

Kia ora koutou, Greetings to you all

Kotahi ano te kaupapa, ko te oranga o te iwi

There is purpose to our work, the well-being of the people.

The WAVE newsletter is an opportunity to celebrate the work you are doing to focus on the wellbeing of your ECE, school or tertiary community. In this edition of the WAVE newsletter there are great examples of how education settings are addressing health and wellbeing including healthy eating, Māori Health, and physical activity. It is also a chance to read up on timely reminders about Sunsmart and swimming pools.

WAVE facilitators will be busy meeting up with you to discuss plans for next year and professional development opportunities. Following on from feedback during the WAVE evaluation, this year we have offered professional development workshops that can take place with all of your staff in your setting. ECE staff have recently given feedback about how that has worked for them – read more in this newsletter.

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



Best wishes from the WAVE Team for the season ahead
(absent from photo are Anna Reihana, Hacer Tekinkaya)

CELEBRATING TE WIKI O TE REO MĀORI

Te Wiki o Te Reo Māori, or Māori Language Week, is celebrated between 11 and 17 September. Each year a theme is chosen for the week with this year's focus being "Kia ora te Reo Māori" – celebrating New Zealand's indigenous greeting.

This year WAVE decided to run a competition on its Facebook page. Many ECE and schools in South Canterbury entered the competition in which they had to answer three questions which encouraged them to find out more about Te Wiki o Te Reo Māori. "Māori Language is our taonga (treasure). Knowing your language is part of your identity and gives you a sense of uniqueness. ECE and schools play a great role in celebrating Te Reo" said Suzy Waaka, Māori Health Promoter at Community & Public Health. West End Kindergarten were the winners of the competition in which they won \$100 worth of Māori Health Resources.

Staff and students at Gleniti School in Timaru spent their time learning their mihi and sharing it with their school community through their newsletter and Facebook. "We see Te Wiki o Te Reo as a way to celebrate and promote use of Te Reo in our school" said Steve Zonneville, Principal.

"At our recent staff meeting we all worked on our mihi and practised it with each other, and we encouraged whānau to get involved too. We included information about how to create your mihi in our school newsletter" said Steve.

Te Wiki o Te Reo is organised by the Māori Language Commission and celebrated each year.

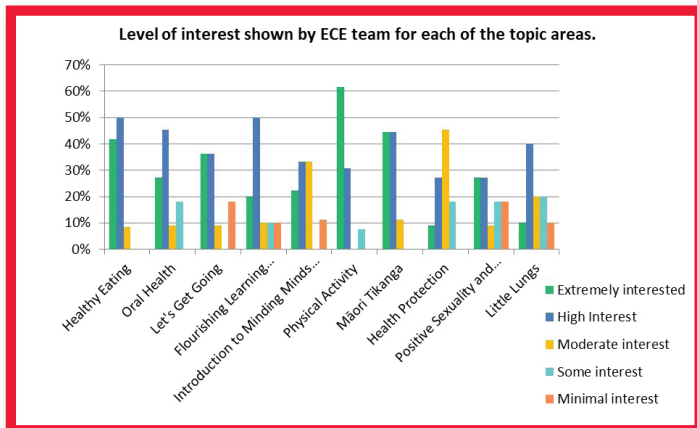


TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

ECE Feedback Survey

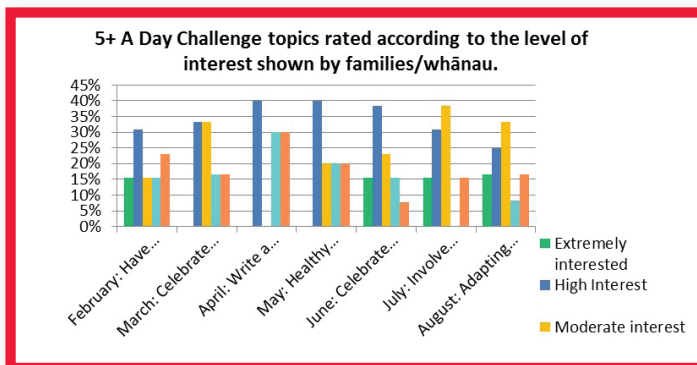
Our ECE community have recently been invited to complete an online survey focusing on WAVE professional development workshops and the monthly 5+ A Day Challenge. Responses have been valuable to gauge how relevant our workshops are for teaching teams and whānau.

