

Kia ora koutou, Greetings to you all

Kotahi anō te kaupapa, ko te oranga o te iwi.

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

As Term 2 begins and we start moving closer to the winter months, the SneezeSafe® message to help prevent the spread of colds and flu viruses is timely. Public Health Nurses and WAVE facilitators will be visiting 21 schools this term with the SneezeSafe session, and ECE will receive an updated SneezeSafe kit for their teaching programmes. All ECE and schools can access the SneezeSafe tools via www.sneezesafe.co.nz

This term we welcome Jane Sullivan to the team as School Travel Planner. Jane has worked previously at Community & Public Health, including piloting the first school travel plan with Waimataitai School. We're delighted to have Jane join us and continue the school travel plan work with schools in the Timaru District.

Noho ora mai (stay well)

Rose Orr - Team Leader



Debbie Johnstone, WAVE ECE facilitator; Jane Pierce, Public Health Nurse; and Josh South, WAVE facilitator preparing for SneezeSafe

Sparklers Going From Strength to Strength

The Sparklers wellbeing toolkit is set to get even better. Sparklers currently consists of 36 activities teachers can use to help their year 1-8 students become calmer, happier, and ready to learn.

New activities specific to Year 7 and 8 tamariki will be available shortly. The activities recognise that children in this age group are in a new phase of development - approaching or experiencing adolescence and soon to transition to high school. To help tamariki navigate this period of their life, the new activities will focus on:

- Listening
- Working together
- Finding calm
- Communication skills - how to build friendships
- Understanding and regulating big emotions
- Friendships
- Trust building

Sparklers has been designed to help young people learn the skills they need to build positive mental health. Activities take between 10 minutes and 1 hour, are aligned with the New Zealand curriculum, and cover a wide range of wellbeing topics including managing emotions, living in the moment, being grateful and showing kindness.

Community and Public Health completed an evaluation of Sparklers and the report is due out later in Term 2. While we can't give too much away

yet, it's safe to say the feedback from focus groups with teachers has been overwhelmingly positive.

'It's a really attractive website and easy, all the links are there and really good headings so you know if it is an active thing or a relaxation activity.'

'It is actually so straightforward and I love that it says what sort of activity it is. Yeah, I don't feel like it could be any clearer.'

'I've found it really easy to use. I'm a beginning teacher - from that perspective it was just nice, easy, very intuitive.'

To find out more about Sparklers, visit www.allright.org.nz/sparklers



Celebration Wheels Day in February Twizel Kindergarten

When Jackie from WAVE introduced the Let's Get Going programme to the kaiako and whānau at Twizel Kindergarten, we knew that this was a valuable learning opportunity for tamariki and the adults to be involved in. Our roads are becoming busier and many tamariki are learning to ride on two wheels much younger with the introduction of balance bikes.

Our first session on the Let's Get Going programme was all about parents and kaiako being informed and committed to this five week programme. From our first session on the school courts our tamariki were really excited and keen to show off their competencies on their wheels. Each week prior to going over to the school we would re-visit the skills learned the previous week and introduce new skills that we were learning that day, so that tamariki were informed and prepared for the session ahead. It was great to see so many parents and extended whānau supporting our tamariki in learning to be competent and confident on their bikes.

During the session about 'Bike Care', Jake from the local hardware store showed the tamariki:

- How to check their brakes
- How to pump up a tyre
- Chain oil and how to use it
- How important it is to keep your bike clean.



Jake from the local hardware store

The tamariki shared what they had learnt about keeping themselves safe, how to wear a helmet correctly, to brake safely, stop when you see a stop sign, and how to mount and dismount on the left-hand side.

At the end of our programme we had a Triathlon - and what a splendid turn out we had! Some families had put a lot of thought into the amazing outfits and decorations on tamariki and their bikes and we were lucky enough to have Jackie volunteer to be our Judge! The faces showed both the competitive determination and the pure enjoyment of riding their bikes with friends and family.

Thank you Jackie and WAVE for the opportunity to participate in this programme that has increased the skills and knowledge of our tamariki, whānau and kaiako at Twizel Kindergarten. We know through observing and discussion with our tamariki that they understand and practice the new skills and knowledge they have learned. The collaboration, continuity of learning over a sustained period of time, and the opportunity to revisit prior learning has ensured this programme has been successful.

