



9 October 2025

Welcome back to Term 4

A warm welcome back to our last term of 2025. We look forward to seeing whānau at the many events hosted during this term, as we move toward graduations, Advent assemblies and final goodbyes.

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 night of sleep, we connect again with our children. A bedtime ritual - the lighting of a candle or bedtime song all adding richness and warmth to this final connection of the day.

During the school day - these nine minutes when translated to the school day - look like the following moments of connection and reconnection.

In those first three minutes 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 hour. 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



He Pito Kōrero

Ka ngau ki te turikākoa te paringa o te tai,
e tika te rere o te kūaka

*The spinifex wanders along the beach like the incoming tide,
the kūaka flies direct!*

Nau mai, hoki mai koutou ki te wāhanga tuawhā...welcome back to term 4! Hopefully the holidays were a time of breathing out, a break from the termly rhythm, and the whānau reconnecting.

Last weekend I was able to take a detour on my way back to Heretaunga, and visit Pūkorokoro – Miranda, and view the kūaka as they returned on the full tide after feeding out at sea. The kūaka – bar tailed godwit, are manu that also herald the change of season, welcoming Spring. I have been sharing the incredible story of the kūaka with our tamariki, especially the journey it makes, which is around 11,000 kms, flying non-stop from Alaska to Aotearoa! The whakataukī above reflects the resilience, perseverance and focus of this manu. This is a great picture for our tamariki to imagine and hold as we enter the last term of this year!



Kūaka in flight.

Kīwaha o te wikiKīwaha of the week!

Poho kererū! (por hor keh deh du)
Proud, feeling proud (likened to the puffed out chest of the kererū)!

Hemi: E hoa, your brother passed all his studies, he's graduating eh!
Rangi: Āe rā, ka poho kererū au i a ia...I'm definitely proud of him!

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!

Taikura Students Sporting Success

Central Region Open Fencing Tournament

Congratulations to the Taikura students who participated in the recent Central Region Open Fencing tournament, held in Hawke's Bay.

All students train at Hawke's Bay Blades fencing club and we're really proud of their attitude, commitment, sportsmanship and the work they have put in to get these results. They can be really proud of themselves and of their results on the day. A wonderful achievement!

From the coaching team at Hawke's Bay Blades

NZ Central Region Open 2025, Under-13 Sabre Results

2nd (Silver) Henry Styles

7th Fergus Ross

8th Herbert Styles

9th Reuben Diedericks

Lower North Island Hockey Tournament

During the holidays, Jakob Diedericks played for the Hawke's Bay under-15 development hockey team. The team travelled to Wellington to compete in the Lower North Island tournament.

Jakob's team finished in first place, and he displayed impressive skills, being one of the top goal scorers on the team.

Well done, Jakob! We are very proud of you and your achievements.

Music Lessons 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 and Friday 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

High School Health Clinic

Today at our High School weekly assembly Steph Hedley, our Public Health Nurse, came to speak to our students about offering school health clinics. Steph is a registered nurse with a background in primary care, working in public health. She has an interest in adolescent health and child development and is currently a participant in the Foundation Course in Anthroposophic Nursing at Taruna. Steph is also a mother to a wonderful 2-year-old who is part of our Taikura playgroup.

In her role as our Public Health Nurse, Steph is going to be holding clinics at school every second week this term for our High School students, if they wish to meet with her. Several years ago, we offered a similar opportunity to our students, and it is wonderful to have Steph available to carry this on.

As part of her school health clinics Steph is available to offer students health advice or information and she is also able to support students in accessing other services or where to go for additional advice if needed. Below is an overview of services covered in school health clinics however it is certainly not exhaustive:

- Skin infection advice and treatments, headlice and scabies treatment
- Contraception and sexual health checks/advice
- Referrals to Healthy Homes Initiative to keep whanau living in warm dry homes
- Health Promotion; supporting smoking/vaping cessation
- Referrals to mental health counselling, addiction support, ear nurse specialist, optometrist, audiology.
- ACC claim consults post-accident/injury
- Immunisation advice/catch ups or support to get immunised
- Able to support students with chronic health conditions at school if needed
- General health assessments; health advice on any health concerns students have

This term Steph will be available every second week on a Thursday for a few hours and students can make a time to meet with her if they wish. We are going to monitor how this goes and if successful we will look to continue next year.

Employment Opportunity

High School Teacher Aide, 20 hours per week for Term 4 only. Commencing week 1 to the end of week 7. This position would be ideal for a parent looking for work during school hours. There is a possibility of the position continuing at the start in 2026.

