

NGĀ PĀNUI | THE NEWS

HRC Te Otu Mātua Newsletter

TERM 1 2022



KUPU FROM OUR DEPARTING ĀKONGA



The end of term at HRC always brings with it a full range of big emotions to unpack and sit with.

While we feel sad to say mā te wā to our ākonga and kaiako, we also feel excited and proud as they embark on their next chapter with a new set of tools at their disposal.

What positive changes do people at home say you've made?

'They say we think you do really well when there are problems, and when you need to use mindfulness to calm you down.'

'I'm more kind, and more mature.'

'They are proud of me.'

'My mum is proud of me going to school.'

Some things I learned at HRC

'To trust people.'

'To be more tolerant towards other kids who are being ratbags.'

'How to work around situations where two or more people disagree. It's good to get input from other people so you can find the middle ground. This helps with my anger.'

Our 2022 College Value Focus

WHAIWHAKAARO | REFLECT

Kupu from our Tumuaki

Term 1 certainly was a challenging one with the arrival of Covid. At the time of writing this, 42% of students have had Covid, as have 31% of kaiako. I want to thank whānau for being understanding during this bumpy time, and kaiako for going the extra mile to cover for their colleagues who were away sick. Wearing masks is something we have had to get used to, as well as administering rapid antigen tests low and slow up the nose.

This term, we said goodbye to Teri Thorpe, night attendant, and Geoff Skinner, student advocate. Teri has been at HRC for 29 years, and Geoff was originally employed here

in the 1980s. We want to thank these two well-loved individuals for their significant contribution to the students who have passed through our doors during the decades Teri and Geoff have been part of our whānau, and for their heartfelt addition to our therapeutic culture. We wish you both all the best for your journey into retirement. Please do keep in touch.

Janine Harrington
Tumuaki Principal

“

Ngākau nui o te tangata
ka tu hei totara.
Ngākau nui o te whānau
ka oti te mahi.

We all stand strong together,
like a totara tree.

Our work is done once
whānau are together.

Hei maumaharatanga (In memory of)



Catelyn Berry 2004-2022

With deep sadness we share news of a former student's untimely passing. The following announcement is from The Press.

'BERRY, Catelyn Nicole. It is with great sadness to announce that our darling Catelyn passed away unexpectedly on April 14, 2022 at ICU, Christchurch Hospital, aged 17 years.

Dearly loved and treasured daughter of Megan and Craig, much loved sister of Mitchell, Cameron, and Colton. Catelyn, you will be forever loved and missed so dearly by all your family and friends. Messages may be addressed to The Family of the late Catelyn Berry, c/- PO Box 39001, Christchurch 8545.'

E aroha nui atu ana ki a koutou i tēnei wā.



Te Whare a Owaka



Kia ora te whānau o Otu Mātua.

This term, kaiako and nga kōtiro kept busy visiting places like Governors Bay and the Travis Wetlands. We walked around the wetlands tracks discovering all types of animals, tuna (eels), a black cat and a brown horse, just to name a few.

On hot days, nga kōtiro have enjoyed using the kura swimming pool and being squirted with the hose by the other ākongā which cooled them down.

Breanna and Arorangi enjoyed activities with the drift trikes, going to Zone 67 Gel Blast, and playing pool in Te Mapua.

**ME MAHI TAHI TĀTOU MO
TE ORANGA O TE KATOA**



**We should work together for
the wellbeing of everyone.**



Te Whare a Makonui

PEOPLE DON'T CARE WHAT
YOU KNOW, UNTIL THEY KNOW
THAT YOU CARE.



It was a busy and colourful start to the year for Makonui despite ongoing effects from the Covid restrictions.

With the limits the restrictions impose on life these days, it has meant less outings to populated public places and more outings to open air spaces. Thanks to the warmer weather, it was not difficult to encourage everyone outdoors, and it was often a blessing in disguise.

Regretfully, we had to keep visitors away which impacted on our students bringing family in to visit.

