

May 2016 | Issue 37

Deadline for submitting information for next newsletter is 24th June 2016
- articles can be emailed directly to:

Ally.Pieromaldi@cdhb.health.nz

The WAVE newsletter is published quarterly

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Kia ora koutou, Greetings to you all.

*Kotahi anō te kaupapa, ko oranga o te iwi.
There is purpose to our work, the wellbeing of the people.*

Celebrating progress and success is important for WAVE settings. The WAVE Award is a way of recognising and celebrating a whole setting approach to health and wellbeing. Last year we piloted the Award with four settings. In this newsletter you can read about Ranui Kindergarten and their nutrition work, and Winchester Rural School's focus on mental wellbeing, who were both in the pilot WAVE Award. Participants said that having a clear setting plan from the start helped to put their health and wellbeing into practice, without extra work.

Once the actions were completed, settings received their WAVE Award with the relevant health area 'icon'. If you would like to find out more about the WAVE Award process, please feel welcome to talk with your WAVE facilitator.

Professional Development opportunities coming up in Term 2 are:

- Alcohol Harm Reduction workshop for secondary school staff and Board of Trustees on 10 May,
- Cooking for Families workshop for Home Economic Teachers for Years 10 & 11 on 14 June,
- Tools for Learning, incorporating gardening, mental wellbeing and healthy eating in the curriculum on 21 June in Timaru and 23 June in Fairlie.

More details are included in this newsletter and on the WAVE website www.wavesouthcanterbury.co.nz and also from your WAVE facilitator.

Finally, the SneezeSafe message is being shared in a number of schools by Public Health Nurses with the support of WAVE. Lesson plans and great teaching resources are also available online at www.sneezesafe.co.nz.

Noho ora mai (stay well)

Rose Orr - Team Leader

Early Childhood Education

Rata Kindergarten

Pasifika Resources funded by WAVE

Ashton and Aryia are enjoying reading one of Rata Kindergarten's new Pasifika books which they purchased with funding from WAVE. These Pasifika resources are enhancing learning for their tamariki.



Rata Kindergarten

Sunflowers for Mother's Day

Rata Kindergarten's tamariki have planted and cared for these sunflowers. They are currently in the process of drying the flower heads. When dry, tamariki will remove the seeds and give them to their mum for Mother's Day.



- Cancer Society
- University of Canterbury
- Te Rūnanga o Arowhenua

Early Childhood Education

Ranui Kindergarten - WAVE Award

Congratulations to Ranui Kindergarten for achieving a WAVE Award, focusing on their Healthy Kai project. The team's dedication and commitment in making sustainable changes to their nutrition programme over several years has enabled children to confidently encourage change at home.



Teachers have commented that children now have a greater understanding and awareness of fresh fruit and vegetables, their taste and different ways to eat them. All food that whānau provide for events and celebrations offer healthy options. The kindergarten continues to offer healthy kai bags from a local produce provider at an affordable price for whānau to purchase, "This is part of the culture of our kindergarten. Growing vegetables is a great way to teach children how vegetables grow. They are learning about the growing process from the beginning and the kai bags allow them to experience the end process, eating the fresh fruit and vegetables," said head teacher Toni Smith.



The more a child moves,
the more they know.

The more a child knows,
the more they want to
know

The more a child wants
to know, the more they
need to move!

ECE Physical Activity Workshops

Learning to Move, Moving to Learn

Understand the importance of active play in the development of the whole child and the key role it plays in the learning process.

Take home simple ideas that you can put into place immediately.

Plan ahead for your needs.

Lee King is facilitating these workshops and is looking forward to working with Early Childhood Education to identify physical activity needs and develop personalised plans of work that enhance and support existing programmes.

Details emailed during May.

All inquiries to Debbie Johnstone:
debbie.johnstone@cdhb.health.nz

Waimate Mobile Kindergarten - Thank you WAVE!

A big thank you to Leola and Debbie from WAVE for coming along to visit us at Esk Valley. We thoroughly enjoyed your visit and all the awesome equipment you brought along for us to use. We loved meeting your Smokefree mascot Hari and learning his song. The equipment has been well utilised and we found your nutrition resources very helpful in identifying the Māori names for our fruit and vegetable posters and learning about food that fuels our brains. Thank you WAVE for your continued support!



