



Adventure School

# Adventure School Newsletter

No 5 – 3 April 2025

**WHĀIA TE ARA TIKA**  
Seek your own path

**THE ADVENTURE WAY**

*Our children will discover who they can be...*

Curious  
Creative  
Collaborative  
Self-directed  
Self-aware

## IMPORTANT DATES

Thursday 3 April	Learning Conversations
	KŌWHAI TOY SALE
Friday 4 April	2pm: Assembly (Rms 2 + 25) 5.30: PTNi Colour Run
Monday 7 April	5.30: BoT Meeting
Tuesday 8 April	Tōtara International Cultural Day
Friday 11 April	Last Day of Term 1
Monday 28 April	Term 2 begins 9.00: Mihi Whakatau for new families

## Featuring

- Building Resilience and Strengthening Our School Culture
- Autism Awareness Month
- Spotlight on Nikau Syndicate
- Spotlight on Tōtara Syndicate
- Te Ao Māori - Kahui Ako Rangatahi Rōpū
- Road Patrol Training
- In the Spotlight
- Sport Spot



*Kia ora, Namaste, Talofa, Guten Tag, Vannakkam, ni Hao, Bula, Malo e lelei, Kia orana, Mālo ni, Hola, Bonjour, Καλημέρα, Sat Shri Akal, Shalom, ημετε, Assalaam alaikum, Hello!*

## Welcome to our new students-

**KŌWHAI**

Ocean Lagah, Amelia Hyde, Ajooni Aulakh &  
Ayana Vishwakarma

*It's great to have you join our Adventure whānau!*

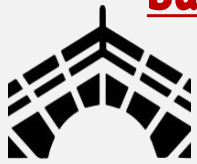
Kia ora e te whānau

This is our final newsletter for the term - how time flies! It's been a busy and rewarding few weeks, and we're so proud of everything our tamariki and staff have achieved.

What a delight it has been to see so many of our families—parents included! — walking, cycling, and scootering to school during Movin' March. The energy and enthusiasm have been wonderful, fewer cars have meant less congestion and it's been great to see our children growing in resilience!

A huge thanks to everyone who took part - let's keep moving into Term 2!





## **Building Resilience and Strengthening Our School Culture**

### **Te Whare Ata: Strengthening Adventure School's Commitment to Wellbeing**

At Adventure School, we are committed to fostering a safe, supportive, and positive environment for all our students. Our latest KiVa (anti bullying) survey results reinforce this commitment, showing that bullying rates at Adventure School remain below national averages.

These results reflect the success of our school-wide initiatives in promoting kindness, inclusion, and emotional wellbeing. After implementing KiVa successfully for many years, our annual survey data has shown a consistent and positive decline in bullying.

As part of our ongoing efforts to build on this progress, we have decided to step away from the KiVa Programme this year. We feel it's the right time to explore other resources and strategies while continuing to uphold the core principles of KiVa across the school.

Moving forward, we will continue to use KiVa concepts and language but strengthen our approach to student wellbeing through initiatives such as Te Whare Ata, which supports positive relationships, emotional regulation, and conflict resolution.



A key focus for us in 2025 is developing resilience—an essential skill for children in today's world. Recently, we were privileged to host Kathryn Berkett, an expert in her field, who ran an exceptional workshop on Raising Resilient Children. Parents and staff gained valuable insights into red and green brain states, as well as the importance of identifying and creating moments of tolerable stress to help children build resilience in a safe and supportive way.

If you missed the parent evening or would like access to some of Kathryn's resources, here are some links-

<https://www.engagetraining.co.nz/>

<https://www.engagetraining.co.nz/resource-videos>

#### **Staffing Update**

We are delighted to welcome Sharyn Woodmass as our new Office Assistant.

Sharyn has been a valued member on our Adventure Staff for many years, serving as a Teacher Aide and, more recently, stepping in as temporary Office Assistant after Nikki Holbrook's departure.

