ISSUE #20

Monthly Newsletter

STUDENT ISSUE

NOVEMBER 2026



A MESSAGE FROM ROBYN

Kia ora koutou – the weather's warmer – the tomatoes are in – vaguely thinking about my first swim of the season (but I will probably chicken out for a month or so) and planning Christmas and holidays. Remember your upcoming plans as you navigate through this last part of the 2026 academic year and all those assessments.

We need to farewell our lovely BNM clinic students and our special Dip Nut Year 2 students who will all finish in the next couple of weeks. Well done to you all and I hope you feel proud of your achievements. We held the BNM Industry awards on-campus on Friday 13th – see photos later on in this newsletter.

Congratulations to those receiving awards – a lovely way to wind up the year. On Friday 27th we'll be holding a similar event to farewell our Dip Nut students. Both cohorts will graduate formally on Friday April 16th next year.

As I write this last newsletter of the year I want to mention a very special group of people – our Student Council. The Student Council advocate for you, providing a link between the student body and staff, giving us feedback on procedures. I'm really excited with the introduction of reginal gatherings and love that some groups are connecting to naturopaths and medical herbalists working in their area. They have introduced Complementary Modality Chats and great to see the relaunch of the Moodle page. The Student Council are also providing great support and advice to those moving to Auckland for their clinical year. So, a huge thanks to all these lovely peeps: Kelly Billing, Daryl Gove, Moana Mourie, Michelle Cahill, Kyla Osbourne, Karen Pratap, Stephanie Waearing, Tracy de Souza and Laurie Brown. I want to also acknowledge others who've been part of the Student Council during the year.

Staff have been busy interviewing potential candidates for the BNM for 2027, submitting information for the osteopathy application and preparing for next year, as well as waiting for the last assessments to come in to finalise 2026. Busy times!

I wish you all well over the summer and thank you for being part of the SPCNM community. It's bittersweet as we say goodbye to some of you, but will see lots of you back for more next year..

Robyn Carruthers

BNM INDUSTRY AWARDS

The special awards and scholarships are all thanks to the companies that support the college. The recipients have been nominated by our clinic team and the staff that have been part of their journey over their years of study with us.

