



LYNMORE SCHOOL NEWSLETTER

www.lynmore.school.nz

KEEP MOVING
KEEP GROWING
KEEP LEARNING
*Tupungia te aroha o te ako
hei anga mua*

24 July 2025
Issue 22

Community on Friday at 2.00pm

LYNMORE SCHOOL BOOK FAIR

 SCHOLASTIC

Catch the reading bug!



Monday 28 July - Friday 1 August

Open before & after school for whanau to browse

Book Character Dress Up Day: Friday 1 August



The Junior school celebrated 100 days of being at school for 2025. Students, and teachers, could dress up for the occasion in clothing from the "past". *More photos further on*

PLEASE ensure you report to the office when coming into our school!

FROM THE PRINCIPAL ...

Kia ora koutou,

What a fantastic week we've had at Lynmore! We are loving these crisp, cool mornings with the sun shining brightly. It's been heart-warming to see some of our tamariki braving the frosty start to the day—delightedly picking at the ice before it melts. Oh to be a kid again!

School Disco

Last Thursday's disco was a huge hit! It was wonderful to see so many of our tamariki dancing the night away with their classmates—and in many cases, with their teachers too! While these events do help with a bit of fundraising, the real joy comes from the connection with our community and the buzz it creates for our learners. I've heard the disco has been a hot topic in homes, and this is exactly why we love hosting it.

Science Fair

This week, over 25 of our learners proudly entered exhibits into the Rotorua Schools' Science Fair at the Energy Events Centre. Much of this mahi is done above and beyond classroom expectations, and we are incredibly proud of the commitment, creativity and curiosity shown by all involved. Ka rawe!

Junior Visits – Library & Museum

Some of our junior classes have had the opportunity to visit the Rotorua Library and Museum this week, with more scheduled for next week. These trips are a key part of our commitment to providing authentic learning experiences and sparking interests that extend beyond the classroom.

Book Fair – Next Week

A friendly reminder that our Book Fair is happening next week! This is always a fun event where our love of reading and storytelling is on full display—complete with the joy of dressing up as favourite book characters on Friday.

Wishing you all a fantastic weekend. We look forward to seeing your tamariki back at school next week, ready for more learning and fun.

Ngā mihi nui,

Hinei Taute
Principal

**RED
NOSE
DAY**

This Friday is **Red Nose Day**
(supporting Cure Kids)
the student council will be
outside **Hinemoa 6** to give out
stickers, red noses etc for a
gold coin donation
which will go to this great
cause.

**Normal uniform to
be worn on Friday.**

WE WELCOME NADIA AND MOIRA...



Kia ora Lynmore Community!

My name is Nadia Prakash, and I have the privilege of teaching our wonderful Year 0/1 tamariki in Kupe 0. Last year, I completed my postgraduate studies in Learning and Teaching, and I knew straight away that I wanted to be a part of the Lynmore whānau. I'm also lucky to have my daughter attending this kura—she loves it just as much as I do!

Originally from South Africa, I've spent the second half of my life calling Aotearoa home. In my spare time, I love to travel and be near the water—whether it's fishing, boating, diving, or simply building sandcastles on the beach.

Working with tamariki and helping shape the future generation is my greatest passion. I'm so excited to be on this journey with you all.



Hello everyone, I am Moira Pinfold, and I have the privilege of teaching the newest new entrant class at Lynmore School, Hinemoa 0. It is so lovely to come to Lynmore School as a teacher.

Our 3 sons attended Lynmore School quite a few years ago, and they are now proud parents to two children each. I am proudly Scottish and I met my husband in the Middle East where I worked and travelled widely as a flight attendant. As a teacher, I have also had opportunities to work across a few schools in Rotorua, and also taught for almost four years in Beijing -an amazing experience!

My hobbies are travelling, mountain biking, walking our dog, gardening and listening to music, and of course looking after our grandchildren. I am looking forward to getting to know the Lynmore School whanau.

PC4L AWARDS...