Please contact Selena in the office for more information or email selena.crouch@taikura.school.nz

Upcoming Events

Class 9 Parent Evening - Tuesday 14 October, 7.30pm

Class 8 Parent Evening - Wednesday 22 October, 6.30pm

Hawkes Bay Anniversary - Friday 24 October (school closed)

Labour Day - Monday 27 October (school closed)

Class 6 Parent Evening - Thursday 6 November, 6.00pm

Taikura Fete - Sunday 16 November

Class 2 Parent Evening - Thursday 27 November, 6.30pm

Our Kids Online

Welcome to Our First 2-Minute Parenting Video!

Kia ora e te whānau, We're so excited to kick off a **2-Minute Parenting Video every week**—a quick and easy way to share valuable parenting tips with our community!

How it works:

Every week during the school term, you'll receive a **bite-sized 2-minute parenting video** created by Rob Cope at *Our Kids Online*. These videos are designed to be quick, fun and practical! Here's the first in the series! Check it out below and let us know what you think.

Nurturing Our Children's Mental Health: "Raising Resilient Kids in an Instant World"

In a world where everything is just a tap away, how do we teach patience, grit, and emotional strength? True resilience isn't built through endless screen time or quick rewards—it's forged in real experiences, challenges, and human connection. By encouraging play, problem-solving, and emotional expression, we equip our children with the tools to navigate life's ups and downs. Strong mental health starts with balance—less scrolling, more exploring; fewer shortcuts, more perseverance. Let's raise a generation that thrives, not just survives!



Click here to watch <https://www.youtube.com/watch?v=pAc9jRpFdBM>

(Disclaimer - The videos in this series are created by a third party and may not reflect the school's views. Use what's helpful and skip the rest!)

Plant Stall at the Fete

Calling All Green Thumbs!

Help us grow a stunning Plant Stall for the upcoming school fete!

Between now and November, we'd love everyone to get planting and potting up:

- Veggies
- Herbs
- Flowers
- Houseplant cuttings
- Special gems from your garden (or a friend's!)

Every little plant counts! Get the kids involved — it's a great way to learn, grow, and give back.



Friday Market

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 Four Roster

Week 1, Oct 10: Class 1

Week 2, Oct 17: Class 7 + Class 3

Week 3, Oct 24: HB Anniversary / No Market

Week 4, Oct 31: Class 4 + Class 10

Week 5, Nov 7: Kererū Kindergarten

Week 6, Nov 14: No Market / Fete Weekend

Week 7, Nov 21: Class 9 (Final market for 2025)

Community Notices

Family Hockey

A couple of school families are aiming to get some Hastings summer hockey games going for the whole family. Class 3 students upwards. There are logistics to work out such as where, when and how.

First of all we need expressions of interest.

Please email Tania Diedericks on tanianz3@proton.me or text Tania on 021 066 4908.

Measles Cases in Aotearoa

Recent measles cases linked to overseas travel have been reported in Te Tai Tokerau and Queenstown. Cases were active in the community while infectious and there is a risk of measles circulating there, and more widely in Aotearoa.

Points to share with parents, caregivers and the school community:

- Measles is very contagious and can make people of any age very sick.
- Watch for measles symptoms – fever, cough, runny nose, sore eyes and a blotchy rash.

[Measles: Locations of interest in Aotearoa New Zealand – Health New Zealand](#)

- If anyone in your whānau has measles symptoms keep them home and contact a doctor or Healthline urgently on 0800 611 116.
- Vaccination is the best protection from measles. Check all whānau are immunised.

[Measles immunity – Health New Zealand](#)

[Measles, mumps and rubella \(MMR\) vaccine – Health New Zealand](#)

- Anyone closely exposed to measles who has not received two MMR vaccinations cannot attend their school/kura for at least eight days.

Vaccination is the best protection from measles. Check all whānau are immunised.

Hawke's Bay Arts Festival

Streams of Consciousness: Te Aroha o Te Wai Monday 13 and Tuesday 14 October, 7.30pm, Arts Inc Heretaunga

