



Nga mihi nui ki a koutou katoa. Warm greetings to you all.

This term we have been working on **Resilience**, under the three modules of:

Understanding Emotions – *‘Emotions are what we feel, lets others know what’s the deal.’*

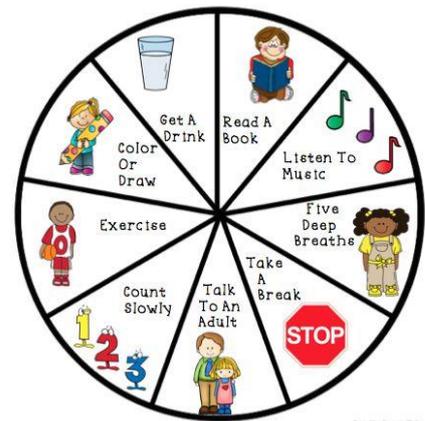
Self control – *‘Keep it real, keep it true, self control will get you through.’*

Dealing with Challenges - *‘Face your challenge head on, that is what will make you strong.’*

This theme is especially important in this time of lockdown and isolation from friends and extended whanau. We are very lucky in the Far North to be able to return to a semi normal life again but the strategies on the wheel to the right are great ways to cope with any challenges that life may throw at us.

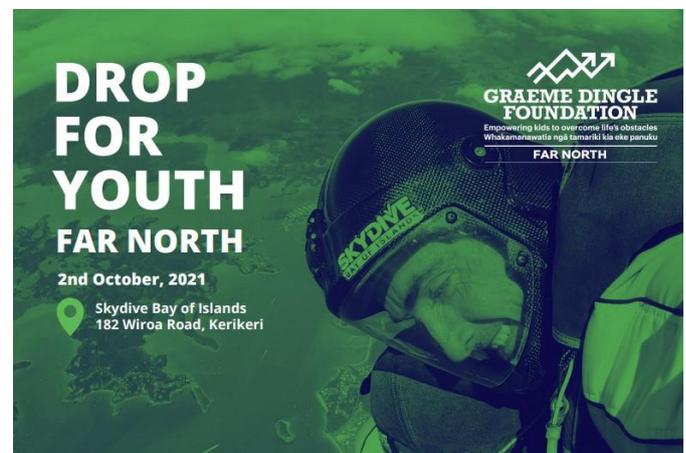
Coping Skills Wheel

9 Ways to Handle Big Emotions



The Kiwi Can team were very busy during lockdown producing weekly activity sheets and filming lessons to be shared with all of our Kiwi Can schools during lockdown. Our Dingle Foundation community partners around NZ did such a good job at online lessons that they are again creating videos at the request of the Ministry of Education, to produce Kiwi Can content for Education TV! Not our wonderful team but a team from Auckland and Canterbury, so if you get a chance, have a look at the Kiwi Can lessons from around NZ, on TV (Duke+1, Papa Kainga) and on UTube.

This year we have embarked on our first ever “Drop for Youth” fundraiser and we are very fortunate to have 3 people connected with Kaeo School sign up to support us. Sarah, Rebekah and Charlotte (Mrs Martin’s daughter) are overcoming their fears and facing their challenge head on. After a term of fundraising to reach their target, we will be throwing them out of a plane from 12,000ft on Saturday 2nd October.



This fundraising initiative showcases our organisations ideal that **“what we have inside is greater than any obstacle”**

Thank you to all the Kaeo school families for supporting the morning tea fundraiser last Friday!