This term, we have been joined by several new students who have added to the dynamics of the house. Brodie, who was previously living next door in Huritini, loves getting out on scooters and drift trikes. Shaydin is a big tech fan who likes to have a laugh and entertain others. Leon is a keen sportsperson who regularly plays league.

There have been plenty of moments of working out differences and making amends, which is all part of our students growing in resilience, social intelligence, and communication skills.

These are important for our rangatahi growing up and moving towards larger social situations, such as mainstream schools, where they will be often tested. Of course, Makonui kaiako are always on hand to moderate the tempers, help find the words, and scaffold the attempts to build stronger relationships.

For activities this term, the drift trikes have been popular for racing, drifting, and 'cops and robbers.' When possible, kaiako get on a trike and get amongst the fun too so that our young people know that we care and we want to enter their world and see the things that are shaping their interests.

As the saying goes, 'people don't care what you know, until they know that you care.' We are always challenged to use daily life experiences to find teaching moments, find nuggets of wisdom, and expand their view of the world.

As we journey through life together, we always leave an impression on our companions.



Te Whare a Tauawa



Our rangitahi had a busy term and enjoyed being back at HRC. There were many changes during term with new kaiako coming into the whare, Covid, and transitions to new schools. Our tamariki handled every situation with kaha and maturity.

Highlights included outings to the movies, Laser Strike, Gel Blaster, Escape Rooms, go-karts, and visits to the parks.

We were excited to welcome two new tamariki. Jonah, who has whakapapa back to Ngāi Tahu, enjoys skating, jumping off the trampoline, and playing video games. Jonah who has been visiting Tauawa this term and is getting ready to stay next term. And Maverick, whose iwi is Ngāti Kahungunu, has started to learn to play the guitar. He loves music and playing Roblox and Minecraft.

But, as it always does, the end of another term rolls around fast and with it comes the time to say haere ra to some of our whānau. Elliot – who returned to HRC for a short time

before his transition – brought back his hilarious jokes to Tauawa. We said haere ra to Rhome who has been here since 2020. Rhome was our first tama to get to the top of the Poutama awards being Mana-Tu Toa. Rhome showed mana, kuhu and he awhi his peers. Rhome brought his charm and great taste in music into the whare.

Rhome and Elliot, hari ngā aroha hei korowai mō korua. I runga I ngā huarihi hou.

Kia ora koutou whānau.

Stay safe whānau.



