

Deadline for submitting information for next newsletter is 3 July 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.

**Kāhore taku toa i te toa takitahi, he toa takitini**  
*We cannot succeed without the support of those around us.*

This whakataukī reminds me of the value of working together, and all that we can achieve collectively. This was reiterated to me when reading through the 2014 WAVE evaluation report, which you will find on our website. The evaluation involved surveys undertaken with ECE and school settings. The report shows the positive impact of WAVE through a strong partnership with South Canterbury education settings. It shows areas that are going well, and what we can improve on. One area of improvement was the website, so we are glad to share the new site with you.

As Term 2 begins, the WAVE team is delighted to launch our updated WAVE website. We are grateful for all the work that has gone on behind the scenes to update the website and the Resource Centre booking system. We're excited about these updates, and hope that you enjoy them too!

The address remains the same [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)

Professional development workshops continue this term with healthy eating, gardening, sexuality education, and physical activity examples of the range of areas covered. Your WAVE Facilitator has all the details, and we have also included information in this issue.

As we head into winter, the SneezeSafe message is very timely. During the first three weeks of Term 2, the WAVE team and Public Health Nurses will be visiting a number of settings to provide a SneezeSafe session. You can also visit [www.sneezesafe.co.nz](http://www.sneezesafe.co.nz) for information.

Best wishes for a great term ahead.

Noho ora mai (stay well)

**Rose Orr - Team Leader**

facebook



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



## St Patricks School



St Patricks school in Waimate celebrated becoming Sunsmart accredited with a special assembly. Mandy from the Cancer society and Janet their WAVE Facilitator attended as special guests.

# Early Childhood Education

## Rata Kindergarten

Spud in a bucket has become a great competition between Rata Kindergarten and Wallingford Rest Home. Our relationship between the two generations continues to strengthen. This year we all met in February over at the rest home and the buckets were emptied and the spuds counted. The children were very excited to see so many spuds. A prize was given to Arabell, the winner from Rata and the rest of the children then received a treat. This continues to be a wonderful community event.

On Thursday we had a visit from some of the residents and the children were very excited to show them some of the things they had been doing here at kindergarten. They watched the children painting and working on their collage projects. At the end they were treated to a dance session with some of the different forms of music we have been listening to recently. One of the children's favourites has been "Rock Around the Clock".



## Rhona Day Kindergarten

The Teaching Team at Rhona Day Kindergarten thank Debbie and the team at the WAVE Resource Centre for their support. We make regular use of the sporting equipment from the resource catalogue within our programme.

The range of equipment available provides our children with the opportunity to develop their sporting interests, physical strength and coordination.

This term we have experimented with the hockey set, the golf clubs, the balance boards and the dizzy giddy. The fun and

team work we have shared has linked to our Term One Group Planning Focus: Relationships - Ngā Hononga - Children will develop a sense of who they are and their place in the wider world of relationships.

Each child has become involved with the resources as they are comfortable. Some have taken on leadership and coaching roles – sharing their prior knowledge. We have observed a very positive level of respect for new team mates. Courage and involvement are celebrated with strong sense of inclusion and belonging.





# Primary Education

## Waimate Centennial School Health Team

### Painting the White Horse

The Waimate Centennial School Health Team were busy in the school holidays cleaning and painting the White Horse with help from a number of Mums and Dads.

Thanks must go to Greg, Paul and Tim Soper who had already water blasted the horse for us.

We met up at the horse early one morning at the beginning of the school holidays with paint, brushes and rollers in tow and set to work. Thank you to the Council and Rotary for supplying the paint and rollers for the job.

The children and adults had great fun and even managed to get most of the paint on the horse and not themselves.

Looking ahead the Health Team will be doing some planting around the White Horse area as their next project.



## Oceanview Heights

This term Oceanview Heights children have been learning about healthy food. They have taken part in a healthy breakfast, made all sorts of yummy snack foods and had a shared play-lunch, then parents helped prepare a healthy lunch which they all enjoyed.

Great to see the children trying and enjoying new foods. Well done Oceanview Heights.



