

# INSPIRATIONAL KORERO

**Term 3, 2021**

## Kia Ora

Term 3 has seen the team take up the challenge of delivering in lockdown and then being back into schools. Like all businesses, our team needed to adapt to remote delivery for tamariki and rangatahi. It was great timing that our Kiwi Can team were delivering the Resilience section to their students. In this newsletter, we share the Kiwi Can Key Resilience Areas to help you navigate the challenges we all face with the changing work and home life landscape.

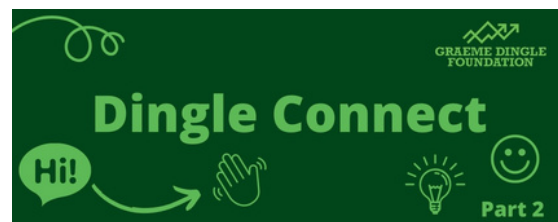
## Lockdown Delivery

Our Covid response objective was to support wellbeing and resilience by providing a **Newsletter** and **You Tube Lesson** once a week to connect with tamariki and their whānau.

The **Activity + Wellness Newsletters** were designed to give tamariki, rangatahi and whānau home activity ideas that required minimal resources. These activities were to encourage fun activity, promote wellness and whānau involvement. The newsletter was sent every Friday to help with weekend activity ideas.

While the **You Tube Lessons** were sent out mid-week to connect to tamariki and rangatahi during school time. The lessons featured our Kiwi Can team to help tamariki and rangatahi stay connected to their role models.

Schools used their learning platforms, social media as well as printed newsletter copies to distribute with school packs to reach tamariki.



Kia ora – Here is Dingle Connect Part 2. This week our Kiwi Can and Career Navigator Leaders have put together a great mix of fun activities that you can try at home with your whānau and friends. My favourite is Whaea Leenz's Stress Ball – it was fun to make. We wonder what your favourite will be... give the activities a try!

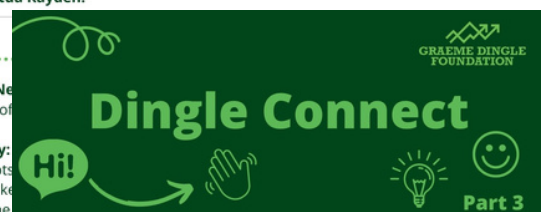
From Whaea Cass, Whaea Candace, Whaea Leenz, Whaea Ash, Matua Liam and Matua Kayden.

### Boxes ...

What You Need  
Get a piece of

### How to Play:

1. Draw dots on paper (like a box)
2. Draw one line across the box
3. Try and make a word you have in your head
4. In the end, the most boxes filled with words wins!



Kia ora – Here is Dingle Connect Part 3. We will keep our weekly Dingle Connect newsletters coming until we are all back to Level 2 and school has started. This week our Kiwi Can and Career Navigator Leaders have been busy working on activities that you can try at home with your whānau and friends. What is your favourite this week?

From Whaea Cass, Whaea Candace, Whaea Leenz, Whaea Ash, Matua Liam and Matua Kayden.

### Crazy Colour Word Game

with Whaea Leenz



Say the colour of each word - don't read the word. How fast can you say it? Maybe time each other?

black white yellow green red blue  
yellow red black green white red  
white green red black yellow green  
black white yellow green red blue  
white green red black yellow green  
yellow red black green white red  
white green red black yellow green

# Kiwi Can Term 3 Focus: Resilience

The Kiwi Can programmes are underpinned by four key values that are delivered in 24 modules.

This term the Kiwi Can Leaders delivered the **Resilience** - Manawaroa modules to tamariki. Why do we need to be resilient? To help us face our challenges; so that we become stronger and more capable people; and to know we need to ask for help. Perfect timing with the Resilience modules being delivered while students were adjusting to life with lockdown levels.



## Take Out Questions:

- 1/ How are you improving your resilience?
- 2/ Are you helping your work teams and whānau with resilience?

You can work on your resilience by researching and implementing the key areas above. For example:

1. be proactive with your problem solving
2. practice mindfulness
3. set personal and business goals that are SMART

# High Five Moment



High Five Moments are when our team celebrate the success of a student who has taken part in one of our programmes.

