



He Huarahi Tamariki

SCHOOL FOR TEENAGE PARENTS - TERM 3 2021

Making Kawakawa Balm

During the week of Te Wiki o te Reo Māori we went for a walk in the bush at the Wilf Mexted Scenic Reserve. We had Riki with us and he was teaching us about rongoā (traditional māori medicine). We were there to collect kawakawa leaves to make a healing balm.

Riki invited us to start by saying a karakia to acknowledge that we were taking something from the bush and and to say what we were going to use it for. We then collected the nice big kawakawa leaves with lots of holes in them. This meant they were healthy because the caterpillars had chosen to eat them.

We brought the leaves back to school to soak in olive oil for at least 24 hours. This allowed the olive oil to be infused with the kawakawa leaves and to take on some of the healing properties of the plant.

The next day at school, we strained the oil to remove the leaves, then we heated it up and added beeswax and lavender oil. The beeswax was from a

local producer and hadn't been processed, which meant it still had some bee carcasses in it. Once it was all melted, we strained them out.

We had sterilised glass jars in the oven and while they were still hot we poured the balm into them. Overnight as it cooled it solidified so it was ready to use the next day. We had all been able to make enough balm to have some to keep and some to give away to friends and family. This was the best part of the whole activity.

We would like to give a big shout out to Matua Riki and Whaea Fiona for organising all of this and to the other staff who helped out with the melting and mixing.

Bridget Martin

If you would like to have a go at making Kawakawa balm you will need 10 large kawakawa leaves (preferably with holes), 2 cups of olive oil, 200 gm of beeswax, Lavender oil or another essential oil as preferred. This video is a really good 'how to' resource [#WhānauLiving - Beauty Balms](#)



Left to Right: Karissa, Millie, Shanaia, Bree & Georgia collecting kawakawa leaves; soaking the leaves in oil; melting the beeswax into the hot oil; the finished balm cooling in jars.



Below Right: Our kawakawa balm ready to use and give away.

Lockdown Lives (continued inside)

Lockdown Level 4 came suddenly this time around and thankfully it was not too long before we were at Level 3 and then back at school. During the time at home, we all tried to stay connected and took time to share what we were doing with each other. Here are some snippets of what we got up to.



Tēnā koutou katoa

*E ngaki ana a mua, e tōtō mai ana a muri
First clear the weeds, then plant.
Make time for mind-weeding*

This term has certainly been an unusual one – with many positives and some enforced time away from school. Like the rest of Aotearoa, Level 4 Lockdown took us by surprise and we stayed home, stayed safe and were kind to ourselves, our whānau and others.

The whakataukī that I share this term is one that speaks to the concept of wairua - of being connected to everything in the universe. Just like the māra (garden), the mind-body-wairua (spirit) system needs regular weeding. During these uncertain and unusual Covid-19 times we are living in it is useful to take a moment to gently and kindly examine the thoughts and feelings that we internalise that are not serving us or our values. What is most important to you? What do you want to contribute to the world around you?

Coming back to school from lockdown has been a time of weeding, of reflecting on the values and habits that are no longer serving us, so we can plant new seeds in time for Spring.

We are all looking forward to a successful term four, and our end of year celebrations of success.

Ngā mihi nui, Paula Hay



Staff News

Staff were looking forward to attending the ATPENZ (Association of Teen Parent Educators NZ) Conference and AGM in Napier. Unfortunately this was scheduled for the first weekend we all spent in Lockdown Level 4 so it was cancelled.

We are pleased to announce we have filled the position left vacant by Caro Atkinson's departure. Jackie Agalawatta will be joining us as a counsellor 1 day a week next term and full-time in 2022.

Welcome to our New Babies!

Caci, a boy – Nas
Akeila, a girl – Lisiana
Pare, a boy – Harlow
Moana, a girl – Teorere-Marie



Kapa Haka Regionals



At the end of Term 2 we had a great day out at Te Whakataetae Kapa Haka Kura Tuarua Te Whanganui a Tara ki Ōtaki. The level of the performances was outstanding and we enjoyed watching Ngā Taiohi o Te Rāwhiti o Te Ūpoko o Te Ika from Wellington East Girls College and celebrating their subsequent placements. It was also a great opportunity to connect with our wider He Huarahi Tamariki whānau as we met up with Kohine (who is currently on study leave) and Che'-Zahn (who was on maternity leave).

Top: Bree, Charniqua and Akeila.
Middle: Maria, Nakita and Catherine
Bottom: Karissa and Lexus.

