



ST ANNE'S

CATHOLIC SCHOOL



Living our faith through our actions

EST. 1906

MAHI KĀIKA 2026

Ora Ake – Homework Challenges

TE WHARE TAPA WHĀ – HEALTH AS A WHARE



Introduction / Kupu Whakataki

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’. The wellbeing 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 in 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 non-Māori to think about health, as a whare (house). 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/relationships. Our home work programme looks to get these things in balance in our lives and to make them a priority. The land the whare is built on (whenua) is also important to understand. Strong roots and connections help to provide a strong ‘whare’. 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’. Also to this, the challenges should be co-decided at home to help the child grow. Take some time to plan with your tamariki! You may have an idea of a challenge that would better suit your child, and we would love to speak to you about this. We are a team people!

OUR VISION / TŪRUAPO

*St Anne's learners show GRIT /
Ka whakaturia e kā ākoka o Hato Ani te NIWHA
Gospel values / Whakapono
Respect / Whakautē
Inclusion / Kauawhi
Team Player Attributes / Kotahitaka*

OUR VALUES / KĀ UARA

*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 / Ā MĀTOU WERO 'ORA AKE'

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 in case your family comes up with a great way to increase the well being of your household. Your child's teacher will confirm with you, if they agree with the challenge, and how much effort will need to be made for it to count.

Note: For the challenge to be accepted by the teacher, it needs to show a minimum of 4-6 hours work (this is a guide for you). Students may be requested to resubmit if the teacher feels it needs more work. They will write down what they would like to see changed before it is passed so you can see. Please support the high standard we expect!

Years 5 and 6: Two challenges per area over the period of a year. (10 total).

Years 7 and 8: The same but more time and higher quality work is expected.

Te Mutuka kē mai nei o Kā Wero/Ultimate Challenges: Completing an 'Ultimate Challenge' is super hard and we understand if no-one achieves this, BUT, there are some students who are super motivated at this school and we would love to see them pushed to the limit. If completed, no others are expected in that section.

REWARDS / KĀ TAOKA

1. The most important reward here is the development of yourself. You will be stronger mentally, physically, socially, spiritually and in your connection to where you live, 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 (Tauwhero), Silver (Hiriwā), and Gold (Kōura) badges to earn each year that will be awarded to you at our PRIZEGIVING to celebrate your achievement and for the fourth year, a bone carving (or similar)!!!!
3. Students who complete all challenges will also receive a wellbeing trip at the end of the year.
4. Completing these challenges yearly is also a prerequisite for students aiming for excellence awards at the end of the year.



EVIDENCE / TAUNAKITAKA

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

HISTORY / HĪTORI

Students should keep a file 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. Students will be requested to share homework challenges with the class as models and inspiration to others. Nothing needs to be emailed to teachers as all students who are completing these challenges have a school Google account they can save photos etc to.

A template Google Slide to record all Ora Ake Challenges on can be found following this QR Code.



WHENUA LAND/ROOTS

You can think about whenua as your place of belonging. For Māori and Pasifika, the whenua is a key part of identity. Connection to the land and to nature has been shown to improve mental and physical well-being.

