

Explore taha whānau

Family and social wellbeing

What is taha whānau?

Taha whānau is about who makes you feel you belong, who you care about and who you share your life with.

Whānau is about extended relationships – not just our immediate relatives. It's your friends, classmates, hoamahi/colleagues, and the people you care about. Everyone has a unique place and a role to fulfil within their own whānau and whānau contribute to your wellbeing and identity.

Why is taha whānau an important way to wellbeing for your school or kura community?

Spending time with whānau and doing things for them gives you a feeling of purpose, connection and wellbeing. It benefits you and builds the strength of your whole whānau. As a core source of strength, support, security and identity, whānau play a central role in wellbeing individually and collectively.

The connections taura have with their classmates and the people they choose to spend time with inside and outside of school and kura have

a huge impact on shaping how they view the world and themselves. When they are surrounded by classmates and friends who are caring and interact with aroha/love, their wellbeing will be stronger.

Similarly kaiako and other staff in the school community can see their hoamahi/colleagues as part of their whānau – they're the people they can turn to if they're having a hard day, or have a success to celebrate.

It's also important for wider whānau and caregivers to be involved in the school or kura environment so they can help reinforce what tamariki and taura learn – they help to guide and encourage them on their learning and wellbeing journey.

Exploring your way to wellbeing through taha whānau

- As a class, brainstorm qualities or things that are special about your class/school whānau. From this, create your classroom whānau values – how do taura look out for one another, uplift one another and challenge each other to be the best they can?

RĀPARE

THURSDAY

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- Display your whānau values somewhere in the classroom and get everyone to sign it.
- Hold a competition for tairira to create an emblem or symbol for their class or house that encompasses the values of your school whānau.
- Have a whānau day – invite whānau or friends to come in and see what their tamariki/tairira are learning about. Put on an exhibition, class play or kapa haka performance for them and share some kai. Kaiako can bring their whānau too!
- Encourage tamariki/tairira to bring in photos of the people who are important to them and decorate the classroom walls so they see familiar faces and places around them.
- Ask tamariki/tairira to write about or draw all the people who are special to them. Encourage them to gift it to their whānau member.
- Have a shared breakfast before school or kura starts and invite tairira to bring someone special to them – it could be their koro, cousin, mum or best friend.
- Ask your tairira to sit with someone they don't usually hang out with.
- If someone in your school or kura community is going through a tough time, rally together to prepare kai, or offer any other tautoko/support needed.
- Organise lunchtime workshops – invite tairira and kaiako to share their knowledge and passion with each other.



Photo by: @chanteltheunissen