Kupe Whare Ako

0	Daisy	Integrity	For achievement in Integrity. Daisy, you consistently make honest choices, treat others with kindness and fairness, and always do the right thing—even when no one is watching. You know how to be a good role model for your classmates and you always help out in class. I am so proud of the person you are becoming—keep shining bright! Ka mau te wehi!
1	Yuvraj	Courage	Yuvraj you have continued to grow your courage in all areas of classroom life. We have seen a growth in independence and it is so lovely to see. You continue to be kind in all that you do and we are so proud to have you in our class. Keep up the good work! Ka Rawe e hoa.
2			None this week due to Community Item.
3	Parker	Aroha	For achievement in Aroha. Parker, you have shown huge growth in Term 2 and the beginning of Term 3. Your willingness to help others in areas where you are successful, helping not only your friends but others in the class too, is amazing. You are patient and kind to those who need it, and you are an awesome role model to others in Kupe 3.
4	Austin	Curiosity	For consistently demonstrating a strong sense of curiosity in everyday school life. Austin, as a result of your positive learning attitude, you continue to rise to the challenge and thrive with it. Your thoughtful questions and eagerness to explore new ideas is inspiring for others. We are very lucky to have you in Kupe 4. Keep up the amazing mahi
5	Bodhi	Integrity	Bodhi has shown great integrity this term as he has settled into school. He is working hard to stay focused on his mahi, even when there are distractions around him. Bodhi is learning to make positive choices that support his learning, and he consistently tries to do what is right. His quiet determination and commitment to doing his best are making a big difference in his progress. Ka pai, Bodhi—your integrity and focus are setting a great example for others.
6	Griff	Integrity	For achievement in Integrity. Griff, you impress us every day with your positivity, effort, and natural leadership. You always give your best and step up without being asked, showing initiative in everything you do. Your curiosity, integrity, and willingness to take on extra roles make you a true role model. You were a standout in our class community item—your resilience and problem-solving were outstanding. We are so lucky to have you in our class. "He tangata matatau ki te mahi, he rangatira mō āpōpō." <i>A person skilled in work will be a leader tomorrow.</i>

PC4L AWARDS...

Kupe Whare Ako

6	Tara	Curiosity	For achievement in Curiosity. Tara, you show wonderful curiosity in maths by always asking thoughtful questions to deepen your understanding. You are eager to learn, brave in your thinking, and never afraid to explore new ideas. You're a fantastic learning buddy - patient, kind, and supportive, making sure others feel confident and included. Ka mau te wehi, Tara, your curiosity and caring nature makes our classroom a better place
7	Danila	Courage	Danilla, you have shown wonderful confidence as you've settled into our class. You are growing brave in your learning, taking risks with language, and giving everything a go. We've noticed how much more you're sharing your ideas and joining in with class tasks - it's inspiring to see! Your determination is paying off, and your progress is something to be proud of. Ka rawe, Danilla - your confidence is shining and it's making a real difference to your learning journey.
7	Tegan	Integrity	Tegan, you are stepping up and showing real responsibility for your learning. We've noticed how you're grounding yourself, making thoughtful choices, and putting effort into what matters most—especially in maths. You're showing maturity in the way you focus during learning time, putting your goals ahead of distractions, and setting a great example for others. Ka pai tō mahi, Tegan - your growing sense of responsibility is something to be proud of!
FURTHER RECOGNITION			
Mr Kidd	Jackson (Kupe 6)	Courage	Jackson, you really brought a great attitude to your learning this week and even when it got a little tricky, you thought deeply, and applied yourself. You showed your understanding by confidently sharing your answers and came away with a great understanding of the treble clef in the end. Well done!

ICAS TIMETABLE...

- Tuesday, 5 August Digital Technologies (9.10am)
- Wednesday, 6 August Writing (9.10am)
- Tuesday, 12 August English (9.10am)
- Tuesday, 19 August Science (9.10am)
- Wednesday, 20 August Spelling (9.10am)
- Tuesday, 26 August Mathematics (9.10am)

More information in the next newsletter.....

PC4L AWARDS...