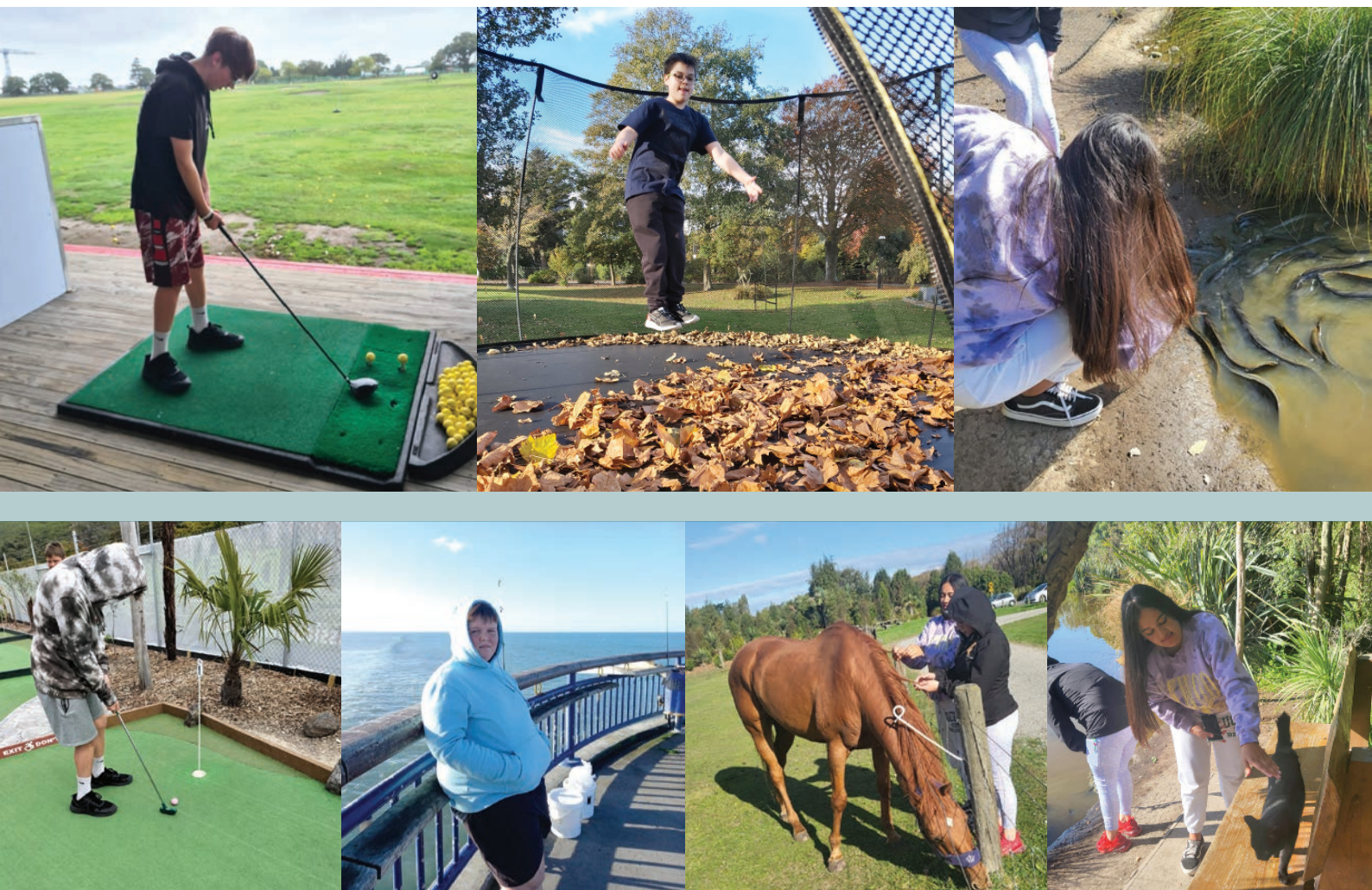
Kupu from Rhome

I've really enjoyed being back at HRC. We have gone on some really fun outings like the Escape Room, Gel Blaster, and the movies.

I really like play spotlight in the weekends with Matua, Jazz, Junior, and Elliot. We also get to play Fortnite all together which is heaps of fun.

I've really enjoyed my time at HRC and want to thank everyone who has looked after me while being here. I'm very sad about leaving but I will visit.

Education Outside the Classroom



'Meeting them where they are at to help them get to where they need to be.'

Term 1 was one with many challenges for both students and kaiako; however, it also provided learning opportunities for us all.

The performance and development (PD) training kaiako undertook last year, The Purposeful Use of Daily Life Events (DLE), has been very helpful for kaiako to create meaningful moments in our therapeutic milieu. We look forward to a refresher of the values-based and trauma-informed programme during our PD day at the beginning of Term 2.

The three HRC values relationships, reflection, and resilience are key to DLE,

and they are also central to how we work and live at HRC; they are more than just a visual on a wall.

It has been a pleasure to welcome several new students this term. The final assembly of Term 1 was a time of sadness as we said farewell to several students but also a time of pride as we celebrated their achievements.

We wish those students well in the next stage of their lives and look forward to catching up and hearing how they have continued the learning from HRC.

It has been wonderful to hear from several former students this term

with their reflections on their time at HRC. Common themes from their best memories are the friendships they developed and the fun activities they did whilst here. Another common theme was wishing they tried harder; something I am sure is good advice for us all.

I recently saw this quote from Child and Youth Care which is helpful for all who interact with young people.

'Meeting them where they are at to help them get to where they need to be.'

