

Deadline for submitting information for next newsletter is 19 September 2014 - articles can be emailed directly to: amanda.goodman@cdhb.health.nz
WAVE newsletter is published quarterly

Kia ora koutou, Greetings to you all.

He maunga nui, e kore e tae ate whakaneke: He ngaru moana, me te ihu o te waka e wahi

Some problems are considered to be as hard as moving a big mountain:
But others can be solved as easily as the prow of a canoe parts the sea.

I hope this finds you all rested and refreshed after the holidays and ready for Term 3. Term 2 was a busy time for all and WAVE staff were involved in a number of initiatives that were outstanding successes.

The SneezeSafe programme was delivered by Public Health Nurses and supported by WAVE facilitators in approximately 145 classes in many primary schools and 4 Early Childhood Education settings during the first two weeks of Term 2. Evaluation of this initiative was extremely positive and planning for 2015 will take place soon.

WAVE, in conjunction with Komene Kururangi, has facilitated four Māori Development Workshops in June and also a Traditional Māori Games Workshop. Attendance at these workshops has been outstanding with over 70 educators attending one session. Presently WAVE facilitators are delivering the resource booklets that Komene has developed so if you have not received yours please let your facilitator know. I would like to take this opportunity to thank Komene for the fabulous work he has been delivering. Your feedback has highlighted what a great job you also think he does. Additionally I would like to thank the WAVE facilitators involved for their time and efforts and especially for the provision of the afternoon tea!

There have been some changes to the WAVE team in recent months – firstly I would like to welcome Heather Allington to the team as our Nutrition Health Promoter. She has joined us from Wellington and is enjoying the crispness of our winter!

Secondly I would like to congratulate Felicity on her appointment to the role of Aukati Kaipapa Smoking Cessation Practitioner; the good news is she will still be located in our office. Unfortunately this means she will leave her role as WAVE administrator, however we hope to have this vacancy filled soon. Felicity will be a real asset within this role and we know her energy and ideas will be a bonus for education settings.

Thirdly we are farewelling Stacey from one half of her role as the WAVE resource centre coordinator. She will still be with us on a part time basis in her role as School Travel Planning and her work with the Resource Centre will be picked up by the new administration person.

Finally I would like to take this opportunity to let everyone know that I have accepted a new role as Clinical Nurse Manager at the Croft Resthome and will be leaving my team leader position with Community and Public Health in late July. I would like to thank everyone who has helped and supported me in this role and wish everyone well for the future.

Noho ora mai (stay well)

Janice Hampton – Team Leader



Welcome!

The WAVE team would like to welcome Heather, our new Nutrition Health Promoter. Heather grew up in Waiuku, a small country town just out of Auckland. She has since headed south to complete her Human Nutrition and Public Health studies. Heather has travelled throughout New Zealand and overseas and is looking forward to getting to know the Timaru community

Keep encouraging your settings community to like the WAVE Facebook page for regular updates, competitions, links and other useful information.



facebook

EARLY CHILDHOOD EDUCATION

Gleniti Playcentre

Gleniti Playcentre have purchased shade trees and fruit trees, thanks to funding from WAVE.

Our trees will be planted on our new site when our Playcentre moves premises.



Erin Phillips, along with Greer Phillips (2), Cooper Phillips (7), Lincoln Phillips (5) and Lewis Sugrue (1) had a great time choosing trees at Plantorama.

Waimate Childcare

What a fantastic time the children have been having at the Waimate Childcare Centre.

With funding from WAVE we have employed Makere Johnson to work with and alongside teachers and children for one hour per day to support us with our understanding of Māori language and culture.

Makere has told us how she really enjoys working with our centre.

Children in the bellbird room also participated in our communities Matariki celebration at Waimate High School and Waimate Main School. We were all so proud of the children, they did so well.

Thank you WAVE and your team for the wonderful support you give to our centre.



Primary

St Joseph's Gardening Team

St Joseph's School in Temuka have a new keen team of school student gardeners after Milton attended the recent WAVE Gardening Workshop. The group had to apply in writing to be part of this group, led by caretaker Milton Jones, such is the high level of interest from students of all ages.