Hinemoa Whare Ako

1	Mehakpreet	Integrity	For progress in Integrity. Congratulations, Mehak, on re-turning to school this term with a desire to learn and make good choices in class. You are coming to the mat to listen and learn and are working hard in your small group sessions. Your reading and writing have blossomed and you are becoming a real Lynmore learner. Keep it up, my girl- I am proud of you! Ka mau te wehi
2	Zihao	Aroha	For achievement in Aroha. Zihao, you are a kind and helpful friend. You are consistently showing your classmates how to listen and take turns sharing ideas. When a friend needs help you are always there to show them how to approach activities. You are a superstar and we are lucky to have you in H2. Ka Rawe!
3	Aston	Courage	Aston, you approach learning with a positive attitude and continue to try your best even when it can be challenging. Keep applying yourself and working hard Aston. Your efforts are paying off.
4	Mariah	Courage	Mariah shows courage daily. She gives all activities a go and never gives up. Even though there is a language barrier she listens and works hard to find out what she needs to do. Hinemoa 4 is lucky to have you in our class as you are a great role model always trying your best
5	Nikau K.	Curiosity	Nikau, you're always ready to take on a challenge and give your best in every task. You stay focused, put your learning into action, and look for opportunities to grow and improve. You show respect and kindness to everyone around you, making you a wonderful friend. He whetū koe - Nikau, you are a star!
6	Mason	Curiosity	For progress in Curiosity and Integrity. Mason consistently displays a positive attitude towards learning and genuine engagement in class. Mason's wonderful curiosity shines brightly in all inquiry tasks, as he thoughtfully explores new ideas and seeks out answers. Keep up the great work Mase!
6	Stallone	Curiosity	For her fantastic growth in Curiosity, consistently working hard in Mathematics, and confidently asking questions. Stallone's willingness to share her new learning with others is truly commendable. She is also a wonderfully respectful and energetic member of our class, always bringing a bright smile and positive attitude. Keep up the excellent work!

LYNMORE SCHOOL BOOK FAIR



Monday 28 July — Friday 1 August

Open before and after school for whanau to browse!

PC4L AWARDS...

Ihenga Whare Ako

0	Jamie	Courage	For progress in Courage. Jamie, it has been great to see you beginning to share more in class. You are starting to put yourself out of your comfort zone and contribute your ideas. This shows real <i>maia</i> (courage) and it is wonderful to see you building confidence in your own voice. Keep challenging yourself to take part—you have so much to offer and we love hearing your thinking. Ka pai tō mahi!
1	Douglas	Integrity	For progress in Integrity. You have been working diligently to complete each task to the highest standard. Your enthusiasm for learning and hard work positively influence everyone in our class. Douglas, you have particularly stood out by taking charge of your own learning. Your proactive attitude and accountability inspire us all. Ihenga 1 is so proud to have you in our class. Ka rawe!
2	Archer	Courage	You have stepped up and shown remarkable growth in the value of Courage (<i>Maia</i>). You are consistently demonstrating bravery by stepping outside of your comfort zone, trying new challenges with a positive attitude, and showing resilience when faced with difficulties. You are showing courage more often and are able to confidently share your fabulous ideas with your peers. Ka Rawe Archer, keep being courageous!
3	Mysha	Integrity	For being a fantastic member of Ihenga 3. Mysha, you have settled in so well at Lynmore Primary School. We are so glad to see you participating in different learning activities and building great friendships in the class. You always choose to do the right thing and give new things a go. It is wonderful to see you happy in our kura. Keep up the great work, Mysha
4	Isabella	Integrity	For progress in Integrity. You have been working so hard to get your work completed and done to the best of your ability. I have been impressed by your responsibility and your willingness to support others and the way you keep trying when things get tricky. You are a motivated learner and amazing member of our classroom, keep being you. Ka pai Isabella!
5	Zaleeka	Aroha	For achievement in Aroha. Zaleeka, you are working hard on developing positive friendships and learning how to solve problems with friends respectfully and calmly. I can see that you are developing confidence and managing emotions independently. You consistently demonstrate our school value of <i>manaakitanga</i> by being supportive and caring towards others. Keep growing!
6	Oli	Integrity	For achievement in Integrity. Oli, you consistently model all our school values with quiet strength and kindness. Your enthusiasm, curiosity, compassion, and gentle humour make a lasting impression on both your classmates and teachers. Ka rawe, Oli!

