

Deadline for submitting information for next newsletter is 16 December 2018

- articles can be emailed directly to:

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The WAVE newsletter is published quarterly

Community & Public Health

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FLAVA AND KOROHI O TE PĒPI - ART WORK

As part of FLAVA and Korohi o Te Pēpi students were invited to enter artwork in the visual arts section under the theme 'To Tātou Wawata – Our Dream'. Students participating in the FLAVA visual arts also had the opportunity to create an artwork based on 'Healthy Relationships promoting a Healthy Environment' which was the Te Rito visual arts section. Ka Toi Māori o Aoraki Incorporated Society really appreciate the support from Te Rito for FLAVA by sponsoring this award.

The artworks were displayed at FLAVA and Korohi o Te Pēpi for all attendees to view.

For a list of FLAVA Winners and Place Winners, see page 7 in this newsletter.

LITTLE WONDERS TIMARU - TO TĀTOU WAWATA - OUR DREAM

At Little Wonders Timaru, our dream is to give tamariki the support and knowledge to grow as confident and capable learners. Our dream is reflected in the whakatauki; Mā te huruhuru ka rere te manu – Adorn the bird with feathers so it can fly



This lovely artwork was created by the tamariki of the Rimu and Kauri Rooms. Each feather was individually designed by a child to reflect our many unique qualities and differences. Together, we form the wings of a bird that allows us to fly as confident and capable learners.

PARKSIDE PLAYCENTRE - OUR DREAM

"To play in the ocean and the rivers – to go for a ride in our Parkside waka together"

Our tamariki have learnt over many weeks to papier mache, cut card, paint with rollers and sponges, discover different types of seashells, use hot glue guns and most importantly to work as one.

Whānau tapu ngātahi – families growing together.



BESTSTART ABC MARCHWIEL

Over the last few months our tamariki have been learning about the Korowai.

We have discovered it is a sign of importance and for us we use it to celebrate our tamariki graduating and heading off to their next step - Primary School.

We decided to make our own version with feathers decorated by each tamariki - "giving our love to someone going to school." (Sophia B)



We wrap our tamariki in our love, pride and best wishes - sending them away with these thoughts and feelings.

Our Korowai is a work in progress - as new tamariki arrive we will add their feathers, proudly showing our strength as one.

We have two hands - one to help ourselves, one to help others.

FLAVA - BECKY POOL, BLUESTONE SCHOOL

Becky Pool from Bluestone School won the Junior Individual Visual Arts section with her artwork.



KIA ORA KOUTOU - GREETINGS TO YOU ALL

Whaowhia te kete mātauranga

Fill the basket of knowledge

Over the last few weeks, the WAVE evaluation has been underway. We began with focus groups made up with representatives from a range of education or community settings, and followed up with an online survey to all ECE, schools and tertiary providers in South Canterbury. We really appreciate your time and input into the evaluation which we run every two years. We use the evaluation to identify areas for improvement and future opportunities. We look forward to sharing the final results with you when they have been completed.

We are very pleased to welcome two new members to the WAVE team:

JANE SULLIVAN - SCHOOL TRAVEL PLAN CO-ORDINATOR

I work in partnership with schools, Timaru District Council and NZ Police to make active travel an easy and safe option for students, parents and school staff.

I love swimming for fitness and have enjoyed many years of competing in swimming, triathlons and cycle racing at a national and international level. I enjoy following my own children's sport and interests, and my book club is my passive leisure tonic!



Hazel Guyan, Smokefree Health Promoter and Jane Sullivan, School Travel Planner. Hazel and Jane have been out and about with WAVE facilitators and are working with education settings.

At this time of year planning for 2019 will be getting underway. WAVE facilitators will be meeting with you about plans for next year and professional development opportunities.

As this is our last newsletter for the year, on behalf of the WAVE team we wish you all the very best for a happy, safe and peaceful summer break.

Noho ora mai (stay well)

Rose Orr
Team Leader

HAZEL GUYAN - SMOKEFREE HEALTH PROMOTER

I work with education settings to provide Smokefree (Auahi Kore) support, including assisting with policy development, staff training, and promoting a Smokefree environment.

I like to spend time with my family and friends in Oamaru and Christchurch. I enjoy reading and art.



