

## 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



Rise UP Trust farewell and tribute a great man, tutor and matua- Our Fraser McDonald- Grad Dip in NFP Management lecturer, Unitec, was burdened with a purpose..... to strengthen the NFP sector in the Pacific.

Fraser was said to:

1. Have Invented Pastoral Care in Pasifika Adult Education
2. Have been the VOICE of the Pacific
3. Have gone the EXTRA mile every time for his students
4. Have stated 'Pasifika Education is about RELATIONSHIPS'
5. Have upheld Dignity and Grace

We have been blessed and privileged to have been taught GREAT lessons and HILARIOUS stories by Fraser and we will endeavour to sow the Fraser McDonald 'seeds' which have been received.

In memory of Fraser McDonald, Ofa lahi atu

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

## MARCH 2013 - GETFIT!

Bula Vinaka, 2013 has seen an EXCITING start to our Rise UP programmes and strategic planning for the next 5 years. This term is a long one so we hope all our whanau are well and settled in with their new teachers at school.

Our Term 1 programmes kicked off in Mangere / Otahuhu and Weymouth with:

- \*Hearts & Minds Parents programmes
- \*Synergy whanau programmes

AND our newest collaboration partner is Outback Getfit!



The David Lange Memorial Hall,  
17 House Ave, Mangere Bridge  
Mondays & Wednesdays, 6:30-7:30pm  
\$10 per class

Outback Getfit is passionate about helping our communities to reach their health and fitness goals. Our Getfit Challenge is achievable, supportive, and fun! We cater for all fitness levels. Training sessions consist of Outback Box, Outback Cross & Outback Spa training.

Come down and meet the team Oliver, Maria & Asenati Tavita.

Email us today if you would like to join us  
theoutbackgym@gmail.com or visit our website  
www.outbackgetfit.com

# HEARTS & MINDS

## PARENTS PROGRAMME TERM 1, 2013

Rise UP Trust News

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March 2013

2013 brings a new freshness already, with lots of new whanau coming through our doors, eager to learn more about the learning tools and the keys that unlock their child's potential. So far we have over 30 whanau at both our locations Mangere and Weymouth. Here are what our parents had to say so far:

### MANGERE COMMUNITY

"I thought the night was very informative and it definitely raised awareness about the changes in the education system. I did not realize how much has changed" Monalisa  
"This has been a new experience, understanding my children, I always give my son a kiss goodbye → he expects it every morning, I realise he is wanting quality time with me as he wakes up early in the morning to kiss me goodbye before I go to work. I feel great!" Sam  
"I am challenged tonight to fill my own love tank. It is an internal connection. If my love tank is not full then I will not be able to fill my kids love tank" Zonder



### WEYMOUTH COMMUNITY

"I'm going to go now, get out the school reports, get out the black hats and the yellow hats and discuss it with my children" Mata

"I feel there is hope" Kava

Parents at our programs are being enlightened to what it takes to slash the "Brown Tail" (Maori & Pacific Island underachievement in education). The children's success begins with the parent at home. Parents are becoming more proactive by understanding how their children learn (learning styles) how they feel emotionally secure (love languages) and how they are unique (personality styles).

Rock on Rise UP Parents!

## JOURNEY OF A RISE UP KID



### Introducing Te-Tani

*Te-Tani has participated in the Rise UP programmes since 2011 with his father Barry.*

*Te-Tani attends Weymouth Primary school, his hobbies include any Sport, Maths & Writing are his favourite subjects at school. He also plays for Manurewa Marlins Rugby League team.*

*In the beginning of the year Te-Tani's classroom teacher contacted Barry and explained that Te-Tani was not engaging with his learning. Barry then started to make regular weekly visits to his son's teacher to check on his progress at school.*

*In 2012 Te-Tani was awarded the Academic award for his Year 4 class. The things he enjoyed most about school were his teacher and friends.*

*How did you feel when you received the award?*

*"When I went on stage I felt happy and excited."*

*What were some of the things you did at school and at home that you think helped you to receive that award?*

*I did lots of homework, writing, reading, maths for most of the subjects. I spent 1-2 hours a day on homework, because sometimes I don't do it properly and I have to do it again. My dad kept coming to class to talk to my teacher. My dad always says, "Carry on with your work and don't talk to your friends".*

*"At school I did lots of work as well."*

# WHANAU FUN NIGHT

Rise Up Trust News

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March 2013

Our Whanau Fun Night was held on Friday 7th December 2012, at Extreme Edge (Rock Climbing) in Panmure, this was a celebration of a very busy and fruitful year at Rise Up.

