

RISE UP TRUST

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VISION & MISSION

Our Best Generation Yet!
Connecting Hearts And Minds Through
Families And Communities Learning Together!

DOUBLE HONOUR AWARD



We honour our friend and Constable- Kali Fungavaka who left us on the 23rd August 2012. Thank you for giving back to our

Mangere Community.

Nominate a Pastor, Kaumatua or Elder for contributing to the improvement of learning. Our Double Honour award Apparel kindly sponsored by Fare Pareu, Gt South Rd, Otahuhu
Email: admin@riseuptrust.org.nz
Subject line: double honour award

AGM 2012 A NIGHT TO REMEMBER

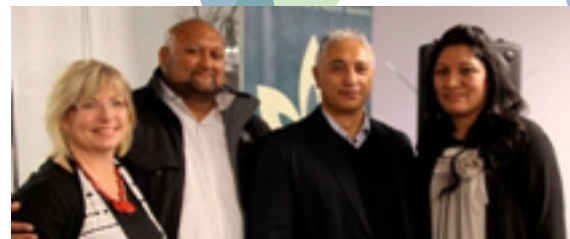


Thank you, to all those who attended Rise UP Trust's 2012 Annual General Meeting and thanks to those who put in

their apologies. It was certainly a night to be remembered as the renowned Allison Mooney celebrated our personality styles and shared ideas to understand and appreciate (forebear.. hehe) our loved ones and those we work with.



Allison Mooney has volunteered to partner with our A-Team to continue to develop our programmes which include these valuable gems. What a real gift to our South Auckland community and you can catch her again at Weymouth Primary



School on Tuesday 16th October, 6pm. Allison recommends you bring your spouse! It'll be another great night of fun learning to PRESS THE RIGHT BUTTONS!

SITA GRADUATES!

To top off the AGM week I gladly celebrated my graduation for the Graduate Diploma in Not for Profit Management from Unitec.

Thank you to my boss, husband and whanau for your provision and support. Time for a Kit Kat...
God Bless,
Sita xx



CONNECT GROUPS - TIME MANAGEMENT

Rise Up Trust News

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September 2012



We doubled our number of attendees at our Coffee Connect group last month and I'm sure it was the topic, more so than the Banoffi and Lemon meringue pie that attracted everyone. Our topic was on "Time Management" which proved to be a very popular one, and one, that a lot of us seem to be struggling with in this fast paced world of ours.

We learnt that "time" management is actually "Life" management. We can't actually 'manage time', we are all given 24 hours in a day to work with. It's about managing our life against time and prioritizing how we spend our time. Here are some of the comments from Whanau who attended:

"I really feel that this workshop has enabled me with some tools to address issues with time-management."

"Real pleased with what I learnt today, I feel I'm not alone."

"I really enjoyed the practical advice for time management and identifying the issues. I feel convicted in a good way about how to use my time effectively."

We look forward to seeing you all at our next connect night. Chur, Charmaine

SYNERGY: I KNOW WHO I AM TERM 3 , 2012 - MANGERE

Tears, laughter and joy filled the Mangere Events Centre auditorium, as five families shared their 'I Know Who I Am' presentation on Monday 10th September. It was a joyous occasion to listen and be in awe as our children and parents confidently shared their talents, dreams, family values and cultural identity.

During our programme we watched our families reflect on their cultural identity and family values. We enjoyed watching faces light up with a smile as parents encouraged their children with positive praise and guide children in learning about their personality, talents and dreams.

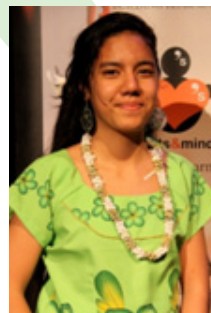
Thank you to our families for your perseverance, hard work through the seven weeks. May you continue to embrace your identity journey!



"Rise Up programme made us work together as a family and it's been really good finding out more about what makes our children tick".
Nik

"There were a lot of firsts for my family. This was the first time my

girls have ever done a speech in front of the public. Even though we have recently come from Tonga, my girls have never done a Tongan dance before. It's the first time they have worn the whole "Taovala" costume".
Kato



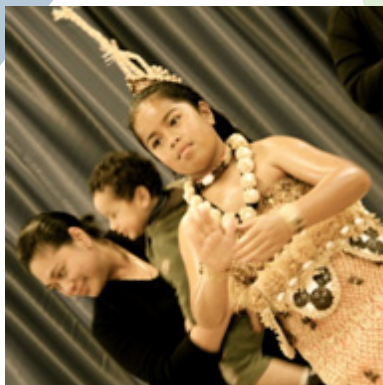
"This program makes me feel that being a Tongan is very important to me. Now I have promise myself that I would not lose my culture not even a bit for the rest of my life, because my culture tells people where I came from and who I am and it is a natural gift from God".
Seaview

TERM 3 , 2012 - WEYMOUTH IKWIA

I KNOW WHO I AM seems to be the heart for most parents who are eager to teach and experience with their children a journey of discovering your culture, heritage, values, talents and purpose in life. A great speaker Marcus Ahukata-Brown said that "when you know who you are, you begin to live life intentionally!" How true that statement is.

