



***Kua eke ki te 4 tau?***

***Kia whakamātauria ki tō  
Whakamātau B4 School koreutu!***

***He pārongo mā ngā  
ratonga whare  
kōhungahunga***

# He aha te B4 School Check?

**Ko te B4 School Check tētahi kaupapa utukore e tirohia ai te hauora me te whanaketanga o ia tamaiti i Aotearoa. Ka 4 tau te tamaiti, ka tirohia tana hauora, otirā, ko te tiro tiro whakamutunga tēnei i raro i te kaupapa o Tamariki Ora, i mua mai i te haerenga ki te kura.**

Mā te B4 School Check ka mahi ngātahi ngā kaiako whare kōhungahunga, koutou ko ngā kaimahi hauora, ki te tiaki i te hauora, i te whanaketanga, waihoki, ko te oranga tonu o te tamaiti mā te tautohu me te whakatikatika i ngā take hauora a te tamaiti, i mua tonu i tana haere ki te kura.



# He aha ngā mahi i te B4 School Check?

**Ka 4 tau te tamaiti, kua tae te wā mō te B4 School Check. Mēnā kāore anō ngā mātua, ngā kaitiaki rānei kia rongō kōrero i a mātou, me whakapā atu rātou ki te ratonga hauora e tika ana i tō rātou nā rohe.**

Mā te nēhi rēhita e whakahaere te B4 School Check. Ka 45 meneti te nēhi e tiro tiro ana i ēnei āhuatanga o te tamaiti:

- te hauora me te whanaketanga
- te tāroaroa me te taumaha
- ngā niho
- te noho ā-pāpori me ōna kare ā-roto
- te tatau o ngā awhikiri.

Ka whakamātauria ngā taringa me ngā karu e tētahi kaiwhakamātau whatu, taringa hoki. Ka whakaritea pea tētahi wā motuhake hei whakatutuki i taua mahi.



Ka tonoa tētahi o ngā kaimahi e whai rēhita ana i tō whare kōhungahunga ki te whakakī i te rārangi pātai e kīia ana ko te *Strengths and Difficulties Questionnaire (SDQ-T)*. Mā te kaimahi B4 School Check tēnei e whakarite, e whakamārama atu hoki ki a koutou. (Tērā te wā ka tonoa koe e ngā mātua, e te kaitiaki rānei ki te whakakī te *SDQ-T*.)

Ko te *SDQ-T* tētahi tikanga e kitea ai ngā wāhi me whai āwhina te tamaiti i mua i tana haere ki te kura. Ko te aronga nui ko ngā pūkenga e hāpai ana i te tamaiti. Kei reira hoki tētahi wāhi ki ngā ngoikoretanga a te tamaiti, hei tauira noa, ko te poto o te hihiwatanga, ko tōna whanonga me te whanaungatanga i waenganui i a ia me ētahi atu.

E kimi ana te *SDQ-T* i ngā kitenga me ngā whakatau a te kaiako mō ngā āhuatanga o te tamaiti i roto i ngā nekeneke o te whare kōhungahunga i ia rā.

Mā te B4 School Check e mahi ngātahi ai ngā kaimahi hauora, ngā kaimahi i roto i ngā ratonga whare kōhungahunga rātou ko ngā mātua me ngā kaitiaki tamariki kia eke ai te tamaiti ki te taumata e tika ana i tōna anō ao.

Ko ngā pārongo katoa ka puta mai i te B4 School Check ka noho muna ki ngā tāngata e āta whakaaetia ana, arā, ko te hunga e mahi ana ki te taha o te tamaiti, ko te hunga e whakahaere ana i te B4 School Check, i āna punaha pārongo rānei.

# Te kaupapa matua o te B4 School Check

Mā te tirohanga hauora nei ka **whai wāhi mai ngā mātua me ngā kaitiaki o te tamaiti mā te tuku pātai**, mā te whiwhi pārongo mō te hauora o tā rātou tamaiti me te mōhio kua rite tā rātou tamaiti ki te haere ki te kura.

Mā te kaupapa nei hoki **e tūhonohono ngā whānau ki ngā ratonga hauora**, kia ea ai ngā take hauora a te tamaiti.

Mā te āta tiro tiro i te hauora me te whanaketanga o ngā tamariki e 4 tau te pakeke e kitea wawe ai ngā take hauora, ka mātua kitea atu anake i te wā ka pakeke ake a ia. He mea nui kia tirohia te tamaiti i mua i tana haere ki te kura me tana ekenga ki te taumata ako hou.

## Te wāhi nui ki ngā whare kōhungahunga

He wāhi nui tō te ao mātauranga me te ao hauora i tēnei tino kaupapa tiro tiro hauora.

He mea nui tō hononga ki ngā tamariki me tō mōhio tanga ki a rātou i te B4 School Check.

He mea nui ngā pārongo mō ngā akoranga me te whakanaketanga o te tamaiti ka tukuna atu e koe i te B4 School Check ki ngā mātua, ki ngā kaitiaki, ki te Manatū Hauora me Te Tāhuhu o te Mātauranga.

# Āwhinatia mai

## He tono āwhina tēnei:

- **ki te mahitahi** ki ngā nēhi ki te whakaoti i te rārangi pātai mā ngā whare kōhungahunga e pā ana ki ngā pūkenga me ngā ngoikoretanga a te tamaiti (te pepa SDQ-T)
- **ki te whakatairanga** i te B4 School Check mā te whakamārama atu ki ngā mātua he tiro tiro hauora UTUKORE tēnei, me te akiaki i a rātou ki te whakaae mai ki te kaupapa
- **ki te tautoko me te akiaki** i ngā mātua, i ngā kaitiaki hoki ki te haere ki ngā ratonga hauora e tika ana mēnā ka puta mai ētahi take hauora ki tā rātou tamaiti.

## Kia whiwhi mōhiohio anō

- **Whakapā:**
- **Haere ki** [health.govt.nz/b4schoolcheck](http://health.govt.nz/b4schoolcheck)
- **Waea ki** 0800 933 922 ki te kimi i te ratonga hauora i tō rohe