

Deadline for submitting information for next newsletter is 22 September 2017
 - articles can be emailed directly to:
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Kia ora koutou, Greetings to you all

Mauri tū, mauri ora

An active soul is a healthy soul

I recently had the privilege of attending the Waimate Matariki Festival which involves Waimate ECE and schools. It is a great festival that is now in its 5th year. Children and teachers work really hard preparing for the Matariki festival and I want to acknowledge the commitment and passion of all involved. You can see photos on this page from Waimate Matariki and more on our Facebook page.

We would like to take this opportunity to share the WAVE evaluation report with you. This is available on the WAVE website www.wavesouthcanterbury.co.nz

Results from the 2016 questionnaire showed increasing engagement (87%) and satisfaction (98%) with WAVE, and increasing effectiveness

of professional development in enhancing staff's delivery of health education (84%). Thank you for taking the time to complete the questionnaires and to those of you involved in the focus groups.

Finally, I would like to introduce our new Health Promoter Jackie Corby. Many of you may know Jackie from her time with WAVE previously. We are delighted to welcome her back; Jackie will be working in Smokefree and with ECE and will be out and about meeting settings in the coming weeks.

Noho ora mai (stay well)

Rose Orr
 Team Leader

INTRODUCING JACKIE CORBY, HEALTH PROMOTER

I am very excited about being back working at Community & Public Health with the WAVE Team. Having worked previously with education settings both here and in the UK, this is an area that I am very passionate about.

In my role with WAVE, I will be working with early childhood settings to achieve positive health and wellbeing gains for their children, families, and wider community, as well as supporting in the area of smokefree.

Originally from Ashburton, I moved to Timaru a year ago and have been working for a local business in the area of occupational health. Outside of work I love spending time with family and friends, and enjoy taking long walks with my miniature schnauzer, Edie. I am a registered nurse and have a Post Graduate Diploma in Public Health.

I am looking forward to meeting with you and working alongside you all.



Jackie Corby, Health Promoter.

WAIMATE MATARIKI FESTIVAL

This year's Waimate Matariki Festival was again a huge success with seven schools and three early childhood centres all taking part. Waimate High School's hall was packed out with tamariki and their whānau enjoying the performances.

Well done to all who took part in making this another great Matariki Celebration.



Waihao Downs School's performance showcasing Poi, Rako, Waiata and Haka.



Waimate Childcare on stage waiting for the music to start.

AUAHI KORE / SMOKEFREE

The Waimate district was well represented in awards for our World Smokefree Day competition. Waituna Creek School took out the school section and Waimate Childcare Centre won the early childhood award. They each received a \$200 HART Sport voucher for their entry in the Facebook competition. Rural Scholars won a bonus award for getting great support for their entry and the work they completed with their whānau.

Both early childhood centres participated in WAVE's Little Lungs

programme in 2015. Little Lungs Pūkahukahu Iti was developed specifically for early childhood educators to provide some easy and practical ways to disseminate Smokefree homes and cars messages. The programme has been delivered to five centres in South Canterbury this year and all participants said they would recommend it to others. If you'd like more information about this programme please contact our WAVE ECE Facilitator Debbie Johnstone.



Staff from Rural Scholars Early Learning Centre receive their award from CPH Health Promoter, Katie Jahnke.



Staff and children from Waimate Childcare Centre receive their award from CPH Health Promoter, Katie Jahnke.



Students from Waituna Creek School with their award.

CONGRATULATIONS TO ALL!



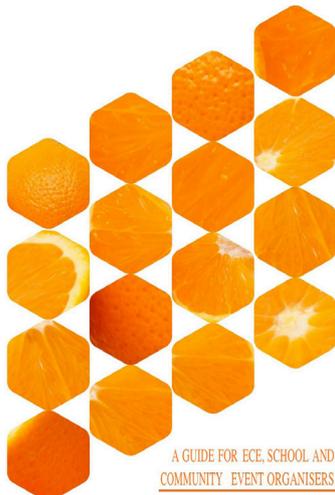
HEALTHY EVENTS & FUNDRAISERS GUIDE

Check out our new guide for ECE, School and Community Event organisers – Healthy Events & Fundraisers Guide. This guide can be found on our website: www.wavesouthcanterbury.co.nz

Included are sample food and nutrition policies for events and education settings as well as ideas for healthy prizes, kai, and healthy fundraisers.

