

RISE UP TRUST

Ground Floor, Pacific Business Trust,
733 Gt South Road, OTAHUHU
PO Box 23 165, Hunters Corner, 2155
Ph 09 276 8727 Fax 09 276 8726
admin@riseuptrust.org.nz
www.riseuptrust.org.nz

VISION & MISSION

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

DOUBLE HONOUR AWARD



Thank you to Tarnia & Vi'i Tupai (from Adeaze) and their aiga for encouraging our Rise UP whanau during their journey with us. We

love your "Keep it real" stories and appreciate your support for the Building Learning Communities Project

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

VOLUNTEERS



A huge WELCOME BACK to our Amazzing Helen Robertson (Frostie) who joins us again to provide Process Support in the Rise UP engine room. Helen was a founding Rise UP Trustee and participant in 2007-2009. The laughter decibels in the engine room have just spiked.

VOLUNTEER POSITIONS VACANT:

If you are interested in volunteering at Rise UP Trust in the following roles:

- A. Library/Resource Centre Support
- B. Kidz club mail outs
- C. Video Editor

We would love to hear from you. These roles involve 3-4 hours per month and help us to continue to keep Rise UP Whanau well informed and connected. Please contact us at admin@riseuptrust.org.nz



VARIETY CLUB CHILD SPONSORSHIP

Variety Club Child Sponsorship is available for Rise UP Kidz. Please contact your Whanau

Educator to check your eligibility.

HEARTS & MINDS WEYMOUTH TERM ONE, 2013

A profound statement was shared during one of the sessions and it was this; "Change begins with me". We had lots of parents comment on how informative the sessions were, learning about Children's Learning Styles and Love Languages to name a couple. We must say that these two sessions were a hit! Everyone loved learning about these two topics, because it hits home! It's organic and can be applied straight away, seeing good results.

Rise UP bring the focus on understanding ourselves first as individuals and then understanding our children. How they are wired, what makes them tick, what doesn't and how these new tools and skills learnt can really unlock their child's genius. Parenting is not about 'the survival of the fittest', it's about 'being intentional with our kids to set them up to succeed in life'!

Lots of LOVE going out to our fantastic parents who completed Hearts & Minds this term! You guys rock! We are looking forward to the next journey with you all.

Manu Teleina,
Lorna Fa'alafi & Charmaine Chapman

SYNERGY - SERVOLUTION

MANGERE SYNERGY PROGRAMME, TERM ONE 2013 - SERVOLUTION

WEYMOUTH SYNERGY PROGRAMME, TERM ONE 2013 - SERVOLUTION

Rise Up Trust News

2

May 2013



Servolution is a community event that takes place in April every year. Lots of churches and community organisations take part. The goal of this event is "Showing random acts of Kindness to people in our community". What a great way to give back to the community, by helping others and better yet, to teach our young children the importance of caring and helping others, especially people that we don't know.

The Servolution Projects for our Weymouth Whanau this year were made up by children singing and presenting baked goods in the local Rest Homes, getting dirty and doing DIY projects at the grandparents' home by sanding and painting and even bringing the extended family together and letting the kids organise fun activities and games.



Our children asked lots of good questions during the planning of their projects like "Why is it important to have roles and responsibilities in our projects?" Some answered "Without them it

would be chaos" (Asilika) "Also it's not good for one person to do all the work" (Te Tani)

Thank you to all our whanau who participated this term. What a wonderful opportunity to experience something special by helping others in our community.



Servolution was the theme for our Synergy programme in Term 1. Four families in Mangere used the Inquiry Learning Model to plan and prepare a Family Servolution Project to help others in their neighbourhood on the 20th April 2013. It was wonderful to see the great team work within the families as they carried out their Servolution Projects. Thank you to all our whanau for your serving hearts.

What were the different Servolution projects?

CLEANING A CHURCH



"I feel emotion when we realize that what we do is sharing the love (lol) and how the kids are on to it by doing every responsibility"

- Kato, Seaview, Sasa, Mele & Alisi

PLANTING A GARDEN AT A PRE-SCHOOL



"We enjoyed working and planning together with the goal of serving our community in making a beautiful garden that children would enjoy and we had fun and learnt at the same time"

Christelena

- Helen, Christelena & Glorielle

FREE CAR WASH FOR THE NEIGHBOURS CAR



"Our family talent is dancing but we also like helping other people".

