

July / August 2016 | Issue 38

Deadline for submitting information for next newsletter is 16 September 2016

- 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 matahiapo te ora

*It is about being enraptured with life; knowing that life is precious.*

As I write this Puaka-Matariki celebrations are underway in South Canterbury. Waimate education settings held their Matariki festival on 24 June with early childhood centres, primary and secondary school students celebrating through kapa haka and visual arts.

During June Te Ana Ngāi Tahu Rock Art Centre taught South Canterbury students the history and meaning of Puaka-Matariki through puppet-making workshops and shows to celebrate the Māori New Year.

The Māori Language Commission resource Matariki booklet, published 2010 describes the Māori New Year as "a celebration of culture, language, spirit and people." (Available from [www.tetaurawhiri.govt.nz](http://www.tetaurawhiri.govt.nz))

Inside this edition of the WAVE newsletter you will see photos from the Waimate Matariki festival.

This term we will be undertaking our WAVE evaluation, which is now being completed every two years instead of an annual evaluation. Your WAVE facilitator will be in contact to arrange a suitable time to meet with you. The evaluation is a great opportunity to celebrate what your setting has achieved through WAVE, identify areas to focus on in the future, and to provide an opportunity for you to give us feedback about how we work with you.

Thank you to everyone who has contributed to this edition of the WAVE newsletter. There are great examples of how settings are approaching health and wellbeing through a whole setting approach.

Noho ora mai (stay well)

Rose Orr

Team Leader

## KORIKORI TINANA / PHYSICAL ACTIVITY

### Kiwisport in South Canterbury Schools

## KiwiSport

Being physically active is important for one's wellbeing and this year seven different KiwiSport programmes within the South Canterbury region have been funded. The aim of KiwiSport funded initiatives is to increase sporting opportunities for students and improve basic skill levels. More than 2000 young people in South Canterbury have already participated in these projects in 2016 and have reaped the rewards of being more physically active. KiwiSport, a Government funded initiative is supporting sport for school-aged children; these projects are available to all schools in the region. If a school is interested in finding out more information about these programmes, below is a list of people that can help. Otherwise, for more physical activity options and opportunities you can contact Sport Canterbury or your WAVE facilitator.

Basketball – Sean Fuller – [scba.gm@xtra.co.nz](mailto:scba.gm@xtra.co.nz)

Football – Paul O'Reilly – [paul.fdo@footballsouth.co.nz](mailto:paul.fdo@footballsouth.co.nz)

Netball – Sarah Harvey – [nscjnrcoaching@xtra.co.nz](mailto:nscjnrcoaching@xtra.co.nz)

Rugby – Tristram Johnston – [tristram@scrfu.co.nz](mailto:tristram@scrfu.co.nz)

Timaru District Council – Swimming – Leah Stringer – [leah.stringer@cbaytimaru.co.nz](mailto:leah.stringer@cbaytimaru.co.nz)

Tennis – Jane Sullivan – [coordinator@tennissouthcanterbury.co.nz](mailto:coordinator@tennissouthcanterbury.co.nz)

YMCA – Healthy & Active Recreation for Young People – Christina Cullimore – [christina@ymcasc.org.nz](mailto:christina@ymcasc.org.nz)



YMCA Adventure Based Learning Programme and Alternative Education delivery in action

## Driving the Smokefree Message Home

World Smokefree Day (31 May) was a great chance to raise awareness of the Smokefree car message to those parents, children and staff from the Early Childhood Centres who are participating in the Little Lungs – Pūkahu Iti programme.

It was a chance for parents to have a bit of fun with their tamariki by having a photo taken in the car and writing their own message about why Smokefree cars are important. You can see for yourself just how much fun they had!

Debbie and Leola from WAVE made some visits whilst the car was tripping around Waimate.

All families that participated in the promotion went into the draw for a Smokefree prize – a bag of goodies for everyone in the house. Check out the rest of the photos on our WAVE Facebook page or the Facebook page of the centres that took part – Rural Scholars, Waimate Childcare Centre and Waimate Mobile Kindergarten, all in Waimate.



