

Deadline for submitting information for next newsletter is 6th April 2018  
 - articles can be emailed directly to:  
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 The WAVE newsletter is published quarterly

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## Kia ora koutou, Greetings to you all

He aha te mea nui o te ao?  
 He tangata, he tangata, he tangata

What is the most important thing in the world?  
 It is people, it is people, it is people.

I hope you all had a chance to relax over the Christmas and New Year period with an opportunity to spend time with whānau and friends. The WAVE team look forward to making contact with you again this term.

Earlier this year we had a staffing change here at WAVE. Stacey Day, School Travel Planner finished in her role in January to pursue other opportunities. Stacey has worked with many of you over her time here as School Travel Planner, and previously as WAVE administrator and will be very much missed from the team. We wish Stacey all the very best for her new adventure.

In the meantime, for any active travel enquiries please contact your WAVE facilitator.

We really value being able to share the great health and wellbeing work you are doing and hope you enjoy this edition of the newsletter. We were delighted to have an article based on the first five years of WAVE published in the prestigious Health Promotion International Journal at the end of last year. It is fantastic to see WAVE, unique to South Canterbury, being recognised as having relevance to an international audience. The abstract for the article is shared on the WAVE website [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) and WAVE Facebook page [www.facebook.com/wavesouthcanterbury](http://www.facebook.com/wavesouthcanterbury)

Noho ora mai (stay well)

Rose Orr  
 Team Leader

## TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

### Ti Kōuka Kindergarten takes part in the Little Lungs Programme

Ti Kōuka Kindergarten joins the fast growing number of early childhood who have taken part in the Little Lungs Programme. Most of the kindergartens in South Canterbury, and several other ECE have participated in the programme, with more committed to taking part in 2018.

Little Lungs is about working towards healthier environments for our tamariki (is not about asking whānau to quit smoking). It is part of a community approach to make smokefree the norm, and help to achieve the goal of smokefree Aotearoa 2025. Workshops are delivered on-site during regular staff meeting times with on-going support provided as required.

Your WAVE Facilitator and Smokefree Health Promoter can support you to promote and progress smokefree in your setting.



Ti Kōuka Kindergarten Head Teacher Janine Donaldson and Teacher Amanda Bell, supported by some of their young attendees, receive their Certificate of Participation from Jackie Corby, WAVE Smokefree Health Promoter.

## TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

### *Kahu the Kiwi and Marama the Kea visited Tī Kōuka Kindergarten! by Amanda Bell, Teacher*

The kaiako and tamariki enjoyed a visit from Kahu the Kiwi and Marama the Kea. They have been spending some time with Donna and going on many adventures with her.

Donna brought Kahu and Marama into Ruma Pepe, and left them to spend some time with us. Te rā (the sun) was very hot on this day, and we were trying to encourage the pepe to keep their pōtae ra (sunhats) on their mähunga (heads). Kahu and Marama helped us out by modelling this, and they talked to us about keeping hats on our heads. It is the time of year to start wearing our hats again, and to protect ourselves from the harsh elements. So, thank you WAVE for letting Kahu and Marama go out on adventures and help to encourage the tamariki to look after themselves.



### *Keeping Ourselves Safe by Janine Donaldson, Head Teacher*

Maisy Mouse lives at Tī Kōuka Kindergarten on North Street. Maisy is usually full of energy but the last couple of days she has been getting hot and has the terrible sneezes and coughs. The tamariki have been busy looking after her by taking her temperature, making sure she gets lots of rest and keeping the tissues handy.

Maisy is very good at blowing her nose and she has been modelling to the tamariki ways to be SneezeSafe. She showed the tamariki how to blow and then put the tissue in the bin. Then she washed her hands. The tamariki have been following Maisy's lead as they have had runny noses too lately.

Maisy has been such a great role model that we have had amazing feedback from whānau saying that the tamariki children are blowing their noses 'just like Maisy'.

Maisy has a terrible cough and she has been coughing into her arm to stop the spread of germs in the air. We all practise together as we learn about keeping others safe and well.

We are sure Maisy will feel better soon but we love that she was able to help keep us and our friends at Tī Kōuka safe from those nasty germs.



## SNEEZESAFE

### *SneezeSafe® 2018*

FOLLOWING ON FROM THE SUCCESS OF THE SNEEZESAFE® INITIATIVE IN SOUTH CANTERBURY OVER THE PAST FEW YEARS WE LOOK FORWARD TO SUPPORTING SNEEZESAFE IN THE YEAR AHEAD. THIS PROGRAMME, WHICH PROMOTES FLU HYGIENE USES SIMPLE AND INTERACTIVE WAYS TO REINFORCE COLD AND FLU HYGIENE SKILLS.

Look out for more information from your WAVE facilitator.



