

Welcome to the November issue of Kind Matters!

Before we jump into this exciting issue, we are thrilled to announce the winners of our August Kind Matters Repurposed Art Competition.

We had so many incredible entries from some truly talented artists all across Aotearoa, making it really difficult to choose only two winners per category. However, the judges came to a decision and we are excited to reveal the winners below. Well done everyone and congratulations to all of our winners!

Junior Winner



Students at Parkvale School

Senior Winner



Rico, age 11

Junior Runner-Up



Jemma, age 8

Senior Runner-Up



Rm 7, Amuri Area School

Congratulations also go out to our spot prize winners: Ching Yu, Anthea, Arya, Aarna, Hazel, Isla, Sofia, Matthew, Raylan and Sharyn. You all did amazing! Another huge thank you to our competition sponsors, Kings Plant Barn and Faber-Castell NZ, and our spot prize sponsor, EUGY by Dodoland. Check out all of the entries [here](#) and enjoy this new issue of Kind Matters!



What's Inside



A Closer Look at:

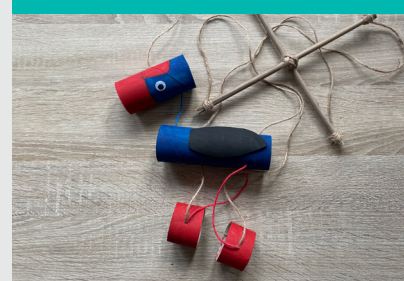
Companion Birds - Manu

Learn all about the needs of these intelligent animals.



Kind Conservation: Pukeko & Wetlands

Learn about this native bird and their wetland habitat.



Craft Time: Pukeko Puppet

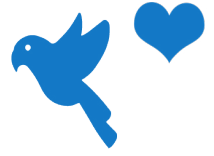
Make your own cardboard tube pukeko puppet.

and much more...



Visit www.sPCA.nz/kids for more animal information!

A Closer Look at: Companion Birds - Manu



From budgies to cockatiels, parrots to cockatoos - companion birds come in all different shapes, sizes, and colours!

Birds are amazing and intelligent animals that can make fantastic companions - but if you want to become a bird guardian, you need to know how to give them a good life.

It's important to remember that although birds live in large enclosures and aviaries, their needs are far greater than just providing them with a space to live.

Birds naturally want and need lots of room to explore, forage, play, and perch. They also need a safe place where they can stretch their wings and fly around each day. This includes horizontal and vertical space.

Flying is an essential natural behaviour that birds must be able to perform, not only for their physical health, but their mental health too.

Just like cats need to scratch and rabbits need to dig, birds need to fly. This is their key way to exercise and they have a strong instinct to perform

this behaviour. If a bird is never provided with opportunities to fly, they will likely be very sad, frustrated, and bored.

Most species of birds are also very social. This means they should live in compatible groups or pairs. It's also important that you interact with your birds daily as they often consider their human companions to be part of their "flock."

Having an enriched environment with other bird friends helps ensure your birds are living a happy, healthy life!

What Do Companion Birds Need?

Adopting a bird is a big decision - that's why you should learn all about the things birds need to be happy and healthy below before you welcome birds into your family:

Just like all other animals, companion birds need to be provided with the Five Domains - these are the things that encourage positive experiences and recognise animals' emotional needs. Although the needs for companion birds vary depending on the type of bird, these will include:

Nutrition



- appropriate, varied diet
- fresh, clean water

Environment



- safe, clean enclosure
- environmental enrichment.
- lots of space

Health



- daily health checks
- veterinary care

Behaviour



- room for flying
- freedom to explore, forage, perch, and play

Mental Wellbeing



- a compatible companion of the same species
- training
- care and understanding



You can learn more about the needs of companion birds [here](#).

