

Panui o ia te ra o Te Kauru [Te Kauru notices]

Okoro - He wa pai o te mahi? A great day for being outside.

Ouenuku

Ouenuku - He wa pai o te mahi?

Ouenuku

Ouenuku - Today is a good time for mahi.

A good time to be organised and stay on track with your learning. Know where you are and what your next steps are for you to move forward

Ohoata -

Ohoata - A time to be settled.

Ohoata

Ohoata - reach out to the projects that need to be done. A great day for planting

Ohutu.

Ohutu - similar to Ohua - things are getting busy

Otane

Otane - A very energetic moon.

Today is a good day to be focussed to complete or/and achieve the goals you have set yourself for this week before the wind down to Mutuwhenua then Whiro.

Orongonui

Orongonui. - *Think about who you work best with and how you work best.*

A day for high vibes, positivity, being calm, organised and patient. You will become more aware of your feelings in the next few days as the moon goes down. Things will be challenging as the lows set in.

Staying focused and being productive will prepare you for the low times ahead, a time for making good choices.

Otane.

Otane. - *Me Pukumahi - A busy time, lots of things happening.*

A period of abundance, take what is needed, give thanks with a karakia. Replenish what is needed for the low periods ahead. Be productive these days, don't waste this period.

Tangaroa ā kiokio

Tangaroa ā kiokio - A time to focus on what is to be done, take one step at a time and on doing a task well before taking on your next learning task.

Today is the end of the Tangaroa cycle.

Tangaroa ā kiokio.

Tangaroa ā kiokio - *Me Pukumahi* - A busy time, lots of things happening.

A period of abundance, take what is needed, give thanks with a karakia. Replenish what is needed for the low periods ahead. Be productive these days, don't waste this period.

Tangaroa ā roto

Tangaroa ā roto - Me pukumahi. A busy time.

High energy productive active days, move collectively to benefit whanau, hapu, iwi, hapori [community]. Get physical, get stronger, faster. Do the things that need to be done.

Tangaroa ā roto

Tangaroa ā roto - Me pukumahi. A busy time.

High energy productive active days, move collectively to benefit whanau, hapu, iwi, hapori [community]. Get physical, get stronger, faster. Do the things that need to be done.

Korekore Whakatehe

Korekore Whakatehe - Iti pūngao - low energy. The last of the lows.

Often you don't get what you want, however, we learn that maybe we need to change our ways and not expect to get what we want. If you look around our environment you will notice things are changing quickly now that we are in, wa o te Kōanga. Even though the moon phase is in a time of low energy for us, we still need to prepare for the times ahead. For the other living things in our school community they are very active during the change into Kōanga.

Korekore Hahani

Korekore Hahani - Kare e matapae te wa - an unpredictable time and moon.

The Marama for today will see us taking care of ourselves,

our learning and interactions with others. It is an unpredictable time, so we need to work slowly, carefully and be prepared for those events that we do not expect to happen.

Oike

Oike - Me Matua mōhio - You need to know

The Marama today will see us moving a little slower than usual, it will take a bit of effort to focus and to move forward with your mahi.

Takirau

Takirau - who is important to us? Okiokinga -Rest

A good day for us all to join together and support each other.

Takirau is a time of winding down. With the change in our energy it is important to remember that everything goes up and everything goes down. The high times and the low times we need to learn to go with these changes.

Rākaumatohi

Rākaumatohi - conserve your energy reserves.

A good day for us all to join together and support each other.

This is the time we need to think of conserving our energy as our energy levels start to slow down for the next 4 days.

Ohua - Everything becomes quite obvious.

Ohua - A good day for us all to join together and support each other.

Mawharu - The energy around us is growing with tenei

Mawharu - Are you organised? Do you know what you are going to do today? Set your goals and be focused to reach them.

Maure - Keep a steady pace.

Maure - A good time as our energy builds this week.

Another day for us to get as much done as we can with our learning.

Ari - Similar to Huna but things are improving heading towards a time of high energy. Time seems slow today.

Ari - Me Whakaroau - To be still. Slow moving.

Ka mihi atu ki a Mrs Radich ki to matou akomanga i tenei ra. Make sure you are prepared and ready for learning.

Huna- feelings of whakararuraru - bothered, annoying, frustration.

Huna - We don't need to know everything all the time.