This newsletter, our Career Navigator Coordinator, Ash gives a heartwarming account of how one of her students is making big leaps in the High School focused programme.

## Programme

Career Navigator

## Age Group

Focus is Year 12 & 13 Rangatahi

## Learnings

Improve Communications  
Overcoming Challenges



## What Happened

One student has stood out this term. At the start of the year the student had limited aspirations and willingness to open his mind to career opportunities.

During the year, we have seen a transformation with:

- turning up to every workshop and site visit.
- developing a CV (he was one of the first to hand in his CV)
- wanting to get work experience in trades (thanks to the Career Experience Futureopoly and going to the Tumu stand)
- working closely with his mentor, Flaxmere New World owner, Chris
- being prompt and effective communicator

Mentor, Chris is now working with the student to:

- further develop his CV
- work on his interview skills
- find a business that is willing to give him work experience (trade focused)

**"This student has challenges with his learning difficulties and it awesome to see him make big changes especially with the help of his mentor",**

Ash, Career Navigator Coordinator





# Energiser: Back to Back

The Kiwi Can team use energisers at the start of each lesson to engage and focus tamariki. You can try this energiser at home or in your workplace.

## What You Need


Two people

## How to Play

- Each person sits back to back.
- One person will be the “instructor” and the other person will be the “drawer”
- The instructor has a drawing or image in front of them (that only the instructor can see). You can draw as you instruct at the same time as your buddy is drawing.
- The instructor may like to take time to draw the image before you start, or you could draw as you are instructing your buddy on how to draw the image.
- The instructor explains to the drawer. For example, triangle in the left bottom corner.
- Be sure to use clear and specific instructions for your buddy. They cannot see the image so will need to know where to draw things, how big and which way.
- Rules: No looking over your shoulder!!




Hastings Intermediate students starting their Kiwi Can lesson with the 'Back to Back' Energiser



**hope  
respect  
self-belief  
courageous  
collaborative  
empowering youth  
overcoming obstacles**

# DINGLE FOUNDATION CHRISTMAS FUNDRAISER

Wondering how to give Christmas Cheer and thank your staff or customers? This year we can help solve the Christmas cheer gift question and at the same time you will be supporting a local charity (two good deeds in one package).



## CHRISTMAS GIFT OPTIONS \$67 EACH (INC GST)

- 1** 4kg (approx) premium bone in ham with festive ham bag and festive recipe card
- 2** 1kg premium camembert creamy cheese round, olive oil, crackers with festive bag and festive recipe card

## EXTRA HELPFUL INFO

- ★ **FREE DELIVERY** when you order 15 or more items
- ★ Invoices will be sent when order is placed
- ★ Last orders 20th November

## HOW TO ORDER



Contact us now to receive your order form:  
**[supporthbkids@dinglefoundation.org.nz](mailto:supporthbkids@dinglefoundation.org.nz)**

**Special thanks to our friends at Bidfood.**

**YOU ARE HELPING TO SPREAD CHRISTMAS CHEER**

# Futureopoly - Game Changer

"What are you going to do when you grow up?" Not a lot of teenagers know the answer to that old chestnut!

The 'Futureopoly' event was developed to connect rangatahi and businesses using a Monopoly board game concept to make the experience interactive to achieve stronger outcomes. The businesses are set up around the event hall and rangatahi need to ask questions or complete a task to receive 'Futureopoly' dollars. At the end of the event they get to use their dollars to purchase raffle tickets.

This year, the event has been held at Flaxmere College and Karamu High Schools. Hastings Girls High School has unfortunately been cancelled due to Covid restrictions.

## What was the aim?

To increase student's awareness of career opportunities and build confidence in rangatahi to make decisions about career pathways.



## Did we achieve our aim?

Yes. Rangatahi rated the experience highly valuable

**Special thanks to all the businesses involved in making Futureopoly a huge success. Bring on 2022**



Click on image or follow this link  
[www.youtube.com/watch?v=LjDEF17OksI](https://www.youtube.com/watch?v=LjDEF17OksI)



**The Graeme Dingle Foundation Hawke's Bay team delivers transformational and empowering programmes to over 1,500 tamariki and rangatahi in seven schools in our region.**

**Come on the journey with us.**

[www.dinglefoundation.org.nz](http://www.dinglefoundation.org.nz)