

Kia Eke Panuku, Eke Tangaroa

Through Effort, We Triumph

TOA Programme Overview

Week	Date	Subject	Instructor(s)	Location	5 Ways to Wellbeing Focus	Notes
0	26-Aug-16	Noho	Katoa	Mana Tamariki	Me Whanaunga (Connect)	See programme for details
1	1-Sep-16	Mau Rākau (Maori Weaponry)	Josh	PNBHS	Me ako tonu (Keep Learning)	Bring your active wear. Drink bottles
2	8-Sep-16	Mau Rākau (Maori Weaponry)	Josh	PNBHS	Me aro tonu (Take Notice)	Bring your active wear. Drink bottles
3	15-Sep-16	Mau Rākau (Maori Weaponry)	Josh	PNBHS	Me Whanaunga (Connect)	Bring your active wear. Drink bottles
4	25-Sep-16	Relationships	Bruce	ATP	Me Whanaunga (Connect)	Split session between taiohi and pakeke. All Parents welcome
5	2-Oct-16	Hikoi	Manu	Te Motu o Poutoa (Porkchop Hill)	Tukua (Give)	Good footwear. Light hikoi. Historical learning
6	9-Oct-16	Relationships	Bruce	ATP	Me kori tonu (Be Active)	Split session between taiohi and pakeke. All Parents welcome
7	16-Oct-16	Top 2 Inches (Psychology)	Luke	ATP	Me aro tonu (Take Notice)	Bring your logbooks
8	30-Oct-16	Top 2 Inches (Psychology)	Luke	ATP	Me ako tonu (Keep Learning)	Bring your logbooks
9	6-Nov-16	Boxfit	Pele	ATP	Me kori tonu (Be Active)	Bring your active wear. Drink bottles
10	13-Nov-16	Hikoi	Manu	Whatonga (Gorge)	Tukua (Give)	Good footwear. Heavy hikoi. Prepare yourself
11	20-Nov-16	Prizegiving	Katoa	ATP	Me ako tonu (Keep Learning)	Bring your whanau