We sincerely thank Sharyn for the care and support she has given our tamariki over the years as Teacher Aide and wish her all the best in this new role.

I wish you all a safe and enjoyable time together over the holiday break!

*Ngā mihi nui*

Tania Cox

*Principal – Tumuaki*



# INTERNATIONAL AUTISM AWARENESS MONTH



## **'Takiwātanga – in his or her own time and space'**

**Autism is a diverse spectrum, where individuals experience and process the world in a different way, and see the world through a different lens. This lens is unique to each autistic person.**

Around 3% of New Zealand's population is on the autism spectrum, including several children at Adventure. Our goal as a school is to provide and promote empathy, understanding, and growth for neuro-divergent individuals, while growing our own skill and knowledge base, and recognising the unique skills autistic people possess, such as attention to detail, hyper-focus, honesty, creativity and fact retention, (which is a remarkable autistic talent), along with many other unique skills!

This week, students and staff across the school engaged in activities to:



- **Understand how autism impacts the daily lives of those on the spectrum**
- **Highlight the incredible gifts of some of the most well-known autistic people, such as Bill Gates, Greta Thunberg, Albert Einstein, and perhaps the most incredible autistic activist for decades, Temple Grandin**
- **Recognise the challenges of living in a non-inclusive and sometimes overwhelming world, by watching a video clip of sensory overload through the eyes of an autistic person, as well as exploring the theme behind the Ugly Duckling as being a representation of Hans Christian Anderson life experiences, as he was believed to have been autistic.**
- **Encourage and foster the ability to contribute to building a more inclusive environment, both at school and beyond**

Here are some of our teacher aides and students sharing the joy, enjoying our students and celebrating the progress that we strive for every day.

***"It is a privilege to nurture and support our neurodiverse tamariki, supporting their growth and unique journey here at Adventure. They are showing us the way, every day."***





# A typical day in Nīkau

## Literacy



In our Year 3 and 4 classes, we teach structured literacy. We focus on building essential skills in handwriting, spelling, writing, and reading.

### Handwriting

During our handwriting sessions, students learn the correct formation and size of letters, followed by how to properly link them.

### Spelling

Whole class spelling programs support the understanding of patterns and rules that make up our language.

### Writing

In writing, students engage in meaningful writing tasks that help them express their ideas with structure and creativity. We emphasise surface skills such as punctuation and sentence structure.

### Reading

Our reading programme consists of revisiting spelling rules and patterns alongside morphology - which is the meaning of words and introduces suffixes and prefixes. We encourage fluency and comprehension through a combination of guided practice and independent exploration of texts.



Students in R5 using their knowledge of syllables to help them read unfamiliar words.



## Maths

We use a variety of resources, including our new Oxford books, to support students in building their mathematical understanding. Our programs include rich tasks that challenge students to apply their knowledge in meaningful ways, while also ensuring time for revising and revisiting previously taught concepts, reinforcing their learning and building strong foundations. We incorporate a balanced mix of independent book work, collaborative tasks, and hands-on activities to cater to different learning styles.



## Afternoon Programme

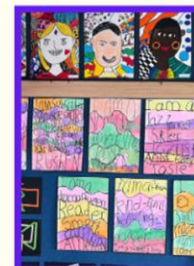
Our afternoon programme provides a diverse range of opportunities, including Art, Physical Education (PE), Health, Inquiry, Kapa Haka, and Te Ao Māori.



**Tuakana Teina**



**Discovery**



**Art**



# Tōtara Syndicate - Technicraft Thursdays

Every Thursday, Tōtara Syndicate has a slightly earlier start to their day. Rolls are taken at 8.30am and we then travel by bus to Brandon Intermediate to take part in Technicraft, a practical, hands-on learning programme.

At Brandon, students rotate through two sessions each week. Subjects covered over the course of the year are Hard Materials (woodwork and metalwork), Soft Materials (sewing and textiles), Food Tech (cooking), Art, Music and Science.