Professional Development or an introduction to the guide is available at your setting's staff, Home and School or PTA meetings. Contact your WAVE Facilitator for more information.

HEALTHY EVENTS & FUNDRAISERS



A GUIDE FOR ECE, SCHOOL AND COMMUNITY EVENT ORGANISERS

WATER-ONLY SCHOOLS TOOLKIT

Following the invitation sent by the Ministry of Education and the Ministry of Health in 2016, this water-only toolkit has been developed for schools to use as a quick and easy guide on how to become water-only. The toolkit contains information and resources to support your school along the way.

By adopting a water-only policy, whereby water and low-fat plain milk are the only drinks available at your school, you are taking a positive step towards improving student health and behaviour.

Check out the toolkit on our website: www.wavesouthcanterbury.co.nz or contact your WAVE Facilitator for more information.



5+ A Day Challenge . . . Celebrating Matariki

RATA KINDERGARTEN

Last year tamariki at Rata Kindergarten planted pumpkin seeds in their vegetable garden. Tamariki along with the kaiako looked after the pumpkins, weeding the garden and giving the plants water. When it was time, tamariki harvested the pumpkins. What to do with so many fantastic pumpkins? Pumpkin soup of course! Tamariki and kaiako prepared the pumpkins and other vegetables to make a big pot of delicious soup for all to share. Tamariki enjoyed their soup for lunch on a very cold day.



MACKENZIE KINDERGARTEN

We all have had a really neat time celebrating Matariki at Mackenzie Kindergarten. Tamariki, whānau and teachers are enjoying a range of festivities! Tamariki are learning about the star cluster in our night sky (the seven special stars), we all tried some hearty kumara chips, kumara paraoa/bread, lots of delicious shared kai, sweet singing of Tūtira Mai Ngā Iwi, and even some rugby fun! Ka pai! Matariki celebrations at Mackenzie Kindergarten have been Ka rawe! Awesome!



WEST END KINDERGARTEN

At West End Kindergarten we have enjoyed new books and songs about Matariki; made bread and vegetable soup to share together; planted a tree; held our annual Matariki disco with shared kai; watched the Ta tai Arorangi puppet show and made star telescopes.



ABC MARCHWIEL

Our tamariki at ABC Marchwiel enjoyed celebrating Matariki with Arowhenua School. The tamariki and teachers made healthy food to take with us, fruit muffins, scones, carrot sticks and fruit. We sang waiata to the Arowhenua tamariki then shared kai afterwards.



KURA TUATAHI / PRIMARY EDUCATION

Waimate Centennial School - KidsCan Orchard

APPLES, PEARS, FEIJOAS, YUM!

Thanks to parents, grandparents, students, and KidsCan, our orchard is now planted and growing beautifully.

20 varieties of fruit trees were planted on a beautiful autumn day. The Centennial School children's health team worked tirelessly alongside parent volunteers and Karleen from KidsCan to plant, stake and water the trees.

Several trees were allocated to each classroom and volunteers were chosen to come to the orchard, select and plant their chosen trees. Others who had not been chosen were brought over with their teachers to watch their trees being planted. Once planted the Health Team took over. They staked, tied wind brakes, and watered each tree.

Karleen was very impressed at the way everyone got stuck in and within three hours the orchard was completed. She was amazed that we didn't need to stop to treat blistered hands like they do in Auckland! We were all treated to a lovely, well deserved, morning tea which disappeared very quickly.

We are looking forward to the day when we can harvest our first crop of fruit. Sadly we have been advised to take off all fruit in the first year to allow the trees to become well-established.

KidsCan supports the education of thousands of children, in hundreds of low decile schools, throughout New Zealand. Their key aim is to ensure children less fortunate have the same opportunity as others to take advantage of their education.



Temuka Primary School's Gardens

Temuka Primary School's WAVE Team have been busy during Term 2 spreading leftover Pea Straw around the school's gardens. During Term 3 they will be moving their WAVE Gardens to a different location in the school....watch this space!



Rural Schools Touch Tournament

On 31 May a number of schools including Fairlie Primary, St Joseph's Fairlie, Albury Primary and Lake Tekapo Primary, took part in a rural schools touch tournament hosted by Fairlie Primary School. There were also students from Mackenzie College who helped officiate the games throughout the day. This was followed by a South Canterbury Rugby Girls Skills session.

