

February 2017 | Issue 40

Deadline for submitting information for next newsletter is 7th April 2017  
- 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

### Whaowhia te kete mātauranga

*Fill the basket of knowledge*

Welcome to the first WAVE newsletter of 2017.

As we start the new year we have a change of staff with Felicity McMillan moving to a new role at Arowhenua Whānau Services. We have really enjoyed working with Felicity in her various roles over her time with Community & Public Health including as WAVE Administrator before moving into the Aukati Kai Paipa (stop smoking support role) before more recently undertaking the Smokefree Health Promoter work. We wish her all the very best for her new role.

Many of you provided feedback during the WAVE evaluation about the ideal way for your teams to undertake professional development. Thank you for that valuable feedback which has informed the way we are offering much of our WAVE professional development for 2017.

Facilitators will be speaking with you about various workshops that can be provided to all your staff. This varies somewhat from the way we had usually provided professional development where a number of settings would come to a workshop and then take the learnings back to their setting. We look forward to being able to offer workshops for all your staff.

The findings of the WAVE evaluation questionnaires have been analysed and the final report will be available on the WAVE website [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) Thank you for your time completing the questionnaire with facilitators and to those who undertook interviews with our researcher.

Noho ora mai (stay well)

Rose Orr  
Team Leader

## NGARU WHAKAIPURANGI / WAVE RESOURCE CENTRE

### What's New?

We have a number of new resources – get ready for Waitangi Day celebrations and Pasifika Language weeks!



Learning About Waitangi Day/Te Tiriti o Waitangi  
– R013552-R013555

This resource contains a story about the Treaty of Waitangi, cut-outs to create a wall display, a 'create your own treaty' page, construct your own waka, a pepeha template and other interesting information and facts.

These two resources contain ideas, activities, information, facts & crafts to help with learning and celebrating the culture & language



Samoa Language Kit – R013551



Cook Islands Māori Language Kit  
– R013536

### And keep an eye out for these resources coming soon!

- Kiddy Golf (plastic golf sticks, balls and holes)
- Elastics (remember those back in the day – making a comeback apparently!)
- Catch Ball (a set of spike shaped catch objects)
- Toss & Catch Net (a big net that you toss a ball with)
- Mini Hoop Throw (a take on the horse shoe throw)

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



## TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

### Rata Kindergarten Planting Potatoes

When Spring time arrived, the children were once again joined by our friends from Wallingford Home in planting a potato seed into a purple named bucket. Each child is then responsible for caring for their bucket. The children will be taking their buckets home to enjoy the fruits (or potatoes!) of their labour.



### Rural Scholars Christmas Hangi

Rural Scholars celebrate the end of each year with our whānau and community. The WAVE shelter tents always come in handy to shade our hard working team as they prepare our amazingly yummy hangi. Thank you WAVE for also supplying sun screen for us to use during the day.



### Sunscreen Delivery to all ECE's

During Term 4 Debbie (WAVE ECE Facilitator) and Mandy Casey (Cancer Society) visited all ECEs to give teachers relevant Sunsmart information and delivered tubes of sunscreen to all children enrolled in the South Canterbury area. It has been a wonderful opportunity to meet staff and see all the great Sunsmart messages the ECE services are giving to children, parents/whānau and the wider community.

Unfortunately our skin cancer and melanoma statistics in New Zealand are the highest in the world. Every sunburn received by a child increases the risk of skin cancer and melanoma later in life. It really is so important

that our children are sun smart from an early age and that they establish lifelong sun safe behaviours that will keep them safe in the future by reducing the risk of skin cancer.

Debbie and Mandy will continue to support and encourage Sunsmart practices throughout summer.

Teachers at Rural Scholars encouraged children to wear a wide brimmed sun hat each day for a week. Children were rewarded with a sticker and when they had earned five stickers they were given a tube of sunscreen donated by the Cancer Society.