## South Canterbury's First Smokefree Café!

Big shout out and thumbs up to Arthur Street Kitchen in Timaru who took the plunge and have made their outdoor dining area Smokefree on World Smokefree Day – 31 May. The first café in South Canterbury to do so. A great place for our WAVE families to be able to sit and relax with children outside in 'fresh' air.



Pictured here is WAVE Smokefree Health Promoter Leola Ryder (top right) and Natalie Cameron from the Cancer Society (top left) who worked with owner Eva Hunt (middle holding the sign) to become Smokefree outdoors.





# TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

## 2016 WAVE ECE Oral Health Challenge

This year was the first time we had the WAVE Oral Health Challenge. To enter the challenge ECE's sent photos, posters and written information of something they are doing around Oral Health at their centre. Prizes for entering the challenge included an oral health book, a tooth brushing puzzle, toothbrush and toothpaste packs, a fruit basket and Healthy Food Guide magazines.

### Here's a snapshot of some of the entries:

*"Families contribute a piece of fruit weekly to our kai basket, and then at morning kai time children are encouraged to eat a healthy kai option first!"*

*- Hanan Kindergarten.*

*"We have discussions with children on how they should be brushing, why it's important, how many teeth we have and how important healthy food is for our teeth. We read books about dentist visits and teeth, and the tamariki share their experiences of their visits to the dentist."*

*- Waimate Childcare Centre.*

*"We have added the question about being enrolled with Community Dental Service to our enrolment form and include oral health pamphlets in our enrolment packs."*

*- Karaka Learning Centre.*

*"We have been making use of resources, like the Dr Rabbit book, which leads to discussions of every day and sometimes foods. We also gave the 'brush your teeth' stickers for the children....and we verbalise the poster of how to brush our teeth with the children."*

*- Pleasant Point Playcentre.*

*"The children are learning a 'Brush Your Teeth' song with the ukulele. We have also been utilising puppets as a fun way to learn about oral health with the children!"*

*- Mackenzie Kindergarten.*

Look out for the WAVE Facebook page where the Oral Health Challenge entries will be featured in the next few weeks. If you didn't get a chance to take part in the Oral Health Challenge this year look out for it in 2017.



Hacer, WAVE Child Nutrition and Oral Health Promoter, giving Anne and Maree from Mackenzie Kindergarten their prize.



Janneen from Pleasant Point Playcentre receiving their prize.



Hacer and Fiona from Karaka Learning Centre receiving their prize.



Waimate Childcare Centre - explaining to the children about looking after teeth.



Jill from Hanan Kindergarten receiving their prize.



# TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

## Matariki Celebrations

Across South Canterbury, our ECE community has been celebrating Matariki with a variety of events and activities.

**ABC Marchwiell** performed a small concert for whānau and then ate soup from donated vegetables that tamariki helped to make. The concert was a good practice before they perform at Korohi o te pepi.

**Gleniti Playcentre** had a whānau gathering which was a great hit and was enjoyed by all.



### MATARIKI 2016



Look at you all having a go - Ka taea e koutou!



Te makariri hoki o te rangi! brrrr it was cold!



He reka ngā kai katoa - all the food is delicious!



Te makariri hoki o te rangi! brrrr it was cold!

At **North Haven Childcare**, tamariki and whānau enjoyed shared kai of soup and bread which tamariki helped to make during the morning. The lunch was very well received by all.



At **Ti Kōuka Kindergarten** the older tamariki have been exploring ways of acknowledging and celebrating new life. As a way to celebrate we have been looking at our Karakia kai and exploring the kaitiaki and atua mentioned in this, particularly Tane-mahuta, Haumia-tiketike, Rongomatane and Tangaroa. Tamariki have identified the different kai that each kaitiaki is responsible for and have created a display for whānau. This exploration has also addressed showing manaaki for our taio/environment and the life cycle of plants, particularly in the vegetable garden.

We were also very fortunate to have Hendrix Brown visit once a week during the month of Matariki and share his skills with us. Tamariki are building their knowledge and skill around Kapa haka and waiata ringa ringa.



