

# Wairarapa Wellbeing



**“Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life. Past experiences, attitudes and outlook can all impact wellbeing as can physical or emotional trauma following specific incidents.”**

[starjumpz](#)

# TAMARIKI



Children can be a mixed bag of emotions and it can be hard to navigate different stages and ages. These pages and links will help direct you to tools that can help you.

# EDUCATORS



Students come with complex needs that we need to deal with as educators. Let us save you some time on google and here are some links and tools that may be of help. If you have found some great information or a helpful link please send to this (insert link)

# WHANAU



Life can be difficult. We want to help you on your journey. Here are some helpful websites and Apps for you to look at. You're taking the right step by seeking help. Remember it's ok to be not ok! Your whanau wellbeing is important.

# TAMARIKI

0-5 years



Primary



Secondary



“An **important** part of **well-being** involves empowerment, or whakamana. As **tamariki** are in a safe environment that they have grown to trust, it sets the platform for learning and development as they are able to make their own choices.”

<https://www.cyrus.net.nz/>

# 0-5 years

## Anxiety/ Managing Worries

**Tummy Breathing:** A great activity to engage in the body's natural relaxation response.

<https://sparklers.org.nz/parenting/sparklers-home-tummy-breathing/>

**Sparklers website:** Has lots of activities that young children can take part in to do with anxiety and mindfulness.

<https://sparklers.org.nz/>

## Health

**Whaiora** <https://www.whaiora.org.nz/content/well-child-tamariki-ora?content%2Ftamariki-ora=>

**Plunket:** <https://www.plunket.org.nz/plunket-near-me>

## Movement and Mindfulness

- [Cosmic Kids Yoga](#)
- [Go Noodle](#) get moving
- 



## Covid

- [All Right? Getting through together](#)
- Resources to help kids <https://www.kidshealth.org.nz/resources-help-explain-coronavirus-covid-19-children>

# 0-5 years

## Grief

- Seasons For Growth Programme - contact Alison Dye 0210789610 or 06 3797076  
<https://www.neighbourly.co.nz/organisation/seasons-for-growth-2>
- Kids Health  
<https://www.kidshealth.org.nz/bereavement-reactions-children-young-people-age-group>

## Mindfulness

- Pause, Breath Smile mindfulness programme  
<https://pausebreathsmile.nz/>
- Plenty of Yoga videos on youtube
- Sparklers website <https://sparklers.org.nz/>

## Bullying

Oat the Goat <https://bullyingfree.nz/parents-and-whanau/oat-the-goat/> An engaging, pick-a-path digital story book to help 4-7 year old children learn skills that will prevent bullying.

Twinkl has an anti-bullying resource pack

<https://www.twinkl.co.nz/resource/t-p-76-eyfs-anti-bullying-week-2017-resource-pack>





# 0-5 years

## [Small Poppies](#)

Small Poppies is for pre-school aged children; a 2.5 hour per week kindergarten alternative.

“Small Poppies is a programme for gifted early-years children and their parents or caregivers. **Children and their parents** come together with a specialist teacher for 2½ hours each week to engage in challenging and stimulating learning experiences and explorations that are based on the children’s interests and abilities. Class sizes are capped at twelve children.”

**Natural Disasters** <https://www.kidshealth.org.nz/coping-natural-disaster>

**Depression** <https://www.kidshealth.org.nz/depression>

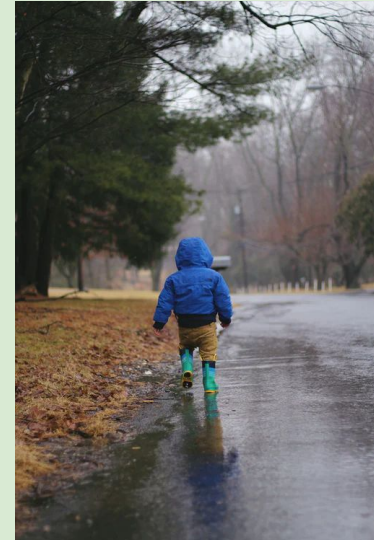
**Trauma** - How to talk to your kids about it

<https://www.kidshealth.org.nz/trauma-how-talk-your-kids-about>

**Feeling down, worried or stressed**

<https://www.kidshealth.org.nz/feeling-down-worried-or-stressed>

**Anxiety** <https://www.kidshealth.org.nz/anxiety>



# 0-5 years

- **Plunket** <https://www.plunket.org.nz/plunket-near-me>
- **Whaiora** <https://www.whaiora.org.nz/content/well-child-tamariki-ora?content%2Ftamariki-ora=>
- Practical information about education for parents and caregivers  
<https://parents.education.govt.nz/early-learning/>
- Parents mental health <https://www.mentalhealth.org.nz/>
- Parenting Guides <https://www.allright.org.nz/tools/parenting-guides/> Guides on how to keep children calm, How to help children manage their worries, How to help kids feel good and have fun, How to help kids be grateful and kind, How to help you kids... sleep. Looking after yourself- dads, Looking after yourselves- mums, How to help your kids with diagnoses and differences, How to talk your teen out of a bad decision, How can I help my kids retain our culture, How to get it right when kids come out or identify as another gender, Helping your teens navigate social media, How to get teens to listen, talk and stay grounded
- **Free Parenting Helpline** - 0800 568 866 - 9:00am-9:00pm ([www.parenthelp.org.nz](http://www.parenthelp.org.nz))
- **The Parenting Place** ([www.theparentingplace.com](http://www.theparentingplace.com)) - Great for online articles, tips and parent coaching.
- **Plunketline** - 0800 933 922
- **Healthline** <https://www.health.govt.nz/> 0800 611 116
- **Well Child Tamariki Ora checks**  
<https://parents.education.govt.nz/early-learning/wellbeing/well-child-tamariki-ora-checks/>
- **Your Child's Dental Care**  
<https://parents.education.govt.nz/early-learning/wellbeing/your-childs-dental-care/>
- **B4 School Checks** <https://parents.education.govt.nz/early-learning/wellbeing/b4-school-checks/>

# Primary

## Covid

- All Right? Getting through together <https://www.allright.org.nz/campaigns/getting-through-together>
- Resources to help kids <https://www.kidshealth.org.nz/resources-help-explain-coronavirus-covid-19-children>

## Movement and Mindfulness

- Cosmic Kids Yoga [https://www.youtube.com/channel/UC5uIZ2K0ZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2K0ZZeQDQo_Gsi_qbQ)
- Go Noodle get moving <https://www.youtube.com/user/GoNoodleGames>

## Sport

- Sport Wairarapa/Wellington <https://www.sportwellington.org.nz/>
- They also have their own Taha Tinana Resources <https://www.sportwellington.org.nz/active-health-and-wellness/wellbeing-hub/taha-tinana-food-and-movement/>





# Primary

## Grief

- Seasons For Growth Programme - Alison Dye
- <https://www.mentalhealth.org.nz/get-help/establishing-a-support-group-for-suicide-loss/resources/>

## Mindfulness

- Pause, Breath Smile mindfulness programme <https://pausebreathesmile.nz/>
- Plenty of Yoga videos on youtube

## Taha Whenua

- Connection to the land <https://rangitaneeducation.com/> also has lots of resources and local stories.

# Primary

## Grief

- Seasons For Growth Programme - Alison Dye
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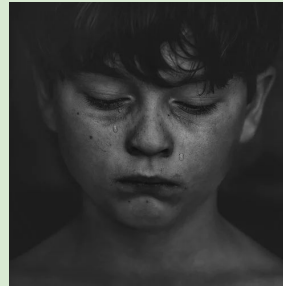
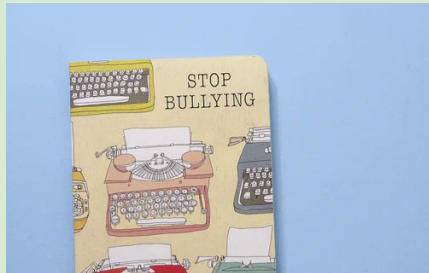
## Taha Whenua

- Connection to the land <https://rangitaneeducation.com/> also has lots of resources and local stories.