"We are feeling positive about the recent PD and it is great to have open communication with agencies such as WAVE to help guide our practices".



Feedback from the monthly WAVE 5+ A Day challenge has identified that whānau have been interested in the topics, teachers have valued winning prizes and WAVE giving new and fresh ideas for promoting healthy eating.

"The challenges have increased our thinking about what we promote around food in general. Our shared kai experiences are more about fruit and vege than treat style foods".



Thank you to everyone who contributed to the survey. Planning for next year is now being guided by your feedback.

The ECE Feedback Survey summary is available to anyone who's interested to read more. Contact Debbie or Jackie for your copy debbie.johnstone@cdhb.health.nz or jacqueline.corby@cdhb.health.nz

Physical Activity with Early Childhood Educators

Throughout 2016 and 2017, 16 Early Childhood Education Centres in South Canterbury have participated in Physical Activity professional development. Workshops have been delivered onsite to each team enabling them to discuss their specific needs and find solutions to some of the issues they face.

For some ECE this has been a one-off workshop and for others it has been a series of workshops progressively advancing their knowledge and understanding around children's physical development.

Topics have included:

1. **Making the Connection Between Movement and Learning** - focusing on the underpinning philosophies and the fundamentals of all movement.
2. **Adapting Activities for Success at all Levels** - extending knowledge and exploring teaching strategies for mixed ages and abilities.
3. **Skill Acquisition** - exploring the phases of learning a skill and how we can better set our children up for success.

FEEDBACK FROM WORKSHOPS.

"Fantastic! It's been great to strip our learning back and start back from the basics." (Karaka Early Learning Centre)

"We were able to practise different skills as delivered at different times and extend on these as we were taught more." (Karaka Early Learning Centre)

"I have thought about and used some of the games (since last workshop), will keep doing this. Loved how the activities can be so simple." (West End Kindergarten)

"Provided a great foundation, unpacking physical and practical activities. Great to help capture all children." (West End Kindergarten)

"I now know how to break things down into individual skills and how to recognise what stage each child is at, also the importance of smaller group sizes." (Karaka Early Learning Centre)

"Really appreciate Lee's enthusiasm of content and ability to explain the link between brain development and physical development in simple terms." (Esk Valley Kindergarten)

FEEDBACK ABOUT THE ACTIVITY CARDS.

"The Activity Cards are very useful as a go-to resource. Children responded well, especially to the Traffic Lights which can be incorporated into many activities." (Karaka Early Learning Centre)



"The Activity Cards are amazing, a truly great resource that can be used at any time of the day, at mat times or outside." (Karaka Early Learning Centre)



TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

Kai Korero Whānau Sessions at Waimate Kindergarten

During the end of Term 3, WAVE has been visiting Waimate Kindergarten every Wednesday for an hour during pick up time for 5 weeks of Kai Korero Whānau Sessions. We had a different display each week for whānau to look at and just talk about kai. The sessions included lunchbox ideas, kai requirements, label reading, oral health, and healthy celebrations.

Each week we also had a taste tester and a recipe – it was great to hear parents come back the next week and say they tried the healthy

recipes. “Parents have been inspired by lunch box ideas and the Kai Korero sessions and we are seeing results in food from home,” says Kristy Head Teacher of Waimate Kindergarten.

Kai Korero Whānau sessions will be offered as a nutrition/oral health PD to ECE next year. Please contact your ECE Facilitator (Debbie or Jackie) if you would like Kai Korero Whānau Sessions at your ECE setting.



Kristy, Karen and Abbey from Waimate Kindergarten checking out the oral health display.



Hacer from WAVE – Healthy Lunchboxes display.



