



ST ANNE'S

CATHOLIC SCHOOL



Living our faith through our actions

EST. 1906

Mahi Kāinga 2020

Ora Ake

TE WHARE TAPA WHĀ – HEALTH AS A WHARE



Introduction to 'Ora Ake'

Ora = Wellbeing, Ake = To increase

When we ask families what they want their children to be when they leave school or as an adult, we get a lot of different replies. Some say numerate and literate, some say 'well-rounded', others say with strong values and some simply 'happy and healthy'. Now we challenge you to pick one of these answers as what they will definitely be as an adult.

We are guessing, because they are your children, you probably said, 'happy and healthy'. Well being of students and of all people is slowly becoming a priority in society, to us it is highly important. We know the tragedies of not being at a state of well being, for example, depression, health issues, conflict within families, life lacking meaning etc.

Te Whare Tapa Whā was developed by leading Māori health advocate and researcher Professor Sir Mason Durie in 1984, to provide a Māori perspective on health. It provides a useful way for both Māori and pākehā to think about health, as a whare. The whare, known as Te Whare Tapa Whā, has four walls and each wall represents a different dimension of health. All four walls are needed, and must be in balance, for the house to be strong. So taking care of your physical health is important, but to live your best possible life, you also need to pay attention to your mental health, spirituality and the strength of your whānau. Our home work programme looks to get these things in balance in our lives and to make them a priority.

The challenges we have designed in consultation with the students and Tāne Ora Alliance, look to push students to improve 'ake' the strength of their 'walls'.

OUR VISION

St Anne's learners show **GRIT** / Ka whakaturia e ngā ākonga o Hato Ani te NIWHA

Gospel values / Whakapono

Regulated learning / Ako Tika

Initiative/Innovation / Auaha

Team Player Attributes / Kotahitanga

OUR VALUES

At our school we encourage and model the values, principles and intent of the New Zealand Curriculum.

We place a particular emphasis on the Gospel Values of Īhu Karaiti.

We aim to *'live our faith through our actions'* / *'Mā te mahi e whakatinana ai te whakapono'*

OUR 'ORA AKE' CHALLENGES:

Our challenges have been designed to push students. They are not easy or quick to complete. Students will need to show GRIT to complete them. In fact, in our planning of the challenges we specifically tried to cover each letter of our GRIT vision along with 'living faith' type activities. Some activities may not be achievable by your family due to costs or transport, hence we have made many to choose from and options to complete with class members. We have also added an 'own idea' challenge incase your family comes up with a great way to increase the well being at your household. Please check with the teacher as they will decide whether the activity does enhance that area and also how much effort is required.

At present, we will trial a minimum of two challenges per area over the period of a year. (eight total)

EVIDENCE

Please provide evidence of your challenges. These could be photos, videos etc. Once your teacher has seen it, they will write it in your digital record (in the column), or sign your booklet and keep a record themselves. When appropriate, the teacher may ask for parental proof. This could be your parent telling them after school one day, calling them or e-mailing confirming your efforts (if evidence is too hard to source).

HISTORY

Students will keep a folder on 'Google Drive' with photos and evidence of what they have done. It will be easier for them to find and share at school and great to have a record over their senior years.

REWARDS

1. The most important reward here is the development of yourself. You will be stronger mentally, physically, socially and spiritually for your efforts. You will hopefully be a happier person who is more capable of handling what life sends your way.
2. There are impressive Bronze, Silver, and Gold badges to earn each year that will be awarded to you at our BIG ASSEMBLY to celebrate your achievement.
3. Students who complete all challenges will also receive a wellbeing trip at the end of the year.



Thoughts, feelings and emotions are integral components of the body and soul. Our mental health and emotional health are often what others notice first when things are not going so well. But it is important to do all we can to keep these working well, prior to stressful events occurring in our life. Being strong mentally equips us with the resilience we need to face life's journeys. There are many ways in which we can protect our mental and emotional health as we go about each day.

<i>Ngā mahi whakawhanake (Activities)</i>		<i>Taunaki (Evidence)</i>	<i>Te whakakoia o te mātua (Parent Confirmation)</i>	<i>Kua whakaari (Presented)</i>
1	Learn a musical instrument (for a term minimum) <i>Play a song to the class, school or parish</i>			
2	Read the longest book you have ever read			
3	Achieve 30 Gold Bars on Mathletics (from where you are now)			
4	Read a series of books			
5	Write a song and share it with the class			
6	Keep a daily journal for 5 weeks			
7	Be in the top 50 for Mathletics (Hall of Fame)			
8	Play at 5 different playgrounds around Christchurch			
9	Complete ten 100% technology free days (weekends or holidays only)			
10	Complete a nature walk for a minimum of three hours			
11	Learn a language for 15 minutes minimum a day for a month (outside of school) <i>Can be any language that is not your strongest language</i>			
12	Spend some time with a person with a disability and then write 'a day in a life of a person with a disability'			
13	Do some chores, jobs or help someone who needs support (not completely independent)			
14	Become a reliable and enthusiastic peer mediator or PAL for a term <i>Reliable means always does their duty day and is organised</i>			
15	Investigate you whakapapa, who you are, where you are from and where you stand			
16	Go to the public library once a week for a whole term (10 times)			
17	Do a research project to learn about any relevant topic then present about it at school			
18	Design your own challenge (needs to be approved by your teacher)			



Our families and our communities provide a sense of belonging, and support and are the backbone to strong resilient individuals. Belonging to family and community allows us to learn, to grow and to experience the ups and downs of life without becoming unwell.

Many people are well supported and use their family to provide care and sustain them when things do not go so well in life. Others use a strong community of friends to do this instead. No matter who is your 'family' or whānāu, staying connected is a good way of protecting yourself from stress and distress - even during the 'down' times.

