

# Te Whetu Mārama

Oct-Nov 2019

# NOVA



INSIDE THIS ISSUE:  
Enviro-mark winners  
Long Service and  
Allied Health Awards  
Immunisation success

# Staying connected



**Ailsa Claire,**  
*Chief Executive OBE*

**In 2015, we set out to be the most sustainable district health board in New Zealand by committing to a zero-carbon target by 2050. We have made a great start, reducing our carbon emissions significantly.**

I am delighted and incredibly proud that the work we have done has been recognised nationally. In August we won the Excellence in Climate Action category in the Enviro-Mark Solutions Awards.

We also won gold at the Health Care Climate Challenge for energy reduction, climate leadership and climate resilience.

These awards are a credit to everyone in the organisation who

has made changes, big or small, to reduce their impact on the environment— so thank you.

There is still a lot more to do and one of our next areas to focus on will be air travel and travel onto our sites.

I recently had the pleasure of presenting awards to some of our longest serving members of the Auckland DHB team at our annual Long Service Awards. These awards recognise our people who have dedicated 20, 30 and 40 years of service to Auckland DHB. What comes through loud and clear in the award ceremony is that many of these people are ‘the go-to person’ and the glue that holds the team together. You can read more about our Long Service Awards on pages 8 and 9.

I’m incredibly proud of our team here at Auckland DHB, and everything you continue to do to aim high. The way people have come together to help us find ways to better manage our growing patient numbers and budget pressures has been incredible.

I want to thank everyone for the work that you do to deliver world-class healthcare and healthy communities.

*Ailsa*

## patients' applause

“My daughter delivered her baby at Auckland Hospital recently. Her own midwife was sick, so the hospital-based midwives took care of her at very short notice. Their care was magnificent, professional, and extremely caring. I can’t thank them enough. They made the whole experience so wonderful for us all! Another midwife later performed the suturing, and her warm, professional, efficient manner and skill made an unpleasant experience the best it could possibly be. Please pass on our thanks to all your team at Auckland Hospital.”

– C.R

“The team of nurses and doctors in Ward 27B are amazing. We always feel valued, listened to and well cared for. We know we are in the best place when here. Thank you to everyone involved in my daughter’s care!”

– Anon.

“Thank you to the Ward 41 staff for all that you did for my wife. Our whānau appreciated the kindness shown to us.”

– T.H

# Auckland DHB wins Climate Action Award

Auckland DHB is one of the top 200 energy users in New Zealand. In 2015, we set out to be the most sustainable district health board in New Zealand by committing to a zero-carbon target by 2050.

We've made a great start towards this target, reducing our carbon footprint by 28 percent and reducing energy consumption by 36 percent.

This has taken quite a lot of effort and commitment by everyone in the organisation. In August our efforts were recognised nationally when we won the Excellence in Climate Action in the 'large organisation' category at the Enviro-Mark Solutions Awards.

Rosalie Percival, Chief Financial Officer, collected the Award on behalf of Auckland DHB. "This award actually belongs to 11,000 people at Auckland District Health Board," she said. "I especially want to acknowledge our 300 passionate sustainability champions. Together they continue to drive some excellent initiatives and are great ambassadors for sustainability across the organisation.

"We're a big organisation with only growth in the future, but we don't want to grow our carbon emissions. We want to look after our planet and our communities."

This category recognised organisations with yearly emissions of more than 5000 tonnes. Other finalists were Antarctica New Zealand, Auckland International Airport and Canterbury District Health Board.



L:R Pat Snedden, Board Chair; Ailsa Claire, CEO; Manjula Sickler, Sustainability Manager and Rosalie Percival, CFO



Some of Auckland DHB's sustainability champions and supporters.