These sessions give students the opportunity to develop practical skills, work with different materials, and explore creative and technical subjects in a specialised learning environment. Whether they are constructing, cooking, experimenting, or creating, students gain valuable experience that extends beyond the classroom.

By lunchtime, we are back at school, ready to continue the day's learning. Technicraft Thursdays provide a great opportunity for students to try new things, work collaboratively, and build confidence in different skill areas. Ask your Tōtara child what they learned this week - you may be surprised by their new skills. They might even give you a hand with dinner.

# Student Leaders - GRIP Leadership Conference

Recently, our six student leaders had the opportunity to attend the GRIP Leadership Conference, held at Pipitea Marae in Thorndon. This conference brought together young leaders from schools across the region to develop their leadership skills in a fun and engaging environment.

Throughout the day, students took part in a variety of games, team-building activities and discussions, all designed to explore different aspects of leadership. They learned about responsibility, teamwork, and how to make a positive impact in their school community. The interactive sessions encouraged students to think about what kind of leaders they want to be and how they can inspire others.



Attending the conference was a valuable experience, giving our student leaders practical strategies to use in their roles. They returned to school with fresh ideas and a deeper understanding of leadership, ready to put what they learned into action.

We look forward to seeing their contributions in the months ahead!

Mark Hughes (Tōtara Team Leader)



# Te Ao Māori - Kahui Ako Rangatahi Rōpū

From Kapa Haka to the world of Māori, our Kura is developing young leaders every day through our local community. Six of our cultural leaders had the opportunity to step into leadership last week.

Keanu, Charlie, Harry, Tayne, TJ and Sam enjoyed their time at Aotea College where they developed skills as our Adventure Rangatira. This initiative has been implemented for several years and is mainly for building strong relationships / whanaungatanga across our 11 Kāhui Ako schools. This approach has proven highly successful with Aotea College Māori leaders often emerging from Adventure Kura.



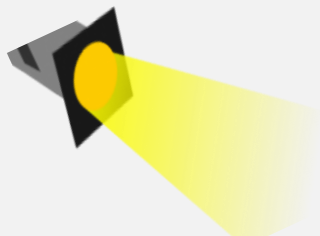
## Road Patrol Training

Our Tōtara Rangatira were out in the street refreshing their knowledge about road safety this week. Our dedicated students had a great time with Officer Steve, making sure they were on top of the rules of road patrolling.

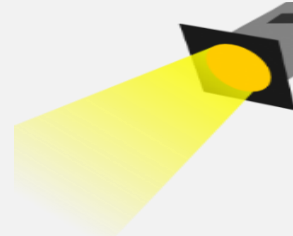
When you are out and about on Longitude Place between 3pm-3.15pm, please make sure you thank our wonderful Road Patrollers who are out there, rain or shine keeping our tamariki safe.



Jen Squire (Tōtara Team Teacher)



# In the Spotlight congratulations to...



**Sebastian Smit (Yr 8) & Annebelle Olivier (Yr 3)**

## 2025 Athletics Wellington Junior Championships

Sebastian and Annebelle competed in the 2025 Athletics Wellington Junior Field and Track Championships recently and achieved outstanding results-

### Sebastian

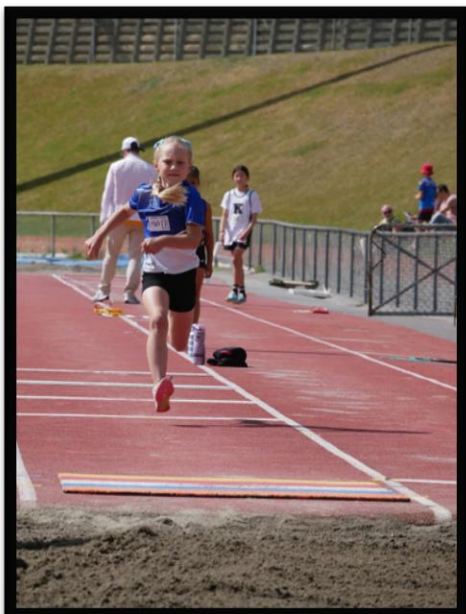
- Long Jump – **Bronze** Medal & Personal Time Best
- Medley Relay (running a year up) – **Bronze** Medal
- 4x100m Relay – **Gold** Medal
- 100m & 200m – New Personal Time Bests

