

ECE Newsletter

Term 1, 2025

SUMMMER

With the sun high in a bright blue sky, head out and explore our native flora and fauna. Our native birds are uniquely special for so many reasons.



TARARUA REAP
Rural Education Activities Programme

 15 Gordon Street, Dannevirke
 06 374 6565
 office@tararuareap.co.nz
 www.tararuareap.co.nz  





Mel Oliver

Education Support Coordinator

Nau mai, haere mai!

I hope you've had a fabulous summer break and start to 2025; it sure has flown by!

We had a great finish to 2024 with Christmas in the Park joined by the fire service bringing Santa/ Hana Kōkō, police and many other community groups supporting our children. There was a big turnout and many happy faces. The feedback was awesome and continues to help us determine what services we can provide for families and tamariki in the region.

This term our focus will be on "Communication and Belonging." To support this focus, we are basing our activities around New Zealand birds with a New Zealand bird book, puzzles, and crafts. We are making our own bird feeders to encourage more birds into our gardens.

I'm looking forward to working with you and seeing you all during term one.

Ka kite anō, *Mel*



New Zealand Birds

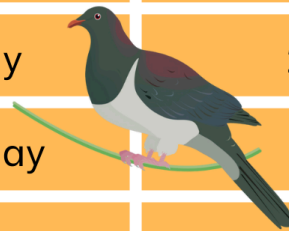
TERM ONE 2025 – DELIVERED BY MEL OLIVER



This term our focus is on oral language, literacy, science and the wider world! This includes a storybook, bird songs, puzzles, making a bird feeder and a craft activity.



Play Groups	Day	Date
Te Whare Koha Playgroup	Wednesday	5 Feb
Tots and Toddlers	Monday	10 Feb
Ruahine Playgroup	Tuesday	11 Feb
Sprouts	Wednesday	19 Feb
Building Blocks Dannevirke	Thursday	20 Feb
Te Kōhanga Reo o Atawhai	Tuesday	25 Feb
Te Kōhanga Reo o Kaitoki	Wednesday	26 Feb
Ti Tree Point	Wednesday	5 March
Woodville Playcentre	Tuesday	25 March
Building Blocks Woodville	Thursday	27 March
Kumeroa-Hopelands Playgroup	Wednesday	2 April
Takapau Playcentre	Wednesday	9 April



TE WHARIKI STRAND

Mana whenua
Belonging

Mana reo
Communication

GOAL

Connecting links with the family and the wider world are affirmed and extended

Develop verbal communication skills



LEARNING OUTCOME

Making connections between people, places and things in their world

Incorporating the use of counting, colours, early literacy and oral language



Rapunga Hohenga



He rōku, he taiepa, he rākau
takoto kia tū taurite, hei
whakawhitinga rānei māu

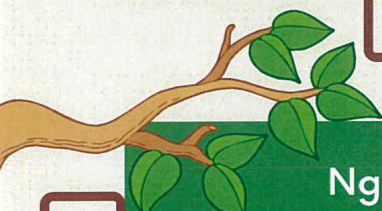
He puke hei
takaporeporetanga
māu



He wāhi
puhinga māu



He puke hei hekenga
(kahurapatia ō ringa
pēnei he parirau)



Ngōki
ki
raro
mauhī



He rākau hei
patu toka
(pēnei i te
haupoi)



Kia peke iho i
tētahi toka, i
tētahi tumu
rākau rānei



He wāhi tīraha, kia āta
mātaki kapua, kia
whakarongo
ki ngā manu



He tūranga
tāpuhipuhi



He rākau
hei
pikinga
māu



He
ara
piupiu



He ara
hīkoi hei
hītekitekitanga
māu



Katohia
putiputi mā
tētahi tino
tangata



Tāngia he
taonga
taiao.