# Our local heroes



## Congratulations to our July, August and September local heroes!

### July

**Maria Poynter**, Public Health Medicine Specialist, ARPHS

This year Maria has taken on the measles, mumps and rubella portfolio, and has been providing strategic leadership to a team who have worked over and above to support the management of this outbreak. Maria has at all times lived the Auckland DHB values – aiming high, and showing respect – and held the team together. She has liaised with external stakeholders, demonstrating our values to negotiate outcomes that work for all parties involved. She is a wonderful asset to the team and we are pleased to have her.



### August

**Dayle Pearman**, Clinical Nurse Consultant, DCCM

Dayle has held many positions across the unit, and she continues to help, encourage, and move these roles forward, alongside covering the NUM. Significantly, in her latest role she has developed and managed Long term Patient Care meetings in the unit. Dayle is the units computer and technical support point of contact, and the fountain of knowledge for unit policies and procedures. Additionally, Dayle and her family put together care packs for children in the intensive care unit. We are incredibly lucky to have Dayle in our unit!



### August

**Manjula Sickler**, Sustainability Manager

Manjula has been the driving force behind our sustainability journey. She brings our sustainability champions together and gets people motivated for action. Through her networking, she has brought some incredible speakers into the organisation, sharing their stories to inspire us. Through the work she does in the background, she manages to keep us on track and measures how we are doing. She also puts in the hard yards to put us forward for awards like the Enviro-Mark Solutions Awards.



### September

**Dr Simon Stables**, Forensic Pathologist

Dr Stables is highly respected within our department, nationally and internationally. Recently, he played an integral part in organising the DVI response for the Christchurch Mosque Shootings; ensuring justice will prevail for the deceased and their families. As a leader, he provides direction and guidance for all staff, and is happy to share his expertise and passion for forensic pathology. He recognises team strengths that enable forensic pathology to live their mission statement of 'Best service, delivered in the best place, by the best people'.



*Ka pai to everyone nominated as a local hero:*

- |                    |                 |                 |                 |                 |
|--------------------|-----------------|-----------------|-----------------|-----------------|
| Afiq Zainal Bahren | Brenda Message  | Jo Williams     | Kathryn Charman | Nadia Wihapi    |
| Amber Schnauer     | Brittany Fisk   | Edward Mee      | Laura Ison      | Naina Walters   |
| Angela Matson      | Caitlin Day     | Jan McMullin    | Lisa Hilihetule | Nasoni Tulavu   |
| Ann Lila           | Cara Hollard    | Janet MacDonald | Mallory Doherty | Philippa Maurer |
| Arlene Dela Cruz   | Charnelle Bravo | Karen Liddell   | May Shimizu     |                 |
|                    | Jason Correia   |                 | Peter Aiono     |                 |

# New Antenatal Immunisation Clinics – *convenience for mums-to-be*

Getting ready for the arrival of a baby is a busy time for any mum-to-be, and finding time to fit in recommended vaccinations, such as influenza and whooping cough, can be tricky.

To help make this easier, Auckland DHB recently set up immunisation clinics at its Maternity Outpatients, Greenlane Clinical Centre and Maternity High Risk Clinic, at Auckland City Hospital. This means that while a mother is attending an onsite appointment, vaccinations can be arranged at the same time in the same place.

The clinic provides vaccinations against whooping cough and flu free to expectant mothers. Both are highly recommended during pregnancy to protect mothers and their unborn babies. Pregnant women can also get smoking cessation advice and resources from the Smokefree Services team, at the same time.

Lisa Mackey, Charge Midwife for Women's Health at Auckland DHB, says the combined service is part of a new initiative by Women's health to offer a suite of services. "This combined approach makes the healthcare experience more manageable for mums-to-be by reducing the number of appointments required."

Based on feedback, both patients and the clinic's nurses agree that the success of the new clinic lies in its convenience— patients can just walk in, no appointment required.

One mother complimented the new service structure, calling it "a one-stop shop" where she can have her scan, see her doctor or lead maternity carer (LMC) and have her vaccination all at the same time.

Since the programme started, more than 500 pregnant women have been immunised. With midwives and obstetricians promoting the services, the hope is this will continue to increase as the clinic becomes more well known.