## Makikihi School Receives WAVE Healthy Eating Award!

Makikihi School achieved their WAVE Award for Healthy Eating because they have made healthy eating a part of what they do at school every day. Over the last five years, this has included running edible gardens and healthy cooking skills classes, which have now become a usual part of their curriculum.



This year, Makikihi School students made further efforts to plan and plant their edible gardens using companion planting methods, as well as harvesting and using the produce for cooking. The school have achieved much more over the last couple of years too; including healthy fundraisers such as bagging and selling apples donated from the local orchard, being a water and milk only school, and using part of lunch time to sit down and appreciate the kai that fuels learning and wellbeing.

One of the reasons Makikihi School has gained a great rapport with whānau is because each year they connect over an annual banquet. Makikihi School includes their whole school community, and this is a special part of why they have achieved their WAVE Award. Put on by

the students, staff and whānau helpers each year, produce from the garden is gathered, meat from a local farmer is sought, and everyone gets together to chop, slice and cook everything up together. All of the students, whānau and staff get to share the nutritious kai and connect with each other over kai. Two years ago when WAVE came to the banquet, there were more whānau turn up than ever before! And this year was also a great success! Well done Makikihi School!

If you are currently working with WAVE to integrate a health or wellbeing area through your school or Early Childhood Education or Tertiary programme, and you're interested in receiving a WAVE Award, talk with your WAVE Facilitator about how you could achieve this.



Bella and Charlotte receiving the WAVE Award for Healthy Eating at their final assembly, 2017

## Waimate Main School - Oral Health

Congratulations to Waimate Main School for receiving an Oral Health Education Grant from NZ Dental Association and Wrigley's Company for their Oral Health Project. The grant supplied new toothbrushes and toothpastes for their Breakfast Club's tooth brushing programme, drink bottles with oral health messages for the children, and family packs, which included a toothbrush for the whole family, toothpaste, and oral health and nutrition resources. Oral Health was also promoted throughout the school – displays at assembly, in the foyer, and Breakfast Club, plus oral health/nutrition tips in the newsletter.

All the children completed a survey before and after the project. Teachers reported an increase in water consumption by students, toothbrushes had been provided to all students and families, and students reported they were more aware of the 'spit not rinse' oral health message. They can also better identify healthy food and drinks that are good for teeth.

"Water consumption has gone up so much - kids just love their new bottles" said a teacher at Waimate Main School.

Thank you to Dennis Hunt at Cooper & Hunt Dental Care for supporting Waimate Main School with this project.



Waimate Main School children with oral health family packs and drink bottles.

## Healthy Nibbles

Check out our latest Healthy Nibbles at:

[www.wavesouthcanterbury.co.nz/news/healthy-nibbles/](http://www.wavesouthcanterbury.co.nz/news/healthy-nibbles/)

Food and nutrition tips for: whānau/parents/caregivers – students – education staff

Let us know your feedback. Email Heather Allington (Nutrition Health Promoter) with what you'd like to see in our next Healthy Nibbles editions.

Email: [heather.allington@cdhb.health.nz](mailto:heather.allington@cdhb.health.nz)



# WAKA POU TIKANGA / ACTIVE TRANSPORT

## Let's Get Going at Clandeboye Preschool

LET'S  
GET  
GOING

Over the past few weeks tamariki at Clandeboye Preschool have been taking part in the 'Let's Get Going' programme. During this time they have been learning basic practical skills for bike riding including fitting a helmet correctly, getting on and off a bike safely, braking and checking tyres.

Jackie and Stacey from WAVE visited the preschool on tyre check day. The tamariki were very enthusiastic and very good at pumping up their tyres.



## St Joseph's School, Timaru Receives WAVE Active Transport Award

"CONGRATULATIONS" to St Joseph's School, Timaru who recently received a WAVE Award for their commitment to Active Transport. They commenced work for a School Travel Plan in 2012 and still continue to be proactive in promoting active and sustainable transport methods.



Joseph's Timaru has been going for ten years and is now stronger than ever - thanks to a couple of enthusiastic parents and teacher support. The bus regularly has 15-25 walkers that join along the way walking and scootering."

Several drop off points instigated in 2014 and the promotion of these to families to 'Drop & Walk' have lessened congestion outside the school gates, and this practice still continues.

Carmel Brosnahan-Pye (Principal) commented that "From my perspective this initiative has had many benefits for our school. It is great to see the students on the walking school bus arrive at the gate in the mornings full of energy after having had a lovely time walking or scootering with their friends to school. Their teachers also notice that those that arrive actively are switched on for learning. Over the last few years our community awareness of the importance of this has increased so that now we have a dedicated group of parents who keep the walking school bus going and many more beginning to drop children a little way away from school. This makes our congested gate much safer in the mornings. Students too are aware that it's good to be active."