Carol Sinclair
Head Teacher Twizel Kindergarten.



Home Grown Kids

Our Home Grown Kids educators and children had a wonderful day at Caroline Bay celebrating Wheels Day. There was plenty of room for everyone to get on their bikes and ride around the open space. And there was plenty of shade for our picnic when we were ready for a rest. A perfect place for energetic children. Thank you WAVE.

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



Healthy Eating at Timaru Christian Preschool

Our kaiako have been in awe at the enthusiasm our tamariki have displayed as they have worked together in our preschool garden. To further this learning, we have discussed and researched with tamariki about how different vegetables help different parts of our bodies to grow. This has encouraged our tamariki to take responsibility for the care of their garden, and in next to no time we were harvesting our own fresh vegetables. It has been awesome to see all the tamariki try a vast range of new vegetable dishes, who knew so many things could be made from zucchini!!

Whānau have shared with us that their tamariki have spoken about

the yummy kai they have prepared at preschool and many have asked if they could have some recipes. This has seen us develop some recipe cards to share with whānau. To further support families we have also called in the WAVE team's expertise who have given us some tips, recipes and ideas on preparing healthy affordable lunchbox ideas. We are now in the middle of participating in the WAVE Kai Korero Whānau sessions so watch this space for an update in the next WAVE newsletter.

A big thank you to the WAVE team for all your help, support and advice throughout this journey.



Bright Smile Healthy Teeth with Geraldine Kindergarten

At Geraldine Kindergarten our tamariki have been very keen to explore the WAVE Oral Health resources.

It's been really neat seeing our tamariki so keen to sing, talk with their peers and teachers about healthy teeth. We have incorporated the resources throughout the daily programme - lots of great small group learning is occurring.

The "Sparkle, sparkle" song (sung to the tune of twinkle twinkle little star) which is in one of the WAVE Oral Health resources, is a really neat and very catchy way to promote caring for ourselves and

keeping our bodies healthy - this is highlighted throughout the Mana Atua/Wellbeing strand of the NZ Early Childhood Curriculum - Te Whariki.

Our kindergarten whānau have also been curious about some of the resources and some parents have been asking for tips and guidance in regards to oral health.

Ka pai - choice!

HAPPY SMILING EVERYONE.



TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

Ranui Kindergarten receives sunhats and sunscreen

Ranui Kindergarten would like to send a special thanks to The Warehouse for donating sunhats for the tamariki and also to the Cancer Society for donating sunscreen. It is very much appreciated!



Alex Govan, Cancer Society (right) presenting Jenny Bealey and tamariki with sunscreen and hats from The Warehouse

Healthy Heart Award goes to ABC Marchwiel

On 4 April ABC Marchwiel received the bronze Healthy Heart award. Teachers, whānau and tamariki have been working hard towards this and have put in place several initiatives such as walks to Selwyn Street Produce to select fruit and vegetables for our morning and afternoon teas and many different physical experiences. We also created a community garden at our centre which we recently held a very successful opening for. We are all very proud of the results and we were so excited to be presented with our Award by Mikaela from the Heart Foundation, who also shared a story with us.



Bekah and tamariki outside ABC Marchwiel with Mikaela from the Heart Foundation



Rebekah receiving the Healthy Heart Award

KURA TUATAHI / PRIMARY EDUCATION

Local Dentist Adopts Bluestone School

Bluestone School has been adopted by local dentist Tony Page for the New Zealand Dental Association's 'Adopt a School' initiative. This initiative gave all students a free toothbrush and toothpaste pack in Term 1 to help promote brushing twice per day with fluoride toothpaste. Bluestone School also found a new way to keep making water and milk the best and easiest choice. Well done Bluestone School for changing their lunch order system so that only water and plain milk are available for drinks.

"It's important to brush your teeth every day because when you grow up you want good looking teeth, not yucky ones you need to stay away from sugary drinks as they will rot your teeth and they will be all yucky" Aleeyah aged 8

"If you don't brush your teeth, you might get fillings" George aged 8

Dentist Tony Page also said, "I am happy to help if it will help spread the message. Even if it saves each child only one carious lesion in their school life, it will be a success in my book. Keep smiling"



Aleeyah, left and George, right (both age 8) getting their toothbrushes out after the "Adopt a School" initiative was launched at Bluestone School

Oral Health Month Challenge

SHOW US YOUR WATER AND PLAIN MILK ONLY SCHOOL!

