

Deadline for submitting information for next newsletter is 30th June 2017  
- articles can be emailed directly to:  
Ally.Pieromaldi@cdhb.health.nz  
The WAVE newsletter is published quarterly

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## Kia ora koutou, Greetings to you all

*E hara taku toa  
I te toa takitahi,  
He toa takitina*

*My strength is not as an individual, but as a collective*

Collaboration is a key part of all of our work. In this newsletter there are great examples of working together on health and wellbeing. One example is a number of schools recently visiting the WAVE Resource Centre and sharing ideas of how they could use the resources in their teaching programmes.

The WAVE team has also responded to feedback from education settings seeking professional development. The WAVE team is offering professional development within staff meetings as a way of working together to plan and put into practice health and wellbeing.

Feedback from education settings has led to a range of WAVE workshops including water and milk only initiatives, mental wellbeing, Māori health, Traditional Māori Games and much more. Your WAVE facilitator has more information and can arrange the workshops to be facilitated at a time that suits your team. You can book these sessions with your facilitator.

A number of schools are also working with WAVE and Public Health Nurses with SneezeSafe this year. The SneezeSafe lessons and teaching resources are available at [www.sneezesafe.co.nz](http://www.sneezesafe.co.nz)

Noho ora mai (stay well)

Rose Orr  
Team Leader

## AUHI KORE / SMOKEFREE



### WIN A \$200 HART SPORT VOUCHER One for schools and one for ECE centres!



As part of World Smokefree Day celebrations (annually 31 May) we are running a Facebook competition to promote Smokefree environments. Show us how your school or centre is celebrating being Smokefree this May.

**HOTTIP:** *The earlier you send your photo in the longer you have to get 'likes'.*

Terms of competition:

- Schools/centres are responsible for seeking permission from families for children to be photographed.
- The winning photos may be used for future Smokefree/WAVE promotions.
- Your WAVE Facilitator will present the prizes to the winning school and ECE centre. Media may be invited to this presentation.
- Entrants acknowledge that photos may be submitted to the World Smokefree Day 2017 website administered by the Health Promotion Agency.

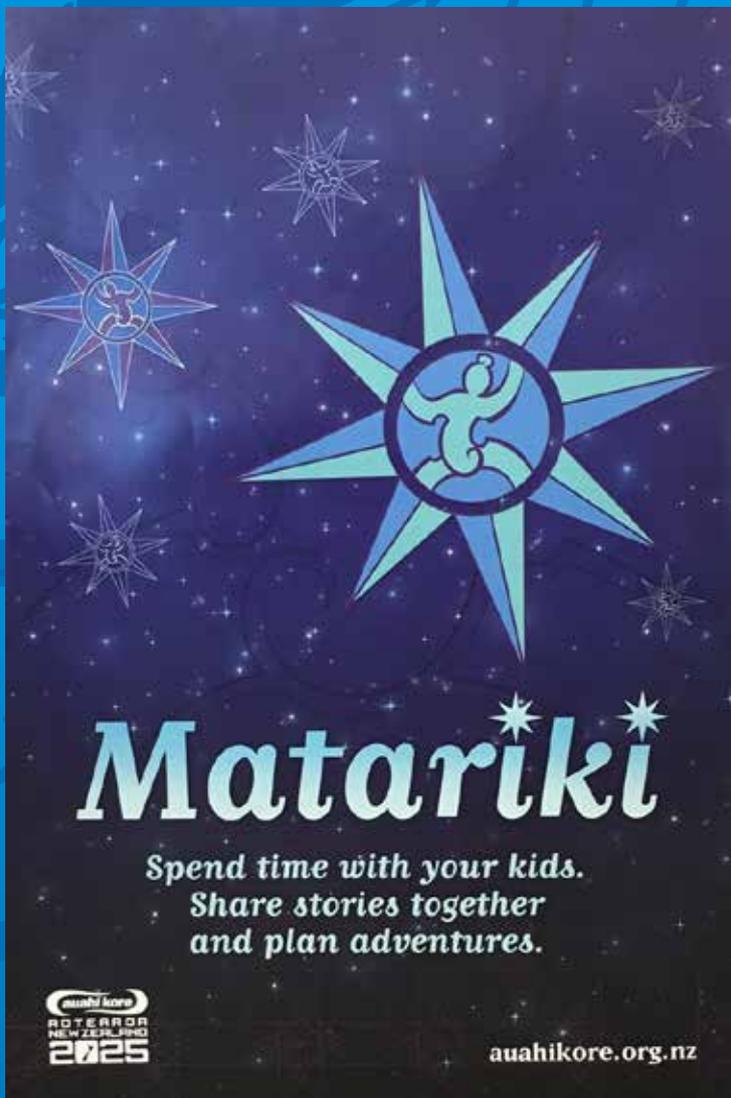
#### TO BE IN TO WIN:

