

Monthly Newsletter

STUDENT ISSUE

OCTOBER 2026



★ A MESSAGE FROM ROBYN ★

Kia ora koutou – Welcome back to Term 4.

I say this every year, but with it being a short term of only 7 teaching weeks, things will go really quickly between now and Christmas, but that means the weather is on the improve and the days will get longer and warmer.

Term 4 might cause a bit of anxiety with so many assessments due in a short period of time. Please remember our support mechanisms if your study starts to get on top of you. Also, if your assessments go through Turnitin, remember that you can request your AI score prior to submission (email Vardhana or your course lecturer one week before).

While you were away on holiday, Karen Wesseling has moved into her new role as Library Manager. She retains the IT portfolio which fits nicely with the College's move to more online resources. There is a nice symmetry here as Karen started her SPCNM career in the library.

We had a lovely farewell for Rachel on the last day of Term 3 with a staff morning tea and student farewell in the afternoon.

Please check the rest of the newsletter for upcoming events – one more Journal Club and one more Grad chat to go. Also, check out the alternative modality presentations that the Student Council have developed.

We are about to open the [scholarships](#) for next year in the next few days. More information will come out through the [Robyn report](#) on Moodle.

In the last week of October – Wednesday 28th and Thursday 29th we will have some visitors at the College here to assess our application for osteopathy. They are representatives of NZQA and of the Osteopathic Council of NZ (OCNZ).

I hope that everybody is well and that you've managed to "dodge" the colds that have been going around. Our students doing clinical practice, both nutrition and naturopathy are looking for clients as they near completion! Please go and see them if you haven't already.

Have a great October everyone – will get in touch next month

Robyn Carruthers

SAY HELLO TO YOUR NEW LIBRARIAN KAREN WESSELING

A HELLO FROM KAREN

Hi everyone.

I am so excited to be circling back to the library - my starting point back in 2014 as I transitioned from an SPCNM BNatMed graduate to a staff member. What began as a 14-week, two-day a week maternity cover contract in the library quickly transitioned to a permanent full-time position with a few extra roles added in here and there.

As a devoted book lover, the library is both the perfect place and worst place for me to be! It is fabulous being able to purchase books for staff and students to enjoy but all too often results in me purchasing my own personal copies for home. My dream home would absolutely include a massive round room with floor to ceiling shelves full of books, lots of comfy chairs, a fireplace and one of those staircases on wheels.

I am also an avid fan of research (which has led to my newfound love of genealogy) and will happily assist you in the search for good resources. Please get in touch if you need support or have book suggestions.

I look forward to more contact with you all from my ground-floor position.



KAREN WESSELING

**Welcome to the Library, Karen.
We're so pleased to have you in
this new role! ❤️**



GRAD CHATS

LYNETTE HILL



Lynette is a Naturopath and Registered Homeopath, and the founder of My Remedy, a busy integrative clinic in Auckland. She blends evidence-based naturopathic care with homeopathy, clinical nutrition, and supplement-based protocols to create clear, practical treatment plans for patients.

Hemaview live blood analysis is a regular part of her practice and plays a key role in informing clinical decisions. She uses it as a teaching tool to help patients understand their physiology, their progress, and the “why” behind each recommendation — reflecting her strong commitment to the naturopathic principle of Doctor as Teacher.

Across her career, Lynette has worked in solo practice, multidisciplinary settings, dispensary management, teaching, and mentoring roles.

She is known for her structured clinical approach, her ability to simplify complex concepts for patients, and her dedication to helping people feel confident and supported in their health journey.

She is passionate about supporting new practitioners and enjoys sharing real-world insights into building a sustainable practice, developing clinical confidence, and navigating the early years after graduation.

**TUESDAY 20TH OCTOBER AT 6PM – [ZOOM LINK CLICK HERE](#)
(ZOOM LINK IS ALSO AVAILABLE ON MOODLE UNDER STUDENT
RESOURCES > GRAD CHATS)**



ALTERNATIVE MODALITY CHATS

SPCNM STUDENT COUNCIL PRESENTS

Alternative Modality Chats



A CONVERSATION WITH

Taylor Ross

Interviewed by Kelly Billing

Family Healing with Somatic Experiencing

Taylor, based in Marin, California, is the founder of The Practice of Parenting. In this chat she shares how she integrates her training in childhood mental health, somatic experiencing, Buddhist psychology, meditation, and non-violent parenting to offer her clients a unique and transformative healing experience.

Website: www.thepracticeofparenting.com



RECORDING RELEASED:

Monday 5th October

On the Student Council Moodle Page

NOTICEBOARD

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IMPORTANT DATES

Monday 5 th October	Start of Term + 2027 enrolments open
Tuesday 13 th October	11:15am Journal Club
Wednesday 14 th October	Mental Health Event at the Onehunga Community Hub 1:00 - 5:00pm
Tuesday 18 th October	Grad Chats with Lynette Hill @6:00pm
Monday 26 th October	Public Holiday - Labour Day
Monday 2 nd November	2027 enrolments close

SCHOLARSHIP APPLICATIONS ARE OPEN

Read more about it
in the Robyn Report on
Moodle



OCTOBER GRAD CHATS WITH LYNETTE HILL

TUESDAY 18TH OCTOBER
ONLINE 6PM - 7PM VIA ZOOM

Join us for Grad Chats with Lynette Hill
Founder of My Remedy

Zoom link on Moodle under Student
Resources in Grad Chats



Naturopaths &
Medical Herbalists
of New Zealand (Inc)

STUDENT REPRESENTATIVES WANTED

Join the Naturopaths and
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We're looking for passionate naturopathic and
herbal medicine students to become student
representatives and contribute their voice to
our association

Help shape the future of our profession
and make a meaningful impact

Find out more and get involved

Contact Nikki Taylor for more information at
secretary@naturopath.org.nz



SUSTAINABILITY TEAM UPDATES

SPRING INTO ENERGY SAVINGS

Small actions can make a big difference, so let's work together to reduce our energy use across campus. Before you leave a room, take a moment to switch off lights and heaters if they're no longer needed. Stepping away from your computer? Pop it into sleep mode to save energy while you're away. Every switch-off counts. Every watt saved makes a difference. Let's make October our most energy-aware month yet!