Thanks to all of the schools who participated in the WAVE Facebook competition for World Oral Health Month in March! Everyone made a great effort to help spread the word that water and plain milk are the best choices for healthy teeth, healthy minds, and healthy bodies.



Geraldine Primary School got all of their students in a photo to promote water and plain milk only. They said to us:

"We like having milk because it is good for us to have something for us to drink during class time and it helps us think". - Toia Sheed

"It feels nice to have a cold drink of milk on a hot day. The milk is nice." - Joji Wada

"I like the messages on the milk carton and I think that it's good that we get milk because it makes us strong". - Rose Fletcher-Young



Well done Waimate Kindergarten for all bringing drink bottles to kindy and sharing wai/water around the table.



Waituna Creek also showed us how important drinking plain milk is for healthy teeth.



Highfield School made a collage with staff which they have now put up all around their school. With this and their student story (see next page), both staff and students have encouraged each other to drink water and plain milk only.



Oceanview Heights School showed us that plain milk is a great part of breakfast to start the day with.

WAVE ECE 5+ A Day Challenge 2018

This year there are four 5+ A Day Challenges spread throughout the year. Each challenge has a different theme. There will only be 1 winner selected by the WAVE team for each challenge.

Challenge #2: Mon 16 April – Fri 6 July

Fruit & Vegetables from around the world

Tell us how you celebrate cultural dishes featuring fruit and vegetables

- Tips** • Utilise Matariki and Pacific Island Language Weeks • Have shared meals with whānau
• Invite whānau to share with children a dish from their culture • Share recipes of cultural dishes

Due date: Fri 6 July **Prize for the best entry:** Te Ana Maori Rock Art Centre visit

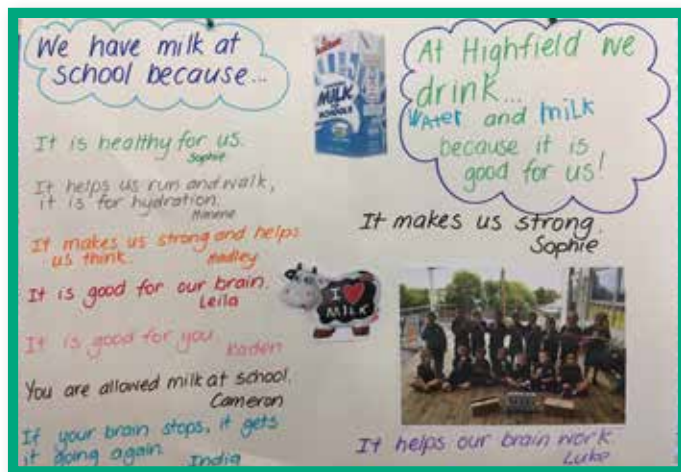


KURA TUATAHI / PRIMARY EDUCATION

What 'Water and Milk Only' meant for Highfield Primary School

After talking about what water and milk does for students at Highfield Primary School, the junior students wrote a cool story board – see below.

Well done Highfield School for also taking part in the Oral Health Challenge (previous page) and making a staff poster about going water and milk only this year!



KA TOI MĀORI O AORAKI FLAVA FESTIVAL

Ka Toi Māori o Aoraki Incorporated Society established

FLAVA and Korohi o Te Pepi are an important part of South Canterbury ECE and schools' calendars. From its beginnings in 2007 with three secondary schools and four primary schools participating, FLAVA is now held each year for schools and tertiary settings throughout the Aoraki rohe, and the Korohi o Te Pepi festival for ECE celebrates its fourth year in 2018.

After the 2017 events, the organising committee held a debrief and planning session, and identified that the sustainability of the two festivals, FLAVA and Korohi o Te Pepi, is a priority. To that end, Ka Toi Māori o Aoraki Incorporated Society has been established to oversee, co-ordinate and run FLAVA and Korohi o Te Pepi. The Society has applied for funding to the Mid and South Canterbury Community Trust and is busy planning for 2018. Details include:

Theme: 'Tō Tatou Wawata' (our dream)

Dates: FLAVA: Friday 17 August 2018,
Theatre Royal, Timaru

Korohi o Te Pepi: Friday 7 September 2018,
Caroline Bay Hall, Timaru

Registration details have been sent to kapa haka leads in schools and the WAVE lead contacts in ECE, school and tertiary settings. If you would like more information please contact your WAVE facilitator.