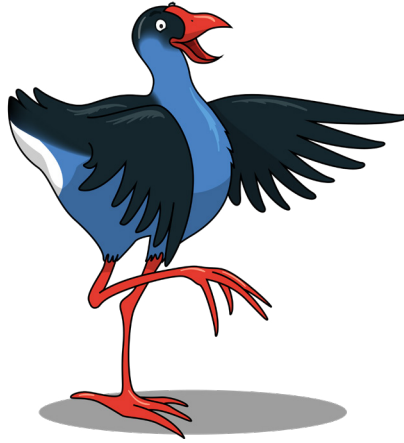
Kind Conservation: Pūkeko & Wetlands Habitats

With their bright blue feathers, red bills, long legs, and loud crows and squawks, pūkeko are among the most recognisable birds in Aotearoa.

The species of pūkeko found in New Zealand are a subspecies of the purple swamphen from Australia.

Living in groups of 3-12, pūkeko are very territorial and can become quite noisy when they are protecting their nests.

Native to Aotearoa, pūkeko are widespread throughout the country. Wetlands are their main habitat, but you'll often see them foraging in pastures and along the roadside.



Pūkeko are not endangered, but because they are sentient beings with their own thoughts and feelings, we still need to show them the kindness and compassion that all animals deserve.

One way we can do this is by protecting their preferred habitat. Wetlands are important for pūkeko, other birds, plants, fish, and even humans, so it's essential that we take care of them!

How you can help conserve wetland habitats:

- Volunteer planting plants and trees.
- Organise a community stream clean-up.
- Say no to pesticides and fertilizers that harm wetlands.
- When out exploring in nature, stick to the paths.
- Never litter.
- Give wildlife respect and space.
- Keep your cat safe and happy at home.
- Write a polite letter or email to your local MP about the importance of protecting precious wetlands.



Habitat:

Whenever you see pūkeko, they're not ever likely to be far from the wetlands, their natural habitat. Their long legs are perfect for wading through swamps and marshes, searching for the yummy grubs, roots, grasses, and seeds found in these environments. Wetland environments offer the perfect place for pūkeko to eat, sleep, carry out natural behaviours, nest, and raise their young.



You can learn more about Freshwater and Wetland Habitats by visiting SPCA's Kids' Portal [here](#).

Fun Facts:

Pūkeko are often misunderstood. Check out the fun facts below to learn about what makes these birds so cool!

1. Outside of New Zealand, pūkeko are often known as "purple swamphens."
2. Pūkeko have interesting and complex social systems. In fact, multiple males and females will share nests, incubate the eggs, and take care of the chicks.
3. Although they are mostly vegetarian, pūkeko will also eat eggs, invertebrates, as well as small fish, chicks, and mammals.
4. Even though pūkeko do not have webbed feet, they are actually excellent swimmers.
5. Pūkeko have bright red "frontal shields" on their forehead, which are connected to their bills.
6. Pūkeko are part of the rail, or Rallidae, family of birds, which are small to medium sized ground-dwelling birds.
7. It is estimated that pūkeko came to Aotearoa from Australia about 1000 years ago.



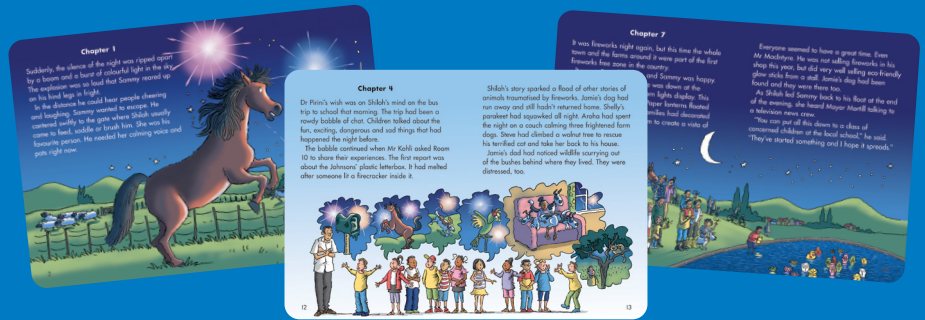
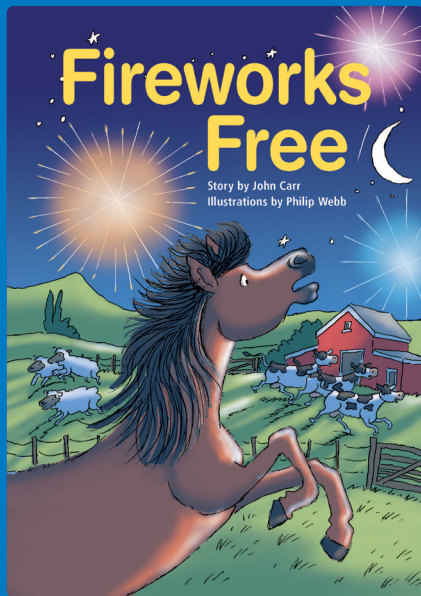
Book Nook



