

Deadline for submitting information for next newsletter is 28 June 2019

- articles can be emailed directly to:
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The WAVE newsletter is published quarterly

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Waimate Kindergarten ahead of the game on E-cigarette Policy

After taking part in the Little Lungs programme, and doing a huge amount of work in the smokefree area, Waimate Kindergarten have become the first education setting to update their smokefree policy and signage with the support of WAVE. The policy was updated to include banning the use of electronic cigarettes on and around the Kindergarten property, and at Kindergarten events. WAVE wants to congratulate the Kindergarten on their initiative. "We are in a very central location and this means that sometimes people in the community will smoke within view of our tamariki. Vaping was a new but very visual issue for us, so if our signs can make people stop and think about the impact of this on our tamariki then we are achieving what we set out to do" said Kristy Mackenzie, Head Teacher. One staff member said that they had issues with parents' vaping at the gates, but once they explained the policy, families were more than happy to support it.

"We are really passionate about Little Lungs and the image that our whānau portray to our wider community as well. Tamariki do not get a say in the poison they breathe from second-hand smoke and we need to be firm in the message that is sent to our whānau. This is not acceptable, and we need to be advocates for the well-being of the tamariki who attend our Kindergarten. Kaiako feel empowered by the support we receive from Hazel, Debbie and WAVE to confidently get this message across" said Kristy.

The Kindergarten received WAVE funding to update their smokefree signage, and the results are fantastic. The new signage makes the smokefree and vape-free status of the Kindergarten clear, and looks great! All of this hard work means that Waimate Kindergarten are well on their way to achieving a smokefree WAVE award, which will be presented in conjunction with World Smokefree Day (31 May).

WAVE encourages schools and early childhood educators to include e-cigarettes and vaping products in their policy. Banning them reduces

confusion, as children can't distinguish between e-cigarettes and conventional cigarettes, and makes it easier to enforce smokefree policies. Research is still emerging about the safety of e-cigarettes, but we know they should never be used by young people or non-smokers.

If any schools or ECE are interested in following the lead of Waimate Kindergarten, please contact your WAVE facilitator, or the smokefree health promoter, Hazel at hazel.guyan@cdhb.health.nz



Tamariki with their new smokefree and vape-free sign



**Proud to be smokefree and vape free
at all times**

No smoking or e-cigarettes on or in front of kindergarten grounds



BETTER HEALTH | GREATER LEARNING | BRIGHTER FUTURES

WAVE ECE 5+ A Day Challenge 2019

Early childhood is a time when eating preferences and habits are set. The 5+ A Day challenge is a great opportunity for kaiako to involve tamariki and whānau further with fruits and vegetables, to support eating more fruit and vegetables, both at ECE and at home.

Term's 1 challenge was:



Vegetables & Fruit for **STRONG** TEETH.

How do you support children to keep their smiles healthy?

Here are some of their stories:

ESK VALLEY KINDERGARTEN

This week the tamariki have enjoyed exploring brushing our teeth using the WAVE resources that Debbie and Hacer brought out for us. We have talked about how important it is to brush morning and night and that it's really important to let Mummy and Daddy help you get right into those back molars to give them a good clean.

This has also provided an opportunity to talk to the tamariki and whānau about healthy lunch boxes and healthy ideas to increase their children's daily intake of vegies and fruit. The tamariki have also been talking about healthy eating and they have been deciding what are healthy food choices using our new wooden food resources. We have also heard lots of talk about their own lunch boxes and what is healthy in them, such as fruit and sandwiches and raw veggies, yum!

We have also sampled many of our own garden produce this term and it has been a great opportunity to learn about how to keep our bodies and teeth healthy.



GERALDINE KINDERGARTEN

Geraldine Kindergarten recently celebrated St Patrick's Day with an assortment of kakariki kai. This was a great opportunity for all children to get the important 5+ A Day, along with celebrating culture and identity.