- Take a photo of what Smokefree means to your school or centre (eg, in the Smokefree car, playground, or something more creative).
- Email the photo and short caption to: [ally.pieromaldi@cdhb.health.nz](mailto:ally.pieromaldi@cdhb.health.nz)
- Visit the "WAVE South Canterbury" Facebook page between 15 and 30 May and 'like' your photo. Leave a comment for a bonus entry!
- Most votes wins so ask your community to also 'like' your photo.



[www.facebook.com/wavesouthcanterbury](http://www.facebook.com/wavesouthcanterbury)





## IS 'NOT BAD' GOOD ENOUGH?

**Growing mental wellbeing where we  
LIVE, WORK and PLAY**

**Whāia te mātauranga hei oranga mō koutou**

Seek after learning for the sake of your wellbeing

**Date:** Wednesday 24 May 2017

**Time:** 12.30pm to 5pm (begin with mihi whakatau followed by kai)

**Venue:** Arowhenua Marae, Huirapa Road, Temuka

This is a workshop and network opportunity for all those involved in influencing mental wellbeing – Workplace, HR Managers, staff wellbeing teams, Council Planners, DHB Planning & Strategy, School BOTs, and those in community or organisational development.

Contact your WAVE facilitator to register your interest or email [janet.mciver@cdhb.health.nz](mailto:janet.mciver@cdhb.health.nz)

## TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

### 5+ A Day Challenge

This year WAVE is challenging our ECE Services to eat more fruit and vegetables, a monthly challenge with a different focus each month, e.g. February's challenge was "Eat more vegetables". All participating ECE's receive a spot prize. Entering is easy – email to the ECE WAVE facilitator [debbie.johnstone@cdhb.health.nz](mailto:debbie.johnstone@cdhb.health.nz). Check out the WAVE Facebook page for examples of entries. Look out for future entries each month for the rest of the year.

### RANUI KINDERGARTEN'S MARCH 5+ A DAY CHALLENGE ENTRY: "CELEBRATING ORAL HEALTH WITH FRUIT AND VEGETABLES"

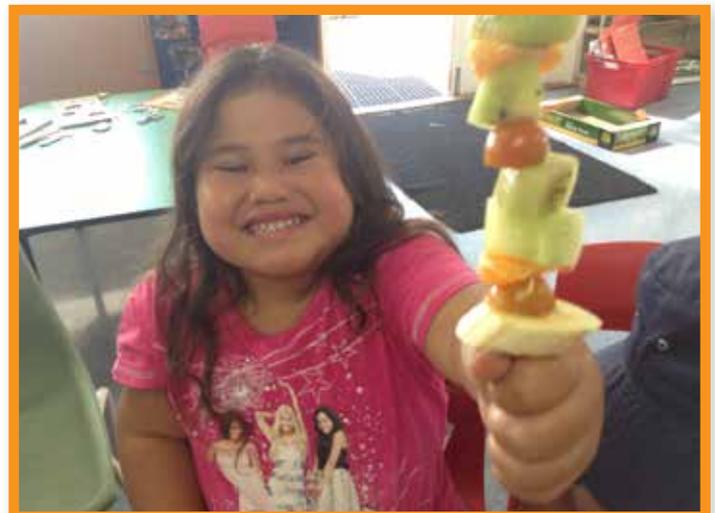
At Ranui Kindergarten we have been celebrating 5+ A Day by giving our kindergarten whānau fruit donations that we have sourced from our local community. We have been exploring what foods make our tinana (body) feel ka pai (good)!