Hendrix Brown

**Craighead Kindergarten** celebrated Matariki with an evening under the stars. They enjoyed a bonfire, sausage sizzle, lots of games of spotlight, and a great sense of community and fun. There has been lots of discussion about the Seven Sisters and their kites, and children have been discussing stars and planets and using the app SkyView to further their investigations.



### Rural Scholars Early Learning Centre, Waimate Childcare and Waimate Kindergarten

Now in its 5th year the Waimate Matariki Festival was a huge success. Tamariki and teachers braved the stage to perform a variety of Kapa haka to the delight of whānau in the audience. The event finished with a shared Hangi which was enjoyed by all.



Waimate Childcare Centre



Rural Scholars Early Learning Centre



Waimate Kindergarten



## Waimate Matariki Festival

Waimate High School's hall was once again rocking to the sound of Kapa haka as Early Childhood Centres and Schools in the Waimate district celebrated Matariki Māori New Year supported by Waihao Marae Mana whenua. This year the hall was packed to capacity with tamariki and their whānau watching the performances followed by a Hangi for lunch. Also on display was art work depicting Matariki made by the tamariki. Well done to everyone for such a successful day.



Waimate High School



St Patricks Primary School



Makikihi Primary School



Makikihi Primary School's Art Work – Papier mâché Native Birds

## Mother's Day at Makikihi Primary School

The students in the junior room spent many hours making colourful papier-mâché fruit bowls to give their mums on Mother's Day. With the support of a local fruit grower and WAVE the bowls were overflowing with fresh fruit which went down a treat with the whole family. In addition to the bowls, the class made fruit kebabs to share with their senior class buddies, as part of the schools focus on healthy food.



### Making Papier Mache Bowls

The whole of room one did papier-mâché. We had bowls and then we put some Vaseline on. Then we put some Gladwrap on then we put layers and layers of newsprint and newspaper and glue. So then we took the bowls out of the layers and layers of paper, dried them and then we painted them. Most of the class did blue but Sam was the only one who made a black one. Also Hunter did an orange one. They looked really amazing.

From Dylan, room 1



# RANGATAHI TE WAHA KŌRERO, MĀTAURANGA TOI TE WIKI KAUPAPA / VOICE YOUTH WEEK ART PROJECT

We are all in the business of preparing young people to be active contributors to society who can think, problem solve, communicate effectively, enjoy life and engage in deeper connections with people and with their environment. To achieve this, participation in the Creative Arts is vital. The ability to think creatively has been shown to improve business productivity and is now a recognised asset in the world of commerce. Having a strong Arts programme will cater for a diverse range of thinking and learning styles and can also help close the gap in achievement levels.

This is the aim of the VOICE Youth Week Art Project, a joint venture organised by Youth Alley (YMCA) and WAVE. VOICE is an anagram for Vision, Opinion, Identity, Creative Expression and represents the value young people can add to society when given an opportunity. Now in its 6th year the project provides an opportunity for youth to express themselves through visual arts and then to experience exhibiting and perhaps selling their work in a public forum. The exhibition and competition are held during Youth Week each year and is open to all young people aged between 12-24 years.

In the months leading up to the exhibition art workshops are run by local artists and by the Aigantighe Art Gallery. For some young people this has been their first opportunity to explore art theory, skills and techniques with a professional artist and the experience can open up new study options and career pathways for talented young individuals.

Youth participation is encouraged in all facets of the project with the Opening and Awards Night a chance to showcase their diverse talents. Kate Low and Pippa Davis from Craighead Diocesan School were brilliant young hosts for the evening and the Tongan Society Youth as well as singing cousins Ngahua Te Rahui Harris and Jordyn Te Rahui Hobbs providing fabulous entertainment. Students from Community College South Canterbury provided and served the tasty food for the evening. The project is possible thanks to the generosity of Creative Communities, Te Rito, Aigantighe Art Gallery, Timaru District Council, Wayne Patrick and our judges.

