










Ngā Kākano

Year 12 & 13 Wellbeing Options

Kaupeka/Term 2, 14 Hune June to 13 Ākuhata August

Rāhina Monday	Rātū Tuesday	Rāapa Wednesday	Rāpare Thursday	Rāmere Friday
<p>NKA Line 3 Dog walking Mon 9.20-10.15 Susan Come for a walk in the park with Susan and her dog, Copper.</p> <p>NKB Line 3 Paint and paper Mon 9.20-10.15 Emma L. Fancy a dab of painting or some origami? Your choice – no experience necessary.</p> <p>NKC Line 3 Supervised study Mon 9.20-10.15 Marie</p> 	<p>NKJ Line 1 Library lounge – read or study Tues 9.20-10.15 Liz Come to the library to study, get study help, read or play boardgames. Or read and discuss <i>Poet X</i> by slam poet Elizabeth Acevedo with a group of other students.</p> <p>NKK Line 1 Zentangle Tues 9.20-10.15 Angela Zentangle is a form of meditative art based on structured doodling. Come, learn, and relax with some quiet music and no-stress practice.</p>	<p>NKP Line 4 Dog walking Wed 10.35-11.30 Illa Come for a walk in the park with Illa, and Carolyn’s greyhound puppy Harvey.</p> <p>NKQ Line 4 Library lounge – read or study Wed 10.35-11.30 Liz Come to the library to study, get study help, read or play boardgames. Or read and discuss <i>Poet X</i> by slam poet Elizabeth Acevedo with a group of other students.</p> 	<p>NKT Line 2 Matryoshka dolls Thu 9.20-10.15 Pip Come decorate your own set of nested Russian dolls in contemporary or traditional design. Old hands and newcomers welcome!</p> <p>NKU Line 6 Mixed media Thu 10.45-11.40 Lynda Come along and let your creativity loose, let’s give mixed media a go. We will learn a few techniques together and see what we can create.</p> <p>NKV Line 6 Supervised study Thu 10.45-11.40 Catherine</p>	<p>NKAA Line 5 Taskmaster challenge Fri 9.20-10.15 Sakura Every week you will be given a set of challenges, from an edible ornament to building the highest tower. A feel-good challenge experience each week.</p> 
<p>NKD Line 2 Physical activity Mon 10.45-11.40 Rowan Have a break from your break with a variety of physical activities in Gym 1.</p> <p>NKE Line 2 Music & colouring Mon 10.45-11.40 Monique Learn the basic guitar chords and how to use online interactive tabs to teach yourself favourite songs with support. All instruments are welcome, including singing. You can use the school’s instruments or bring your own. You can also relax by colouring in or drawing while you listen to the live music or your device. Some kai will be provided.</p> <p>NKF Line 2 Only words Monday 11.40-12.35 Emma L. Play with words – whether calligraphy, lettering design, and handwriting practice, or concrete poetry, creative writing, spoken word, or reading.</p> <p>NKG Line 2 Supervised study Monday 11.40-12.35 Rowan</p> <p>NKH Line 4 Painting with prompts Monday 1.20-2.10 Emma L. We’ll put a gratitude twist on making a small watercolour series.</p> <p>NKI Line 4 Bringing out Pasifika Monday 1.20-2.10 Fa’atu We’ll have different Pacific mentors coming in to work with senior students – anyone welcome to join in for a chance to work with some inspirational artists.</p> 	<p>NKL Line 5 Yoga for wellbeing Tue 10.45-11.40 Naressa Yoga for all. To help calm your mind, strengthen your body, connect to yourself. Release tension or worry. You don’t need a flexible body, just an open flexible mind ☺.</p> <p>NKM Line 5 Just art Tue 10.45-11.40 Rebecca M. Creating a space for you to come and be creative in any ways you like- you decide your own projects but Becca will be there for assistance to help improve skills or give advice where you need it.</p> <p>NKN Line 5 Wellbeing journal Tue 11.40-12.35 Naomi Design and make your own interactive well-being activities journal; full of inspirations, aspirations and activities to inspire you. Keep or gift it. Whether you are trying to get past an artist’s block, wanting to become more creative, or just looking to have some fun, you will love this interactive journal!</p> <p>NKO Line 5 Supervised study Tue 11.40-12.35 Jenni</p> 	<p>NKR Line 7 Kia Ora Wed 1.00-1.50 Sondra Come along to a blend of Māori meditation and some taaniko (which is an arts/crafts thing). Just a chance to relax while learning and doing something from te ao Māori.</p> <p>NKS Line 7 Thoughts to goalposts Wed 1.00-1.50 Nathan Set a goal to learn a new skill, get physically active or arrange to volunteer in the community, then get started and track your progress. If you are interested in registering for the Duke of Edinburgh award, you could use this kākano to get you on your way.</p> 	<p>NKW Line 6 Netball – shooting and defending Thu 11.40-12.35 Jasmine Are you looking to brush up your netball skills this season? Or to try something different and learn a new skill? We'll head to the Hagley Netball Centre courts across from school. You don't need any equipment or prior experience. Flat shoes or sneakers would be sensible.</p> <p>NKX Line 6 Paper crafts Thu 11.40-12.35 Kat We’ll try out some different paper crafts – quilling, origami, and use of colours and textures are some of the possibilities. bring your ideas and let’s explore a range of creative ways to use paper and make some fun projects together.</p> <p>NKY Line 6 Strategic boardgames Thu 11.40 into lunchtime Andrew Try out some sophisticated boardgames in a friendly gamer environment: games like Settlers of Catan, Robo-Rally, Zombies, Red October, Seven Wonders, Colosseum, Spartacus and more. Also an option to play Lord of The Rings card game, a co-operative adventure card game with an RPG flavour.</p> <p>NKZ Line 3 Time on the court Thu 1.20-2.10 Emma L. Fancy some basketball? Some student expertise would be fantastic here – if you’re keen to lead this one let me know!</p>	<p>NKBB Line 7 Urn it Fri 10.45-11.40 Daniel Discover the well-being benefits of working in ceramics. Gain knowledge of methods of construction to create your own crockery in clay which will be fired in the art dept kiln.</p> <p>NKCC Line 7 Thoughts to goalposts Fri 10.45-11.40 Nathan Set a goal to learn a new skill, get physically active or arrange to volunteer in the community, then get started and track your progress. If you are interested in registering for the Duke of Edinburgh award, you could use this kākano to get you on your way.</p> <p>NKDD Line 7 Mel’s miscellaneous Rāmere rec Fri 11.40-12.35 Melanie Time to chill together. We’ll vary it up, with games, inside & out, a bit depending on the weather.</p> <p>NKEE Line 7 Supervised study Fri 11.40-12.35 Jo E.</p> 

Sign up via the Wellbeing tile on the student portal.

You will need to know your tutor group and student ID number (on your timetable)