Title: Fireworks Free

Author: John Carr

Illustrator: Philip Webb



After her horse is terrified and injured in a fireworks incident, along with many other animals in their town, Shiloh and her Room 10 friends begin to investigate and learn a lot about the negative impacts fireworks can have on animals and the environment. Motivated to make a change and improve the lives of animals in their community, Room 10 get to work planning an exciting animal friendly event, with no fireworks, to replace the next year's Fireworks Night in their town.

You can listen to our friend and SPCA Ambassador, Suzy Cato read SPCA's storybook, *Fireworks Free*, [here](#) on Suzy's Book Corner



Fear and Fireworks

This time every year, SPCA receives lots of calls about the negative impacts that fireworks have on companion, farmed, and wild animals.

Animals are sentient beings, meaning they are capable of experiencing their own thoughts, feelings, and emotions. This means that the flashes, loud booms, cracks, and whistling of fireworks can cause animals to feel fear, anxiety, and stress.

An important part of being a responsible animal guardian is recognising when your animal is feeling this way, so you can help them to feel better.



One of the ways that animals communicate their feelings is through body language. Animals use their

body posture, facial expressions, ears, nose, tails, etc. to let other animals and their humans know how they are feeling.

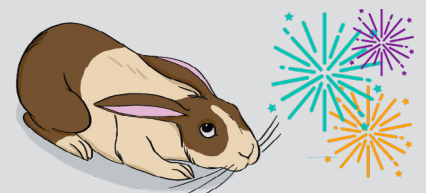


With Guy Fawkes and New Year celebrations just around the corner, now is the time for guardians to learn the signs that their animal is feeling afraid, and how to respond in kind and compassionate ways.

You can learn all about animal body language basics on SPCA's Kids Portal [here](#).

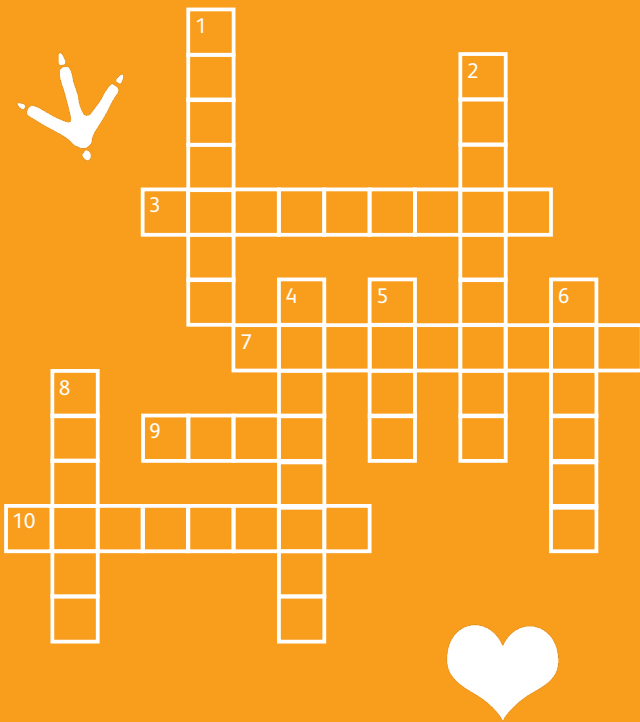
Below are some tips for helping your animals during this time:

1. Create a safe and calm environment.
2. Keep animals safe and secure.
3. Don't leave your companions alone during fireworks.
4. Bring your animals inside if you can.
5. Never punish your animals for any damage they cause or unwanted behaviour they express during this time.
6. Ensure your animals' identification is up-to-date with your contact details.