*All the best to Sebastian with his move to Palmerston North!*



### Annebelle

- Long Jump - **Gold** medal and broke a 42-year-old record from 1983!
- 200m - **Gold** Medal
- 100m - **Silver** Medal
- 60m - **Bronze** Medal
- Shot put - **Gold** medal



We would love to celebrate and acknowledge special or personal achievements, so please share these with us. (Email [principal@adventure.school.nz](mailto:principal@adventure.school.nz) )



### Bronze for the Adventure Bears Senior Touch Team

The Adventure Bears senior touch team came 3rd in the Porirua year 7/8 touch competition, held over the past six weeks at Onepoto Park in Titahi Bay.

They were in their first term of senior touch, after progressing successfully through the junior ranks, and they equipped themselves well. Migrating to senior touch meant playing on adult size pitches, adhering to all adult rules, and playing with 6-players on the field, no mean feat.

The team consisted of three new touch players, so it was a great opportunity to expand participation in touch within Adventure School.

The Bears were in a strong grade, with all pool matches amongst the top 4 teams being won or lost by 1-2 points, meaning the competition was great for the kid's development. In the bronze medal final, they had to be at their best against a talented and fast Windley team. The Bears scored some lovely team tries, coupled with individual brilliance, including Annie van Son's 50m run away.

But the highlight of the final was the Bears defence, as the kids worked together to continually shut down the Windley attack, only conceding once in the 2nd half.

Congratulations to Hieu Tran who was the Most Impressive Player for his development throughout the season, and to our joint Most Valuable Players, TJ Kie Tonga & Tayne Bishop who were key in the Bears attacking and defensive structures.

Bronze for the Bears, a fantastic effort!



### **Adventure Cubs Touch Rugby - Year 5/6**

Our Year 5/6 Adventure Cubs Touch Rugby team had a fantastic season, showcasing great speed, teamwork, and ball skills. With two new players joining the squad this year, the team came together brilliantly and put in a strong performance throughout the competition. Their hard work and dedication paid off, finishing an impressive second place in their year group!

A huge thank you to all the coaches, supporters, and helpers who contributed to the team's success. We look forward to another exciting season in Term 4!



**Laura Treeby**

### **Adventure Grizzlies Touch Rugby - Year 3/4**

What a fantastic touch season this year. At the start, many of our players were a little shy, finding their feet on the field, but in just a few short weeks, their confidence grew, and they really clicked as a team. It was incredible to see their skills develop, their communication strengthen and their enthusiasm for the game grow with each match.

A huge thank you to those who organised and Coach Nick for his encouragement, patience and commitment to the team. His guidance helped the players improve so much, and his support made the season a positive and rewarding experience for everyone. Well done to all our players - we're so proud of your progress and commitment.



**Chontelle Pahetogia**



## Upcoming Events



### *Kōwhai Toy Sale*

Friday 4 April



**Thank you so much for your toy donations!**

**Children can bring money on Friday to purchase any items they chose.**

**All toys cost either \$1, \$2 or \$5.**

**We recommend your child brings a names wallet or plastic bag with their money in it and a shopping bag for any purchases.**

**All proceeds go towards Kōwhai curriculum resources.**

**Thanks so much for your support!**

**PINK SHIRT DAY** Friday 16 May



*Kōrero* MAI  
**KŌRERO ATŪ**  
**MAURI TŪ, MAURI ORA**  
SPEAK UP, STAND TOGETHER, STOP BULLYING

**FRIDAY 16 MAY 2025**





## Event Calendar - Important Dates

*Please be aware some details may change.*



### TERM ONE

Week 9	Thursday 4 April	Learning Conversations
	Friday 4 April	Kōwhai Toy Sale 2pm: Assembly 5.30pm: PTNi Colour Run
Week 10	Monday 7 April	5.30pm: BoT meeting
	Tuesday 8 April	Tōtara International Cultural Day
	Friday 11 April	Final day of Term 1