We had a lot of fun making fruit kebabs and enjoyed making our own toast with bananas. We have also been enjoying sampling lots of fresh produce which we have grown in our garden.

This has all tied in really well with World Oral Health Day (20 March) - we have been playing games and singing fun songs about foods that not only keep our bodies healthy but also our teeth!

Children have had a lot of fun using the WAVE resources (large teeth and brush kit, and looking at the Healthy Teeth display).

During our group times we have been exploring how to brush our teeth properly – lots of fun with puppets and pretending to brush our own teeth or those of e hoa (friend) too.



Ranui Kindergarten

Ka pai to mahi Ranui kindergarten tamariki – you sure know how to keep your smiles and bodies healthy and strong!

5+ A Day Challenge



Active Learners Early Childhood Centre



Rural Scholars Early Learning Centre



Childsplay 2015 Ltd



Pleasant Point Playcentre



Home Grown Kids Timaru



John Street Kindergarten



Clandeboye Preschool



Kowhai Kindergarten

## Waihao Downs School - Marae Visit

In March, Waihao Downs School spent the day at their local Waihao Marae. Here is what they have to say about their day.

We had a wonderful day at our local Waihao Marae situated at Morven. Many of our children have never experienced a traditional pōwhiri (greeting) and welcome by our Tangata Whenua (people of the land) onto a marae before.

We the manuhiri (visitors) assembled outside the Marae gates and waited for the karanga (call) to begin. The kaikaranga (Wendy Heath) then called our group onto the Marae. The girls walked on first followed by our warrior males for protection. Our kaikaranga (Suzy) answered the call as we walked onto the Marae.

Following the karanga we moved into the Whareniui (meeting house). The men sit at the front and the women sit at the back. The Kaikōrero (Te Wera Heath) then started the whaikōrero (speeches). Mr Rivett acted as our school's Kaikōrero and spoke on our behalf. He then presented our koha (gift). We then sang a waiata (song). Once the whaikōrero were over we then lined up and gave hongis and a handshake.

After the hongis, we moved into the Whare Kai (dining room) for morning tea to end the formal pōwhiri.

Following morning tea our whānau (family house groups) participated in some fantastic activities organised by the South Canterbury Museum educators and our WAVE facilitators.

Janet from WAVE worked with our year 0-3 children learning how to use the short Tī Rakau and our older children were privileged to work with kaumatua Te Wera Heath to learn some long Tī Rakau actions.

We worked with Ruth an educator from the South Canterbury Museum, learning about how the ancient Māori made their tools and collected food. Co-ordination is the key to working a traditional drill! Did you know that one moa egg would make an omelette for the whole family?

Making Whata (fish drying racks) was a great cooperative activity that kept everyone busy.

We had a great day at the Waihao Marae meeting the Tangata Whenua. I was extremely proud of our tamariki mā (children) who behaved wonderfully showing respect, participating well throughout the day and looked after each other while having fun.