# Primary

## Bullying

- Cyber bullying- <https://www.netsafe.org.nz/>
- What is bullying- <https://parents.education.govt.nz/primary-school/wellbeing/bullying/>  
<https://www.bullyingfree.nz/parents-and-whanau/> advice and resources to help you support your child if they're being bullied and your school to prevent bullying  
For Educators: Bullying Prevention and Response A Guide for Schools  
<https://www.education.govt.nz/assets/Documents/School/Bullying-prevention/MOEBullyingGuide2015Web.pdf>  
For Educators: Police Kia Kaha education programme  
<https://www.police.govt.nz/advice-services/personal-community-safety/school-portal/resources/successful-relationships/kia-kaha>  
Oat the Goat <https://bullyingfree.nz/parents-and-whanau/oat-the-goat/> An engaging, pick-a-path digital story book to help 4-7 year old children learn skills that will prevent bullying.  
Three reasons why kids don't talk about bullying and what you can do about it  
<https://parents.education.govt.nz/essential-information/news-stories/three-reasons-kids-dont-talk-about-bullying-and-what-you-can-do-about-it/>



# Primary

## Covid

- All Right? Getting through together  
<https://www.allright.org.nz/campaigns/getting-through-together>

## Social Media

- Digital safety
- <https://www.digitallicence.co.nz/> A comprehensive and engaging certification program for online safety and responsibility.
- <https://www.netsafe.org.nz/parental-controls/> Parental controls are settings or apps that allow parents to control their child's activity online.
- <https://www.netsafe.org.nz/online-safety-parent-toolkit/> Online safety parent toolkit
- <https://www.netsafe.org.nz/advice/harmfuldigitalcommunications/> How to deal with bullying and abuse online
- <https://www.dia.govt.nz/Social-media-platforms> Factsheets that provide information on how to safely navigate some of the social platforms and apps your child may be using.



# Primary

## Depression/Anxiety

- Lifeline - 0800 543 354
- Need to Talk? - Call or text 1737
- Samaritans - 0800 726 666
- Depression Helpline - 0800 111 757
- Suicide Crisis Helpline - 0508 828 865 (0508 TAUTOKO)
- Youthline - 0800 376 633 or free text 234
- What's Up? <https://www.whatsup.co.nz/>
- The Low Down- straight up answers for when life sucks <https://thelowdown.co.nz/>. Sometimes life's up and downs and more than just the usual ups and downs. This sight will help you figure out if it could be anxiety or depression. Free text 5626
- <https://www.auntydee.co.nz/> Aunty Dee is there to listen and help with any problems you may have.



## Apps

- Sparkx
- Arohachotbot
- Auntie Dee
- Smiling Mind
- Mindshift
- Calm



# Secondary

## Depression/Anxiety

- Lifeline - 0800 543 354
- Need to Talk? - Call or text 1737
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- <https://www.auntydee.co.nz/> Aunty Dee is there to listen and help with any problems you may have.
- Sexual
- <https://www.justthefacts.co.nz/get-sti-help/find-local-sexual-health-sti-clinic-new-zealand/wairarapa-sexual-health-providers>
- Masterton Medical Health Clinic <https://www.facebook.com/mmllyouthclinic/>  
Masterton Medical offers free and confidential consults for youth aged 13-23 years every Monday, Wednesday & Thursday from 2-5pm at Youth Kinex, 392 Queen Street.
- Inside out - <http://insideout.org.nz/>  
'InsideOUT works to give rainbow young people in Aotearoa New Zealand a sense of safety and belonging in their schools and communities. We are a national charity providing resources, information, workshops, consulting and support for anything concerning rainbow or LGBTQIA+ issues and education for schools, workplaces and community organisations.'





# Secondary

## Depression/Anxiety - cont.

- 13 Reasons Why <https://www.mentalhealth.org.nz/get-help/13-reasons-why/> explores issue that many young people face, such a suicide and suicide bereavement, sexual violence, drug abuse, bullying, domestic violence and peer pressure
- Talking with young people about what they are watching  
<https://www.classificationoffice.govt.nz/news/latest-news/talking-with-young-people-about-what-theyre-watching/>  
Tips about safe media use
- Wairarapa Safer Community Trust - 06 379 5407 185 High Street South, Carterton  
Wairarapa Youth Services Can offer youth coaching and mentoring to help them into education, training or work-based learning as well as offer youth guidance and support towards an independent future.

## Apps

- Sparkx
- Arohachatbot
- Auntie Dee
- Smiling Mind
- Mindshift
- Calm



# Secondary - misc.

## Legal Help

- Free legal help for Children and Young People <http://youthlaw.co.nz/>

## Bullying

- <https://www.bullyingfree.nz/need-help-now/students-need-help-now/>
- Cyber bullying- <https://www.netsafe.org.nz/>

## Connecting Communities - youth page

- <https://youth.connectingcommunities.org.nz/youth-groups>

## Wairarapa Youth Council

- 12-24? Got something to say? Become a Youth Council Member. We need a strong youth voice. We are looking for a wide range people to be involved...

Contact Cherie - 021308783

[youth@connectingcommunities.org.nz](mailto:youth@connectingcommunities.org.nz)

[Youth Council Facebook](#)

# Secondary

## Gifted - academic extension (Secondary)

### Gifted Online:

A variety of module options administered through NZ Centre for Gifted Education.

Makes it possible for learners who do not have access to a MindPlus programme to engage in gifted education online.

Students must have WIFI access. Skype sessions occur during school time, so the school must approve and provide technology, space and time needed.

2-hour programme costs \$20 per week (\$800 per year), 2.5 hours costs \$30 (\$1200) and 4 hours \$50 (\$2000). No financial assistance is possible.

Age: no modules available for students older than year 10.



**New Zealand Centre  
for Gifted Education**

*Empowering Extraordinary Minds*

# Secondary

## Gifted - academic extension (Secondary)



Te Kura - The Correspondence School - <https://www.tekura.school.nz/>

Offers students the ability for dual enrolment, alongside their regular schooling, under a gifted and talented entry.

Students may learn at a higher level than the school provides (e.g. secondary level subjects provided to a primary school student) or additional subjects not offered by their school.

Students must provide evidence to show that they are achieving in the top 5% in that subject area to be granted entry under the gifted and talented requirement. Students need to have a current IEP (less than six months old on application). School must collaborate for entry, to ensure funding. If evidence cannot be proven, individual course fees start from \$1735 per year for one subject. Easier for students if school provides time and space for them to work on correspondence subject. This requires computer access and WIFI.

Dual enrolment only possible in state and state-integrated schools, not private schools (there are a few exceptions).

# Secondary

## Gifted - awards

- <https://gifted.tki.org.nz/further-support/awards/>

We have awards that can support your learning and challenge you to try something new, or extend yourself in areas you're already be involved in. This will be unique to you and your whānau, hapu or iwi. You can apply on your own, or join up with some friends or classmates and apply as a group. Past awards have supported learners with art supplies and lessons, cultural development, science camps, STEM fees, an environmental club, chess tournaments, sports tournaments and coaching, supporting a music internship, gym classes, dancing and other theatrical performances, leadership development and more. Be creative! The awards are available for gifted learners from early childhood to school leaving age. Funding will be given for a 12 month period maximum.

Who can apply?

These awards are for:

- Gifted learners from early childhood to school leaving age, including individuals or groups with a common project or activity.
- New Zealand residents, New Zealand citizens or permanent residents of New Zealand.

