



# Cheviot Kōhine Group

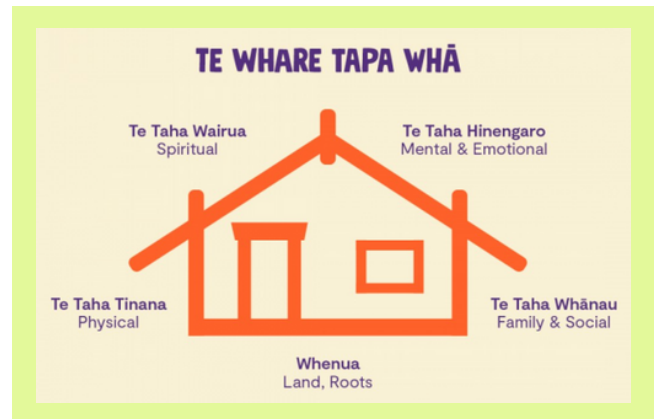
## Overview

Hurunui Youth launched the lunchtime kōhine (girls) group for Year 7/8 students at Cheviot Area School, inspired by the Te Whare Tapa Whā wellbeing model to enhance cultural competency. This initiative was developed in partnership with the Council's Youth Worker, Kim Spencer, and Eileen Wolland (Ngāti Kahu).

A journey focused on self-discovery, enhancing self-worth, cultural competency and fostering self-awareness. This project was made possible through funding from the Ministry for Youth Development.

## Challenges

In the beginning, there was limited awareness of the group, making it challenging to spread the word and numbers were small at the start. Once that obstacle was overcome numbers slowly climbed. Participants even expressed a desire to socialise during morning tea, which took place before the scheduled session.



## Kōhine Rangatahi Wellbeing Programme

- Held at Cheviot School lunchtime over shared kai.
- Sessions looked at each of the pillars Te Whare Tapa Whā.
- The following session questions were asked of the kōhine to see what they were currently doing at home to meet each pillar.
- The length of programme was 10 weeks, held during Term 2.

## Outcomes

- The attendance of the rangatahi kōhine has been consistently strong, with about 15 participants regularly joining the weekly gatherings.
- Ten members attended the Hanmer Springs event, which served as a 'wrap-up' for their wellbeing activities. Traveling together in a van fostered strong connections, even encouraging the quieter individuals to join in singing along to the music.
- During the final session, they prepared and shared lunch with their classmates to showcase what they had learned.

## Reflections:

The small timeframe in which we have been able to spend time with the kōhine has been a wonderful and successful use of resources with reflection of their eager hinengaro – minds keen to learn and absorb bicultural matauranga that is shared in this space.

Reflections shared of each of the taha of Te Whare Tapa Whā shows the strong connection that the rangatahi have with their home and community in Cheviot.

## The Future...

1. Investigating the opportunity to introduce this programme to the other Hurunui area schools.
2. Eileen is continuing to visit Cheviot Area School each Monday to assist with games during lunch breaks.



*"Was beautiful to see the confidence with our kōhine in learning new things but also their self reflection on how much the community connection and local environment contributes to their wellbeing and identity."*

Eileen Wolland - Ngāti Kahu. *Facilitator*

Thank you to our funders:



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