

Unu Ora

Our hauora, while it begins with us, an impact wider than ourselves is achieved when we come together, with a common purpose and intention.

Tongikura:

Ki te kotahi te kākaho, ka whati; ki te kāpuia, e kore e whati.

If a reed stands alone, it can be broken; if it is in a group, it cannot.

When we stand alone, we are vulnerable, but together we are unbreakable.

- Kīngi Tāwhiao



Tongikura:

*What is your greatest contribution to your whānau?
What is the greatest skill that you bring to your team?*

Rongoā

a remedy, a treatment, a solution. This can differ and be different things for different people, such as a mirimiri, massage, meditation, taking vitamins, being near the moana, the ocean, walking in the ngāhere, the bush.



Woo Rongoā:

This is a recipe I got from my mother's partner and has now become a staple in our whare. Green tea (caffeine-free), two capfuls of apple cider vinegar (the one that has sediment at the bottom) & a teaspoon of honey. Drink hot or cold.

Woo