CONTINUED OVER PAGE...

PC4L AWARDS...

Ihenga Whare Ako

7	Jamie	Integrity	For achievement in Integrity. Last term I watched (from afar) your dedication to your mahi and to your Robocup Rescue team. Well done. You have returned focussed and it is great to see you getting involved in the opportunities offered throughout senior school. I look forward to seeing your continued growth in your learning this term.
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**Proudly sponsoring
Lynmore PC4L:**



Columbus Mitre 10 MEGA Rotorua

PC4L VALUE AWARDS
Kindly sponsored by:

Eastwood

EASTWOOD CAFE, SCION INNOVATION CENTRE, Rotorua

THE COFFEE CLUB

Redwood Centre, Rotorua

**Proudly sponsoring the
Lynmore staff fish
draw each week!**

Please support these amazing businesses mentioned in our newsletters when you can!

FOR YOUR INFORMATION...



Ministry of Inspiration

Invites you to
Join Code Club Eastside



If you've wanted to try coding/programming, now is the time. Code Club Eastside is a 1 hour weekly class for a term where you learn to code by making games and other projects using Scratch. Open to beginners aged 7 years and up. No device required, but recommended.

Where: Ōwhata School

When: Tuesday 3.30pm - 4.30pm or 4.30pm - 5.30pm. Starting 22nd July

How much: Gold Coin koha per week

To get a registration form or learn more email
Jessica@ministryofinspiration.org



SCHOOL CALENDAR:

Friday, 25th July

Science Fair

Community at 2.00pm

Kupe 2 performing

RED NOSE DAY Gold Coin

28th July — 1st August

BOOK FAIR WEEK

Thursday, 31st July

H2 and K2 Museum trip
at Library

Friday, 1st August

Community at 2.00pm

Hinemoa 6 performing

BOOK CHARACTER

DRESS UP DAY

TEACHER ONLY DAY -

Friday, 8th August

SCHOOL PHOTOS -

Thursday, 14th August

LAST DAY OF TERM 3 -

Friday, 19th September

RANDOM ACTS OF KINDNESS

Awarded by the staff.

Tilly Kupe 3

Tilly decided to encourage her friends to go and write notes to put around the school, encouraging any students that would want to join the "Random Acts of Kindness" group to join them on the cultural steps.

Hugo Hinemoa 6

Colin fell over during the Amazing Race, and then Hugo helped him up when his team was running away. Hugo made sure he was alright before he left.

Kindly sponsored by:



The Rusty Bros

1263 Amohia Street, Rotorua.

07 3483883

FROM THE PRINCIPAL...



CONGRATULATIONS to Awatea Ihenga 3

Awatea entered into her first Rotorua Competition Society-Speech and Drama Competition last weekend and walked away with **2nd place** for their Small Group Performance 10 Years and under.

They all did so well bringing their characters to life and showed great teamwork. What amazing courage Awatea.

WELL DONE!

CONGRATULATIONS to Avery Kupe 4

Last weekend Avery completed in the 78th Annual Rotorua Speech and Drama Competition.

On Saturday he performed Fantastic Mr Fox as part of a group of 5 for the Small Group Drama 10years and under category, and they received **Very Highly Commended**.

On Sunday he recited a poem called "Every Scary Story Needs . . ." By Brian Moses as part of the Light Verse under 8 years category and came **3rd**, and then recited another poem called "Tidy Your Room" by Michael Rosen as part of the Own Selected Poem under 8 years category and came **1st!**

Avery has only been doing Speech and Drama for two terms!

WELL DONE!



FROM THE PRINCIPAL...



Congratulations to the girls in the Step 2 MIGS WAG team for all their hard work at the Waitara Elementary competition held on the 19th July.

The girls came **first place** in teams and did a great job in individual performances—well done for all your hard work girls!

- Emily** (I6) **1st Overall in overs age group**
1st on bar
1st on floor
5th on beam
- Tara** (K6) **4th Overall in overs age group**
2nd on bar
6th on floor
- Evey** (I3) **2nd Overall in under age group**
1st on bar
2nd on floor
5th on beam

WELL DONE

Emily, Tara and Evey!!!