SNEEZESAFE

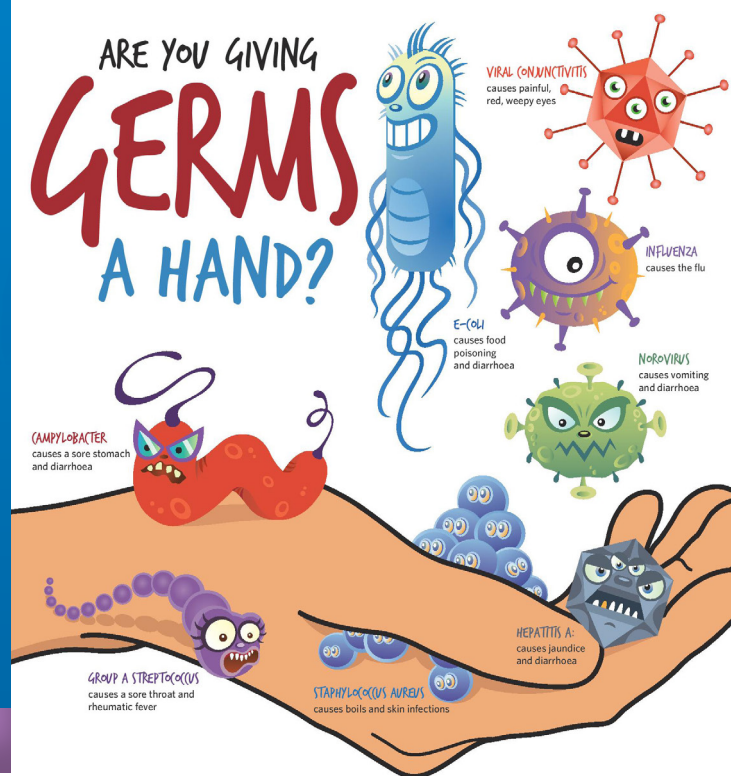
ECE and primary schools throughout South Canterbury are great users of the Kleenex® SneezeSafe® lessons that promote cold and flu hygiene in an interactive way. For the past five years WAVE and South Canterbury District Health Board's Public Health Nurses have joined forces to take the SneezeSafe lesson to primary schools and provided a resource kit for ECE staff. In addition, it has been great to see ECE and schools leading these lessons and using the online resources. As you are preparing for your 2019 teaching programmes, you may find the SneezeSafe website a handy resource: www.sneezesafe.co.nz



ARE YOU GIVING GERMS A HAND?

National Patient Safety Week, which takes place 5-11 November 2018, is about infection prevention and control with a focus on good hand hygiene. There are useful posters and screensavers that you can download and share from the following website: www.hqsc.govt.nz/our-programmes/patient-safety-week/about/resources

Some of you may also have students that participated in the national competition to design a poster for Patient Safety Week and World Antibiotic Awareness Week (12-18 November). The winning posters will be used to promote both awareness weeks. See www.hqsc.govt.nz for more information.

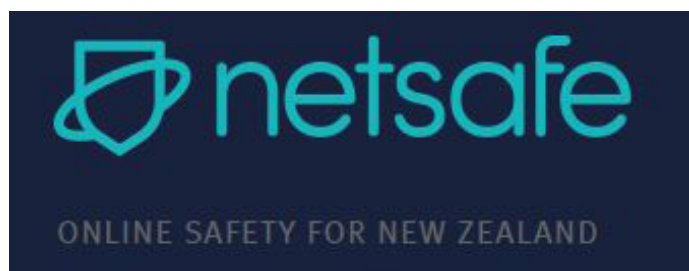


CYBERSAFETY

Earlier this year WAVE and South Canterbury District Health Board teamed up with Netsafe who provided workshops for educators and community members in Timaru. This followed on from feedback from ECE and schools about the challenges and impacts of preparing children and young people for the digital world.

Anjie Webster from Netsafe facilitated 2-hour workshops which included strategic oversight of digital citizenship/online safety preparation, and pragmatic approaches and resource ideas for attendees to take back to their ECE, school or organisation. Participants said the workshops provided great ideas that they could take back to share with their colleagues and whānau, including updating their policies. "This is one the best PD sessions I've been to" said one teacher.

The Netsafe website provides information for educators, parents and young people. There are some great links to share in your newsletters or Facebook pages. See www.netsafe.org.nz



TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

WAVE ECE 5+ a Day Challenge

HANAN KINDERGARTEN



Kaiako and tamariki have been discussing healthy options when it comes to celebrating the last day for tamariki at Kindergarten. It is a special occasion and often whānau like to celebrate by bringing along shared kai. By sharing a fruit platter whānau have the opportunity to show manaakitanga and support whanaungatanga/relationships for tamariki through the sharing of kai, aligning with our curriculum priorities.

