



TE MANAWA Ō PĀPĀMOA KARAKIA TIMATANGA



**E te Kaihanga
Kia tuputupu nunui i a tātou
Kia tuputupu roroa i a tātou
Mauria mai te mana mō tēnei wā
Mauria mai te manawatanga
Tū ake, tū tonu
Manawa ake nei
Haumi e hui e taiki e**

**To our Creator
Let us grow strong together
Let us grow healthy together
Give us our 'mana' that we need
today
Give us our 'manawatanga'
Stand true, stand always
Uphold the heart forever
We are MANAWA.
Join all together, bind all together,
let it be done**