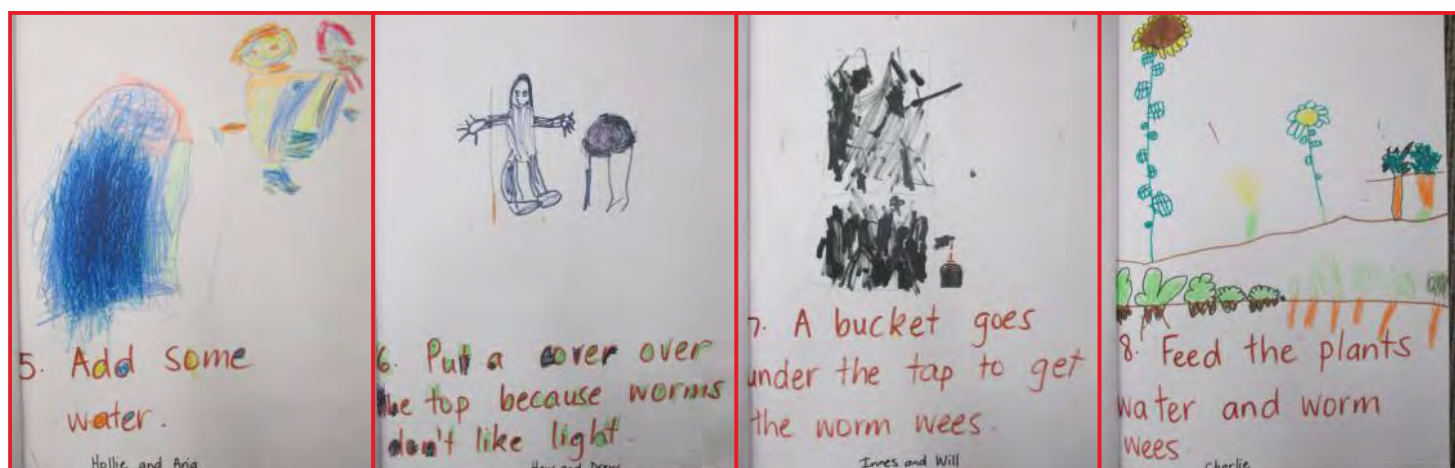
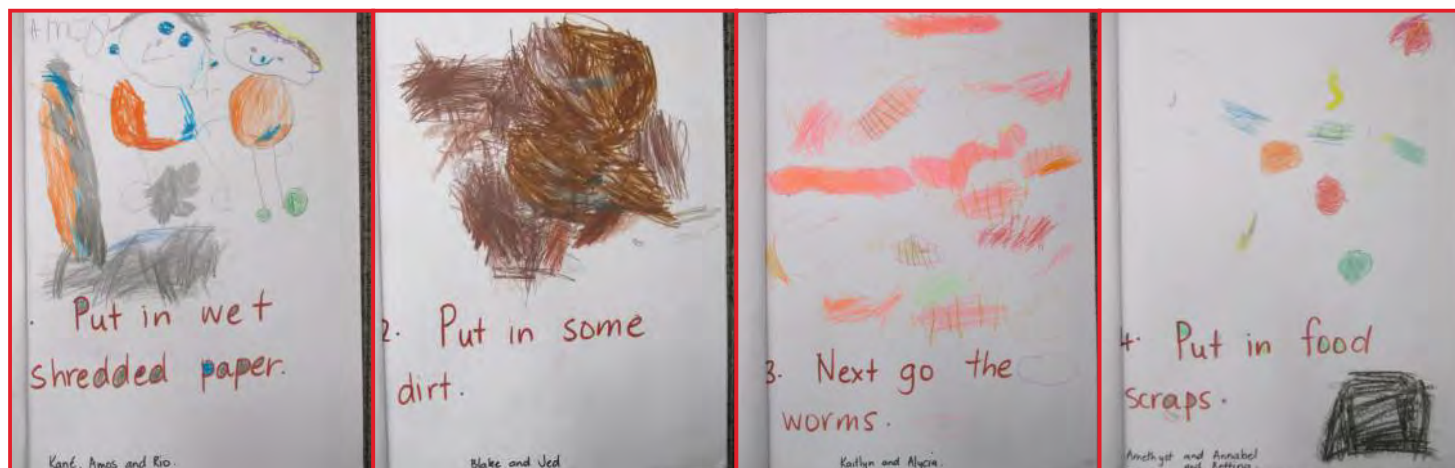
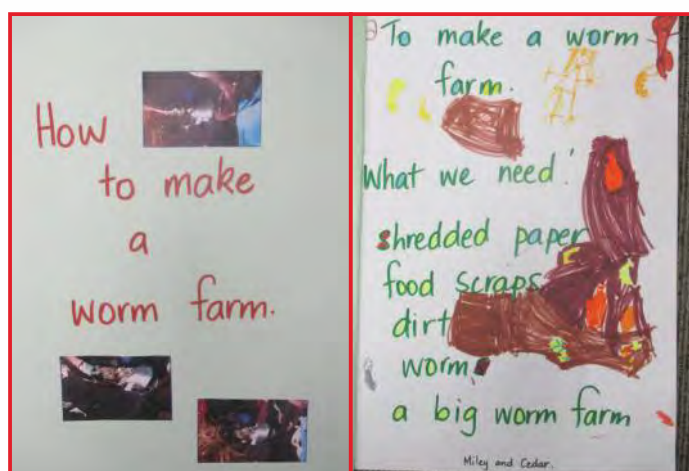