One of the taste testers - oven baked tortilla chips, carrot sticks and yoghurt dip – which was a big hit with parents



Whānau gathered for a shared 'Healthy Celebration'.

ABC Marchwiël - Eating a Rainbow

Most weeks a group of children and teachers from ABC Marchwiël head off for a walk to the Selwyn Street Produce shop. On the way we talk about what fruit and vegetables we might purchase for our morning and afternoon kai for the coming week. Children help to select the fruit and vegetables from the shelves, placing them in bags and taking them up to the checkout. The children are learning about different fruit and vegetables, seeing what they look like raw and having the opportunity to make decisions about what they want to eat. We then enjoy some fruit together before walking back to the centre. The children and teachers really enjoy these outings in the community.



TIKĀKĀ I TE RĀ HAUORA KAUPAPA / SUNSMART

WHY IS SUNSMART SO IMPORTANT?

- Skin cancer is the most common cancer affecting New Zealanders.
- New Zealand now has the highest rate of skin cancer in the world.
- Getting sunburnt and too much exposure to the sun's ultraviolet radiation (UVR) during childhood and adolescence are the major causes of skin cancer later in life.
- Children are at school when UVR levels are at their peak (September through to April, especially from 10am-4pm).

The good news is...

- Around 90% of skin cancers are potentially preventable.
- Being Sunsmart during childhood and adolescence will reduce the life-long risk of skin cancer

It's now Term 4 and time to be super Sunsmart!

- Remember your hat, a broad brim or a bucket style is the best.
- Clothing that protects your skin.
- Sunglasses if you have them.
- Seek shade during peak UVR times.
- Sunscreen, at least SPF30 broad spectrum.



Slip



Slop



Slap



Wrap



Shade

Timaru Christian School

T.C.S.'S GARDEN POEM

Timaru Christian school
Compost
Spinach
Gardening
Amazing
Rakes and hoes
Dirt
Eggs
New plants

OUR SCHOOL GARDEN TCS ROOM 4

The garden began to harden
as winter was on it's way,
It was a cold, cold day and
I felt a spray of wet weather from
room A,
One chicken started kicking
as a raindrop landed on its head,
A bread with spread
sat on the worm farm,
We had to get it off
before the worms got a cough
And another drop landed in the
children's water trough.

OUR GARDENING ARTICLE BASED ON A TRUE STORY . . .

The wind swept through the metal netting into the flowers and out, The Pot Marigold sighed in the breeze and Lilou gently placed in the deep soil. The delicate orange petal danced in the wind, as dirt stung our eyes. It was a nice to kneel in the warm soil while planting flowers or looking dreamy along the rows of spinach and lettuce. The worm farm was calm and the chickens were majorly the opposite!

Esther and Genevieve watched as Lilou rapidly burrowed hole after hole, planting the stinky orange and yellow blossoms in the muck of the earth. getting dirty wasn't exactly Genevieve's thing, so she got gloves from the glasshouse to make sure she was clean. When she came back a surprise occurred for the poor shovel thing! Heave ho heave ho Esther was hard at work, but something wanted to stop her it was the shovel which had a mind of it's own, it decided to snap in the middle of her deepest dig.

Timaru Christian School - Chickens

TCS have 3 sussex chickens but they're all different colours. When we got the chickens the whole school voted for the names and the 3 winners were Midnight for the black one, Chica for the brown one and Zibba for the white one. At one point Zibba wanted her eggs to hatch which meant that she sat on them for ages. When she was finally came out of the nesting box we had to run and get the eggs and replace them with fake ones. At one point our chickens ate their eggs so we had to add crushed seashells into their diet, by mixing them with their normal grains. Abby, Anuscka and Hannah clean their water and their coop and also feed them. We usually get 1-3 eggs a day then we sell them to the school families. The money goes towards chicken feed and our school garden. Recently Zibba has been nesting so we had Jimmy to help us by putting a container on her head so Abby and Anuscka could lift her out and get the eggs from under her. On that day we learnt two things:

1. That if chickens can't see they won't hurt you.
2. A chicken peck is painful (Abby learnt that because Zibba pecked her) Ouch!!!