As an applicant, you will need to have the backing of an adult who knows you and understands your abilities and is able to support you to access the opportunity your award will provide money towards.

# Secondary - clubs and community groups

## Arts

Amateur Radio Club Paul London [paul london@actrix.co.nz](mailto:paul london@actrix.co.nz)

Art Club Masterton Maria Northcott [mastertonartclub@gmail.com](mailto:mastertonartclub@gmail.com)

Astronomical Society Phoenix Richard Hall & Kay Leather [Hellfa@xtra.co.nz](mailto:Hellfa@xtra.co.nz)

Ballet, Dance & Drama - Jazz, Dance and Drama Centre Sharon Cottle-Stevens [stevens\\_cottle@xtra.co.nz](mailto:stevens_cottle@xtra.co.nz)

Ballet – Solway Dance Academy Lisa O'Connor [solwayballet@gmail.com](mailto:solwayballet@gmail.com)

Band Masterton District Brass Mr Ted Paris [mastertonbrass@gmail.com](mailto:mastertonbrass@gmail.com)

Bellydancing Tamara Allerhand [finalerh@actrix.gen.nz](mailto:finalerh@actrix.gen.nz)

Camera Club – Wairarapa Bruce Kirk [www.wairarapacameraclub.org](http://www.wairarapacameraclub.org)

Dance – Masterton Line Dancing Philippa Cairns [p.m.cairns@hotmail.com](mailto:p.m.cairns@hotmail.com)

Limelight Theatre Group Lynn Bushell [limelighttheatreco@gmail.com](mailto:limelighttheatreco@gmail.com)



# Secondary

## Arts cont.

Masterton Amateur Theatre Society   Wendy McLelland   [mclennan.gary@xtra.co.nz](mailto:mclennan.gary@xtra.co.nz)

Masterton District Brass Band   Narissa Lower   [mastertonbrass@gmail.com](mailto:mastertonbrass@gmail.com)

Scottish Country Dancing   Michael Laidlaw – Secretary   [michael@laidlaw.net.nz](mailto:michael@laidlaw.net.nz)

Theatre (Masterton) – MATS   Wendy McLennan   [mclennan.gary@xtra.co.nz](mailto:mclennan.gary@xtra.co.nz)

Wairarapa Camera Club   Bruce Kirk – Secretary   [bruce@kirk.nz](mailto:bruce@kirk.nz)

Wairarapa Fern & Thistle Pipe Band   [\*\*md.wong@xtra.co.nz\*\*](mailto:md.wong@xtra.co.nz)

# Secondary

## Sports

Archery – Wairarapa Archers    Chris Gorman    **ChrisBGood45@gmail.com** or **Facebook**

Athletics Wairarapa    Michael Duthie    [mwtlduthie@xtra.co.nz](mailto:mwtlduthie@xtra.co.nz)

Badminton – Masterton Social Club

Bowling Club – Masterton    Don Griffin    [bowling@email.com](mailto:bowling@email.com)

Cricket Assn. Wairarapa    Simon Roseingrave    [development@wairarapacricknet.co.nz](mailto:development@wairarapacricknet.co.nz)

Dragon Boating Wairarapa    Ivan Karaitiana    **Ivan.Karaitiana@jnl.co.nz**

Endurance and Competitive Trail Riding Club -Wairarapa    [shanedougan.trophyhunts@xtra.co.nz](mailto:shanedougan.trophyhunts@xtra.co.nz)

Fishing Sports Club – Wairarapa    Stu Orme    [stuart@woodnet.co.nz](mailto:stuart@woodnet.co.nz)

Football (soccer) Senior – Masterton AFC and Juniors    **Niels.dugan@gmail.com**

# Secondary

## Sports

Golf Club – Masterton Kirsten Hewitt [admin@mastertongolfclub.co.nz](mailto:admin@mastertongolfclub.co.nz)

Hang Gliding Grant Tatham [hgso@whgpc.org.nz](mailto:hgso@whgpc.org.nz)

Harrier Club Graham Butcher <http://acm.kiwi.nz/running/>

Hockey Association Wairarapa Kelly Govan – Executive Officer [www.hockeywairarapa.org.nz](http://www.hockeywairarapa.org.nz)

Kick Boxing – Fortitude Thai Boxing Bryce Baron [rbbaron@xtra.co.nz](mailto:rbbaron@xtra.co.nz)

Masterton Okinawan Goju Ryu Karate-Do Steve and Sharron Riley [mastertonkarate@gmail.com](mailto:mastertonkarate@gmail.com)

Masterton Masters Swimming Club

Stu Ingham – President Marilyn Morrison -Secretary [morrison@wise.net.nz](mailto:morrison@wise.net.nz)

Masterton Petanque Club Ralph Priddle [ralphpriddle@gmail.com](mailto:ralphpriddle@gmail.com)

Netball – North Wairarapa Centre Manager – Sandy Biel [sandy@netballwairarapa.co.nz](mailto:sandy@netballwairarapa.co.nz)

Orienteering Club Wairarapa Graeme Roberts

# Secondary

## Sports

Softball – Giants Chris Feary [chris@dbsgroup.co.nz](mailto:chris@dbsgroup.co.nz)

Swim Wairarapa Maryanne Corrigan [swimwairarapa@gmail.com](mailto:swimwairarapa@gmail.com)

Table Tennis – Red Star Sam Lin. [semin2006@gmail.com](mailto:semin2006@gmail.com)

Tennis Club – Masterton Peter Hampson

Tararua Tramping Club Patrick Arnold [tfc.president@tfc.org.nz](mailto:tfc.president@tfc.org.nz)

Tramping Club – Masterton Sandra Burles – Club Captain [mastertontc@gmail.com](mailto:mastertontc@gmail.com)

Volleyball Students Only, [office@mc.school.nz](mailto:office@mc.school.nz)

Wairarapa Dragon Boat Club [wairarapadragonboat@gmail.com](mailto:wairarapadragonboat@gmail.com)

Wairarapa Mitsubishi Dragon Boat Club [wairarapamitsubishidragonboatclub@outlook.com](mailto:wairarapamitsubishidragonboatclub@outlook.com)

Wairarapa Multisport Club [tuisnest@wise.net.nz](mailto:tuisnest@wise.net.nz)

Wairarapa Ski Club Inc [secretary@wairarapaskiclub.org.nz](mailto:secretary@wairarapaskiclub.org.nz)

Wairarapa Track & Field [www.sporty.co.nz/wtf](http://www.sporty.co.nz/wtf)

# Secondary

## Special Interest

Birds (Ornithological Society) NZ    Oliver Druce    [birds.wairarapa@osnz.org.nz](mailto:birds.wairarapa@osnz.org.nz)

Forest & Bird Royal Protection Society    Peta Campbell    [Wairarapa.Branch@forestandbird.org.nz](mailto:Wairarapa.Branch@forestandbird.org.nz)

Medieval Recreation – Society for Creative Anachronism    Maggie Forest    [sca.wairarapa@gmail.com](mailto:sca.wairarapa@gmail.com)

Model Yacht Club Wairarapa    Ian Hull-Brown    [sailing@goldenhorn.co.nz](mailto:sailing@goldenhorn.co.nz)

Pigeons – Masterton Homing (Racing) Pigeon Club    Noel Hayes    [noelfhayes@gmail.com](mailto:noelfhayes@gmail.com)

Pony Club – North Wairarapa    Lisa Pallister    [lisa.pallister@xtra.co.nz](mailto:lisa.pallister@xtra.co.nz)

Riding Club – Masterton (adult)    Erica Hughes    [mastertonadultridingclub@gmail.com](mailto:mastertonadultridingclub@gmail.com)

Rifle Club Miniature    Nobby Clarke – 14 Cole Street, Masterton.    [nob1@xtra.co.nz](mailto:nob1@xtra.co.nz)