WAVE were happy to supply WAVE tents and ripper rugby tags for this event (which can be ordered through the WAVE resource booking system) to promote physical activity, teamwork and social interaction between both staff and students.

Well done to Steve Richmond (teacher at Fairlie Primary) for his organisation of this successful event.



Timaru Christian School - Garden Reports

KATELIN'S GARDEN REPORT

You may think that you have the best garden but before you decide please read the rest of this, thank you ☺

Here are some things that I think you would like that are in our garden. In our garden we have chickens and their names are Chicca, Zibba and Midnight. As well as chickens we have a worm farm. We have a garden plot too.

Fun fact!! In the garden we were growing lettuce which we then ate - so yum!! We got apple and pear trees and the best thing is the help from Josh from WAVE. Now I am going to ask some kids why they like the garden. Trissy said: I love growing stuff. Lilou said: I like watching stuff grow. Thomas said: I like the worm farm.

LILOU'S GARDEN REPORT

The trees freeze in the winter breeze.

We pull out weeds and replace them with seeds.

We get mucky when the chickens get clucky.



GENEVIEVE'S GARDEN REPORT

We plant the seeds where they'll grow,

As they flower row by row,

We plant the peas,

In the breeze,

The chicken coop,

Where we scoop poop,

This is also where we weed

And there is lots of essentials that you'll need

- 4 tonnes of dirt

- 2 bags of seeds

- 0 weeds

- 4 cups of worms

- 3 bags of good scraps

- 10 tablespoons of coffee

And maybe a bit of getting mucky.



Timaru Christian School in their gardens:



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



Join us on
Facebook



KURA TUATAHI / PRIMARY EDUCATION

JUMP JAM EXTRAVAGANZA!

This year's Jump Jam competition, hosted by Sport Canterbury at the Theatre Royal in Timaru on 28 June, saw 56 teams from across South Canterbury compete in various sections. The music, dancing and costumes were all amazing! Congratulations to all the winners of their sections and to everyone who took part – a good time was had by all!



Traditional Māori Games

During Term 2 a number of schools have taken up Traditional Māori Games as a professional development opportunity for both students and staff. The objective of the professional development is to develop physical activity programmes looking at traditional cultural games, remove barriers and promote participation of physical activity through Traditional Māori Games.



Temuka Primary School taking part in a Traditional Māori Games workshop.

HISTORY OF TRADITIONAL MĀORI GAMES

Traditional Māori sport and games are cultural activities that cannot be understood from a narrow mainstream world view. Their impact and sociological importance in ancient Māori society has been somewhat lost over time. As Māori culture became subsumed by European culture and Eurocentric ways of recording history, the ancient games were largely removed from the New Zealand way of life. Māori people have fought for and retained Māori knowledge, skills, beliefs and values relevant to the game playing traditions of Māori. Game playing was a major social pastime for ancient Māori. Traditional hapū or interrelated family groups lived on and around ancestral papakāinga or marae. These provided stimulating environments in which games and their artefacts were devised and developed. These homelands were hotbeds of sport and creativity. Such was the ancient fervour for playing sports that it was not uncommon for games to be played during tangihanga (funerals), or during full-scale battles. These days the games are making a comeback in New Zealand and are even played by many thousands in the USA!

Title	Ngā Taonga Takaro: Māori Sports and Games
Author	Harko Brown
Edition	illustrated
Publisher	Raupō, 2008

EVALUATION FEEDBACK FROM STAFF

- “Easy to implement, fun, good curriculum link”.
- “Encouraged to explore ways to implement Māori bi-cultural practice in everyday activities”.
- “The games could be used across a range of levels, fun but challenging-thinking was involved”.

If there are any schools wanting to develop their physical activity programmes through Traditional Māori Games, please contact Greg Newton, WAVE/Physical Activity Facilitator (Phone: (03) 687 2607) to set up a workshop.

NGARU WHAKAIPURANGI / WAVE RESOURCE CENTRE

What's New?



Kai Pai Kai Lunchbox – R013567

Ka Pai Kai Lunchbox Board - A new interactive lunchbox resource board where children can learn step by step how to build their own lunchbox. This resource is great for learning what goes into a lunchbox, the Māori names for foods and matching foods onto the board. This board can complement learning about the four food groups.

