

Monthly Newsletter

STUDENT ISSUE

MAY JUNE 2026



A MESSAGE FROM ROBYN

Kia ora koutou,
Oh, so much going on.... Please make sure you read through this newsletter carefully so you don't miss any upcoming events. We're very excited to be offering the return of the Grad Chats, and welcome Nicki MacKinnon to join us on Thursday 11th June (see article below).

Along with that we have Expo coming up on Wednesday 17th June. That is in study week – not many weeks of this semester left.

I'm going to focus for a moment on the SPCNM Incorporated Society, which is the entity that owns the College. Incorporated Societies in NZ are owned by members, in our case, previous graduates and are not-for-profit. Inc Soc members are appointed to the Board of Directors

alongside other external experts to govern the College. As CE I report to the Board on operational matters. Please refer to our website for details of our current Board members - <https://www.spcnm.ac.nz/spc-nm-board-of-directors/>. You may see some of them coming to the College from time to time. The Board in conjunction with the Incorporated Society set the College's strategic plan. And the reason I am outlining the Inc Soc and the Board at this time is because our AGM falls in early June.

It's always a pleasure at this time of the year to see our naturopathic students getting started in clinic. This year I am looking forward to our first cohort of nutrition students moving into clinic shortly – early in Semester 2.

As a student remember that you may attend Paua Clinic for no charge, with a discount on products.

Another event at this time of year is a visit from our Degree Monitor, on Wednesday 10th and Thursday 11th June who comes annually to check how things went in 2025. Part of this is meeting with students, so we will be looking for a few of you to join in a student feedback session at some point.

Enjoy the rest of our newsletter – Make sure you check out our pink ribbon event, yoga and Pilates on-campus and Matariki.

Robyn Carruthers

UPCOMING EVENTS

Yoga & Pilates Classes

Time to practice what we preach!

We recommend movement and lifestyle medicine every day, so now it's our turn to unroll the mat and beat the winter chill!



- Open to all students & staff
- SPCNM, Room 1-2
- BYO Mat
- \$5 Koha Contribution
- Max 20 People

Wednesday 3rd June, 3–4pm

Yoga class with Jyoti

Monday 8th June, 10–11am

Pilates class with Grace

Turn up early to secure your spot - first-in, first served.

EXPO DAY

WEDNESDAY 17TH JUNE 10:00AM TO 2:00PM

A wonderful opportunity to:

- Network and meet company representatives
- Open accounts*
- Sample products and collect product information sheets
- Ask product-related questions
- Win door prizes



*There may be account and product restrictions based on your programme and year of study - please check with the company representatives to see what you qualify for.



MATARIKI 2026

TRACY DAVIS OF THE NGATI WHATUA HAS INVITED SPCNM STUDENTS AND THEIR FAMILIES TO ATTEND THE MATARIKI CEREMONY. THIS IS AN EXTRA SPECIAL ONE AS THEY ARE HOSTING THE NATIONAL CELEBRATIONS THIS YEAR.

TRACY CONDUCTED THE MIHI WHAKATAU AT OUR ORIENTATION DAY

WHERE: TAKAPARAWHAU - ORAKEI

WHEN: MATARIKI 10TH JULY 2026

TIME: PRE-DAWN 6:00AM - 11:00AM

(AIM TO GET THERE AT 5-5:30AM)

Pacific Health

Livestreamed & Recorded

Symposium 2026

A premier education and networking event with internationally acclaimed speakers



Dr Leah Neffman



Dr Brad Linton



Lisa Carroll



Belinda Reynolds



Kathy Weekes



Loral Blott



Samuel Peters



Rebecca Edwards



Dr Siobhan Mitchell

Register Now

29th & 30th August 2026

Livestream/Recorded Tickets Available

AUT, South Campus, Auckland



Sponsored by

BioMedica

BioPharm

BioGenics

BioPractica

Ofa

orthoplex

QUEST

WILD

NATURE

herb farm

Kolorex

HOLISTIC HAIR

16 CPD Points

SAVE THE DATE

FRI 19TH JUNE

PINK RIBBON EVENT

SAT 15TH AUGUST

IMMERSION DAY

SUSTAINABILITY TEAM UPDATES

2026 SUSTAINABILITY CAMPUS GOALS

1. ZERO SINGLE USE COFFEE CUPS ON CAMPUS
2. SORT THE RAINWATER TANK FOR WATERING THE GARDEN
3. EXPLORE WAYS TO REDUCE PHOTOCOPYING AND PRINTING FURTHER (ALREADY DOWN 18%)
4. POWER REDUCTION
5. INVESTIGATE THE ENVIRONMENTAL IMPACT OF AI AND WHAT WE CAN REALISTICALLY DO TO MINIMISE OUR PERSONAL FOOTPRINT