Back row – L to R, Stacey Day (School Travel Planner) and Josh South (WAVE Facilitator) Front row – WAVE student team

With good support from staff, the WAVE student team have run various active transport initiatives and also regularly present at assembly promoting these, along with sharing survey and other related information. Lead teacher Diana Young has also been proactive in displaying a message board at the front gate with active transport goals and encouraging messages.

The Police Schools Community officers have delivered pedestrian, cycle and scooter safety lessons to all students during the last few years which assisted in developing the students' skills and confidence.

Diana Young (STP Lead Teacher) said "The Walking School Bus at St



## Update from Sport Canterbury

The final four months of 2017 were packed full of opportunities for South Canterbury students and teaching staff to network, learn and be active.



Sport Canterbury held the inaugural Physical Activity and Sport forum, linking schools and sport together to share what is available

in our community. Greg Newton from WAVE facilitated an afternoon Ki-O-Rahi session to show just how much fun the game can be. Following this success, a date for the 2018 PE and Sport Forum has been set for 4 September 2018, so make sure you book it in your calendars now!!

A Sport Start workshop had many teachers learning about physical literacy and the importance of developing the whole person through sport and PE sessions. The attendees left inspired with several new games added to their repertoire. These can now be shared at school with their classes and fellow staff.



Teachers in action at the Sport Start Workshop

Finally, two new initiatives were held in November – a Year 7 and 8 touch rugby tournament and a Primary School Ki-O-Rahi Festival. We were pleased to see a range of schools attend these events including some involved in inter-school sport for the very first time.



Barton Rural School's Girls Ki-O-Rahi team

The following schools took away titles:

- Touch rugby Year 7 & 8 mixed teams:  
- 1st & 2nd Mackenzie College, 3rd Waimate High School.
- Ki-O-Rahi festival Year 7 & 8:  
- Boys: 1st St Joseph's School Timaru, 2nd & 3rd Waimate High.  
- Girls: 1st Barton Rural School, 2nd Arowhenua Māori Primary, 3rd St Joseph's School Timaru.



Mackenzie College in Touch Rugby final

## AOTEAROA BIKE CHALLENGE 2018



We'd like to invite your staff to take part in an exciting new programme - **the Aotearoa Bike Challenge**.

It's completely free for your workplace to take part. This is a fun, sociable competition for all staff - no lycra required!

People can cycle anywhere they like, anytime they like in February 2018. You only need to ride for 10 minutes or more to participate (enough time to bring a big smile to your face - a great first step in getting you to start riding).

### Benefits to your organisation of participating:

- A fun activity for your whole team
- Healthier, happier, more productive staff
- Less demand for your car parking
- Helps you achieve your well-being and sustainability objectives
- Prize incentives for you and your colleagues, including: movie ticket vouchers, restaurant vouchers, bike gear, and more!
- All this and it's entirely FREE for your workplace staff

### It's easy:

1. Register your workplace at [www.aotearoa.bike](http://www.aotearoa.bike)
2. Encourage your co-workers to join the Challenge
3. You compete against other teams to get the most staff onto bikes, have fun, and win prizes!



# AUAAHI KORE/SMOKEFREE

Smokefree 2025 is an aspirational goal to aim for a society in which fewer than 5% of New Zealanders will smoke. This means our children will grow up in a much healthier world where smokefree is the norm. In order to achieve this we all need to work together.



Jackie Corby, WAVE Smokefree Health Promoter



**Ko koe ki tēnā ko au ki tēnā kī wai o te kete**  
**With you on that handle and me on this handle,**  
**Together we will lift the basket**

Smokefree in education settings is more than just a sign on the gate. Schools and early childhood education services are at the heart of communities. They are a place where everyone works together to ensure that young people have the best possible opportunity to achieve success and make positive choices.

## FOR ECE

Our most vulnerable people don't have a voice in this. The Little Lungs – Pūkahukahu Iti programme is about supporting and advocating for smokefree environments for tamariki.



Ask your ECE WAVE facilitator for more details.

- E kimi ana i te hā - searching for clean air
- Hā i runga - air that comes from Tāwhirimātea (the god of the four winds) and Ranginui (the god of the sky)
- Hā i raro - air that comes from Papa-tū-ā-nuku (the earth mother)
- Hā i waho - clean air from outside the whare
- Hā i roto - clean air inside the whare
- Pūkahukahu iti – little strong lungs
- E ora ana i te hā - thriving in clean air
- Mauri ora - and enjoying good health benefits associated with breathing fresh air



## USEFUL LINKS

- [www.smokefree.org.nz](http://www.smokefree.org.nz)
- [www.smokefreecanterbury.org.nz](http://www.smokefreecanterbury.org.nz)

A link to this article can also be found at our website:

- [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)

Your WAVE facilitator and Smokefree Health Promoter can support your school to further promote and progress smokefree in your setting.