Congratulations to
Emika and Maoka
(both Kupe 6)

Great results at Gymnastics Waitara Junior Opens in New Plymouth on 19 July! Under STEP 4 under division.

Emika **3rd equal** over all
(Floor 1st, Vault 3rd and Uneven Bars 5th)

Maoka **6th over all**
(Floor 3rd, Vault 2nd and Uneven Bars 4th)

And their team had the best score in this season and won 2nd place!



WELL DONE Emika and Maoka!!

SCIENCE FAIR...

The Science Fair is being held at the Rotorua Energy Event Centre from the 23rd to the 25th.

Seven groups from Lynmore Primary School are participating, each presenting their own unique theme.

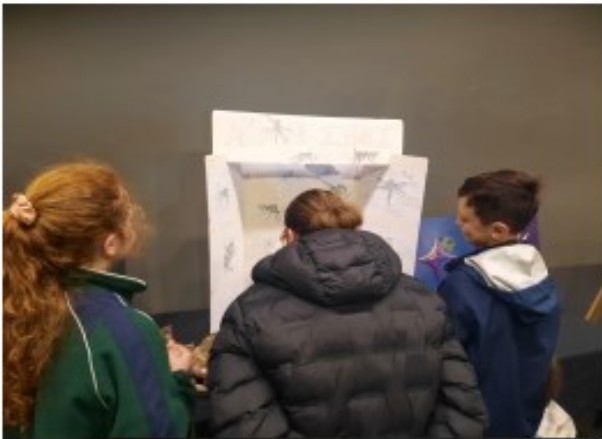
On the first day, the 23rd, all students went to the venue together from school. They had valuable opportunities to discuss their projects with visitors and judges.

The groups also took turns walking around the venue to view other presentations.

They all worked hard in preparation, and it turned out to be a meaningful experience for everyone.



SCIENCE FAIR...



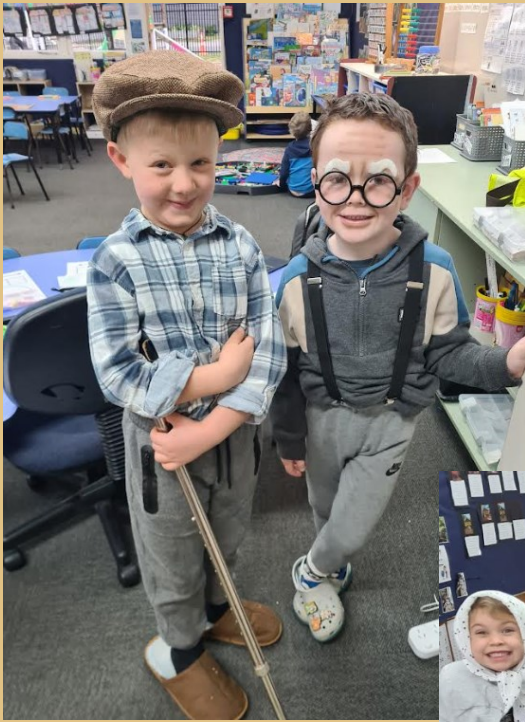
Celebrating 100 days at school with H1...



Celebrating 100 days at school with K3...



Celebrating 100 days at school with IO...



SPORTS NEWS...

TERM 4 TOUCH RUGBY 2025

Registrations for Term 4 Touch Rugby are now open!

You must register again this term even if you played in term 1. Touch Rugby is a fun fast paced form of Rugby. It's non contact, with no tackling or scrums.

COST: \$32

WHERE: Games are played at Westbrook Rugby Grounds on Devon Street. Practices will be at Lynmore School.

WHEN:

Year 5/6 Play Tuesday afternoons during term 4

Year 1-4 Play Wednesday afternoons/evenings during term 4

Practice days and time are determined by the coach/manager of the team.

FORMAT

6 a-side 'Touch' Rugby - Non Contact

Mixed teams at all grades

Girls' only grades for Year 3-6 if numbers allow. Please indicate if you specifically want to play in a girls team.

