

Monthly Newsletter

STUDENT ISSUE

31st October 2024



Here's what has happened in the last month and what's to come!

Kia ora koutou,

Everywhere, people seem shocked that November is already here and the end of the year so close. This fourth term always goes quickly, as it's often a little shorter. Please remember to keep up with your self-care during this time 😊.

It has been a challenging month as we manage classes in Jemma's absence. Jemma recently informed us she won't be returning to teaching this year. I'd like to thank everyone – on-campus staff, course lecturers who have stepped in to offer tutorials, and you, our students, for your patience. We are finalising arrangements for the rest of the year, including assessment marking.

Thank you, as always, for the feedback you provide on individual courses and other matters. Remember, you can give feedback at any time via Moodle on the Student Resources page by clicking on Student Voice Feedback.

This is anonymous – we cannot see who has posted. Your feedback helps us improve and reflect on our practices.

I wanted to share a little about the College's governance. The College is owned by an Incorporated Society represented by a Board of Directors. The Board currently has five members: two College graduates (and Society members) and three independent members – two education experts and an accountant. A formal Board meeting takes place monthly, where I present a report on recent activities at the College. The Board oversees finances and policies to ensure compliance. I also meet with the Board chair and vice-chair to keep them updated. The Incorporated Society AGM usually occurs around July, and College graduates may join the Society to have a say in the College's direction. Posters around campus provide more information about the Incorporated Society and the Alumni.

This month's staff highlight is Catherine, our front-of-house, who always welcomes us with a smile. I love her "cookie and a chat" initiative – a great reason to come on campus! Catherine does so much behind the scenes, and she provides fabulous support to you, our students, when needed. On a personal note, we used to carpool, but roadworks have divided us, forcing me to take a different route. I miss our drives!

Today, we had a lovely Diwali celebration at the College, thanks to Vardhana. Staff dressed in bright colours (no black!), and we decorated the front door with flowers, candles, and symbols. There seem to be so many celebrations lately!

I'll be on annual leave for the first 12 days of November, but you'll be in great hands with our wonderful SPCNM team.

Robyn Carruthers

Grad Chats Key Takeaways - Debbie Walsh



- **Gain Experience in Related Fields:** Working in health stores or similar environments can be beneficial. Debbie shared how her time in a health shop helped her learn to think on her feet, which later contributed to building her own clinic.
- **Systemise Early:** Debbie stressed the importance of developing templates, handouts, and systems for client interactions. This reduces preparation time and supports consistent, efficient client care.
- **Specialisation Advantage:** Debbie found that specialising in dermatology made it easier to attract clients, as her expertise in skin issues set her apart. However, she advised finding a niche that genuinely interests you to avoid burnout.
- **Invest in Continuous Learning:** Debbie pursued additional training, including a General Dermatology course, to deepen her knowledge and stay updated on treatments. She recommended ongoing education to enhance skills and boost confidence.
- **Financial Structure is Key:** Debbie followed the "Profit First" financial strategy, which involves allocating earnings into separate accounts for tax, profit, and expenses. This method helped her manage finances effectively and plan for growth.
- **Effective Marketing through Authenticity:** Her website and SEO investments yielded more clients than social media. She advised building a professional online presence and telling an authentic story rather than relying heavily on social media.



Library Book of the Month

Real Food for Fertility: Prepare your Body for Pregnancy with Preconception Nutrition and Fertility Awareness

The book provides a guide for practitioners supporting clients preparing for conception.

It integrates evidence-based nutrition, fertility awareness, and lifestyle modifications to optimise reproductive health. Topics include nutrient density's role in improving egg and sperm quality, managing menstrual health, and reducing pregnancy complications. It also covers strategies for stress management, minimising toxin exposure, and navigating reproductive challenges, making it a valuable resource for enhancing preconception care through holistic, informed approaches.



Podcast of the Month

Herb Talk with Phytomed Episode 38 - The Phytomed Phytotherapy Essentials

In the Herb Talk podcast by Phytomed, hosts Sharlene Bennett and Phil Rasmussen explore the latest in phytotherapy, especially New Zealand native herbs. This episode highlights essential herbs, starting with kawakawa and its recent clinical research, followed by discussions on phytotherapy's role in brain health and neurotransmitter support. They also examine hoheria's benefits for stomach healing. Join as they delve into how Phytomed's range can support health, wellbeing, and chronic conditions through herbal medicine.

Upcoming Events

26 November 2024

Pacific Health Open Day

9am - 5pm

- Discounts
- Giveaways
- Special Guests
- Samples
- New Products

6 Gordon Road
Morningside, Auckland



Grad Chats

6th November 6pm - 7pm

Alena Winter is a Wellpark graduate who specialises in nervous system regulation. She has grown from a shop front dispensary role to a fully booked, waitlist practice, all while achieving social media fame along the way. Alena offers valuable insights and advice for students preparing to enter clinical practice, demonstrating how to stay cool, calm, and collected throughout the journey. See you online then!



Third year student Brynn Roberts on our new SPINDESK Bike. Made to enable gentle cycling while working, supporting active movement without interrupting tasks, and easily rolls aside when needed—ideal for a healthier workday.



Homeopathy Course

Saturday 9th of November 10 am - 4pm [TICKETS](#)

Join SPCNM's Acute Homeopathy Course – Building Confidence in Prescribing Homeopathy, open to 2nd and 3rd-year students. Led by Lynette Hill, this 5-hour session deepens understanding of acute remedies. Attend in person in Auckland or online. Enjoy product discounts and a free 'Wellness Blend' bottle!