SUNSMART FACT

**What's the UV today?**

Check today's UV Index with the free uv2Day app or at [www.niwa.co.nz/UV-forecasts](http://www.niwa.co.nz/UV-forecasts)

**Cancer Society**  
Te Kāhui Matepukupuku o Aotearoa

SUNSMART FACT

**uv2Day app**

Check today's UV Index with the free uv2Day app

**Cancer Society**  
Te Kāhui Matepukupuku o Aotearoa





## SneezeSafe 2017

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 2017. 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.



## KURA TUATAHI / PRIMARY EDUCATION

### Gleniti School's First Hangi

By Dana McClure & Jade Duncan

On Tuesday 22 November 2016, Gleniti School had their first hangi. Because it was our first hangi, we decided to have it for the teachers as a thank you for all their support this year, and for the WAVE team.

In the weekend, the hole was dug. On Monday it was filled with newspaper and kindling, covered with a wooden pallet and piled up with wood. On the top went the iron beams. When it burned, the iron beams fell down into the hole.

On Tuesday at 6am, the fire was lit and allowed to burn for two hours. Then at 8am, the food was put into the hole and covered with old sheet, iron and wet sacks.

The food was in metal baskets. There were cabbage leaves on the bottom of the baskets to keep the food from burning. The wet sacks made it steam. Then it was covered with dirt and left until lunchtime.

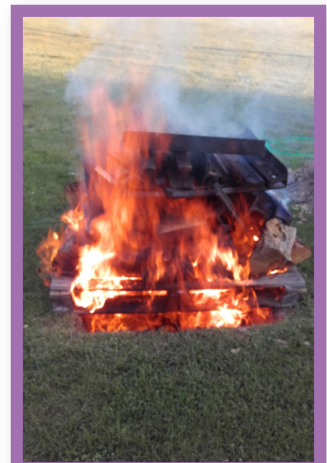
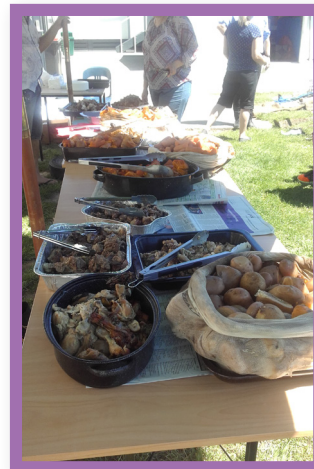
At 12pm the WAVE team gathered together to see the hangi being dug up. Some people didn't like the smell, but others loved it. We thought it smelt sooooo good.

Next, thanks to all of our fabulous parent helpers, the food was dished up and we had speeches and thank you's.

Karl Russell (from Arowhenua Marae) said a karakia (prayer) to bless the food and we could now eat! There was hogget, chicken drumsticks, kumara, potatoes, pumpkin and carrots. It was the best food ever!

Last of all was the pack up. It was an amazing hangi and it couldn't have happened without a lot of planning, teamwork, helpers on the day and the advice and guidance from Karl.

The hangi was definitely a big highlight for our WAVE team this year!





## Out and About!



### Makikihi School

Students showing off a giant sized parsnip grown in the school's edible garden before preparing it ready to be part of the school's regular lunch programme.

### Glenavy School

Students taking a break from competing in the school's Olympics Day and enjoying the fruit kebabs made for them by the school's Student Health Team.



### St Joseph's Temuka School

The School's Green Team busy planting out "My Little Garden" seedlings they had been nurturing in the classroom.

### Waihao Downs School

Students of all ages enjoying the school's relocated sandpit which just happens to be near the outside tap. Oh what fun, and don't you love the new mural the students have just put on the back fence - not to mention the great new school uniform!



### Waituna Creek School

Maru the Moa had a great time as he joined in the grand parade at the school's Pet Day. Only problem was Maru forgot it was fancy dress!



### Oceanview Heights School

Children from the school and Ranui Kindergarten enjoying Christmas lunch together!



## uv2Day

### A Free Smartphone App to let you know when Summer Sun Protection is Needed

A free smartphone app **uv2Day** that shows the current UV Index level, it's peak value, and it's progression throughout the day is now available. The UV index measures levels of ultraviolet radiation (UVR) from the sun. Data for the app are provided by NIWA.