Tamatea - Making better choices,

Tamatea - The energy is low today, we still have to carry on, we need to persevere to get through. A little bit more effort needed to meet our expectations.

Okoro - Making better choices,

Okoro - focus on not making the same mistakes.

Ouenuku -

Ouenuku- looking ahead to the warmer days. A good time to start planting seeds.

We can prepare to face each day by being in tune with the environment and knowing we are moving from cooler days to warmer spring days ahead. We will use Maramataka to plan for the days ahead guided by Te Marama.

Ohoata -

Ohoata- A time to plan forward. Be insightful, be strategic, it's a new phase.

Reach out to the mahi that needs to be done.

Mutuwhenua - Me whai whakaaro - Think first

Mutuwhenua- celebrate the passing season. A time to try to keep our Mauri up, a time for us to look after our health and well being to be ready for the low times ahead.

We are at the end of the cycle. We need to use our energy wisely and korero iti will help us to do that.

Things are closing down. Contemplate [think], review what was achieved and what was not during the high energy period, work on completing unfinished mahi. Be mindful of what you do and where you are.
Kia pai to ra.

Mauri- Kaha ora - Life force

Mauri- Mauri means the life force. A time to try to keep our Mauri up, a time for us to look after our health and well being to be ready for the low times ahead.

Today's moon is Mauri. Tomorrow is the final moon of Mutuwhena and Whiro, the new moon on Saturday.

A good time for people to fast. Think about saving your energy, simple things like korero iti - talk less so we can tune into everything else that is going on around us.

Ōrongonui

Ōrongonui -Hear everything today. Bad and good. Be kind. This is a day of peace. Don't be hoha to anyone.

Today you will feel the drop in energy and find things challenging. Quality not quantity today. Do things one at a time and focus on doing what you need to do well and not just trying to finish tasks without detail.

Otane.

Otane - A very energetic moon.

Otane

Otane - More exercise A very energetic moon. Power on through the day.

Today is a good day to be focussed to complete or/and achieve the goals you have set yourself for this week.

However stay grounded and be ready for a change when feelings will play a big part of your time ahead.

Tangaroa a kiokio.

Tangaroa a kiokio - The energy has turned. Get ready to change it up. Learn / Create / Share.

Our marama today is a time when you have the energy to apply yourself to all you engage in. Make the most of this

time to meet your expectations. Check in when you need to. Don't wait until the last minute.

Korekore piri ki Tangaroa.

Korekore piri ki Tangaroa - The energy has turned, and starting to build. Right on time for the start of Term 4. Get ready to change it up.

Korekore Piri Ki Tangaroa - The energy has turned. Get ready to change it up.

This is a time to think about getting focused and applying yourself to your mahi. In this Marama phase the energy is rising

Korekore tangaroa ā mua

Korekore tangaroa ā mua - Me pukumahi!

High energy productive active days, move collectively to benefit whanau, hapu, iwi, hapori [community]. Get physical, get stronger, faster. Do the things that need to be done.

Korekore Whakatehe

Korekore Whakatehe - Stay Positive. The morning ritual gets us up. The last of our low energy days.

Often you don't get what you want, however, we learn that maybe we need to change our ways and not expect to get what we want.

Korekore Hahani.

Korekore Hahani - Everything seems challenging today.

Kare e matapae te wa - an unpredictable time and moon.

Te Marama i tēnei ra, sees us taking care of ourselves, our learning and interactions with others. It is an unpredictable time, so we need to work slowly, carefully and be prepared for those events that we do not expect to happen.

Today we have our school photos. Be prepared for the changes we will face with having these done on this wet, day.

Oike - Pay attention to what is going on around you.

What did you notice today.

Takirau.

The Marama today will see us moving a little slower than usual, it will take a bit of effort to focus and to move forward with your mahi.

Takirau.Change is inevitable.

Takirau- Reflect on the past. No fast actions or decisions.

Oturu- Everything becomes obvious

Oturu - A clear morning, te Marama is growing with higher energy around us

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Ohua.

With the Marama being Oturu [Full Moon] it is a great day to be outside. It is a high energy day so we should get this mahi done without any trouble. Kia Kaha tamariki ma.

Rākaumatohi

Rākaumatohi-our health is important, we must look after ourselves.

Last call make it count.

