

Whai Rawa NGĀI TAHU

Ngā Kaitiaki Moni

MONEY GUARDIANS

IN THIS ISSUE

There are heaps of fun things for you to make and do this Summer!

There are two sides to this bumper edition – one Kirihimete, one Raumati so there will be lots for you to do!

TĒNĀ KOUTOU TAMARIKI MĀ, TIROHIA TĀ TĀTOU PUKA RAUMATI!



Have a great Raumati around Aotearoa, e te whānau!

Send us a photo of you and your Pukapuka Mahi this Kirihimete/ Raumati and be in to win a Summer Prize Pack!



Worth over
\$80!



BE IN TO WIN!

Competitions inside!

ISSUE 15

KIA ORA, TAMARIKI MĀ!

Welcome to your puka Raumati!

We'd love to see how you're spending your Raumati holidays, so please keep in touch with us via our Facebook, Instagram or email. Bonus points if you're rocking your Ngā Kaitiaki Moni T-shirts!

FIND A NEW HOBBY THIS RAUMATI!

Summer is a great time to put any devices down and find a new hobby.

Some ideas of hobbies you could try:



Cooking & baking



Gardening



Acting



Singing



Dancing



Creative writing



Scrap booking



Reading



Magic

Win!

Send us a picture of you trying out a new hobby and be in to win a Ngā Kaitiaki Moni Tshirt!





MAKE A NATURE TREE!

Go for a walk and see what you can find to make a nature tree. Only pick things that have fallen off a plant or that you have permission to pick.

Use our tree template to create your artwork!



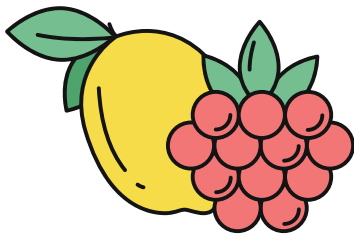
MAKE YOUR OWN ICE BLOCKS!

RASPBERRY & LEMON



Kā kīnaki | Ingredients

- 2 x Red Seal Raspberry & Lemon infusion bags (tea bags) or something similar'
- 1 cup cold water
- 2 tsp runny honey mixed with 2 Tbsp hot water



Method

- 1 Pour the water over the infusion bags and infuse for 10 minutes. Drain.
- 2 Add the honey mix to the infused brew.
Optional: Add a few fresh raspberries into the ice blocks.
- 3 Pour into 4 x ice block containers.
- 4 Freeze for at least four hours or overnight.



Tamariki mā, make sure you get a whānau member to help you with the food processor!

FRUITY



Kā kīnaki | Ingredients

- 410g can Peaches Sliced in Light Syrup, drained
- 425g can Pineapple Crushed in Juice
- Zest of 1 orange