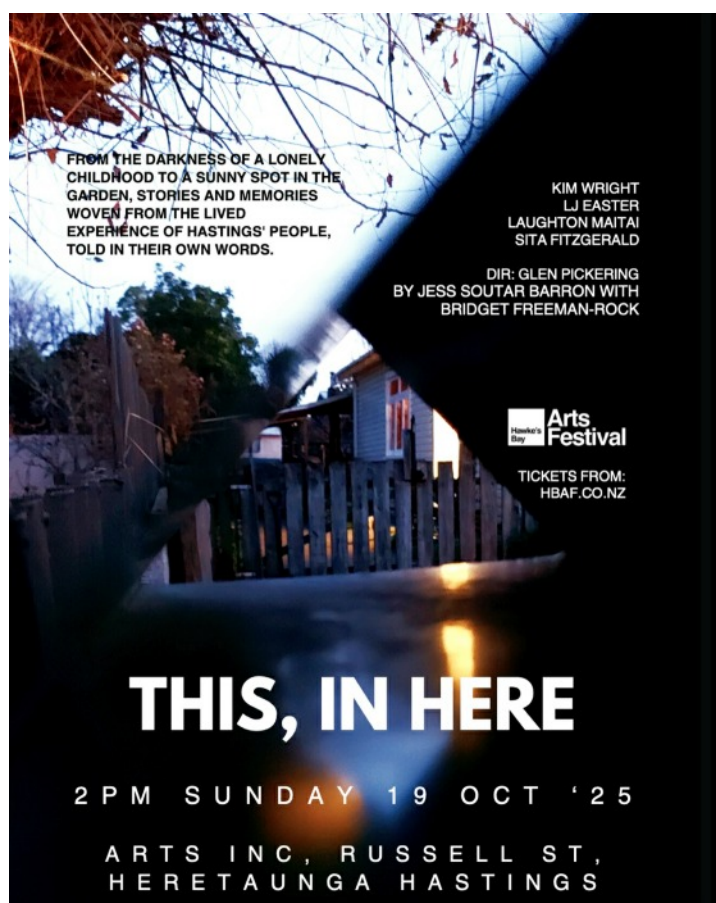
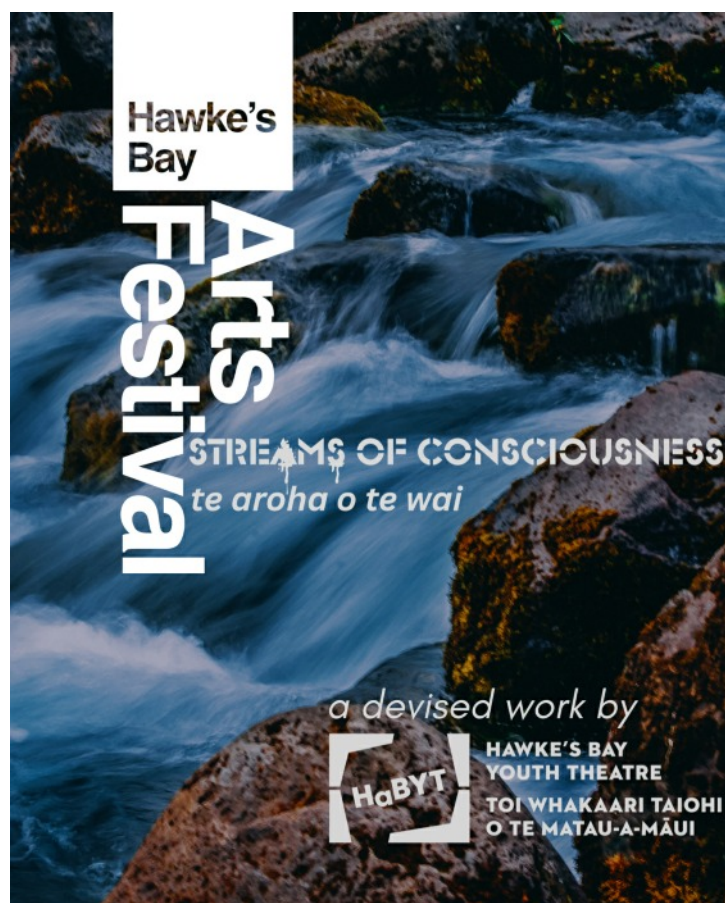
Inspired by the events of Cyclone Gabrielle and its aftermath, Hawke's Bay Youth Theatre, Toi Whakaari Taiohi o te Matau-a-Maui, shares this original devised work of poetry, physical theatre, and storytelling, created and performed by a team of local rangatahi, including Class 11 student, Sita FitzGerald, and directed by Jandyra Maciel, it examines the lives of a constellation of characters as they grapple with adversity and relationship, all braided into the flow of time and water.

This, In Here Sunday 19 October, 2pm, Arts Inc Heretaunga

Taken from 70+ conversations had over three days during the HBAF 2022, *This, In Here* is a piece of social theatre exploring what it means to 'be at home' in Heretaunga. From the darkness of a lonely childhood to a sunny spot in the garden, this work weaves together stories, insights, memories and hope lifted from the lived experience of Hastings' people told in their own words.

Designed and created by Taikura parent Jess Soutar Barron, and Glen Pickering with additional research and writing by Bridget Freeman-Rock and realised in voice, movement and theatre practice by an ensemble of Hawke's Bay performers, including Class 11 student, Sita FitzGerald.

Tickets are available now from Eventfinda.