We have really enjoyed this experience with the Chickens even though there have been some ups and downs as we learn to care for them.

By Abby HS (age 11) and Anuscka (age 10)



Collecting eggs from the schools chickens are Anuscka, Abby and Hannah.



Planting flowers in the garden to help keep the bugs away from the vegetables are Esther (back), Genevieve (front left), and Lilou (front right).



The class in charge of the School Gardens plus one of the awesome chickens that supplies the school eggs.



Students getting rid of the weeds.



Katelin is busy making holes in a bucket and is getting help from Emily and Casey-May.

Note from Teacher: Room 4 have been working hard over the last few months in their school garden to get it to where it is today, the students are in the garden most days as it's part of their curriculum programme and are currently working on ways to keep birds off the garden by making bird feeders.

KURA TUATAHI / PRIMARY EDUCATION

Barton Rural Primary and Fairlie Primary learning Traditional Māori Games

Physical activity was on the agenda for staff and students at both Barton Rural and Fairlie Primary Schools who learnt Traditional Māori Games in Term 3 during workshops with Greg Newton from WAVE. "Traditional Māori Games use strategic thinking, negotiation and team work. And they're a great way of encouraging and supporting students to be physically active. The games are all adaptable so are perfect for students with varying abilities" Greg said.

Students and teachers learnt a range of different Traditional Māori Games that can be easily used in teaching programmes. "This year already over 500 school students have taken part in workshops here in South Canterbury" said Greg. "Staff and students really enjoy the active games and also learning about the history and skills, beliefs and values of Traditional Māori Games" he said.

Participants learnt about the history of the games and have plenty of practice as part of the workshop.

One popular game is Ki o Rahi which was introduced by the Māori Battalion during WWII to the French and Italian soldiers and is still played to this day in these countries. Community & Public Health and Sport Canterbury organise an annual Ki O Rahi tournament for secondary schools in Term 4. This year the inaugural primary schools tournament will also take place. "Having such a great response from primary schools to the workshops we're offering this year is really positive and will lead well to our tournaments this term" Greg said.

If your school would like to have a Traditional Māori Games workshop, please contact Greg Newton on (03) 687 2607 or email greg.newton@cdhb.health.nz for more information.



Barton Rural Primary School



Fairlie Primary School

Woodbury School at FLAVA

Woodbury School had a wonderful time on Friday 18 August attending the FLAVA Festival for the second time. A group of approximately 45 students travelled to the Theatre Royal in Timaru to take part in a wonderful day of colour and culture.

Students had been working hard since the start of Term 2 to perfect their performance and had spent many hours practising together to get it right. With the helpful guidance of our tutor Trisha Reader and teachers Sarah Greenslade and Becky Talbot the group pulled together a spectacular performance on the day.

"We wanted a real emphasis on the tuakana-teina approach and having the older students show the younger ones the way. It has been really special to see our Year 6 Leavers stand up and take on extra responsibilities and parts in the piece" says teacher Becky Talbot.

The children performed five songs but their favourite by far was E Minaka Ana, a song about looking after the Te Reo language and ensuring it is alive and well for future generations.

A huge thank you to the team that put on FLAVA Festival for us all to enjoy. Woodbury are looking forward to making another appearance in 2019!



Sacred Heart Primary - Scooters & Skateboards

At the end of 2016 Sacred Heart Primary School were successful in their application for some WAVE Funding to put towards an area for scooters and skateboards. The school had seen an increase of students bringing scooters and skateboards due to an Active Transport initiative which was supported by WAVE. Since setting up the scooter and skateboard area the school reports that it is being well used by students before school and during break times.



(L to R) Jack Chapman, Lachlan Moore, Jack Manson, Campbell Betts, Sean Newlands, and Riley McKibbin.



(L to R) Lachlan Moore, Campbell Betts, Jack Manson, and Jack Chapman (in the air).