KEY DATES

Registrations close SUNDAY 31ST AUGUST

TUESDAY 7th October - Y5/6 teams begin regular play

WEDNESDAY 8th October - Y0-Y4 teams begin regular play

REGISTRATIONS

Registrations for Touch Rugby are online at the link below.

<https://forms.schoolapps.nz.co.nz/form-6868801/term-4-touch-rugby-2025>

You can also find the registration form on the Lynmore School APP under the "LINKS". If you do not have the Lynmore School App, you can download it from the Lynmore School Website.

If you have any questions please contact:

Catherine Donovan, Lynmore Sports Coordinator

Email: sports@Lynmore.school.nz

YMCA NEWS...

Kia Ora

Lynmore School is having a teacher only day on the 8th of August. We are looking into the possibility of running a special programme from 8am to 5.30pm.

To help us plan accordingly, we kindly ask that you complete the Expression of Interest form via the link below: https://ymcaaukland.formstack.com/forms/lynmore_expression_of_interest_tod

Please note we would need to have a minimum 12 children booked in order to be able to run the day. We will be doing craft activities; sport and the day will be themed once we know we have enough numbers to go ahead. Any questions please do not hesitate to contact us on oscar.waikato@ymcanorth.org.nz

If you have any questions, please don't hesitate to get in touch.

Thanks,

YMCA Hamilton OSCAR Team

Tara Vrensen |Group Manager OSCAR|

Tara.vrensen@ymcanorth.org.nz

Mobile - 027 700 2504

oscar@ymcanorth.org.nz | www.ymcanorth.org.nz



FOR YOUR INFORMATION...



To all parents of children 3 to 8 years

GREAT NEWS! The Incredible Years Parenting Programme is running another course, starting on

20th August, 2025 – and it's FREE!

Incredible Years is an exciting and interactive programme which parents all over the world and here in Rotorua have found very helpful with their children, so we think you will also enjoy this group.

During the group sessions you will have the opportunity to learn about new (and some old) methods of parenting, plus practice and refine those new parenting skills which will help you to reduce your child's challenging behaviours, increase the behaviours you would like to see more of and give you more opportunities to enjoy spending time with your children.

Where: Atomic Church Venue

**1149 Eruera St
Rotorua**

Starts: Wednesday 10am – 12:30pm

If you are interested and would like to enrol, please contact us.

Fresh Start Families:

Matai Bennett – 0272274360

Cissie Bennett - 0279368232

FOR YOUR INFORMATION...



KIDS

LEARN TO SWIM

TERM 3 LESSONS

BRAND NEW SWIM ROTORUA SWIM SCHOOL OFFERING A FUN, SAFE AND STRUCTURED PATHWAY FOR SWIMMERS OF ALL ABILITIES.

With six progressive levels, our program is designed to help swimmers build confidence, develop technique, and grow their love for the water and progress towards Swim Rotorua's Junior Academy.

OUR LEVELS:

LEVEL

- Water Explorers
- Little Kickers
- Arm Propellers
- Bubble Breathers
- Stroke Technicians
- Stroke Builders

MAIN GOALS

- Float, submerge, glide
- Propulsive kick
- Propulsive arms
- Breathing
- Intro to stroke techniques
- Develop all strokes

TERM 3 – DETAILS:

- Start Date: 15th July.
- Session Days: Tuesday – Thursday, 3:30 PM – 5:00 PM.
- Groups will vary depending on level. Each session is 30mins.
- Cost: \$130 for TERM 3 (10 Sessions)
- Venue: Based at Lynmore School pool, 1B Iles Rd, Lynmore, Rotorua.

ENROL NOW

PHONE TARA ON 022 332 6922

EMAIL SWIMSCHOOL@SWIMROTORUA.ORG.NZ



FOR YOUR INFORMATION...



Ages
6 - 10

One Day
School

For the quirky kids: sensitive types,
daydreamers, artists & tinkerers.
The can't-sit-still kids
& out-of-the-box thinkers



Share

Explore

Empower

Nurture

Our Kaupapa

Our kaupapa is to **enhance wellness** through **creativity and connection**.

We believe tamariki thrive when they feel **safe, valued, and seen**.

We celebrate the uniqueness of each child and create space for their strengths to shine.