Rākaunui

Rākaunui- lots of energy. Who doesn't sleep well leading up to the full moon. Tukua - Let it go

Ohua - Everything becomes obvious

Ohua - A clear morning, te Marama is growing with higher energy around us

Mawharu - The energy around us is growing with tenei

Mawharu - Are you organised? Do you know what you are

going to do today? Set your goals and be focused to reach them.

Mawharu - Are your plans in place.

Mawharu -Do you know what you are going to do today? Set your goals and be focused to reach them.

The energy around us is growing with tenei Marama o Mawharu.

Maure-Keep a steady pace.

Maure - A good time as our energy builds this week.

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Our energy starts to rise for the full moon coming thisIt is a good . To finish those tasks we have not yet been able to do.

Ari.

Ari - Similar to Huna [a lazy low energy] but things are improving heading towards the time of high energy. Time seems slow today, be prepared to get moving.

This moon is about pacing yourself. Be mindful of what you say and how you speak to others. Think before you speak.

Okoro - He wa pai o te mahi? A great day for being outside

Okoro.

Okoro - contact someone special, a loved one. A time to do things slowly and surely.

This time in the Maramataka is a time to have a purpose with everything we do. Ask yourself where am I going / What am I doing today? Kaore au e haere poka noa. -(Don't rush around without a purpose) - Have a purpose with what you do today. A focus on the quality of your mahi and not trying to be the first to finish the task.

Ouenuku.

Ouenuku - What is ahead for us?

During this moon we can prepare to face each day by being in tune with the environment and knowing the days are still

cool and using Maramataka to plan ahead for the days ahead using Te Marama.

Whiro.

Whiro - A time of the Atua Whiro. Be Careful not to invite trouble. A good time to fast [eat less to help restore your body for the time ahead]. An average time in the moana and on the whenua. A time to plan forward. Be insightful, be strategic, it's a new phase.

Whiro

Whiro - One month until spring

Whiro is the New moon. So today take things quietly don't make a fuss just get on and do things even if it is slowly. Wow the first week of term 3 ends today. Time is going by very quickly.

Mutuwhenua - Me whai whakaaro - Think first

Mutuwhenua- A time to try to keep our Mauri up, a time for us to look after our health and well being to be ready for the low times ahead

Mutuwhenua.

Mutuwhenua - recognises the big cycle we have been in.

We are at the end of the cycle. We need to use our energy wisely and korero iti will help us to do that.

Things are closing down. Contemplate [think], review what was achieved and what was not during the high energy period, work on completing unfinished mahi. Be mindful of what you do and where you are.

Mauri - Kaha ora - Life force. Kia tau be calm

Mauri- Mauri means the life force. A time to try to keep our Mauri up, a time for us to look after our health and well being to be ready for the low times ahead.

Mauri - Don't push your limits. [Do the best you can do]

Mauri - means the life force.

A time to try to keep our Mauri up, a time for us to look after our health and well being to be ready for the low times ahead. A good time for people to fast. Think about doing

less to save energy, simple things like korero iti - talk less so we can tune into everything else that is going on around us.

Ōrongonui - *Think about who you work best with and how you work best.*

A day for high vibes, positivity, being calm, organised and patient. You will become more aware of your feelings in the next few days as the moon goes down. Things will be challenging as the lows set in.

Staying focused and being productive will prepare you for the low times ahead, a time for making good choices.

Ōrongonui - *Extra effort needed today.*

Ōrogonui -Today you will feel the drop in energy and find things challenging.

Quality not quantity today. Do things one at a time and focus on doing what you need to do well and not just trying to finish tasks without detail.

Ōtane - *Clean out the old*

Tamatea ā aio -Not much food on the whenua or in the moana. It's a good time to be at peace today. Don't challenge any Aio.

Tamatea-ā-aio

Tamatea-ā-aio Similar to Tamatea-a-ngana. Move with caution. A time of unpredictable behaviours and events.

Tamatea ā ngana - sleep well, work, play. Routine is what is needed to help us to get through this slow time. Follow our timetable, the self-directed and checkout tasks.

Tamatea-ā-ngana

Tamatea-ā-ngana Today is slow and a lot of effort is needed to move forward in all we do. Routine is what is needed to help us to get through this slow time.

Tamatea - The energy is low today, we still have to carry on we need to persevere to get through. A little bit more effort needed

Tamatea-a-ariki

Tamatea-a-ariki Check on ourselves - How are we doing? Are we OK. Hold on, just about there.

Tirea

Tirea - Me auaha - start small.