MATARIKI



Greg Newton
WAVE Physical
Activity Promoter



Suzy Waaka
Māori Health
Promoter

Matariki is the Māori name for a star constellation that rises up into the sky in mid-winter. This signals an important time in the New Zealand calendar - the Māori New Year. Matariki is a celebration of people, culture, language, spirituality and history, and this year it begins on 15 June.

Here are some ideas from www.kiwifamilies.co.nz/articles/matariki-maori-new-year/ to do over the next month to celebrate Matariki.

Cook with Traditional Māori vegetables

Acknowledge the value of healthy kai as a taonga for achieving wellbeing. Traditional vegetables include Kūmara, Taewa (Māori potatoes), Kamo Kamo (similar to marrow), Taro, Puha (similar to cabbage) and Uwhi (yam). These vegetables can be used in combination with other ingredients to make delicious and healthy meals for whānau and friends.



Explore the outdoors

Matariki was a time to learn about the natural world. Today, one way we can embrace this tradition is through an edible garden. It's a fun way to keep active, eat well and learn about what to plant this season and prepare for the next.



Spend time with kids in the kitchen

During Matariki, traditions and teachings are passed from one generation to the next. Ask whānau for some of their favourite recipes to share with your community. Now is a great time to get together with children and teach them to prepare recipes that have been passed down as favourites.



Embrace the theme of new beginnings

Big change starts small in all aspects of life. Consider ways to incorporate te ao Māori in your organisation through opportunities for toiora (healthy lifestyles), waiora (environmental wellbeing) and mauriora (cultural identity). There are a range of resources to support these aspects in the WAVE Resource Centre, including Kī O Rahi and other Traditional Māori games and activities that education settings can borrow.



USEFUL LINKS:

- Kiwi Families - www.kiwifamilies.co.nz/articles/matariki-maori-new-year/
- For quick and easy recipe ideas – www.myfamily.kiwi/foods and www.fuelled4life.co.nz/recipes
- Visit Te Ana Ngai Tahu Rock Art Centre who provide guided tours and interactive sessions. See more at www.tenana.co.nz
- Te Papa - Matariki Māori New Year: www.tepapa.govt.nz/discover-collections/read-watch-play/maori/matariki-maori-new-year
- NZ History Online - Matariki Māori New Year: www.nzhistory.govt.nz/classroom/matariki-maori-new-year
- WAVE Resource Centre - www.wavesouthcanterbury.co.nz for booking WAVE Resources relating to Matariki and traditional māori games and activities.

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



Better Health

Greater Learning

Brighter Future

NGARU WHAKAIPURANGI / WAVE RESOURCE CENTRE

Need some resources to help celebrate and educate other upcoming events like:

World Smokefree Day (31 May), Samoan Language Week (27 May to 2 June), and Matariki (15 June)? We can help!



Smokefree



Pasifika Health



Māori Health

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!

PARENGA HAUORA / HEALTH PROTECTION

2018 Flu Season is just around the corner - what can my ECE or school do?

Check that sickness policies for staff and children are in place and make sure you follow them. This can be a good time to remind your community what your policy is.

Encourage handwashing at your ECE/school. This includes encouraging fellow staff and visitors.

Encourage good cough, sneeze and nose blowing etiquette among the children. Remember to role model good practices yourself!

Organise on site and/or subsidised vaccination for staff.

FACTS ABOUT INFLUENZA

- Around one in four New Zealanders are infected with influenza or 'flu' each year. Many won't feel sick at all, but can still pass it on to others. Getting an influenza vaccination before winter offers you and others the best protection.
- Pregnant women and their babies can suffer serious consequences as a result of influenza. A FREE influenza vaccination during any trimester of the pregnancy reduces this risk.
- Older adults and people with certain medical conditions are more likely to have medical complications from influenza. A FREE influenza vaccination reduces these risks.
- Influenza is a serious illness that can put anyone in hospital or even kill them, including young and healthy people.
- Influenza vaccination is safe, effective and cannot give you "the flu".



More than 1.2 million New Zealanders have their influenza vaccination each year. Getting vaccinated each year as early as possible before winter hits gives the best protection.

For more information visit www.influenza.org.nz