The students want to be in the group to make their school a better place and be more environmentally friendly. The group say they have a lot of tasks ahead of them to improve our sustainable use of resources but

are very keen to lead the school in this area. Some of the projects planned include propagating box hedging, pruning the school roses, growing vegetables in an array of places and setting up a school worm farm. They are also keen to learn more about gardening along the way and enjoy the opportunity to the local foodbank and St Vincent de Paul. When students asked what will be the highlight for them they all agreed having pride in what they are doing is what they are looking forward to the most.



Temuka Primary

The student WAVE Team at Temuka Primary along with their WAVE lead Teacher with support of the school caretakers have been developing new and existing WAVE gardens at the school. They plan to plant potatoes, pumpkins and strawberries in the gardens. A lot of the motivation for the gardens has come from the WAVE Gardening Workshop which was held in the last school holidays.

You can see in the photo that Ryan Bagrie and Jacinda Kelly are hard at work with help from Yvonne Cochrane, WAVE Lead Teacher.



SECONDARY

Timaru Girls High School

Timaru Girls High School Bus Shelter Initiative

The TGHS WAVE Team is currently working on building two bus shelters at TGHS, this is for students to shelter from the inclement weather while waiting for buses to arrive at their school. This initiative has arisen from a well-being survey the WAVE Team facilitated at the start of the school year.

The girls are working through the process with the Timaru District Council (TDC) of making sure the shelters are compliant with TDC regulations. Members of the WAVE Team visited the council recently to find out what is required; this involved meeting with town planners, a transportation engineer and a building advisor. The WAVE Team has also discussed the bus shelters with the TGHS caretaker and is currently seeking permission from the school BOT and the Ministry of Education for approval of the shelters.

Two Year 12 students have studied the subject of building a bus shelter for the school as part of their health class – the students have now finished their assignment and the school will be using that information to build the shelters. ITM Timaru has offered to supply the materials for the shelters, with building of the shelters undertaken by parents, students and the wider community.

The proposed bus shelters are to be on Hassall St and Cain St. WAVE will have updates on the progress of the bus shelters in future WAVE newsletters.



TERTIARY

Aoraki Alternative Education



Aoraki Alternative Education students with their support tutor, Rudi, are busy developing edible gardens which they received WAVE funding for, and compost from the TDC. In the coming weeks they will begin planting.



During the first two weeks of Term 2 the Public Health Nurses and WAVE facilitators were busy delivering the Kleenex SneezeSafe lesson in primary schools and Early Childhood Education settings. A decade on, the SneezeSafe® lesson is a fixture in many schools Term 2 calendars. It is widely backed by health professionals, embraced by teachers, applauded by Public Health Nurses and enjoyed by children, but this is believed to be the first time in ten years a joint District Health Board (DHB) team has mobilised a whole community in this way. Dr Jennings, Clinical Virologist and Clinical Associate Professor at Canterbury Health Laboratories (Canterbury DHB) has championed the SneezeSafe® lesson world-wide, congratulated the team in Timaru for organising this community-wide initiative.

The Public Health Nurses delivered the SneezeSafe® lesson to over 145 classrooms and covered all age groups, although predominantly Year 1 to Year 4 classes. Alongside delivery of the SneezeSafe® lesson WAVE facilitators were either on hand to present certificates, letters to take home, posters and stickers or made sure classes received allocations of same. The SneezeSafe® kits, to support the lesson plan, included black lights with glo germ gel, water mist squirty bottles, glitter and bubbles to illustrate the spread of a sneeze and the importance of good hand washing.

Additionally SneezeSafe® was trialled in four Early Childhood Centres and although some modification for age appropriateness was required, also reported a very positive experience for all.

Teaching staff were asked to complete an evaluation at the time of the SneezeSafe® lesson and another two weeks later, and it was great to receive 73 initial responses and 60 follow up responses.