There are still groups in our community missing out, so the next phase of the service will be going into the communities, with the first clinic opening in Mt Roskill.

Clinic Nurse Trish Taipari Smith says, "We know that the low vaccination rates for our Māori and Pacifica communities are often due to where the services are offered. We're hoping that by moving the service into the community, we achieve higher uptake— protecting more mothers and their precious mokopuna."

## Clinic locations and hours:

Auckland City Hospital, Level 9,  
**High Risk Maternity Clinic**

Mondays 9am-4pm

Greenlane Clinical Centre, Building 4, Level 6,  
**Out-Patients Maternity Clinic**

First and third Monday of each month, and  
Tuesday-Thursday, 8am-4pm (excluding Public holidays).

**No appointment necessary — but if you'd prefer to book, call: 09 307 4949 ext. 28037**



Jonelyn Torres, Clinical Nurse at the vaccination clinic.

# Aiming High: Celebrating our brilliant award winners



In September, the contribution and achievements of the Allied Health, Scientific and Technical workforce were celebrated at their annual awards ceremony. This diverse service is made up of more than 49 professions and the nominations received reflected the brilliant work done by the teams every day.

Sue Waters, Chief of Health Professions, welcomed people to the awards ceremony. "The Awards are about celebrating the remarkable things that you do," said Sue. "You are a team of people who aim high, whether it's the things you do on a day-to-day basis, the innovation and improvement projects you lead or are part of, the research and on-going education you undertake, or the many things you continue to do to improve patient experience and health outcomes."

Congratulations to all the winners and finalists of the 2019 Allied Health, Scientific and Technical Awards.

## Winners

### Adult Community and Long Term Conditions Innovation and Leadership Award

Winner: Laura Cheadle

### Adult Community and Long Term Conditions Staff Choice Award

Winner: Garren Espin

### Adult Medical Directorate Values-Based Practice Award

Winner: Rajeev Kumar

### Adult Surgical Directorate Award

Winner: Carly Henley

### Cancer and Blood Directorate Innovation Award

Winner: Elma Myburgh

### Cancer and Blood Directorate Values-Based Practice Award

Winner: Allan Stewart

### Cardiovascular Directorate Award

Winner: Belinda Bennett

### Child Health Directorate Allied Health Professional Award

Winner: Jasmine Walton

### Child Health Directorate Scientific or Technical Health Professional Award

Winner: The Starship Neuropsychology Enhancement Team

### Clinical Support Directorate Individual Award for Leadership and Clinical Excellence

Winner: Anna Nicholson

### Clinical Support Directorate Research or Innovation Award

Winner: Paul Austin

### Clinical Support Directorate Team Award for Clinical Excellence and Team Work

Winner: Pharmacy Antimicrobial Stewardship (AMS) Team

### Mental Health and Addictions Directorate Award for Clinical Excellence or Innovation

Winner: Mike Batcheler

### Perioperative Services Sterile Supply Technician Award

Winner: Mariza Limas

### Perioperative Services Anaesthetic Technician Award

Winner: Rachael Jones

### Women's Health Directorate Award

Winner: Vicki Holmes

### Excellence in Leadership Award

Winner: Andrew Barr

### Innovation Award

Winner: Ross Campbell

### Research Award

Winner: Amy Liu

### Values-Based Practice Team Award

Winner: Starship Community Child Development Team

### Values-Based Practice Technician Assistant Award

Winner: Geneviere Alberino

### Values-Based Practice Therapy Assistant Award

Winner: Haiyang Li



Starship Community Child Development Team winners of the Chief of Health Professions Values-based Practice Team Award and Jasmine Walton winner of the Child Health Directorate Allied Health Professional Award



Mike Batcheler winner of the Mental Health and Addiction Directorate Award for Clinical Excellence or Innovation



Genevieve Alberino winner of the Chief of Health Professions Values-Based Practice Technician Assistant Award