Waimate Early Childhood Services have been working hard on the Little Lungs– Pūkahukahu Iti programme this term with Debbie and Leola from WAVE. The preschools and kindergartens have had Little Lungs staff workshops and are now working on Smokefree actions that will lead to achieving their Smokefree icon for the WAVE award.

About Little Lungs – Pūkahukahu Iti

Early childhood educators are comfortable talking to whānau about sleep, toileting and nutrition but for many, discussing Smokefree messages is “a bridge too far”. Little Lungs – Pūkahukahu Iti aims to provide the teaching community with simple ideas and tools to confidently deliver and promote Smokefree messages to whānau and caregivers. The core component of the programme is a workshop delivered at a staff meeting along with a follow up meeting to formulate a Smokefree action plan. On-going support is provided by Debbie Johnstone (ECE WAVE Facilitator and Leola Ryder Smokefree Health Promotion Advisor). In addition there are helpful resources that are awarded to the preschools and kindergartens once they have completed the programme.

As a result of Little Lungs– Pūkahukahu Iti programme the settings have collaborated and are planning to run a Smokefree cars promotion for the Waimate community in May.

World Smokefree Day on 31 May is a great platform to celebrate being Smokefree with parents and whānau, and highlight the importance of having Smokefree homes and cars. Over 7,000 children a day in South Canterbury are subjected to smoking in cars – a figure that is just way too high!

For information about World Smokefree Day or ideas of what your setting could do visit www.worldsmokefreeday.org.nz or email Leola on leola.ryder@cdhb.health.nz

Little Lungs – Pūkahukahu Iti is a collaborative project that was developed by WellSouth Primary Health Network and the Southern District Health Board and has been adapted by WAVE locally.

Quotes from participants include:

“The workshop provided useful information for staff to think about and how they can incorporate it into practise” – Teacher from Waimate Kindergarten.

“The information presented around Second-hand and Third-hand smoke have really made us think, it's created a lot of conversation” – Teacher from Rural Scholars.

If you would like to book Hari for your centre there are kits available through the WAVE Resource Centre.

This is Smokefree Hari

Hari represents the joy of breath

Hari is the smokefree friend of all tamariki

Hari is there to remind all the grown-ups not to smoke around the young ones

Our children have a right to a Smokefree environment and Hari is the voice of those who cannot speak for themselves

Remember the only thing we should light up in front of our children is their eyes



“Debbie and Leola teaching staff and children at Glenavy Mobile Kindergarten how to sing and do the actions of the ‘Hari’ song”.



facebook

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

Oceanview Heights School - Role Modelling Healthy Eating on Opening Day!

Oceanview Heights role modelled healthy eating on Thursday 23 March for the opening of their new classrooms. Students and their whānau along with invited guests attended the opening. The building was opened by Jo Goodhew MP and blessed by Arowhenua Ūpoko Tewera King. The adults sat down to a delicious healthy lunch of cold meat, salads and potatoes while the children enjoyed fresh salad rolls. Most of the food was donated locally and the menu was put together with support from WAVE with parents and the local church group making and serving the food. This was a real school community effort so well done Oceanview Heights for role modelling healthy eating!



This silverbeet salad featured to the right was a hit at the Oceanview Heights opening day: **Serves 6**

Ingredients:

1 bunch silverbeet
½ of one red cabbage
200g sprouts mix
½ finely sliced small red onion
¼ cup currants
2 Tbsp toasted slivered almonds
Grated rind and juice of 1 orange
2 Tbsp olive oil
Salt and pepper to serve

Method:

1) Finely shred silverbeet and place into a large bowl. Add fresh sprouts and mix, finely sliced small red onion, currants and toasted slivered almonds. Toss gently.
2) Whisk grated rind and juice from orange and olive oil together. Season with salt and pepper. Pour dressing over salad to serve.



Makikihi Primary School - Students hold Whānau lunch

Makikihi children showcased their gardening and cooking skills at the school's annual Whānau lunch. This delicious lunch was all grown in the school garden, picked and prepared for whānau by the students and, as you

can see by the photos, it included a great variety of fresh veggies. Well done Makikihi School!