Evaluation showed overwhelming support for the delivery of the SneezeSafe® lesson and the role of the Public Health Nurses and WAVE Facilitators. Feedback with regard to the Public Health Nurses delivery, the timing of delivery and the impact of the lesson was overwhelmingly positive with 59/60 reporting their agreement that the SneezeSafe® lesson has meant students have a greater awareness of the need for sneezing safely. 57/60 respondents agreed they would recommend the SneezeSafe® lesson to other teachers and 54/60 agreed SneezeSafe® has resulted in notable improvement in respiratory hygiene in students.

Overall SneezeSafe® was an outstanding success and WAVE would like to thank the Public Health Nurses who managed to fit this into, already, busy schedules and also to the settings for their support.



Waimataitai Students participating in the SneezeSafe® Programme.

The 4.30 show: SneezeSafe® @ Gleniti School

When the 4:30 show knocked at the door at about 11:30 on the last day of Term 1, we were all nervous. We were going to be on TV! There was a cameraman, a producer and the presenter, Eve. We were told what to do, how to react and where the camera was going to be. We then all sat down looking and listening to Mrs Laming our teacher. We started the SneezeSafe® lesson, learning all about things like how far a sneeze could go, (it can go as far as a metre), how long viruses can survive outside the body (7 days!), and how to keep yourself safe from the nasty bugs.



There are three ways to sneeze safely:

1. Sneeze into your elbow.
2. Sneeze into your hand, then wash it!
3. Sneeze in a tissue then bin it. This is the best option of the three.

The motto is: Trap it, Bin it, Wash it!

It was very hard to concentrate with the camera going, moving around, and having to do the same shots over and over. The camera crew was very nice to us and so was Eve. It took us two whole hours to make the SneezeSafe® video. It was a really cool experience to see how TV is made, it's really hard work! Everyone who watched the 4:30 show should now know how to sneeze safe!



By Iona Hay-Fourmond and Taylor Hunter
Gleniti School



Grantlea Students Participating in SneezeSafe® with Nurse Jane Pierce.

Farm Visits

Farm visits are educational and fun. Children enjoy the opportunity to see and touch animals and learn about country life.

There are possible health concerns that must be taken into account when children may be exposed to a range of micro-organisms (bugs) from animals, contaminated surfaces, water or milk they do not normally encounter. It is important to anticipate and avoid possible risks.

Community and Public Health has developed an advisory leaflet and checklist for use before, during and after the visit and also includes general personal health advice.

If you are organising a farm/zoo visit please contact our office for copies of our leaflet.

Community & Public Health – 687 2600



Gleniti Playcentre visited Te Ana Maori Rock Art as part of their Matariki celebrations.



Lewis Sugrue (aged 2) and Leo Morton (aged 2) investigate some rocks that can be used for drawing with.



Jenny and Alex (aged 2) Bolitho enjoy a movie in the cave at Te Ana.



Zara Riley (aged 1) investigates some Maori rock art etchings.



Vanessa Riley and children Fletcher (aged 3) and Zara (aged 1) check out the bones found around our local area.

KA TOI MĀORI O AORAKI FLAVA FESTIVAL 2014



The Mid & South Canterbury Schools
Annual Cultural Competition Showcasing
Kāpāhaka, Visual Arts and Performing Arts

Friday 15 August, 2014
Theatre Royal, Stafford Street, Timaru
8.30am Powhiri

Naumai, Haere Mai (All Welcome)

For further information:
Felicity McMillan

Email: felicity@aws.health.nz Phone 027 4076 037



Māori Language Week - Language is a Taonga

21-27 July 2014

CELEBRATING our national treasure is all part of "Whakanuia Te Wiki o te Reo Māori 2014" (Celebrate Māori Language Week 2014)

Māori Language is our taonga (treasure). Our language is our taonga to all and although there has been a loss of the language to quite a few generations, there has been a huge revival of it.

For tangata whenua, your culture, your land, where you were born, your whakapapa (genealogy), and your language were very important. If you lose these too, you lose your identity, your culture. Knowing your language is part of your identity and gives you a sense of uniqueness. "If you know your identity, you know where you stand and who you are."

This year "Whakanuia Te Wiki o te Reo Māori 2014" will explore and celebrate 'Te Kupu o te Wiki', which translates as "The Word of the Week."