FX Med Award for Contribution to College Life



Renee Rigden - FX Med
Sandra Power - Recipient

Integria Award for Adversity and Resilience



Robyn Carruthers - on behalf of Integria
Paula Ka - Recipient

Phytomed Award for Excellence in Research Skills



James Burton - Phytomed
Rebecca Norman - Recipient

Metagenics Award for Collegiality and Professionalism



Robyn Carruthers - on behalf of Metagenics
Suzanne Mudgway - Recipient

Naturopathic Philosophy in Practice



Jenny Barlass - Biomedia
Danielle Watt - Recipient

BNM INDUSTRY AWARDS

The Herbal Energy Centre Homeobotanical Course Scholarship



Bernie Bekker - The Herbal Energy Centre
Laura Francis - Recipient

Low/Drop Dosage Methodology Herbal Medicine Scholarhip



Rixt Botello - Rixt's Herbals
Nasim Taghi Pouran - Recipient

Bioceuticals Award for Exceptional All-round Student



Merilyn Nordin - Bioceuticals
Genevieve Bell - Recipient

First Light College of NZ Native Flower Essence Therapy Scholarship



Franchelle Ofoske-Wyber - First Light NZ
Gabriella Hislop - Recipient

First Light College of NZ Native Flower Essence Therapy Scholarship



Franchelle Ofoske-Wyber - First Light NZ
Jyoti Balfour - Recipient

NOTICEBOARD





Herbal Medicine Fieldtrip to Waiatarua 17 Nov 2026

IMPORTANT DATES

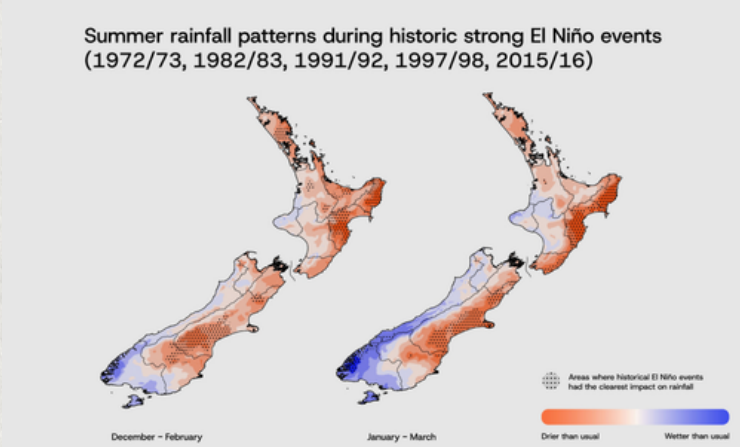
Friday 27th November	Diploma of Holistic Nutrition Industry Awards
Friday 4th December	End of Semester 2
Tuesday 8th December	All library books are due back for stocktake
Friday 18th December	SPCNM campus closes the doors for the year
Monday 18th January 2027	SPCNM campus opens for 2027. Library opens for borrowing
Tuesday 9th February 2027	Semester 1 2027 begins. Moodle access opens at 5:00am

South Pacific College of NATURAL MEDICINE
LEADING HEALTH EDUCATION - NATURALLY

SUSTAINABILITY TEAM UPDATES

SUPPORTING THE GARDEN

With an El Niño weather pattern influencing Aotearoa New Zealand, this summer is expected to bring warmer, drier, and windier conditions across much of the country.



Source: NIWA Taihoko Nikurangi

To help the college garden thrive through the season, Wayne has already started applying mulch, with a second round planned after the heavy rain forecast for later this week. As you know, mulching helps retain soil moisture, suppress weeds, and protect plant roots from heat stress.

A path has also been cleared to the water tank, making watering more efficient and supporting sustainable water use throughout the summer.

There are plenty of ways to help your own garden cope with dry conditions too. Moving outdoor pot plants to cooler, sheltered spots can all help plants stay healthy and resilient during hot weather. Adding mulch to your garden or outdoor pot plants after rain, is a great way to lock moisture into the soil and reduce the need for watering. Even a small garden area can benefit from sponge gardening techniques that help retain moisture and improve resilience during periods of dry weather and heavy rain.

WORLD SUSTAINABLE TRANSPORT DAY

26TH November 2026

World Sustainable Transport Day gives us a chance to think about how we travel and the impact our journeys have on the environment.

At SPCNM, our community is spread across Aotearoa New Zealand and beyond. Many students study from home, while on-campus students and staff commute from across Auckland, where public transport options are not always practical or accessible. For many of us, travelling by car is simply the most realistic choice.

Sustainable transport is not about being perfect. It is about making small, practical choices where we can. You might consider:

- Walking or cycling for short local trips.
- Combining errands into a single journey.
- Carpooling with classmates, colleagues, friends, or whānau when possible.
- Keeping tyres properly inflated and vehicles well maintained to improve fuel efficiency.
- Working or studying from home when appropriate, while recognising the value of kanohi ki te kanohi (face-to-face) learning, collaboration, and community for those living within commuting distance of campus.

Even small changes can help reduce emissions, save money, and ease traffic congestion. Every positive step counts toward a healthier, more sustainable future.

This World Sustainable Transport Day, consider one small change that could make your next journey a little more sustainable.

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

STUDENT COUNCIL COMMUNICATION

Kia ora koutou,

Has this year gone fast? I can't believe we're nearly at the end!

To the Year Three BNM students and Year Two Nutrition students

The Student Council send our warmest congratulations to you for almost crossing the finish line. We wish you all the best as you leave the college and launch into your careers!

Thank you to Tracy de Souza

Tracy has done a brilliant job of representing the Nutrition Diploma students on the Student Council. Thank you, Tracy. We wish you all the best!

Complementary Modality Chats (CMC's).

