

Deadline for submitting information for next newsletter is 27 March 2015 - articles can be emailed directly to: [amanda.goodman@cdhb.health.nz](mailto:amanda.goodman@cdhb.health.nz)  
The WAVE newsletter is published quarterly

## Kia ora koutou, Greetings to you all.

### Whaowhia te kete mātauranga

Fill the basket of knowledge

Welcome to the first WAVE newsletter of 2015. With the academic year underway, another busy year of learning begins.

We are looking forward to offering a variety of WAVE professional development opportunities this year. Facilitators are in contact with settings about the range of workshops on offer; February begins with workshops on healthy eating in ECE's, and gardening for all education settings. Further details are available from your WAVE facilitator, and on this page.

At the end of 2014, WAVE evaluations were completed; many thanks to you for taking the time to provide valuable feedback. The analysis of the evaluations is currently taking place and we look forward to using the information to continue to guide the work of WAVE. A number of settings were also involved in a national pilot of a health and well-being tool. We are grateful to those of you who participated in this and thank you for your time and feedback.

Late last year the WAVE team finalised the updated WAVE Guide, a resource for education settings and organisations working with WAVE. Facilitators will be providing your setting with copies of the guide.

We have been encouraged to see the numbers of people visiting the WAVE Facebook page increasing over the past few months. If you haven't already seen our page, search for WAVE South Canterbury on Facebook and 'like' us to keep up to date with our posts.

Noho ora mai (stay well)

Rose Orr - Team Leader

## WAVE Professional Development - Term 1



### WAVE Edible Gardening Workshops

Monday 23rd February, 3.30pm – 5.30pm,  
Grantlea Downs Primary School, Timaru

The first in a series of four gardening workshops, this two-hour session is open to teachers, parents/whānau, and all other adults involved in gardening at any education setting. To register or find out more, contact your WAVE Facilitator.

### The Early Childhood Healthy Eating Workshops

Include a focus on:

- The nutritional requirements of children under 5yrs
- Lunch ideas
- Support for cooks
- Cost effectiveness
- Celebrations

The workshops will take place from 4.00pm – 6.00pm.

**Timaru:** Second Wednesday of the term: 11th February, 29th April, 29th July, 21st October, Cancer Society rooms, 32 Memorial Ave, Timaru.

**Twizel:** Thursday 19th March, venue TBC.

**Waimate:** Tuesday 19th May, Waimate Kindergarten.

Register with Debbie Johnstone: [debbie.johnstone@cdhb.health.nz](mailto:debbie.johnstone@cdhb.health.nz)



## Thanks and best wishes

### WAVE thanks Angela O'Connor

For her support of WAVE  
since it started in 2006.



As the Early Childhood Education representative on the WAVE Working Group, Angela's experience and insights have been a valuable contribution. We wish Angela all the very best as she moves into the next stage of her career.

### Secondary Schools Physical Activity and Health Promotion

Thursday 23rd April, 1.00pm – 3.00pm,  
Timaru (venue TBC).



This PD session will focus on how to implement the physical activity health promotion standard, (AS91503 (PE 3.6): *Evaluate the use of health promotion to influence participation in physical activity*) and increase knowledge of the different health promotion models. To register or find out more, contact your WAVE Facilitator.



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



# Early Childhood Education

## Waimate Kindergarten

### Nurturing our garden

It has been really encouraging to see how many families have supported our 'spud in a bucket' activity at Kindergarten. The children have been busy watering and caring for our spuds and placing pea straw on them to encourage them to grow, hopefully ready for our Christmas feast. To further support our healthy eating and learning about how to grow our own vegetables, we are now planting lettuce, courgettes, bok choy, and sweet corn into our vegetable patch. Children are taking responsibility for planting and watering these while getting their hands dirty to ensure we have a bumper crop this year. We look forward to trialling the fruits of our labour here at Kindergarten and also providing you and your family with something from the garden especially raised by your child and their friends. In addition to 'spud in a bucket' the teachers also planned for children to plant their very own courgette plant seed in a container to take home and replant at home once they establish.

This is directly related to our Early Childhood Curriculum Te Whāriki Mana Aotūroa as children are developing working theories for making sense of the natural world as they build respect and develop a sense of responsibility for the well-being of the living environment.



## Rata Kindergarten



Our children at Rata kindergarten regularly walk across the road to visit with the residents at Wallingford home. Recently they helped our children plant potatoes in buckets. We are looking forward to seeing how many grow when we harvest them at Christmas.