WAIMATE KINDERGARTEN



We have been exploring different fruits and vegetables throughout the term with a focus on engaging tamariki in the preparation of kai, taking ownership and trying new flavours. We have enjoyed fruit and veggie platters, hummus with vegetables to dip, and experienced new tastes. Tamariki were really enjoying our sandwich puzzles and decided they would like to create their own sandwiches resulting in a sandwich day, where tamariki were able to choose and experiment with a variety of healthy fillings and bread. We also celebrated a Whānau Kindy Disco promoting nutritious kai as party food with yummy fruit kebabs, hummus, vegies and crackers.



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 #4: Mon 1 October – Fri 30 November Grow fruit & vegetables

Tell us how you're encouraging gardening skills for children and whānau

- Tips** • Plant vegetables or fruit trees • Make your own worm farm • Share seedlings with whānau
• Share produce with whānau and tips on how to use the produce • Visit a nursery

Due date: Fri 30 November

Prize for the best entry: Visit from a keen education gardener and gardening equipment



Out and About

TIMARU SOUTH SCHOOL

Children enjoying the pumpkin soup they had for lunch made from pumpkins grown in the school's edible garden.



PAREORA SCHOOL

Pizza lunch was a huge hit with everyone. Students from the senior room made the pizzas and they were enjoyed by the whole school.



CANNINGTON SCHOOL

In the famous words of Shakespeare himself: "Some are born great, some achieve greatness and some have greatness thrust upon them". At Cannington School greatness was apparent everywhere as students paid homage to the Shakespearian soliloquy in a very entertaining 21st century adaptation of Romeo & Juliet, The Taming of the Shrew, and The Twelfth Night. This was written and produced by students. Amanda, a participating student said, "What I enjoyed the most was writing the plays, and changing the original play was a lot easier than I thought".



GLENITI SCHOOL

Gleniti School were very appreciative of the support from WAVE at our recent PTA run Walkathon. WAVE are supporting the PTA with Healthy Fundraisers. The PTA are raising money to upgrade basketball and netball hoops at the school and were keen to run an event that got everyone moving and having fun. Students came to school dressed in whites and blacks to get the full effect of the colour powder that greeted them around the walking course. The WAVE water station got a lot of use in the great weather. Great effort all around!



BARTON RURAL SCHOOL

Barton Rural took part in Loud Shirt day on Friday 28 September after a suggestion from one of the students. The whole school got behind this wearing loud shirts to raise money for Cochlear implants. The students researched all about the topic and made presentations to the other students to raise awareness on this issue.



Makikihi and St Patrick's Waimate Schools visit Waihao Marae

Makikihi and St Patrick's Waimate Schools visited Waihao Marae who were supported by WAVE, South Canterbury Museum and ECAN. Comments from the students of the day included:

I ENJOYED LEARNING ABOUT THE PESTS
AND HOW TO SET TRAPS.

WE WERE ALLOWED TO USE THE
TRADITIONAL MĀORI TOOLS.

MAKIKIHI WON SOCCER AGAINST ST
PATRICK'S!

LEARNING ABOUT THE FIRST ANIMALS IN NZ

LEARNING AND PLAYING SOME TRADITIONAL

WE LEARNT HOW TO 'HONGI' FOR THE FIRST
TIME.

IT WAS COLD!

IT WAS INTERESTING TO LEARN ABOUT WHAT
TOYS MĀORI CHILDREN USED TO PLAY
WITH. ONE WAS A TOY THAT SOUNDS LIKE
A BIRD'S WINGS FLAPPING.



Fairlie Primary School play Ki O Rahi

Fairlie Primary School enjoyed getting out in the sun to play Ki O Rahi and learnt some Traditional Māori Games with Greg (WAVE's Physical Activity Health Promoter). The seniors especially loved learning how to play Ki O Rahi and have since been playing it during their break times. These games are a great way to get students active and teach them about the native language of New Zealand. Thanks to Greg for his expertise.



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



KURA TUARUA / SECONDARY EDUCATION

Opihi College's Water Bottle Evaluation

For our Level 2 Health Internal we had to improve the aspect of mental wellbeing in our school and community. We chose to implement an initiative for our students, staff and community to drink more water because research shows this improves ALL aspects of wellbeing.