**A BIG THANK YOU TO EVERYONE WHO MADE IT SUCH A WONDERFUL DAY!**



Suzy from WAVE leading the Tamariki onto the Marae



Janet from WAVE teaching the Tamariki short Tī Rakau



Te Wera Heath teaching the Tamariki long Tī Rakau



Tamariki with their traditional Māori fishing racks which they built



Tamariki learning to build traditional Māori tools

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



## Out And About

### GLENNAVY SCHOOL



Glenavy School held a healthy lunch which was jointly prepared by the Student Health Team and staff. The students and whānau all enjoyed baked potatoes, coleslaw, rice and veggies with fruit kebabs afterwards



Glenavy's Student Health Team hard at work organising their Term 1 event – a healthy lunch for students and their whānau

### BARTON RURAL



Barton Rural junior students enjoying their first attempt at learning poi during their recent visit to the Waihao Marae

### TIMARU CHRISTIAN SCHOOL



Students at Timaru Christian School with support from WAVE and Briony Woodnorth from the Timaru District Council have been developing a new Worm Farm and new gardens. The students plan to grow vegetables over the winter period ... check out the next WAVE Newsletter to see how they got on



### WESTMOUNT SCHOOL

The new Westmount School WAVE team are up and running and are following on from the previous WAVE team to support students with games and activities during school time. Three of the team participated in the Physical Activity Leaders (PALs) workshop facilitated by Sport Canterbury so they are very keen to use the skills learnt at the workshop to get Westmount physically active in Term 2 and beyond

## KURA TUATAHI / PRIMARY EDUCATION

### Waimataitai School use the WAVE Resources

Waimataitai School used the WAVE healthy eating resources as part of their healthy eating unit in Term 1. Six classrooms from new entrance to Year 2 used these interactive resources to learn more about healthy choices and the four food groups – everyday foods that are recommended for good health.



Students using the 3D food pyramid. Here they learnt about 'everyday', 'sometimes' and 'occasional' foods with each student getting to put the food models into the food pyramid where they thought they should go



One teacher helps her students decide where the food items go in the food pyramid



Students build a healthy lunchbox on this interactive Ka Pai Kai lunchbox display

Each of these resources have lesson plan ideas with them.

Use the WAVE website at [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) and your WAVE login details to view or book more healthy eating resources.

## KURA TUARUA / SECONDARY EDUCATION

CONGRATULATIONS TO TWIZEL AREA SCHOOL FOR BECOMING A WATER AND MILK ONLY SCHOOL!

After doing the 'Switch to Water' challenge in November last year, Twizel Area School have worked with their staff, whānau and BOT to develop their water and milk only policy. The school is now looking at teaching and learning around the benefits of water and milk.



CONGRATULATIONS TO THE GIRLS IN YEAR 7 AT WAIMATE HIGH SCHOOL!

The girls came 3rd overall at the National Jump Jam competition last year!



# NGARU WHAKAIPURANGI / WAVE RESOURCE CENTRE

## Whaia te matauranga hei oranga mo koutou

Seek learning for the sake of your wellbeing

### Have you visited our WAVE Resource Centre lately?

If not, why not give our WAVE Administrator, Ally Pieromaldi a call. She would be more than happy to show you or your team around the Resource Centre - discover first-hand what we have to offer to help in delivering your programmes.

Kathy Campbell, Aoraki Schools Cluster Facilitator and her team did just that in March. Some had never seen the Resource Centre before, while others hadn't visited for a while. They were amazed at what we had. They had a good look around, opened up boxes and could visualise what resources we had and what they could use them for in the classroom.

We have a large number of resources aimed at pre-school children through to tertiary students, covering health areas such as Alcohol, Māori & Pasifika Health, Mental Wellbeing, Nutrition, Oral Health, Physical Activity, Sexual Health, Smokefree and Sunsmart. Resources range from books, CDs, DVDs, sports equipment, games, puzzles and demonstration models. There are also a few specialist resources like our Food Pyramid for teaching "everyday foods/sometimes foods", shade/shelter tents and sunscreen to use at your setting's events, large soft shapes for ECE aged children to climb over/through/around, and a variety of kits we have put together to help teach and develop a number of skills.

