 3

#### Week 5, 30 May

Class 9 + Playgroup

#### Week 6, 5 June

Class 12 + Class 11

#### Week 7, 13 June

Taikura Kindergarten + Christian  
Community Fundraiser

#### Week 8, 20 June

Matariki - no market

#### Week 9, 27 June

Kererū Kindergarten

### 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.



## Community Notices

### Eurythmy for Adults

A new session starting the second week of Term 2. At 9:15 am from Tuesday 6 May for 6 sessions.

Contact: [sue.simpson0@gmail.com](mailto:sue.simpson0@gmail.com)

### Wanted

Second hand hockey gear to borrow or buy for one season. Phone 027 326 1926

## Dry Pine Firewood For Sale

My name is Ashton and I am an ex-student of Taikura. I am selling firewood to raise funds for my rowing, and passion of photography.

The price is \$300 per chord delivered, or \$180 for a smaller trailer (a little less than 1/2 a chord). Stacking is included with the smaller trailer load only.

Please call or text me on 028 4605 572

## Mackenzie Property Maintenance and Handyman Services

Gardens; start up & maintenance, small or large, pruning & care (all organic or biodynamic methods), small builds, decks, pergolas, fences, ramps, water blasting and more.

Friendly, knowledgeable & reliable, quality workmanship. I can come to you throughout the Hawke's Bay region.

Phone or text Jason Mackenzie 0273669531



**ENERGY HEALING**  
**Feel Your Best**

Janet Valler

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jfvaller22@gmail.com  
027 392 8659/06-839 7391

Hands on Healing  
Clear and Balance Energy Centres and Aura  
Reduce Pain  
Release Stress and anxiety  
Energise  
Sleep Better  
Help to Motivate and more

Facebook: Energy Healing-Feel Your Best

Next appointment:





**TARUNA  
COLLEGE**  
Connect, Nourish, Sustain

## Papa Takaaro Workshop 15-17 May 2025



Taruna is delighted to host Wiremu Sarich as he offers this three-day Papa Takaaro workshop. Wiremu is a leading exponent of Ngā Taonga Taakaro. He uses fundamental principles of indigenous methodology to activate sensory awareness. Through simple instruction, physical activity and observation he challenges conventional thought processes to facilitate participants' understanding of connection to themselves, others and the natural environment. You will leave with renewed ways of working with the students in your care.

**WHAI MURI NEI  
KA TAKINA HE ARA ...  
KA WHAI MARAMATANGA ...  
KA RONGO ...  
E TIPIU, E REA ...**

WHAT FOLLOWS  
a pathway is laid  
the pursuit of self understanding is ignited  
everything you need will present itself  
grow, expand

If you are interested please visit our website [www.taruna.ac.nz](http://www.taruna.ac.nz)  
or contact us on 06 8777174.

## Taakaro atu Taakaro mai

**TAA KA RO**  
Spark Kaapura flame, fire To radiate inward

Awaken the spark that sets ablaze the inner wisdom we all possess!

**KURA HUNA** our inner knowing and wisdom is often a concealed gift

**NGĀ TAONGA TAAKARO** a safe pathway to reveal, share and acknowledge our gifts


**AKO ATU - AKO MAI** teaching - learning, self-awareness

### Ngaa hua

#### what to expect:

- Gain new insights into Maori pedagogies
- Understand the concept of ngā pukenga rau - natural talents
- Taakaro - an organic learning process
- Nei - being fully present, in the moment
- Maori literacy - ā ringa, ā tinana, ā rakau, ā kōhatu arā **TAIAO**



 [papataakaro@gmail.com](mailto:papataakaro@gmail.com)





This workshop is to empower Teenage Girls!

It's about understanding where we come from - it's about HERstory. It's about the universal feminine and masculine energies, about balance, about nature's, the moon's and our feminine cycle and about how all this is connected. It's about getting answers, to all that might not be quite clear and about learning to live with all the above cycles, how to honour them and especially how to honour ourselves.

This workshop offers ancient teachings combined with tips and tricks for every day life, some snacks, laughter, some relaxation and most important, lots of practical ideas and the making of a personal toanga to take home.

FOR MORE INFORMATION see [www.theyogospacehastigs.com/events](http://www.theyogospacehastigs.com/events) or contact Silke at: [silke@getinbalance.me](mailto:silke@getinbalance.me)