Highfield School - Opens first school-based skate park in South Canterbury

The project was proposed following a student-led survey from the Highfield School's WAVE Team which identified nearly half of the students were using scooters or skateboards on a regular basis. Of the 273 students surveyed, 98 per cent supported the idea of the skate area.

"There were so many scooter and skateboarders we felt they needed an area of their own as it was becoming unsafe with them going around the basketball court while others were playing other sports," said Sophie Lyons, WAVE Lead Student for the skate park project.

WAVE Lead Teacher, Robyn Cooper, said 'wheels' have always been encouraged at the school and the new space will provide a safe place for the students to use them. "Before this skate park, the children used to skate around the hall area and on the basketball court. Having scooters around the hall led to mishaps and was concerning as taxis were sometimes coming in to pick up children from Te Whare Maru, our special needs unit. Now the children have a designated area which they really enjoy".

Sophie said, "We are looking forward to it being finally finished and people using the area to show off their tricks. It's a good way to keep active and have fun, at the same time as learning new tricks".

WAVE Facilitator, Josh South has been working with the student team since 2013 when they first approached him for guidance and support on how to move the project forward. "My role throughout was to support the students and teachers to link in with other organisations. The students then did a lot of the work, including approaching potential sponsors," said Josh.

The project really gained momentum in 2015 when Highfield Home and School organised a school fair to raise funds specifically for the project. Robyn said, "The involvement of the whole community has been a wonderful aspect to the project. It is awesome to have people like them in our community that support such endeavours".

"The guys at Fulton Hogan need a big thanks as they sorted all the cutting out of the track and the laying of the concrete. They saved the school a lot of money and really did go out of their way to support this project," said Josh.

Other sponsors to the project have been WAVE, Highfield School Home and School, LID, The Warehouse, Hardie Building, Allied Concrete, Riders HQ, Chris Broadhead Building and All About Signs.



"Sophie Lyons (former WAVE Lead Student) and Richard Boulton (Fulton Hogan)"



"Sophie Lyons and Robyn Cooper (WAVE Lead Teacher)"



"Finn Clark speaking on behalf of the Student Council"



"Charlie Mansfield and Richard Boulton having a wee race"



Winchester Rural School - WAVE Award

Winchester Rural School have been focusing on Mental Well-being, particularly positive staff wellbeing as a way to contribute to student well-being. Anna from WAVE led a series of workshops with the staff throughout 2015 to provide a clearer understanding of how they can look after their own well-being as well as that of their students.

"Throughout the course Anna (WAVE) addressed identified issues in a deliberate yet sensitive way. There was no blaming, or avoiding topics. As a whole staff we were encouraged to look at why we felt the way we did, identify ways we could improve things and appreciate and value the differences between us. The values of respect and compassion came through very strongly throughout the entire course."

Aroha - Deputy Principal



"Josh South presenting the WAVE Award to Principal, Tre Sylvawood"

Traditional Māori Games

Our Traditional Māori Games workshop was held at the Southern Trust Events Centre on 24 March. This WAVE sponsored Professional Development was attended by teachers from Early Childhood, Primary and Secondary Schools.

The workshop's objective was to develop Māori physical activity programmes, remove barriers and promote participation of physical activity through Traditional Māori Games. "It was a great opportunity for participants to further develop their skills and knowledge about Traditional Māori Games to use with their education settings" said Greg Newton, WAVE facilitator and Physical Activity Health Promoter.

There were 25 participants at the workshop where Heperi Harris, and his students from Te Puna Wānaka at Ara Institute of Canterbury facilitated the Traditional Māori Games sessions. A wide variety of games and activities were experienced throughout the day, including Ki O Rahi, hand games and Te Reo based games that cater for all age groups.

Quotes from participants included:

"Playing the games and seeing how it would be set out was great".

"We have heaps to take back for the whole school".



Traditional Māori Games in play

History of Traditional Māori Games

Playing games was a major pastime for ancient Māori. Traditionally Hapu or interrelated family groups lived on and around ancestral papakainga or marae. These provided stimulating environments in which games and their artefacts were devised and developed. These homelands were hotbeds of sports and creativity. It wasn't uncommon for games to be played at tangihanga (funerals) or full scale battles. Ki O Rahi in particular has experienced a resurgence. In the United States 15,000 elementary schools play Ki O Rahi!