Emmy, Lani, Kristin, Ezekiel

CLEANING UP NENA'S BACKYARD



"Teamwork always makes the job easier"

- Fisiena, Max, Anton & Rueben

A GOOD ROLE MODEL

Think back to your childhood. Was there one adult you really enjoyed talking with? Maybe it was a grandparent, a club leader, an aunt, a coach, a neighbour, an older cousin, someone in your congregation, or your piano teacher. This person helped you sort through growing-up issues. Even if you can't recall any specific conversations, you will remember the warm feelings brought by talking with that person.

Young people need parents to talk to, but they also need other adults to bounce ideas off, to ask questions of, to laugh with, to help sort through sticky situations. Researchers have discovered that young people who have other caring adults to talk with are:

- Less likely to do risky things, such as use alcohol or other drugs or be sexually active.
- More likely to grow up successfully. Even children in abusive, financially stressed, chaotic, or otherwise difficult situations have better futures if they find at least one caring adult outside the home.
- Likely to think they can make a difference and that they matter.
- Better able to succeed at school.

TIME TOGETHER

Three ways to encourage your child to build relationships with other caring adults:

1. Help your child find an adult you both trust who shares a similar hobby or interest with your child.
2. Play games with other families where teams consist of adults of one family paired with children from another family
3. Use letters, phone calls, and email to keep relationships strong with caring adults who are far away

TELL THEM THANKS!

With your child, identify all the adults who regularly interact with her or him. Include teachers, grandparents, other extended Whanau, club leaders, coaches, cooks, bus drivers, aunts, uncles, school administrators, neighbours and the parents of friends. Jot a short note to each one, telling them how much you appreciate their care, their dedication and their interest in your child.

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NEWS & EVENTS

HEARTS & MINDS



hearts& minds

Starts July 23 through to September 17th

Keys for Learning – For Parents and Caregivers of Primary and Intermediate school aged children.

Engaging Parents

This six week course equips parents with the keys to unlock their child's potential and engage with their learning.

Parents feel empowered as they understand the connection between their child's learning style, love languages and personality type and the best way to develop the child's thinking and problem solving skills.

SYNERGY



SYNERGY

Mangere location starts July 5th through September 16th

Weymouth location starts July 31st through September 11th

Setting Up Whanau for Success – For Parents and Caregivers who have completed Hearts & Minds to work together with their children. Seven weeks.

Releasing the Gold

Three way learning, where Educators take Parents and their Kidz through real life problem solving strategies. Whanau explore ways to think and ask questions with their Kid. They develop their communications skills as they work with their child's learning style, love language and personality style. Whanau make touchdowns as they practice learning and problem solving together. Six weeks.

RISE UP KIDZ



Rise Up Kidz

Present: **Beautiful Daughters**

Starts July 2nd through September August 30th

Beautiful Daughters is a dynamic club for girls aged 5-15, which is aimed at teaching, encouraging, preparing and equipping them to become young women who understand and appreciate their value and worth. Foundational life skills will be taught by specialists in each field. Fields such as health and well-being, cooking, sewing, exercising, and true beauty from the inside out. The club is run in 5 week blocks during the school term, and is held at the Mangere Community House on Robertson Rd after school on Fridays.

WARM UP!

FREE home insulation has returned. Check out the flyer and apply if you fit the criteria...or ring the phone number provided...

RISE UP WEBSITE

Rise UP Website is undergoing a huge makeover. We'll let you know as soon as it's ready for you... While that's under reconstruction – you can always visit us on Facebook for "Rise UP" news and postings. Post us a comment – we'd love to hear from you!

COSY COMMUNITIES WARM UP! COUNTIES MANUKAU

Insulation benefits your family in both summer and winter!

Warmer, Drier, Healthier Homes in Counties Manukau

- 1 Is your home cold, damp or draughty?
- 2 Does anyone in your household have asthma, bronchitis or emphysema?
- 3 Let us insulate your home and make it warmer and healthier for winter.
- 4 Apply now...

FREE HOME INSULATION AVAILABLE NOW!

Conditions:

- The house must have been built before January 2000 and in the Counties Manukau, Papakura District, or Franklin area.
- Own home or private rental (NOT a Housing New Zealand home)
- Owner/occupier or primary tenant of the home must have a Community Services Card
- Priority will be given to families with children (14 & under) or older adults (65 plus) who are unwell due to living in cold and damp houses.

For more information and an application form, contact The Warm Up Co-ordinator:
Phone: 09 262 9583 Email: warmup@CMDHB.org.nz

GreenStuf, Counties Manukau, Auckland Council, Counties Manukau, STAYSAFE, Fire & Emergency New Zealand