

Taku Wairua

by THE WATERBOY



KURA PROGRAM

PARENT/CAREGIVER INFORMATION PACK

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Charity Services Number: CC55070

Kia ora, hello, and congratulations!

Your child has been selected to participate in the Taku Wairua Kura Program at school.

Taku Wairua is a personal development program that focuses on four pillars of well being.

The Taku Wairua team will be visiting your school once per week or once per fortnight depending on your kura to deliver Taku Wairua to a group of students, including your child.

This information booklet is here to tell you about the Taku Wairua Program and how you can best support your child to have the best possible Taku Wairua experience.

What your child can gain from participating in Taku Wairua

Students can:

- Develop a stronger sense of belonging and stronger sense of identity through learning about their whakapapa (ancestry) and pepeha (places of significance).
- Increase self-awareness through identifying one's strengths, values, abilities, and words that describe them.
- Learn the importance and benefits of setting goals.
- Learn how to set goals.
- Learn and experience the power of kindness, giving, and volunteering.
- Understand that all aspects of self are just their present self, and that all aspects can be changed with nurture, and evolved through focus and intent (growth mindset principles).

Taku Wairua Background

The program was developed initially by Thomas Nabbs, founder of The WaterBoy, when he discovered common deficiencies in the youth he was mentoring through The WaterBoy program.

Since Thomas' initial creation of the program, it has been evolved with the support of life coaches, mentors, primary teaching experts and former clinical psychologist and high performance psychologist, David Galbraith.

David has worked closely with Oranga Tamariki and served to support youth in the Youth Justice process for over 15 years.

He has also worked with a large number of high performance individuals including New Zealand Olympians, Chiefs & Highlanders Rugby, Japan Rugby, and many business leaders.

Te Tamawai Trust is now in a position to offer delivery of this program to a wider range of schools, to be able to positively impact more students and more communities.

We look forward to working with your child this year.

The four main pillars:



Belonging
Tāku Mātaoneone



Self Discovery
Ko Wai Au



Goal Setting
Tautuhinga Whāinga



Citizenship
Mahi ā Tāngata

Program delivery overview

Your child is participating in Taku Wairua this year.

Your child may need your support from time to time to give them the best learning and development experience.

They will have some activities to complete. Your support with these activities would be appreciated and beneficial to your child's future.

What activities will you be asked to support with?



Belonging Pillar

Why is this important?

Belonging and Identity is the first pillar of Taku Wairua. It is important because we believe everyone's sense of belonging is increased when they feel connected to people, their whānau and the land.

We think it's important that everyone has a place to call home. We believe that everyone needs to feel as though they can put context and purpose to their existence and we look to the past to learn values and lessons for the future. The whole purpose of this pillar is to draw pride and connection from our past and to have a place we feel connected to, and a place to call home.

What will I need to do to support my child with this pillar?

Pepeha

Your child may bring home a pepeha sheet. If you are of Māori heritage, this is a way of explaining to people where you call home and being proud of your connection to the land and nature.

We use the Pepeha principle from Māori culture, because we believe it is important for EVERYONE to know of and have a place they call home, to learn and understand their connection with nature, and to have pride in their culture and natural environment. We ask that you help them to fill in all the locations on this sheet. Land, rivers, mountains, ocean, and natural environment.

If you are of māori heritage, you may like to ask your kaumatua to help you with your own Pepeha research. We would also encourage you to visit those landmarks that are significant to you if you are able to do so.

If you are not of Māori descent, we encourage you to pick landmarks that are special to you and that you wish to pay particular love and attention to throughout your life. Like anything, you get out what you put in, and if you choose to pay attention to significant landmarks in your Pepeha, we believe it will help to soothe your soul and help you and your child to become more wholesome, grounded, healthier people.

Whakapapa

Your child may bring home a Whakapapa (family tree) sheet. We ask that you help them to fill in all the names on this sheet, going back as far as you can.