Bi-Cultural Resource Pack - Hauora! Hautipua! Super Food & Super Action for Superheroes! Four books that further support the superhero adventures of Hina and Māui. Focussing on the four seasons of the year, the books' key messages encourage healthy choices and healthy living for tamariki and their whānau.



For ECEs – R013566



For Primary – R013565

To book these and other resources simply go to www.wavesouthcanterbury.co.nz and click on a category under 'Resource Categories' on the lefthand panel, and choose the resource you want to book with your setting login details.

WAKA POU TIKANGA / ACTIVE TRANSPORT

School Travel Plans

- Is your school located in the Timaru District?
- Do you have the morning and afternoon rush of cars all fighting to get the park closest to the school entrance?
- Are you noticing less children arriving on their bikes, scooters or by foot?
- Are you concerned about the behaviour of parents/caregivers when dropping off and picking up children?

If so, I would love the opportunity to work with you to improve some of these areas of concerns.

A School Travel Plan package involves: surveying families and students, forming a working group which will include NZ Police, Timaru District Council – engineering and road safety representatives, a teacher to lead the charge along with some enthusiastic students and full support from myself. I aim to support you as best I can, providing information such as safety messages, large maps showing walking distances, implementing active transport initiatives, providing surveys and a full report on outcomes.

WORKING TOGETHER OUR AIM IS TO:

- Address and alleviate concerns about road traffic danger
- Reduce the number of cars at the school gate
- Enhance the local environment, reduce pollution, improve air quality and save energy
- Improve the overall health and fitness of the students

After instigating a Walking School Bus and another active transport initiative at Sacred Heart School, teacher Pip Oliver said “Children who are physically active in the morning learn better during the day”.

Having been provided with large maps and information to get started on a new Active Transport initiative Beth Parker at Waimataitai School commented “I really appreciate all the time you have put into this, we have already seen a massive difference since starting our Golden Shoe Challenge this week.”

I welcome any setting interested in commencing the School Travel Plan process to either contact myself – Stacey Day, School Travel Planner, stacey.day@cdhb.health.nz or your WAVE Facilitator.



THE GOLDEN SHOE AT WAIMATAITAI SCHOOL

This competition has had an extremely positive effect on the Waimataitai community. It has encouraged more students to come to school actively by walking, scootering and biking and the healthy competition has encouraged a larger number of 5 year olds to walk from close to school rather than getting dropped off at the gate. Further, it has helped to decrease congestion and traffic along the streets surrounding our school. Members of our health team have been handing out 'house tokens' to those who come actively and the motivation for winning the “golden shoe” is immense! Students even come to school actively in poor weather!



The flow on effect of this has also been the development of positive interactions and social skills such as courtesy, respect, patience and using your manners. This has been amazing to witness and we look forward to seeing how active Waimataitai can become!

Beth Parker

Teacher

SPORT CANTERBURY

Physical Activity Leaders Workshop

Sport Canterbury's second Physical Activity Leaders (PALs) workshop was held on 1 June. Students took on the hard task of delivering a physical activity session to a group of their peers for evaluation by Sport Canterbury staff and helpers. These students did a fantastic job, showing great leadership skills, ingenuity and initiative. We have now had over 190 students come through our full day PALs workshops in 2017!

Bluestone PALs at the full day workshop



Jump Jam

The Theatre Royal saw 663 students walk through the doors for the annual Jump Jam Extravaganza on 28 June. 56 teams from 21 schools participated in what was another successful and action packed event. All the students have been working hard to perfect their routines and with the support of coaches and parents, their dedication paid off with some spectacular performances on stage. A huge thank you to all the volunteers, the WAVE team and Trust Aoraki for the continued support of this event. Looking forward to next year when we celebrate the 10th Jump Jam Extravaganza!

Years 7-8 winners Highfield Toybox



National Secondary Cross Country Championships

Christchurch was the venue for the national secondary schools cross country championships. Sixteen students from the Aoraki region competed in this event with some fine performances from our local athletes. The best of which was Timaru Girl's High School runner Tillie Hollyer, who finished 5th and Kahn Ashton from Geraldine High who placed 18th. For the first time the secondary schools of the Aoraki region were represented in the Inter-Regional relays. The senior boys team was made up of representatives from five different schools to be a true regional team. The senior boys team finished the relay 13th in New Zealand and the junior boys 9th.