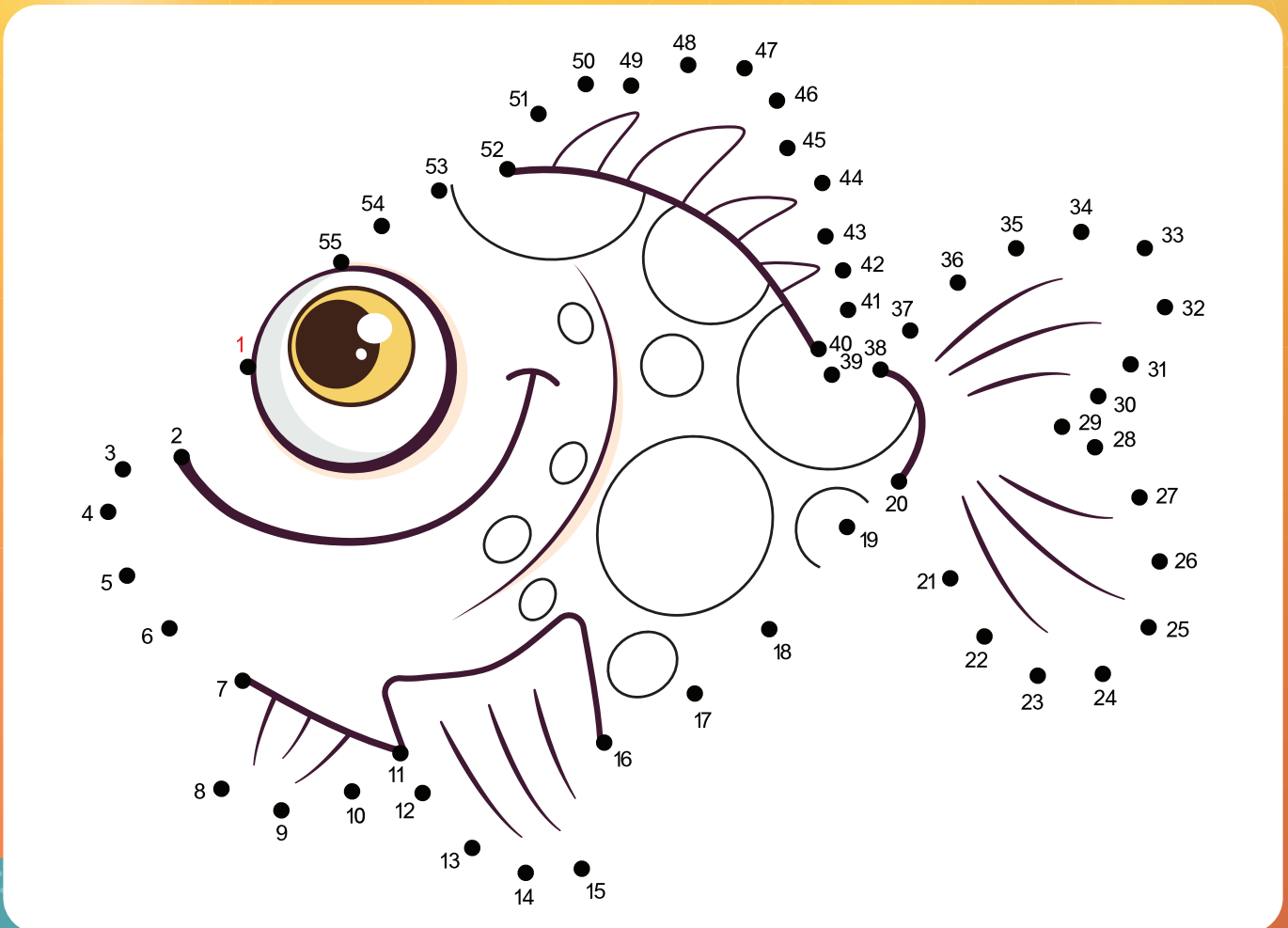
Method

- 1 Place the drained Peaches and the Crushed Pineapple with juice into a food processor or blender and add the orange zest. Process until smooth.
- 2 Pour into ice block moulds. Freeze until firm (6-8 hours).



SUMMER ACTIVITIES

JOIN THE DOTS



WhaiRawā NGŌRE TAIAHU

He Toa Taiao

EARTH GUARDIANS

Champions
for the Earth!

He Toa Taiao

Get outdoors this raumati
with these garden ideas!

Here's some more
easy growing ideas,
and all you need are
your scrap vegetables!

How are your
lettuces from
the Spring
Pānui going?



Spring onions

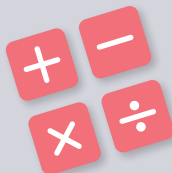
- » Cut the spring onion 2-3cm from the root and save this part (use the rest in your kai!)
- » Plant the root pieces in a pot with potting mix. The roots should go into the soil with a little bit of the stem still visible above the soil. Water regularly and let it grow. Once they are fully grown you can snip at the base as you need them. Keep the roots in the soil and they will continue to regrow about four more times before you will need to start the process again. You can also let one of the spring onions continue to grow, flower and produce seeds.

Grow them in water

Cut the spring onions about 2-3cm from the root. Stand the root-end of your cutting in a small jar of water. Keep in a sunny part of your house or outside on a balcony. Keep roots submerged in water and change the water once a week.

Celery

- » Cut the bottom of the celery and place in a shallow container with a little warm water in the bottom, after a week or so leaves will begin to grow!
- » Either wait and harvest as required or plant in a garden to grow into a full sized plant.



MATH TIME!

If you grow 2 spring onions,
and they can regrow 4 times,
how many spring onions
will you
have had?



Small steps count,
tamariki mā!



Carrots, Turnips, Radishes, Parsnips, Beets and other root crops

- » Retaining the tops (where the leaves and stems join onto the root) from carrots, turnips, and other root crops will allow you to regrow them.
- » Place the tops in a container of water and new, green tops should begin to grow in a matter of days.
- » You can simply harvest and use these greens as they grow, or you can allow the roots to continue growing until the plants are ready to be transplanted back into the ground.

What to do with scraps you don't use to re-grow

Food waste is a major problem in the world today. But when you garden, you can easily make use of all your vegetable scraps, and make sure that absolutely nothing is wasted.

Composting vegetable scraps is a great way to return their goodness and nutrients to the system. But before you send all those scraps to your compost heap, or place them in your wormery or compost bin, it is worthwhile thinking about other ways that you might be able to use them.

Some ideas:

- » **To make a vegetable stock** that can be used in a range of recipes.
- » **Make jam** – use apple peels and cores, strawberry tops, and apricot peels to make a jam. It only takes a few ingredients and will give a natural fruity taste.
- » **Make infusions** – Zests or peels of oranges, lemons, grapefruits, limes, or tangerines are perfect ingredients to infuse many foods. You can infuse olive oil, water, and more to create a more flavourful recipe!

Show us what veges you have regrown in your garden from scraps!

Be in to win a Ngā Kaitiaki Moni Pencil Case – we have 5 to give away!

So, ask a whānau member to take a photo of your colouring in and post on the Whai Rawa Facebook page with the hashtag **#kaitiakikid** www.facebook.com/whairawa

Competition closes Friday 26th January 2024.

General Giveaway Terms can be found here: www.whairawa.com/tamariki/general-terms-for-giveaways



KIMI KUPU / WORD FIND

How fast can you find the words?

I	S	U	M	M	E	R	Q	W	G
C	E	R	C	I	N	C	I	P	R
E	U	S	A	N	D	A	L	S	A
C	I	O	P	A	H	S	D	F	S
R	B	A	R	B	E	C	U	E	S
E	G	H	E	J	A	K	L	P	O
A	I	U	L	T	T	L	O	O	P
M	R	E	A	Z	X	C	V	B	N
I	K	L	X	S	T	R	O	H	S
P	P	O	P	S	I	C	L	E	M

5-8 TAU

AGES 5-8

- Barbecue
- Grass
- Heat
- Ice Cream
- Picnic
- Pool
- Popsicle
- Relax
- Sandals
- Shorts
- Summer

Word Scramble

& Match to the correct summer icon!

poidhnl

ajnlstda

tncsdeasls

ehls shell

aciemrce

rseuscenne

asugslssen

satsfrhi

hniussne



Tip!

Use the images to help you unscramble

9-12 TAU

AGES 9-12

ANSWERS: Dolphin, Jandals, Sandcastle, Sandcastle, Sandcastle, Sandcastle, Shell, Ice Cream, Sunscreen, Sunglasses, Starfish, Sunshine

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