### TERM TWO

Week 1	Monday 28 April	First day of Term 2 9.10am: Mihi Whakatau for new families
	Friday 2 May	2pm: Assembly
Week 2	Monday 5 May	5.30: BoT Meeting (Staffroom) All welcome!
	Wednesday 7 May	Kōwhai Puppet Show
Week 3	Friday 16 May	<b>PINK Shirt Day</b> 2pm: Assembly
Week 4	Tuesday 20 May	7pm: PTNi Meeting (Staffroom) All welcome!
	Friday 23 May	School Cross Country (am) pp 27 May
Week 5	Wednesday 28 May	9am: New Entrant Open Morning
	Friday 30 May	2pm: Strike Percussion Performance
Week 6	Monday 2 June	<b>SCHOOL CLOSED: King's Birthday</b>
	Tuesday 3 June	<b>SCHOOL CLOSED: Teacher Curriculum Day</b>
Week 7	Monday 9 June	5.30: BoT Meeting (Staffroom) All welcome!
	Wednesday 11 June	9am: New Entrant Open Morning
	Friday 13 June	2pm: Assembly 5-7pm: Matariki Disco
Week 8	Friday 20 June	<b>SCHOOL CLOSED: Matariki Public Holiday</b>
Week 9	Monday 23 June	Matariki Breakfast (tbc)
	Friday 27 June	Last day of term 2 2pm: Assembly



## **2025 Term Dates**

<b>Term One:</b>	Tuesday 4 February – Friday 11 April <b>School Closed:</b> Monday 10 March – Maths Curriculum Day
<b>Term Two:</b>	Monday 28 April – Friday 27 June <b>School Closed:</b> Tuesday 3 June – Maths Curriculum Day
<b>Term Three:</b>	Monday 14 July – Friday 19 September
<b>Term Four:</b>	Monday 6 October – Wednesday 17 December

### **School will be closed for the following Public Holidays-**

**Waitangi Day** – Thursday 6 February  
**Easter** – Friday 18 April – Tuesday 22 April (during holidays)  
**Anzac Day** – Friday 25 April (during holidays)  
**King's Birthday** – Monday 2 June  
**Matariki** – Friday 20 June  
**Labour Day** – Monday 27 October

## **Community Notices**

### **North City Knights Chess Club**

We have a local chess club North City Knights Chess Club - held at the North Porirua Baptist Church, 69f Discovery Drive, Whitby. Tuesday nights 7-9pm (not required to come for the entire time, most kids come from 7-8pm)  
First night free - then \$2 per session under 14, and for seniors (14 and over) \$3 per night. This covers hall hire and refreshments.

### **Ngāti Toa Sea Scouts—Spaces Available!**

Do you have a child aged 11-17 years who loves the water and might be keen to learn to sail? 🚤 We offer sailing, camping, tramping, and so much more! 🌲

We have spaces available for both Scouts (11-14 years) and Venturers (14 - 18 years)

If your child is looking for adventure and new experiences, get in touch for more details and to secure their spot today!

Email [ngatitoaseascoutstreasurer@gmail.com](mailto:ngatitoaseascoutstreasurer@gmail.com) for more information.

### **Mana Squash Club**

Come along and give squash a GO!

We run junior club nights on Fridays from 6pm – 8pm

Just head on down and ask for Ben


You need to be wearing non-marking shoes, we have all the other gear you need, rackets, eye wear & balls.

