

**Ka tū tonu te uru tī ahakoa
te rangi**

**Hei kai mā te puku, mā te
ringa, mā te waewae.**

**Kia whakatipuria tahitia
tēnei taonga te hauora**

**ā-tinana, ā-hinengaro,
ā-wairua, ā-whānau.**

**Kia tū hei tohu o te ora,
kia tina! TINA.**

Haumi ē, hui ē, tāiki ē.

The tī kōuka trees remain
standing despite the weather,

As food for the stomach, material
for the hand and destination for
the foot.

Together let us nurture this
treasure that is the health

Of our bodies, minds, spirits,
whānau.

To stand as an embodiment
of life, be firm!

Join, gather together, bind as one!

Emma Lumb & Regan Stokes