



ST ANNE'S

CATHOLIC SCHOOL

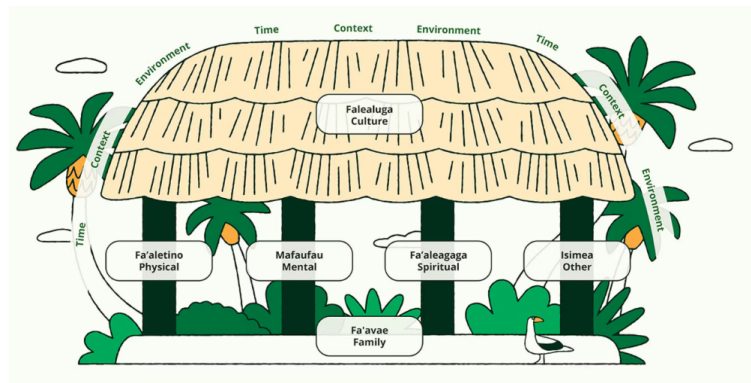


Living our faith through our actions

EST. 1906

GALUEGA FIAFIA 2026

LU'I O LE TAUSAGA – Homework Challenges



Introduction / Folasaga

Ina ia fa'aleleia le soifua manuia

O le tele o sulu e maua ai se figota, e mamā se avega pe a ta amo fa'atasi

My strength does not come from me alone, but from many

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, but 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.

The Fonofale Model (TFM) was developed and created in 1984 by Fuimaono Karl Pulotu-Endemann, Samoan born New Zealand academic nurse. TFM was created as a Pacific model of health, encompassing values and beliefs from across many Pacific Nations. TFM is a system of well-being that not only acknowledges but also embraces Pacific perspectives and ways of being. Not dissimilar to the Māori model of health, the Te Whare Tapa Whā approach, TFM also uses the image of a house, otherwise known as a 'fale', a traditional Samoan house, using the walls, foundation, and ceiling to represent the different constructs of health. TFM displays that the foundation or floor, four pou (posts) and the roof captured in a circle all have symbolic meanings and have an interactive relationship with each other. Being presented in a circle, expresses the philosophy of holism and continuity. All these elements can contribute to an individual's wellbeing.

The challenges we have designed in consultation with the students and our staff to push students to improve the 'pou', the strength of their 'walls'. In addition to this, the challenges should be co-decided at home to help the child grow. Take some time to plan with your tamaiti! You may have an idea of a challenge that would better suit your child, and we would love to speak to you about this.

Oi tatou o se 'au e tasi, o se aiga e tasi i le alofa o le Atua. We are one team, one family in God's love.

OUR VISION / LA TATOU VA'AIGA

St Anne's learners show GRIT

Gospel values / Taua o le Tusi Paia

Respect / Fa'aaloalo

Inclusion / Auai Uma

Team Player Attributes / Kotahitaka

OUR VALUES / TATOU TULAGA TĀUA

We place a particular emphasis on the Gospel Values of Iesu Keriso.

We aim to 'live our faith through our actions' / 'Matou te taumafai e ola lo matou fa'atua e ala i a matou gaoioiga'

HOMEWORK CHALLENGES FOR SUCCESS / LU'I MO LE MANUIA

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 4, 5 and 6: Three challenges per area over the period of a year. (12 total).

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

Le Lu'i Sili Lava/*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 / TAU'I

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 (Apamemea), Silver (Siliva), and Gold (Auro) 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 / FA'AMAONIGA

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 / TALAAGA

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.