## Woodbury School

At the end of 2014, Woodbury School learnt about worm farms. The school were taught how to develop their worm farm by Briony Woodnorth from the Timaru District Council and their WAVE Facilitator Josh.

This year they plan to use all the awesome nutrients from the worm farm to support their new gardens that the students and staff are developing.

Here is a story from Woodbury:



## Timaru South School

### Breakfast Club Opens

At the start of the year, taking advantage of the national Kick Start Programme, Timaru South School started running a Breakfast Club. The School Council students are responsible for running this and it's on every Thursday morning. Children get Weetbix with banana and milk and a cup of Milo. Yum yum!



During Term 1, Makikihi school children along with their parents celebrated the fruits (and vegetables) of their labour and sat down to a banquet with food entirely from the school garden. Under the watchful eye of Mr Facer who helps the children in the garden, they prepared and cooked an awesome array of school grown produce and invited whānau to join them.



### Makikihi School Celebration Banquet 3 March 2015

#### Menu

##### Main meal

Silverside (cold)  
Roast potatoes  
Gourmet potatoes (minted  
– with a pinch of parsley)  
Sweet corn  
Runner beans (sliced)  
Dwarf beans  
Zucchini (angle sliced and  
stir fried)

NZ spinach (stir fried)  
Carrots – cooked  
Carrots – raw  
Tomatoes – raw  
Beetroot (cold)  
Roast parsnip

##### Dessert

Rhubarb crumble  
Carrot cake

##### Drink

Blackcurrant drink



The following settings were successful in obtaining WAVE funding for their Health and Wellbeing 2015 initiatives.

#### Māori Health

- Timaru Christian Preschool
- West End Kindergarten
- Makikihi Primary

#### Physical Activity

- Rhona Day Kindergarten
- Lake Tekapo Primary
- St. Patricks Waimate
- Waimate High

#### Nutrition

- Hanan Kindergarten
- Waimate Kindergarten
- Timaru South Pareora
- Oceanview Heights
- Waimate Main
- Grantlea Downs

#### Edible Gardens

- Arowhenua Māori School
- Timaru South Pareora
- Fairlie Early Learners
- Little Wonders Wai-iti Road
- Pleasant Point Playcentre
- Waimate Mobile Kindergarten
- Tī Kōuka Kindergarten
- Woodbury School
- St. Andrews School
- Barton Rural
- Ranui Kindergarten

#### Environment

- Geraldine High
- Morven Primary
- St. Josephs Temuka

#### Sunsmart

- Waimate Childcare

#### Mental Wellbeing

- Joint project: Community College, YMCA, Aoraki Polytechnic, Trade & Commerce, and Timaru Fishing School





February 2015 marked the **13th Annual BikeWise Campaign** - New Zealand's national programme of activities which promote cycling as a fun, healthy and safe way to travel. BikeWise aims to inspire more Kiwis to give cycling a go while at the same time raising awareness of the need for cyclists and motorists to share the road safely.

