

# Healthy Hero Whakatauki



**Active Archie**

**He hauora te taonga.**  
Health is wealth.

**Mauri tūmauri ora.**  
An active soul is a healthy soul.

**He pai ake te iti i te kore.**  
A little is better than none.



**Clever Kahu**

**Whaowhia te kete mātauranga.**  
Fill the basket of knowledge.

**Whāia te mātauranga hei oranga mō koutou.**  
Seek after learning for the sake of your wellbeing.

**Hapaitia te ara tika pumau ai te rangatiratanga mo nga ri whakatipu.**  
Foster the pathway of knowledge to strength, independence and growth for future generations.



**Mealtime Millie**

**He rau ringa e oti ai.**  
Many hands make light work.

**Manaaki whenua, manaaki tangata, haere whakamua.**  
Care for the land, care for the people, move forward.

**Ehara tāku toa i te toa takitahi, engari he toa takatini.**  
My strength is not as an individual, but as a collective.



**Helpful Hemi**

**Mā te huruhuru, ka rete te manu.**  
Feathers allow the bird to fly.

**Whangaia ka tupu, ka puawai.**  
That which is nurtured, blossoms then grows.

**Nāu te rourou, nāku te rourou, ka ora ai te iwi.**  
With your food basket, and my food basket the people will prosper.



**Refreshed Rosie**

**Poipoia te kākano, kia puawai.**  
Nurture the seed and it will blossom.

**He oranga ngākau, he pikinga waiora.**  
Positive feelings in your heart will raise your sense of self-worth.

**Ki te wātea te hinengaro, me te kaha rere o te wairua, ka tāea ngā mea katoa.**  
When the mind is free and the spirit is willing, anything is possible.