If you need any information regarding Traditional Māori games and other Secondary school physical activity advice, please contact.

Greg Newton
Physical Activity Promoter, WAVE
greg.newton@cdhb.health.nz





Physical Activity - Gardening provides all four types of exercise endurance, flexibility, balance and strength. Time in the garden can be used to incorporate additional physical education and fitness into the school day.

Māori Health - Gardening provides nutrients to balance and feed Pāpātūanuku.

Nutrition - Garden-based nutrition education can support more positive eating in children and adolescents (including eating more vegetables and fruit and trying new ones) by supporting changes in knowledge and attitudes. Gardening provides nutrients to balance and feed Pāpātūanuku.

Mental Well-being - You can cover all of the 5 Ways to Well-being in the garden: Connect with the natural environment, Take Notice of the flora and fauna, Be Active, Keep Learning about gardening and Give extra produce to others.

Smokefree - Living in an environment with clear air is best for everyone's health (including plants and soil)., Keep Learning about gardening and Give extra produce to others.

Active Transport – Focusing on environmental sustainability can include active transport such as encouraging biking, walking, scootering or taking the bus to school. .

Oral Health - Food from the garden helps to protect our teeth – eating raw vegetables increases saliva which protects against tooth decay.

Sexual Health - Growing a great garden requires team work and growing a great team requires effective relationship skills. Use the gardening experience as a catalyst for the development of team building and relationship skills.

The infographic to the right depicts how using the garden as a learning tool can result in many health and well-being outcomes. At the same time gardens can enhance student learning and social development. WAVE can support education settings to weave these health areas through their existing subject areas and other programmes.

The South Island "Evaluation of Edible Gardens in Education Settings" report showed many examples of gardens being linked to and supporting curriculum based learning – whether this was realised or not.* Some of these links are shown through the following aspects of Te Whāriki and The New Zealand curriculum:

Te Whāriki:

- Children's wellbeing, belonging, contribution, communication, and exploration
- Reflects the holistic way children learn and grow
- Empowers children to learn and grow
- Children learn through responsive and reciprocal relationships
- Wider world of family and community integral to children's learning

The New Zealand Curriculum:

- Students actively involved in learning and engaging with parents, whānau and the wider community.
- Sustainability, citizenship, enterprise
- Key competencies: thinking, using language, symbols and texts; managing self; relating to others; and participating and contributing.

Wider Outcomes: Working as part of a team, being active participants, taking on leadership roles, working on long term projects, developing awareness of the living environment, fostering whānau and community involvement.

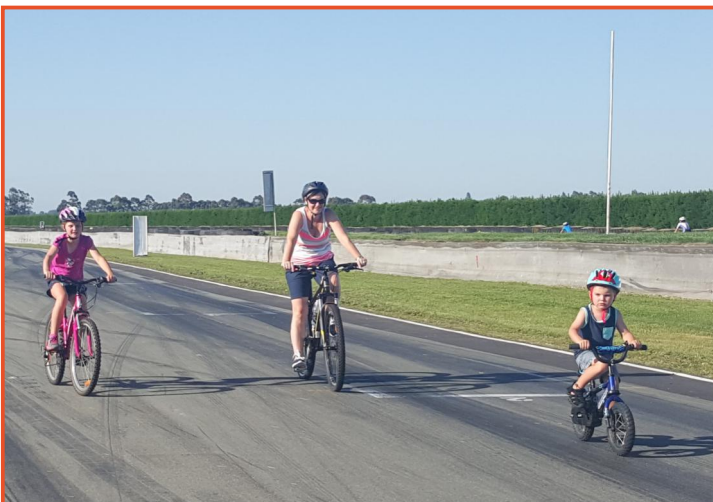
February 2016 marked the **14th Annual BikeWise Campaign** - New Zealand's national programme of activities which promote cycling as a fun, healthy and safe way to travel. BikeWise aims to inspire more Kiwis to give cycling a go while at the same time raising awareness of the need for cyclists and motorists to share the road safely.



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

BikeWise Explorer was run from December through to the end of February, promoting local tracks in South Canterbury for families to enjoy. Participants were able to do it in their own time and at their own pace.