Riversdale Surf Life Saving Club    Mike Taylor    [beaumaris@wise.net.nz](mailto:beaumaris@wise.net.nz)

Save the Children    Loes Wardell

# Secondary

## Special Interest

Scout Group – Lansdowne Adam Brooks – Group Leader [Lansdownescoutgroup@outlook.com](mailto:Lansdownescoutgroup@outlook.com)

Wairarapa Beekeepers' Hobbyist Club [barger@xtra.co.nz](mailto:barger@xtra.co.nz)

Wairarapa Dog Training Club [info@wairarapadogtraining.co.nz](mailto:info@wairarapadogtraining.co.nz)

Wairarapa Hunt Inc [wairarapahunt@hotmail.com](mailto:wairarapahunt@hotmail.com)

Wairarapa Kennel Association [ltcherry@xtra.co.nz](mailto:ltcherry@xtra.co.nz)

Wairarapa Model Aero Club [wairarapaaeroclub@gmail.com](mailto:wairarapaaeroclub@gmail.com)

Wairarapa Railway Modellers Inc [murrossa@hotmail.com](mailto:murrossa@hotmail.com)

Yoga – Hatha Yoga [\*\*Nickistewart108@gmail.com\*\*](mailto:Nickistewart108@gmail.com)



# EDUCATORS

“Teacher wellbeing has a significant impact on schools, teachers and students... low teacher wellbeing can negatively affect students. Stressed or burnt-out teachers have poorer relationships with students and the quality of their teaching decreases.”

The Education Hub

Use the following links to help you.



[Wellbeing for you.](#)

[Wellbeing ECE  
\(0-5\)](#)

[Wellbeing Primary  
\(Year 0-8\)](#)

Wellbeing  
Secondary  
(Year 9-13)

# Wellbeing for you.

## Wellbeing is important

“The way you feel, both physically and mentally, is the essence of living. Our perception and our ability to observe our thoughts and feelings is what makes us human and separates us from other creatures. We owe it to ourselves to live our lives to the fullest while we have the chance. Whatever your definition of wellbeing, we encourage you to do whatever it takes to improve it.”

<https://8fit.com/lifestyle/the-definition-of-wellbeing-what-it-is-and-why-its-important/>

- [Teaching Today Podcast- Teacher Wellbeing](#)
- [Wellbeing for Staff](#)
- [Thriving or just surviving? Exploring teacher wellbeing,](#)
- [ERO- Schools with good wellbeing practices,](#)
- [Twinkl Teacher wellbeing toolkit resource pack \(free\),](#)



## MINDFULNESS

### Tips for mindfulness with teacher, guidance counsellor and expert Fiona Humphries

Zzz

#### SLEEP

Having enough quality sleep means that the daily ups and downs of our situations can be navigated with increased resilience. If a pattern of poor sleep emerges, consider improving your sleep hygiene: limit the use of small screens within an hour of bedtime, unwinding your mind before bed by journaling, sketching or reading, avoiding heavy meals or exercise in the evening, and developing a relaxing bedtime routine which may include a shower and a hot drink.

#### DAY BY DAY

Counting down the days may seem natural yet given that there is no end date yet, this could prove unhelpful. Deal with each individual day as it comes up, letting your focus settle on today.

#### COMFORT AND NURTURE YOURSELF

Listen to what your own needs are and attend to them. Let yourself off the hook with some of your usual expectations for yourself.

Learners will look to us for strength and a return to normality so now, a focus needs to be your own self-care.

#### LESS NEWS

An overabundance of Covid-19 news can prove weighty for some and may lead to feeling anxious or overwhelmed. If you recognise this, put boundaries around your media exposure.

#### GRATITUDE

The practice of gratitude is found to benefit wellbeing and is simply the identification of 3-5 things to be grateful for each day.

THANK YOU

#### RECOGNISE BURN-OUT

Check in with yourself daily. If you are having ongoing trouble sleeping, are more reactive and less resilient, perhaps teary and overwhelmed, you feel 'heavy' and unmotivated, then take some steps to support your wellbeing. If you feel very overwhelmed, first, do something quite 'concrete' such as taking out the rubbish or making your bed. Then, talk to somebody you trust. You can call or text 1737 any time to connect with a trained counsellor. Clarify for yourself what you can control (such as what you'll have for dinner, who you talk to, what you read) and what you can't (such as the lockdown) and bring your focus back into the circle of what you can control. Focus just on today, forget the big picture, and keep things as simple as possible.

Fiona Humphries has been in the teaching profession for almost 30 years. After 15 years in the primary sector she retrained as a counsellor and is the Guidance Counsellor, Careers Advisor and Music teacher at Fiordland College, Te Anau. She is working towards a doctorate through the University of Otago, investigating New Zealand teachers' perceptions and insights of their wellbeing.

# Wellbeing for you.

- [The Five Ways to Wellbeing](#), the most up-to-date evidence and found that building five actions into day to day lives is important for the wellbeing of individuals, families, communities and organisations. The five actions are: Connect, Give, Take Notice, Keep Learning, Be Active.
- [EDUCATORS: 5 Ways to Wellbeing at Work](#)
- [WHANAU ACTIVITIES \(really good website!\)](#) Activities for you and your whanau to do to promote wellbeing.
- [The Importance of Wellbeing, The Education Hub](#)

# Wellbeing ECE (0-5)

## Wellbeing Articles/ Webinars:

[Child wellbeing intergrated into the curriculum](#)

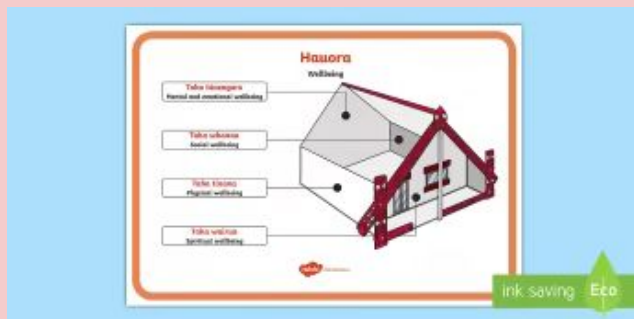
[Te Whariki online- Webinar 3: Mana atua/ wellbeing- Can I trust you?](#)

[Wellbeing for Success: A resource for Schools](#)

[Health promotion in early childhood settings: Rapid evidence review](#)

## Resources:

[TWINKL ECE wellbeing resources.](#) (Pictures beside show some of the resources available).



[Taha Wairua-  
Spiritual Wellbeing](#)

# Wellbeing ECE (0-5 years)

[Taha Hinengaro-  
Mental and  
Emotional Wellbeing](#)



[Taha Tinana-  
Physical wellbeing](#)

[Whenua-  
Connection to the  
land](#)

[Taha Whanau-  
Family and Social  
Wellbeing](#)

# Wellbeing ECE (0-5)

## Taha Tinana (Physical Wellbeing):

### Movement and Mindfulness

- [Cosmic Kids Yoga](#)
- [Go Noodle](#) get moving



### Sport

- [Sport Wairarapa/Wellington](#)
- They also have their own [Taha Tinana Resources](#)

### Covid

- [All Right? Getting through together](#)
- Resources to help kids  
<https://www.kidshealth.org.nz/resources-help-explain-coronavirus-covid-19-children>

### Scholarly Articles:

Health promotion in early childhood settings: Rapid evidence review

<https://www.cph.co.nz/wp-content/uploads/HPinECESettingsReview.pdf>





# Wellbeing ECE (0-5)

## Taha Wairua (Spiritual Wellbeing)

### Local Churches

-Masterton Community church <http://www.mcclife.co.nz/>  
177 Ngamutawa Rd 06 377 1598

They have a creche for under 5 and a childs programme for 5-12. They also run a youth ministry on a Friday at 7pm.  
(Could put that part under youth?)