You can also contact Ben at [juniors@manasquash.co.nz](mailto:juniors@manasquash.co.nz) for more info

We are at 6c Pascoe Avenue, Paremata, Ngāti Toa Domain

For more information head over to our website [www.manasquash.co.nz](http://www.manasquash.co.nz)

**Nourish & Flourish:**  
**A Wellness Evening for Women**



**Thursday, March 27th 2025, from 7:00 – 9:00 PM**  
@Paremata School Hall, 43 Paremata Cres

Join us for Nourish & Flourish, a special fundraiser event designed to uplift, inspire, and support the amazing mums and women in our community!


This will be an engaging, practical, and empowering evening filled with 18 expert speakers, hands-on demonstrations, and wellness stalls – all designed to help you feel your best in health, mind, and body.

**What to Expect:**

Our team of 18 women will share their different expertise & real life stories of balancing life & wellbeing:

- Holistic Health & Wellness: Learn from nutritionists, food growers & homeopathy experts
- Mindset & Mental Well-being: Get 'unstuck' with a life coach, trauma therapist or energy specialist
- Movement & Body Care: Explore the benefits of pilates, yoga, chiropractic, pelvic floor work, acupuncture & strength training
- Self-Care & Beauty: Treat yourself with pampering, massage, dancing & creative expression.

**TICKETS**  
via the [Event Page](#)  
\$20 per person  
(with 100% going directly to the school)




**Would your child like to try a uniquely kiwi sport?**

SWIS Marching Team is starting a social marching team for primary aged children. Marching was created in NZ. It is a team sport that combines coordination and choreography with discipline and camaraderie.

We are running a **FREE** give-it-a-go programme during Term 2 so that children can have time to enjoy marching before signing up for a season.

We will provide all the information to parents about marching and answer all questions.

**Does your child like to sing, dance, act and perform?**



**Would you like your child to build more confidence and make more friends?**



**Performing arts classes led by a London West End performer!**

After school and weekend classes in Aotea, Johnsonville, Karori, Newtown, Lower Hutt, and Upper Hutt!

Two-week trials available.

For more information, please visit [www.spotlightperformingarts.co.nz](http://www.spotlightperformingarts.co.nz)



**The details**

**Term:** Term 2, 30 April 2025 to 25 June 2025  
**Days:** Wednesdays  
**Time:** 4.45 PM – 5.45 PM  
**Location:** Mungavin Netball Courts Pavillion, Porirua

Contact us to register:  
[swismarching@gmail.com](mailto:swismarching@gmail.com)  
027 362 5683  
SWIS Marching Team

## School Holiday Activities

### After School Fun Club's April 2025 School Holiday Programme

Join us for an exciting lineup of activities, including Awesome Bounce, Easter chocolate making, a Harry Potter-themed day, Willy Wonka chocolate bar making plus more. Don't miss out on the fun!!!

Online bookings: [www.asfc.co.nz](http://www.asfc.co.nz)

Email: [office@asfc.co.nz](mailto:office@asfc.co.nz)

### RNZB Dazzlehands

The RNZB is pleased to offer school students and their families \$10 tickets to our upcoming performances of *Dazzlehands: The Ballet*. In Wellington on 12<sup>th</sup> and 13<sup>th</sup> April, Kāpiti on 16<sup>th</sup> and 17<sup>th</sup> April and Upper Hutt on 23<sup>rd</sup> April.

Use the code "SCHOOL25" when booking. Get tickets at <https://rnzb.org.nz/show/dazzlehands>. Ts&Cs apply. Discount cannot be applied to existing bookings.

### AkoTech Holiday Programme

Looking for an engaging and educational holiday activity? AkoTech's Holiday Programs at **Queen Margaret College, Thorndon**, offer hands-on experiences in **coding, game development, and AI entrepreneurship**. Students can explore **game design with Unity & Godot**, **project-based learning in technology**, or **AI-powered innovation**. Programs run throughout April from **9 AM - 3 PM**.

Learn more and register at [www.akotech.nz](http://www.akotech.nz).