Section	Merit Award	Runner-up	Supreme Award
<b>Electronic Media</b>	Hannah Kempf Lochey Hopkinson	Karina Robins	Jeremiah Westaway
<b>2D Painting</b>	Jeremiah Westaway Georgia-May Crosbie Olivia Ward	Hemi Anglem	Yaya Chanawichote
<b>2D Other</b>	Logan Husband Thanyamai Bulakul	Letitia Smith	Kotchapan Na Ranong
<b>3D Sculpture</b>	Annabel Coulter Hayden Timmings	Skyla May	Logan Husband
<b>Group</b>	Aoraki Alternative Education Mind, Body, Spirit (YMCA)	Aoraki Alternative Education	Aoraki Alternative Education
<b>Te Rito Award</b>	Savannah Stewart	Caitlin Maich	Isabel Whitticase
<b>People's Choice</b>			Skyla May



Award Winners and staff from  
Craighead Diocesan School.



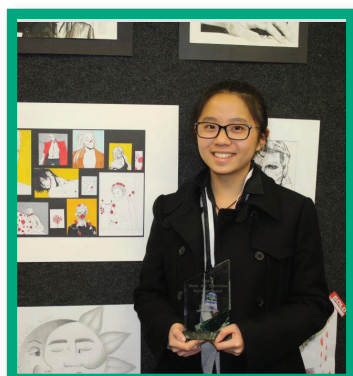
Tasty food and waiters from  
Community College.



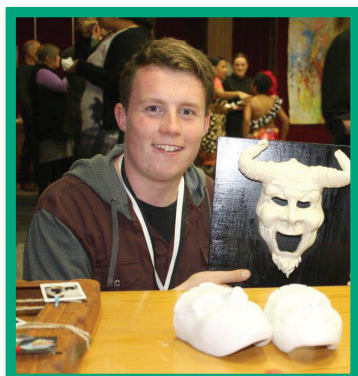
Community College students  
at Art Workshop.



Jeremiah Westaway - Supreme Winner in  
Electronic Media.



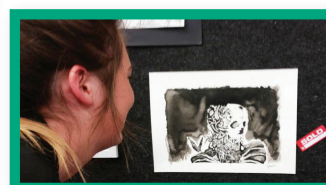
Kotchapan Na Ranong from Craighead  
Diocesan School - Supreme Winner in 2D  
Drawing & Printmaking.



Logan Husband from Ara Institute -  
Supreme Winner in 3D Object.



Skyla May - People's Choice Award.



Letitia Smith - runner-up in 2D Other.



# TE MAHI HAUORA KAI KAUPAPA HONONGA / HEALTHY EATING LINKS WITH LEARNING

South Canterbury education settings have great examples of teaching healthy eating through their curriculum programmes. Below we share some of their ideas

## The New Zealand Curriculum

**Reading and Writing** — Research about the four food groups and what a serving size is or research and design a healthy family dinner that you can cook. Write out the recipe to take home and share with whānau.

**Maths and Statistics** — Cutting vegetables and fruit to learn about fractions; using food information panels on the back of packets to compare products (i.e. to compare the sugar, salt, fat or fibre between two products look at the 'per 100g' column).

**Science** — What holds mixtures of food together (compare homemade to bought foods) or the lifecycle of the plants in the edible garden.

**Social Studies/Discovery** — The food environment looked very different 50 years ago to how it does now. It also looks different between cultures and countries. Get students to inquire and find out why.

## Te Whariki Early Childhood Education

**Wellbeing** — Learn about which foods and drinks feed our brain and keep our bodies healthy and strong.

**Belonging** — Provide healthy foods to reinforce children's learning: encourage whānau to share special healthy foods from their home/culture and explore customs relating to different healthy foods locally and around the world.

**Contribution** — Schedule cooking sessions at times when whānau are present and encourage their participation - provide new and varied food options to role model 'everyday' foods that children should be eating.