For a full sustainability update see the News Forum on Moodle



HAVE YOUR SAY ABOUT SINGLE USE CUPS (SUC)

WE LIVE ON A FINITE PLANET – AND DRINK A LOT OF COFFEE!!

SHOULD WE INTRODUCE A SUC JAR?

ANYONE USING A SINGLE USE CUP ON CAMPUS WOULD BE REQUIRED TO PAY A GOLD COIN DONATION, WITH PROCEEDS USED TO BUY SPARE KEEP CUPS...

VOTE YES OR NO



We would love for you to join our Sustainability Committee. Please contact Jill.Madeleine@spcnm.ac.nz with your expression of interest.

STUDENT PRACTITIONER CONSULTATIONS



South Pacific College
of NATURAL MEDICINE
LEADING HEALTH EDUCATION - NATURALLY

CONSULTATIONS NOW OPEN

PAUA CLINIC

Reach your health
goals with the support
of Natural Medicine



8-12 ARTHUR STREET ELLERSLIE, AUCKLAND

WHY CHOOSE THE PAUA CLINIC:

- Holistic and client-focused approach to healthcare
- Fully supervised by expert practitioners
- Comprehensive health history and personalised health plan
- Heavily discounted consultations

CHILDREN UNDER 6 &
OVER 65 VISIT FOR FREE

STANDARD ADULT INITIAL
\$50.00, FOLLOW UP
\$20.00

DISCOUNTED BUNDLES
AVAILABLE

CHILDREN OVER 6,
COMMUNITY SERVICES, &
UNWAGED INITIAL
CONSULT \$20.00

To book your consultation email bookings@spcnm.ac.nz
Learn more at spcnm.ac.nz/paua-clinic

STUDENT COUNCIL COMMUNICATION

STUDENT GATHERINGS THIS TERM

The Regional Gatherings were very small this term, but people enjoyed the conversations and catching up with fellow students all the same. We realise people have busy lives with work, family commitments, study etc. Next time we may organise gatherings at the beginning of a term when workloads might be lighter. Thank you to everyone who helped organise gatherings in their regions.



MEGAN AND JEMMA IN QUEENSTOWN

Instead of a cacao session (saved for another day), Megan and I (Jemma) enjoyed an early morning walk and a coffee in Arrowtown. It was very cold, but we are both used to it and love it; it wakes you up anyway! It's so beautiful to be with like-minded people. We know our strengths and what our futures might look like after college- both very different but much needed in this industry.

STEPHANIE, ASTRID AND MICHELLE IN AUCKLAND

The Auckland regional gathering was an intimate coffee catch up this time around; small but full of genuine conversation. A lovely morning that helped us feel a bit more connected outside of college.



SANDRA AND JOE IN THE BAY OF PLENTY

With winter bugs and family commitments reducing numbers, we still managed an enjoyable gathering in BOP. We enjoyed a coffee stop and a walk on the beach.

CANDACE, CLAUDIA, MIKEY AND TAYLOR IN HAMILTON

Candace was lovely enough to organise our gathering in Hamilton. Four of us- Candace, Claudia, Mikey and Taylor- went for a walk around the lake. We discussed all things natural medicine and study, along with what high schools we went to, mutual connections and how we ended up here. It was a great catch up!



CONGRATULATIONS

**CORINNE MAYBURY-SMITH,
WINNER OF THE HOMEBOTANICAL PRIZE**



THE AWARD WAS PRESENTED BY BERNIE BEKKER FROM THE HERBAL ENERGY CENTRE, ONE OF OUR VALUED ROOM SPONSORS. WE SINCERELY THANK BERNIE AND THE HERBAL ENERGY CENTRE FOR THEIR ONGOING SUPPORT OF OUR STUDENTS AND COMMUNITY.



NEWSLETTER NIXIE

nixie.manson@spcnm.ac.nz

NEXT ISSUE

July 2026