National Secondary Cross Country Aoraki Team



ALL RIGHT? PARENTING RESOURCE

A free online wellbeing toolkit has been launched to support young people with their mental health and wellbeing. Sparklers consists of 36 activities that teachers can use to help their Year 1-8 students feel calmer, happier, and more ready to learn. The activities take between 10 minutes and 1 hour, are aligned with the school curriculum, and cover a wide range of wellbeing topics including managing emotions, living in the moment, being grateful and showing kindness.

In addition All Right? has created six parenting guides which provide handy tips and tricks on the key areas parents often ask about, including how to help your child be calm, be grateful and manage worries.

To find out more about Sparklers, visit www.allright.org.nz/sparklers The parenting guides can be found at www.allright.org.nz/parents

Sparklers has been developed by the All Right?, a social marketing wellbeing campaign established to support the psychosocial recovery of Cantabrians following the devastating earthquakes of 2010 and 2011.

Post these tips on your Facebook page or insert into your setting's newsletter!

Got parenting questions
you'd like answered?



For tips, tricks and a guide to Canterbury's free parenting courses,
visit: allright.org.nz/parenting

all
right?



GREG NEWTON
Physical Activities Health Promotor



STACEY DAY
School Travel Planner

Be Active

Children and young people should do at least 60 minutes of moderate to vigorous physical activity each day.

AIM FOR A MIX OF ACTIVITIES - AEROBIC + STRENGTH + FLEXIBILITY

- Swimming, cycling, kapa haka, touch rugby will raise their heart beat and get oxygen pumping round their bodies.
- Skipping, jumping and using climbing or park equipment will build muscle and bone strength.
- Bending and stretching will keep them flexible.
- Promotes mental well-being.
- Helps to build healthy bones, muscles and joints.



LOOK FOR WAYS TO ENCOURAGE ACTIVITY

- Walking, scootering or biking to school.
- Taking the stairs not the lift.
- Try new activities or sports to discover which one you enjoy most

JOIN IN THE ACTION

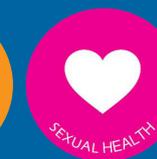
- Do activities as a family – walk the dog, go to the beach and collect driftwood, stones etc.
- Turn OFF the TV for active playtime.



PHYSICAL ACTIVITY IS ANY MOVEMENT OF THE BODY THAT USES ENERGY.

Useful Links:

- <http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/physical-activity>
- <https://education.govt.nz/early-childhood/teaching-and-learning/learning-tools-and-resources/play-ideas/physically-active-play-korikori/>
- <http://www.health.govt.nz/publication/sit-less-move-more-sleep-well-active-play-guidelines-under-fives>



THE VOICE YOUTH ART PROJECT - BIGGER AND BETTER

Now in its 7th year the VOICE Youth Art Project gives South Canterbury young people aged between 12 and 24 the opportunity to express themselves through visual arts and then to experience the excitement of exhibiting and perhaps selling their work in a public forum. For several months prior to the May exhibition in the Timaru District Council's Mayoral Chambers, the project organises local artists to run workshops for youth attending education settings outside mainstream school. For many young people involved, the workshops have been their first opportunity to tap into their creative side and explore art theory and practice with a professional artist.

Youth participate fully in all facets of the project with the Opening and Awards night providing a chance to showcase their diverse talents. This year the evening was opened with a karakia and a resounding haka from Opihi Services Academy students. Kate Low and Pippa Davis from Craighead Diocesan were our brilliant young hosts and we were entertained by the dynamic singing duo of Emma Brown and Georgia Carnegie from Roncalli College. The tasty nibbles for the evening were

made and served by students from Community College South Canterbury and a student from Ara was responsible for all of the projects design work. The project is a joint venture organised by Youth Alley (YMCA) and WAVE, and is made possible thanks to the generosity of Creative Communities, Te Rito, Aigantighe Art Gallery, the Timaru District Council, WAVE, Wayne Patrick and our judges.