Tamariki voice:

"I like broccoli and apples and grapes because they are yummy. My nana has lots of strawberries in her secret garden" – Samantha 4yrs

"I brush my teeth lots of times, in the morning and in the night time before bed time and then I have a story sometimes. I like Chinese broccoli and carrots, I like crunching them in my teeth" – Ashley 4yrs

"I like carrots cause little bunnies like to eat carrots. My Mummy has one carrot in her garden" – Hollie 3yrs

"I love strawberries in my lunch box, my mummy bought a big plate of veggies for our Kindy day" – Flynn 2yrs

"We have lots of carrots in our garden, heaps of them! We are growing them to eat them" – Archie 3yrs

"I liked taking the corn cob home and eating it all up, it was juicy!" – Louis 3yrs

PLEASANT POINT PLAYCENTRE

Term 1 has seen our little ones enjoy harvesting goodies from our garden, and also harvest seeds straight from the plant, then planting these seeds to continue to provide edible treats. We have found strawberries, beans, peas and broccoli as well as watching, waiting and testing our apples, picked straight from the tree! We have had several baking days, and we picked up fallen fruit to take on an adventure to feed the horses, again reiterating healthy eating options in every day foods (whether you be boy, girl or beast!).

Just this week, we found carrots in the garden. These were cleaned and prepped to make a smoothie along with some fresh hand-picked apples. Baby carrots were also found and, after washing them, Mr 4 had an idea to turn them into Easter carrots - a great way to include 5+ A Day at Easter to build strong teeth that crunch on carrots. Kitchen towels were used to decorate and then wrap the carrots - the kitchen towels were suggested as tinfoil isn't very good for the environment and the whales!



WAIMATE CHILDCARE

Teachers have planned a range of intentional learning activities and taken tamariki on several excursions focusing on looking after our teeth. First we visited the dentist where we were able to look around the surgery, talk to the dentist and sit in the dentist's chair. Then a group of tamariki and teachers visited Waimate Main School and saw Harold in action, providing a programme to support our topic, keeping our teeth healthy. During our mat times we have played games such as 'what makes our teeth happy'. Tamariki have learnt several new songs and read a variety of books. We have been able to use a large set of teeth and with a tooth brush and practice cleaning our teeth. Tamariki were also involved in a learning inquiry of how much sugar is in packaged foods that are in our lunch boxes. These activities have supported tamariki and their ako/learning being able to recognise what makes their teeth strong and healthy.



Term 2 Challenge – Vegetables & Fruit from Around the World

Term 2's challenge runs from Monday 2 May to Friday 5 July 2019. How do you celebrate cultural dishes featuring fruit and vegetables? Ideas, tips, prizes and how to enter are below.



WAVE ECE 5+ A Day Challenge 2019

Early childhood is a time when eating preferences and habits are set. The 5+ A Day challenge is a great opportunity for kaiako to involve tamariki and whānau further with fruit and vegetables, to support eating more fruit and vegetables, both at ECE and at home.

There are four challenges (one per term) and prizes for the top 3 ECE for each challenge. This term:

Challenge #2: Mon 6 May – Fri 5 July 2019

Vegetables & fruit from AROUND THE WORLD

How do you celebrate cultural dishes featuring fruit and vegetables?

Tips • Invite whānau to share with children a dish from their culture • Learn about other countries and the food they eat • Make a cultural dish with the children & share with whānau

Due date: Fri 5 July

Prizes for the top 3 ECE: Fruit trees; or Healthy plate game



To enter the Challenge email your entry (e.g. learning story, blurb with photo, article, video etc.) to your WAVE Facilitator (Debbie or Andrea): debbie.johnstone@cdhb.health.nz or andrea.grant@cdhb.health.nz

KIA ORA KOUTOU - GREETINGS TO YOU ALL

He aha te mea nui o te ao? He tangata! He tangata! He tangata!

What is the most important thing in the world? It is people! It is people! It is people!

