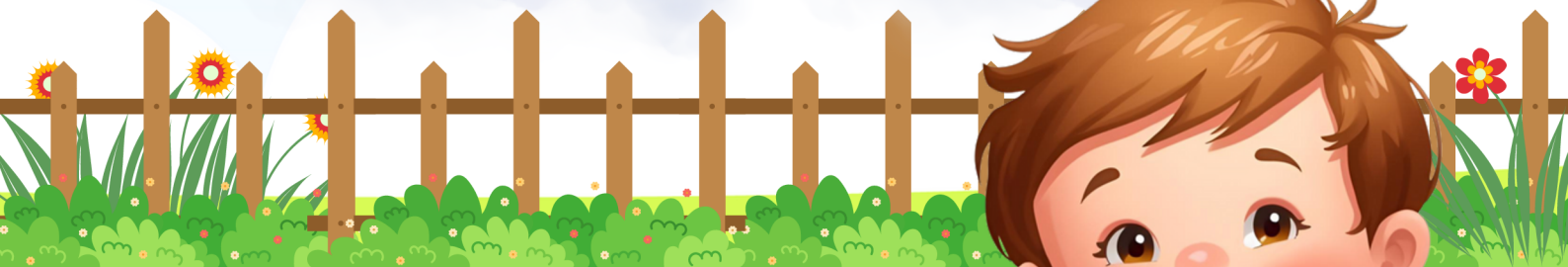


ECE Newsletter

Term 4, 2025



As the days get longer and warmer, we get to enjoy more fresh, colourful fruits and veggies with our tamariki. This term, we're talking about **HEALTHY EATING!**



TARARUA REAP
Rural Education Activities Programme

 15 Gordon Street, Dannevirke
 06 374 6565
 office@tararuareap.co.nz
 www.tararuareap.co.nz  





Mel Oliver

Education Support Coordinator

Kia ora koutou e hoa mā!

What a colourful Term 3 we had exploring science at all the playgroups and Kōhanga. We had fun using the light box to mix different colours, and seeing the world in different shades using the coloured shapes as glasses. We also explored different textures with our craft activity and heuristic play box – what a cool sensory and open play experience.

In Term 4, our focus will be **Healthy Eating**, exploring the Te Whāriki strands of Wellbeing and Belonging. To bring this to life, our activities will centre on fruit and vegetables – we'll read “I Can Eat a Rainbow”, prepare some kai together, and enjoy music, crafts, and fun activities along the way.

If healthy eating feels like a daily challenge with your child, keep an eye out for our Picky Eating course, returning in early 2026.

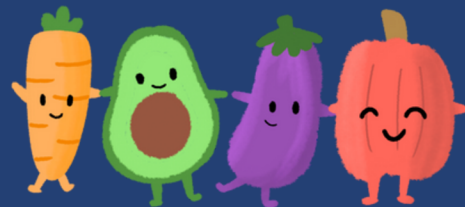
With the Christmas countdown on, we're busy planning Christmas in the Park 2025! The fire service will be bringing Santa/Hana Kōkō – lucky he avoided the naughty list and a ride in the police car! There'll be lots of community groups joining us with fun activities and giveaways. What a great way to wrap up the year together!

Thank you for sharing your feedback on sessions and ideas for future playgroups. I look forward to seeing you all throughout Term 4 and at Christmas in the Park.

Ka kite ano, *Mel*

Healthy Eating

TERM FOUR 2025 – DELIVERED BY MEL OLIVER



This term, our focus is on healthy eating!

This includes a storybook, music, puzzles, making some kai and a craft activity.

 Play Groups	Day	 Date
Woodville Playcentre	Tuesday	7 October
Sprouts	Wednesday	8 October
Building Blocks Dannevirke	Thursday	9 October
Monday @ Ruahine	Monday	13 October
Ti Tree Point Playgroup	Wednesday	15 October
Kumeroa - Hopelands Playgroup	Monday	20 October
Ruahine Playgroup	Tuesday	21 October
Te Kōhanga Reo o Kaitoki	Wednesday	22 October
Takapau Playcentre	Wednesday	29 October
Te Kōhanga Reo o Atawhai	Tuesday	4 November
Te Whare Koha Playgroup	Wednesday	5 November
Building Blocks Woodville	Thursday	13 November

TE WHARIKI STRAND



Mana Atua
Wellbeing

Mana Whenua
Belonging

GOAL

To promote healthy habits.

Connecting links with the
wider world are affirmed
and extended.

LEARNING OUTCOME



Keeping themselves healthy
and caring for themselves/ te
oranga nui.

