

Matariki/Puanga Reset

Teaching & Learning

Rest, reflect, and reset

As we move through Matariki and Puanga, take the time to pause, to look back on what you've achieved, and to set intentions for what lies ahead.

Planning and Alignment

- ☐ Align plans with the curriculum and update short- and long-term planning.
- ☐ Integrate te reo Māori, tikanga, and culturally responsive resources.
- ☐ Incorporate Matariki/Puanga, and other key dates into your calendar.
- ☐ Identify resourcing needs and review your budget.
- ☐ Evaluate your teaching programme – what worked, what didn't, and next steps.
- ☐ Organise paperwork – file or recycle as needed.

Assessment & Reporting

- ☐ Align assessments with holistic Māori pedagogies.
- ☐ Use checklists to monitor learner and teacher progress.
- ☐ Reflect on and improve assessment strategies.
- ☐ Share learning reports with leadership and whānau.

Whānau and Community

- ☐ Maintain regular contact with whānau and celebrate student success.
- ☐ Nurture strong relationships with students, whānau, and colleagues.
- ☐ Celebrate Māori culture and language through planned events.
- ☐ Collaborate with local iwi or hapū to enrich learning.
- ☐ Explore new ways to engage with whānau and the community.
- ☐ Consider a small Matariki/Puanga gesture for students or colleagues.

Professional Growth

- ☐ Reflect on your professional goals and learning successes.
- ☐ Plan next learning steps, including te reo Māori and cultural capability.
- ☐ Identify readings and order resources for professional growth.
- ☐ Consider new ideas or strategies to trial in Terms 3 and 4.
- ☐ Plan for mentoring, coaching, or supervision.
- ☐ Review your Professional Growth Cycle.

Learning Environment

- ☐ Refresh your classroom and wall displays with clear intentions.
- ☐ Deep clean surfaces like whiteboards, tables, and desks.
- ☐ Showcase student work in the learning environment.
- ☐ Return all borrowed books and resources.
- ☐ Clear digital clutter – name and file documents appropriately.
- ☐ Create a welcoming, organised space for the term ahead.

Te Whakahoutanga i te Matariki me te Puanga

Te Ako

Te whakatā, te huritao, me te whakahou

I a tātou e koke whakamua ana i te wā o Matariki me Puanga, kia tā te manawa, kia huritao ki tāu i whakatutuki ai, ka whakatakoto ai i ngā whāinga kei mua i te aroaro.

Te Whakamahere me te Whakahāngai

- ☐ Kia whakahāngaitia ngā mahere ki te marautanga, kia whakahoutia hoki ngā mahere paetata, ngā mahere paetawhiti hoki.
- ☐ Kia kōtuia te reo Māori, ngā tikanga, ngā rauemi hoki e hāngai ana ki te urupare ahurea.
- ☐ Kia whakaurua a Matariki, a Puanga, me ētahi atu rangi matua ki tō wātaka.
- ☐ Kia tautohua ngā rauemi kei te hiahiatia, ka arotake ai i tō tahua pūtea.
- ☐ Kia arotakehia tō hōtaka whakaako — ngā āhuatanga i whai hua, ngā āhuatanga kāore i whai hua, ngā āhuatanga hoki kei mua i te aroaro.
- ☐ Kia whakaritea ngā mahi pepa — me whakakōnae, me hangarua rānei mēnā e tika ana.

Te Aromatawai me te Pūrongo

- ☐ Kia whakahāngaitia ngā aromatawai ki ngā pūtoi torowhānui e Māori ana.
- ☐ Kia whakamahia ngā rārangi hihira hei aroturuki i te kaunekehanga o te ākonga me te kaiako.
- ☐ Kia huritao ki ngā rautaki aromatawai, kia whakapakaritia hoki.
- ☐ Kia whakaaturia ngā pūrongo akoako ki te tira whakahaere me te whānau.