Rajeev Kumar winner of the Adult Medical Directorate Values-based Practice Award



The Starship Neuropsychology Enhancement Team winners of the Child Health Directorate Scientific and Technical Health Professional Award



Laura Cheadle winner of the Adult Community and Long Term Conditions Innovation and Leadership Award



Ross Campbell winner of the Chief of Health Professions Innovation Award



Carly Henley winner of the Adult Surgical Directorate Award

# Long Service Awards

## Celebrating 3,300 years' service at Auckland DHB

In August, we held our annual celebrations for our incredible staff who have been working at Auckland DHB for 20, 30 and 40 years! We are lucky to have so many wonderful people who dedicate all or most of their career to Auckland DHB. Each one of them plays an important role in delivering quality care to our patients and the community, and we value each one highly.

Long Service Awards were presented by our Chief Executive, Alisa Claire, who describes the Long Services Awards as one of the best things about her job. "I write and sign certificates and cards for each person who has been here for 20 years or longer," says Ailsa. "When I read the citations, what comes out loud and clear is the value that their colleagues place on them – the glue that holds the team together, the go-to person, the person who continually lives our values, the person who makes the working day better.

"Auckland DHB is its people; so I want to say a huge thank you for all that you do, not only for your patients and our community, but also for your colleagues."

The Long Service Awards recognises those who completed 20, 30 or 40 years' service in the 2019 calendar year. If you have achieved 20, 30, or 40 years of service and haven't yet been invited to one of the Long Service Awards, please email [longservice@adhb.govt.nz](mailto:longservice@adhb.govt.nz) with your start date. If you're not sure, contact AskHR and check your dates – and we'll invite you along next year.

***Here are a few of our wonderful team who have been with us for 20 years or more.***



“Auckland DHB has been a supportive employer that has standards that I value and aspire to. The Long Service Awards has given me an opportunity you don't often get, to hear the complexity of what we all do together here. I'm fortunate to work with a supportive and proactive team that makes coming to work enjoyable.”

*Cath Lamont*  
Nurse Specialist

**30 years**



“ I love the variance that my work offers me. In 20 years my job has offered me an opportunity to work with people who are as committed as I am and do work that matters. ”

*Amiria Rereti*  
Māori Liaison Advisor, ARPHS  
20 years



“ I love my work and the team I work with. Twenty years is not unusual for me. I’m from Zambia and working in one place is normal. Here I get to meet all types of people from all over the hospital. I get to work with a team who I trust and care about. ”

*Martha Mwaijumba*  
Staff Nurse, Ward 61  
20 years



“ I have been with Auckland DHB for 30 years and have seen heaps of changes. Even after all these years, I still enjoy my job and have been treated well by the organisation. ”

*Paul Wong*  
Senior Payroll Officer  
30 years



“ I can deliver a high quality of service to my patients, supported by the hospital and a wonderful team. Te Whetu Tawera is a good place to work from, and I feel I’m doing my best work. ”

*Dr Graeme Breckon*  
Senior Medical Officer, Mental Health  
20 years



# Making our place better for you

**In August 2018, Auckland DHB received Government funding and the green light to start a major programme of work, FIRP or the Facilities Infrastructure Remediation Programme.**

Since then lots of work has been happening thanks to the FIRP team, along with the support and guidance of staff across the DHB.

There is a lot more work to come as we replace, upgrade and future-proof infrastructure at Auckland City Hospital, Starship Hospital and Greenlane Clinical Centre. This work does involve some disruption, so please be patient as we ensure our infrastructure is fit for the future.

***Keep checking HIPPO for updates.***

## Key milestones for **FIRP**

FACILITIES INFRASTRUCTURE  
REMEDIATION PROGRAMME

### August 2018

The funding for Phase 1 of FIRP was approved by the Government. A total of \$305 million was provided to invest in upgrading and replacing infrastructure.