<i>Ngā mahi whakawhanake</i> (Activities) <i>All of these activities must be completed with a family member. This can be parents/guardians/cousins/uncles/aunts etc. We also recommend inviting a school mate to complete them with you.</i>		<i>Taunaki</i> (Evidence)	<i>Te whakakoia</i> <i>o te mātua</i> (Parent Confirmation)	<i>Kua whakaari</i> (Presented)
1	Climb a mountain with a family member and a friend <i>Take a photo of the trigg or sign at the top (Note: the mountain must be 500m+ vertical metres)</i>			
2	Collect three 'Kiwi Guardian Medals'			
3	Take part in a local native tree planting day			
4	Organise a meal for your family, a grace to start and a table game to finish <i>(includes shopping for ingredients, planning, cooking and cleaning up)</i>			
5	Organise a dance routine with a group of friends and present it at school			
6	Bake with family members for a group or a person in need			
7	Visit a rest home and help out with morning or afternoon tea etc.			
8	Arrange two playdates/sleepovers with a friends you have not spent time with outside of school			
9	Go on a family picnic			
10	Set up a 'games time' for whānau and whānau whanui. Once a week for around 30 minutes for a term. Games=board or cards (not electronic please)			
11	Join a club or team sport and complete for the whole season			
12	Design your own board or card game and play with your family			
13	Help your family to learn the first language of Aotearoa. Make te reo Māori labels for items around the house. Make them pretty and easy to read. Teachers can help you to print.			
14	Read to or be read to by an adult at home for around 15 minutes a night for two weeks			
15	Go to an event (ie circus, traditional show) with your family			
16	Invite your neighbours around to your house for morning or afternoon tea			
17	Go fishing with some or all of your family			
18	Design your own challenge (needs to be approved by your teacher)			



Having optimal physical health provides a good base from which we can respond to our normal everyday activities. When our physical health is not very good it can lead to increased worry, to losing our 'zing' for life or reducing the amount of 'good' emotions we are capable of. It affects our resilience and makes it harder to bounce back from the knocks of life. Staying fit and well allows our mental health to flourish.

	<i>Ngā mahi whakawhanake (Activities)</i>	<i>Taunaki (Evidence)</i>	<i>Te whakakoia o te mātua (Parent Confirmation)</i>	<i>Kua whakaari (Presented)</i>
1	Play a sport for a season (must be the whole season/term and participate in all practices) <i>Games need to be outside of school time-includes surf lifesaving</i>			
2	Learn a hobby or activity that keeps you physically fit eg dance. <i>Showcase some to the class, school or parish</i>			
3	Grow some vegetables and create a healthy meal with them.			
4	Walk daily afterschool with a pet or family member for 3 weeks			
5	Earn player of the day in your sport			
6	Grow some vegetables and create a healthy meal with them.			
7	Walk the path of the early european settlers-From Lyttelton walk up the Bridle path and down the other side to the base of the gondola (Bus back to the start or walk back)			
8	Eat 5+ fruits a day for two weeks			
9	Organise a super healthy meal for you family <i>(includes shopping for ingredients, planning, cooking and cleaning up)</i>			
10	Play a new sport for a term			
11	Compete in an endurance race (triathlon, mud run etc)			
12	Do the 'gardening' or landscaping for you or your family (4hrs+)			
13	Come to school using zero carbon (bike, scooter, walk) 10 times in a term (if not a habit)			
14	Build a fort/bivouac and play in it with a sibling or friend if no suitable sibling			
15	Undertake endurance training and keep a record of your accumulated time (eg Bike, run or swim 5 hours)			
16	Do (your age) minutes of yoga a day			
17	Design your own challenge (needs to be approved by your teacher)			



Our wairua is one of the most important yet most overlooked cornerstones of health. Who we are, our sense of belonging and our ability to have faith in a higher power all contribute to a strong wairua. A strong wairua means knowing our own identity and being content with who we are and spending time reflecting, or doing things that make us happy.

	<i>Ngā mahi whakawhanake (Activities)</i>	<i>Taunaki (Evidence)</i>	<i>Te whakakoia o te mātua (Parent Confirmation)</i>	<i>Kua whakaari (Presented)</i>
1	Organise and lead a different grace each evening for two weeks (at home and school) <i>8 pre-made and 2 made by yourself</i>			
2	Read a Gospel, a chapter a night until finished			
3	Organise class morning prayers for a week (outside of school hours) <i>Need to be themed, thoughtful, have some creativity, variety and be bilingual (Māori/English)</i>			
4	Take on a responsibility at church for a month (Altar serve, play an instrument, cleaning, reading etc)			
5	Research a saint and make a prayer service using them as inspiration			
6	Be part of the Faith Team (year 7/8 only)			
7	Plan and undertake action to achieve social justice			
8	Make a foyer poster informing of an upcoming Catholic season or feast day			
9	Take home the prayer bag and actively use it and add to it if possible			
10	Attend Mass for five weeks in a row, without missing a weekend <i>If on a holiday, you will need to find a church near where you are or choose another 5 week block</i>			
11	Make an arty crucifix or cross and display in your house. Write a short prayer that you can say when you look at it. <i>Note: Must be an awesome cross</i>			
12	Pray the rosary nightly for a week (5 decades a night)			
13	Learn about the Māori spiritual beliefs about the underworld 'te pō/Rarohenga'			
14	Connect with your culture and wairua (learn the language of your ancestors)			
15	Undertake a sacrament of initiation (Baptism, First Communion, Confirmation)			
16	Read at Mass			
17	Join the choir			
18	Design your own challenge (needs to be approved by your teacher)			