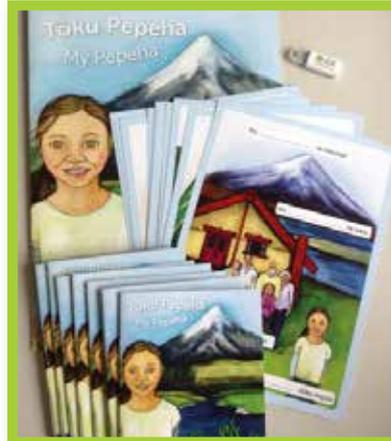
If you would like to arrange a visit, ring Ally on (03) 687 2606. She will also help with login details for your setting. Visit our website: [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) to see what we have.



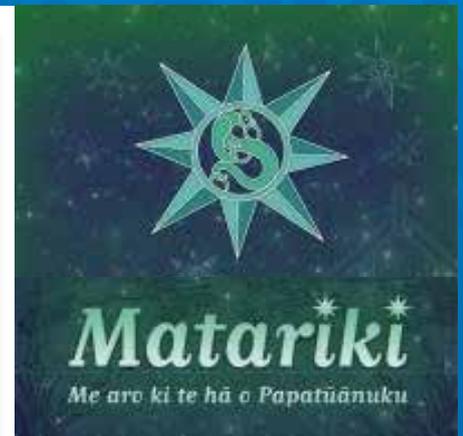
### What's New?



*Class Set of Poi, R013563 - Develop your Poi skills! This set contains 28 pairs of Poi and a book (The Art of Poi) which outlines the history of Poi, how to make Poi, Poi games, Poi actions and Poi Waiata*



*Tōku Pepeha/My Pepeha, R013556 - Tōku Pepeha is a story about Rīpeka and her pepeha. You can adapt this story to fit your local region/kawa. It works as a model for other children to introduce themselves in a similar way. Set contains: a big bilingual book, 9 small bilingual books and 10 flash cards*



Matariki - Don't forget to get in early and book your resources ready for your Matariki celebrations which begins on 25 June. Search under "Māori Health" section to find resources on Matariki and other Māori related subjects.

### PASIFIKA LANGUAGE WEEKS

Don't forget to check out our "Pasifika Health" section for resources relating to the various Pasifika Language weeks that are coming up soon:

- Samoan Language Week** – 28 May to 3 June
- Cook Islands Language Week** – 30 July to 5 August
- Tongan Language Week** – 3 to 9 September
- Tuvalu Language Week** – 1 to 7 October
- Fijian language Week** – 8 to 14 October
- Niue Language Week** – 15 to 21 October
- Tokelau Language Week** – 29 October to 4 November



# WAKA POU TIKANGA / ACTIVE TRANSPORT

## Wheels Events in February

'BikeWise' has now been replaced by the Aotearoa Bike Challenge, and we at WAVE still wanted to give our local children the opportunity to have some fun on wheels. We invited all education settings to register their intentions of a 'Wheels Day/Event' during the month of February.

We had a number of Early Childhood Centres who participated with various wheels events including challenge and slalom courses, bike and scooter safety talks, a display by local roller derby team 'Chicks in Bowls', balancing skills, and children learning about basic bike maintenance. Timaru South had a group of students who enjoyed a weekly lunchtime

bike ride with the principal, and at Cannington School a group of senior primary school pupils went mountain-biking to Pioneer Park.

It was so nice to hear stories of childrens confidence increasing and of children sharing their bikes with others so that no one missed out.

Thank you to all the settings who participated and shared their photos and stories with us. Also a BIG thank you to The Cyclery and Bike Barn for donating some really cool prizes.



ABC Marchwiel



Timaru South Primary School



Cannington Primary School



John Street Kindergarten



Hanan Kindergarten



ESK Valley Kindergarten



Glenavy Kindergarten

## Grantlea Downs School Travel Plan

As part of our School Travel Plan, we have recently undertaken safe walking with the Police Education Officers. All classes had the opportunity to practise safe walking and crossing of roads under the supervision of Constable Maire. The children enjoyed these sessions and showed progress with their decision making and keeping themselves safe around our busy roads.

At Grantlea Downs, we are encouraging our children to become more active and the competition between classes is clear whilst trying to win our golden shoe award. This is where we collate how each child travelled to school on a set day and the class with highest percentage wins the golden shoe trophy for that fortnight.

