

## Pink Shirt Day – Spreading Kindness at Tawhai

It was fantastic to see such a wave of pink across Tawhai School for Pink Shirt Day this term! The sea of colour was a vibrant reminder of the powerful message behind this special day – standing together to promote kindness, inclusion, and respect.

At Tawhai, a strong sense of belonging and safety is at the heart of everything we do. As part of our Tawhai Values, we work hard to ensure that all ākonga, whānau, and staff feel supported, connected, and valued.

To help us live these values every day, we run two key wellbeing programmes at school – **KiVa** and our **Self-Regulation Programme**.

**KiVa** is a research-based anti-bullying programme developed in Finland (where “KiVa” means kind or nice!). It takes a whole-school approach, with lessons, tools, and support systems that help us create a positive, inclusive school culture and respond effectively to any issues that arise.

Our **Self-Regulation Programme** teaches tamariki important skills for managing their emotions, thoughts, and behaviours. These are the building blocks of positive friendships, effective learning, and overall well being. We believe that helping children develop these lifelong skills is one of the most valuable things we can do.

If you ever have any questions or concerns about your child’s wellbeing at school, please don’t hesitate to reach out to their classroom teacher. We’re always here to help.

