

Ngā Kākano Year 12 & 13 Wellbeing Options

Kaupeka/Term 3, 23 Ākuhata August to 29 Ōketopa October

Rāhina Monday	Rātū Tuesday	Rāapa Wednesday	Rāpare Thursday	Rāmere Friday
<p>NKA Line 3 Library lounging Mon 9.20-10.15 Liz J. Launch into our library collection, lounge around with your favourite read, or play boardgames.</p> <p>NKB Line 3 Modelling clay masterpiece Mon 9.20-10.15 Emma L. Make then bake what you like – beautiful beads, botanical buttons, or Bob’s Burgers buddies. Or paint if you prefer.</p> <p>NKC Line 3 Supervised study Mon 9.20-10.15 Marie</p>	<p>NKI Line 1 Library lounge – read or study Tue 9.20-10.15 Liz J. 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>NKJ Line 1 Dog-walking Tue 9.20-10.15 Susan Come for a walk in the park with Susan and her dog, Copper.</p> <p>NKK Line 1 Gagana Samoa Tue 9.20-10.15 Fa’atu Learn some Samoan language – beginners welcome.</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 Zentangle Wed 10.35-11.30 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>NKR Line 4 Screen-printing Wed 10.35-11.30 Emma L. We’ll develop designs then print onto a t-shirt or fabric to use for another project. No experience or skill necessary!</p>	<p>NKS 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>NKT Line 2 Hanging with Daisy Thu 9.20-10.15 Nadeeka Start your Thursday with some chill time with Daisy, Nadeeka’s golden retriever.</p> <p>NKU Line 6 Paint & paper Thu 10.45-11.40 Jasmine Fancy a dab of painting or some origami? Your choice – no experience necessary.</p> <p>NKV Line 6 Supervised study Thu 10.45-11.40 Catherine H.</p> <p>NKW Line 6 Strategic boardgames Thu 11.40 into lunchtime Andrew Come join the fun. 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>NKX Line 3 Yoga for wellbeing Thu 1.20-2.10 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>NKY 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>NKZ Line 7 Supervised study Fri 10.45-11.40 Jenni H.</p> <p>NKAA 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>NKD Line 2 Physical activity Mon 10.45-11.40 Rowan Take a break in your Monday 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 Supervised study Mon 11.40-12.35 Rowan</p>	<p>NKL Line 5 Lego and card games Tue 10.45-11.40 Sakura Just as it says, we’ll bust out the lego and get our game faces on.</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 Māori Ora Tue 11.40-12.35 Sondra Join us to explore wellbeing from a Māori perspective, including meditation.</p> <p>NKO Line 5 Wellbeing journal or study 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. Or block the time in your day for supervised study.</p>	<p>NKQ Line 4 Zentangle Wed 10.35-11.30 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>NKR Line 4 Screen-printing Wed 10.35-11.30 Emma L. We’ll develop designs then print onto a t-shirt or fabric to use for another project. No experience or skill necessary!</p>	<p>NKS 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>NKT Line 2 Hanging with Daisy Thu 9.20-10.15 Nadeeka Start your Thursday with some chill time with Daisy, Nadeeka’s golden retriever.</p> <p>NKU Line 6 Paint & paper Thu 10.45-11.40 Jasmine Fancy a dab of painting or some origami? Your choice – no experience necessary.</p> <p>NKV Line 6 Supervised study Thu 10.45-11.40 Catherine H.</p> <p>NKW Line 6 Strategic boardgames Thu 11.40 into lunchtime Andrew Come join the fun. 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>NKX Line 3 Yoga for wellbeing Thu 1.20-2.10 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>NKY 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>NKZ Line 7 Supervised study Fri 10.45-11.40 Jenni H.</p> <p>NKAA 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>NKG Line 4 Modelling clay masterpiece or hit the books Mon 1.20-2.10 Emma L. Make then bake what you like – beautiful beads, botanical buttons, or Bob’s Burgers buddies. Or paint or study if you prefer.</p> <p>NKH Line 4 Gagana Samoa Mon 1.20-2.10 Fa’atu Learn some Samoan language – beginners welcome.</p>				

Sign up via the Wellbeing tile on the student portal by Friday 13th August.
You will need to know your tutor group and student ID number (on your timetable)