	<i>Kā Kohe - Activities</i>	<i>Whakakoitaka (Parent Confirmation)</i>	<i>Kua whakaatu (Presented)</i>
I	Vaka ō te Tupuna - Use the 'Vaka ō te Tupuna' web app to plan and conduct an interview with a family member (especially an elder) to record your family history.		
2	Woolston Walk - Complete the Woolston Walk and scan the QR codes on the way around. Record one important point from each of the 12 stops/QR codes. Go to https://ohrn.nz/woolston/		
3	Clean up - Complete 4 hrs total of clean up of a local place. (please use gloves and/or tongs)		
4	Family Tree / Whakapapa - Create a family tree or learn your whakapapa in detail. Explore or learn about an ancestor of yours. Evidence of 4 hours work is necessary.		
5	Mihimihi - Create and learn off heart an extended mihimihi (introduction of yourself) and a short mihimihi. Extended=15-20 points/lines, short=7 lines. Support will be offered to create during by teachers, however, information that children want to say, needs to be known (ie. if saying someone famous in their family, acknowledging names of relatives, places, ages etc.)		
6	The Arts - Create a sculpture/painting/etc that tells us about our area of NZ/Christchurch/Ōtautahi		
7	Local Museums - Visit at least 4 local museums or others around the motu. Some great places include Okains Bay, The Air Force Museum, Kaikoura Museum, Quake City, Ferryroad, and Te Ana Rock Art Museum (Timaru).		
8	Animation - After attending our animation course (term two), make a video of a local story you learnt at school.		
9	Information Boards - Find five information boards that tell you about the whenua. Read and record a few interesting points from each (e.g. there are some at the Wetlands, forests, and the beach).		
10	Community Garden - Help out at your community garden enough to harvest the food you planted. <i>It would be especially great if you brought some to class to share.</i>		
II	Design your own challenge - Needs to be approved by your teacher.		

TAHA WAIRUA SPIRITUAL HEALTH

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>Kā Kohe - Activities</i>	<i>Whakakoitaka (Parent Confirmation)</i>	<i>Kua whakaatu (Presented)</i>
1	Pilgrimage - Visit five different Catholic churches around Christchurch, or beyond. Light a candle and spend some time praying for loved ones at each.		
2	Make a Crucifix - Make an arty crucifix or cross to 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>		
3	Sacraments - Undertake a sacrament of initiation (Baptism, First Communion, Confirmation).		
4	Living your Faith through your Actions - Take photos of you embodying five things Jesus told us to do in scripture, then record a written reflection about what's happening.		
5	Prayer Cards - Make a set of 10 topic-based prayer cards (e.g. for the sick, family, or the weekend), make them pretty and include three different prayer types on each (i.e. thanksgiving, petition, adoration, intercession, praise).		
6	Mass - Attend Māori Mass for three weeks in a row, without missing a weekend at the Pro-Cathedral at 12.30pm. Mass - Attend the weekend service for four weeks in a row, without missing a weekend at your Church.		
7	Rosary - Pray the rosary nightly for four nights (five decades a night) - Covering all 20 mysteries Joyful, Sorrowful, Glorious, Luminous, etc https://www.marian.org/mary/rosary/howto.php		
8	Movie Making - Make a movie, animation, or play, of our Catholic history from 'Our Story'.		
9	Faith Team - Be an active member of the Faith Team for the year (Year 7 and 8 only).		
10	Youth Group - Attend youth group (either Yr 5-6 or Yr 7-8) five times. They're awesome! Ultimate Challenge - Attend 10 times!		
11	Design your own challenge - Needs to be approved by your teacher		

TAHA HINEKARO MENTAL HEALTH

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.

Kā Kohe - Activities		Whakakoitaka (Parent Confirmation)	Kua whakaatu (Presented)
1	Reading - Read the longest book you have ever read.		
2	Asalei - Complete all levels on the Asalei app for te reo Māori. Ultimate Challenge - One other member of your family completes this with you (can be on their own device at similar times).		
3	Surround yourself with Nature - Complete three nature walks. Ideas: Travis Wetlands, Bottle Lake Forest, Awaroa.		
4	PALs + - Become a reliable and enthusiastic peer mediator or PAL/Peer Mediator/Kaiāwhina for a term. (Reliable means always does their duty day and is organised)		
5	Manu Kōrero - Compete in the school Manu Kōrero style competition for Storytelling. You must deliver a story from memory. Ultimate Challenge - Learn and deliver a story in te reo Māori (your teacher can help with getting a story).		
6	Go off the Grid - Stay off personal electronics (phones, computers, tablets, TV, etc.) in your spare time for at least two weeks (a month for a real challenge!)		
7	Library Time - Go to the public library once a week for a whole term (10 times).		
8	Mahuru Māori - Take up the challenge of Mahuru Māori and only speak te reo Māori in the class during Māori language week. Ultimate Challenge - Do it outside of the classroom too i.e. the playground and home!		
9	Maths - Ultimate Challenge - Finish all Mathletics Gold Bars for your level (at school & home).		
10	Gratitude - Keep a gratitude journal. Date it daily and record two things you are grateful for, and one thing you are looking forward to that day or the next day. Keep for a full month.		
11	Design your own challenge - Needs to be approved by your teacher.		