Making connections between
things in their world

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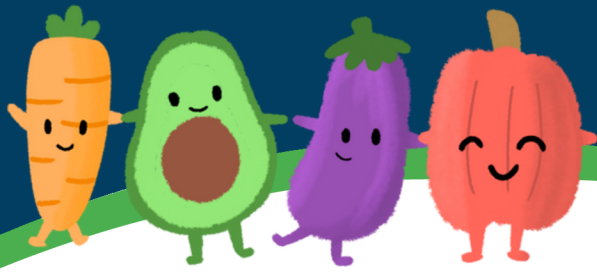




Where does our food come from?

Draw a line to show where these foods come from!



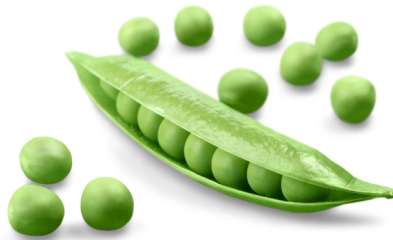


Healthy Eating Rainbow

**Make food fun by introducing different
colours at meal times!**



Broccoli
Puananī



Pea
Pī



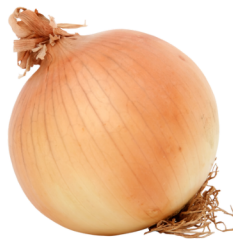
Lettuce
Rētihi



Celery
Harere/Herewī



Potato
Rīwai



Onion
Aniana/Riki



Parsnip
UHITEA/Pāhinipi



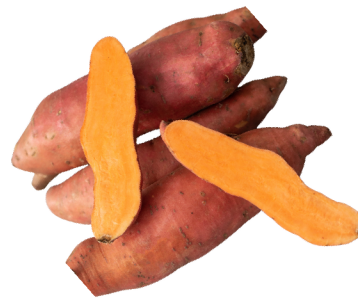
Sweetcorn
Kānga



Capsicum
Rapikama



Pumpkin
Paukena



Sweet Potato/Kumara
Kūmara



Carrot
Kāroti/Kāreti



Beetroot
Rengakura



Radish
Rarihi/Uhikura



Cabbage
Kāpeti/Puka



Eggplant/Aubergine
Otahua



Nutritious & Delicious!

Get the most out of the foods you give to your tamariki

Zinc Rich Foods

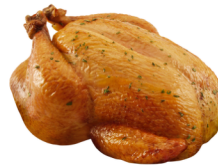
Zinc is important for growth development, immunity, cognition and taste



Oats



Red Meat



Poultry



Seafood



Pumpkin Seeds



Legumes



Peanuts



Dairy Products

Iron Rich Foods

In NZ, one in 7 children aged between 6 months and 5 years are iron-deficient. Iron is important for immunity, energy levels, focus and concentration



Eggs



Oats



Fruit & Veges



Nuts



Red Meat



Poultry



Seafood

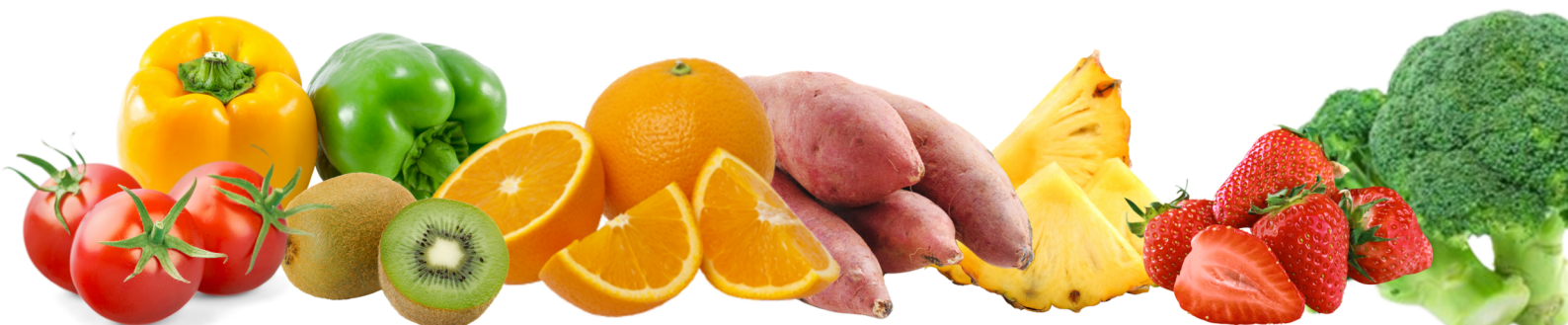


Legumes

Vitamin C Rich Foods

Foods high in Vitamin C help with iron absorption

Tomatoes, capsicum, kumara, strawberries, oranges, kiwifruit, pineapple, broccoli