## FOR SCHOOLS

Educating our young people about the benefits of a smokefree lifestyle is essential. Schools are encouraged to implement a whole of school approach. Smokefree can be used as a topic to engage students through a range of curriculum areas.

- KOTAHITANGA:** Mā tō tātau manu tonu me te whakaatu i te kotahitanga e tutuki ai a tātau tohenga
  - A 'whole school' approach to wellbeing will have positive effects on students' health and learning.
- RANGATIRATANGA:** Mauria atu te mana me te rangatiratanga o ōu tīpuna.
  - Being Smokefree/Auahi Kore is a wellbeing issue that needs to be addressed and delivered primarily within the context of whānau ora and is an expression of tino rangatiratanga.
- KIA KIKI AKE TE HAUORA:** He iti te tōki e rite anō ki te tangata.
  - If a student is found smoking it is important to work with the student and give them appropriate support to ensure they do not go on to smoke regularly.
- WHĀNAU ORA:** Ko te whānau te hunga tūturu, ko te kaupapa hoki o te iwi.
  - A smokefree school involves the whole school community. Parents, whānau and staff working together with a shared understanding of what keeps young people smokefree creates young people's chances of remaining smokefree for life.
- WHAKAPAPA:** Ko ngā tikanga nei i whakahekeka mai i tētahi whakatipuranga ki tētahi.
  - Young people are less likely to take up smoking when they feel connected to a school environment that encourages their participation and involvement.
- AKO:** He tauutuutu kai te manawa o tō tātau Māoritanga
  - Staff are aware of the risk and protective factors for young people taking up smoking. The role of the school community and environment is imperative in keeping young people smokefree.
- KAUPAPA:** Koia te kaupapa o te rangatiratanga, o te tika, me te maungārongo i te ao.
  - Having smokefree signs and grounds is adhering to the law, however, it is only one step in becoming a Smokefree/Auahi Kore school.



## Staying Smart in the Sun – Online Training Tool for Early Childhood Educators

Summer is officially here and so is the Cancer Society's brand new SunSmart online-training module for early childhood educators. This free and easy to use professional development tool aims to help educators develop their knowledge and understanding of SunSmart practices and the importance of keeping our tamariki safe from the sun. The tool contains four units, which include information on UV radiation in New Zealand, skin cancer, prevention and vitamin D. It also contains frequently asked questions and myth busters for those areas that can be confusing. Educators will receive a professional development certificate once they have completed the module and accompanying questions. Parents are also encouraged to use this tool and read through the SunSmart information. Having trained-up teachers and parents' means that our kiwi kids are being taught good SunSmart habits.



The module is available online now at [cancernz.org.nz/early-childhood-sunsmart-pd-module](http://cancernz.org.nz/early-childhood-sunsmart-pd-module)

For more information, please contact Alex Govan, SunSmart co-ordinator, South Canterbury Cancer Society: [alex.govan@cancercwc.org.nz](mailto:alex.govan@cancercwc.org.nz)

## SAY AHH: THINK MOUTH, THINK HEALTH

World Oral Health Day is on 20 March 2018. A healthy mouth is important to help us eat, speak and smile properly, and is also important for our overall health and quality of life.



**World Oral Health Day**  
20 March

What does your ECE/school/tertiary setting do to celebrate World Oral Health Day and promote good oral health?

Check out the WAVE Oral Health resources in our WAVE Resource Centre [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) to help you promote oral health in your setting. For example, Oral Health Kit, Healthy Teeth Display, Giant Teeth Model, Oral Health Education Resource for Secondary Schools, etc.

For more information on World Oral Health Day visit: [www.worldoralhealthday.org](http://www.worldoralhealthday.org)



## WAVE Resource Centre

The WAVE Resource Centre has a range of resources to support the implementation of health and well-being initiatives which are available for education settings to borrow free of charge.

### Health priority topics include:

- |                 |                   |
|-----------------|-------------------|
| Alcohol         | Children's Health |
| Nutrition       | Oral Health       |
| Pasifika Health | Physical Activity |
| Māori Health    | Mental Well-being |
| Sexual Health   | Smokefree         |
| Sunsmart        |                   |

The full catalogue of resources can be viewed and ordered online using your log-in details

[www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)

If you do not know your log-in, or if you want to discuss your resource requirements, give us a call on 687 2606 or talk to your WAVE Facilitator.



# Growing Healthy Little Gardeners



\* Find out more about Legionellosis from compost at [www.cph.co.nz](http://www.cph.co.nz)

Encourage good bugs like ladybirds and praying mantis



+ Seeds for planting are often treated