

Ngā taro e hora nei

The spread before us

Hei whaka-hau-mako

To Enrich

Hei whana-ke

To Develop

Te pito-mata

Potential

Te wairua

Spirit

Te hine-nga-ro

Mind

Te whānau hoki

And us all

Kia mana-wa tītī

Give great stamina

Ringa-wera

To the hot hands

Ringa-whero

To the red hands

e mihi ana!

We give thanks

Tihewa

It is life

Mauriora!

Great Health!