### October 2018

New substation P is up and running. Substation P doubles the amount of power that can be delivered to Auckland City Hospital and future-proofs the site for growth.

### February 2019

Auckland DHB commended for our sustainability efforts by the Energy Efficiency and Conservation Authority. FIRP is a major contributor to reducing our energy consumption.

### March 2019

Soil testing complete at Auckland City Hospital. 135 samples were taken and analysed to determine the physical properties of the soil in preparation for any future building work.

### April 2019

Digital Building Survey completed for Auckland City Hospital. Total of 289 images and 10,993 scans taken. This will help with future planning, space utilisation and better wayfinding.

### July 2019

New chilled water pump installed in the main plant room. Services now have a more efficient chilled water supply, helping with air-conditioning and humidity control.

### September 2019

The first lift to be replaced as part of a 50-lift replacement programme was installed and handed back to the Cancer and Blood Service.

### October 2019

More than 100 surveys have been completed to check the current state of our lifts at Auckland City Hospital, Starship Hospital and the Greenlane Clinical Centre.

### October 2019

New lifts handed back to Clinical Sterile Supplies Department (CSSD) and Carpark A. 47 lifts to go!

### November 2019

Digital Building Survey complete at Greenlane Clinical Centre. Including Auckland City Hospital, this is the largest digital scan to be completed in New Zealand.



# A lot has changed in 30 years

Memories shared by Ewen McQueen who recently retired from Auckland DHB Facilities and Development Team.

I joined the then Auckland Area Health Board in 1990. Within my first few weeks I witnessed staff forming a human chain around what had been the original hospital building on the Auckland site. As it was a historical building, they wanted to prevent its demolition, however to make way for progress, it needed to come down. It eventually became the current main building of Auckland City Hospital in 2003.

When I started, there was no PC on my desk. Instead a pen and paper sufficed, with a walk down the hall to the typist pool. It wasn't until a new manager found me doing a project financial analysis on a calculator that the world of technology broke into my working life. He took me to the department's shared computer room (three PCs for 40 staff), showed me a spreadsheet and told me I better learn how to use it. Great advice!

Then, of course, came email and 'surfing the web'. I asked my colleague who started at the same time as me, but was more tech-smart, to explain exactly what the internet was and how you 'surfed' it. Another revelation! Now, in discussing some projects with colleagues, we can quickly pull up a DHB building on Google satellite view or the Council's geomaps and all be on the same page as to what we are talking about.

In the early years, helicopters were occasional drop-ins; now it seems like Auckland City Hospital has become a heliport with a constant procession of arrivals and departures. Progress can be noisy sometimes. Other times it can bring relief. When we converted our boilers from coal to gas in 2002, the Auckland site no longer faced twice-daily disruption from large trucks delivering and dumping tonnes of coal. The dust went everywhere!

Certainly, much has changed for the DHB in the last three decades. Now change has come to me. It's time for new things. I have appreciated the opportunity to be part of an organisation that does so much good work for the people of Auckland and beyond. I have also enjoyed working with so many of you who I know are dedicated to caring for the people we serve. Be blessed and keep up the good work!

*Ewen McQueen*

Ewen McQueen, retired Business Manager, Facilities and Development

Auckland District  
Health Board

and Conservation Authority

Auckland Government

## Dates for your Diary

### Pasifika Week 2019

7 – 11 October

Join us as we celebrate Pasifika Week. The week is a time to acknowledge and celebrate the Pacific identities and cultures of our many employees, patients and community.

### Navigate | Kai Arahi

11 and 24 October, 21 November

Are you new to Auckland DHB? Make sure you are signed up to Navigate so you can get the best start.

### Recycle Week

21 – 27 October

Come along to our information stand on Level 5, Auckland City Hospital, during Recycle Week and get involved in our sustainable journey.

### Patient Safety Week

3 – 9 November

This year Patient Safety Week focuses on improving communication by understanding implicit bias in health care.