KURA TUARUA / SECONDARY EDUCATION

Waimate High School - Student Sports Council

The Waimate High Student Sports Council are hard at work making sure all students at their school are keeping active with a range of activities and initiatives to increase the students' physical activity.

There are three lunchtime sports available for students with the addition of a table tennis house competition starting in Term 4.

There will be a tri series of sports between Mackenzie College, Opihi College and Waimate High including sports such as Netball, Soccer and Ki O Rahi (a Traditional Māori Game).

Touch Rugby has also been discussed for both the school and community in Term 4 and a possible Mud Run has also been keenly discussed.

Acknowledgements to the support of Waimate High's Sports Coordinator Kim Drake for supporting the Sports Council on physical activity and sports activities throughout the year.

Well done Waimate High Student Sports Council – keep up the good work!

If any school would like to talk about physical activity initiatives or just have a chat about increasing physical activity at your school please contact Greg Newton, WAVE Physical Activity Health Promoter, Ph (03) 687 2607 or email greg.newton@cdhb.health.nz



Waimate High School Students Sports Council

WAKA POU TIKANGA / ACTIVE TRANSPORT

Pleasant Point Playcentre - Cycle Skills Programme

LET'S
GET
GOING

Families/whānau and tamariki have been taking part in the biking skills initiative 'Let's Get Going'.

Our little ones checked their helmets for cracks and dents and how to wear them for the best protection. We checked bikes for safe riding and didn't find any wibbly wobbly handle bars or seats, which was great. We used our fingers to check that tyres were firm and we pumped some tyres up that were a bit easy to press in, with one tyre needing a date with grandad to be replaced.



up, valve caps were taken off and put in a safe place so the babies didn't get them. Chains were turned and sprayed with cleaner to make them run smoothly.



Not everyone was brave enough to talk to the mechanic but luckily for us he was able to visit again the next week. As soon as he arrived the second time things were very different, the children lined up their bikes and took off valve caps and knew the names of the tools he had used last time.

More roads in our playground have been created and new road signs introduced, as we continue to discuss road safety and have activities for us to be practising.

Janeen, Head Educator
Pleasant Point Playcentre



Tamariki have been learning about being safe, being seen, listening for others and getting on our bikes safely and quickly. Biking through straight, slalom, circle-shaped and narrow courses, and balancing are all skills that were practised.

Traffic signs have been created with the children finding the best colours to use, and knowing that red tells us to stop. From the stories that were shared we have some great safe driving mums but some of our dads will need to behave!

We arranged for our local friendly mechanic to pop in. Mr 3 let him check his bike - fingers pressed the tyres to see if they needed pumping

BE DENTALLY FIT

Every child deserves a healthy smile

In 2016, over a third (34%) of all 5 year olds in South Canterbury have already had either decayed, missing or filled teeth. We can prevent this.

A healthy smile is important for children's wellbeing and confidence at school



Hacer Tekinkaya, Child Nutrition & Oral Health Promoter



5 TIPS TO KEEP YOUR FAMILY'S SMILE HEALTHY

1. Brush x2 a day with fluoride toothpaste.
2. Spit, don't rinse.
3. Limit sugary food and snacks.
4. Drink water and plain milk.
5. Have regular dental check-ups.

FREE DENTAL CARE UNTIL THEIR 18TH BIRTHDAY

The Community Dental Service provides free oral health services to all eligible children in South Canterbury, as well as the co-ordination of adolescent oral health access. For families new to South Canterbury, they can call 0800 846 983 or email comm dental@cdhb.health.nz to enrol. This could be useful information to share with whānau in your ECE or school.

NOVEMBER SWITCH TO WATER CHALLENGE

Join the challenge to ditch sugary drinks and Switch to Water this November, as part of National Oral Health Day on Friday 3 November.



DENTISTS CAN ADOPT A SCHOOL TO BE WATER AND MILK ONLY

New Zealand Dental Association's Adopt a School initiative (in partnership with Colgate) is giving free toothbrushes and toothpaste to all students of schools who are supported by dentists to become water and milk only.