With our WAVE funding we were able to visit Arowhenua School. They made us feel very welcome, we were able to share our waiata learning. Our school friends showed us around their school and shared some of their learning with us. We took the bus and on the way back to Kindergarten travelled past many of the children's homes and important features of our community here in Temuka.





# Oral Health

## World Oral Health Day 2015, Smile for Life

### Smile for Life!

Celebrated on the 20th March, World Oral Health Day is a chance to celebrate the benefits of a healthy mouth and everything they allow us to do and enjoy. It is also an opportunity to promote awareness of the issues around oral health and the importance of maintaining oral hygiene for everyone old and young.

This year's theme is about celebrating life and keeping a lifelong healthy smile: 'Smile for life!'. It is a day for people to have fun – a day that should be full of activities that make us laugh, sing, and smile! So take the time to enjoy World Oral Health Day this year. Why not have a celebration at your setting, invite your family, whānau, and wider community along and together celebrate the lifelong smiles of everyone!

If you need any support or resources, talk to your facilitator, or contact me on the details below. Also check out the website [www.worldoralhealthday.com](http://www.worldoralhealthday.com) for any of their resources.

If your setting does any activities, we would love photos for our next newsletter, send them in with a description – a couple of sentences is fine.

Our Facebook page is another great way to show everyone else what great work you are doing – search WAVE South Canterbury and post to our page. Have a great Oral Health Day everyone!

Emily Watson - Child Nutrition and Oral Health Promoter  
[emily.watson@cdhnb.health.nz](mailto:emily.watson@cdhnb.health.nz) 03 687 2621



**Above:** Last year the ECE Oral Health Kit was updated and following its high demand, we now have three kits available in the resource centre. These kits cover: centre policies, curriculum activities and games, and posters and fliers for your centre, parents, and whānau.

Head over to our WAVE website to book the kits or contact your WAVE Facilitator if you can't remember your password! It contains lots of ideas for oral health promotion – the perfect support for World Oral Health day in March – or why not make a whole month of it!!



**Left:** McKenzie Kindergarten was one of the lucky centres to use the ECE Oral Health Kit last year and these are some of the wonderful drawings the children did of their teeth.

## Primary Education

### St Patrick's Waimate

#### St Patrick's Waimate visit Waihao Marae

In 2014 St Patrick's school attended Waihao Marae as part of a years work around Tikanga Maori. The hui began with a Powhiri process supported by Suzy Waaka, WAVE's Maori Health Promoter. Throughout the day the students had opportunities to take part in a number of different cultural activities which were lead by members of the Education unit of the South Canterbury museum, as well as taking part in a Hangi lunch provided by the Marae. This was a great experience for the students, for whom many this was their first Marae visit.





## ***Gleniti School***

### **Nude Food Day**

This year the WAVE team were keen for our school to take part in 'Nude Food Day'. This involved encouraging all the students in our school to leave all 'waste' packaging (such as plastic wrap) out of our lunch boxes for the day. On the day, WAVE team members checked out everyone's lunch boxes and rewarded people for their efforts. In classrooms, teachers took part in mini-lessons to teach children about the impact of waste materials on the environment and the alternatives available to us. Almost every lunch box was environmentally friendly. We thought it a very worthwhile activity!



### **Crazy Kebab Lunch**

Our WAVE team were enthusiastic about planning our 5+ a day event once again, for the nationwide competition. We decided on a 'crazy kebab lunch' in which the whole school were invited to the hall at lunchtime to create their own kebab from the array of colourful fruit on offer. The queue was huge!! Luckily we had enough for everyone. The children loved making their own yummy kebabs. We were excited when the Timaru Herald came to cover our event. The WAVE team felt very proud of their efforts in encouraging healthy eating in our school.

### **CHECK OUT OUR AWESOME VIDEO ALSO!!**

<https://www.facebook.com/video.php?v=406628672825469&set=vb.205075272980811&type=2&theater>

(Also able to be viewed by viewing the Gleniti School facebook page – among the most current videos!)

## ***Highfield School***

### **Student Gardens**

Throughout 2014 the students at Highfield School assisted with the development of some student gardens. Here are some photos of them taken very early in the new year. They have been well maintained over the summer break.