# JUST culture Certification Sessions

A definition of *Just Culture* is one of a values-supported model of shared accountability. In other words, it's a culture that holds organisations accountable for the systems they design and how they respond when staff working within those systems make mistakes. It recognises that assigning blame when things go wrong stops people from the learning that is critical to improving patient safety.

Certification and training sessions began in September and will continue into 2020. The sessions are designed to provide a solid understanding of Just Culture and the tools that guide its implementation. For more information on Just Culture, visit Hippo.

### National Anaesthesia Day

16 October

This day marks when ether anaesthesia was first publicly demonstrated in 1846. Anaesthesia is much more than 'going to sleep'! Watch out for the stands at Auckland City Hospital and Greenlane Clinical Centre.

### ShakeOut

17 October, 1.30pm

New Zealand's national earthquake drill and tsunami hīkoi (evacuation). Use the day to practice to drop, cover and hold in the event of an earthquake or a tsunami hīkoi. To find out more about ShakeOut, visit [getready.govt.nz](http://getready.govt.nz).

### Sustainability Symposium

14 November

Join us at in the Clinical Education Centre, Auckland City Hospital and hear from Sustainability experts and champions.

### Health Excellence Awards 2019

27 November

These annual awards celebrate excellence in clinical practice, process and systems, research and our workforce – watch out for details of the winners on Hippo or our social media channels.

# A place for heart youth

The transition from a paediatric environment to an adult ward can be very different and challenging for youth. To ease the transition for heart patients, a new youth space has been opened on Ward 31.

The space was opened by Heartkids and its most generous supporters, the Blackwell family, and is definitely a welcome addition to young people and to the staff. A young person who recently transitioned from paediatric cardiology to adult cardiology said, "This transition thing is hugely stressful but this room is fantastic for wellbeing, feeling included and feeling thought about, when we don't really have a foot in one camp or the other. I wish I'd have had a room like this when I had my heart surgery five weeks ago."

Young people can spend time quietly reading, catching up with other heart inpatients and sharing stories, relaxing or whiling away the time with a game on the PlayStation units.

Stephanie Jones, Nurse Specialist, Adult Congenital Heart Disease Service, has already seen the difference the youth space has made.

"I went to admit a young teen for a procedure and found him in the



Patients and whānau making use of the new youth retreat on Ward 31.

room with his dad – all relaxed playing FIFA! So good to see it's already making a difference and reducing the stress faced by young people in an unfamiliar adult ward," she says.

"Having somewhere to retreat to and maybe meet other heart kids on this ward going through similar experiences will be invaluable."



Ward 31 nurses at the opening of the new youth retreat.

## Auckland Health Foundation

### Nursing and Midwifery Scholarship Programme

**Nurses and midwives are at the heart of the healthcare sector. As our population increases, growing our nursing and midwifery workforce is critical for us to provide world class healthcare into the future.**

Financial issues can be one of the biggest challenges for people who want to start a career in nursing or midwifery. This is where the new Auckland Health Foundation Nursing and Midwifery Scholarship Programme will help.

The programme will provide financial help for people at the start of their nursing and midwifery career as well as support career pathways and development for existing nurses and midwives. Auckland DHB

recognises that our Māori and Pacific nurses provide something culturally important for our Māori and Pacific patients in their health journey, through these scholarships we hope to encourage and enable more Māori and Pacific people into nursing and midwifery roles.

**Watch out for more information over the next few months.**



# Respecting Me Tūpāpaku lift –

New designs help you  
do the right thing.



The tapu (sacredness) of death covers not only the tūpāpaku (deceased) but everyone and everything associated with them. Tikanga guide our interaction with tūpāpaku, and this includes movements around the hospital.

“Our DHB obligation as responsible Treaty partners is to respect and protect tikanga, which includes tūpāpaku, their grieving whānau and hospital staff, regardless of ethnicity,” says Dame Naida Glavish, Chief Advisor Tikanga.