The main objective of the evening was to have fun, to eat, to relax and to enjoy time together as a Whanau. There was a variety of delicious food which we all enjoyed

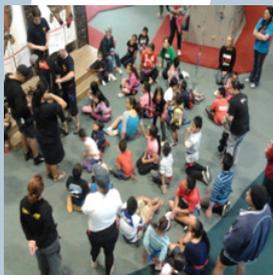


tucking in to, provided for by Rise Up and the families.

One of the highlights of the evening was the "straw" given to each family, which had a special number on. Families were able to redeem these for a special gift and a goodie bag for each child.

We had some fabulous gifts which were donated to us, thank you to all our sponsors.

These included a family pass to Motat, paints and



chocolates, a family pass to Parakai Springs, a Rainbows end pass for an adult and a child and some special bonanza Christmas bags, these were gladly received by all.

The evening officially ended at 10pm but some Whanau stayed on for a while longer, as they couldn't pull themselves away from those walls.

## FAMILY SUPPORT

### ASSET #1: FAMILY SUPPORT

Youth are more likely to grow up healthy when their families provide them with high levels of love and support.

#### What Are Assets?

Assets are 40 values, experiences, and qualities that help kids succeed.

#### HELPFUL HINTS

Tips that make loving your child easier:

- Loving touch means a lot. Hug. Put your arm around your child. Comb your child's hair.
- Use loving words. Try: "I care about you." "I love you." "I think you're terrific." "You're great!"
- Be loving in your interactions. Look your child in the eyes when you talk with her or him.

- Tell your child when he or she does something that makes you feel loved and cared for.

## TIME TOGETHER

Three ways to be supportive of your child:

1. Have a weekly family game night. Take turns choosing games.
2. Spend one hour a week with each child alone. Take a walk, listen to music, or just hang out.
3. Find out one area where your child is struggling. Listen to your child's concerns. Help your child think of ways to address the issue.

This newsletter and other asset resources are produced by Search Institute, [www.search-institute.org](http://www.search-institute.org); 800-888-7828.



## RISE UP TERM 2 PROGRAMMES

Join us on an exciting learning journey... discovering more about your Culture, Talents, Family Values, Sense of Purpose and more!

COST: FREE

WHO: WHANAU – Parents and their Children (6-12yrs old)

TIME: 5:15 – 6:45pm

### WEYMOUTH LOCATION

VENUE Weymouth Primary School, 23 Evans Road

DURATION 7 consecutive Mondays

BEGINS Monday 20<sup>th</sup> May 2013

CONTACT Lorna Fa'alafi - 021 612 854  
[lorna.f@riseuptrust.org.nz](mailto:lorna.f@riseuptrust.org.nz)

### MANGERE LOCATION

VENUE Mangere Community House, 141 Robertson Road, Mangere

DURATION 7 consecutive Wednesdays

BEGINS Wednesday 15<sup>th</sup> May 2013

CONTACT Charmaine Chapman - 029 2360362  
[charmaine.c@riseuptrust.org.nz](mailto:charmaine.c@riseuptrust.org.nz)

OFFICE 09 276 8727



hearts&minds

## HEARTS & MINDS

This 6 Week Parents /Caregiver Course Will Hand You Keys For Unlocking Your Child's Potential

Starts Tuesday 28th May

Time 6:15pm – 8:30pm

Venue Rise UP Office, 733 Great South Rd, Otahuhu

Whanau Educators

Lorna Fa'alafi - 02106120854 [lorna.f@riseuptrust.org.nz](mailto:lorna.f@riseuptrust.org.nz)

Charmaine Chapman - 029 2360362

[charmaine.c@riseuptrust.org.nz](mailto:charmaine.c@riseuptrust.org.nz)

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