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Deadline for submitting information for next newsletter is 18 December 2015 - 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.

Kia tū, kia māia

Seize the day

Heading into the last quarter of the year, it is timely to take a moment to reflect on the great work undertaken this year and acknowledge the opportunities that settings have seized to support the health and wellbeing of their education community. In this newsletter settings share examples of their health and well-being actions, ranging from gardening, healthy eating, travel plans, through to connections between an ECE and secondary school.



Ally Pieromaldi

This is also the time that planning for 2016 gets underway; WAVE facilitators will be talking with you about plans for next year, and professional development opportunities.

I want to take this opportunity to introduce Ally Pieromaldi, WAVE Administrator who recently started with our team. Ally brings a wealth of

administration experience to the role and is quickly settling in and learning all things WAVE-related.

We farewell Amanda Ruemenapf (nee Goodman) who has been in the WAVE Administrator role over the last year. Amanda runs a successful dance school and is finishing with WAVE to enable more time for her dance work. We wish her the very best for the future and thank her for all her work with WAVE.

As everyone heads into the busy time ahead, the WAVE team wish you all the very best for a happy, safe and peaceful summer break.

Noho ora mai (stay well)

Rose Orr - Team Leader

Early Childhood Education

Rata Kindergarten

Over the past few weeks we have been very fortunate to have had Evan and Cody from Opihi College come and join us here at Rata Kindergarten.

What a great opportunity to make links with our local community. Each Wednesday morning they arrive and join the tamariki in their play for half an hour.

The tamariki have had some great role models and have had opportunities to work with Evan and Cody in the sandpit, play games, read stories and many other activities of their interest.



Evan



Cody reading to Zion

John Street Kindergarten

As part of John Street Kindergarten's healthy eating initiative this year they used puzzles to support their teaching programme. Thank you for the funding that enabled us to purchase some wonderful puzzles. The puzzles are of food groups that lead to discussion on healthy foods which support our programme. The children are enjoying these challenges.



Thank you, John Street Kindergarten, Waimate

Congratulations



Congratulations to Sally Anderson, Student Support Person from Community College who has won the ITENZ (Independent Tertiary Education New Zealand) learning support person of the year award.

Little Wonders Childcare (Aoraki)

Here at Little Wonders we were honoured to receive WAVE funding to support our sustainable practices. We have established a worm farm in which we feed the worms with scraps from our meals we have here, then use the worm juice to put into our vegetable garden which we are at the beginning stages of developing.

We are also using the funding to up-cycle different materials. We have purchased chairs from the Crows Nest which we have turned into a 'mat time' chair and also others which we have put on our deck to create a more 'homely' feel. We will be replacing any broken tableware or mugs with up-cycled materials.



Gardening Workshop

This year WAVE held four Edible Gardening workshops. Participants have had the opportunity to explore gardening through the curriculum, hear how to manage gardening during a typical busy ECE/school day and enjoy practical gardening sessions.

Our thanks to Grantlea Downs School for hosting us.

Our workshops would not have been successful without Reon's endless gardening wisdom and guidance or Linda's support. The final workshop is planned for Tuesday 27th October 2015.

Feedback from workshops....

"Reon has a very relaxed style of sharing his knowledge – his ideas prompted questions for me to reflect on and explore further"

"The reflection of simplicity and community development through gardening. Fun, easy and affordable"

"loved taking home the worm farm and the sow and grow lady was awesome!"

"Gaining more confidence each course. Many thanks"

"aim to have more children other than the teacher to help out"



Clandeboyne Kindergarten



Kowhai Kindergarten



Pleasant Point Playcentre

Pleasant Point Play Centre

Our inside worm farm has been a very popular addition to our centre.

We have made lots of worm soup, using food scraps that worms like to eat - not the scraps that will give them a sore tummy. We have learnt lots of interesting worm facts, such as worms don't have ears, eyes or legs, and had a few tries of standing with our eyes closed trying to work out how the worms would know if it's bed time or playtime if they can't see.

We have spent time looking for the worms both under the curtains where Miss 4 said 'I can see where they have walked' and also using our careful hands to hold them.

Families have brought along food scraps from home and also some pony and donkey poo too. Worm wee has been collected, bottled and labelled, with the children using it to water our seedlings and taking some home to water their veggie seedlings. This learning has also stirred interest for families to create their own worm farms at home.