Sun protection is recommended from September to April, when the UV index is 3 or above, even on cooler, cloudy days. This app calculates the UV index for any time of day and is really helpful for those who want to avoid over exposure to UV radiation which increases skin cancer risk. It's also useful for those who care for others in a variety of settings e.g. early childhood centres and schools.

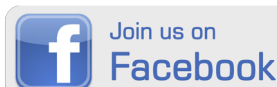
Download the free **uv2Day** app from Google Play or the App Store.

The UV Index can also be found at [www.niwa.co.nz/UV-forecasts](http://www.niwa.co.nz/UV-forecasts)



## Facebook

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





## KURA TUATAHI / PRIMARY EDUCATION

### Lake Tekapo School Fitness Course

Lake Tekapo School has just added value to the school's playground through the generosity of time and with the skills of many. The idea for a fitness course started with visiting ski teams who were using our grounds as an area to meet and run through their ski fitness programmes. An application was made to the "For Everyone Trust" and a grant was received to help with costs. With the co-ordination of Greg Newton from WAVE and assistance from WAVE, the project was planned out as a staged fitness course for the kids. The School's Board of Trustees rallied, along with the parents group, and our goal of linking the playground, newly established bike track and our fitness programme was reached.

Community lead from the front, Nathan Monk from Monk Fencing arrived and gave his time to mark and prepare the rounds for the parent working bee. This preparation work was invaluable, and with the help of our practical parents group, our fitness course was able to be completed. The course has now become part of our school fitness programme as well as another option for children during break times. It is another community project which we are sure will be a great community resource and well used by our community.



Lake Tekapo School  
Students and  
Principal with their  
WAVE award



## KURA TUARUA / SECONDARY EDUCATION

# NEWS

### Twizel Area School Undertook the Switch to Water Challenge for National Oral Health Day

Twizel Area School was one of many education settings that signed up to the "Switch to Water" challenge for the month of November. Michele O'Carroll, WAVE lead teacher said "the students were quite excited about this challenge. They downloaded the great resources from the website and had posters all around school. At the weekly assembly it was promoted to the whole middle and senior school and there were lots of positive feedback from students. This was an easy challenge for the school because nearly every student was drinking water at school or bringing it to school already".

Child Nutrition and Oral Health Promoter, Hacer Tekinkaya, said it was great to have settings signing up to the challenge. "Having both staff and students involved can create a real role modelling opportunity so that children and their whānau learn from the expectation that the whole setting promotes water and milk only" she said.

By switching sugary drinks to water for 30 days, the Switch to Water challenge can be a great starting point to build better habits, with water becoming the drink of choice over time.

Martin Lee, Clinical Director, Community Dental Services says "New Zealand still has a big tooth decay problem. More than a third of South Canterbury children have tooth decay by the time they get

to school and every year, right across the country, more children are admitted to hospital for treatment of decayed and abscessed teeth. But it's preventable; step one: cut out the sugary drinks and switch to water."

The national oral health initiative also released a campaign in November along with other actions that aim to improve oral health for children under 5.

Although the national 'Switch to Water' challenge ran through the month of November, the Ministry of Education recommends that education settings switch to water all year round.



Students Laelani Dodds and Amie MacLennan



## KURA TUATORU / TERTIARY EDUCATION

### WAVE & C-Bay Wellbeing Award

#### Supreme Effort & Improvement in Wellbeing 2016

This year WAVE and C-Bay jointly sponsored two awards for the student who made the greatest effort to improve their wellbeing over 2016. Our winners are:



Anthea Ross from Community College South Canterbury



Shayna Welch from YMCA with Anna from WAVE

Well done girls and thank you to C-Bay for your support.