After doing a school wide survey, we found out that the students of Opihi College did not know the importance of drinking water. We held an informative presentation for the students of our school in assembly, advocating the importance of drinking water with the support from Heather's nutritional knowledge (WAVE's Nutrition Health Promoter). We would like to thank Night 'n Day Temuka for sponsoring our initiative by providing the Year 7's and our current sports team with water bottles, to encourage them to drink more water.

Looking forward, we would like this initiative to continue and expand to everyone bringing a drink bottle to school, as well as having more clean and accessible water fountains. We would like to thank WAVE, especially Josh and Heather for their support throughout the implementation of our campaign, and continuing support they will give us in the future. Thank you so much for all your support we really appreciate it!!

Shania Cochrane and Kayla Bagrie, Year 12



WAKA POU TIKANGA / ACTIVE TRAVEL

Footpath Frenzy at Gleniti School

What a great event Footpath Frenzy was at Gleniti School on Friday 24 August. Members of the student WAVE team invited the Mayor, Damon Odey, to walk with us and he brought along his funky shoes – and so did we! It was wonderful to see the different types of shoes full of colour and glitz for the occasion. We normally begin Footpath Frenzy with about 35 children. That Friday it was doubled, and we collected many more children along the way.

It's certainly interesting to see the positive effect that Footpath Frenzy has on the travel/car congestion in Heath Street and Springs Road. Congestion is almost non-existent on Footpath Frenzy morning!

Of course we're hoping that the likes of Footpath Frenzy will have a positive

on-going influence on the choices that we are making in regard to travelling to school.

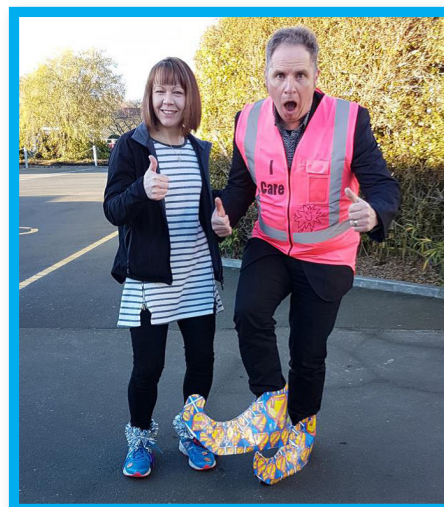
*Steve Zonneville,
Principal*

A student incentive programme such as Footpath Frenzy is a great way for students to encourage their peers to walk or wheel to school. It creates a vibe that other students want to be a part of. It provides an opportunity for schools to encourage parents to park further away from school and also allows for students who live further away to participate. Gleniti School have been promoting Footpath Frenzy throughout Term 3 with various locations for students to meet either the principal or other staff and set off on their journey to school.

For further information about active travel and school travel plans, contact Jane Sullivan, School Travel Plan Coordinator Ph 687 2626 or email: jane.sullivan@cdhb.health.nz



Timaru District Mayor Damon Odey joined Gleniti School for Friday Footpath Frenzy.



Lead WAVE teacher, Sarah Spittal with Principal Steve Zonneville in their fancy feet.

NGARU WHAKAIPURANGI / WAVE RESOURCE CENTRE

To book any WAVE Resources simply go to our website www.wavesouthcanterbury.co.nz, login using your setting login details, click on a category under 'Resource Categories' on the left-hand panel and choose the resource you want to book.

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



Waimate Kindergarten takes part in the Little Lungs Programme

Following a workshop in early 2016, Waimate Kindergarten have repeated the Little Lungs Pūkahu Ihi programme to refresh their knowledge and keep new teachers in the loop. The teachers enjoyed the opportunity to ask questions about emerging issues in the smokefree area.