**Sally Guthrie**  
Teacher, Grantlea Downs



## WAVE SUPPORT FUNDING 2017

The following settings were successful in obtaining WAVE funding for their Health and Wellbeing 2017 initiatives.

### Māori Health

- Waimate Centennial

### Mental Wellbeing

- Barton Rural Primary

### Nutrition

- Active Learners
- Aoraki/Mt Cook Primary
- Makikihi Primary
- Oceanview Heights Primary
- St. Joseph's Primary Fairlie
- St. Joseph's Primary Temuka
- St. Patrick's Primary Waimate
- Timaru Christian Primary
- Timaru South Primary (Pareora)
- Twizel Area School
- Waimate Main Primary

### Physical Activity

- ABC Marchwiell
- Albury Primary
- Cannington Primary
- Childsplay
- Clandeboye Preschool
- Fairlie Early Learners
- Home Grown Kids
- Karaka Learning Centre
- Rural Scholars
- Sacred Heart Primary
- Waimate Childcare
- Waimate Kindergarten
- Waimate High
- Waimate Mobile Kindergarten
- Waituna Creek Primary
- West End Kindergarten

### Sunsmart

- Glenavy Primary



## PALS

A record 136 physical activity leaders (PALS) gathered at the Southern Trust Events Centre for a day of sport leadership and learning. This annual event promotes the development of leadership in school through physical activity. A second workshop for these great young leaders will be offered in June.



*PALs Day, 22 March – planning session*



*PALs Day, 22 March – football*

## HAVE A GO DAY

Sport Canterbury was pleased to facilitate a 'Have a Go' day for Year 7 and 8 students in late March. Eight schools with 178 participants got to experience seven different sports across a day of learning and fun. Many children were exposed to new sports for the first time in a fun environment; touch, golf, inline skating and lawn bowls were just some of the activities available. Sports had the chance to showcase their sport to new students and it was great to see many smiling faces.



*Have A Go Day, 31 March – netball*



*Have A Go Day, 31 March – golf*



*Have A Go Day, 31 March – inline skating*

## SPORTSTART

A number of teachers have been involved in SportStart training with Sport Canterbury over the first term. A SportStart professional development session is available for all teachers within schools. There will be another full day workshop in September.

## KIWISPORT

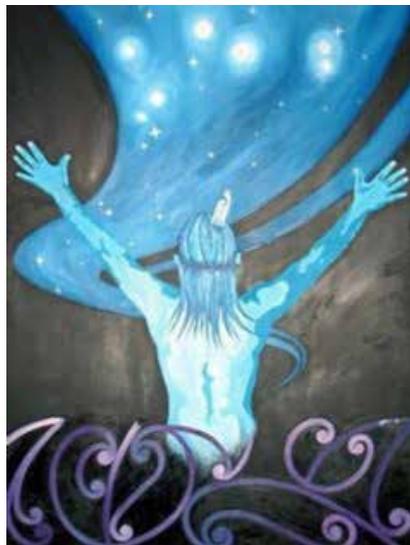
Thousands of students across the South Canterbury region are accessing great sporting opportunities weekly via the KiwiSport fund. If you want to be more involved with KiwiSport or want to know about some of the great programmes available through KiwiSport make sure you contact [linda.kenny@sportcanterbury.org.nz](mailto:linda.kenny@sportcanterbury.org.nz) to find out more.

# KiwiSport

It has not been the best summer so it is great that winter sport has arrived. Good luck and well done to everyone out there getting involved; if you need help with your team or support to find a club just let us know so we can get as many people active as possible.

 **sport  
canterbury**  
SOUTH CANTERBURY

# Matariki in the night sky



## Matariki is...

- to plan,
- to learn,
- to share ideas,
- to reflect on the past,
- and to celebrate the future.