Upcoming Events

- **November 6th:** BioMedica - Understanding RBAC (Rice Bran Arabinosyl Compound)
- **November 8th:** NutriScript - Navigating Terrain and Toxicity: The Impact of Heavy Metals on Mast Cell Activation and Mitochondrial Health
- **November 21st:** Rachel Arthur - Hashimoto's Thyroiditis - The Nutrient Prescriber's Way
- **November 26th:** Pacific Health Open Day - All students are encouraged to attend for any time and grab free goodies!
- **November 25 to December 22nd:** Anahata Yoga Retreat - Building Resilience: 4-week online course

Student Council Update October 2024

What are the Councils Key Roles and Functions?

The Student Council acts as a vital link between College Management and the student body. Our mission is to support SPCNM students by fostering a positive, inclusive community and addressing student needs. We work to create a welcoming environment by promoting communication, providing feedback on the campus experience, and organising social events that enhance student relationships.

While we encourage students to approach us with ideas and feedback, we recommend specific course issues be discussed directly with lecturers or management. However, if you need additional support, please feel free to reach out. The Council's Terms of Reference state our purpose is to "provide strong representation of the student voice so College Management is aware of students' needs, goals, and concerns."



Student Services Fee

The Student Services Fee will be discussed at every meeting. In the past, it has funded Rongoā Māori weekends, Cheal cottage upkeep, clinic workroom chairs, immersion days, counselling, and support staff. We welcome suggestions for future use!

Social Events

The Council aims to connect students outside of lectures. Ideas such as an online book club are in discussion, and we'd love to hear any further ideas.

Interested in Joining?

If you'd like to be part of the Council, please reach out! We represent all student groups and welcome new members.



October Meeting Highlights

- **Council Leadership:** The Student Council is now fully student-led, with Kelly Billing as lead and Cynthia Stephen as coordinator. Staff members will join for part of our meetings to share updates and insights, ensuring continued collaboration and support from College Management.
- **Netball Team Funding:** A team of third-year students has organised an indoor netball team with an \$840 fee. The Council approved covering half this fee from the Student Services Fee to promote physical activity and camaraderie among third-year students.
- **Student Surveys:** Surveys will now be distributed mid-semester only. We encourage all students to participate, as the anonymous feedback helps shape college decisions. Next year, an option on Moodle will allow students to provide anonymous feedback anytime.
- **Assignment Due Date Change:** Assignment deadlines have moved from Tuesday mornings to Sunday afternoons. Concerns about technical support availability on Sundays have been raised, but a staff member will now be available for assistance. The new deadline supports better Monday attendance, but students may submit before Sunday if they wish. We'll revisit this if issues persist.
- **Meeting Schedule and Name Change:** Council meetings will occur twice per term on Thursdays at 2:30 pm. We're also considering renaming the Council to reflect its purpose, such as "Student Voice." Suggestions are welcome!

Kelly Billing

2024 Student Council Lead

Student Council Features - Part 1

Danielle O'Malley

Why did you choose a career in Natural Medicine?

I went through my own health challenges, including severe Hyperemesis Gravidarum, followed by thyroid issues and arrhythmias. Naturopathy supported me back to health, and I fell in love with the idea of supporting others in the same way.

What is your favourite thing you have learned recently?

My latest assignment involved reviewing literature on fertility—there was so much to learn that it's hard to summarise! But, in short, I discovered how much we can support someone in optimising their health for fertility through herbs and nutrition.

What do you do outside of studying for fun?

I love spending time in the Marlborough Sounds with my family.

What is your dream after studying, and where will you be based?

My dream is to run a successful online and in-person clinic and dispensary in Marlborough, supporting the health of the whole family. 😊



Mandy Hampshire

Why did you choose a career in Natural Medicine?

I found my way into Natural Medicine while exploring my passion. Originally, I planned to study nutrition at Massey University, but two months before starting, I discovered SPCNM. It felt like a much better fit than university and solely studying nutrition—so here I am.

What is your favourite thing you have learned recently?

I'm fascinated by anatomy and physiology; the more I learn, the more I want to know. Herbal Medicine is another favourite—I'm amazed by what herbs can do for our bodies. The knowledge I gain makes me eager to share natural medicine as an alternative to Western medicine.

What do you do outside of studying for fun?

I love spending time with my husband and four children—three daughters (19, 17, and 10) and a son (9). I'm also thrilled to become a grandmother in February! Reading and buying books is a passion, and I love travel. In 2018, we moved to Thailand for two years and could have stayed forever, but NZ called us back.



Kelly Billing

Why did you choose a career in Natural Medicine?

I was inspired by a friend's mum, a naturopath, as a teenager. In my early 20s, I studied at SPCNM while working at Harvest Wholefoods. I loved it but couldn't complete the final year due to a family tragedy. After traveling and returning to NZ, I wasn't permitted to finish my studies due to absence rules. Instead, I earned a Bachelor of Arts and trained as a primary teacher. Teaching brought me to Chile, where I now homeschool one of my sons. Although teaching has been fulfilling, I've always wanted to be a naturopath! Now in my 50s, I'm pursuing my degree through SPCNM online and loving it—proving it's never too late to follow your dreams!

What is your favourite thing you've learned recently?

The most fascinating course so far has been biochemistry. It was challenging, but the lecturer was amazing.

What do you do outside of studying for fun?

I hike in the Andes, cook, read, and enjoy family time with our two mountain dogs.

What is your dream after studying and where will you be based?

My dream is to finally complete my degree, return to Auckland for the clinic year in 2028, and eventually open my own practice.



Thank you for reading!

CONTACT PAIGE	NEXT ISSUE
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