

# RED ZONE LOWDOWN

8 MARCH 2022



Max has been working on his cooking skills making meals in our Ranfurly Kitchen



Russell, Michael, Caroline, Filia, Poppy, Warren Pam and Aimee enjoyed having a delicious beer at the end of the day. Cheers!



Nicole created this colourful dream catcher

Dear Students, Families, Caregivers and Friends,






While we are all going through this omicron outbreak together, we know that not everyone's experience is the same. It can be challenging to create new routines for ourselves when things are constantly shifting day by day. We are so happy to have been able to remain open and have students onsite and we know this is making a big difference for students to be able to attend and see some of their friends and for families.

Congratulations to Rachel Fearon who has achieved her goal to learn to make some beautiful hand crafted soaps! Manori worked with Baldrick, Noah, Nicole and Rachel as they went through this process. You never know Ranfurly might start up a new enterprise!

The creative artists have been busy working on a huge range of different projects lately including: dream catchers, mermaids, fish, owl murals, embroidery, sewing, candlemaking and pompoms. Students have also been enjoying brushing up on their cooking skills making meals in our Ranfurly kitchen. Clive is working his way through 500 ways to cook mince!

It's always important to make sure we look after our wellbeing especially during times of stress. And we don't just mean trying not to eat too many chocolates at the end of the day Clive! Here are 5 simple things to think about that can help your wellbeing. You can find more information here:

<https://sparklers.org.nz/parenting/what-are-five-ways-wellbeing/>

				
<b>Connect</b> Grab a cuppa, be there, say 'kia ora!'	<b>Be Active</b> Do what you can, enjoy what you do	<b>Take Notice</b> Use your senses, savour the little things	<b>Keep Learning</b> Be curious, try something new	<b>Give</b> Your time, your words, your aroha

The Activity Centre works each day to try and provide opportunities for the students connect, be active, take notice, keep learning and give to support everyone's wellbeing.

Have a good, healthy, and safe week,

From the Activity Centre Crew

**MEWS ADVENTURES AT THE MARINA**



**BRENT CREATING HIS OWN FISH ART WORK**

**MEWS RESIDENTS PICNIC AT THE MARINA**



**KATY AND ARCHIE MAKING POM POMS**

**VICKI, FRANCES, CRAIG AND PETER HAD A GREAT HOLIDAY AT DUNCAN HOUSE**

**ANDREA, CHRISTIE AND JANICE ENJOYING A PICNIC**



**DAVID MADE A DREAMCATCHER**

**BALDRICK WORKING ON HIS EMBROIDERY**

**GREAT TO SEE MARK THIS WEEK!**

**RACHEL, BALDRICK AND NICOLE LEARNING TO MAKE SOAP**



**IHAB MAKING A DREAMCATCHER**

**CRAIG AND PETER ENJOYING A SWIM AT ARKLES BAY**

**DAN GETTING READY FOR MOVIE NIGHT**

**RACHEL WITH THE FINAL SOAP PRODUCTS**



**FRANCES, CRAIG, VICKI AND PETER ENJOYING ARKLES BAY**

**HASINI WORKING ON HER SEWING PROJECT**



**CHRISTIE AND JANCIE ON MOVIE NIGHT**

**THE MEWS MOVIE NIGHT**

**PHILIPPA ENJOYING A PICNIC**

**HELEN READY FOR MOVIE NIGHT**

# Safari Animals

E	E	L	A	N	D	P	E	L	H	O	D	N	E
A	R	N	B	G	E	F	I	B	A	B	O	O	N
C	H	E	E	B	F	O	E	L	L	E	Z	A	G
R	I	O	L	A	N	N	R	K	N	A	I	E	E
O	N	E	R	B	U	F	F	A	L	O	L	Z	N
C	O	I	O	S	O	K	U	D	U	I	T	O	W
O	G	A	E	P	P	Z	Z	E	B	R	A	E	A
D	S	O	C	C	D	R	R	T	R	R	L	E	R
I	A	R	E	A	H	A	I	A	N	E	E	T	T
L	D	R	A	P	O	E	L	N	P	C	N	E	H
E	E	D	T	I	G	C	E	H	G	N	N	V	O
W	H	I	P	P	O	N	A	T	O	B	N	I	G
H	Y	E	N	A	C	N	T	H	A	N	O	C	A
C	P	H	F	A	T	B	O	L	O	H	G	K	L

KUDU  
 LEOPARD  
 SPRINGBOK  
 ELAND  
 CROCODILE  
 BABOON  
 GIRAFFE  
 ELEPHANT  
 BUFFALO  
 HIPPO  
 RHINO  
 WARTHOG  
 GAZELLE  
 ZEBRA  
 CHEETAH  
 CIVET  
 HYENA  
 LION