-Equippers Church <https://equipperschurch.com/masterton>  
2 Akura Rd 06378 8789

-Anglican Parish of St Matthews (has the four worship centers in town) <http://www.mastertonanglican.org.nz/>  
Main location: 37 Church St 06 370 8589

-Lighthouse Church <https://lighthouse.org.nz/>

Kids programmes: Little lights Birth to 2 years, Flash lights 2-4 years (Kindy), SpotLights 1-6, Flood Lights: Year 7-8 and early college.

28 Intermediate Street 06 377 0333

-Crossway Church Masterton (Samoan Fellowship) <http://www.crosswaychurchmasterton.org.nz/>

-Catholic Parishes in the Wairarapa [https://www.wn.catholic.org.nz/adw\\_parish/catholic-parish-of-wairarapa/](https://www.wn.catholic.org.nz/adw_parish/catholic-parish-of-wairarapa/)



MASTERTON  
COMMUNITY CHURCH



# Wellbeing ECE (0-5)

## Taha Wairua (Spiritual Wellbeing)

### Grief

- Seasons For Growth Programme - contact Alison Dye 0210789610 or 06 3797076  
<https://www.neighbourly.co.nz/organisation/seasons-for-growth-2>
- Kids Health  
<https://www.kidshealth.org.nz/bereavement-reactions-children-young-people-age-group>
- 

### Mindfulness

- Pause, Breath Smile mindfulness programme  
<https://pausebreathesmile.nz/>
- Plenty of Yoga videos on youtube
- Sparklers website <https://sparklers.org.nz/>



**Worries 101**  
Teaching tamariki the neuroscience behind worrying helps them make sense of the way it feels, so they can better work through it.

**The Faces Game**  
A game for identifying, naming and sharing emotions.

[From Sparklers website](https://sparklers.org.nz/)

# Wellbeing ECE (0-5)

## Whenua (Connection to the land)

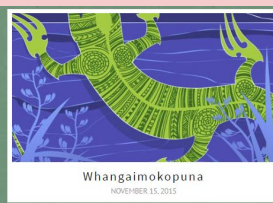
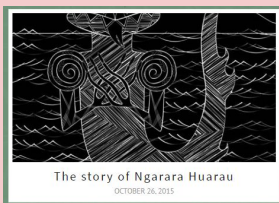
### Whenua

- Connection to the land <https://rangitaneeducation.com/> also has lots of resources and local stories.
- Masterton District Council Wellbeing Strategy - He Hiringa Tangata, He Hiringa Whenua

<https://mstn.govt.nz/documents/council-strategies/wellbeing-strategy-he-hiringa-tangata-he-hiringa-whenua/>



 <p><b>Interactive Map!</b></p>	<table border="1"><thead><tr><th>Place Name</th><th>Type</th><th>Whānau</th></tr></thead><tbody><tr><td>ALFREDTON (Marae)</td><td>town</td><td>Te Kāi Tahu</td></tr><tr><td>ANAWATA</td><td>town</td><td>Te Kāi Tahu</td></tr><tr><td>BODEFORD</td><td>other</td><td>Te Kāi Tahu</td></tr><tr><td>BLACKROCK ROAD MASTERTON (Bainiwhaka)</td><td>town</td><td>Te Kāi Tahu</td></tr><tr><td>CAPE PALLISER (Te Māhakainga...)</td><td>other</td><td>Te Kāi Tahu</td></tr><tr><td>CARTERTON (Pūwhaio pūwhaio)</td><td>town</td><td>Te Kāi Tahu</td></tr><tr><td>CASTLE ROCK (Mairā)</td><td>other</td><td>Te Kāi Tahu</td></tr><tr><td>CASTLEPOINT CAVE (Te Ara o te whēle o Muturangi)</td><td>other</td><td>Te Kāi Tahu</td></tr><tr><td>CASTLEPOINT DELIVERANCE COVE or 'The Gap' (Taungā)</td><td>other</td><td>Te Kāi Tahu</td></tr></tbody></table> <p><b>Place names</b></p>	Place Name	Type	Whānau	ALFREDTON (Marae)	town	Te Kāi Tahu	ANAWATA	town	Te Kāi Tahu	BODEFORD	other	Te Kāi Tahu	BLACKROCK ROAD MASTERTON (Bainiwhaka)	town	Te Kāi Tahu	CAPE PALLISER (Te Māhakainga...)	other	Te Kāi Tahu	CARTERTON (Pūwhaio pūwhaio)	town	Te Kāi Tahu	CASTLE ROCK (Mairā)	other	Te Kāi Tahu	CASTLEPOINT CAVE (Te Ara o te whēle o Muturangi)	other	Te Kāi Tahu	CASTLEPOINT DELIVERANCE COVE or 'The Gap' (Taungā)	other	Te Kāi Tahu	 <p><b>Marae</b></p>
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# Wellbeing ECE (0-5)

## Taha Hinengaro (Mental Wellbeing)

### Bullying



For Educators: Bullying Prevention and Response A Guide for Schools

<https://www.education.govt.nz/assets/Documents/School/Bullying-prevention/MOEBullyingGuide2015Web.pdf>

For Educators: Police Kia Kaha education programme

<https://www.police.govt.nz/advice-services/personal-community-safety/school-portal/resources/successful-relationships/kia-kaha>

Oat the Goat <https://bullyingfree.nz/parents-and-whanau/oat-the-goat/> An engaging, pick-a-path digital story book to help 4-7 year old children learn skills that will prevent bullying.

Twinkl has an anti-bullying resource pack

<https://www.twinkl.co.nz/resource/t-p-76-eufs-anti-bullying-week-2017-resource-pack>

Three reasons why kids don't talk about bullying and what you can do about it

<https://parents.education.govt.nz/essential-information/news-stories/three-reasons-kids-dont-talk-about-bullying-and-what-you-can-do-about-it/>



One nippy morning, with the mountain looking clear,  
Oat the Goat set off, where no other fulla would dare.

[Oat the Goat- a great interactive story book.](https://bullyingfree.nz/parents-and-whanau/oat-the-goat/)  
[\(English and Maori available\)](https://bullyingfree.nz/parents-and-whanau/oat-the-goat/)

# Wellbeing ECE (0-5)

## Taha Hinengaro (Mental Wellbeing)

### Small Poppies

Small Poppies is for pre-school aged children; a 2.5 hour per week kindergarten alternative.

“Small Poppies is a programme for gifted early-years children and their parents or caregivers. **Children and their parents** come together with a specialist teacher for 2½ hours each week to engage in challenging and stimulating learning experiences and explorations that are based on the children’s interests and abilities. Class sizes are capped at twelve children.”

