



Te Tai Tokerau
MANA AKE
STRONGER FOR TOMORROW

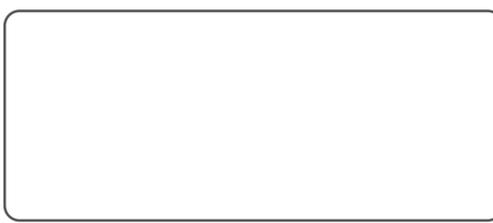
Mana Ake Karakia:

*E atawhai ana mātou
Te whakatōkia o ngā kakano i ruia mai
E ngā māhuri tōtara e tipu ana mō āpōpō.
Nā tātou katoa hei awahi te kaupapa,
Hei mana ake te tū tauira tonu ai.
Haumi ē, Hui ē, Tāiki ē*

*We nurture and protect
the seeds sown near and far,
so that they may grow into mighty tōtara
for a not so distant tomorrow.
We embrace our responsibility
To encourage students on a path of lifelong
learning.
Unified! Together! Strong!*

**For more information
about Mana Ake:**

Contact:



- Talk:** to a member of staff at your child's school
- Visit:** www.northlanddhb.org.nz/mana-ake
- Email:** manaake@northlanddhb.org.nz

Supported By: **Te Whatu Ora**  **Health New Zealand**  **Te Tāhuhu o te Mātauranga**
Ministry of Education

Enhancing wellbeing and
positive mental health for
tamariki in school years 1-8
across Te Tai Tokerau



What is Mana Ake?



Kia Ora, It's me, Mana from Mana Ake.

Mana Ake is all about lifting the Mana of our primary and intermediate-aged tamariki in an upward direction, helping them battle and overcome their mental health struggles.

The aim is to help enhance resilience, wairua and mana so they're 'stronger for tomorrow'. To achieve this Mana Ake works alongside local school communities to provide additional support around their wellbeing goals.

Mana Ake - Stronger For Tomorrow

What does Mana Ake do?



Mana Ake kaimahi (our workers) can help children learn skills such as coping with change or challenges, managing their emotions, building positive relationships or overcoming grief and loss.

They:

- support teachers to deliver classroom programmes that promote wellbeing;
- facilitate drop-in sessions and support groups;
- connect schools and whānau to community resources that enhance wellbeing.

www.northlanddhub.org.nz/mana-ake

How can children get support from Mana Ake?



You can talk to your child's teacher, or a member of the school staff, to check if Mana Ake is the right service to support your child.

If your child does not currently attend a school, you can request guidance and advice from Mana Ake directly:

via our website:

www.northlanddhub.org.nz/mana-ake

by email:

manaake@northlanddhub.org.nz

