

## Whakamahere Toitūtanga Pakihi

Te whakamahere tōmua mō ngā āhuatanga ka tūpono hua ake

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Kua whakaritea e mātou tētahi anga hei tautoko i ngā Kaiwhakarato o Ka Ora, Ka Ako me ngā Kaiwhakarato hoa rangapū ā-lwi, ā-Hapū hoki ki te whakarite mahere mō ngā āhuatanga ka tūpono hua ake! Mā te whai mahere e tautoko ai i a koe ki te whakaaro whakamua ki ngā urupare.

### He aha te Whakamahere Toitūtanga Pakihi?

Ko te mahere toitūtanga pakihi tō mahere tautoko mō ngā wā ka puta ake tētahi āhuatanga ohorere ka pā ki ō mahi o ia rā. He tōmua te whakarite, ā, e whakarāpopoto ana i ngā hātepe mō mua, mō te wā, mō muri hoki o tētahi āhuatanga.

### Ka puta pea he raruraru

I roto i ngā tau tata kua raru tātou i te mate urutā ā-ao me ngā āhuatanga huarere taikaha. Tua atu i ēnei, ka puta pea ēnei āhuatanga i ēnei aituā:

- Ka kino ngā whare, ngā hanganga rānei (hei tauira, ka kati te kura nā ngā take uru, hiko, akuaku hoki. Ka hiahia te kura hei whare whakaora mō te hapori whānui.
- Kāore e taea e ngā kaimahi te haere ki te mahi nā reira ka kōpaka ngā kaimahi (hei tauira, ngā hapori kāinga kore, māuiui, kāore he tūnuku, porotū.)
- Ngā take ara tukutuku (pēnei i te korenga o te kai, kāore rānei i te wātea).
- Te korenga o ngā huarahi whakawhitiwhiti kōrero me te aha kua kore e taea e ngā kaimahi te mahi i ā rātou mahi (hei tauira, te korenga o te hiko, te korenga o ngā ngaru irirangi, te korenga o te īmēra).

Ko te tikanga ka whai te tukanga whakahaere tūāhua kino i ēnei hātepe:

1. Whakatauhia te taikaha, ka whakatinana i ngā mahere hei whakawhena i te raruraru
2. Me whakarite ka taea tonu te kawē i ngā mahi pakihī
3. Whakahaerehia te mahere whakaora, ka hoki ki ngā mahi o ia rā
4. Ka whai mōhiotanga mai i te tūāhua me te whakapai ake i te pūnaha toitūtanga pakihī.

Ko te haumarū, te hauora me te oranga o ngā kaimahi me ngā ākongā ngā mea nui hei whai whakaarotanga, i a koe e whakatau ana i te urupare.

Ka tautoko te Tāhuhu o te Mātauranga i a koe mēnā ka hiahia koe ki te whakahaere i tō mahere toitūtanga pakihī.

# Whakamahere Toitūtanga Pakihi

Ko ētahi āhuatanga hei whai whakaarotanga ake i a koe e whakarite ana i te BCP:



## Tō Mātou Kaupapa Pātahi

Ko te kaupapa o Ka Ora, Ka Ako ko te whakarato tina hauora ki ngā ākonga. Ina e taea ana, ka whai ki te tuari tonu i ēnei tina hei tautoko i ngā ākonga.



## Ngā Whakaaetanga

Kei roto i tō whakaaetanga kua waitohutia ko ngā waitohu tutukinga me ngā kawenga otirā he tīmatanga pai mō te whakarite i tō mahere.



## Tautohua ngā Tūraru

Ka whakamahia pea tō kaupapa pātahi me ngā whakaaetanga hei tautohu i ngā tūpono tūraru ka aukati pea i a koe ki te whakatutuki i ēnei. Ka uru pea ko ngā raru hauora me te haumaruru, ngā mūhore ā-punaha, ngā aituā māori, me te katinga kura.



## Whakamauru Tūraru

Mō ia o ngā tūraru, tautohua ka pēhea pea te whakaiti i te raruraru ki te tuku i ngā tina. Mā tēnei e whiwhi ai koe i ngā mōhiohio hei whakarite mahere urupare mō te tūpono ka puta tētahi raruraru.



## Kotinga Ratonga Mōrahi

Ko tētahi pātai nui, e hia ngā rā mahi ka taea tonu e koe mā te whakamahi i ngā putunga ohotata, ngā rawa tautoko rānei me te kore e whai pānga ki te whakaratonga o ngā tina.



## Ngā Kawenga Pūmau

Koinei ngā mahi hei whakarite ina whakatinanahia tō BCP. Ka uru ki ēnei ko te whakarite i te inihua e tika ana, e mārama ana ngā ara pūrongo whakahaere raruraru, he auau te aromatawai, te arotake me te whakahou i ngā mahere.



## Ngā Whakaarotau Whakawhitiwhiti Kōrero

Ina mōhio koe ki tētahi āhuatanga ka whai pānga ki te whakaratonga o ngā tina, e hiahia ana mātou kia kōrero koe ki ngā kura, ki te Tāhuhu rānei. Mā te mahi tahi i ō mahere ka mārama te katoa he aha ngā mahi mēnā ka whakatinanatia.



## Ngā Whiringa Kē me te Tautoko

Ka taea e koe te whakamahi wāhi mahi kē, he kaiwhakarato rerekē rānei hei āwhina i a koe mēnā ka raru tō ara tukutuku? He āwhina nui ō mōhiohio me ō hononga i roto i te rohe tūtata.

## Whakamahere Toitūtanga Pakihi

### Ko te āhua pea o ngā otinga tautoko ko te...

- Whakarite tōmua i ngā kai
- Tono i ētahi kai tipoko kore hei whakaputunga ohotata
- Āta whakaingoa i ō kai me ngā tohutohu whakarewa me te tunu
- Whai inihua tika mō te tipoko o ngā kai mēnā ka raru te pākatio
- Hono atu ki te rohe tūtata ki te rapu i tētahi atu wāhi tunu
- Te tiro tiro i ētahi atu kōwhiringa putunga kai ina raru ngā mea o tō wāhi mahi
- Te āhei atu ki tētahi pukuhiko ohotata me te penehīni mēnā ka kore te hiko
- Te whai putunga wai pai i te wāhi mahi
- Te whai mahere ki te tohatoha i ngā kai mēna ka kati te kura.