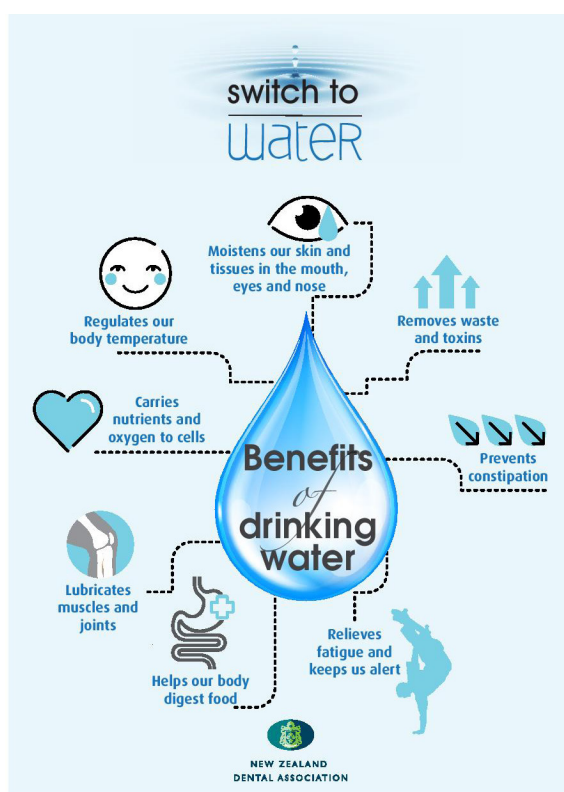
Little Lungs educates ECE about the effects of second-hand smoke, and considers practical ways to support whānau in creating a smokefree environment for tamariki. It is part of a holistic, community centred approach to making smokefree the norm, as we work towards the aspirational goal of Smokefree 2025. Workshops are delivered at your centre during regular staff meetings. Your WAVE facilitator and the smokefree health promoter can support you to promote and progress smokefree in your setting. Contact your WAVE facilitator if you want to participate, or for more information.

HAUORA NIHO NIHO / ORAL HEALTH

Switch to Water Challenge

National Oral Health Day is Friday, 2 November. This also means the Switch to Water challenge is back again! As part of National Oral Health Day, the New Zealand Dental Association is asking everyone to ditch sugary drinks and switch to water for 30 days in November.

Adults can choose to take the challenge on their own or as part of a workplace team. Kids can take the Challenge by registering as a school team. Keep an eye out on our wavesouthcanterbury Facebook page for more information.



LIST OF AWARD WINNERS:

| | | |
|--|---|--|
| Visual Arts Junior Individual | Most outstanding visual arts entry by an individual | 1st – Becky Pool, Bluestone 2nd – Bailey Foster, Arowhenua Māori 3rd – Jack Edwards, Bluestone |
| Visual Arts Junior School | Most outstanding visual arts display by a school | 1st equal – Bluestone & Arowhenua Māori 2nd – Room 21, Waimataitai 3rd equal – Room 22 Waimataitai and Highfield |
| Te Rito Junior School | Best visual representation of "Healthy Relationships, Health Whānau" | 1st equal – Winchester Rural and Waimataitai |
| Performing Arts Junior | Most outstanding performance by a junior group or individual representing a school | 1st – Timaru South 2nd – Waimataitai 3rd – Beaconsfield |
| Kakahu | Most functional and visually pleasing costume | 1st – Arowhenua Māori 2nd – Hampstead 3rd – Ashburton College |
| Innovation | Most innovative and creative performance (any category) | 1st – Bluestone 2nd – Timaru South 3rd equal – Nga Manu Kura and Arowhenua Māori |
| Te Reo Rangitira | Awarded for best language and pronunciation overall | 1st – Arowhenua Māori 2nd – Nga Manu Kura 3rd – Waimataitai |
| Kaea Teina Wahine | Most outstanding female lead in junior section | 1st – Rongomai-Ngakau Unahi, Arowhenua Māori 2nd – Grace Edwards, Bluestone 3rd – Kera Donaldson, Highfield |
| Kaea Teina Tane | Most outstanding male lead in junior section | 1st – Corban McNoe, Arowhenua Māori 2nd – Ashton Nurell, Highfield 3rd – J R Gleave, Dorie |
| Kaea Tuakana Wahine | Most outstanding female lead in senior section | 1st – Eve Reihana, Nga Manu Kura 2nd – Sonia Leigh Stephens-Tahuri, Ashburton College 3rd – Jelja Mooney, Waimate High School |
| Kaea Tuakana Tane | Most outstanding male lead in senior section | 1st – Dom Barrett-Waihape, Nga Manu Kura 2nd – Jayden Meynell, Waimate High 3rd – Lucan Taylor-Culshaw, Ashburton College |
| Kapahaka Junior | Most points in compulsory Kapahaka disciplines in junior section | 1st – Arowhenua Māori 2nd – Bluestone 3rd – Highfield |
| Kapahaka Senior | Most points in compulsory Kapahaka disciplines in senior section | 1st – Ashburton College 2nd – Nga Manu Kura 3rd – Waimate High School |
| FLAVA 2018 Ka Toi Aggregate Champions | Awarded to the school with the highest combined score over all three competitive sections | 1st – Arowhenua Māori 2nd – Bluestone 3rd – Waimataitai |

Kids Flourish by Eating, Moving and Sleeping Well



Healthy Kids is full of fun, free and low-cost ideas to get your family eating, moving and sleeping well. Explore their [recipes](#), [activity ideas](#), [goal charts](#) and more at: www.healthykids.org.nz

WHY IS EATING, MOVING AND SLEEPING WELL SO IMPORTANT?