The following are photos and captions from some of our local BikeWise events:

**'BikeWise Explorer'** event was run throughout January and February, promoting families to enjoy some of the local tracks in South Canterbury. Entry forms with the maps and questions on were available through Bike Barn, The Cyclery and Community & Public Health and participants were able to do it in their own time and at their own pace. We offered eight different tracks in our region, with a total of 142 entries received, and 28 people doing two or more tracks. Three people entered were from Christchurch. Bike Barn and The Cyclery both donated a helmet and two sets of lights as prizes, along with two BikeWise prize packs.

**'Timaru Cycling Club FUN Night'** was held on Wednesday 4th February at Levels International Motor Raceway. It gave people of all ages the opportunity to ride the track on any type of bike, and although it was a cool and windy evening, 17 keen riders came out and had a go!



**'Go by Bike Day'** on Wednesday 11th February saw a large number of education settings registering, and all receiving some BikeWise goodies. Here are some comments and photos from some of those who took part.

## HANAN KINDERGARTEN

What an awesome wheels day we all had. There were bikes and scooters galore at Kindergarten, lots of fun risk taking challenges to achieve, yummy kai and of course lots and lots of FUN! Children showed persistence and determination as they attempted the challenge course set up outside and delight in achieving the completion of the course.

A great BIG thanks to everyone in our Hanan Community who sponsored the children for this day.



## PLEASANT POINT PRESCHOOL AND KINDERGARTEN

We have had a fantastic time celebrating Bike Wise Month with the tamariki. We have even had a parent come in and say that her three children (all in the Kindergarten) will NOT go anywhere on their bikes now without wearing their helmets because "MEGAN said it isn't safe!" How cool is that?

The Post lady came in and talked to us about her bright colours and her helmet which keeps her safe. Our Wheels evening was a huge success with lots of whānau attending as well as older siblings and we are proud to say we had 100% of kindergarten tamariki turn up with their helmets on!

Thank you for the bike prizes - they were great giveaways on the night. Regards Megan





## KIDSTART BARNARDOS

KidStart Barnardos children had playgroup down at the Bay tennis courts one day during BikeWise month. A great time, children were encouraged to wear helmets, ride safely, not too fast and look where they were going. The older children also had to look out for the little ones. The children really loved the bells, snap reflector bands, and spoke beads that BikeWise provided. A great day out. Ka Kite Anne Richmond  
Kidstart Barnardos Homebased Services

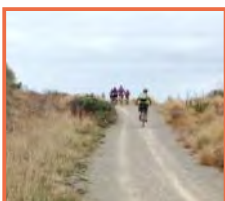


## MORVEN PLAYGROUP

Morven Playgroup having fun on their variety of bikes during BikeWise month.



**'RIDE TO THE BAY'** was held on Sunday 15th February. Approximately 50 adult riders and 56 children participated in the ride through the Scenic Reserve to Caroline Bay. A proper finish line was put up this year and drinks offered to all participants. The first rider to the bay took approximately 40 minutes! The track was better marked out this year with painted arrows guiding people in the right direction. A number of BikeWise spot prizes were given out.



## 'SOUTH CANTERBURY MOUNTAINBIKE CLUB RIDE'

was held on Monday 23rd February with about 18 people participating including five new riders! All of the riders started on the new kid's track which has been developed by the SCMTB Club and TDC. A couple of the riders were very supportive with a few younger children, showing them new skills and encouraging them on various tracks. The other riders enjoyed the different tracks throughout the scenic reserve and everyone rode for approximately 1 ½ hours. Once again BikeWise spot prizes were given out to those who participated.



Well done to everyone who took part in BikeWise month, it was fantastic to see so many cool photos of children and families riding bikes – keep it up.