FA'ASINOMAGA IDENTITY

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

	<i>Galuega - Activities</i>	<i>Faamaoniga mai Matua (Parent Confirmation)</i>	<i>Ua tu'uina atu (Presented)</i>
1	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	Samoa Cooking - Bake or cook a traditional Samoan dish with someone in your family, then bring it to school to share.		
3	Connecting with Family - Visit and help a grandparent (or similar) six times. For a minimum of six hours total.		
4	Family Tree / Talaaga o Aiga - Create a family tree or learn your whakapapa in detail. Explore or learn about an ancestor of yours. Evidence of four hours of work is necessary.		
5	Lauga / 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 an area you connect to.		
7	Local Museums / Art Galleries - Find three Samoan or Pasifika art works or displays. Take a photo and tell us about the artist and the design.		
8	Animation - After attending our animation course (term two), make a video of a Samoan story you learnt at school or know.		
9	Landmarks - Research and identify significant monuments/landmarks in Samoa and its history.		
10	Cultural Events - Go to a cultural event, or a cultural based play or performance with your aiga such as Polyfest, a Kapa Haka performance, the Court Theatre, Highland Games, etc. (four to six hours please, so may need to be two things).		
11	Design your own challenge - Needs to be approved by your teacher.		

FA'ALEAGAGA SPIRITUAL HEALTH

Our fa'aleagaga 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.

	Galuega - Activities	Faamaoniga mai Matua (Parent Confirmation)	Ua tu'uina atu (Presented)
1	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 (bilingual or Samoan). Note: Must be an awesome cross.		
2	Sacraments - Undertake a sacrament of initiation (Baptism, First Communion, Confirmation).		
3	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.		
4	Prayer Cards - Make a set of 10 topic-based either bilingual or Samoan 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).		
5	Mass - Attend a Samoan church service for three weeks in a row. Mass - Attend the weekend service for four weeks in a row, without missing a weekend at your Church.		
6	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		
7	White Sunday (Lotu Tamaiti) - Attend practice and take part in performances and/or recite a tauloto (bible verse).		
8	Faith Team - Be an active member of the Faith Team for the year (Year 7 and 8 only).		
9	Sunday School - Attend Sunday school five times. They're awesome! Ultimate Challenge - Take part in the Sunday school exam.		
10	Design your own challenge - Needs to be approved by your teacher.		

MAFAUFAU MENTAL HEALTH

Thoughts, feelings and emotions are integral components of the body and soul. Our mafaufau 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.

Galuega - Activities		Faamaoniga mai Matua (Parent Confirmation)	Ua tu'uina atu (Presented)
1	Reading - Read the longest book you have ever read.		
2	Asalei - Complete all levels on the Asalei app for Samoan. Ultimate Challenge - One other member of your family (not fluent at Samoan) completes this with you (can be on their own device at similar times).		
3	PALs + - Become a reliable and enthusiastic peer mediator or PAL/Peer Mediator/Kaiāwhina for a term. (Reliable means always doing their duty day and is organised).		
4	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 Samoan (your teacher can help with getting a story).		
5	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!).		
6	Library Time - Go to the public library once a week for a whole term (10 times).		
7	Samoan Language Week - Take up the challenge of speaking Samoan in the class during Samoan Language Week. Ultimate Challenge - Do it outside of the classroom too i.e. the playground and home!		
8	Maths - Ultimate Challenge - Finish all Mathletics Gold Bars for your level (at school and home).		
9	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.		
10	Design your own challenge - Needs to be approved by your teacher.		

FA'ALETINO PHYSICAL HEALTH

Having optimal physical health provides a good base from which we can respond to our normal everyday activities. When our fa'aletino 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>Galuega - Activities</i>	<i>Faamaoniga mai Matua (Parent Confirmation)</i>	<i>Ua tu'uina atu (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). Games need to be outside of school time.		
2	Being Active - Learn a hobby or activity that keeps you physically fit e.g. dance. Showcase some to the class, school or parish.		
3	Healthy Eating - Organise a super healthy meal for your family. Includes shopping for ingredients, planning, cooking and cleaning up.		
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 'Park Run' 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	Fitness Routine - Walk daily after school with a pet or family member for three weeks (6+ hours).		
8	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.		
9	Tagata Mai Saute - Be part of the St Anne's Tagata Mai Saute group, practice at school and home, and perform.		
10	Design your own challenge - Needs to be approved by your teacher.		