- Eating a wide variety of healthy foods is important for your child's wellbeing, growth and development. Eating together with your children is a good way to connect about their day.
- Active play helps kids with coordination, balance, motor skills and using up their energy, which in turn helps to promote better sleeping habits.
- Being active helps build strong muscles and bones, and contributes to brain development and learning. It's also a great way to make new friends.
- Sleep restores your child's energy and helps them to grow and develop. The right amount of sleep can help improve behaviour, learning, health, wellbeing and weight.

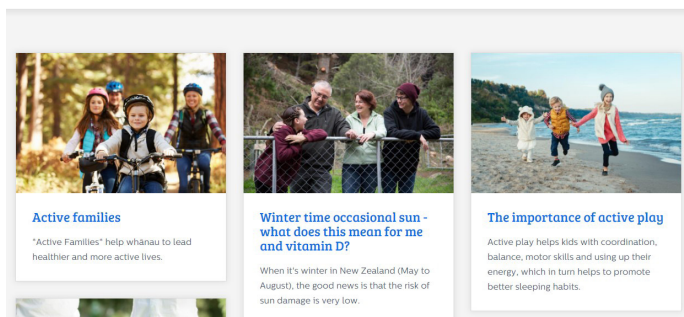
FURTHER RESOURCES:

- **Tips to help 2-5 year olds be more active:**
www.health.govt.nz/system/files/documents/topic_sheets/tips-to-help-2-5-year-olds-be-more-active-jul16.pdf
- **Tips for Healthy eating for 5-12 year olds:**
www.health.govt.nz/system/files/documents/pages/healthy-eating-for-5-12-year-olds-jan17.pdf

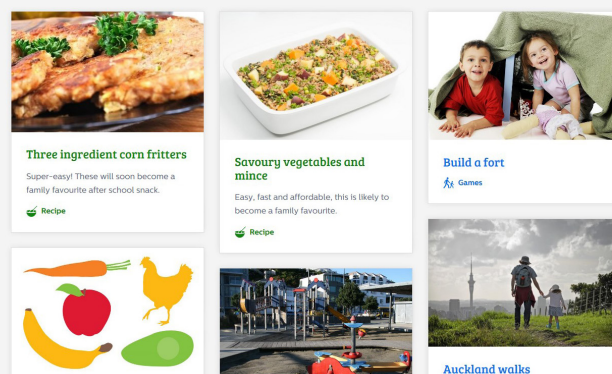
Share this info with your whānau and community



Activity ideas & tools



Get started with recipes and activities...



NZHEA Mental Health and Resilience Resource

MENTAL HEALTH AND RESILIENCE: TEACHING AND LEARNING ACTIVITIES FOR NZC LEVELS 6-8

The New Zealand Health Education Association has published a senior secondary teaching resource to support learning in mental health contexts in Years 11-13.

The resource contains 90 activities spread over nine themes derived from the mental health key areas of learning in The New Zealand Curriculum. This new curriculum resource shows how the HPE underlying concepts are used to construct health education knowledge across NZC levels 6-8. The resource was produced as part of the Ministry of Education 'Networks of Expertise' pilot project and is downloadable at www.healtheducation.org.nz/resources



Toro Mai

TORO MAI TŌ RINGA, KI NGĀ KETE O TE WĀNANGA - REACHING OUT TO THE REALMS OF MĀORI LANGUAGE

Massey University have put together a guided journey of learning to deepen your understanding and awareness of the Māori language. Toro Mai offers two free introductory online courses in Te Reo and Tikanga Māori.

These are taught via an immersive multi-media online platform with interactive activities. They are approximately 10 hours each and can be studied at your own pace. These courses are not accredited – there are no costs involved, no assignments or exams.

Do this course yourself, or as a classroom!

For information and to register:
www.massey.ac.nz/toromai