Whānau Voice

“ Since my son has been attending SEEN Learning Collective he is **more confident**, much **happier** and says it is the best day of the week. He said his teacher Emma **isn't teacherish** and she should be on the news to tell other teachers how to teach students. I think it's because she has **empathy** and **understanding of his uniqueness**, autism and she gives students options. The students all get along well and the classes are small, so all students feel **safe** and **valued**. I would recommend SEEN Learning Collective to any parents struggling with mainstream schooling. ”

One Day School

A place for **quirky kids**, aged 6 to 10 to get creative! One day per week dedicated to slowing down and connecting with people that just “get” you.

Tamariki are engaged with **hands-on learning**, featuring; art, technology, kōrero, movement and play. We use a **mixed-age** approach that nurtures tuakana-teina relationships.

Wellbeing is our highest priority.

Students can be at ease with our **small class sizes** (limited to 12 students) and low pressure approach.



Fridays

9.15am - 2.30pm

21 Sala Street

\$700 term.

Funding may be available

Did you know?

Under the Education Act children may be excused from school one day per week to attend an alternative education service.

Our Kaiako



Kia ora! I'm Emma, a qualified teacher and a Mum - determined to make the world a happier, more inclusive place. I have a passion for connecting with quirky, creative, neurodivergent folks.

I am experienced in supporting children with Autism, ADHD and anxiety. I have a gentle, nurturing approach and bring a sense of creativity to the classroom.

I value deep connections with my students built through compassion, aroha, and playfulness. I am here to empower tamariki to share their unique gifts with the world.

SEEN Learning Collective

022 595 8209

seenlearningcollective@gmail.com

www.seenlearningcollective.com



APPLY NOW

FOR YOUR INFORMATION...



creative
COMMUNITIES *nz*

SEEN Learning Collective

drama club

Develop confidence and experience the joy of Drama in a **small supportive group** of like-minded, **quirky folks**. Together we will explore **creative storytelling**, interactive games, **improvisation** and **develop short skits**.



Ages 8 - 14
Lynmore Scout Hall

Mondays
12.45 - 2.30pm
Term 3 - \$110

seenlearningcollective@gmail.com

Text Emma - 022 595 8209

FOR YOUR INFORMATION...



Gala concert

Sir Howard Morrison Centre
19 August at 7:00pm
Tickets \$25-\$10 at
Ticketmaster

Choral Showcase

12 top secondary school
choirs in concert

Day sessions

Sir Howard Morrison Centre
Door sales only
For more information
visit nzcf.org.nz

The New Zealand Choral Federation acknowledges the support of:



FOR YOUR INFORMATION...

-2-



WHAT IS ART THERAPY?

Art Therapy (also known as Expressive Therapy or Creative Arts Therapy) is a psychotherapeutic approach that leans into the restorative qualities of art and the creative process.

As an art therapist, I use a range of materials and modalities to help clients recognise, express, and process difficult feelings and experiences.

GET IN TOUCH

027 841 8476

ruka.therapy@gmail.com

rukacreativetherapy.com

Rotorua Central



Ruka

Creative Therapy



What is Art Therapy and why is Ruka right for you?

WHY CHOOSE ART THERAPY?

A lot can be expressed and discovered through art and the creative process, aiding clients who have trouble articulating their thoughts.

It aligns with indigenous models of well-being, such as Te Whare Tapa Wha and the Fonofale Model. It's identity-affirming and supports all facets of who the client is.

Art Therapy is accessible for neurodivergent clients, accommodating sensory and motor challenges.

It can feel safer than traditional counselling, with less pressure on the client.



ABOUT Ruka

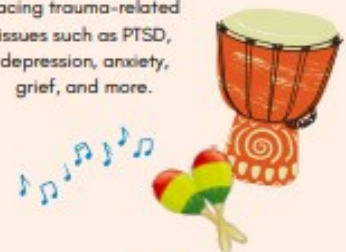
I have a background in Education and Psychology, and have always known the therapeutic qualities of the arts.

This led me to gaining a Master of Creative Arts Therapy (Clinical) through Whitecliffe College.



AT RUKA CREATIVE THERAPY...