## ***Timaru South School***

### **From Cooking to Catering**

In 2014 parents at Timaru South school were given the opportunity to come to a series of budget cooking lessons with Carey, a community volunteer and great cook. This series of 10 lessons went down a treat and the parents are now making pizza for students to purchase for lunch. These are described by the children as yummy and the best pizzas ever.





### Healthy Eating at Pareora

Children at Pareora had a special healthy food day after a week of classroom activities. These activities ranged from the junior room borrowing a WAVE food pyramid and learning about the importance of having fruit and vegetables everyday, to the senior room also taking part and learning about the importance of reducing sugar in their diet. At the end of this the students all produced food to share with the whole school for morning tea and at lunch. The junior room made veggie soup while the middle and senior rooms produced fruit kebabs and a variety of veggies and dips. The day ended with the children talking about and showing parents what they had learnt during the week. Well done Pareora - keep up the good work ☺



## Secondary Education

### Craighead Diocesan School

#### Craighead Diocesan School - Wellness Week

The concept of Hauora or Wellbeing encompasses the physical, mental/emotional, social and spiritual dimensions of health. Each of these four dimensions influences and supports the others. Late in term 3, the Health Committee at Craighead Diocesan School ran a 'Wellness Week' to raise awareness of the interconnectedness of what makes up our well-being.

Activities include relaxation, massage, increasing fruit intake, yoga and Zumba dance, group and individual competitions, the showing of a comedy movie, and good hand-washing practice. Year 11 students also displayed their own posters on aspects of Resilience and the school was decked out in sunny yellow.

This was an important innovation for the school and something to be repeated next year.



# Ki O Rahi Tournament

## Ki O Rahi Secondary School Tournament

The Ki O Rahi (Traditional Maori Game) second annual Secondary School Tournament was held on 2 December at Caroline Bay, Timaru.

The tournament was played under sunny skies with all the teams playing at least three games during the day.

St Kevin's from Oamaru won against Timaru Boys High school in the final of the boys section to take out the tournament. Many thanks to all the schools competing as well as the YMCA and Sport Canterbury for supporting this event. It was a great tournament which was played in good spirit by all.

The schools look forward to again competing for the Ki O Rahi Secondary school trophy in 2015.

### History and Objective of the Game

- Have fun and out score the opposition.
- KIOMA score by touching pou/s with the KI (for potential points) then running the KI through TE ROTO and placing it down in PAWERO, to convert pou touches into points.
- Taniwha score by hitting the TUPU (barrel) with the KI (ball), both teams attempt to stop the other team from scoring.

### Ki O Rahi in the US

The game of Ki O Rahi is a very fast game with heaps of action. A key advantage for players, is the ability to quickly evaluate the rapid game situations.

This is the main reason the US curriculum Directors have used the New Zealand game in the education of junior children, as Ki O Rahi promotes problem solving and group co-operation. It also enables children of all abilities to express movement in many different ways.

The game utilises all types of ball skills and physical movement. In the US, it is played by children aged 12 years and under in over 31,000 schools.

If you need any more information about Ki O Rahi or increasing physical activity in Secondary please contact:

**Greg Newton**  
Physical Activity Health Promoter (Secondary Schools)  
[greg.newton@cdhb.health.nz](mailto:greg.newton@cdhb.health.nz)  
Ph 03 687 2607



## BikeWise

### February Is BikeWise Month - Try our new 'BikeWise Explorer'

This summer, families and friends are being encouraged to discover the Timaru District Walkways and Bike Tracks by bicycle or foot as part of the new Bike Wise Explorer.

The Explorer involves people cycling from checkpoint to checkpoint, recording answers on their entry form as they go. Once finished, participants return their completed entries to go into a prize draw.

The Bike Wise Explorer is an ideal holiday or weekend activity for families, students, workplaces and visitors - it's all about having fun and keeping fit, while exploring the local area.

Anyone who is keen to participate can collect their entry forms from Community and Public Health, 18 Woollcombe Street, Timaru or email the contact below for an electronic copy.

**Stacey Day**  
South Canterbury BikeWise Coordinator  
Phone: 03 687 2626  
Email: [stacey.day@cdhb.health.nz](mailto:stacey.day@cdhb.health.nz)







Sunsmart Week started off with a talk at each of the assemblies by the WAVE students – the junior assembly the Friday beforehand and the senior assembly on Monday morning. The WAVE students spoke about how we should keep ourselves safe from the sun and the importance of wearing our hats outside and applying sunscreen.