Jon Purdue
Associate Principal Residential

Raumata

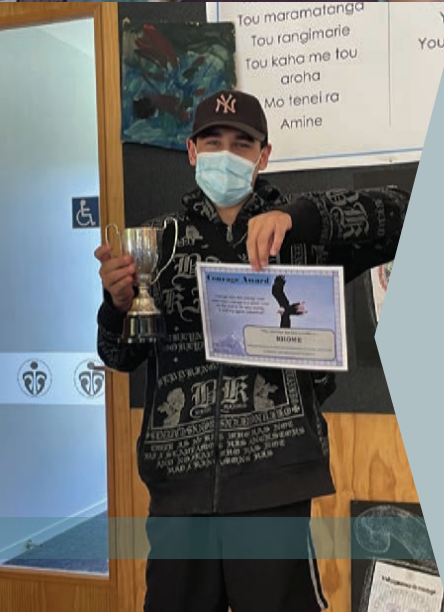
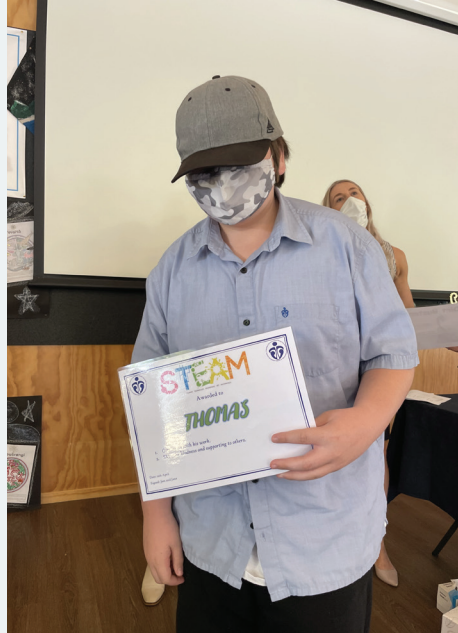
Teacher: Jess Grenfell
Teacher Assistant: Jane Robb

What a massive start to the term it was. We welcomed a new student, Leon, into class. He has enjoyed his time at HRC and loves having the dogs, Bailey and Nala, in the classroom.

That pesky Covid got in the way again and stopped us from doing some of our normal extra-curricular activities such as Wednesday sport.

Our Term 1 focus was growth mindset teaching us to embrace challenges when faced with adversity. We had a great time and learned a lot. We also focused on First Aid, PE, friendship skills and S.T.E.A.M activities.

On a sad note, we farewelled Rhome who is beginning a new chapter in his life by starting high school in Term 2. Raumata kaiako wish him all the best for his new challenge. We are proud of the courage and perseverance Rhome has shown during his transition to high school.



Kupu from Rhome

When I came to HRC I needed to learn to respect people, and improve my maths and handwriting.

At HRC I learned to be helpful, more respectful, and kind to others.

I never thought I would go ice skating, hiking and fishing, or have so much fun on the drift trikes.

My family say they are proud of me.



Te Puna Wai

Teacher: Andy Dickison, Nicole Todd
Teacher Assistant: Cassidy Robb, Lee Tacon



Kupu from Brodie

When I came to HRC I needed to learn to work on my behaviour such as violence, bullying, and sharing with other young people.

At HRC I learned to trust people and be helpful to others, and I practiced mountain biking skills.

I never thought I would be able to go mountain biking, ride electric drift trikes, or go on big walks up hills.

My mum is proud of me for going to school, and she can see that I am doing better.



The focus in Te Puna Wai for Term 1 was supporting the transition of new learners into HRC. We welcomed Breanna, Shaydin, Arorangi, Jonah, and Maverick, and we managed to provide a safe and settled transition for our learners. In order to support these young people, we provided a predictable programme with strong routines and rituals. Mornings were used to connect with each other and ensured that we all had our emotions under control. We learned how to assess how we were feeling through graphing our energy levels and pleasant feelings. This resulted in the whole team, including the teachers and TAs, to verbalise what was happening for them.