Te Whānau me te Hapori

- ☐ Kia rite tonu te whakapā ki te whānau, te whakanui hoki i te angitu o te ākonga.
- ☐ Kia poipoia kia kaha ai ngā hononga ki ngā ākonga, ki ngā whānau, ki ngā hoa mahi hoki.
- ☐ Kia whakanuia te ahurea me te reo Māori mā roto mai i ngā taiopenga kua whakaritea.
- ☐ Kia mahi tahi ki te taha o te iwi, o te hapū rānei o te rohe hei whakahōhonu i te ako.
- ☐ Kia whakatewhatewha i ngā ara hou hei toro atu ki ngā whānau me te hapori.
- ☐ Kia whakaarohia tētahi kaupapa Matariki, tētahi kaupapa Puanga rānei mā ngā ākonga me ngā hoa mahi.

Te Whakatipuranga Ngaio

- ☐ Kia huritao ki ō whāinga ngaio me ngā taumata akoako kua ekea.
- ☐ Kia whakamaheretia ngā mahi akoako kei mua i te aroaro, tae atu ki te ako i te reo me ngā āheinga ahurea.
- ☐ Kia tautohua ngā tuhinga me te tono i ētahi rauemi ako ngaio.
- ☐ Kia whai whakaaro ki ētahi rautaki e hou ana hei whakamātau hanga ā te Wāhanga 3 me te 4.
- ☐ Kia whakamaheretia tō whakaruruhautanga, tō ako, te aroturuki anō hoki.
- ☐ Kia arotakehia tō Hurihanga Ako Ngaio.

Te Taiao Ako

- ☐ Kia whakahoutia tō akomanga me ngā pānui i ngā pātū kia mārakerake ai ngā whāinga.
- ☐ Kia kaha te horoi i ngā papa, pēnei i ngā papamā me ngā tēpu.
- ☐ Kia whakatairangatia ngā mahi a ngā ākonga i te wāhi ako.
- ☐ Kia whakahokia ngā pukapuka me ngā rauemi katoa e whakamahia ana.
- ☐ Kia whakapaipaitia ngā kōnae matihiko paraurehe — kia tika te whakaingoatia, te whakakōnaetia hoki o ngā kōnae.
- ☐ Kia whakaritea tētahi wāhi e rāhiri ana, e rite ana hoki mō te wāhanga e haere ake nei.

Matariki/Puanga Reset

Wellbeing and Self-care

Te Whare Tapa Whā

Matariki or Puanga is a time that invites us to pause, reflect, and realign — both personally and professionally. Each element of Te Whare Tapa Whā can guide your wellbeing.

Physical Wellbeing

Caring for your physical health to support your energy, focus, and presence in the classroom.

- Embrace Matariki/Puanga as a time for rest and reflection.
- Reflect on physical habits — keep what sustains you, release what doesn't.
- Create simple renewal rituals like stretching or time in nature.
- Check in on sleep, nutrition, and hydration.
- Recommit to small daily wellbeing habits.
- Start a wellbeing challenge with a colleague.

Mental and Emotional Wellbeing

Taking care of your thoughts and emotions to stay grounded and resilient.

- Reflect on your journey and reset your focus.
- Acknowledge emotional highs and lows — write, kōrero, or release them symbolically.
- Practice mindfulness and gratitude to stay grounded.
- Let go of self-judgement and embrace rest over pressure.
- Identify pressures — drop, delegate, or share where possible.
- Prioritise connection and restoration with hobbies, friends, and whānau.

Spiritual Wellbeing

Find inspiration, meaning, and connection in your teaching journey.

- Look to the stars and set intentions for the future.
- Reflect on Hiwa-i-te-rangi and what guides your journey.
- Spend time in nature or on whenua to nourish your wairua.
- Create space for karakia or quiet reflection.
- Reconnect with your “why” — what brings purpose and joy.
- Engage in workshops or groups that reflect your values.

Social and Relational Wellbeing

Nurture relationships that bring connection, support, and belonging.

- Honour those who have passed — Matariki hunga mate.
- Celebrate with kai, laughter, and gratitude — Matariki ahunga nui.
- Set goals and hopes for the months ahead— Matariki manako nui.
- Strengthen whanaungatanga with whānau, colleagues, and community.
- Reach out to those who may feel isolated or disconnected.
- Plan simple, meaningful moments with loved ones.