The Inspiring Communities Whakatauki Information sheet provides the following description:

"This whakatauki talks to the importance of human connection and relationships. This is what creates community and enables people to flourish. It values the human being in all of us and reminds us of what is most important – not money, not success, not a job or a thing – it is people". *

In this newsletter you'll read about ways ECE and schools have been connecting with their communities over the last term, ranging from an ECE linking with their local dentist and school, school marae connections, and strengthening relationships with whānau. This term WAVE and the Public Health Nurses will be working together, visiting 19 schools with the SneezeSafe session and supporting ECE with an updated SneezeSafe kit for their teaching programmes. The SneezeSafe lessons and teaching resources are also available at www.sneezesafe.co.nz.

We're also pleased to share the WAVE evaluation 2018 findings with you and note the strong theme about the value of positive relationships, with 91% of respondents saying their relationship with their WAVE facilitator

was a key success factor. Supporting our children and young people to learn well and be well is something we can only achieve in partnership. We are proud to work with the education sector and key partners in South Canterbury towards this vision.



Janet and Josh (Wave Facilitators) and Kate (Public Health Nurse)

Noho ora mai (stay well)

Rose Orr
Team Leader

* (accessed via <http://inspiringcommunities.org.nz/wp-content/uploads/2018/09/Inspiring-Communities-%E2%80%93-Whakatauki-information-sheet.pdf>)

WAVE Evaluation 2018

Thank you to all who participated in the WAVE evaluation, through the online survey and to those who also took part in the focus groups. The final report is available on the WAVE website; we are also pleased to share with you key highlights from the evaluation.

Here is a snapshot of the key findings from the evaluation. For a the full WAVE Evaluation report go to www.wavesouthcanterbury.co.nz

88%

agreed that working with WAVE contributes to **increased learning** for students.

84%

agreed that working with WAVE contributes to **improved health** for students.

93%

were "**satisfied**" or "**very satisfied**" with WAVE.

91%

agreed WAVE has an **effective relationship** with setting as a whole.

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

www.facebook.com/wavesouthcanterbury/



Join us on
Facebook



KURA TUATAHI / PRIMARY EDUCATION

St Patrick's School Waimate - Parent Consultation

This year WAVE supported St Patrick's School with their parent consultation around PE and Health in the curriculum with an emphasis on sexuality and relationships. The evening started out with a BBQ for everyone. Greg (WAVE's Physical Activity Health Promoter) kept the children busy with activities while the parents worked with the school's staff and Anna (WAVE's Sexual Health and Mental Wellbeing Health Promoter). The evening was a great success with most parents attending and feedback from the night gave a big thumbs up for the process, and parents appreciated the opportunity to take part.



5 Ways to Wellbeing with the Waimate Kāhui Ako

Staff from Waimate schools all rocked up to Gunn's Bush camp earlier this year to attend Professional Development as part of the work WAVE is doing with the Waimate Kāhui Ako around how the 5 Ways to Wellbeing can be embedded into schools' curriculum.



FIVE WAYS TO WELLBEING



St Patrick's School Waimate - Edible Gardens Preparation

The children at St Patrick's School in Waimate are busy preparing their edible gardens. A load of fresh compost has arrived and it's time to unload it and dig it into their prepared edible garden plots. Here's hoping for a bumper crop of vegetables next season – good work boys!



Makikihi School's Whānau Banquet

This year again saw Makikihi School celebrate a bumper veggie crop from their school garden with a Whānau banquet. Vegetables included potatoes, parsnips, yams, carrots, beetroot, sweet corn, beans and tomatoes. For dessert there was carrot and rhubarb cakes all washed down with blackcurrant drink all made from the garden produce. Well done Makikihi and thanks to Mr Facer for his support in the garden again this year.



From garden ...



... to table

Dr Rabbit visits St Joseph's School Temuka

Dr Rabbit hopped his way into St Joseph's School Temuka loaded with toothbrushes, toothpaste, apples, and other giveaways to join the students celebrating World Oral Health Day on 20 March. Making use of the WAVE resources classes had spent the week learning about tooth friendly drinks and food and about the importance of cleaning their teeth as a lead up to Dr Rabbit's visit. Needless to say his visit was a hopping success.