The name 'alternative' has been changed to 'complementary' as we felt it was a better fit.
If you haven't yet seen it, a chat with fellow student and hypnotherapist Daryl Gove is now available on the Student Council Moodle page.
We will continue to post CMC's on the first Monday of each month (except January). Thank you to everyone who has already reached out with suggestions for future topics. If you know a great practitioner we could interview—or if you'd like to join us in this project—we'd love to hear from you.



CMC Library Books

With the help of our wonderful new librarian, Karen Wessling, we will try to make books mentioned in the Complementary Modality Chats available in the library.

Regional Gatherings

We completely understand that RG's do not always fit into everyone's busy schedules, but we will continue to plan them for next year. Our first gatherings for 2027 will take place on Sunday, February 28th. For those in Auckland, we are planning a family picnic at Cornwall Park. Early in February, we'll reach out regarding potential events in other regions. As always, we appreciate local help with organising events; get in touch if you have an idea for your region for the end of Feb- hopefully the weather will be nice!

Student Council members for 2027

We are a small Student Council, and we'd love to have a few more people join us next year. It is not a huge time commitment; we meet for an hour twice per term. We are looking for people from all courses and year levels to ensure everyone is represented. Please get in touch with Kelly Billing for more information.

Have an amazing summer!

Ngā mihi me te aroha nui,

Kelly Billing and Student Council

ALTERNATIVE MODALITY CHATS

SPCNM STUDENT COUNCIL PRESENTS

Complementary Modality Chats



A CONVERSATION WITH

Daryl Gove

Interviewed by Kelly Billing

Hypnotherapy

Originally from Scotland, Daryl now calls NZ home. Here, he has become a passionate advocate for natural health with a particular interest in the intersection between mind and body. Daryl is an award-winning hypnotherapist and hypnotherapy trainer. He has established a successful practice, working with colleagues and clients both in-person and online. In this chat, Daryl demystifies the practice of hypnotherapy and highlights its benefits.

Website: www.darylgove.com

RECORDING RELEASED:

Monday 2nd November

On the Student Council Moodle Page

ALTERNATIVE MODALITY CHATS

SPCNM STUDENT COUNCIL PRESENTS

Complementary Modality Chats



A CONVERSATION WITH

Nicola Lincoln

Interviewed by Stephanie Wearing

Reiki and PSYCH-K

Nicola has 13+ years of experience with complementary practices including (but not limited to) Naturopathy, Reiki and PSYCH-K. Reiki is an energy healing practice using gentle touch or hands held near the body, while PSYCH-K is a mind-body approach that uses specific processes to help identify and shift subconscious beliefs and thought patterns. In this chat we learn about what Reiki and PSYCH-K are and how anybody can benefit from these modalities. Nicola has a wealth of knowledge and shares some inspiring stories from her experience. Definitely worth the listen!

Website: www.nicolalincoln.co.nz

RECORDING RELEASED:

Monday 7th December

On the Student Council Moodle Page

MENTAL HEALTH EVENT

SPCNM were invited to participate in a Mental Health Awareness Expo at the Onehunga Library & Community Centre. The organisers, the Onehunga & Oranga Community Hub, connect local facilities across Onehunga and Oranga, including the Onehunga Community Centre, Onehunga Community Library, and Oranga Community Centre.

It was wonderful for the students, Amanda Harris and Isobel Rippingale, to volunteer their time and knowledge to offer support to the community at this event. Beyond the public who came it was great to connect with each other, with our community, share information, and raise awareness of the mental health services and support available locally.

We offered tastings of rosemary tea and chamomile glycetract and had conversations about what the college and the Paua Clinic offer.

They have invited us to be part of community events in 2027, so I'll be looking for student practitioners next year who would enjoy being involved in supporting community wellbeing.

Blessings,

Karen Mees - Clinic Director



Amanda Harris

NEWSLETTER NIXIE	NEXT ISSUE
nixie.manson@spcnm.ac.nz	February 2027