He
tārere
māu



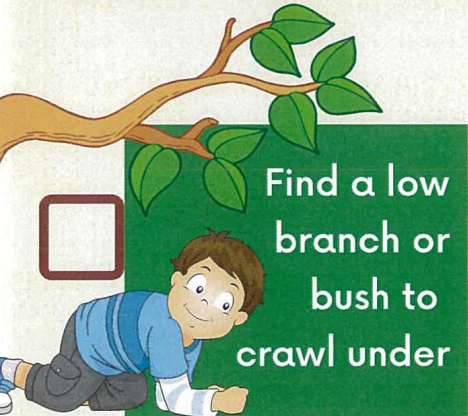
Actions in Nature

Challenge

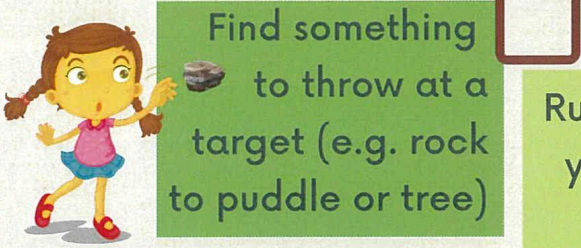


Find something to balance on and walk across (e.g. log, fence)

Find a hill to roll down

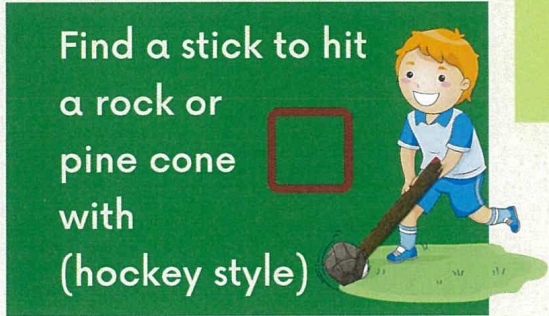


Find a low branch or bush to crawl under

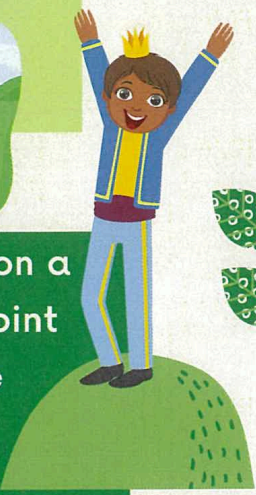


Find something to throw at a target (e.g. rock to puddle or tree)

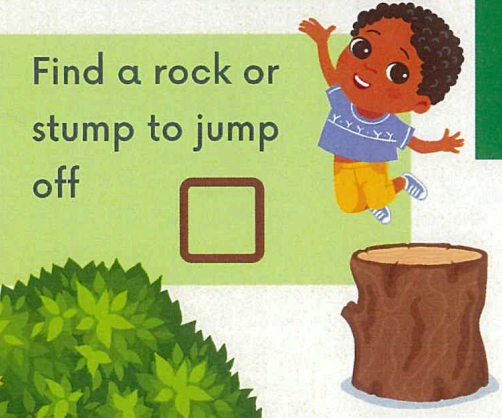
Run down a hill with your arms out like you are flying



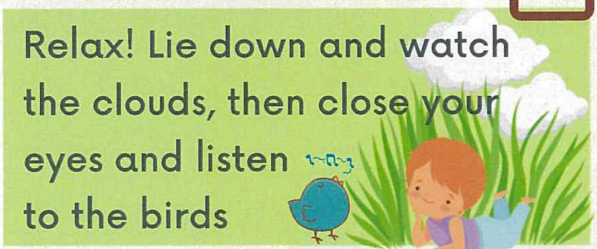
Find a stick to hit a rock or pine cone with (hockey style)



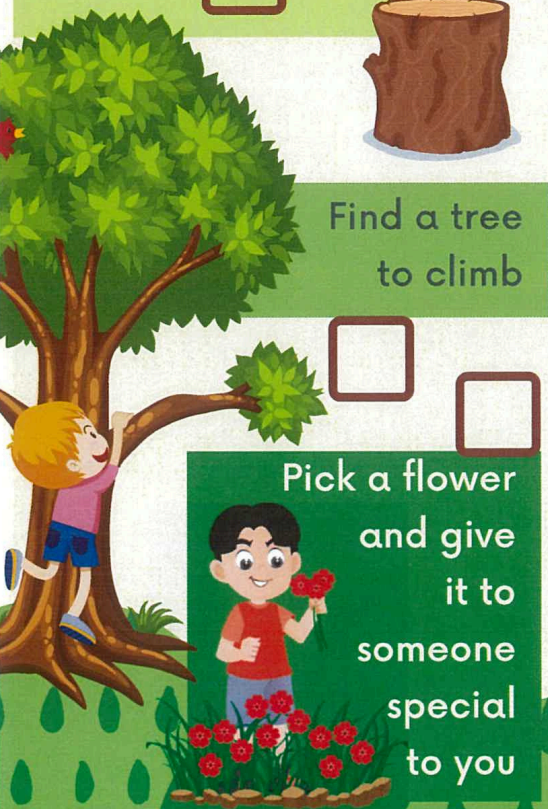
Stand on a high point and be 'King of the Castle'



