

# Monthly Newsletter

STUDENT ISSUE

APRIL 2025



## Here's what has happened in the last month and what's to come!

Kia ora SPCNM,

Happy April! I mentioned the end of daylight savings, our holidays and Easter in the March newsletter – a bit early. Now they're really upon us. We even have some rain! I hope you've had a good first term. Thank you for your patience as we've all navigated changes to Moodle.

### End of Term Movie Afternoon

As requested by on-campus students via the Ideas Board in Cheal Cottage, we're holding a movie afternoon on the last day of term – Friday 11th April at 2:20pm in Room 2, right after class. We'll be screening *Heal* (2017).

Please RSVP to Catherine.

### Holidays

The last day of classes is Friday 11th April.

- Good Friday is on 18th April
- Easter Monday is on 20th April
- ANZAC Day is on Friday 25th April

Most admin staff are taking annual leave on Tuesday 22nd, Wednesday 23rd, and Thursday 24th April.

The College will be closed on these days – we're all making the most of the break to refresh. Term 2 begins Monday 28th April.

### Regulation

The Ministry of Health has published a discussion document: *Putting Patients First – Modernising Health Workforce Regulation*. Regulation has been hovering around our profession for years, and now is the time to have your say.

I'll be hosting a Zoom meeting for staff and students on Wednesday 9th April, 3–4pm, to discuss key issues and support anyone wanting to make a submission (see below).

### Staff Highlight

This month we're shouting out Jill Tuwhare, Student Administration Manager. Jill handles our TEC reporting, enrolments, and Studylink – all with incredible precision and attention to detail. She also leads a Business and Compliance group through ITENZ, connecting with other education providers. Thank you, Jill, for all your amazing work!

Wishing everyone a restful and refreshing holiday!

*Robyn Carruthers*



# Upcoming Events



## Regulation Submissions

### 9th April 3 - 4 pm via Zoom

Join us for a Zoom discussion on the Ministry of Health's new paper, Putting Patients First: Modernising Health Workforce Regulation. This is your chance to understand the key issues, ask questions, and get support if you'd like to make a submission. This is an important moment for our profession, your voice matters. Please come along, and feel free to email with any questions before or after the session.

**Zoom link:** [Join the discussion](#)

(A recording will be available afterward.)

Submissions close: Wednesday 30th April at 11:59pm

- Read the document: visit [health.govt.nz](http://health.govt.nz) → Publications → Putting Patients First
- Make a submission: [consult.health.govt.nz](http://consult.health.govt.nz) → Putting Patients First



## Activated Probiotics Webinar

### 30 April 7:30 –9:00pm via Zoom

Join us for an engaging webinar exploring the evolving nature of the immune system across different life stages and the critical role of the gut microbiome in immune function. From infancy to older adulthood, our immune needs change, requiring targeted support to maintain optimal immune health.

**Register:** [Here](#)



## Join the Student Council



### Two Meetings per Term, Online and via Zoom

We are looking for interested people to join the Student Council. Are you a positive communicator who is good at problem-solving and advocating for students? Do you enjoy teamwork and collaboration? Are you interested in organising events to bring the student body together? If so, please join us! We meet twice per term. **Nomination forms are under Student Resources--Student forms. Please submit to Karen Wesseling or Maria Hayes. We look forward to hearing from you.**



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## Photo Gallery from Graduation





# Graduate Spotlight - Bryn Roberts

**Bryn Roberts, a 2024 graduate, is a Queer Holistic Health Practitioner focusing on nutrition, herbal medicine, and education, currently practicing in Los Angeles.**

## **1. What inspired you to focus on queer health and how does this perspective shape the way you approach holistic healthcare?**

My focus on queer and trans healthcare developed while I was studying at SPCNM. As a non-binary queer person, LGBTQIA+ people are my community, and I noticed a lack of representation in our textbooks, class content, and studies as a whole compared to my day-to-day life. Focusing my practice on LGBTQIA+ people allows me to practise as my full self, for, and as part of, my community. As I am currently living in the US, where vulnerable communities are under increased threat of violence and punishment, being an out queer practitioner feels important.

## **2. Can you share some of the most rewarding experiences you've had working with LGBTQIA+ clients in your practice?**

I've had some very affirming feedback from LGBTQIA+ clients who found support in not having to explain or justify parts of themselves that are usually misunderstood or ignored in healthcare settings. I think that baseline understanding provides a level of comfort and ease that makes our work together really fun! It is so rewarding to me to make recommendations that embrace peoples' identities and reflect them fully.

## **3. How have your studies at SPCNM influenced your approach to holistic healthcare, particularly in your work with clients living in diverse, multicultural environments like Los Angeles?**

I have learned so much at SPCNM. My studies have provided me with a solid foundation to build on and I will continue to expand my knowledge as I practice. I arrived to my studies with strong political and ideological beliefs that allowed me to critically engage with course content. I think that holistic practice is politically and ideologically engaged and expands beyond the individual, to the health of communities and how they are organised. Diversity is so important in health practices in order to reflect the public we wish to support, and grow together. While I live in Los Angeles, I find these ideas applicable in both the US and Aotearoa. Both places are diverse and culturally rich, which I hope my practice can grow to reflect.



## **4. What advice would you give to current students or graduates of natural medicine who are looking to build a practice that is inclusive and accessible to all communities?**

I would encourage current students and grads to be fully themselves. There is so much space for all kinds of people in naturopathy and even if you can't see people like you, your uniqueness is needed to create a rich community of practitioners. Also feel empowered to ask for support from people and spaces who specialise in communities you're new to when seeing clients. I'm here for queerstions and queerries :)

*Thank you for reading!*

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