Twizel Area School monitoring UV Rays

Twizel Area School's Student WAVE Team are monitoring the UV rays each day by using the UV index board to inform students. Twizel can have extreme weather both in winter and summer and the WAVE students would like to keep the staff and students informed each day of the level of UV rays.

The other focus for the school is recycling as the Student WAVE Team are going to do a stocktake of bins and the recycling system in the school as well as prompting correct bin use and monitor rubbish within the school. Many thanks to Nyree Schaar the new WAVE Lead Teacher for 2019!



KURA TUARUA / SECONDARY EDUCATION

Aoraki Alternative Education

Students at Aoraki Alternative Education have really appreciated the donation of water bottles by FMG, which was organized by Josh (WAVE Facilitator). Since receiving them the water cooler is having to be filled every day. Students take them out to sport and EOTC events but have also enjoyed having them on hand in the classroom. It has made a huge impact on their water consumption and the own personal wellbeing. Thank you so much to FMG, for the water bottles and to WAVE for the support you continue to show us.



100% WATER
Water is the best choice

Marae Visits

Waihao Downs, Glenavy, Waimate Main and Waimate High schools all visited Waihao Marae during Term 1. Part of their curriculum learning is around increasing their understanding and knowledge of Te Ao Māori. They do this by weaving Te Ao Māori through the curriculum with support from families and the community and by visiting their local marae. Examples include learning Traditional Māori Games, taking part in activities that increase their understanding of Māori culture, and regular use of Te Reo.

Their marae visit starts with a pōwhiri. After morning tea the children take part in a number of different activities which included harakeke (flax) weaving, Traditional Māori Games, making poi, learning about pests and animals Māori hunted and trapped, and about tools early Māori used.

Thanks to all those involved who made the days successful - Te Wera, Wendy and Aroha (Waihao Marae), Sally and Suzy (from the local Māori community), Irai (Te Rūnanga o Ngāi Tahu), Debbie (Educator from ECAN), Ruth and Keely (teachers from South Canterbury Museum), and Greg and Janet (WAVE).



Waihao Downs School – Traditional Māori Game, Tī Rakau



Glenavy School – Weaving harakeke



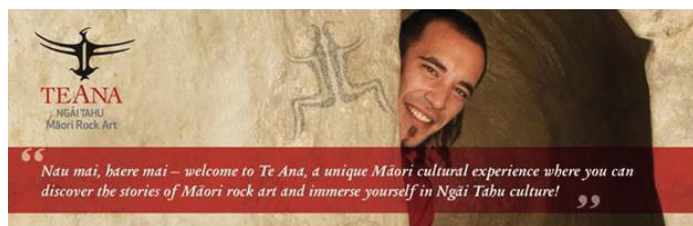
Waimate High School – Traditional Māori Game, Poi



Waimate Main School – Learning about pests from Debbie, ECAN

Te Ana Ngāi Tahu Māori Rock Art Centre

Information about our education Modules



Te Ana has an exciting education programme focused on the rock art of our region and the rich Ngāi Tahu history and culture that surrounds it. From early childhood, through to high school and beyond, we have a range of exciting hands-on activities that engage children in their local history in creative and stimulating ways. Our school programme is designed to connect to the New Zealand Curriculum, and can be tailored to meet the specific learning outcomes of students. Activities are based at Te Ana, and at the rock art caves at Opihi, and are led by our local Ngāi Tahu guides.

In collaboration with teacher(s), we aim to personalise every visit. Our models fall under the following key kaupapa and have been especially designed to include local history and content as well as embed contextual tikanga and te reo Māori where applicable:

- He waka hourua (migration of our ancestors)
- Mahinga kai (traditional food gathering)
- Mō tātou, mō kā uri a muri ake nei – Kaitiakitanga (guardianship and sustainability for future generations)