Under this theme, a new Māori word will be highlighted each week for fifty weeks. All schools, communities and organisations are encouraged to introduce and adopt that word with students and staff etc.

"Te Kupu o te Wiki" will help New Zealanders to build their Māori vocabulary. Through Te Kupu o te Wiki, Māori language lovers can learn Māori words to use in everyday conversation. To learn more about Te Wiki o te Reo Māori and receive resources visit www.koreromaori.co.nz

WAVE Resource Centre

Celebrate Māori Language Week 2014

Te Wiki o te Reo Māori 2014

The theme is 'Te Kupu o te Wiki', The Word of the Week'

Date: 21-27 July 2014

We have plenty of resources available in the WAVE Resource Centre that would be useful for celebrating Māori Language Week – check some of them out below.

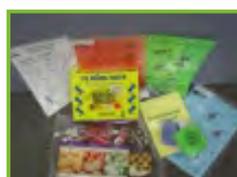
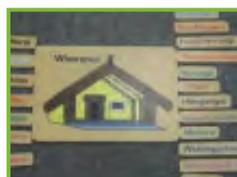
ECE / Primary Māori Resources – Te Reo Kit - includes a Māori Children's Picture Dictionary, two sets of Toddling into Te Reo books along with some other resources.

Fun Language Learning Packages in New Zealand Māori - Includes three laminated sets of five books each including NZ Māori alphabet with English translation; Counting numbers in NZ Māori & English; Colours in NZ Māori & English along with a CD with a native speaker guiding you through each book.

ECE / Primary Māori Resources – Mixed Theme Puzzles – includes Nga Ra o te Wiki – Days of the Week and Nga Marama o Te tau – Months of the Year.

ECE / Primary Māori Resources – Food Kit – includes some games such as memory cards and 5+ a Day Bingo to make learning the Māori Language fun!

Now go to ww.wavesouthcanterbury.co.nz and log into the resource section and check out the rest of the Māori Health Resources available to your setting. If you are unsure how to order resources please contact your WAVE Facilitator.



WAVE Professional Development

Traditional Māori Games

On the 13th of June there was a Traditional Māori Games (TMG) Workshop for sports teachers and physical education teachers across the primary, secondary and tertiary sectors. The purpose of the workshop was to further develop TMG and Ki O Rahi in the South Canterbury region. This is a follow on from the secondary school TMG Professional Development (PD) from 2012 which was also part of the WAVE PD series.

The workshop covered a number of games including stick (Rakau, long and short) and group games such as Ki O Rahi, hand games such as Hei Tama Tu Tama and Hipitoitoi and a board game called Mu Torere. The workshop was facilitated by Komene Kururangi and Physical Activity Health Promoter, Greg Newton.

Outcomes for the day

- Develop Māori Physical Activity Program
- Support Māori provider capacity
- Support to providers to develop programs
- Remove barriers and promote participation of physical activity through traditional Māori games



Feedback

"Good to get information in booklet at the end"

"Daily hand games give me more activities to add to my repertoire"

"Can now incorporate more games in the Bi-Cultural unit in Term 3"

"Confidence to incorporate these ideas into my practice"

If you need any information about incorporating traditional Māori games into your school please let me know.

Greg Newton
Physical Activity Health Promoter
Community & Public Health
DD – 03-6872607
greg.newton@cdhb.health.nz



Māori Professional Development

Over the past few weeks the WAVE Team provided (and ran by Komene Kururangi) Māori Beginners Guide to Māori Professional Development (PD) for settings. The sessions were run in Fairlie, Timaru and Waimate, with 181 teaching staff from 48 different settings the PD proved to be very popular.

Discussion points were :

- Having an open forum where settings could ask questions without feeling like they are offending anyone
- Local Customs and Tikanga
- Giving guidance to settings on how to engage with their local Marae and their local Māori Community
- A resource booklet is also going to be given to all participants



Sustainable Edible Gardening Workshop

WAVE recently held a Sustainable Edible Gardening Workshop. Participants were keen to discuss and explore ways to encourage edible gardening and how to maintain healthy gardens into the future.

Our thanks to Timaru Christian School for hosting our workshop; and to Grantlea Downs and Rural Scholars for their inspiring presentations.