TAHA WHĀNAU FAMILY HEALTH

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. 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 whānau, staying connected is a good way of protecting yourself from stress and distress - especially during the 'down' times.

Kā Kohe - Activities <i>All of these activities must be completed with a family member. This can be parents/guardians/cousins/uncles/aunts etc.</i>		Whakakoiataka (Parent Confirmation)	Kua whakaatu (Presented)
1	Growing Friendships - Arrange two playdates with two friends you have not spent time with outside of school before.		
2	Picnic - Go on a family picnic (help prepare by choosing a location, food, activities, etc.)		
3	Eating Together - Organise a meal for your family, a grace to start and a table game to finish (includes shopping for ingredients, planning, cooking and cleaning up).		
4	Connecting with Family - Visit and help a grandparent (or similar) six times. <i>For a minimum of six hours total.</i>		
5	Games - Play a 'games time' with your whānau and/or wider family. Once a week for around 30 minutes for a term. <i>Games=board or cards (not electronic)</i>		
6	Food Foraging - Forage in the red zone or another great foraging location for food. Enjoy it with your whānau. https://ccc.govt.nz/environment/sustainability/edible-christchurch		
7	Being Cultured - Go to an event, play or performance with your whānau such as the Court Theatre, Highland Games, Kapa Haka performance, Polyfest, AMP show, etc. (four to six hours please, so may need to be two things)		
8	Overnight Camping - Go on an overnight camp with your family or another family. Make sure you help put up the tent, cook the meals, and help out in any way you can.		
9	Baking in te reo Māori - Bake at least two recipes from the Edmunds Māori language cookbook 'Taku Puka Tohutao Tuatahi' with someone in your family, then bring it to school to share.		
10	Hunting & Fishing - Go hunting or fishing with someone in your family.		
11	Design your own challenge - Needs to be approved by your teacher.		

TAHA TINANA PHYSICAL HEALTH

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>Kā Kohe - Activities</i>	<i>Whakakoitaka (Parent Confirmation)</i>	<i>Kua whakaatu (Presented)</i>
1	Sport - Play a sport for a season, e.g. Tai Mai Sports, rugby, netball (must be the whole season/term and participate in all practices). <i>Games need to be outside of school time.</i>		
2	Being Active - Learn a hobby or activity that keeps you physically fit e.g. dance. <i>Showcase some to the class, school or parish.</i>		
3	Healthy Eating - Organise a super healthy meal for your family. <i>Includes shopping for ingredients, planning, cooking and cleaning up.</i>		
4	Kapa Haka - Be part of the St Anne's Kapa Haka, practice at school and home, and then perform it.		
5	Park Run - Take part in <i>Park Run</i> three times.		
6	Daily Exercise - Come to school by walking/biking/scooting 10 times in a term (if you haven't already) or whatever adds up to around six hours.		
7	Endurance - Compete in an endurance race (Weetbix tryathlon, McDonald's Duathlon mud run, etc.).		
8	Fitness Routine - Walk daily after school with a pet or family member for three weeks (6+ hours).		
9	Tramp - Do a DoC walk that is 3+ hours (this can be a few walks added together). Ultimate Challenge - Do an overnight doc hut-based tramp anywhere.		
10	Tagata Mai Saute - Be part of the St Anne's Tagata Mai Saute group, practice at school and home, and perform.		
11	Design your own challenge - Needs to be approved by your teacher		