



## OUR VALUES:

- WHAKAUTE
- MANAAKITANGA
- WHANAUNGATANGA
- PONO
- TAHA WAIRUA & TAHA TINANA
- TAHA HINENGARO



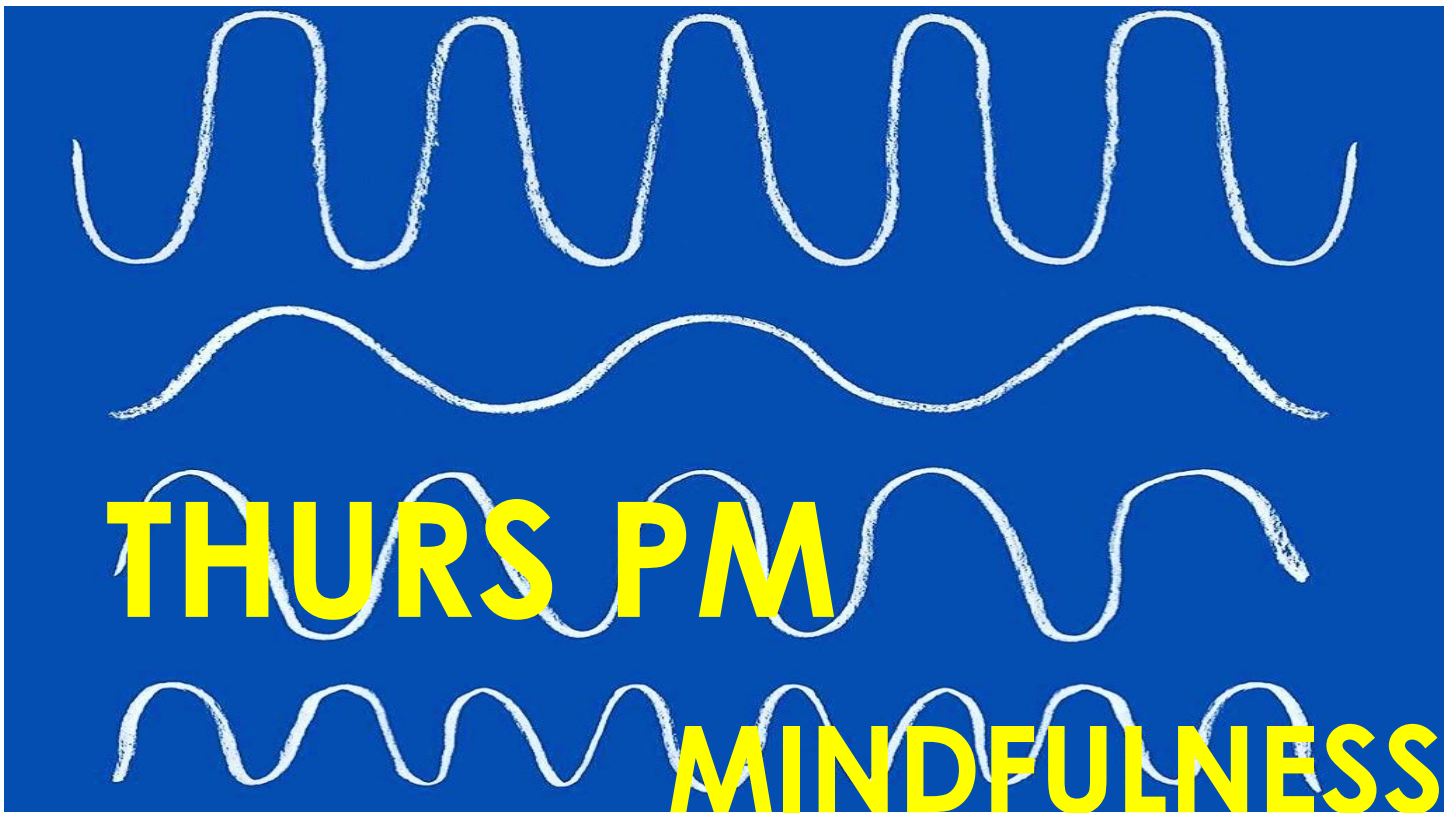
## ABOUT US:

We are family oriented, we love to do everything together, and even though we can be competitive, we always make sure to bring out the best in each other. Consistency and independence is key in our cottage as we prepare our Kowhai students for mainstream. Our Kowhai staff work closely with our students around Social Skills, PKW, Cultural Art, Mindfulness, Sports and Z.O.R.

## OUR FIRST NEWS LETTER!!

Our first news letter will introduce our Kowhai students. It will give you a small glimpse of what our Kowhai staff plan for our students in Kowhai. Keep up to date with our fortnightly updates and share this journey with us.





Mindfulness is an amazing program that we run in Kowhai cottage every Thursday afternoon.

This program is run by Mona Ghanbari, who has based her studies, in University, around Mindfulness. Mona has her own article, 'Mindfulness And Expectancy Effects', which has been published in the, 'Psychology Aotearoa Journal'.