KEEP UP THE GREAT WORK

towards SPCNM's goal to be 100% SUC (single use cup) free*.

There are still some compostable coffee cups ending up in our waste to landfill bins. If you buy coffee in a compostable cup, please double-check that they are compostable and dispose of the cup and lid in our hand towel bin – as these are commercially composted and do not end up in landfill.

Keep cups are the best possible option. Compostable doesn't always mean environmentally preferable. If compostable coffee cups end up in landfill they contribute to both landfill leachate and methane emissions causing climate instability and pollution of land and waterways.

We will be buying some large mugs that may be taken to a café for a sustainable takeaway coffee if you forget your keep cup. Look out for these in Cheal Cottage and the kitchenette.

**excluding SUC in the clinic for client use*



RAINWATER FOR THE GARDEN

A path is currently being cleared to improve access to the rainwater tank, making it easier to use collected rainwater to keep our college gardens thriving over the summer months. By making the most of this natural resource, we can reduce our reliance water from Auckland's dams while supporting a healthier, more sustainable campus. It's a simple change that will help our gardens stay green over summer.

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

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FOLLOW UP \$20

CHILDREN OVER 6,
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**South Pacific College
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FOR MORE INFORMATION
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STUDENT COUNCIL COMMUNICATION

Dear students,

- We're dusting off the **Student Council Moodle page** and blowing away the cobwebs to bring it back to life. Everyone will be 'enrolled' and able to access, and it's here we'll post things like the Alternative Modality Chat recordings.
- **Alternative Modality Chats-** this month we are launching the Alternative Modality Chats. Student Council members will do a series of interviews with people working in various health modalities not taught at the college. Please see the introductory video, about 8 minutes long, for more information about this project and how you can be involved if you'd like to be. Our first chat is with Taylor Ross, a trauma informed parenting consultant who speaks about family healing and somatic experiencing. Released October 5th. We plan to release the interviews on the first Monday of each month. We hope you enjoy them.
- **Moving to Auckland chat with year 3 students.** Thank you so much for doing this for us, Sandra, Gabriella and Mimi, it was super helpful. If you are moving to Auckland but were unable to attend the chat, you can [click here](#) to watch the recording
- All the best for the last term of 2026.

Take care,

Kelly Billing and Student Council



Regional Gathering- Christchurch Curry night



It was so lovely to get together for our Christchurch Regional Gathering on Friday at Malin's comforting abode. We shared a delicious chicken/tofu curry, some gluten-free starters, beautiful red wine, and plenty of good kōrero. The conversation wandered from old endings to new beginnings, with a few personal stories of the year that's been and plenty of laughter along the way. The night was concluded with the most delicious sorbet and plans for our next gatehring, which will most definitely include more kai and karaoke!

ONCE UPON A TIME...IN 1994

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Classes for 1994 begin on February 1st. 1994

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SO YOU WANT TO S

After deciding what to do with your spare time that would benefit you, you've decided nutrition would be an appropriate subject. So where do you go from here? What are you looking for and who do you write to for more information? This article is for those who are interested in undertaking the study of nutrition.

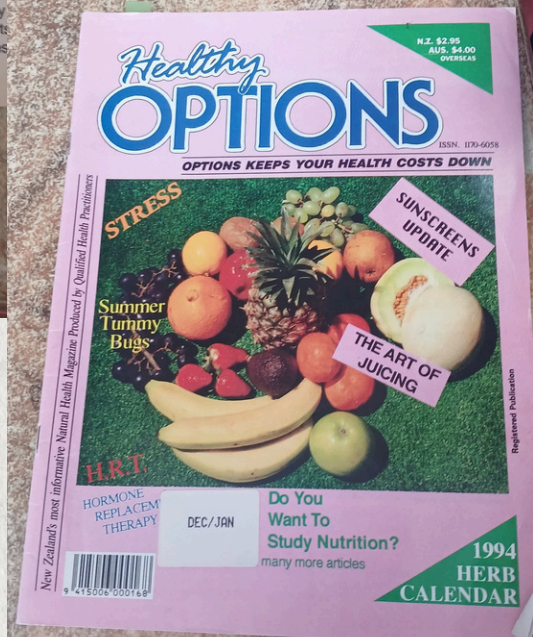
Here are the elements of interest that are involved with studying nutrition.

1. To plan your eating ... meals are the basis of healthy living and sharing family or flatting life. Learn planning requirements for nutritional meals for yourself and others.
2. Types of meals, preparation of these and variety. This includes vegetarian, macrobiotic diets, juicing, and nationality cooking ... i.e. Italian, French etc..
3. Get to know the roles that various elements of food play in your metabolism ... such as protein, amino acids, fats, carbohydrates, vitamins, minerals and fibre.
4. Learning to read labels and becoming aware of the importance of organic food against the commercial packaged and tinned foods where your health depends on the chemicals used.
5. Knowing what you can grow yourself, even in the city.

For a prospectus visit
Naturopathic College
South Pacific College of Natural Therapeutics
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NZ Institute of Natural Therapeutics
Massey University, Private

NATURAL MEDICINE?

qué magazine.



NEWSLETTER NIXIE

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NEXT ISSUE

November 2026