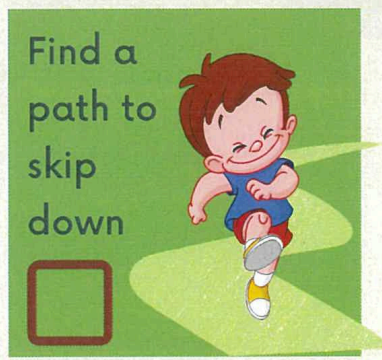
Find a rock or stump to jump off



Relax! Lie down and watch the clouds, then close your eyes and listen to the birds



Find a tree to climb



Find a path to skip down

Find something to hop over (hopscotch style) e.g. cracks in the pavement, cobblestones



Swing above the ground



Pick a flower and give it to someone special to you



Find a natural treasure and draw it



How many native birds can you find?



Where does our food come from?

Draw a line to show where these foods come from!



Loading Up the Lunchbox



Children need a variety of healthy food to learn and grow. Try to choose foods from each of the four groups below, every day.

Fruit and Vegetables



Peeled and sliced cucumber



Sliced mandarin



Sliced Apple



Cooked or grated carrot



Sliced capsicum



Cooked leftover vegetables



Banana



Sliced kiwifruit



Diced tomato



Kūmara

Grain Foods



Pita Bread



Sandwiches



Mini Pizza



Roti/chapatti



Rice ball



Pasta



Couscous



Crackers

High Protein



Finely chopped chicken



Lentil curry



Tuna



Boiled Egg



Baked Beans



Hummus

Dairy



Cottage cheese



Grated cheese



Custard



Yogurt



Milk

Hydration



Water



Dannevirke Dental Services

Has your child had their first dental check yet?



Dannevirke Dental Services

MidCentral District Health Board's Child and Adolescent Oral Health Service provides support, advice and **FREE dental treatment** for children aged from 0-13 years. **FREE dental treatment** is available at both private dental practices in Dannevirke from 13-17 years (up until 18th birthday).

Contact Details:

Dannevirke South School Phone: 06 374 7361

Huia Range School Phone: 06 374 7672

Freephone: 0800 TALK TEETH or 0800 825 583

Email: childoralhealth@midcentraldhb.govt.nz

Budget Mentoring

RELIEVE FAMILY STRESS AND GET ON TRACK WITH YOUR FINANCES



Parenting can be hard, even without the stress of juggling debts and bills.

Our Financial Mentors provide tips, tricks and resources to help sort your financial situation. They can help you establish realistic financial goals for you and your family.

- ✓ Free
- ✓ Non-Judgemental
- ✓ Confidential

“The help I received has helped relieve stress and is giving me peace of mind.”

Details



Bookings by appointment



Tararua REAP,
15 Gordon Street



Fully Subsidised

For more information or to book an appointment, contact Tararua REAP

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Picky Eating

LEARN MORE ABOUT YOUR CHILD AND THEIR
FOOD PREFERENCES



“BEST THING EVER! Dinner times in our house have gone from battles, tears, time outs, bargaining, bribing, and tantrums, to legitimately pleasant experiences.”

Eating can be more challenging than we realise.



How food looks, smells and feels, both on the plate and in their mouths can all impact a child's experience with food.

Sensory processing, genetics and neurodiversity can also play a part in picky eating.

Join other parents over 3 weeks in a non-judgemental space to learn about the spectrum of picky eating.



Details

-  9:30am - 12.00pm
-  Thursday 13, 20, 27 March
-  Tararua REAP,
15 Gordon Street
-  Koha Appreciated
-  Refreshments available

**To Register, contact
Tararua REAP**

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TARARUA REAP

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Adult Community Education

Parent Education

Financial Mentoring

Strengthening Families

Whānau Support

Employment Support

Supporting Early Childhood

Education and Schools

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