Te Whakahoutanga i te Matariki me te Puanga Hauora

Te Whare Tapa Whā

Ko te wā o Matariki me Puanga tētahi wā kia tā ō tātou manawa, kia huritao, kia whakahāngai anō tātou — mō te taha ki a koe anō, ki tō ao ngaio hoki. Ka ārahi pea ia huānga o Te Whare Tapa Whā i tō oranga.

Te Taha Tinana – Te Oranga ā-Tinana

Ko te tiaki i te hauora o tō tinana kia whakapiki ai i tō ngao, i tō arotahi, i tō awenga hoki i te akomanga.

- Kia noho ko Matariki, ko Puanga rānei hei wā ki te whakatā, ki te huritao hoki.
- Kia tirohia te āhua o tō moe, o ō kai, o tō kaha hoki ki te inu.
- Kia huritao ki ngā mahi a tō tinana — kia mau ki ngā mahi ka whakaihiihi i a koe, whakarērea ngā mahi kāore i te pērā.
- Kia whakaūria anō ētahi paku ritenga i ia rā mō tō oranga te take.
- Kia whakaritea ētahi ritenga māmā hei whakawana anō i a koe, pērā i te whārōrō, i te noho rānei ki te taiao.
- Kia tīmataria tētahi wero oranga i te taha o tētahi hoa mahi.

Te Taha Hinengaro – Te Oranga ā-Hinengaro, ā-Kare ā-Roto hoki

Ko te tiaki i ō whakaaro me ō kare ā-roto e whakawhenuahia anō ai koe, e manawa tītī ai hoki koe.

- Kia huritao ki tō haerenga, ka whakahoua anō ai tō aroaro.
- Kia tukua tō whakawā i a koe anō, ā, me whakatā, tē rongo kē ai i te pēhanga.
- Kia whakaarohia ngā piki me ngā heke — tuhia, kōrerotia, whakarērea tūrehurehutia rānei.
- Kia tautohua ngā pēhanga — whakarērea, tukua, tiria rānei mēnā ka taea.
- Kia whai i te ara o te taumārire me te whakawhetai kia whakawhenuahia tonutia ai.
- Kia whakamātāmuahia te whanaungatanga me te whakahaumanutanga mā roto mai i ngā runaruna, i ngā hoa, i te whānau.

Te Taha Wairua – Te Oranga ā-Wairua

Kimihia te whakahihiotanga, te pūtaketanga, me te whanaungatanga i tō ara whakaako.

- Kia tirohia ngā whetū, ka whakatau ai i ngā whāinga kei mua i te aroaro.
- Kia tūhonotia anō koe ki tō “pūtaketanga” — ngā mea e rongo ai koe i te whai take me te matakuiui.
- Kia huritao ki a Hiwa-i-te-rangi me ngā mea e ārahi ana i tō haerenga.
- Kia toro atu ki ngā awheawhe, ki ngā rōpū rānei e whakaata ana i ō uara.
- Kia whakaritea tētahi wāhi hei wāhi karakia, hei wāhi hoki kia āta huritao.
- Kia whai wā ki te ao tūroa, ki te whenua rānei hei poipoi i tō wairua.

Te Taha Whānau – Te Oranga ā-Pāpori, ā-Whanaungatanga hoki

Ko te poipoi i ngā hononga e rongo ai koe i te whanaungatanga, i te tautoko, i te whai wāhitanga hoki.

- Kia whakamānawatia te hunga mate — Matariki hunga mate.
- Kia whakahāngia te whanaungatanga ki te taha o te whānau, o ngā hoa mahi, o te hapori hoki.
- Kia whakanuia mā roto mai i te kai, i te katakata, i te whakawhetai — Matariki ahunga nui.
- Kia toro atu ki te hunga e tūhāhā ana, e taratahi ana hoki pea.
- Kia whakatauria ngā whāinga me ngā wawata mō ngā marama kei mua i te aroaro — Matariki manako nui.
- Kia whakaritea ētahi mahi māmā, ētahi mahi whai take hoki ki te taha o te hunga e arohaina ana e koe.