Many thanks to the WAVE Team and Grantlea Downs School for providing an opportunity for centres to share and learn and be inspired.



St Joseph's School Temuka - Sustain it!

2015 has been a very busy year for our green team. Our year started off with a focus on Sustaining our Environment. We learnt about reduce, reuse and recycle. As green team members we had an important role in auditing our school waste. We were in charge of going through the school bins and seeing if the other students had put their waste in the correct bin and also taking a close look at what kind of rubbish we had in our school.

From there we decided that our rubbish bins needed to have clear labels on them. We realised that some of our school bins were painted the wrong colour and have talked to the school caretaker about painting them. As a school we wanted to play our part in being sustainable, so we helped organise for the school to create a worm farm. Briony came out from Timaru District Council and helped us make our worm farm.

Our worm farm is now being fed with some of the waste that we have in our school, scraps from school lunches, tea bags and coffee granules from the staffroom and shredded paper from our classroom waste. We have also learnt how to prune the school roses.

This was pretty difficult but we will be able to help our mums and dads to do our ones at home now.

We have been getting our soil ready in our school garden by fertilising it with our worm waste and also adding compost that the Timaru District Council have made in their recycling centre. We have spent the last few weeks setting up our hanging gardens where we have planted lettuces, strawberries and intend to plant some of our herb seedlings that we are growing. We have used old egg cartons and put seed raising mix in them and we are growing our own seeds for the school garden. We have put them inside our tech shed where the window will act like a mini glasshouse and give them protection.

We have planted some of our garden with courgettes, broccoli and are waiting for our seed potatoes to sprout some more before we plant them. We are looking forward to being able to do our bit by sending our produce into Saint Vincent De Paul to give to people who may need them.



St Andrews school

St Andrews School Kapa Haka group celebrated winning the award for Language and Pronunciation at FLAVA this year by putting on a special performance for families followed by a special lunch. Well done to teacher Vicki Evans who has supported this group for a number of years. Photos show the group performing for parents and Zack Wilson and Georgie Sullivan receiving the award from Suzy Waaka WAVE's Maori Health promoter.



Highfield School

Highfield Scooter Skate Park

In the Term 2 holidays, Fulton Hogan came to Highfield School to start the dig out of our scooter and skate board area. They were superb in that they donated their resources and time to assist us – something we cannot thank them enough for.

It has been a long time in the planning process – (our ideas started back with a WAVE survey in 2013) but it has become a real community effort. Michael Broadhead, a parent who works at LID, had the knowledge to design the area. The Highfield Home & School helped raise funds for this area at their School Fair last year and The Warehouse allowed us to be part of the 'No Bags' campaign which raised \$1,569.00 for this area. We now await the next stage to be completed – concreting the area.



Pictured is Sophie - WAVE Lead Student, who has been leading this project, with Nigel from Fulton Hogan.



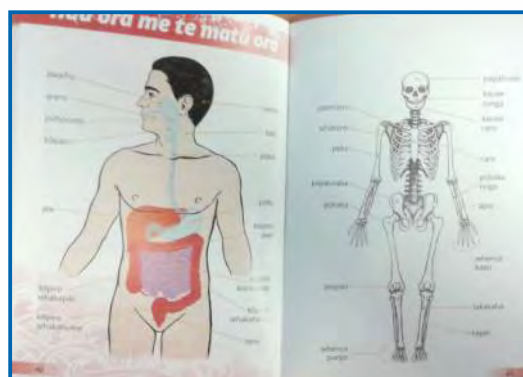
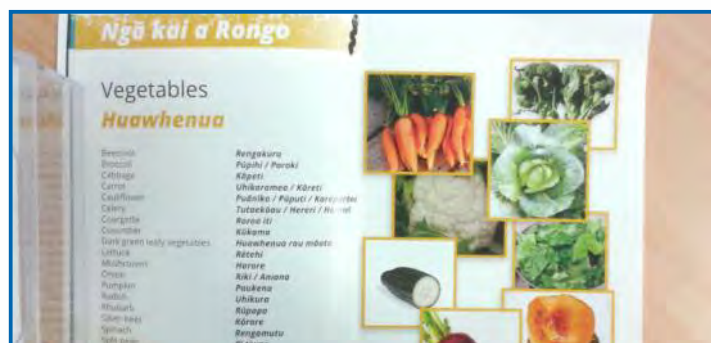
Resources

Check Out Our New Healthy Eating Resources:

Toi Te Kupu He Papakupu Toiora - English to Māori Food Dictionary:

Includes Māori to English and English to Māori section for different food categories; food preparation methods and words used in cooking; nutrients in food and words about health.

