

**Whaiwāhi
Mauri
Tau**



He kaupapa kawa e
ngā Southern Cross



Whaiwāhi Mauri Tau

He kaupapa motuhake a Hauora Aotearoa kua whakahoahoa nei e whiwhi pūkenga ai ngā tamariki me ngā rangatahi kei ngā tau 5 – 12 e pai ai ā rātou anga whakamua i roto i ngā piki me ngā heke o te ao kia ora anō ai te anamata ki a rātou. Ka whakaratohia ki roto i ngā kura e ngā kaiako motuhake, ā, e hāngai ana ki te Mātauranga Māori me ngā mātāpono o ngā Kura Māori, ngā kawenga ako e whai pūtea tautoko ana nā Southern Cross.

He haupū moni e wātea ana kia whakaakotia te hunga kaingaiao mātauranga ō wāhi kē atu pēnei me te ao oranga, hauora hoki e whai wāhi kia whakaakotia te kaupapa nei ki ngā tamariki.

Te Hotaka Whaiwahi Mauri Tau

Te poipoī i te maramatanga o roto me te whakapakari i te aronga pu me te manawa reka

Te whakatau i ngā kare a-roto/tautuhī i ngā ara whakaaroaro hei awhina, hei kaupare i a tatou

Nga Hononga me te Hakoakoa

M1

Te Hokinga Mai ki te Kainga

M2

He Koanga Ngakau Inamata

M3

He Tuatahitanga

M4

Nga Aupiki, Nga Auheke

M5

He Putau Io Eke Noa

M6

Kia Ngakau Mahaki, kia Manawanui

M7

He Hononga ki te Ao

M8

Whakapa Atu, Whakapa Mai



Whaiwāhi Mauri Tau ki ngā Kura Māori

Te āhua o te whakangungutanga

Ko tā mātou whakangungu e whakarato ana i ngā mea katoa e hiahitia e tō kura, e tō rōpū whakahaere rānei te whakatinana he kaupapa Mātauranga Māori hauora pakari nei. Ahakoa, he kaupapa hauora kē āu, tā te kaupapa Whaiwāhi Mauri Tau e kīnaki nei otiiā, e whakaū nei i ngā wheakotanga oranga me ngā kawenga. Mā te whakapakari i tō kapa, e poipoia ai ngā putanga hauora mā te hunga tamariki e mahi tahi atu rā nei koutou.

Nō Aotearoa tonu

He mea urutau a Whaiwāhi Mauri Tau e te kaupapa Pause Breath Smile nā Grant Rix i mahi, te Ringatohu o Whakangungu Whanaketanga Whaiwāhi nōna i te Mental Health Foundation o Aotearoa. I tono kōrero mātanga i ngā mātanga kei te ao mātauranga, te ao oranga hinengaro me whaiwāhi, ā, kua whakapau kaha tonu kia whakahāngai ai te kaupapa nei ki ngā uara Mātauranga Māori, ngā mātāpono me ngā take, arā ki ngā uara o Te Ao Marama o te whanaungatanga, manaakitanga, kotahitanga, ūkaipōtanga, rangatiratanga me te tohungatanga. Ko ngā kōrero me ngā rauemi mā ngā kaiako me ngā ākonga kei te reo Pākehā, kei te reo Māori anō hoki.

Kīnaki ana a Whaiwāhi Mauri Tau i Te Whare Tapa Whā, nā Tā Mason Durie whare hauora.

PLD utu kore, he mea utu katoa e Southern Cross

Tā Southern Cross i whai waewae ai a Whaiwāhi Mauri Tau kia utu kore ki ngā Kura Māori, Akomanga Rūmaki hoki, me ētahi ake rōpū whakahaere e māraurau nei e mahi ana me ngā tamariki. Ka whiwhi i ia tangata kua whakangungutia He Puka Aratohu mō Whaiwāhi Tau me te tomo ki ngā rauemi tonutanga i te ipurangi ki "Pātaka" (te rohe o te mema) o te paetukutuku PBS. E noho whakaiti ana mātou i te tautoko mai a Southern Cross i a mātou e ngana ana ki te whakapakari ake i te hauora o ngā rangatahi o Aotearoa.