Crossword

Using the clues, solve the below crossword puzzle!



Across

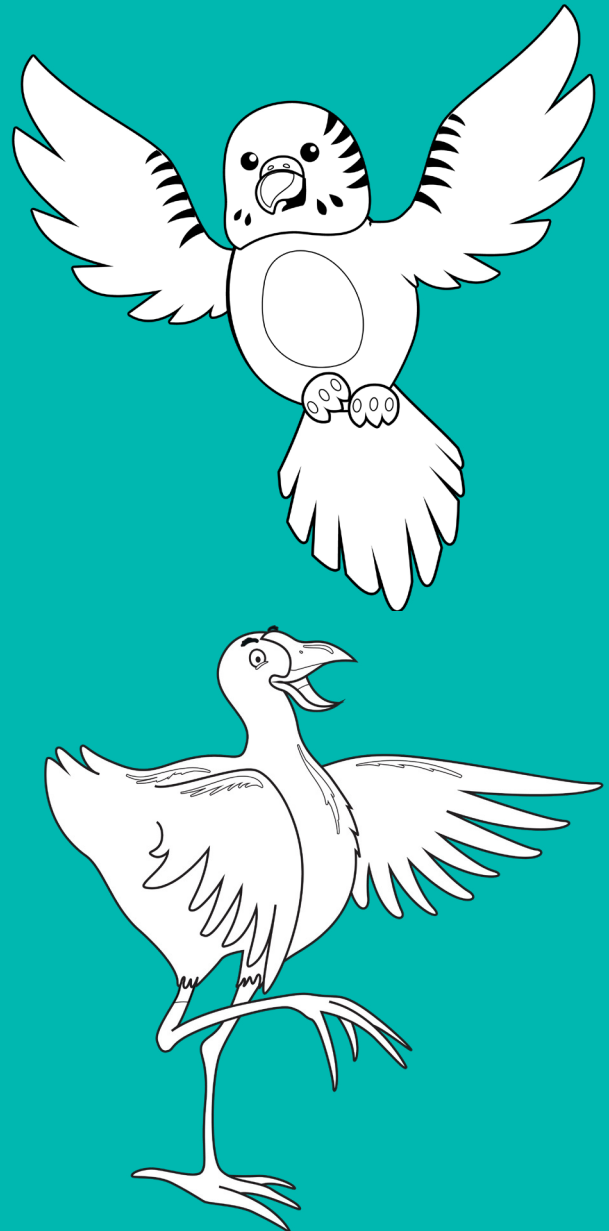
3. _____ Free - the feature Book Nook title.
 7. Flying is a natural bird _____.
 9. Pūkeko are part of this family.
 10. Animals are _____ beings.

Down

1. All animals need the five _____.
 2. A common companion bird.
 4. Pūkeko habitat.
 5. Māori word for bird.
 6. Another common companion bird.
 8. Also known as the purple swamphen.

Colouring

Get creative and colour the budgie and pūkeko.



Spot the Differences!

Look at the birds on the top row closely and circle ALL of the differences you see in the birds on the bottom row!



Craft: Pūkeko Puppet

Materials needed

- > Cardboard tubes
- > Scissors
- > Hot glue gun
- > String/twine
- > Paint
- > Paint brush
- > Googly eyes (optional)

Instructions



Start by cutting the cardboard tube into the head, body, feet, and wings.



Paint the cardboard tubes to look like a pūkeko.