Participants had an opportunity to network with others, share resources, and brainstorm possible solutions to challenges. Everyone took away a new booklet titled "guidelines, tips and suggestions to ensure – Sustainable Edible Gardens in education settings", and two posters – "Challenges and Solutions", "Linking your Garden with the Curriculum"

As a result of feedback WAVE will be emailing a monthly gardening newsletter which is hoped will encourage connections, plant swapping, sharing ideas and linking the garden with the curriculum.



Youth Week

A high standard of creativity was evident at this year's Youth Week Art Competition & Exhibition held recently at the Timaru District Council Mayoral Chambers. The Exhibition Opening & Awards night was a real youth affair with young people involved in both hosting the evening and providing some great entertainment.

The key aim of the Youth Art Project is to make art accessible for all young people and is organised by Youth Alley in partnership with WAVE. Young people who attend education settings outside mainstream schools are provided with an opportunity to get creative through a series of art workshops. The workshops are resourced through the generosity of our funders & sponsors and are delivered by a group of recognised local artists who help young people to explore concepts and express ideas through visual art. The workshops culminate in an Art Exhibition complete with an Opening and Awards night. This year's event included a new category sponsored by Te Rito and awarded to the work that best reflects positive family/whānau relationships.

Exposure to creative arts promotes positive and productive neurological functioning with research showing improvements in concentration, calmness, confidence, mood regulation and the ability to direct or focus attention. For many young people the workshops have been their first opportunity to explore creative arts under the guidance of a professional artist. Success here can open up new and interesting career pathways.

This years winners:

Electronic Media

Supreme Award Ethan Cullen Aoraki Polytechnic
 Merit Award Chelsea Slee Craighead Diocesan

3D Sculpture

Supreme Award Logan Husband Aoraki Polytechnic
 Merit Award Mishani Bennett TGHS Teen Parent Study Group

2D Drawing

Supreme Award Louisa Steven Craighead Diocesan
 Merit Award Georgia Slee Mountainview High School

2D Paint

Supreme Award Phoebe Hills Craighead Diocesan
 Merit Award Hemi Anglem Aoraki Polytechnic

Group

Supreme Award Ben Krouse & Jacob O'Neill . . . YMCA
 Merit Award Aoraki Alternative Education

Te Rito

Supreme Award TGHS Teen Parent Unit
 Merit Award Ben Krouse & Jacob O'Neill . . . YMCA
 Highly Commended . . . South Canterbury Community College

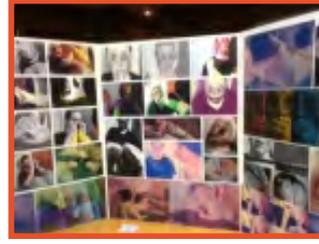
People's Choice

Timaru Girls High Teen Parent Study Group for 'Love, Learn, Grow'



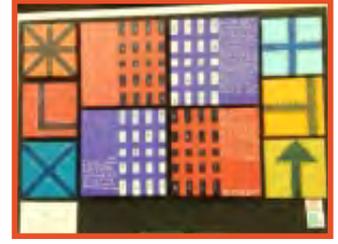
Supreme Award Winners – VOICE Youth Week Art Exhibition 2014
 Back row: Chloe Guyton, Mishani Bennett & Jess O'Keefe from the TGHS Teen Parent Study Group who won both the Te Rito Award & the WAVE Peoples Choice Award.
 Front row: 3D Sculpture Winner - Logan Husband, one half of the Group Winner – Jacob O'Neill (Ben Krouse absent), 2D Drawing Winner – Louisa Steven, Electronic Media Winner – Ethan Cullen.