He Tikanga Whaiwāhi Mauri Tau Matua

Pūkenga hauora hinengaro mō te hunga tamariki



Whaiwāhi Hā



Ko Ngā Whatumanawa



Nekehanga Whaiwāhi



Whaiwāhi-a-kai



Whakawhetai



Māhaki



Te Whare Tapa Whā



Manawa Roa

Whaiwāhi Mauri Tau PLD

Ākona, whakatinanatia, whakaratohia, whakaūngia

Awheawhe whakangungu:
Rangi kotahi ā-kanohi, ki te
ipurangi ka 4x1 ngā hāora
wāhanga te roa.

He Waka Eke Noa

Ako ai mō te oranga, ka
whakangungu i te
whaiwāhitanga ka tomo ai
ki ēTahi ake rauemi e aro
ana ki ngā kaiako.

Te Hauora o te Kaiako



He tautoko, he
whakatinana tere iho,
he pātaka matihiko e mahi ana
ki te taha o ngā He Puka Aratohu me
ngā Puka Ako Whaiwāhi Mauri Tau.

Ngā Rauemi Tautoko

E aro ana ki te
Mātauranga Māori, ā, ka
arotake haere i ia kura. He rite
ngā angitūtanga te puta ake kia whai wāhi
ki ētahi ake kaiako PBS me ngā mātanga.

Tautīnei

**“I whakaurua
atu mātou i ēnei mahi ki
roto i ā mātou mahi whare
atua, ā, i tino kite i te hononga
ki ngā atua Māori. He maha
ngā pūkenga kua akongia e ngā
tamariki, heoi ko te hua nui kua
puta, kō te kite i te whakaaro
nui o ngā tamariki ki ā
rātou anō”**

- Kaiako

He rangahau e tūāpapahia ana ki te Mātauranga Māori

He ngākau pono ana te Tarahiti PBS ki te Mātauranga Māori kia whakawhanake tonu anō i te kaupapa Whaiwāhi Mauri Tau. E tohua ana te Mātauranga Māori i te mātauranga Pasifika o onamata e whai ana kia whakapaipai ake i te ira tangata e noho iho nei ki te ao hurihuri me te whakakā ake anō i te whakahoahtanga i waenga i te tangata i te ao tūroa. He whai i te mātauranga torowhānui e rangatira ai ngā ariā ā-tinana, ā-wairua anō hoki mō tō tātou oranga, pēnei me te tinana, te hinengaro, te wairua, te mauri, te mana, te ihi me te wehi. I tēnei wā nei ko te kapa rangahau o TOIORA Ltd e whai ana i te rangahau rētō ā-tinana nei ko tāna pūtake ko ēnei:

1. E tūhura ana i ngā whakaaro Māori, āna toi me āna kōrero (whakaaro mō te ao, ūna huatau, whakataukī, pakiwaitara, ngā ihiihi me ngā mātāpono) e whakatau ai, e tautoko ai, ārahi rānei i ngā akoranga, mahi hoki a Whaiwāhi Mauri Tau.
2. Te tūhura i te turanga motuhake o te ao o ngā Toi ,ā, ko te ao o te Taonga Pūoro tonu tērā e taea ana te tautoko me te kīnaki anō i ngā mahi o Whaiwāhi Mauri Tau.

Ko ngā rangahau o mua tata kua whakaaturia mai tā te kaupapa mahi he:

- **Whakanui i te mauri tau**
- **Whakapai i te arotahinga me te aro**
- **Whakapai i te mōhiotanga ki a koe ake.**
- **Whakapai i ngā pūkenga whakatau puehu**
- **Whakawhanake i ngā tūhonohonotanga pai**
- **Whakamimiti i te toimahatanga o ngā kaiako**
- **Tā ngā raraunga e whakanui kaha ana i te ora o te hunga tamariki**
- **Whakapai i te arotahitanga, te manawanuitanga, te tautokotanga me te whakahihikotanga**
- **Whakamimiti i te anipā, te mate āwangawanga me te mate whakaaro pōuri**



**“Ka mutu
kē a Whaiwāhi Mauri
Tau! Ko te mōhiotanga o
ngā tamariki ki te whakaputa
me te whakamahi i ngā
whakaaro o te kaupapa e tau
ana. Tino mōhio ana rātou ki te
whakatau i a rātou anō i
ngā tūāhuatanga whai
wero ki a rātou.”**

-Rawiri Hindle

Whakapā mai ki coordinator@pausebreathesmile.nz kia whakarite mai!



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