

Monthly Newsletter

STUDENT ISSUE

MARCH 2026



The Fire Horse energy of 2026 sparks bold movement, fierce independence, and unstoppable momentum

A MESSAGE FROM ROBYN

Well, our first newsletter for the year, although somehow it got to be March. I can justify that we waited for the Chinese New Year to honour the year of the Fire Horse! If you've read my newsletters before you'll know I'm a summer person so I'm in denial about autumn. I feel robbed of summer!

So, a belated welcome back to 2026 to all our student cohorts – Our nutrition students, both new and Second year students; Our BNM people – new and “old” and welcome to those of you attending Year Three on-campus. We also welcome a group of Homeopathy students who are studying medical sciences through SPCNM.

Being really frank it's been a difficult start to the year with some of the changes for 2026: the change of printers on campus and also the change from video to audio recordings. I want to thank you for your feedback on this issue and I have now responded to those who have written to me individually.

We really hope that you are settling into your coursework, as we head into our first round of assessments shortly. A reminder that you should be familiar with the procedural documents on Moodle (Student Resources) such as the Student Handbook and the Regulations. Please read over these even if you have been studying with us for a few years.

We realise that some of you may have missed the news that Paige has left and is devoting herself to full-time practice. That's bittersweet – sad to see her go but also great that she is getting busy. Nixie, our Academic Administrator is taking over the newsletters and communications with graduates.

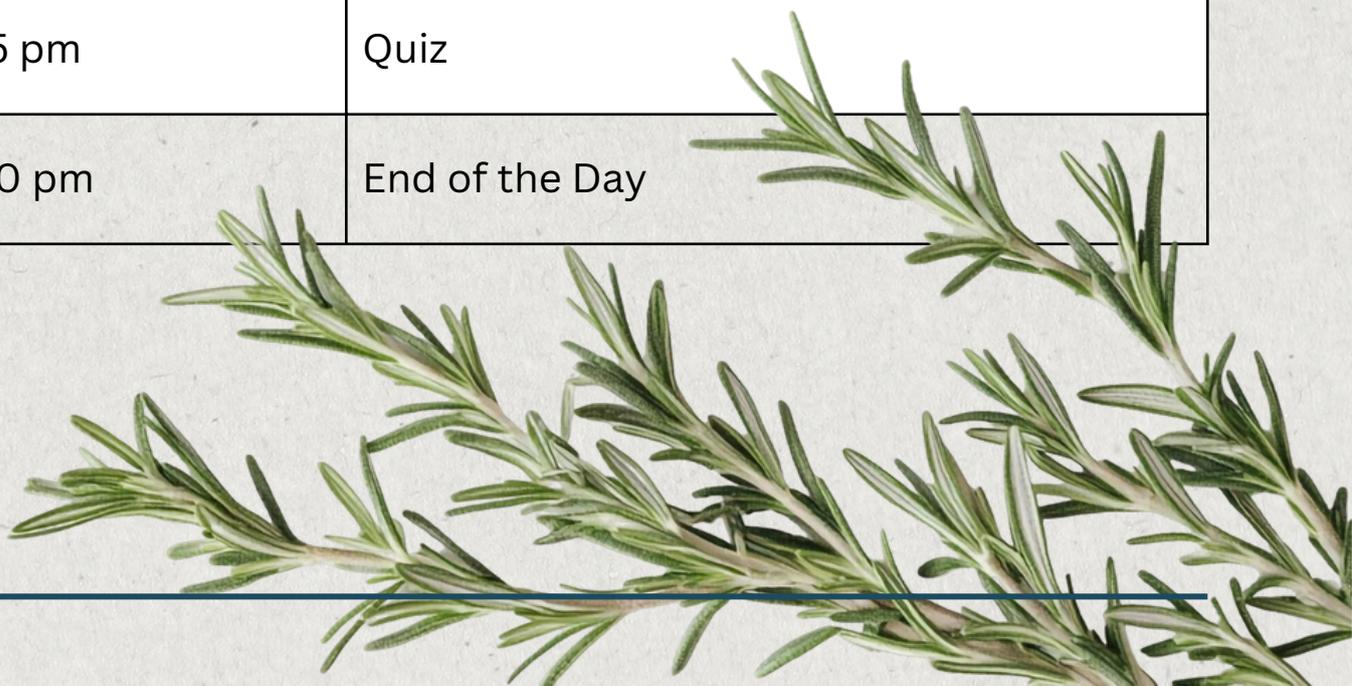
I hope that you have been enjoying and sharing the posts on social media which we will continue this year. Thanks to our graduate Naomi Morris who is coordinating this for us. Please check the upcoming events, especially our first immersion day which is fast approaching. We have our series of Academic Workshops underway at the moment too – please check details of these.