For more information visit www.nzda.org.nz/about-us/news/adopt-a-school and speak to your WAVE Facilitator.

Useful Links:

- www.letstalkteeth.co.nz and www.healthysmiles.org.nz
- WAVE Resource Centre has a number of resources on Oral Health.
- Talk to your WAVE Facilitator if you would like professional development on Oral Health.

A link to this article can also be found on our website: www.wavesouthcanterbury.co.nz





KAHU THE KIWI & MARAMA THE KEA - R013570

Kahu and Marama have arrived! They have taken over the duties of Maru the Moa who recently retired. Kahu and Marama are hand puppets which can help you to promote healthy lifestyle messages to your settings in a fun and interactive way. They come with a booklet full with health messages which cover topics like Healthy Eating, Māori Health, Mental Health, Oral Health, Physical Activity, Smokefree, Sunsmart and Travel Planning/ Active Transport. Kahu and Marama come in their own bird cage.



PACIFICALLY FUN STUFF / PACIFICALLY SPEAKING - R013573

Produced by All Right?, this resource is a pack of cards – 30 cards relating to 'Pacificaly Fun Stuff' and 30 cards relating to 'Pacificaly Speaking'. These cards have ideas for activities, making memories, conversation starters with the fanau (family), and questions to ask and talanoa (chat) about what really matters.



WAVE SHADE/SHELTER TENTS - R013493, R013494 & R013495

Don't forget to book our WAVE Shelter Tents, including the sunscreen spikes loaded with sunscreen, for your summer activities. We have three tents available – 1 large (3m x 4.5m) and 2 small (3m x 3m). Book these early as they are very popular!

To book these and other WAVE Resources simply go to our website 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 using your setting login details.

Remember, all WAVE Resources are free to book and use!

MENTAL HEALTH AWARENESS MONTH - OCTOBER

Five ways to improve wellbeing

What is wellbeing?

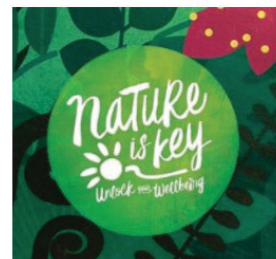
It is easy to explain, as it's basically made up of two key things:

- feeling good
- functioning well.

Both are vital if we want to make the most of life – at home and at work.

So what makes us feel good?!

Research has shown that the Five Ways to Wellbeing can make a real difference, even when times are tough.



CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Celebrate &
share stories
and photos of
your life
experiences
with others

Give

Your time,
your words,
your presence

Join a group
that advocates
for and
supports older
people

**TAKE
NOTICE**

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

Make time to
go somewhere
you've always
been meaning
to visit

**KEEP
LEARNING**

EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF

Rediscover an
old interest or
develop a new
one

**BE
ACTIVE**

DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

Join a dance or
tai chi class –
learn and be
active at the
same time!

PARENGA HAUORA / HEALTH PROTECTION

Swim Week and the Two Week Rule

The first few weeks back at school often involve swimming classes or swim week activities, sometimes unwanted bugs make it into a swimming pool!

Two common water borne bugs, cryptosporidium and giardia can make life miserable if you are unfortunate to catch them. These two bugs form tough resistant cysts in the gut which are then shed from the body for several weeks after all the symptoms have gone. You only need to swallow 1-2 cysts to start an infection – usually 3-11 days after ingesting the cysts symptoms appear which include watery diarrhoea, vomiting, and cramps lasting several days.

Once in a pool the cysts are really difficult to eliminate, the normal level of chlorine in pools is totally ineffective in dealing with these two bugs and only high specification filters can remove them. Contamination in a pool may mean closing and draining the pool, massive clean down and refilling. Treat any pool “code brown” incidents quickly!

That's why we want you to remember and apply the two week rule so any pupil or adult that has had diarrhoea in the two weeks prior to any swimming/pool activity must be excluded from the pool. This applies to all pools – your own school pool, or a community pool (council run), private swim school pools, even paddling pools.