**Suzy Waaka**  
Māori Health Promotor

## Matariki begins 25 June

### WITH CHILDREN/STUDENTS:

- Create a quiet space indoors for Karakia, Whakataukī, Waiata.
- Identify the Matariki constellation in the night sky.
- The time of year that Matariki lies in the dawn sky.
- The significance of this Māori calendar event in Māori life.
- Draw a plan for a spring garden at kura (school) and begin to gather seeds.
- Design a star map to show where Matariki lies in the night sky during different times of the year.
- Prepare a report to show how the Māori calendar is used and the key events associated with Matariki.
- Design greeting cards to celebrate the event of Matariki that incorporate whakataukī.
- Investigate the different stories and names from the other cultures that celebrate Matariki.

### WITH WHĀNAU AND COMMUNITY:

- Prepare a shared class or school feast to farewell the old year and celebrate the new year.
- Plant a tree in honour of the new year.
- Homework activities that connect students and their whānau with their local community, eg, visit Te Ana Rock Art Centre, Mt John Observatory, local Museum, Libraries, etc.

### USEFUL LINKS:

- Te Iwa o Matariki - Puka Ngohe: <https://www.twoa.ac.nz/landing/Te-Iwa-o-Matariki-colouring-and-activity-book>
- Te Ana Rock Art Centre: <http://www.teana.co.nz/>
- Te Papa - Matariki Māori New Year: <https://www.tepapa.govt.nz/learn/matariki-maori-new-year>
- NZ History Online - Matariki Māori New Year: <https://nzhistory.govt.nz/classroom/matariki-maori-new-year>
- WAVE Resources include: Celebrating Matariki; Matariki; Matariki - the Māori New Year; The Seven Stars of Matariki.

To borrow these resources and other Māori Health resources: [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) Login using your setting's login details. Link to this article can also be found at our website: [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)



Evaluation of the Cancer Society SunSmart Schools Programme



As part of an overall evaluation of the SunSmart Schools Programme researchers at Otago University are inviting all school principals, whether or not they are SunSmart accredited, to provide us with their views of the Cancer Society SunSmart Schools Accreditation Programme. Skin cancer is the most common cancer in New Zealand, accounting for about 80% of all cancers diagnosed, over 400 deaths per year and health system treatment costs estimated to exceed \$57 million annually. Yet more than 90% of skin cancers in NZ are considered attributable to excessive sun exposure, so most are potentially preventable. Excessive sun exposure and sunburn during childhood are important risk factors for the development of skin cancer later in life.

The school setting is an environment where policies, procedures, practices and curriculum content may influence a student's sun exposure and sun protection behaviour, potentially helping to reduce harmful exposure to ultraviolet radiation (UVR) and the subsequent risk of skin cancer.

The SunSmart Schools Accreditation Programme (SSAP) follows the "Gold Standard" school sun-protection programme recommendations

of the World Health Organisation, and acknowledges primary and intermediate schools that have a sun protection policy in place which meets the Cancer Society's minimum criteria. The SSAP was implemented nationally in New Zealand in 2005 so it is timely to now test long term programme effectiveness as well as assess its relevance to schools today.

It is important that as many schools as possible participate in the survey, to ensure that as accurate a picture as possible is available to The Cancer Society in working to achieve the ultimate goal of reducing the incidence and impact of New Zealand's most common yet highly preventable cancer. Invitations to participate in the online survey were mailed out to principals in April. If you have any questions please contact the project manager; bronwen.mcnoe@otago.ac.nz



Otago University – Cancer Society Social and Behavioural Cancer researchers – Associate Professor Tony Reeder and Bronwen McNoe

FLAVA FESTIVAL



FLAVA FESTIVAL

Korohi o Te Pēpi

28 July 2017

Ka Toi Māori O Aoraki

18 August 2017

Strengthening Whānau, Strengthening Hapū, Strengthening Iwi... in a Smokefree World.

health promotion agency | nipo | keeping our BLOODLINES strong | auahi kore | AOTEAROA NEW ZEALAND 2025

www.auahikore.org.nz