'Timaru Cycling Club FUN Night' was held on Wednesday 3 February at Levels International Motor Raceway. It gave people of all ages the opportunity to ride the track on any type of bike, and one couple even demonstrated their husky dogs towing them!



'South Canterbury Mountainbike Club Ride' was held on Monday 22 February with about 18 people participating including a number of new riders! All riders were shown new skills and encouraged onto the various tracks, with everyone riding for approximately 1½ hours.



'Go by Bike Day' – A large number of education settings registered for Go by Bike Day on Wednesday 10 February and they all received some BikeWise goodies. Here are some comments and photos from some of those who took part.

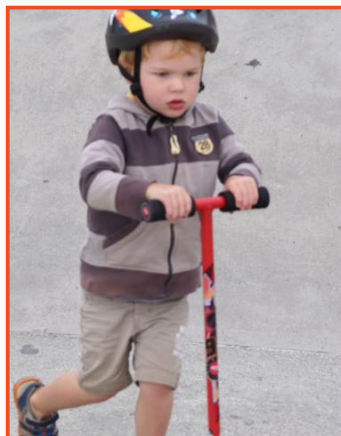
•**Waimate Childcare Centre** held a 'Wheels Week' using the tennis courts to practice bike safety and try out obstacles set up to challenge at a level suitable for each child. Children used the road signs and chalk to create roads. Discussions were held around road and helmet safety at mat times and throughout the day. Policeman Paul came on a couple of occasions and spoke about helmet and road safety rules with the children, as well as handing out bike safety equipment for all the children (kindly donated from BikeWise and WAVE).



•**Waihao Downs and Waituna Mobile Kindergarten** held their annual family bike day on 20 February. Children brought along their bikes and helmets to Victoria Park, Waimate and began the day with a casual bike ride and magnet board safety activity. "It was awesome to hear the children answering questions about why we wear a helmet and protecting our brain – we have some very clever children," Kirsty McKenzie, Head Teacher at Mobile Kindergarten said. After enjoying morning tea together we got ready for our duathlon with Toni – the children did amazingly well, following instructions and putting their all into the run and cycle around the track. They really enjoyed receiving applause and a medal at the finish line for their effort. Ka pai tamariki! The children are always thrilled with their reflector bands, bells, stickers and spoke reflectors. We are very fortunate to receive these items from Bikewise every year.



•**Home Grown Kids South Canterbury's** BikeWise morning was held at Timaru's Skate Park on 19 February. It was a fantastic morning with many new experiences being learnt and revisiting of learning for others. Bike Barn, The Cyclery, Community & Public Health and BikeWise supplied various spot prizes for all events.



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
School Travel Planner, WAVE
stacey.day@cdhb.health.nz



KOROHI O TE PĒPI Singing of the Babies

Early Childhood Education cultural event showcasing
Visual Arts, Performing Arts and Kapahaka

Friday 29th July 9.30am—12.30pm
Caroline Bay Hall



KA TOI MĀORI O AORAKI FLAVA 2016



The Mid & South Canterbury Schools
Annual Cultural Competition Showcasing
Kapahaka, Visual Arts and Performing Arts

Friday 19 August, 2016
Theatre Royal, Stafford Street, Timaru
8.30am Powhiri

Naumai, Haere Mai (All Welcome)

For further information:

Felicity McMillan

Email: felicity@aws.health.nz Phone 027 4076 037

Oral Health

Healthy Mouth, Healthy Body!

"It all starts here. Healthy Mouth, Healthy Body" was the theme for this year's World Oral Health Day, 20 March 2016. To promote this, WAVE led four Oral Health workshops during March, open to Early Childhood Education and Primary School teachers and parents throughout the district – Timaru, Waimate, Geraldine and Fairlie.

Those who attended said:

"I will encourage more discussions with children about their experiences of tooth brushing, and having a good drink of water after a meal."

"A great overview – I will try and promote oral health on a daily basis!"

"This made us all aware that we have not been emphasising oral health as much as we could. We will set up a sustainable oral health plan."

WAVE Oral Health Challenge

To keep the momentum going, WAVE is inviting education settings to take part in the Oral Health Challenge. Show us what your setting is doing to promote Oral Health with children and/or your ECE/school community – this can be as big or as small as you like - and you will go in the draw to win an oral health resource (oral health game or book) for your ECE/school.