Tips

Please try to tell your child a little bit about each ancestor, as well as yourself. We want your child to feel connected to and proud of their past. Hearing stories about their ancestors and learning about them helps increase their pride and connection to who and where they come from.

Things you may research and discuss with your child about each ancestor (if applicable).

- Where were they born?
- Where did they grow up?
- What did they do for a job?
- What were some of their greatest life achievements?
- What were some of their childhood memories?
- What were/are some of their traits and values?
- How did they meet their spouse?
- Where are they buried? (if applicable)

Please look to include maiden names of ancestors where possible.

A maiden name is the last name of someone before they got married and changed their last name.

What are some challenges that I may face with this task?

Lots of families may encounter difficult conversations when talking about some of their ancestors. Here are some common challenges that may arise when discussing your family, along with some tips and comments that can support these discussions.

Challenge	Tips for overcoming this challenge	Comments
<p>I don't know the names of our ancestors</p>	<p>Try to contact extended family members and see what they know.</p> <p>If you try to research and still can't fill in the name spaces on the family tree, don't worry.</p>	<p>This is a great opportunity to spend quality time with grandparents talking about the past.</p> <p>Some people choose to record these conversations to preserve for the future!</p>
<p>My child does not live with their birth parents and/or does not know their birth parent/s</p>	<p>If you wish, you can choose to focus on one parent's side of the tree, or use the child's adopted family tree.</p>	<p>Family is stronger than blood!</p> <p>You do not need to be connected biologically to be family or whānau.</p>
<p>Our family has an awful history that we are trying to forget about.</p> <p>We are not proud of our family's past.</p>	<p>Only you can be the judge of this situation.</p> <p>Perhaps you choose to fill in the names without getting too much into the stories.</p> <p>The whole purpose of researching our Whakapapa is to attain connection and pride.</p> <p>You and your child may still attain pride from past family challenges by choosing to frame that to be a challenge you have overcome as a family.</p> <p>Example: Your family may have had criminal activity, trauma, unexpected death, or incest.</p> <p>You may choose the perspective that "Despite these challenges, you are still here today and still fighting strong".</p> <p>If you can overcome these challenges in your past, there are not many challenges that you can not overcome in the future!</p> <p><i>This is also a great opportunity to acknowledge self and family for overcoming (in part or whole) your family's challenges.</i></p>	<p>There is light and dark in all of us.</p> <p>There are great things and imperfections in all of us.</p> <p>If you are going to unveil some imperfections, it can be worthwhile letting children know that nobody is perfect.</p> <p>As a parent/caregiver you need to be the gatekeeper of the stories you tell your child and we respect the use of your judgement to filter the stories of what are appropriate based on their age and maturity.</p>
<p>There are some things in our past I have not yet told my child and I do not know how to tell them</p>	<p>As above, you need to be the gatekeeper for what is appropriate to tell your child.</p> <p>If you feel as though they have reached a maturity that you wish to tell them a bit more about their family past, make sure they are in an environment where they can process it properly and that you have time to answer any questions they may have.</p> <p>It may be a good idea to ask for support from a friend or family member if you feel as though you aren't prepared to have such conversations yet.</p>	



Self Discovery Pillar

Why is this important?

Self discovery is important to bring the subconscious thoughts to the front of the brain and help to make participants more self aware.

Self awareness is hugely important in the modern world and we will create discussions, activities, and tasks that help bring to the fore a greater awareness of your child’s strengths, abilities, values, and traits.

As mentioned in our introduction, we have a strong emphasis on “Growth Mindset” principles in this pillar, and we communicate repetitively that strengths, weaknesses, talents and traits are only a reflection of the current situation and any of those can be improved upon or changed with hard work, intent and focus.

Example: With hard work, intent, and focus we can choose to become more tolerant and understanding of others if we choose to do so.

The whole purpose of this pillar is to draw Self Awareness about our current self and reflect on the type of person we want to become in the future.

What will I need to do to support my child with this pillar?

The “three words that best describe me?” question:

Your child may ask for your help and support in giving them three words that best describe them.

