



Te Rau Poka

Kawerongo

NGĀHURU Poutū Te Rangi, 2026

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Mihimihi – Kaiārahi update

Manaakitanga- Pastoral care and support

One of the goals of Te Rautaki Māori is to make RACS a safe place to identify as a Māori person. This includes Fellows, SET and staff. Our contract for dedicated counsellor has been discontinued this year but we are still here to support you all.

The College has a process for managing complaints around bullying, discrimination and sexual harassment. See the website [Our process | RACS](#). You may also contact Prof Jonathan Koea directly Jonathan.Koea@surgeons.org

Whakanuia! Celebrate success.

Dr Nasya Thompson's research on the barriers and supports for Māori surgical trainees and registrars has been accepted for publication in the ANZ Journal of Surgery. Nasya is the recipient of the 2025 Peer Support Award and will be presenting a paper at the ASC in Perth. Congratulations Nasya.

Te Rau Poka Tohu

The academy has a new tohu (symbol). The tohu was designed by Isaiah Reihana Thompson of Wana Toi Ltd. Isaiah who hails from Ngāti Whātua, shared his thoughts on the design after looking at the Academy's aims and aspiration for up-and-coming Māori SET trainees.

Isaiah explains "The rau or leaf signifies growth in nature, we also see it as Rōngoa (healing), whakamaru (protection) and kotahitanga (collective strength). The pūhoro pattern within the leaf is connected to the idea of flowing waters and blood vessels in the body and blood flow within. The unaunahi design is a hononga or link to ocean life but in relation to te ao Māori it is hauora or wellbeing and the tohu is about sharing of kai, kōrero, and mātauranga- food, conversation and knowledge. When we visit our whānau we bring Kai, when we have manuhiri - visitors we offer Kai. This is important as it is a form of rōngoa, Kai o te hinengaro, sustaining the mind, Kai o te wairua, sustaining the spirit, Kai o te tinana, sustaining the body.

Many thanks to Isaiah for this meaningful taonga (treasure)- there will be a soft launch at The Indigenous Health breakfast at the ASC meeting in Perth. Te Rau Poka will be at the Foundation for Surgery booth. Come find us and go into the draw to win a prize pack of goodies.

Kaupapa Hou – Important dates for the year

Hui Tōpū – Friday 10th April, 7pm on zoom

Please join Kaiārahi Professor Jonathan Koea and other members of the Māori Advisory Group for a drop in chat on zoom.

Wānanga Whakarite 2026

Te Rau Poka will be hosting the Wānanga Whakarite - SET preparation workshop in Wellington at the College offices on the 15-16 May. Please email teraupoka@surgeons.org to register. We are also looking for trainees and surgeons to support the day.

ASC in Perth May 2026

Te Rau Poka will be represented at the ASC in Perth. You will find us at the Foundation for Surgery stand. Register for the Indigenous breakfast and you will receive a tshirt at the event. There will be prize draws at the Foundation stand each day.

Te Rau Poka Hui a tau 2026

The National hui a tau will be held in Auckland July 23-24 at Te Manukanuka o Hoturoa Marae near the airport. Attendance is free. Friday night sleepover at the marae is available, travel is not included. A draft programme will be sent out end of May. This hui also qualifies for CPD - 7 points for a whole day event.

We will also be attending Te Oranga events when we know the dates and Te ORA hui a tau.

Ngā Hononga – Partnerships

Pūhoro Trust STEMM Wānanga

Our partnership with Pūhoro Trust is continuing this year. Earlier this year we attended a celebration of the Trust's tenth birthday. We also learned that several graduates of the Pūhoro programme are new medical students. One of them Asela Mosese (Te Rarawa) spoke at the dinner about how she was inspired by attending a presentation by Dr John Mutu-Grigg. John has been a stalwart of the programme for over 5 years. Congratulations John on the well-deserved kudos and many thanks to the other surgeons who volunteer their time for the Pūhoro STEMM wānanga. The new generation is coming through!

We have expanded our team to four to support the surgeons who have volunteered to present in various locations this year. We are off to Whanganui, Manawatū and Tāmaki Makaurau in term two of the school year. Term Three we will be in Whangārei, Taranaki and Otago. Photos to come in the next newsletter.

Te Oranga Māori Medical Students Association

Te Rau Poka has partnered with Te Oranga Māori Students Association and includes their affiliated rūpū TOKA (Te Oranga ki Akarana) and TOKO (Te Oranga Ki Otākou). We will continue to support their annual hui, kura reo and regional other events organized by Te Oranga.

SKILLS

The SKILLS team kindly donated another 40 suturing kits and some text books to Te Rau Poka surgical academy. We have used these in our Pūhoro STEMM roadshows this year and as raffle prizes for Te ORA and Te Oranga events.

SKILLS is looking for volunteers to become Faculty in the New Zealand courses. If you have time and energy, it would be much appreciated. Please register your interest here:

[Teach on a RACS skills course | RACS.](#)

Whakapiri mai – Join the Academy!

Tēnei au te hōkai nei taku tapuwae

Te Rau Poka refers to the pursuit of excellence in surgery but in a holistic sense, encompassing all aspects of one's being, such as physical, mental, spiritual, and cultural.

It represents a core value in Māori culture, which emphasises the importance of striving for excellence and maintaining a balanced way of life. This concept can be understood through the pūrākau (legend) of the acquisition of knowledge by Tāne Nui A Rangi.

Te Rau Poka provides support and guidance to Māori interested in surgical careers, creating a pipeline of tauira (students) from secondary school onwards to surgical leadership roles. There are 58 students currently registered with Te Rau Poka.

To join the Academy, please scan the QR code below and fill out the form. To enter the prize draw put NGAHURU in the comments section. The prize is a t-shirt with the new tohu of the academy.

To meet the team, check out our webpage on [Te Rau Poka – Māori Surgical Academy | RACS](#). For any questions please contact us at teraupoka@surgeons.org