A great resource for all ages – even though marketed for Early Childhood Centres, this resource can also be used in primary schools and in high-school subjects such as health, Māori and PE classes.



The Lunchbox Game

Suitable for ages 3-7 years.

This game helps children to recognise and be familiar with healthy lunchbox ideas and develop memory, observational and social skills.

The player who collects all the healthy foods on their lunch box first wins.



Step-By-Step Veg Patch Book:

For all teachers and parents who want to get involved, or are already involved in, a school/community garden.

Step-by-Step advice:

- Easy crop selection for each season.
- Planting and growing with 50 different vegetables and 15 fruits.
- Grow from seeds, planting out, pollination, routine care, harvesting, pests and disease.



Ka Toi Māori O Aoraki Festival



This year we held the ninth FLAVA Festival, 'Ka Toi Māori o Aoraki', at the Theatre Royal on Friday, 14th August. Twenty two kura and nine early childhood centres who had their own event – Korohi o Te Pepi (Singing of the Babies) came from the Aoraki region, between the

Waitaki and the Rakaia rivers. The Kura took part in Kapahaka, performing, arts, and contributed to visual arts. The festival was organised by Arowhenua Whanau Services, alongside a steering group that included teachers and a number of community organisations.

The FLAVA festival is growing in numbers every year and provides students with an opportunity to discover and experience a breath taking lens into Te Ao Māori (the world of Māori), and an awe-inspiring opportunity to showcase and view their wonderful talent. At the same time, whānau, friends and the wider community were able to view the festival and enjoy a truly bicultural festival that was comprised of three categories: Kapahaka (traditional dance and waiata), performing arts (waiata, whaikōrero, short stage drama, music, dance and other stage performances) and visual arts (two- and three-dimensional paintings, drawings, sculptures, and weaving).

Once again, both festivals were a huge success, with the Theatre Royal and Caroline Bay Hall being packed to capacity for the full day. Groups that had clearly devoted long hours to perfecting their skills treated the audience to some incredibly colourful and exciting performances.



FLAVA DVD \$15 each

Place your order by emailing felicity@aws.health.nz

FLAVA Awards 2015

| | | |
|---------------------------------|---|---|
| VISUAL ARTS - JUNIOR INDIVIDUAL | Most outstanding visual arts entry by an individual | 3rd Mason Hellier - Bluestone 2nd Madison Nicholas - Bluestone 1st Alena Goh - Grantlea Downs |
| VISUAL ARTS - SENIOR INDIVIDUAL | Most outstanding visual arts entry by an individual | 3rd Hannah Harvey Mountainview High School 2nd Rhiannon Tumai - Mountainview High School 1st Bradley Mundava - Mountainview High School |
| VISUAL ARTS - JUNIOR SCHOOL | Most outstanding visual arts display by a school | 3rd Arowhenua Māori School 2nd Bluestone 1st Grantlea Downs |
| VISUAL ARTS - SENIOR SCHOOL | Most outstanding visual arts display by a school | 2nd Mountainview High School 1st Geraldine High |
| PERFORMING ARTS - JUNIOR | Most outstanding performance by a junior group or individual | 3rd Grantlea Downs 2nd Bluestone 1st Arowhenua Māori School |
| PERFORMING ARTS - SENIOR | Most outstanding performance by a senior group or individual | 3rd No entries 2nd No entries 1st No entries |
| KAKAHU | Most functional & visually pleasing costume | 3rd Ashburton Intermediate 1st =Arowhenua Māori School & Waimate Centennial |
| INNOVATION | Most innovative and creative performance (any category) | 1st Bluestone |
| TE REO RANGITIRA | Awarded for best language & pronunciation overall | 1st St Andrews |
| KAEA TEINA WAHINE | Most outstanding female lead in junior section | 3rd Eve-Leigh Reihana Robinson - Grantlea Downs 2nd Aalyah Toa - Ashburton Intermediate 1st Maleisha Bower - Arowhenua Māori School |
| KAEA TEINA TANE | Most outstanding male lead in junior section | 2nd = Jacob Grey Ashburton Intermediate & Naziah Reihana - Grantlea Downs 1st Tobias Lomano - Arowhenua Māori School |
| KAEA TUAKANA WAHINE | Most outstanding female lead in senior section | 1st - Kahurangi Stuart - TGHS |
| KAEA TUAKANA TANE | Most outstanding male lead in senior section | No entries |
| KAPAHAKA - JUNIOR | Most points in compulsory kapahaka disciplines in junior section | 3rd Ashburton Borough 2nd Ashburton Intermediate 1st Arowhenua Māori School |
| KAPAHAKA - SENIOR | Most points in compulsory kapahaka disciplines in senior section | 1st - TGHS |
| FLAVA 2015 KA TOI - CHAMPIONS | Awarded to the school with the highest combined score over all three sections | 2nd = Grantlea Downs & Bluestone 1st Arowhenua Māori School |