We facilitated some S.T.E.A.M activities where our learners built bridges and small boxes, and we also designed and developed small houses and structures that we are still working on. We learned to improvise using a limited amount of wood, and we all managed cutting, joining, gluing, and collaborating in a safe manner. We enjoyed our time working in the art room, and utilising this space assisted in maintaining a settled group dynamic.

Shaydin discovered that hot glue really is extremely hot, and if it ends up on your skin to try and get to cold water quickly. Thankfully, we all did a First Aid course earlier in the term.

We worked hard at providing many positive experiences outside of the classroom by visiting different areas of Christchurch including Scarborough Park, the Rail Trail mountain bike track, Halswell Quarry, Travis Wetland, and the fruit trees in the Red Zone; but it was the last class outing that was the highlight of the term. We went to Taylors Mistake and built huts on the beach, threw sticks into the sea, explored the rock pools, discovered another bay, and played freely in the sand. Everyone interacted positively, and we finished the day with hot chips and tomato sauce.



Te Puna Wai continued



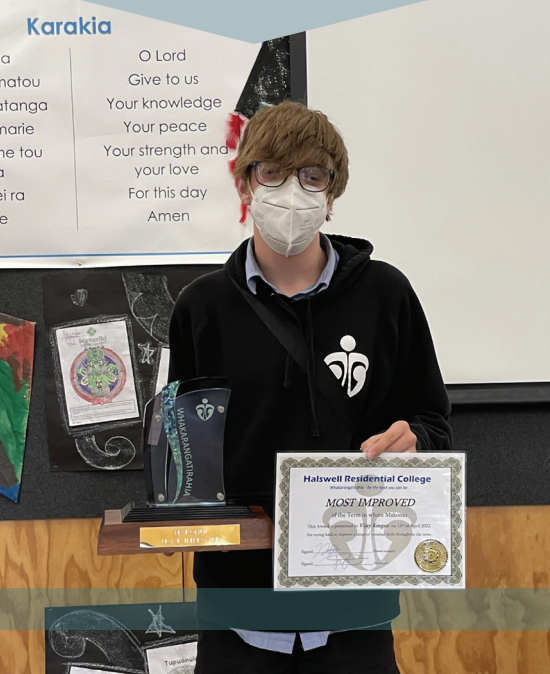
Kupu from Vijay

When I came to HRC I needed to learn to be better in school and at home.

At HRC I learned to have good manners and resilience - I can stay calm (most of the time).

I never thought I would change. I thought I might just keep doing negative stuff. I'm more mature now. I also thought I would never go to a trampoline park.

My family say I'm definitely a lot different. I'm more kind and mature.



Karakia

O Lord
Give to us
Your knowledge
Your peace
Your strength and
your love
For this day
Amen

Kawatea

Teacher: Sarah Hall

Teacher Assistant: Ruth Baker, Jan Wicksteed and Cassidy Robb

This term we started with our full complement of Kawatea students – Travis, Ryder, Dysharn, James and Rival-Reign, supported by Sarah, Jan, and Cass.

During the term, we farewelled Jan, who left to pursue a teaching career; Cass, who moved into another class; and we welcomed Ruth to Kawatea.

Our focus in Kawatea was to maintain good work habits as the students practiced for returning to mainstream schools. Ryder was given the opportunity to put his learning to use when he transitioned back to his enrolling school. We hope Ryder continues to practice his good work habits and self-regulation strategies. We also farewelled James who left HRC with a new pathway of learning in the community. We wish James and his whānau all the best.

With the lovely end-of-summer weather, the remaining boys enjoyed spending time outdoors in the playground, exploring our old horticulture area, and

immersing themselves in water play. It was a shame when the term ended earlier than scheduled due to Covid hitting Christchurch and affecting the ability to have all students in classes. We were grateful for the supportive whānau who had their children home longer than expected.