Host Families Required for 2026

We have International students attending Taikura next year who are looking for host families. If you would be interested in finding out more about hosting a student please contact Janet Osborne international.admin@taikura.school.nz



Parent & Whānau Programmes

Positive Parenting

This programme provides practical parenting strategies, covering communication, child development, discipline, and age-appropriate behaviors. Sessions include discussions for sharing challenges and successes. Runs weekly for six weeks, with day and evening options available.

Emerge

For tamariki aged 10–12, this activity-based course builds social skills and confidence. Children explore topics like bullying, healthy living, teamwork, and managing emotions. Limited to 10 participants, it runs after school once a week for eight weeks.

Strengthening Your Step Family

Modern families are evolving, with divorce, separation, re-partnering, and step-siblings creating new dynamics. This course helps step-parents navigate challenges, embrace joys, and develop family vision and values. Runs weekly for six weeks.

The Incredible Years

The Incredible Years programme helps parents of 3– to 8-year-olds build positive relationships and manage problem behavior. Sessions include group activities and videos to explore and practice strategies. Free course materials are provided. Runs weekly for 14 weeks, with day and evening options available.

Parenting Teenagers

Improve communication and strengthen your relationship with your teen in this supportive group. Parents appreciate knowing they're not alone as trained facilitators guide discussions on key topics like safety, risk-taking, realistic expectations, and building a strong connection. Runs weekly for five weeks.

Just for Kids

For tamariki aged 7–10, this activity-based course helps children manage strong emotions, build confidence, and develop social skills through teamwork and fun. Limited to 10 participants, it runs after school once a week for six weeks.

Women's Wellbeing

This five-session course provides a safe, supportive space for women to build confidence through goal-setting, self-esteem, assertiveness, boundaries, health, and interview skills. Led by experienced facilitators who have run this popular course for many years, it helps women develop self-care strategies in an environment among those who understand their journey.

The Incredible Years: Autism & Language Delay

This programme is designed for parents of children aged 2–5 on the autism spectrum or with language delay. No diagnosis is required. Over 14 weekly sessions, you'll build parenting skills and confidence through group discussions, videos, and problem-solving. You'll learn to support your child's language development, emotional self-regulation, social skills, and positive relationships.

We're pleased to offer these courses for FREE, but it's essential that you register.

To view dates and register your interest please visit weavehb.org.nz/courses. If you need help, or would like more information, call us on 0508 678 910.

Supportive Therapies Workshop

From 1–3 November, Taruna College in Havelock North is offering a Supportive Therapies Workshop. Rooted in anthroposophical nursing, this three-day course introduces practical therapies including external treatments and healing substances that support warmth, rest, and wellbeing. Participants will gain hands-on experience in bringing gentle, healing care into everyday life.

<https://www.taruna.ac.nz/courses-and-workshops/therapies-for-care-and-recovery/>



**TARUNA
COLLEGE**
Connect, Nourish, Sustain

Supportive Therapies

1 - 3 November 2025



As a nurse, therapist or caregiver we invite you to register for this three-day workshop focussed on practical, effective care and intervention strategies. Come and be a part of widening the circle of those offering supportive therapies in the community. Through our learning process, healing plants and external treatments will become familiar to you, preparing you to assess and safely work with the therapies based on a sound rationale.

In addition we introduce

- biography work
- the inner path of the nurse or therapist
- casework to help with individualised care across various situations and settings, and
- an anthroposophic approach to therapy.

Cost: \$550 all materials, refreshments and lunch included
Tutors: Deborah Bednarek RN MN ANS and Michelle Vette RN MN ANS

We welcome your registration by visiting our website: www.taruna.ac.nz or contact us on 06 8777174

Ruth Strong Speech and Drama, 'The Christmas Party'

Kia Ora School whānau,

I will be teaching a nine week syllabus this term entitled, 'The Christmas Party', in which students will explore poetry, script writing and acting with the culmination of their work presented in a Christmas Miscellany on Sunday 14 December.

Classes are held in the Steiner Centre on Nelson Street on a Tuesday and Thursday from 3.15pm.

Classes will begin on Tuesday 21 October.

Please let me know if your child will be enrolling.

Cost will be \$180 for the term and may be paid weekly.

Ruth 0273540844, strongrutham@gmail.com

The Big Room
Contemporary Artspace
Presents

YOUR NAMES ON THE DOOR

A
Group Show

John Lancashire
Joseph Rowntree
Fish Radich
Tracy Keith
Paula Taaffe
Cinzah Merkens
Darryl Thomson
Dwayne Duthie
Johnathan Campbell
Charlotte Robertson
Richard Brimer
Robyn Fleet
Scott Brough
Severely
Yasmin Dubrau
John Brown
Lily Ray Ingram

**THE
BIG ROOM**
CONTEMPORARY ARTSPACE

17th October, 6.00pm
202 Heretaunga St. East, Hastings