Natural Disasters <https://www.kidshealth.org.nz/coping-natural-disaster>

Depression <https://www.kidshealth.org.nz/depression>

Trauma - How to talk to your kids about it <https://www.kidshealth.org.nz/trauma-how-talk-your-kids-about>

Feeling down, worried or stressed <https://www.kidshealth.org.nz/feeling-down-worried-or-stressed>

Anxiety <https://www.kidshealth.org.nz/anxiety>

APPS- [Breathe, Think, Do with Sesame](#)



# Wellbeing ECE (0-5)

## Taha Whanau (Family Wellbeing)



- Plunket <https://www.plunket.org.nz/plunket-near-me>
- Whaiora <https://www.whaiora.org.nz/content/well-child-tamariki-ora?content%2Ftamariki-ora=>
- Practical information about education for parents and caregivers  
<https://parents.education.govt.nz/early-learning/>
- Parents mental health <https://www.mentalhealth.org.nz/>
- Parenting Guides <https://www.allright.org.nz/tools/parenting-guides/> Guides on how to keep children calm, How to help children manage their worries, How to help kids feel good and have fun, How to help kids be grateful and kind, How to help you kids... sleep. Looking after yourself- dads, Looking after yourselves- mums, How to help your kids with diagnoses and differences, How to talk your teen out of a bad decision, How can I help my kids retain our culture, How to get it right when kids come out or identify as another gender, Helping your teens navigate social media, How to get teens to listen, talk and stay grounded
- Free Parenting Helpline - 0800 568 866 - 9:00am-9:00pm ([www.parenthelp.org.nz](http://www.parenthelp.org.nz))
- The Parenting Place ([www.theparentingplace.com](http://www.theparentingplace.com)) - Great for online articles, tips and parent coaching.
- Plunketline - 0800 933 922
- Healthline <https://www.health.govt.nz/> 0800 611 116
- Well Child Tamariki Ora checks  
<https://parents.education.govt.nz/early-learning/wellbeing/well-child-tamariki-ora-checks/>
- Your Child's Dental Care  
<https://parents.education.govt.nz/early-learning/wellbeing/your-childs-dental-care/>
- B4 School Checks <https://parents.education.govt.nz/early-learning/wellbeing/b4-school-checks/>

# Wellbeing Primary (Year 0-8)

Taha Tinana  
(Physical  
Wellbeing)

Taha Whanau  
(Family  
Wellbeing)



Taha Hinengaro  
(Mental  
Wellbeing)

Taha Wairua  
(Spiritual Wellbeing)



# Taha Tinana (Physical Wellbeing)

## Covid

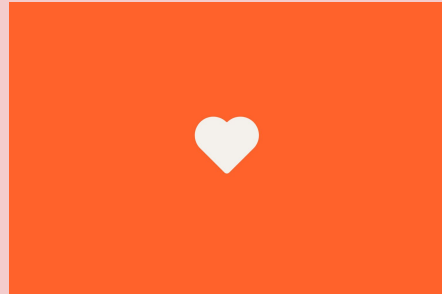
- All Right? Getting through together <https://www.allright.org.nz/campaigns/getting-through-together>
- Resources to help kids <https://www.kidshealth.org.nz/resources-help-explain-coronavirus-covid-19-children>

## Movement and Mindfulness

- Cosmic Kids Yoga [https://www.youtube.com/channel/UC5uIZ2K0ZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2K0ZZeQDQo_Gsi_qbQ)
- Go Noodle get moving <https://www.youtube.com/user/GoNoodleGames>

## Sport

- Sport Wairarapa/Wellington <https://www.sportwellington.org.nz/>
- They also have their own Taha Tinana Resources  
<https://www.sportwellington.org.nz/active-health-and-wellness/wellbeing-hub/taha-tinana-food-and-movement/>





# Taha Wairua (Spiritual Wellbeing)

## Local Churches

-Masterton Community church <http://www.mcclife.co.nz/>

177 Ngamutawa Rd 06 377 1598

They have a creche for under 5 and a childs programme for 5-12. They also run a youth ministry on a Friday at 7pm.

(Could put that part under youth?)

-Equippers Church <https://equipperschurch.com/masterton>

2 Akura Rd 06378 8789

-Anglican Parish of St Matthews (has the four worship centers in town) <http://www.mastertonanglican.org.nz/>

Main location: 37 Church St 06 370 8589

-Lighthouse Church <https://lighthouse.org.nz/>

Kids programmes: Little lights Birth to 2 years, Flash lights 2-4 years (Kindy), SpotLights 1-6, Flood Lights: Year 7-8 and early college.

28 Intermediate Street 06 377 0333

-Crossway Church Masterton (Samoan Fellowship) <http://www.crosswaychurchmasterton.org.nz/>

-Catholic Parishes in the Wairarapa [https://www.wn.catholic.org.nz/adw\\_parish/catholic-parish-of-wairarapa/](https://www.wn.catholic.org.nz/adw_parish/catholic-parish-of-wairarapa/)

# Taha Wairua (Spiritual Wellbeing)

## Grief

- Seasons For Growth Programme - Alison Dye
- <https://www.mentalhealth.org.nz/get-help/establishing-a-support-group-for-suicide-loss/resources/>

## Mindfulness

- Pause, Breath Smile mindfulness programme <https://pausebreathesmile.nz/>
- Plenty of Yoga videos on youtube

## Taha Whenua

- Connection to the land <https://rangitaneeducation.com/> also has lots of resources and local stories.

# Taha Hinengaro (Mental Wellbeing)

## Bullying

- Cyber bullying- <https://www.netsafe.org.nz/>
- What is bullying- <https://parents.education.govt.nz/primary-school/wellbeing/bullying/>  
<https://www.bullyingfree.nz/parents-and-whanau/> advice and resources to help you support your child if they're being bullied and your school to prevent bullying  
For Educators: Bullying Prevention and Response A Guide for Schools  
<https://www.education.govt.nz/assets/Documents/School/Bullying-prevention/MOEBullyingGuide2015Web.pdf>  
For Educators: Police Kia Kaha education programme  
<https://www.police.govt.nz/advice-services/personal-community-safety/school-portal/resources/successful-relationships/kia-kaha>  
Oat the Goat <https://bullyingfree.nz/parents-and-whanau/oat-the-goat/> An engaging, pick-a-path digital story book to help 4-7 year old children learn skills that will prevent bullying.  
Three reasons why kids don't talk about bullying and what you can do about it  
<https://parents.education.govt.nz/essential-information/news-stories/three-reasons-kids-dont-talk-about-bullying-and-what-you-can-do-about-it/>

# Taha Hinengaro (Mental Wellbeing)

## Covid

- All Right? Getting through together <https://www.allright.org.nz/campaigns/getting-through-together>

## Social Media

- Digital safety
- <https://www.digitallicence.co.nz/> A comprehensive and engaging certification program for online safety and responsibility.
- <https://www.netsafe.org.nz/parental-controls/> Parental controls are settings or apps that allow parents to control their child's activity online.
- <https://www.netsafe.org.nz/online-safety-parent-toolkit/> Online safety parent toolkit
- <https://www.netsafe.org.nz/advice/harmfuldigitalcommunications/> How to deal with bullying and abuse online
- <https://www.dia.govt.nz/Social-media-platforms> Factsheets that provide information on how to safely navigate some of the social platforms and apps your child may be using.

# Taha Hinengaro (Mental Wellbeing)

## Depression/Anxiety

- Lifeline - 0800 543 354
- Need to Talk? - Call or text 1737
- Samaritans - 0800 726 666
- Depression Helpline - 0800 111 757
- Suicide Crisis Helpline - 0508 828 865 (0508 TAUTOKO)
- Youthline - 0800 376 633 or free text 234
- What's Up? <https://www.whatsup.co.nz/>
- The Low Down- straight up answers for when life sux <https://thelowdown.co.nz/>. Sometimes life's up and downs and more than just the usual ups and downs. This sight will up figure out if it could be anxiety or depression. Free text 5626
- <https://www.auntydee.co.nz/> Aunty Dee is there to listen and help with any problems you may have.

# Taha Hinengaro (Mental Wellbeing)

- **Apps**
- Sparkx
- Arohachatbot
- Auntie Dee
- Smiling Mind
- Mindshift
- Calm
- 



# Taha Hinengaro (Mental Wellbeing)

## [MindPlus/Small Poppies](#)

Small Poppies is for pre-school aged children; a 2.5 hour per week kindergarten alternative.

MindPlus is for children aged 6-13, a one day per week pull-out programme for gifted children.

Students get to meet with like-minds, form friendships and work together to complete inquiry-style projects based on their fields of interest. This is not an age-based, year-level approach, so the learners work with a wide range of young people and have more self-determination for their learning goals.