HAVE A GREAT SWIM WEEK AND KEEP IT BUG FREE!

REMEMBER THE TWO WEEK POO(L) RULE



WAIT TWO WEEKS AFTER HAVING DIARRHOEA BEFORE USING THE POOL OR YOU COULD MAKE OTHERS SICK.

take the challenge switch to water

3 NOVEMBER 2017
National Oral Health Day

**SWITCH YOUR SUGARY DRINKS
TO WATER FOR 30 DAYS.**

 **New Zealand
Dental Assoc.**
www.healthysmiles.org.nz

Eliza McCartney, Pole Vault Athlete

SUNSMART FACT



Cover-up 10 until 4

Protect yourself from the sun between 10am and 4pm during school terms one and four.


**SUNSMART
SCHOOLS**
Cancer Society

KA TOI MĀORI O AORAKI FLAVA FESTIVAL 2017

FLAVA Festival 2017

THE KA TOI MĀORI O AORAKI FLAVA FESTIVAL 2017 ATTRACTED ENTRIES FROM 20 SCHOOLS IN SOUTH AND MID CANTERBURY.

Organised by Arowhenua Whānau Services, Whānau Ora Navigator Felicity McMillan, the event is in its 11th year, and is a cultural competition showcasing visual arts, performing arts and kapa haka. FLAVA is a great opportunity for whānau to reconnect to Te Ao Māori with many of Felicity's whānau not only participating on stage but also as part of the audience.

"It's a great festival and a lot of preparation goes into it. It's all about tamariki learning kapa haka and about Te Ao Māori."

A highlight of this year's event was the introduction of scholarships to Ara Institute of Canterbury for the top two senior schools in the competition. A student will be chosen by the school to be a recipient of this amazing taonga.

The festival was an initiative that derived from the former Māori Youth Suicide Prevention strategy. It was rolled out into South Canterbury schools, and aimed at building resilience in Māori youth and supporting whānau and community connections. In 2006 the strategy identified an interest in developing a South Canterbury schools competition to promote pride in their identity, to showcase their talents and to express their creativity. From here the FLAVA Festival was created.

The festival is open to all primary, secondary and tertiary education within the Arowhenua rohe - the Southern Alps and between the Waitaki and Rakaia rivers.

2018's theme is Tō tatou wawata - our dream.



Bluestone Primary School



Grantlea Downs Primary School



Arowhenua Primary School



Waimate High School

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



Join us on
Facebook



KA TOI MĀORI O AORAKI FLAVA FESTIVAL 2017

VISUAL ARTS JUNIOR INDIVIDUAL	Most outstanding visual arts entry by an individual	2nd = Sherina Tuiaki – Bluestone School 1st = Jaykob Cox – Bluestone School
VISUAL ARTS JUNIOR SCHOOL	Most outstanding visual arts display by a school	3rd = Geraldine Primary School 2nd = Arowhenua Māori School 1st = Bluestone School
VISUAL ARTS SENIOR SCHOOL	Most outstanding visual arts display by a school	2nd = Geraldine High School 1st = Timaru Girls' High School
VISUAL ARTS SENIOR SCHOOL	Te Rito Award	2nd = Geraldine High School 1st = Timaru Girls' High School
VISUAL ARTS JUNIOR SCHOOL	Te Rito Award	2nd = Arowhenua Māori School 1st = Geraldine Primary School
PERFORMING ARTS JUNIOR	Most outstanding performance by a junior group or individual	3rd = Arowhenua Māori School 2nd = Timaru South School 1st = Bluestone School
PERFORMING ARTS SENIOR	Most outstanding performance by a senior group or individual	1st = Timaru Girls' High School
KAKAHU	Most functional and visually pleasing costume	3rd = Bluestone School 2nd = Ashburton Intermediate School 1st = Arowhenua Māori School
INNOVATION	Most innovative and creative performance (any category)	1st = Bluestone School
TE REO RANGITIRA	Awarded for best language and pronunciation overall	2nd = Bluestone School 2nd = Highfield School 1st = Timaru Girls' High School
KAEA TEINA WAHINE	Most outstanding female lead in junior section	3rd = Ana Donaldson – Highfield School 2nd = Rongomai-Ngakau Unahi – Arowhenua Māori School 1st = Grace Edwards – Bluestone School
KAEA TEINA TANE	Most outstanding male lead in junior section	3rd = Ben Goldingham – Bluestone School 2nd = Ashton Hurrell – Highfield School 1st = Corban McNoe – Arowhenua Māori School
KAEA TUAKANA WAHINE	Most outstanding female lead in senior section	2nd = Serenity Timothy – Ashburton College 1st = Reremaia Unahi – Timaru Girls High School/ Mountainview High School
KAPAHAKA JUNIOR	Most points in compulsory kapa haka disciplines in junior section	3rd = Highfield School 2nd = Bluestone School 1st = Arowhenua Māori School
KAPAHAKA SENIOR & ARA SCHOLARSHIP	Most points in compulsory kapa haka disciplines in senior section	2nd = Ashburton College 1st = Timaru Girls' High School/Mountainview High School
FLAVA 2017 KA TOI CHAMPIONS	Awarded to the school with the highest combined score over all three sections	3rd = Arowhenua Māori School 2nd = Bluestone School 1st = Timaru Girls' High School/Mountainview High School