This is supported by the building’s design, which ensures that transportation of tūpāpaku within the hospital does not violate the tapu of the tūpāpaku or the grieving whānau, with public areas avoided wherever possible.

To accommodate this there is a basement tunnel system from Auckland City Hospital to the mortuary, including a lift specifically for this purpose. The lift is available to all staff to use, however food, drink, dirty linen and equipment must not be taken into the lifts at any time. This is a violation of tapu.

As a reminder not to take food, drink, dirty linen and equipment into the lift, new signs have been placed on the lifts. Thanks to artist Toby Morris who helped us with the designs.

Sanctioned by Dame Naida Glavish, Chief Advisor Tikanga, the message is clear, this is an important space to be respected. It upholds the principles of tikanga, important to our values.

# Celebrating Te Wiki O Te Reo Māori

Auckland DHB celebrated Te Wiki o te Reo Māori with waiata, food and fun. The week started with a 'waiata mash-up' of well-known waiata Tūtira Mai Ngā Iwi, which was really a practise run for the Greenlane competition later in the week. Roopū (groups) came together and competed for the coveted Manu Tioriori (Songbird) Trophy. Taking out the top prize was Starship Community Level 6.

Kupu o te Rā (word of the day), and our handy Te Reo booklet with useful words and phrases all contributed to the celebrations.

Dame Rangimārie Naida Glavish, Chief Advisor Tikanga, says opening yourself up to the Māori language is important. "It's about breaking down barriers and building trust with our patients and their whānau. In our business, the Māori language is an enabler for wellbeing and it's always a joy to see it in action."

Large and small, these activities promoted the values of Auckland DHB and the importance of the Māori language to the work we do. Continuing our commitment, Māori language classes are planned for 2020. To register your interest, visit Hippo.

To view the waiata mash-up video with some of our singing stars, see Māori Language Week on Hippo.





Pasifika week is a time to celebrate and acknowledge the Pacific identities and cultures of our employees, patients and community.

Here are some phrases for you to try during Pasifika Week and beyond.

### Samoan

- Talofa lava** 🌿 Greetings/ hello
- Tōfā** 🌿 Bye
- 'O ā mai 'oe?** 🌿 How are you?
- Fa'afetai lava** 🌿 Thank you very much
- Manuia lou aso** 🌿 Have a great day

### Cook Islands Maori

- 'Aē** 🌿 Yes/OK
- Meitaki mā'ata** 🌿 Thank you very much/very good
- Kia orana koe** 🌿 Greetings to you
- 'Aere rā** 🌿 Goodbye
- E tana ei** 🌿 That's great

### Tongan

- Mālō e~ lelei** 🌿 Hello
- 'Alu ā** 🌿 Goodbye
- Mālō** 🌿 Thank you
- Ko 'eku ha'u me i...** 🌿 I come from...
- Kohai ho hingoa?** 🌿 What is your name?



### Tuvalu

- Talofa** 🌿 Hello
- Tofa** 🌿 Goodbye
- Fakafetai** 🌿 Thank you
- Oi tou fai!** 🌿 You are awesome!
- Manuia te aso** 🌿 Have a good day

### Niue

- Fakaalofa atu** 🌿 Hello/ Greetings
- Fakaalofa lahi atu kia mutolu oti** 🌿 Much greetings to you all
- Koe kia** 🌿 Goodbye (to one person)
- Mutolu kia** 🌿 Goodbye to you all (to 3 or more people going)

### Fijian

- Vinaka** 🌿 Good
- Bula** 🌿 Greetings to you
- Va cava tiko?** 🌿 How are you?
- Vinaka vaka levu** 🌿 Thank you very much
- Au bulabula vinaka tiko** 🌿 I am well

### Tokelau

- Mālō ni** 🌿 Hello
- E ā mai koe?** 🌿 How are you?
- Ulu tonu mai** 🌿 Welcome
- Tōfā** 🌿 Goodbye
- Kai te manaia!** 🌿 Awesome!