Synergy this last term produced some amazing moments in our children. We saw huge changes in children who began the programme real shy and timid to standing in front of an audience and saying speeches or singing in their own language.

Families now have had a taste of what their personality styles are so they can understand family dynamics better as well as themselves.



Here are just a few of the comments our parents had to say:

"Before I came to this program, I would always tell my kids to just do what I say because I think they are older so they know what to do. I have two other children

I KNOW WHO I AM CONTINUED...

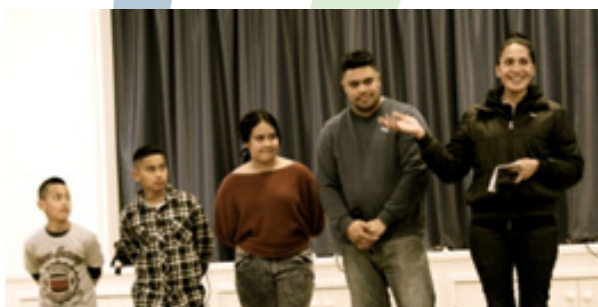


under four so it's hard to watch all four kids by myself now their dad has gone, but ever since Rise Up and doing this program I've realized that they have feelings and this is my time with them where they get to tell me how they feel. I have to remember they are only little children".

Maria & Joshua dancing



"We know now that we just need to be consistent with everything that we've learnt especially using the Balloon Analogy where we learnt to build up and encourage each other rather than speaking negative words and tearing each other down."



Lennox, Lawrence, Laelani, Joshua & Natasha explaining their lineage



"We have learnt a lot about understanding each other and communicating better, especially with our different personality styles.



Our son has grown in confidence because naturally he's a very shy person. We are so proud of him"
Letiu Whanau

Riley ready to say his Samoan speech

DOS AND DON'TS OF DISCIPLINE

DO

- Notice and comment when your child does something well. Be specific.
- Create specific and relevant consequences.
- Respond as quickly as you notice a violation.
- Respond consistently.
- Make sure your child understands the reason he or she receives a consequence.
- Be consistent by setting the same standards for boys and girls.

DON'T

- Only notice your child when he or he violates a standard.
- Use threats.
- Attack or ridicule your child.
- Manipulate your child with shame, humiliation, or guilt.
- Use labels, such as "You're lazy" or "You're such a slob."
- Notice the violation of a rule at some times and not others.

TALK TOGETHER

Questions to discuss with your child:

- How does our family compare to others in regard to discipline?
- Is our family too lenient, too harsh, or just right in enforcing boundaries? Why?
- What important lesson have you learned after violating a boundary?

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UPCOMING EVENTS

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September 2012

YMCA WORLD CHALLENGE DAY SWIM-A-THON 14TH OCTOBER 2012

As part of World Challenge Day and in partnership with WaterSafe Auckland, Y-Swim School at Lagoon Leisure and Fitness will be holding a Swim-a-thon. For more information please contact:

Helen Vann | Swim School Manager

YMCA of Auckland Inc

Lagoon Leisure & Fitness 29 Lagoon Drive Panmure

09 570 9061 | fax 09 570 9848

helen.vann@nymca.com | y-swimming@nymca.com | www.ymcauckland.org.nz

VAGAHAU NIUE WEEK 07-13 OCT 2012, VNT

Try these: FAKAALOFA ATU MA TAKITAKI -greetings leader
KIA FAKAMONUINA MAI A KOE/TAUTOLU, VNT -may you/we be blessed

ELIM CAR BOOT SALE

Elim Christian Centre, 44-48 Weymouth Rd, Manurewa

Saturday 29 September 8am-12pm

Saturday 27 October 8am-12pm

Saturday 24 November 8am-12pm



hearts&minds

RISE UP PROGRAMMES TERM 4 - HEARTS & MINDS CONNECT

Weymouth location

- 16 October 2012 – Allison Mooney, Personality Styles
- 13 November 2012 – Parenting Support

Mangere location

- 23 October 2012 – Time Management
- 20 November 2012 – Parenting Support



SYNERGY

SYNERGY - TOPIC 'I KNOW WHO I AM'

Weymouth location

- Starts October 24 2012

Mangere location

- Starts October 29 2012

Both locations have a FREE bus trip to the Auckland Museum, October 27 2012.

Contact the Rise UP office for further details for any of the programmes above.