TE ANA ROCK ART CENTRE

Te Ana Māori Rock Art Centre has some exciting new modules for 2018:

TERM 1: TE TIRITI O WAITANGI (A NGAI TAHU PERSPECTIVE)

TERM 2: WAKA HOURUA (TRADITIONAL POLYNESIAN NAVIGATION)

TERM 3: MAHIKA KAI (TRADITIONAL RESOURCE GATHERING)

TERM 4: KAITIAKITANGA (GUARDIANSHIP AND SUSTAINABILITY)

As the warmer months approach, we are also now taking bookings for our guided tours to the Heritage New Zealand recognised 'Wahi Tupuna Area' at Opihi, including the iconic Opihi Taniwha rock art site.

Book your visit by phoning (03) 684 9141 or email office@teana.co.nz

Amanda Symon, Curator

Te Ana Rock Art Centre



St Joseph's School Temuka and Te Ana visit the Māori Rock drawings.

CREATIVE CORN CRACKERS

Make after school snacks creative and fun! Let kids decorate their own to inspire their imagination...

1. Put one or two of the following spreads in bowls:
Plain yoghurt, cottage cheese, hummus, mashed avocado, peanut butter
2. Plus any of these toppings:
Carrot, celery, cucumber, tomatoes, berries, grapes, sprouts, capsicum
3. Let kids create their own crackers



CHIP SWAPS

Small packets of chips produce lots of waste that end up in landfill



Potato chips

These other options can be packed in containers or reusable bags. They are also more nutritious!



Home-made popcorn



Pita or bread chips



Plain nut mixture

SWAP THIS → **FOR THAT** → **OR THIS** → **OR SOME OF THESE**

FLAVOUR TIPS

- Add a pinch of cinnamon or curry powder to popcorn (this is fat-free and salt free).
- Sprinkle garlic or herbs on top of pita chips for flavour (see recipe) Enjoy with Pita dip* and/or pop into a small container for the lunchbox
- Recipes for home-made popcorn and other easy ideas are available at www.myfamily.kiwi/foods

***PITA DIP RECIPE** – can also be used for vegetable sticks, crackers, or salad dressing. Blend or mix together:

- 1 cup plain yoghurt (check that it's unsweetened)
- 2 tablespoons herbs (e.g. parsley, mint, coriander) - cut finely
- pinch of salt and pepper
- 1 tablespoon lemon juice
- 1 teaspoon garlic (optional)



TO MAKE PITA OR BREAD CHIPS

Cut pita bread rounds, tortillas or bread slices into four quarters. Spray/ spread over a tiny amount of oil and sprinkle each piece with herbs and garlic. Bake at 180°C on an oven tray for 5 minutes, then flip pita's over for another 5 minutes.