Let your WAVE facilitator know what you are doing for your Oral Health promotion to enter the Challenge. Entries close 1 June 2016.

- Some ideas on how you can promote Oral Health are:
- promoting tooth-friendly kai
- display oral health posters
- use WAVE oral health resources in your teaching programme
- include oral health information on your Facebook/website/newsletter/learning stories/enrolment packs



"Educators and Hacer, the Oral Health Promoter discuss how their ECE promotes oral health at the Geraldine Oral Health Workshop".

Remember to  us on Facebook
www.facebook.com/wavesouthcanterbury

Hacer Tekinkaya
Child Nutrition and Oral Health Promoter
hacer.tekinkaya@cdhb.health.nz

Travel Plans

Craighead Kindergarten – Let's Get Going!

At Craighead Kindergarten we embraced the opportunity to take part in the pilot programme: 'Let's Get Going'.

Our tamariki and whānau got on board and brought their bikes or wheels to kindergarten each Friday morning for five weeks. Each week a new module focussed on bicycle safety and riding skills, plus experiences in the wider kindergarten environment that contributed to bicycle riding skills, such as an obstacle course for balance, or blowing bubbles and focussing

LET'S GET GOING

on tracking them. A large focus was helmet safety, and we organised a trip to town on the bus to purchase kindy helmets.

Our whānau were given a brief outline of what we'd done each week and we were able to host an evening where they came and learnt from Senior Constable Keri Brown and Stacey Day from WAVE.

We ended the programme with our annual Wheel-a-Thon which was an opportunity to test out what tamariki had learnt. It was great to partner with professionals in our community – thanks to WAVE and NZ Police for supporting our important work with young children.

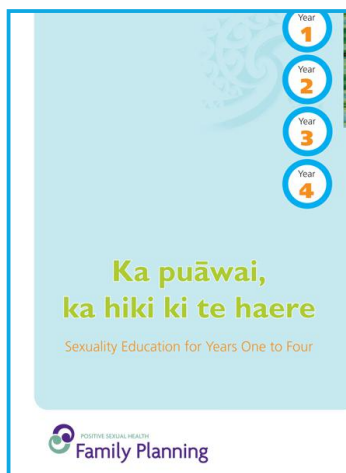
Lauren Rosanowski
Head Teacher/Manager
Craighead Kindergarten



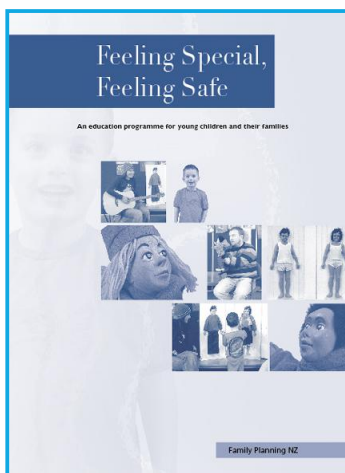
WAVE Resources

What's New? We have a number of new resources – check them out!

Ka Puāwai, ka hiki ki te haere
– Sexuality Education for
Years 1-4 – R013511



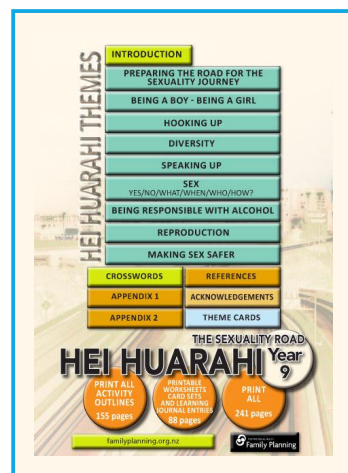
Feeling Special, Feeling Safe – R013512



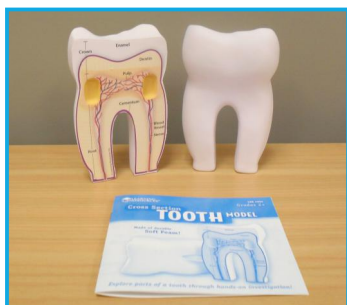
Hei Huarahi
– The Sexuality Road
Year 10 – R013514



Hei Huarahi
– The Sexuality Road
Year 9 – Coming Soon!