School Travel Plans

Bluestone School

STUDENTS CONTINUE TO HIT THE PAVEMENTS WITH THEIR FEET AND WHEELS!

Bluestone School have continued to promote and run their 'Golden Shoe Award' throughout the year, including the not so warm and dry winter months. Tanya, Noah and Arwen –the dedicated student team, have collated results fortnightly and presented the Golden Shoe to the winning class in both the junior and senior syndicates. They have been well supported by both their peers and also teachers who have allowed them the time to collate the class sheets during class time.

Even during the winter months there have been a consistent number of students actively getting to and from school, over 50% generally but with one class averaging over 70% (Room 16 - WELL DONE!!)

For Term Four they will be increasing the promotion of the award and will be aiming for over 70% throughout the school.

When Bluestone School started the School Travel Plan process their number of students actively getting to school was only 43% so the school have progressed well and should be congratulated for their continued efforts.



Draiman and Summer, two junior students who scooter and walk to school along with the Golden Shoe Team of Noah, Tanya & Arwen

Timaru's own Amazing Race using the Metro Bus Network!

Timaru Metro CHALLENGE

During the July school holidays, Year 11-13 students were given the opportunity to race around the city, taking selfies along the way, to be in to win various prizes. Seven teams of two participated this year which involved quizzes on all the bus routes, plus challenges such as sorting rubbish in the Botanical Gardens, quizzes at the Museum, a physical activity at CBay, making harakeke (flax) kites and gleaning information from elderly residents at Glenwood Home.

The event is very well organised by Debbie Eddington (ECAN - Educator for Sustainability) with support from Briony Woodnorth (TDC - Zero Waste Advisor), Museum staff, other ECAN staff and Stacey Day (WAVE - School Travel Planner). Feedback once again from the students on the day was very positive and we will endeavour to use some of the students to help promote the event next year in their respective schools.



Olivia McBride and Georgia Marriner on the bus



Boudine Brown and Zoe Carpenter
- selfie challenge



Savannah Bruce and Brooke Wilkie
completing the harakeke challenge.

Watch Out - There's a new Pedestrian Refuge Island in Pleasant Point!!

After initial concerns were raised early last year from both primary school principals in regards to crossing State Highway 8, the whole community was surveyed and results collated, analysed and information shared with Timaru District Council. As New Zealand Transport Agency govern all state highways throughout NZ, a report needed to be sent to them as well to back the reasons for initiating safe crossing points.

Work has since progressed in the Pleasant Point township with a new pedestrian refuge island installed. Another is also planned closer to St Joseph's School on State Highway 8 along with new footpaths for better and safer pedestrian access.

Unfortunately an incident involving a large truck damaging the new crossing in its early stages caused some negative media publicity – but immediately NZTA reported they would realign Halstead Road to ensure an easier turning point for larger vehicles.

Although the process has been generally positive, in future it was noted that communication with other relevant parties, such as trucking companies, would be beneficial.

Having the new crossing point on the main road will ensure a safer point for school students and other members of the community to safely get from one side of the state highway to the other.