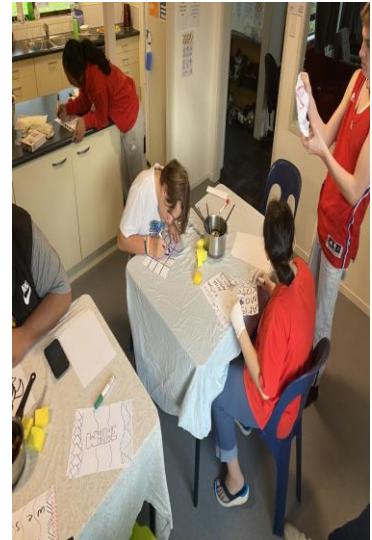
We are very blessed to have Mona as part of our Kowhai family and be trained in mindfulness.

Our main photo at the very top (blue background with squiggled lines) is the instruction on how to take a proper deep breath.

Our Kowhai students learned how to trace the lines.

Breathe in as they go up, and breathe out as they go down.





# CULTURAL ART

## WEDNESDAY PM

Every Wednesday, Kowhai cottage staff and students embark on a journey to learn about different cultures within the Pacific. On the 27<sup>th</sup> of May, staff taught the students about Tapa cloths, and the importance they have within the Pacific community.

Staff then showed our students how to create a make shift Tapa cloth using, paper, whiteboard markers, brushes, tea bags and their imagination. Once our students were shown how to make one, staff then encouraged them to make one themselves. Our students used their names as a centre piece and decorated the outside with patterns they like.

As you can see in the photos, all our students participated fully in the program. They loved it!

Students also learned how valuable a Tapa cloth is within the Pacific community, when it is made by hand, and made with love.

Our students enjoyed every moment of the program and voiced feedback to staff that they would like to learn more about Tapa cloth, and also design more for their families.

# ZONES OF REGS!

## MONDAY AND TUESDAY PM

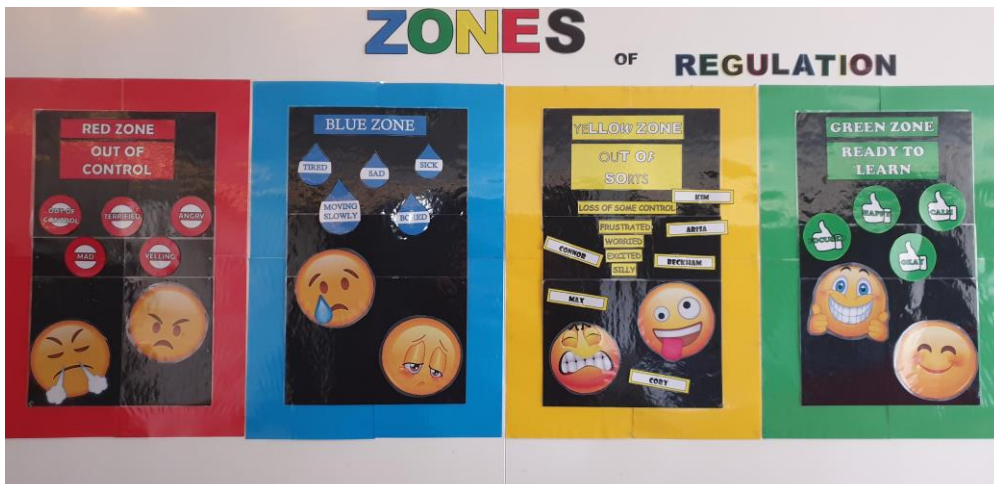
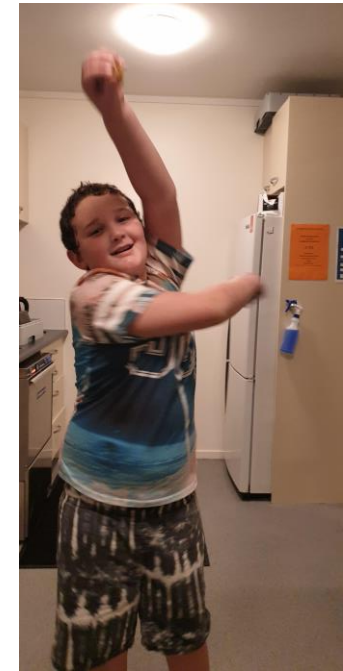
This term we are working on recognising 'Me In My Zones'. In this workbook we will look at what 'cues' our body gives us when we are moving between the zones, what situations affect our

zones, and discovering how we make other people feel when in these zones. This will help us when we design tools with our students to enable them to gain control of how they move through the zones.

We have started with the 'yellow zone', this covers emotions such as: Excited, nervous, silly and loss of some control. We asked our Kowhai



students to show us what they look like in 'yellow zone' and with the help of their PKW (Primary Key Worker) they will identify their body cues and complete their workbook. Throughout the week we will play games and do fun activities as a cottage to help us recognise social cues or the zones in others. These pictures are our students in yellow zone and our Z.O.R wall in Kowhai cottage.



# SNACK SHACK!!

## THURSDAY PM

'Snack Shack' and auction are a fortnightly incentive program. Our students earn bonus points for pro-social behaviour; they accumulate 'bonus points' similar to earning dollars. Each student has a bank book that shows how much they have earned every fortnight. Staff collect data daily, and tally it, to use towards this very successful program. This is based on "DO THE MAHI, GET THE TREATS!!" It is the Westbridge token economy based on our positive behavior for learning framework. Each students can spend as little or as much as they like. Gold and Platinum students have their own shelf with higher value items such as Warehouse, Subway, EB games, Pak N Save and PlayStation vouchers.

The learning is:

- Decision making
- Goal setting
- Problem solving
- Age appropriate financial skills