Cross-Section Tooth Model – R013510



To book these and other resources, simply go to <http://wavesouthcanterbury.co.nz/> under 'Resource Categories' on the left-hand panel, click on a category, and choose the resource you want to book with your school login details.



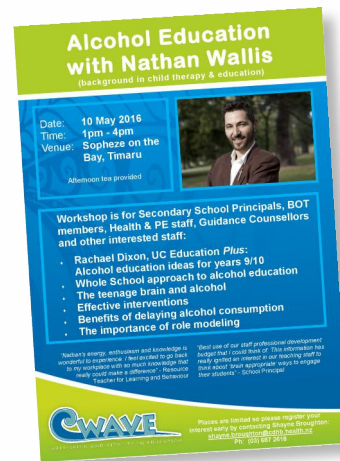
Professional Development - Term 2

Alcohol Education for secondary school teachers, BOT, Principals, health teachers, school guidance counsellors and other interested staff.

Date: Tuesday 10 May
Time: 1.00pm – 4.00pm
Venue: Sopheze on the Bay, Timaru

Nathan Wallis will share about the effects of alcohol on the developing brain and effective interventions, and Rachael Dixon from UC Education Plus will facilitate a practical session for Year 9 and 10 teachers about alcohol education ideas. The workshop will also include a session on school alcohol policies for Boards of Trustees and Principals.

Register with your WAVE facilitator or email
shayne.broughton@cdhb.health.nz



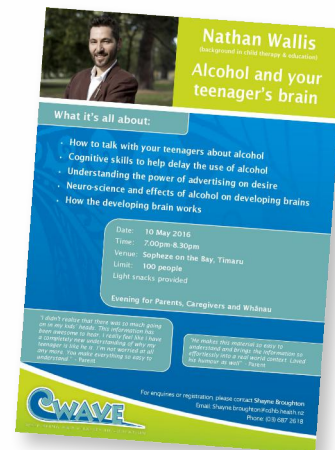
Information evening for parents of secondary school students - 'Alcohol and your teenager's brain'

Date: Tuesday 10 May
Time: 7.00pm – 8.30pm
Venue: Sopheze on the Bay, Timaru

Nathan Wallis will facilitate this session covering:

- How to talk with your teenagers about alcohol
- Cognitive skills to help delay the use of alcohol
- Understanding the power of advertising on desire
- Neuro-science and the effects of alcohol on developing brains
- How the developing brain works

Register with your WAVE facilitator or email
shayne.broughton@cdhb.health.nz



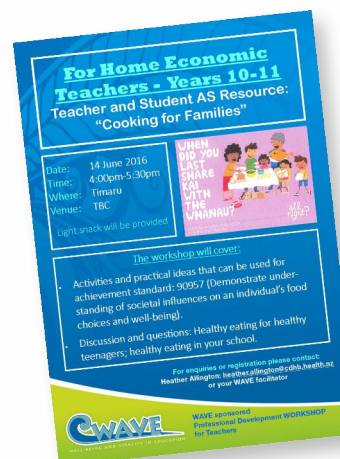
For Home Economic Teachers – Years 10-11 Teacher and Student AS Resource: "Cooking for Families"

Date: Tuesday 14 June
Time: 4.00pm – 5.30pm
Venue: Timaru, TBC

Workshop will cover:

Activities and practical ideas that can be used for achievement standard: 90957 (Demonstrate understanding of societal influences on an individual's food choices and well-being).

Register with your WAVE facilitator or email
heather.allington@cdhb.health.nz



Tools for Learning: Gardening, mental wellbeing, and healthy eating in your curriculum

Date: 21 June (Timaru)
23 June (Fairlie)
Time: 4.30pm – 6.30pm
Venue: Netball Centre, Aorangi Park, Timaru
TBC, Fairlie

For teachers and educators in all settings

- Using the garden as a tool for mental wellbeing and healthy eating.
- Understanding the "5 Ways to Wellbeing" and how this links with healthy eating.
- Links with The New Zealand Curriculum and Te Whāriki
- Practical examples
- Sharing ideas and key note speakers

Register with your WAVE facilitator or email
heather.allington@cdhb.health.nz