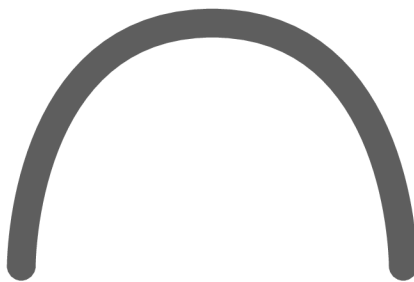


Ngā Huatau kete kai Lunchbox Ideas

For 2–5 year olds

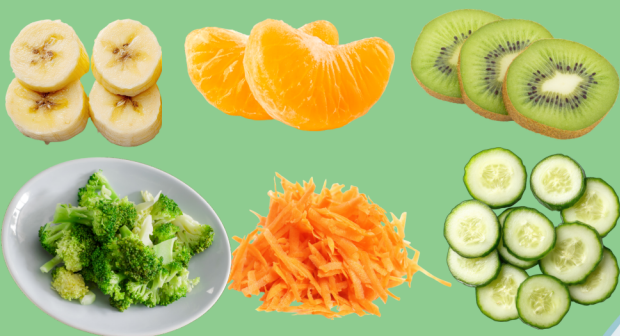
Children need a variety of healthy food to learn and grow. Try to choose foods from each of the four groups below, every day.

Mā te kai tōtika me te kai kanorau, e kaha ai te tupu me te ako o te tamaiti. Kia kaha te whiriwhiri i ētahi o ngā kai o ia rōpū o ia rōpū, ia rā, ia rā.



Vegetables & Fruit

Huawhenua me ngā huarākau



Peeling, chopping, grating, slicing and/or cooking helps reduce choking hazards

Milk, yoghurt & cheese

Miraka me ngā hua miraka



Cottage Cheese
Tihi Pupuru



Custard Kahitete

Yoghurt
Miraka
tepe



Grated Cheese
Tihi Kuora



Grain Foods

Parāoa me ngā hua patakai



Legumes, fish, eggs, poultry, meat

Mīti iti te ngako me ngā whakakapinga mīti





Toileting Development

TEACHING TIPS FOR SUCCESSFUL TOILETING
DEVELOPMENT



Is your child over three and still preferring nappies? You're not alone – many parents and educators find toileting a tricky stage.

This workshop will share tips, strategies and ideas to support your child's toileting development. Whether you're a parent or an educator, you'll leave with tools to help encourage confidence, independence, and success.



Details



5.30 pm – 7.00 pm



Wednesday 12
November



Tararua REAP,
15 Gordon Street



Koha Appreciated



Light meal provided



**Te Tāhuhu o
te Mātauranga**
Ministry of Education

**Register with
Tararua REAP**

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Budget Mentoring

RELIEVE FAMILY STRESS AND GET ON TRACK
WITH YOUR FINANCES



Parenting can be hard, even without the stress of juggling debts and bills.

Our Financial Mentors provide tips, tricks and resources to help sort your financial situation. They can help you establish realistic financial goals for you and your family.

- ✓ Free
- ✓ Non-Judgemental
- ✓ Confidential

“The help I received has helped relieve stress and is giving me peace of mind.”

Details



Bookings by
appointment



Tararua REAP,
15 Gordon Street



Fully Subsidised

**For more information or
to book an appointment,
contact Tararua REAP**



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POWER OF ATTORNEY WORKSHOP



Planning for the future is one of the best gifts you can give yourself and your whānau.

Join our Enduring Power of Attorney workshop to learn what an EPOA is, why it matters, and how it protects your wishes if you're ever unable to make decisions for yourself.

Gain the knowledge and confidence to make informed choices and ensure your wellbeing, finances, and peace of mind are looked after.



Details

-  10.00 am – 12.00 pm
-  Wednesday 22 October
-  Tararua REAP
15 Gordon Street
-  Donation Appreciated



**MANAWATŪ
COMMUNITY LAW
CENTRE**

Te Whare Ture Hapori o Manawātū

**Contact Tararua REAP to register, or visit
www.tararuareap.co.nz**

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CHRISTMAS IN THE PARK

Whānau and tamariki – All welcome to share the joy and magic of the season with our amazing community!

Explore different activities and have fun with Tararua REAP, Wai Splash, Toy library, Play trailer, Bouncy castle, Rangitāne, Ngāti Kahungunu and Tararua Community Services, just to name a few!



Santa/Hana Kōkō will make a special appearance with a small gift for each child... Don't forget to register!



Details



10:00am – 12:00pm



Tuesday 2 December



Dannevirke Domain

**RSVP Required to
Tararua REAP**

*For Tamariki
aged 0-5*

Please bring picnic food and water for you and your child. Ice-Cream Truck will be onsite

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TARARUA REAP

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Adult Community Education

Parent Education

Financial Mentoring

Strengthening Families

Whānau Support

Employment Support

Supporting Early Childhood

Education and Schools

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