On Tuesday the WAVE students did workshops with the junior classes and taught them the Undercover Cody song which was enjoyed by all. Wednesday was the day that the posters needed to be handed in for judging. The students were asked to create a poster with a catchy phrase about being Sunsmart. Almost every junior student handed in a poster and it was very difficult to choose the best – they were all so good.

Thursday we had our Sunsmart Quiz competition. We had ten teams, made up of four people, and a combination of both junior and senior students. We held it in the foyer and had a good crowd to watch as well. The competition was fierce, however one group managed to win by just one point. Greg Newton from WAVE was on hand to congratulate the students and prizes were able to be handed out to the winning groups.

Friday afternoon we finished our Sunsmart Week with water play where students were able to slide, splash, jump, throw and get thoroughly wet. This is always the most popular of the activities. Congratulations to the WAVE students for another successful Sunsmart Week at Twizel Area School.

**Are you after a new cross-curricula resource for lesson planning....**  
*Then SunSmart resources are just for you!*

-  Enhance numeracy and literacy development
-  Aligned to National Standards
-  Science concepts including sun and energy

Find them at  
[www.sunsmartschools.co.nz/teachers/curriculum-resources](http://www.sunsmartschools.co.nz/teachers/curriculum-resources)  
 or on your interactive whiteboard

For more information  
[contact@cancercwc.org.nz](mailto:contact@cancercwc.org.nz)

## SneezeSafe® 2015



Following on from the success of the SneezeSafe® initiative last year, South Canterbury Community and Public Health and the South Canterbury District Health Board will be working together to promote the flu hygiene programme in 2015.

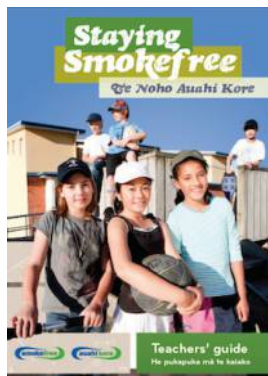
SneezeSafe®, which utilises simple and interactive ways to reinforce flu hygiene skills, will take place over the first three weeks of Term 2. Look out for more information from your WAVE facilitator and Public Health Nurse.

## Smokefree Resources

On 10th December 2014 it was the 10 year anniversary of the Smokefree Environments Act change, which made pubs, clubs and education settings smokefree. Ten years on, we now have a goal of a Smokefree New Zealand 2025, which means:

- Our children and grandchildren will be free from tobacco and enjoy tobacco-free lives
- Almost no-one will smoke (less than 5% of the population will be current smokers)
- It will be very difficult to sell or supply tobacco.

Therefore, it's a timely reminder about some useful Smokefree resources developed for Primary and Secondary schools.



Staying Smokefree / Te Noho Auahi Kore is a cross-curriculum resource for students in Years 7 and 8. It comprises a Teachers' Guide with planning notes, themed stories with accompanying audio (MP3 files) and learning activities. The primary focus is levels 3 and 4 of the health and physical education learning area but there are also links to other areas, including social sciences, mathematics and statistics, and English.



Our Smokefree School / He Kura Auahi Kore (Practical Guide to being a Smokefree Community) is designed to support schools with Years 1–13 students to embrace the smokefree/auahi kore kaupapa. It contains practical advice for principals and Boards of Trustees on how to embed smokefree lifestyles into the culture of their school.



We also have other Smokefree resources available such as our Hari kit for younger ECE and Junior primary children, Double Surprise book and Smokefree Messages. Please enquire further if there is something you are after.

Hari is a Smokefree resource for young children that reminds grown-ups not to smoke around them. Remember the only thing we should light up in front of our children is their eyes.



### For more information, advice and support:

For Smokefree resources or for more information about Smokefree in your setting, talk to your WAVE Facilitator or contact Leola Ryder, Smokefree on 687 2610 or [leola.ryder@cdhb.health.nz](mailto:leola.ryder@cdhb.health.nz).

## WAVE Resource Centre

*Have you visited the WAVE website lately to check out the WAVE resources available?*

There are many resources for settings to use, free of charge. In three easy steps you can book resources to use in your setting:

1. Go to [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)
2. Log in using your allocated user name (contact Amanda Goodman, WAVE Administrator if you require your log in details, phone (03) 687 2600)
3. Search the resources available and book the ones you wish to use.



WAVE staff demonstrating some of the awesome resources available