Electronic Media Section



Electronic Media Merit Award:
 Chelsea Slee 'Don't become a headline'

Group Section



Group Supreme Award & Te Rito Runner up: Ben Krouse & Jacob O'Neill 'The Game of Life'

3D - Sculpture Section



3D Supreme Award: Logan Husband – untitled



3D Merit Award: Mishani Bennett 'Teach the Change'

Drawing Section



Drawing Supreme Award: Louisa Steven 'The Dreamer'



Drawing Merit & Peoples Choice runner up: Georgia Slee 'Spread your Wings'

Painting Section



Painting Supreme Winner: Phoebe Hills 'Birds of a Feather'



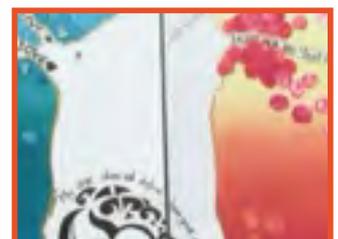
Merit: Hemi Anglem 'Not all fun & games'

Group Section



Aoraki Alternative Education 'Bob Marley'

Te Rito & Peoples Choice



Te Rito Supreme Award & WAVE People's Choice Winner: TGHS Teen Parent Unit 'Love, Learn, Grow'

Jump Jam Extravaganza

Once again 42 teams of children from South Canterbury schools rocked the roof off the Theatre Royal at this year's Jump Jam Extravaganza. With team names such as the Purple People Eaters, the Funky Monkeys and the Dancing Dead, it was always going to be a highly entertaining event!

Each year the standard of competition improves and this year in particular, the effects of an increase in skill, knowledge and understanding of this event were evident. This made for an outstanding competition in the Y7-8 Open category especially. Many of these teams have been competing together for several years and the increase in their skill level over that time is great to see.

However, for many of the 500 children who performed on stage, this event provides a totally new and rather unique experience. A wonderful opportunity for growth and learning about themselves and what it takes to make a successful team!

To ensure that Jump Jam Extravaganza remains accessible and relevant to all schools and to encourage new students, we continue to offer entry level opportunities through providing Novice categories over all age groups.

FAIRLIE PRIMARY SCHOOL

Lauren McPhee - teacher and coach of the FPS Pink Ladies

The Jump Jam Extravaganza is a great local event that has been much anticipated by the children in my team. We started practicing in Term 1 and the kids were always excited to come along and get straight into it. As a coach it was incredible to see how the children developed their skills. I would video them each week and they just kept getting better and better. The children would also watch these videos and they got really good at looking at their performance and deciding what they needed to improve on both as a team and individually.

The excitement of going to the competition kept building until it was finally the day! I had a nervous, bubbly, excited group of girls that were so eager to get out on that big stage and perform their routine. They did so well and it was great to see children that would normally be quite reserved and shy, out there on the stage



with big smiles and a ton of confidence. They were so excited about winning their category and I am very proud of them. They worked so hard and now know that small schools can do anything! The whole school community up here in Fairlie is stoked. The parents are all so proud of them, even parents that didn't have children in the team were over the moon!

Comments from the FPS Pink Ladies:

"I loved getting to watch the other teams perform their Jump Jam and that we got into the finals!"

"I liked being on the stage and I was really excited when we found out we got first place!"

"I liked being on the big stage and in front of an audience for the first time"



PLEASANT POINT PRIMARY SCHOOL

Lydia Sevicke-Wilson, Olivia Dew and Lilly Lister – Year 6, Pleasant Point Primary School

We had three teams in the Jump Jam Extravaganza, 39 students led by three very talented coaches who helped put our routines together and make us look GREAT! We loved how they gave us advice and spent time with us telling us how to improve what we were doing. They were really supportive and encouraging and made every critique sound like a positive.

Our teams were called Crazy Point (Year 4-6 Novice), Western Cowgirls (Year 7-8 Novice) and Point Hipsters (Year 7-8 Open). Some of us had competed in the competition last year but most of us were new to it all. We think it was great that we had three teams entered. We loved the experience and are very proud of our Western Cowgirls for winning their heats and bringing a trophy back to school – the first one ever!

We are going to perform our routines in front of the whole school and parents at our Term 2 Celebration Assembly and next term we are going to lead Jump Jam for the whole school. Get ready for 2015 everyone!

Comments from PP Primary School team members:

"I liked making new friends and going into the changing rooms – I felt like a movie star!"

"I loved experiencing being on stage."

"I really liked it back stage talking to the other schools."

"I enjoyed learning our routine."

"I loved our coach, she was really supportive."