# Taha Whanau (Family Wellbeing)

- Plunket <https://www.plunket.org.nz/plunket-near-me>
- Whaiora <https://www.whaiora.org.nz/content/well-child-tamariki-ora?content%2Ftamariki-ora=>
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- The Parenting Place ([www.theparentingplace.com](http://www.theparentingplace.com)) - Great for online articles, tips and parent coaching.
- Plunketline - 0800 933 922



# Gifted Children

TKI gifted page - <https://gifted.tki.org.nz/>

A lot of information regarding identification of gifted learners, resources around culturally responsive identification methods for Māori and Pasifika learners, descriptions of strategies for teachers of gifted learners, guide to designing and implementing a gifted programme for your school, lists of competitions that gifted learners may wish to enter, new scholarships for gifted learners.

This is an excellent site that has recently been updated with additional information, following a renewal of interest from the New Zealand government/Education Ministers.

**Resources for parents:**

NZ Association of Gifted Children: - <https://www.giftedchildren.org.nz/>

Information about giftedness that is free to access on the website and up to date. List of assessors (educational psychologists, counsellors) and contacts for them. The organization provides support for communities who are wanting to set up MindPlus and other facilities in their areas.

Membership needed in order to receive the bi-monthly magazines, use the library system (soon to be online), add to the discussion forums.

NZ Centre for Gifted Education - <https://nzcge.co.nz/>

# Children with learning difficulties

## **SPELD:**

SPELD NZ is a not-for-profit organisation that specialises in assisting people with dyslexia and other specific learning disabilities. For nearly 50 years, we've helped many thousands of New Zealand children and adults nationwide.

SPELD offers diagnostic assessment, one-to-one tuition, training, and support.

<https://www.speld.org.nz/>

Central Region

PO Box 2008 Stortford Lodge

Hastings 4153

Email: [central@speld.org.nz](mailto:central@speld.org.nz)

Phone: 0800 773 536

**RTLb:** The Ministry of Education and other education services, agencies and organisations including the Resource Teachers: Learning and Behaviour (RTLb) service are available to work alongside schools and kura to provide learning support when it is needed. Support includes system wide, targeted or individual support so that mokopuna with learning support needs, including disabilities are welcome and where their achievement, progress, wellbeing and participation is valued and supported. RTLb work with families/whānau, teachers and schools/kura and clusters of schools to help mokopuna fulfil their learning potential when barriers they face exceed the support from general classroom education and related resources.

<https://rtlb.tki.org.nz/Find-RTLb-service/Cluster-manager-details>

# Children with learning difficulties

## **Resource Teachers: Literacy**

(RTLit) provide specialised literacy assistance to learners in years 1 to 8 who are experiencing difficulties with literacy learning.

RTLit readings <https://www.nzrtlit.com/readings>

At home ideas <https://www.nzrtlit.com/at-home-learning-ideas>

RT:Literacy, Chris Ryan, can be contacted on 027 252 4014, email [rtlit@douglaspark.school.nz](mailto:rtlit@douglaspark.school.nz).

RT:Literacy, Chuck Marriott, can be contacted on 027 755 4772, email [cmarriott@douglaspark.school.nz](mailto:cmarriott@douglaspark.school.nz)

# whānau

“The wellbeing of family and whānau is critical to, and interwoven with, the wellbeing of children and young people.”

[Child Youth Wellbeing](#)

Use the links on the following pages to help you access services and support for you and your whānau.

Use this local Ministry of Social Development’s Family Services Directory search to help find local agencies that can support you and your whānau.

<https://family.services.govt.nz/#/>



# PARENTING SUPPORT



- Raising children [Supporting Parents](#)
- Programmes for schools, teachers and parents to help children with behaviour and learning problems [Children's Behaviour](#)
- Separation / Divorce support  
<https://www.workandincome.govt.nz/eligibility/relationships/breakup.html>
- Family harm
- Plunket <https://www.plunket.org.nz/plunket-near-me>
- Whaiora  
<https://www.whaiora.org.nz/content/well-child-tamariki-ora?content%2Ftamariki-ora=>
- Wellbeing at home and at school  
<https://parents.education.govt.nz/primary-school/wellbeing/primary-school-wellbeing-mental-health/>



# PARENTING SUPPORT cont...

- Free legal help for Children and Young People <http://youthlaw.co.nz/>
- Parent's Legal Information Line (PLINFO) – free advice for parents and/or carers 0800 499 488
- SPELD - New Zealand's leading provider of support for children and adults with dyslexia and other specific learning disabilities  
<https://www.speld.org.nz/>
- Parents mental health <https://www.mentalhealth.org.nz/>
- Free Parenting Helpline - 0800 568 866 - 9:00am-9:00pm  
([www.parenthelp.org.nz](http://www.parenthelp.org.nz))
- The Parenting Place ([www.theparentingplace.com](http://www.theparentingplace.com)) - Great for online articles, tips and parent coaching.
- Parent help [Parent and Family Support](#)



# PARENTING SUPPORT cont...

- Parenting Guides

<https://www.allright.org.nz/tools/parenting-guides/>

Guides on how to keep children calm,

How to help children manage their worries,

How to help kids feel good and have fun,

How to help kids be grateful and kind,

How to help you kids... sleep,

Looking after yourself- dads,

Looking after yourselves- mums,

How to help your kids with diagnoses and differences,

How to talk your teen out of a bad decision,

How can I help my kids retain our culture,

How to get it right when kids come out or identify as another gender,

Helping your teens navigate social media,

How to get teens to listen, talk and stay grounded.



# SOCIAL MEDIA

- NetSafe [We help people keep safe online](#)
- Parental controls are settings or apps that allow parents to control their child's activity online.  
<https://www.netsafe.org.nz/parental-controls/>
- Online safety parent toolkit <https://www.netsafe.org.nz/online-safety-parent-toolkit/>
- How to deal with bullying and abuse online  
<https://www.netsafe.org.nz/advice/harmfuldigitalcommunications/>
- Factsheets that provide information on how to safely navigate some of the social platforms and apps your child may be using. <https://www.dia.govt.nz/Social-media-platforms>
- Police - Internet Safety  
<https://www.police.govt.nz/advice-services/cybercrime-and-internet/internet-safety>
- [Navigating Social Media - teens](#)
- [Social Media and the teen brain](#)





# GOVERNMENT AGENCIES

## Te Puna Kōkiri - Ministry of Māori Development

Whānau Ora works with you and your whānau as a whole.

It helps you to build on your strengths and access the services you need to achieve your goals and aspirations.

<https://www.tpk.govt.nz/en/whakamahia/whanau-ora/for-whanau>



## Ministry for Social Development

We're here to help families and whānau be safe and resilient, to be successful and have the ability to provide for their own needs.

<https://www.msd.govt.nz/what-we-can-do/families/index.html>

## Strengthening Families

Strengthening Families helps you get the best support for your family/whānau to thrive.

<http://www.strengtheningfamilies.govt.nz/>

**Strengthening Families**  
Whakapiripiri Nga Whānau

# GOVERNMENT AGENCIES cont...

## Oranga Tamariki

We work with and fund a number of programmes and services that provide support to families.

<https://www.orangatamariki.govt.nz/support-for-families/>



## NZ Government

Links to services around all you need and want to know about being a parent in Aotearoa. (having a baby, financial assistance, child care assistance, separation etc)

<https://www.govt.nz/browse/family-and-whanau/>

## Work and Income

For supporting in finding employment and employment preparation.

<https://www.govt.nz/organisations/work-and-income/>

# GOVERNMENT AGENCIES cont...

## Iwi Liaison Officers

Police have a group of iwi liaison officers who help navigate cultural issues and work on improving police relationships with Māori.