We are all in the business of preparing young people to be active, effective and confident contributors in society. Resilient young people can think, communicate, problem-solve, engage in deeper connections with people and their environment, and enjoy life. Participation in the Creative Arts is essential to the formulation of these skills, catering for a diverse range of thinking and learning styles and helping close the gap in achievement levels. In the world of commerce, the ability to think creatively has been shown to improve business productivity and is now recognised as an asset by employers. Participation in this project has opened up new study options and career pathways for talented young individuals involved.

Section	Third Place	Runner-Up	Supreme
Electronic Media	Zoe Sturm & Jack Dick	Jerry Westaway	Emma Helliwell
2D Painting	Caroline Haugh	Kaela Taputu	Isobel Whitticase
2D Other	Kate Jackson	Thanyamai Bulakui	Kotchapan Naranong
3D Sculpture	Alysha Calder	Colby Budgen	Hayden Timmings
Group	Gabby & Zac	Body, Mind, Spirit – YMCA	Body, Mind, Spirit – YMCA
Te Rito Award	Zoe Sturm	Nutchita Resksawade	Caroline Haugh
People's Choice Award – Leia Johson			
SC Art Society Award – Jennifer Blogg			



People's Choice Award winner Leia Johnson from Community College



MCs Kate Low & Pippa Davis from Craighead Diocesan



Entertainers Emma Brown & Georgia Carnegie from Roncalli College



The Food Team from Community College



Award winners who attended opening night



Opihi Services Academy students performing their haka



SC Arts Society Award winner Jennifer Blogg from Community College



Te Rito Award winner Caroline Haugh

WHAKAMARU KAI MŌ NGĀ KURĀ / WHAT DOES THE FOOD ACT MEAN FOR SETTINGS?

You don't need to register under the Food Act if you only prepare food with ngā tamariki (children) as part of a lesson. If your kura (school or ECE) has a café that sells kai (food), it will likely need a food control plan.

Everyone selling or serving kai as part of a paid service must make sure it's safe and suitable, even if you don't need to register. You can still be checked and held accountable if you make people sick!

Do you need to register? Check these examples:

Annual event e.g. international food day.	You don't need to register. Anyone can sell food once per year without registering.
Curriculum catering – teachers prepare kai with the children as part of the lesson.	Act doesn't apply, as no sale is taking place.
Hospitality students run a cafe or restaurant selling kai.	Whoever runs the cafe or restaurant will need to register under a food control plan.
People donate food, e.g. 'Bring a plate' where whānau bring kai to share.	Act doesn't apply, as no sale is taking place.
The setting tuckshop, café, or restaurant sells kai on a regular basis.	Whoever runs the tuckshop, café or restaurant will need to register under a food control plan. If the setting runs it, the setting will need to register.
You sell pre-packaged kai.	You don't need to register under the Food Act, you only need to make sure food is safe and suitable.

Existing providers who need to register must apply before 31 March 2018.

If you are still not sure whether your setting needs to register under the Food Act, visit MPI's website and follow the prompts on the "where do i fit?" page. www.mpi.govt.nz/food-safety/food-act-2014/where-do-i-fit/

This information was supplied by MPI. For further information visit www.mpi.govt.nz/food-safety/food-act-2014/

You sell kai for fundraising, e.g. sausage sizzles	No registration needed. You can sell food for fundraising up to 20 times per year without registering. Groups of children, parents or teachers can each fundraise up to 20 times per year each, provided it is not organised centrally by the school.
You only sell pre-made kai such as sandwiches, which you buy from another company.	If you reheat or re-package kai (e.g. a pie) you need to register as a national programme 3.
You run a holiday programme, and provide sandwiches or cooked food on a regular basis. The food is not sold separately, but is part of the paid service.	Whoever runs the tuckshop, café or restaurant will need to register under a food control plan. If the setting runs it, the setting will need to register.
You run a breakfast or after-school programme, for example, you provide packaged food like crackers, breakfast cereal, UHT milk etc (which don't need to be kept cold or re-heated).	No need to register under the Food Act. You must make sure kai is safe and suitable.



Ministry for Primary Industries
Manatū Ahu Matua



SUNSMART FACT



UVR comes at you from all directions

Snow reflects UV radiation. Slap on sunscreen, wrap on eye protection and wear a helmet or beanie when out on the slopes.



Cancer Society

Te Kāhui Matepukupuku o Aotearoa