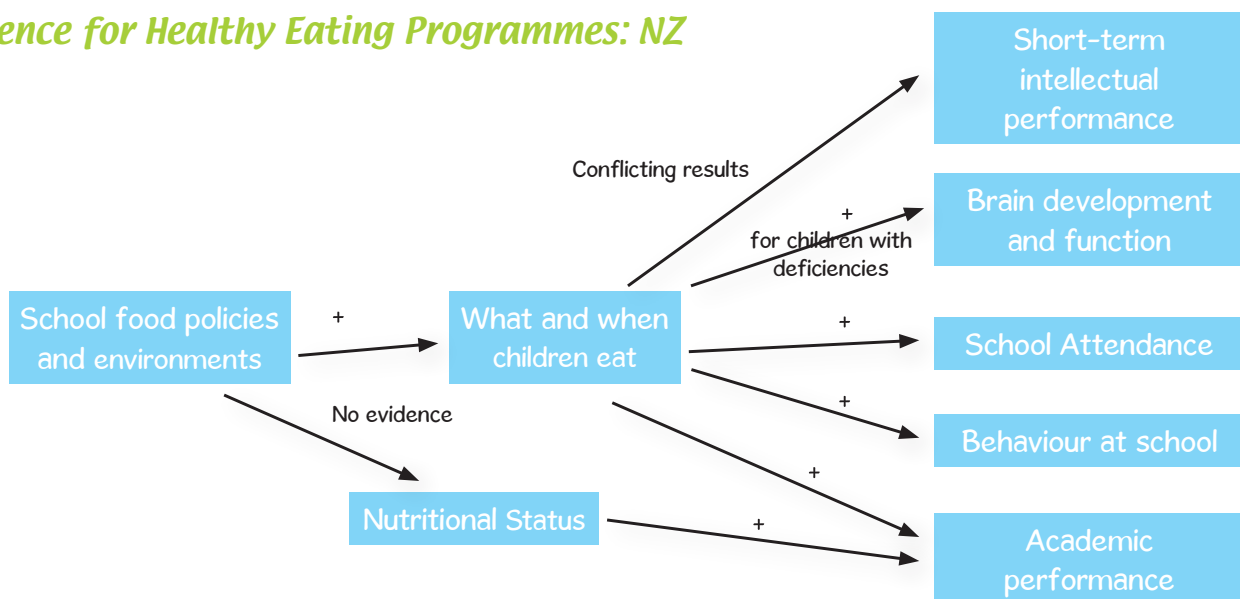
**Communication** — Make your own story books depicting real every day food related happenings to read with children.

**Exploration** — Build a food pyramid from scratch – use photos, cut out pictures from magazines, children's drawings – debate and discuss where foods should be placed on the pyramid.

## Resources which support Healthy Eating and Learning:

- Edible gardens- growing vegetables for a Hangi, cooking skills classes or Home Economics classes, growing micro-greens, composting, worm farms, chickens, fruit and vegetable supply/co-operative.
- Healthy food and drink guidelines/policies which engage whānau and the education community e.g. provision of healthy foods and drinks, healthy fundraisers and events, lunchbox ideas.
- WAVE resources, e.g. the Food Pyramid, 5+ A Day Kits, books: visit [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)
- More learning resources are available at [www.fuelled4life.org.nz](http://www.fuelled4life.org.nz) ; [www.vegetables.co.nz](http://www.vegetables.co.nz) ; [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

## Evidence for Healthy Eating Programmes: NZ



The diagram depicts the strong evidence in New Zealand of the impact of comprehensive school food policies and their environments on **what and when children eat**. Changes to what children eat have in turn caused changes in brain development for children who have had nutritional deficiencies, improved school attendance, behaviour at school and academic performance in the long term.

*Obesity Action Coalition: A rapid review of the literature on the association between nutrition and school pupil performance. Quiggley and Watts. December 2005. New Zealand*



# NGARU WHAKAIPURANGI / WAVE RESOURCE CENTRE

## What's New?

**We have a number of new resources – check them out!**

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



Backyard Cricket Set – R013517



Mini Basketball Set – R013518



Netball Bibs – R013519



Paddle Ball Set – R013523



Vortex Mega Howlers – R013520

## Facebook

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



## TIKĀKĀ I TE RĀ HAUORA KAUPAPA / SUNSMART FACTS

### SUNSMART FACT



### Cover up when you are heading higher

UV radiation increases with altitude and reflects off ice and snow. Cover up, slap on sunscreen and wrap on eye protection.



### SUNSMART FACT



### UVR comes at you from all directions

Snow reflects UV radiation. Slap on sunscreen, wrap on eye protection and wear a helmet or beanie when out on the slopes.