As we finished Term 1, there was a strong sense of change for all in Kawatea as we prepare for the end of the pilot. Our future focus is on planning and preparing our remaining students who are due to transition out mid-Term 2.



Bike track brilliance!



Bullying-Free NZ

WHAT IS BULLYING?

WHAT IS BULLYING?

Bullying is when someone...

Keeps picking on you again and again	Makes fun of you a lot
Tells other kids not to be your friend	Tries to make you feel bad about who you are
Tells nasty stories about you	Keeps hitting or pushing you around

Bullying can happen...

TO ANYBODY

ANYTIME

ANYWHERE

ANY WAY

I AM BEING BULLIED

What can I do?

Ignore it - walk away	Stay cool and calm	Get help - don't keep it a secret	Talk to someone you can trust - a teacher, parent, friend
Ignore it - walk away	Stay cool and calm	Keep safe - fighting back can make it worse	It's OK to feel scared - telling is the right thing to do

If you are being bullied, it's NOT your fault...

ABSOLUTELY NOT!

NEVER!

NO WAY!

NŌWHEA!

BEING BULLIED MAKES YOU FEEL...

Sad	Scared	Lonely	Sick
Hurt	Angry	Embarrassed	Don't want to go to school

IF YOU SEE BULLYING...

Walk away and tell an adult

Don't laugh and join in

Be kind to the kid being bullied - show them you care

Take them away from the bullying

Tell them no one deserves to be bullied

Ask the kid being bullied to join in with you and your friends

BULLYING? NOT AT OUR SCHOOL!

Speak Up

Be a Friend

Manaaki

Tiaki

Listen

Include

My child is being bullied. What should I do?

Bullying has been compared to brainwashing, with the targets ending up believing that somehow they deserve to be bullied. They feel vulnerable and helpless. Their self-esteem may have been seriously damaged, especially if the bullying has been going on for some time.

Recognising the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

It's important to talk with your child if they are showing signs of being bullied. Take whatever your child says seriously and find out exactly what has been going on.

Understand

Children who are being bullied are often frightened to talk about what is happening, either because they have been threatened or because they fear adult interference will make things worse. Be prepared for your child to deny that there is anything wrong.

Encourage

Encourage your child by saying that you are concerned and that you want to help and support them, whatever the problem, and that you can work together to solve this problem.

Reassure

Reassure your child that the bullying is not their fault. Many children blame themselves and this may make them feel even worse.

Ask

Ask your child what they want to do about it and how you can help.

An important part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation. Make time to sit down and talk about your child's ideas, feelings, and solutions.

Further information and guidance is available on the below website.

Fire, wind, and water

In addition to our sensory room and pathways, a new sensory garden has been completed to recognise all the children that have passed over the land at HRC Te Otu Mātua.

The newly established sensory zone outside of Te Mapua is aimed at engaging the five basic senses:

Sight: a simplistic and symmetrical garden design promotes a calming energy.

Smell: plantings include scented geranium, lavender, rosemary, and a bay tree.

Sound: running water, and wind chimes in a nearby tree.

Touch: different textures of plants, running water over the concrete ball, smooth wood and rough concrete.

Taste: wild strawberries, rosemary, oregano, and other herbs.

In addition to this zone, we also have a new fire pit where kaiako and ākongā come together to korero, share stories, and toast marshmallows.



Dates for the diary

Board of Trustees Meeting

Friday 1 July 2022, Video-conference

Term 2 Travel Out Day

Friday 8 July

Term 3 Travel In Day

Tuesday 26 July

Haere mai



Kirstyn Ford
Teacher



Michael Pudney
Night Staff

Enrolments at HRC

Who makes the application?

Applications can only be made by the young person's learning support provider in their home region. This could be a Resource Teacher Learning and Behaviour (RTLb), a Ministry specialist, or a day specialist or fund-holder school.

Please contact our student coordinator if you have any questions about the enrolment process, or if you would like to arrange a time to visit.

Anna McCoy, Student Coordinator
03 339 7802 | annamccoy@halswellcollege.com

www.halswellcollege.com