Robyn Carruthers

IMMERSION DAY

We are looking forward to seeing you on
SATURDAY 14TH of MARCH
9:00am - 3:00pm

TIME	ACTIVITY/SPEAKER	DETAILS/ NOTES
9:00 am	Welcome & Icebreaker Activity	
9:30 am	<i>Renee Rigden & Ella Stanford</i>	SPCNM Graduate Journeys
10:20 am	Student Council	
10:30 am	Morning Tea Break (morning tea provided)	
11:00 am	<i>Emily Boese</i>	Tea Making Demonstration
12:00 pm	<i>Karen Mees</i>	Cooking Demonstration
12:30 pm	Lunch Break (lunch provided)	
1:15 pm	<i>Jane Wrigglesworth</i>	The Journey Continues – A New
2:15 pm	Quiz	
3:00 pm	End of the Day	



UPCOMING EVENTS

Pacific Health **Open Day**

17th March 2026
9am - 5pm



Discounts
Giveaways
Special Guests
Samples
New Products

Event for Practitioners Only

6 Gordon Road
Morningside
Auckland



SPCNM ACADEMIC WORKSHOPS

In classroom 3 and via Zoom

Workshops will be recorded and will be available within the Academic Workshops tab within the Academic Success Programme on Moodle.

Monday March 9 10:30-11:00

Maria Hayes will be presenting on Academic Integrity covering plagiarism, AI, and Turnitin.

Monday March 9 11:15-11:45

Vardhana Mistry will demonstrate submitting your assessment on Turnitin and cover how to read the Turnitin similarity report.

Monday March 16 10:30 - 11:00

Health Policy Reference Center: EBSCO will introduce and demonstrate searching Health Policy Reference Center.

Monday March 16 11:15-11:45

EBSCO online journal platform. EBSCO will demonstrate searching the EBSCO online journals - Alt HealthWatch, Medline, and CINAHL Ultimate.

*Academic Learning Styles will be scheduled soon

STUDENT COUNCIL MEETING FRIDAY 20TH MARCH 2026

If you have any matters to raise, please pass them on to your Student Representative.



See out Socials for SPCNM's video series - Natural Medicine Wisdom - across Facebook, Instagram, TikTok, YouTube Shorts, and LinkedIn.

This inspiring project celebrates the depth and relevance of naturopathy and herbal medicine, featuring SPCNM staff, alumni, students, Paua Clinic clients, and industry experts sharing insights on the Seven Naturopathic Precepts and other timeless principles of natural medicine.

Planned, filmed, and edited by SPCNM graduate Naomi Morris, now a Director at TVNZ, this series brings the essence of natural medicine to life on screen. Watch, share, and comment when they appear on your feed to help spread the message.

A huge thank you to Naomi — from everyone at SPCNM and across the industry — for shining a light on the wisdom of natural medicine.

UPCOMING EVENT

Catalysts for Change

Naturopathy as Primary Care

NMHNZ Conference | 20-22 March 2026

Wellington
Te Whanganui-a-Tara

Naturopathy &
Medical Herbalists
of New Zealand Inc.

[Click here for more details](#)

RECIPE



LIME AND GINGER ENERGY BITES

- 125g cashews
- Large handful of pumpkin seeds
- 1 tablespoon chia seeds
- 200g medjool dates, pitted
- Juice of 1 lime
- 3 teaspoons ground ginger

Place the cashews and pumpkin seeds into a food processor and blend for 30 seconds, until the nuts and seeds are crushed but have not yet become a flour.

Add the dates to the mix with the ground ginger and lime juice and blend until it becomes nice and sticky.

Scoop 2 teaspoons of the mix into your hand and roll it into a ball. Repeat until all the mixture has been used up.

Place the bites into the freezer for 1 hour to set, then store in the fridge.

NEWSLETTER NIXIE	NEXT ISSUE
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