**Tauira Puka 4** *<Tāpirihia te ingoa o te kura/tohu i konei>*

*Tērā pea me whakaiti koe i te rahi o te ingoa/te tohu ka whakapiria e koe ki konei, pāwhiritia te kokonga, te taha o te pouaka rānei, ka tō ai kia uru ki roto. Me whakamahi ngā ripa tīaro mauī, ki waenga, matau rānei i ngā paeutauta hei nuku i tō ingoa i tō tohu rānei*

**4. Whakaaetanga a ngā tūao EOTC**

*He whakaaetanga mō ngā mātua/kaitiaki, tuao hoki e āwhina i te rā.  
Tauākī Tūmataiti  
Kia mōhio mai: Ka kohia te pārongo whaiaro ki tēnei puka hei whakahaere i ngā kaupapa EOTC. E kore e mahia, e huraina tēnei rānei hāunga te whai i te Ture Privacy 1993. Kei a koe te tika i raro i taua Ture ki te whai uru atu, ki te tono ki te kura ki te whakatika i te pārongo.*

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| **Ingoa:** | Te pai ki te kauhoe (tohua te mea pai):  ❑ Ka taea e koe te 200 mita ki te kauhoe?  ❑ Ka taea e koe te takahi wai mō te 3 miniti?  ❑ Ka maia koe i te moana, ā, ka taea te kauhoe ki te tamaiti? |
| **Kāinga noho:** |
| **Waea:**\_\_\_\_\_\_\_\_\_\_\_\_\_(kainga)\_\_\_\_\_\_\_\_\_\_\_\_\_\_(mahi) |
| Ko au te matua/kaitiaki o:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **TĒNĀ RĀNEI**  ❑ He tūao ahau (tēnā tohua) |

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| **Kei ahau ēnei pūkenga/tautōhito/tohu (Tēnā tohua):** | | | |
| **Tohu** | **Pai** | **Ehara i te pai** | **Kōrero (wheako tata)** |
| Raihana taraiwa waka (tāpirihia) |  |  | He āheitanga matua āku ki te (poropiti tētahi/ētahi rānei):  Tōia i te kāta, taraiwa i te rori kiripōhatu, taraiwa i runga papahuka retireti, whakamau i te mekameka, taraiwa waka, taraiwa wākena |
| Tohu āwhina tūroro (tāpirihia) |  |  |  |
| **Etahi atu tohu** |  |  |  |
| **Etahi atu pūkenga, wheako rānei ka hāngai ki te rārangi ngohe (tuhia ki raro, tāpiritia rānei):** | | | |
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| **Nama waea mate whawhati tata (whanaunga tata)** |  |
| **Nama waea** |  |
| **Nama tākuta** |  |

**Whakamārama Hauora**

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| **1. Me tohu mēnā ka pā (t)ētahi o ēnei:**  🞎 Ānini  🞎 Mate hukihuki  🞎 Huangō  🞎 Mate huka  🞎 Mate haere  🞎 Ngā momo ruriruri  🞎 Toto ai te ihu  🞎 Mate manawa  🞎 Ka rangiroro  🞎 Kite tae kore  🞎 (T)ētahi atu *Whakamārama*  ………………………………………………………………  **2. Tau nama Medic Alert**  (mēnā ka hāngai)  ………………………………………………………………  **3. Te ra werohanga mutunga mō te kauae timu?**  …….../….…../….….. | **4. Kei te kai rongoā koe?**  🞎 Kao  🞎 Ae – *whakamārama*  ………………………………………………………………  Ingoa o te rongoā  ………………………………  ………………………………  Te korahi me te/ngā wā kai ai te rongoā  ………………………………  ………………………………  Ētahi atu rongoā  ………………………………  ………………………………  **5. Kua whara koe – koiwi i whati, he mate rānei kua pā pērā i te mate wheori, aha atu – i roto i ngā marama e 6, kua kore ngā ngohe?**  🞎 Kao  🞎 Ae – *whakamārama*  ………………………………  ……………………………… | **6. Ka mate koe i (t)ētahi o ēnei?**  Rongoā i te takuta  🞎 Kao  🞎 Ae – *whakamārama*  ………………………………………………………………  Kai  🞎 Kao  🞎 Ae – *whakamārama*  ………………………………………………………………  Ngau a te pēpeke/wero rānei  🞎 Kao  🞎 Ae – *whakamārama*  ………………………………………………………………  Ētahi atu mate tūtohu  🞎 Kao  🞎 Ae – *whakamārama*  ………………………………………………………………  He aha te rongoā me ngā mahi whakapai?  ………………………………  ………………………………  **7. Whakamārama mēnā he kai ake māu**  ………………………………  ……………………………… | **8. He aha ngā rongoā tika mōu ki te pāngia koe i te mamae te whurū rānei?**  ……………………………………………………………………  **9. Ki tōu mōhio, kua rongo koe i tētahi mate hopuhopu i ngā marama e taha?**  🞎 Kao  🞎 Ae – *whakamārama*  ……………………………………………………………………  **10. He parongo anō me mārama ngā kaimahi e noho haumaru ai koe? (Hei tauira, ngā tikanga ahurea; hauātanga; mataku i te ikeikenga/pouri/wāhi pāpaku; hapū; ngā raru o te hinengaro; ngā kare ā roto**  🞎 Kao  🞎 Ae – *whakamārama*  …………………………………………………………………… |

I taku mahi hei kaiāwhina tūao ki tētahi rā/kaupapa EOTC i te kura

❑ Ka whakaae kei te tika ngā kōrero ki runga

❑ Ka whakaaetia ka whai au i ngā tono a ngā kaimahi, ā, ka whai au i ngā tukanga haumaru kua whakataungia

❑ Ka whaiwhakaaro au kia kore ai tōku hauora me tōku haumaru, tō t/ētahi atu tāngata rānei e raru ai i āku mahi

❑ Ka whakaae au ka āwhina au ki te whakahaere i te tauwhāinga ka hāngai ki te tūnga/mahi kua whakaritea, kua tohungia māku e te Kaiārahi.

❑ Ki te tonoa au ki te taraiwa, ka whai au i ngā ture o te huarahi, ā, ka whakaū au ka taraiwa i te waka whai whakamana, whai rēhita hoki

❑ Ka whakaae au me kaua rawa e tuku i te waipiro me ngā rongoā kore whakahau ki te rā/kaupapa EOTC o te kura

❑ Ka whakaaetia kia whakamātauria au ki te hātepe tirotiro a te Pirihimana

❑ Ka whakaae au ki ngā whakataunga ka hāngai ki tōku whai wāhitanga kua tuhia ki runga ake nei.

**Hainatanga: Rā:**