**Stacey Day - South Canterbury BikeWise Coordinator & School Travel Planner**

## Professional Development



**Reminder - the next Early Childhood Healthy Eating workshops will take place from 4.00pm - 6.00pm as follows:**

Timaru: second Wednesday of the term: 29th April, 29th July, 21st October, Cancer Society rooms, 32 Memorial Ave, Timaru.  
Waimate: Tuesday 19th May, Waimate Kindergarten.

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

The following two workshops will be facilitated by Family Planning Association.



**Laying the Foundation for under 8's - Tuesday 12th May, 6.00pm - 8.30pm, S.C. Community College Restaurant, 20 Elizabeth Street, Timaru**

This workshop, for staff and parents from ECE & Junior Primary (Year 1 & 2) aims to assist participants with knowledge, skills and confidence to manage and support positive sexual health and relationship development, both for the child and their whānau.



**Sexual Health and Relationship Education (SHaRE) - Tuesday 12th May, 12.30pm - 4.30pm, S.C. Community College Restaurant, 20 Elizabeth Street, Timaru**

The workshop aims to provide teachers of sexuality education with the tools and confidence to effectively support the curriculum requirements and sexual health and development of students.

Your WAVE facilitator will provide you with more information about the professional development available.



**Food Matters: Enhance the brain power in your school**  
- Wednesday 27th May, 3.30pm - 6.30pm, Cancer Society, 32 Memorial Ave, Timaru

This workshop is ideal for school management, WAVE lead teachers, Food Technology teachers, and Board of Trustees members.

The workshop will cover:

- How food helps learning
- Five easy things you can do to make a difference to what kids eat

- What other schools are doing to help students make healthy eating choices
- Practical ways to make your school food and nutrition activities more worthwhile
- Food ideas for busy teachers. How to beat tiredness, better manage stress, avoid winter ills.
- Talk to your WAVE facilitator to register.



**WAVE Edible Gardening workshops - Monday 4th May, 3.30pm - 5.30pm, Grantlea Downs Primary School, Timaru**

The second 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.

# Sex Wise!

## Theatre in Health Education Trust (THETA)

During March the Theatre in Health Education Trust (THETA) was in South Canterbury presenting Sexwise, an interactive theatre based programme for young people. They performed at Twizel Area, McKenzie & Opihi College as well as the Community College, YMCA, Aoraki Alternative Education and the Teen Parent Unit. The following is feedback from the event.

"Last week at Community College we had a performance come along and act out a show for us – the group is called Sex Wise. At first I thought it was just going to be a talk about sexual education but as the show started I thought hmm this is going to be interesting. The four actors were singing and dancing.

As the show went on it started to create a story, the actors did so well making their character come to life. It was based on four teenagers trying to deal with real life situations. At the end we found out that two of the characters were together and they became pregnant. She decided to get an abortion so they broke up but they still loved each other.

The actors got us involved which I thought was really cool! We got to have a say in what we thought and we got to ask the actors questions. I thought the performance was really good, it got so real and emotional. They engaged everyone in the audience. I think it is such a great way to get the youth involved with talking about sex and what can happen. I would definitely recommend Sex Wise!"

Tessa Reid, Student

"My opinion is that it was really good. I learnt a lot from it in a fun way. It made me understand more about sex, feelings and the way people react".

Susanna Stuart, Student

"The success of the Sexwise presentation was extremely apparent in the way that the students became so involved and interactive, with seemingly limitless questions and feedback".

Michelle Baker, Teacher



# Smokefree

## Brief facts you can share with your setting

Did you know? Parents/Whānau who quit smoking reduce the odds of their child becoming a regular smoker by 25% (if one parent/whānau quit) and 39% (if both parents/whānau quit)

Community and Public Health provides a free stop smoking programme for whānau and community. This is a face-to-face mobile service. We provide Nicotine Replacement Therapy and regular support to help you become smokefree.

Call 0800 222 383 or text 027 22 60 356.

World Smokefree Day is 31st May each year. If your school would like assistance to organize a campaign, information or resources please call our Smokefree Health Promoter.

Leola Ryder on 687 2610 or [Leola.ryder@cdhb.health.nz](mailto:Leola.ryder@cdhb.health.nz)