<https://www.police.govt.nz/about-us/maori-police/iwi-liaison-officers>

Joe Harwood

Email: [Joseph.Harwood@police.govt.nz](mailto:Joseph.Harwood@police.govt.nz)



## Diversity Liaison Officers

Diversity Liaison Officers provide liaison between Police and those in our community who identify as gay, lesbian, bisexual, transgender, intersex and queer (Rainbow communities).

<https://www.police.govt.nz/contact-us/local-contacts/diversity-liaison-officers>

# GOVERNMENT AGENCIES cont...

## School Community Officers

School Community Officers are experienced police officers who work take every opportunity to prevent harm in the school community, so that students not only are safe, but also feel safe. S

<https://www.police.govt.nz/advice-services/personal-community-safety/school-portal/information-and-guidelines/police-school>

## Kāinga Ora - Homes and Communities

This link may be useful when looking for housing and thinking about buying your first home (Kiwi Saver withdrawal and First Home Grant information)

<https://kaingaora.govt.nz/about-us/>



## Education.govt.nz

[Practical information about education for parents and carers](https://www.education.govt.nz/parents-and-carers/) - from ages 0-16+

# COVID

- Wairarapa DHB - [Latest Covid](#)
- Health Point [Covid Testing Masterton](#)
- Masterton District Council - [Covid Information](#)
- Te Puni Kōkiri - Ministry of Māori Development [Covid Info For Maori](#)
- Ministry of Health [Latest Information on Covid](#)
- All Right? [Getting through together](#)
- Mental Health Support through Covid [Getting through Together - Helpful resources](#)
- [Covid - WINZ Support](#)



# CHURCHES

## Local Churches

-Masterton Community church <http://www.mcclife.co.nz/>

177 Ngamutawa Rd 06 377 1598

They have a creche for under 5 and a childs programme for 5-12.

They also run a youth ministry on a Friday at 7pm.

-Equippers Church <https://equipperschurch.com/masterton>

2 Akura Rd 06378 8789

-Anglican Parish of St Matthews (has the four worship centers in town)

<http://www.mastertonanglican.org.nz/>

Main location: 37 Church St 06 370 8589

-Lighthouse Church <https://lighthouse.org.nz/>

Kids programmes: Little lights Birth to 2 years, Flash lights 2-4 years (Kindy), SpotLights 1-6, Flood Lights: Year 7-8 and early college.

28 Intermediate Street 06 377 0333

-Crossway Church Masterton (Samoan Fellowship) <http://www.crosswaychurchmasterton.org.nz/>

-Catholic Parishes in the Wairarapa

[https://www.wn.catholic.org.nz/adw\\_parish/catholic-parish-of-wairarapa/](https://www.wn.catholic.org.nz/adw_parish/catholic-parish-of-wairarapa/)



# HEALTH

## HEALTH - General

- [Masterton Medical](#)
- [Wairarapa DHB](#)
- [Whaiora](#)
- [Community Health Services](#)
- Whānau ora Programme [The concept of whānau ora is about supporting Māori families to achieve their maximum health and wellbeing.](#)
- WHANAU ACTIVITIES (really good website!) [Activities for you and your whanau to do to promote wellbeing.](#)
- [First Health and Wellness Centre](#) - A Community Healthcare Facility in the Wairarapa
- [Te Hauora Runanga o Wairarapa Inc](#) - a community support service for Māori health in the Wairarapa region using a 'Kaupapa Māori' approach.



# HEALTH cont...

## MENTAL HEALTH

- [Yellow Brick Road](#) - supporting families towards mental well-being
- [Ministry of Health](#) - range of resources and services available to help including phone and online services and information, as well as face to face support.
- [Ministry of Health](#) - what to do in an emergency and a range of helplines
- [Mental Health Foundation](#) - how to get help for someone you are worried about
- [Aunty Dee](#) - free online tool to help you work through a problem or problems.
- [Depression.org.nz](#) - ideas and support on how to take care of yourself and others including for Māori and Pasifika.
- [Like Minds, Like Mine](#) - Ideas and support around facing stigma and discrimination around mental illness





# HEALTH cont...

## MENTAL HEALTH

- [Te Au](#) - supporting Māori whānau, iwi, hapū and communities to prevent suicide.
- [Atareira](#) - Mental health and addiction support for family whānau.
- [Wairarapa DHB](#) - a list of mental health services available through the DHB
- [Child and Adolescent Mental Health Services](#) - for children and young people who can benefit from specialised input by mental health professionals.
- [Supporting Families](#) - a range of support services for families/whānau and individuals who experience mental illness and addiction.
- [Pathways](#) - mental health and addiction recovery services in the Wairarapa region.
- [Te Hauora Runanga o Wairarapa Inc](#) - a community support service for Māori health in the Wairarapa region using a 'Kaupapa Māori' approach.



# HEALTH cont...

## HEALTH - Bullying

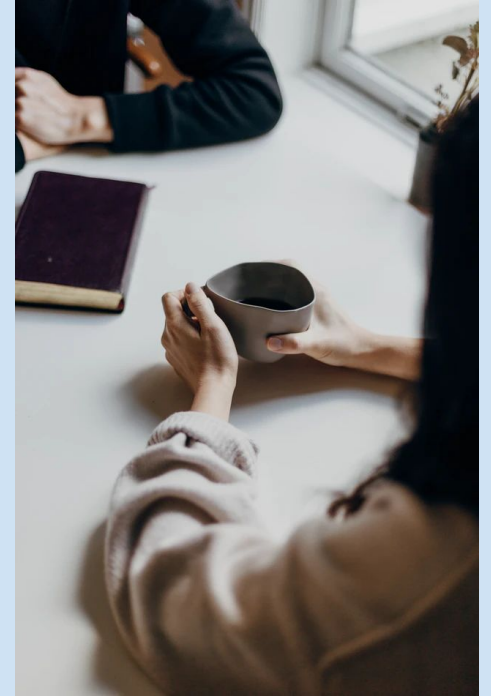
- [Bullying Free NZ](#)  
resources for whānau and support
- [Parenting - Government - Bullying](#) - ideas and support/resources
- [BULLYING IN NZ SCHOOLS: WHAT YOU NEED TO KNOW AND WHAT YOU CAN DO ABOUT IT](#)
- [Kid Spot](#) - bullying facts and figures - ideas for support



# HEALTH cont...

## COUNSELLING SERVICES

- [Wairarapa Wellness](#)
- [Changeability](#) - Counselling and Family Violence Services
- [Jeremy Logan](#) - Counselling and Meditation
- Psychology Wairarapa - Anne Harvey
- [Koha Counselling](#) - Selina Martin  
[silenamartin3@gmail.com](mailto:silenamartin3@gmail.com)  
021 947 705
- [Psychology Wairarapa](#) - adult, adolescent, children and family counselling.
- [Family Works Health Centre](#) - for parents, families, women, children and teens



# LEGAL SUPPORT

- [Wairarapa Community Law Centre](#) - We are a generalist law centre, offering free legal information and assistance to clients with legal issues.
- [Find a lawyer - Masterton](#)
- [Masterton Family Court](#)
- [Find a Legal Aid Lawyer](#)
- [Citizens Advice Bureau](#) We help people to know and understand their rights.
- [Family Works Wairarapa arrives in Masterton](#)



# EDUCATION SUPPORT

- GiftEDnz - <https://giftednz.org.nz/?src=nav> A board of gifted educators and researchers from around New Zealand who provide blog posts, promote and facilitate 'Gifted Awareness week'
- NZ Association for Gifted Children
- Support for Gifted Children
- SPELD - New Zealand's leading provider of support for children and adults with dyslexia and other specific learning disabilities.
- Learning Support - Learning Support offers individualised tutoring programmes and advice for struggling learners, their parents and teachers. We specialise in supporting students who have specific learning difficulties such as Dyslexia and Dyscalculia.