### Aoraki Alternative Education Becomes Smokefree

Aoraki Alternative Education has been working with WAVE updating their policies around becoming smokefree. In Term 4 2016, they finally achieved everything they needed to become a Smokefree Centre which was offering students support to quit smoking, making their premises Smokefree and erecting Smokefree signage to comply with the Smokefree Environments Act. All the staff and the students were involved in the process. Once they had updated their policies WAVE (Josh, Facilitator and Felicity, Smokefree Health Promoter) put on lunch for them. Kylie, Public Health Nurse was also supporting them with the process.



Students enjoying the free lunch



Kylie, Public Health Nurse and Josh, WAVE Facilitator

## AUAHI KORE / SMOKEFREE

### How is your Smokefree Signage looking?

Smokefree signage at schools and early childhood centres is a legal requirement under the Smokefree Environments Act. The Act requires a notice stating that smoking within the premises is forbidden at all times is prominently displayed at, or immediately inside, every entrance to the premises and every outer entrance to every building or enclosed area forming part of the premises – the key is that all signage states the words “**smokefree at all times**”.

Community and Public Health has FREE smokefree signage available. We can provide smokefree signs to replace faded or damaged signs and also signs for areas where there may not have been a sign previously. Get in touch with your WAVE Facilitator if you require any signs.

Smokefree signage is important for reminding role models, such as teachers, caregivers and visitors that smoking is not allowed, and not what we as a country want for our next generation, especially as we aim for a smokefree country by 2025.

**Smokefree signage available from Community & Public Health:**



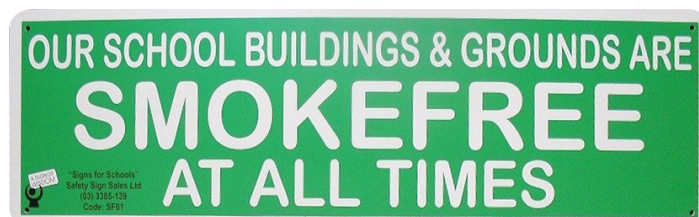
Also available in green



Smokefree stickers for external doors



Please keep us Smokefree at all times



Also available in “Our Kindergarten” and “Our Centre” for ECEs



**5 WAYS TO WELLBEING** - Here are some ideas about how the 5 ways to wellbeing can be implemented in your setting.



**DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD**

*How is being active for wellbeing valued and practised?*



**TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED**

*How is connectedness encouraged between people and environments?*



**Your time,  
your words,  
your presence**

*How do we cultivate generosity, kindness and gratitude?*



**EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF**

*How are curiosity, interest and life-long learning inspired?*



**REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY**

*How is present moment awareness cultivated?*

## Wellbeing = feeling good + functioning well

The way we think and the things we do have the greatest impact on wellbeing

### IN THE CLASSROOM

- Create a green space indoors.
- Start the day with karakia or a simple mindful practice.
- Finish the day by journaling the things you are grateful for.
- Which class can reduce, reuse, recycle and be your Zero Heroes this term?
- Who are the people in your community with interesting things to share. Choose a social or environmental focus/cause each term eg clean water, waste disposal, weather patterns and integrate across students learning.
- Notice and reward helpfulness, kindness and generosity.
- Include regular opportunities for art making, music and dance.
- Plan activities that celebrate the range of cultures reflected in your students whakapapa.
- Highlight holistic connections between our physical, mental social and environmental needs.



### ON THE GROUNDS

- Plan and plant a classroom garden. Create an outside quiet space – perhaps include a reflection pond.
- Take classroom work outside on a warm day – don't forget sunscreen!
- Explore a small section of grounds and see what you can find.
- Hold an Amazing Nature Race that includes nature clues and activities.
- Go on silent mindful walks with a different focus each day, eg, sounds, colours, smells, pattern.
- Use natural or waste materials to make art or musical instruments.
- Keep a weather diary and have weather reports from students daily.
- Learn about how and why Māori used the night sky and phases of the moon.
- Learn about rongoā Māori traditional healing.
- Learn about how the natural environment can sustain you. Visit Environment Canterbury youth engagement and education information at [www.ecan.govt.nz](http://www.ecan.govt.nz) for more ideas.