## **Porirua Montessori Holiday Workshops**

We are excited to be offering 2 x 1 day Holiday workshops. These are open to anyone from any school or homeschool. The cost is \$70 per day (sibling discounts available). All workshops are at Porirua Montessori, 39 Cleat St, Whitby

1. Ages 8+ Sew your own Tote Bag! In collaboration with Maria French Creative. Wednesday April 16th 9am-2.30pm.
2. Ages 5+ Our Big Wide World. Hosted by trained Montessori teacher Lisa Dei Gratia this one day workshop looks at the big questions behind the universe and humanity and offers science experiments, stories and fun activities. Thursday April 17th 9am - 2.30pm

More info and enrol here:

<https://www.poriruamontessori.org/holiday-workshops/>

## **PRIDE LANDS FUN HOLIDAY ADVENTURES**

### **AUTUMN SCHOOL HOLIDAYS AT SOUTHERN PRIDE: SOUTH WELLINGTON**

### **INTERMEDIATE SCHOOL (SWIS) HALL, NEWTOWN**

**14<sup>th</sup> APR – 25<sup>th</sup> APR 2025 from 7.00am-6pm daily. Age range is 4 – 17 years with overnight sleepover activities provided with Interactive Activities and NO TV or Video Games.** Kai Cubs Cooking, and Life Skills Programme creating healthy Breakfast, Lunch and Afternoon Teas. One-on-one care and shuttle services available. Daily \$84.04/cub per session or \$142.87 for two siblings per session; Weekly: \$336.16 per cub/week or \$571.47 for two siblings/week . MSD Approved & WINZ subsidies are available for eligible families.

Qualified 1<sup>st</sup> Aid Trained Activities Coordinators and Youth Mentors

One-on-One Care: Available for cub(s) if extra support is needed at \$14/hr

ACTION (Home support 1-on-1) Mentors is also available if needed at \$37/hr per mentor.

Please contact us: 0800 PRIDE 4 U Or Register online: [www.PRIDELANDS.co.nz](http://www.PRIDELANDS.co.nz) or Visit our Facebook page: [www.facebook.com/PrideLandsChildcare](https://www.facebook.com/PrideLandsChildcare)

**At Pride Lands, we welcome neurotypical and neurodivergent children and youths with on-on-one support available to those that need it in our communities.**

## **Get Kids Moving, Learning, and Thriving at Bigair Gym!**

Is your child keen to learn cartwheels, handstands, flips, trampolining tricks, or parkour? Bigair Gym is the ultimate place to explore these skills and more! Classes combine fun, focus, and fitness in a supportive environment where kids can build confidence and master new techniques. Catering to all levels, from beginners to advanced, with safety and technique prioritized.

### **Classes to Help Your Child Shine:**

- **Gravity Busters Gym Classes (5+ years)** – Perfect for beginners looking to develop fundamental gym and tumbling skills.
- **Team Extreme Gym Classes (Advanced)** – For those ready to take their skills to the next level.
- **Free Running (5+ years)** – Enhance agility and aerial awareness through **parkour** and flips.
- **Trampoline (5+ years)** – Boost spatial awareness and acrobatic abilities.
- **Recreational Cheerleading (5+ years)** – Build strength, flexibility, and performance skills.
- **Tumbling (5+ years)** – Master key moves like walkovers, handsprings, and aerials—perfect for dancers!

Bookings are now open for **Bigair Gym's popular Holiday Programme**, with both full and half-day sessions available. Spaces are limited, so book online today to secure a spot. It's the perfect opportunity for children to stay active and have fun during the holiday break.

Hurry – **Book Now For Term 2!** Don't miss out on the chance to help your child grow, learn, and have fun at Bigair Gym!

Booking online for Term 2 & the Holiday Programme is quick and easy at [www.bigairgym.co.nz](http://www.bigairgym.co.nz)  
Bigair Gym Tawa: ph. 232 3508, e. [office@bigairgym.co.nz](mailto:office@bigairgym.co.nz) at 10b Surrey Street, Tawa.