Glue the wings to the body and make two side-by-side holes for the legs.



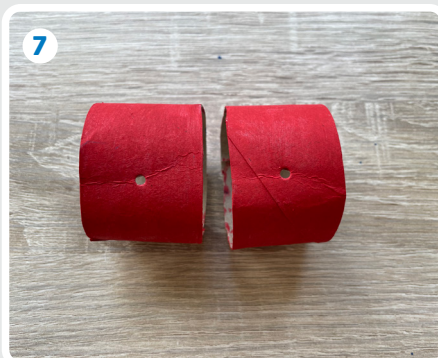
On the opposite side of the body, make two holes at either end.



Make a hole in top middle part of the pūkeko head.



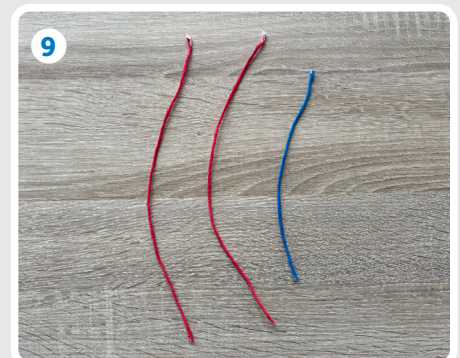
Make a hole toward the back of the pūkeko head on the bottom.



Make a hole in the top of each of the feet.



Glue the googly eyes on either side of the pūkeko head.



Cut and paint three lengths of string - two for the legs, one for the neck.



Craft: Pūkeko Puppet

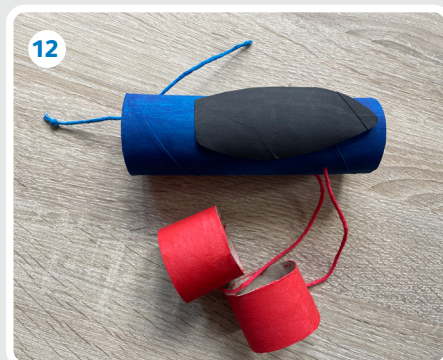
Instructions Continued



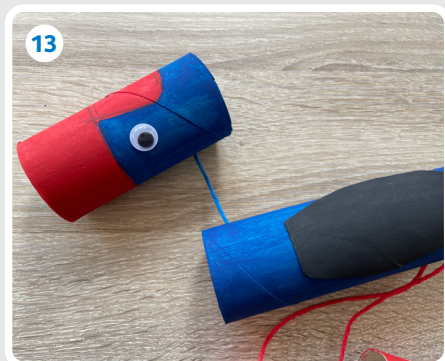
Thread and tie the red string in the side-by-side holes to make the legs.



Next, thread each through the hole in the feet, tying them off.



Thread the blue string through the top of the body and tie a knot.



Thread the other end through the hole in the bottom of the head and tie off.



Cut two pieces of string then thread one through the hole in top of the head and the other through the hole in the top of the body.



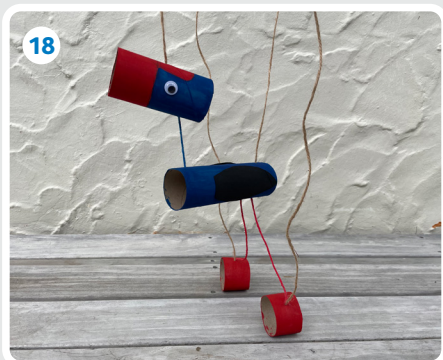
Tie the string to the opposite ends of one stick, making sure they hold the head and body at the right height.



Cut two more pieces of string, threading and tying them into the holes in the top of the feet.



Tie the string to the opposite ends of the other stick.



Have fun taking your pūkeko out for a walk!

Take a photo or make a video featuring your pūkeko and send it to us at: education@spca.nz

We need your help... what would you like to see in the 2023 issues of Kind Matters?

Let us know now!

Email education@spca.nz with your ideas.