### WITH WHĀNAU AND COMMUNITY

- Edible foods growing competition.
- Class trip to the observatory, a farm visit, bush or beach ramble.
- Community Pets and Produce day.
- Picnic with whānau and invited guests.
- Homework activities that connect students and their whānau with their community, eg, family alphabet walk, mapping my street.
- "Noticing Nature" photo and caption competition for students and hold an exhibition inviting whānau.
- Plant more trees in your community.



**FOR MORE IDEAS VISIT :**

Mental Health Foundation [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz) and All Right: [www.allright.org.nz](http://www.allright.org.nz)



# KURA MAHERE WHAKAMAHINGA / SCHOOL TRAVEL PLANS

## Sacred Heart's Walking School Bus

### "It's cool to walk to school on a Walking School Bus"

A brand new Walking School Bus with a twice-weekly timetable was launched on 18 October 2016 for Sacred Heart pupils. The bus led by Principal Dave Armstrong and supported by WAVE Lead Teacher Pip Oliver, attracted 42 pupils, 15 parent helpers and support from Timaru District Council Road Safety Coordinator Daniel Naude, NZ Police School Community Officer Maire Froud, Sport Canterbury representative Janine Roux and WAVE Facilitator Josh South.



A Walking School Bus is a group of children walking to school together with a "Driver" (a parent/teacher), stopping at designated places and times along the way to allow other children to 'get on' the bus and walk to school safely.

Principal Dave Armstrong and teacher Pip Oliver have been involved with setting up the walking school bus and both are passionate about making the journey to school a safer one for students at Sacred Heart School.

Dave Armstrong said "Sacred Heart's Walking School Bus has been running since the launch every Tuesday and Thursday (weather dependent!), starting at the corner of North Street and Otipua Road and making its way down North Street to Sacred Heart School. The 'bus' has been consistently picking up approximately 25 children along the way, and parent support has been very positive.



As well as decreasing traffic congestion, walking and cycling to school increases the amount of physical activity children get. "Children who are physically active in the morning learn better during the day" said Pip.

Parents had expressed concern about the busy traffic on the route to school when children were walking, scooting or biking. This led Sacred Heart School to work on a School Travel Plan which works at ensuring the environment is safe for active transport, looking at footpath walkability, sufficient and satisfactory places to cross the roads, and the use of cycle lanes etc. "Implementing a walking school bus is one way to decrease vehicle congestion around the school and make it safer for children to use active modes of transport" says Stacey Day, School Travel Plan Coordinator.

A Golden Shoe Trophy competition was introduced during Term 3, which is awarded to the classes with the most pupils actively getting to school. This active transport initiative will also continue throughout 2017.

If your school is interested in finding out more information regarding School Travel Plans, please speak with either your WAVE Facilitator or Stacey Day, School Travel Plan Coordinator [stacey.day@cdhb.health.nz](mailto:stacey.day@cdhb.health.nz)

## Aotearoa Bike Challenge

### AOTEAROA BIKE CHALLENGE

1-28 February, 2017

RIDE A BIKE AND WIN

**We'd like to invite your staff to take part in an exciting new program - the Aotearoa Bike Challenge.**

It's completely free for your Education Setting to take part. This is a fun, sociable competition for all staff - no lycra required!

People can cycle anywhere they like, anytime they like in February 2017. You only need to ride for 10 minutes or more to participate (enough time to bring a big smile to your face - a great first step in getting you to start riding).

### Benefits to your organisation of participating:

- A fun activity for your whole team
- Healthier, happier, more productive staff.
- Less demand for your car parking
- Helps you achieve your well-being and sustainability objectives.
- Prize incentives for you and your colleagues including movie ticket vouchers, restaurant vouchers, bike gear, and more!
- All this and it's entirely FREE for your education setting staff

### It's easy:

1. Register at [www.aotearoa.bike](http://www.aotearoa.bike)
2. Encourage your co-workers to join the Challenge
3. You compete against other teams to get the most staff onto bikes, have fun, and win prizes!