Student Contribution – Static Image



Work by Lydia McIntyre (above)

Matariki Celebrations

At the end of Term 2 we spent a week celebrating Matariki with a range of activities. We did raranga (weaving) and made stars. We also experimented with kēmu Māori, including making our own takawairore. We were even lucky enough to have hangi for lunch. Thank you Jaz! The week culminated in a celebratory hākari (feast) which we shared with Kids Count. There were activities for the children and special food to enjoy. You can see from the photos how much fun we all had.



Far Left: Some of the takawairore and whetu raranga we made.
Left: Catherine and Millie making whetu raranga.

Right: Our delicious Hāngī
Below: Our shared Hākari with Kids Count.



Above Right to Left: Catherine with Aolele decorating her biscuit, Timothy and his hākari, Brooklyn enjoying her biscuit.

Left: Marika concentrating on decorating her biscuits.

Right: Leo and his hākari.

Middle Right: Dahlia with Manuel at the biscuit table.

Far Right: Millie icing biscuits with Teariki.



Lockdown Lives (cont'd)



When you are a parent, life is all about your children. That's one thing Lockdown doesn't change!

Graduate Lunch

At the end of last term, we had our first ever He Huarahi Tamariki Graduate Lunch. It was very successful, with a number of past students, some of whom we hadn't seen for a while, coming in to connect with us. We see this as a great opportunity to develop and maintain ongoing relationships with our graduates which will help ensure we are providing transition support where we can and getting to share celebrating successes big and small!

Another great benefit to these lunches is that our current students can check out what graduates are up to and get a window into what life after He Huarahi Tamariki can be like.

Graduate Lunches will be a regular event in our calendar. The next one will be coming up in Term 4.

A big thank you goes out to Christine Barris in her role as Graduate and Trust Liaison for establishing this event and thank you to the He Huarahi Tamariki Trust for the support they provide in this area.

If you are a He Huarahi Tamariki graduate and haven't been in touch with Christine yet, drop her a line on graduates@hht.school.nz, we'd love to hear from you.



Sam Beattie (2019) & Anais Ngaronga-Pound (2019); Michael Valach (2021) with Rose; Yvie Ward (2020) with Noah; Mary Turua (2018) with Dahlia.

Graduate Update

My name is Stephanie and I attended He Huarahi Tamariki in 2011 and graduated in 2012 with my son Carlos who is now 9 years old.

During my time at He Huarahi Tamariki I was given the opportunity to do a Gateway Programme one day a week with the Bank of New Zealand. Once I graduated, I was offered a part-time job with BNZ Porirua. After a few months, I was offered full-time work between Porirua and Tawa branches as a bank teller.

I stayed with BNZ for 2 years before I decided I needed a new challenge in life and successfully got a job at ANZ New Zealand as a service consultant in their contact centre. I have been with ANZ New Zealand for 7 years now and have worked my way through a variety of different roles from service consultant, Step Up team leader, Trainer, Subject Matter Specialist, to Project Tester. I am now settled into my current role as a Case Manager for Deceased Estates.

Since leaving He Huarahi Tamariki I met my now husband, whom I married on 25th January 2020. We welcomed our baby girl Isabella into the world in November 2020. We call her our Tahitian baby, as she was a honeymoon baby conceived while we were in Tahiti. You will see her hanging around Kids Count (formerly the Griffin School).

It's definitely lovely being back in the school grounds seeing old faces and having my baby looked after by teachers who also looked after her big brother.

For the last few years, my husband and I have spent time renovating both our first homes. We sold our last home earlier this year, and are now building our dream home in the Wairarapa. We hope to have it finished by December 2022.



Stephanie and her family

Donations towards the work of the school are always welcome and donations to the scholarship fund can be made to the HHT Trust. Either of these are tax deductible and a receipt will be sent to you.

A very big thank you to all the public and private donors who have supported us recently. Your donations are very much appreciated.

Thank you to Jenifer Kerr, Gawith-Deans Family Trust, Sandra Orpin, Levin Catholic Women's League, Renee Parker, Kiwi Community Assistance, Dignity, Beanies for Babies, Pregnancy Help, Shift, Loved for Life, St Andrews Church Plimmerton, Compassion Soup Kitchen, and the many others who donate used equipment and clothing.

If you have changed address or would like the newsletter emailed to you, please contact us via info@hht.school.nz

Our host school is Wellington East Girls' College - Principal: Gael Ashworth



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“Of course you can do it”