It can be fun to do this activity as individuals for all of your family. By doing this, all members of your family are getting feedback about them from people who know them well.

Tip: Please note, whatever words you use to describe your child in this activity will sit with them for many years to come. Please choose words that will boost their self-esteem and they can be proud of!

Three values that are important to me

Your child may ask for support in finding values that are important to them.

A great way of communicating values is through story telling. Tell stories (preferably true ones) about how some of their ancestors, as well as yourself, demonstrated their values. Ask your child to try and identify what values those ancestors showed in that story.

Once you have told a few different stories, ask what values they think are most important to them.

By engaging with your child this way, they will learn about those values while also getting a sense of pride from understanding that their whānau also lived those values.

We believe that by hearing stories about their ancestors and learning about the values they lived by, that they will then be more likely to live those values themselves.

Know and Love online quiz

The Know and Love personality test is a great tool for helping increase self awareness.

Completing the Know and Love personality test is a great way for us to learn more about ourselves and who we are. It is an extension on what we have already been teaching in class. We also encourage parents and caregivers to take the test themselves before setting aside a small amount of time to help your child with this if they need support.

Note, almost all primary-aged students are too young to take this online assessment without the support of an adult. We would encourage adults to take it for themselves first, and then set aside some time to help do it with your children.

Google search: Know and Love Personality Test to find the url <https://knowandlove.com/> and take the quiz.



Goal Setting Pillar

Why is this important?

Without being purposeful about what we want to do with our lives, many people leave their life situation to chance.

Goal Setting is a way of taking control of the future and ensuring that we, as individuals, firstly state what we want to happen, and then go about putting in action steps to achieving them.

In Goal Setting, we discuss:

- The importance of setting goals
- The benefits of setting goals
- How to set goals

We draw upon some of the things identified in the Self Discovery section to set goals around turning ourselves into the people we want to be in the future.

Whilst some students will achieve the goals they set for themselves, we understand that many primary-aged students will not follow through with the goals they set. However, at this age, the purpose of this pillar is more about learning why setting goals is important, and how to set goals, than the actual follow through of doing it.

For those who are dedicated to following through on the goals they set, there is a 100 day action chart in their Taku Wairua handbook to record progress of tasks they have completed toward achieving their goal.

What will I need to do to support my child with this pillar?

Why don't you have a go at setting a 100 day goal too?

You can either set a joint goal with your child and work on something together, or you can set individual goals and check in on a daily basis with your child.

We set 100 day goals because it is a timeframe that is long enough to achieve something really impactful and meaningful, yet short enough that every day counts! Check in with your child every day, and set a good example by writing down actions you've taken toward achieving your goal every day.

Even if you do not take an action, make sure you write that down in your diary/daily action chart.



Citizenship Pillar

Why is this important?

Citizenship, the final pillar of Taku Wairua, is all about teaching our tamariki the benefits of giving, volunteering, being a community contributor and looking after our environment.

We aim to help our students understand the importance of helping others without expecting anything in return, and the happiness that comes from doing so with both the people they are helping and themselves as an individual too

What will I need to do to support my child with this pillar?

In the final session of the Taku Wairua program, your child will be participating in an offsite volunteering excursion within the Waikato community.

These volunteering days are designed to let kids experience how fulfilled and satisfied they feel when they help other people or support a cause that benefits the community or environment.

Example volunteering excursions could include, but are not limited to;

- Cleaning up rubbish near waterways and other neglected public areas
- Planting trees on farms
- Planting fruit trees and vegetable gardens in community spaces for public consumption
- Giving volunteer service to help with maintenance at local community halls or Marae
- Visiting older folk in retirement villages
- Making presents, and giving gifts for Kids in Need Waikato

If you would like to be a part of the volunteering excursion trip, please let your child's teacher know. Your help and support on this day would be hugely beneficial and greatly appreciated.

Please note, similar to going on school camp - all parents supporting us on this trip will need to be vetted in accordance with your school policy.

A massive thank you to our sponsors:



Otorohanga Lions



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