I specialize in helping individuals of all ages facing trauma-related issues such as PTSD, depression, anxiety, grief, and more.



I offer:



ONE-TO-ONE



SMALL GROUP



TELEHEALTH

...and am available through multiple funding streams.

Visit my website to find out more!

FOR YOUR INFORMATION...

RUKA
Creative Therapy



As a clinically registered art therapist with a background in education, I have drawn on my experience and knowledge in both areas to develop comprehensive workshops that develop professional understanding and refine skills when working with others in a clinical or educational setting.



1.5 Hours

\$350

For small groups, workshops can be held at my practice on Ervera Street. For groups of 5+ I can facilitate on-site

Contact

027 841 8476

ruka.therapy@gmail.com

www.rukacreativetherapy.com

Professional Training Menu



with AThR, Ruth Clarke

Intro to Creative Practices: Working with Young People

An introduction to the foundations of art therapy and how art therapy strategies and approaches can be utilised when working with youth

Working with Vulnerable People: A Bottom-Up Approach

A closer look at how trauma impacts the brain, and how a bottom-up approach like art therapy supports safety and regulation

Art Therapy Approaches to Emotion Regulation

Unpacking emotional dysregulation and developing regulation techniques based on evidential, art therapy practices

Trauma-Informed Approach to Behavioural Management

(School-specific) Exploring trauma-informed strategies for understanding challenging behaviour and building relationships with students

FOR YOUR INFORMATION...

Lynmore Primary School

Thanks to the below businesses for sponsoring our snApp school app:



Te Ngae Pharmacy Mukesh Bhula MPS
Redwood Shopping Centre, Cnr Te Ngae & Tarawera Roads, Rotorua
Ph (07) 345 9678 Fax (07) 345 9632



The Wash Place
OPEN 24/7
SELF SERVICE
CARWASH & LAUNDROMAT
338 Te Ngae Rd, Lynmore



Redwood
JOINERY

KITCHENS • CABINETS • FITOUTS



Platinum Homes
WHAKATANE, ROTORUA
& TAUPO



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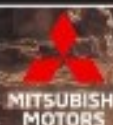
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FOR YOUR INFORMATION...



If you would like to advertise on the Lynmore Primary School snApp School App please email admin@snapp.co.nz
To download our app: In Google Play & App Store search 'SchoolAppsNZ' & choose School once installed.



Do you want to be part of a fantastic Voluntary organisation helping thousands of people every year with information, advice and advocacy?

The **Rotorua Citizens Advice Bureau** is looking for people to join their Initial Training Course starting on 16 June 2025.

If you:

- Love people
- Love learning
- Have good computer skills
- Have three hours a week to give back to the community
- Can listen well and hear what others are saying
- Are patient, can keep confidences, impartial and non-judgemental

Then this could be your new "thing"!

Our training course involves a mixture of classroom sessions, completing some online modules and being paired with an experienced Bureau worker to observe and then start providing our service.

Email rotorua@cab.org.nz or ring 07 348 3936 to find out more and ask for an Application Form.



FOR YOUR INFORMATION...

PARKING AROUND SCHOOLS

Before and after school is a busy time for everyone. Parking rules help to protect our tamariki and keep them safe. Drivers who park illegally put our children at risk. Please park considerately.

Please don't :

- Park across or within 1m of a driveway
- Park on a pedestrian crossing
- Park on yellow lines
- Park on the footpath
- Double park



**ROTORUA
LAKES COUNCIL**
Te Kaunihera o ngā Roto o Rotorua

Lynmore School Vision Statement
PLEASE SUPPORT THESE BUSINESSES THAT SUPPORT US!

LYNMORE SCHOOL VISION STATEMENT

**We strive to inspire a lifelong passion for learning.
Our approach is rooted in championing teaching excellence and
providing a diverse range of learning opportunities in an
engaging environment.
Drawing on meaningful connections to our hauora, whenua, iwi,
hapū and whānau, we empower our students to
become compassionate and well-rounded individuals.**

YMCA — Before and After School Care (based at Lynmore School Hall)

For more information please email oscar.waikato@ymcahamilton.org.nz
Or call 07 8382529!



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**Proudly sponsoring the Lynmore
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