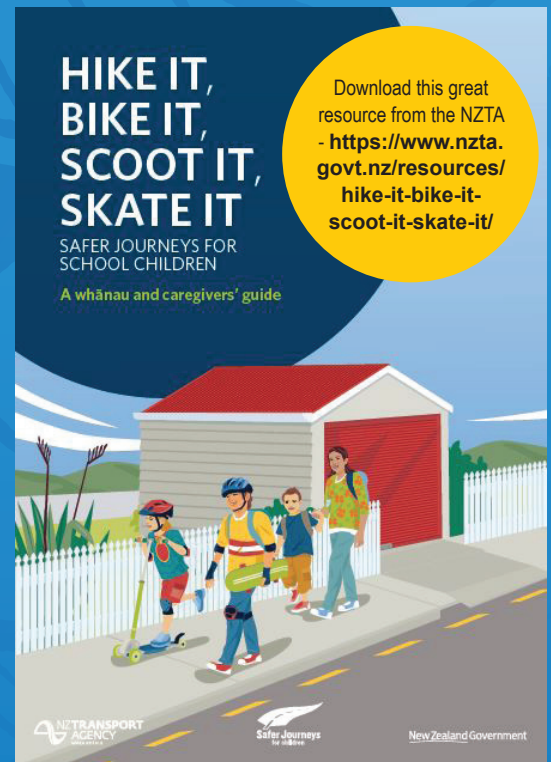
- Ngā Toi a ngā tīpuna (our ancestor's art)
- Ngā kōrero o ō tātou tīpuna (the stories of our ancestors)
- Ngā taonga tākaro (traditional games)
- Te Tiriti i te reo o Ngāi Tahu (A local perspective of the Treaty of Waitangi and its effects)

Please remember that the structure and content of these activities can be tailored for each group (whether it is teachers, students or educational/ Government or private institutions) and can cover a range of curriculum areas – just ask us when you book. Please contact us on (03) 6849141 or 0800 4683462 or email community@teana.co.nz



Home Grown Kids - Annual Wheels Morning

As February was Aotearoa Bike Challenge/Bikewise month, Home Grown Kids had their Annual Wheels Morning event which was held at the Caroline Bay games area. Educators, parents and children enjoyed a fun morning of bike riding. This area is safe and secure as it has a large space for encouraging children to learn to ride their bikes or scooter around. Children learn to gain confidence, balance, mobility, and become physically active while riding bikes and scooters.



NZTA Education Portal workshop gets teachers planning to boost student agency

Teachers and health promoters are teaming up to use the NZTA Education Portal curriculum resources to support students learning about safe active travel.

There was a lightbulb moment for Timaru teachers at a recent workshop, when they saw the potential for integrating road safety and active travel more deeply into their classroom delivery.

The teachers, from three schools, were planning how they could use curriculum resources available on the NZ Transport Agency's Education Portal. Pamela McConchie, senior education advisor for NZTA was in Timaru in February to facilitate the workshop organised by WAVE, with the support for teacher relief time provided by Timaru District Council – Road Safety.

WAVE's Travel Planner, Jane Sullivan says the three schools are carrying out school travel plans to support more children into active travel such as walking or scooting to school. The plans typically involve promotional activities with enforcement and road engineering measures to address congestion at the school gate.

Jane says young people would also benefit if the important ideas around active travel were explored through teaching programmes.

"The Education Portal excited me because it looks like it makes it easy for teachers to do this. The resources have links to the New Zealand Curriculum, and it has the teaching plans available so they can see where the context of safe, active travel can fit."

The workshop was in two parts. First, teachers worked with WAVE and Transport Agency staff to explore the curriculum resources and case studies on the Education Portal. Next, they took time to plan how to use these in their own classrooms.

"There was this lightbulb moment for the teachers involved," says Jane. "It was like 'oh so we can't teach road safety just as a two-week unit on its own'."

"They could see a need to connect with the students across a number of curriculum areas and on an everyday teaching basis. They could see more scope for student investigation and ownership, helping students design solutions to problems around active travel to school."

Teacher feedback

The teachers were asked how the workshop would change their practice. Here's what they said:

- It could help them integrate road safety into the curriculum and everyday activities. This would give children more ownership of their safety around roads.
- Teachers could present safe walking to students using an inquiry learning process.
- Students could gain agency, by making their own investigations and designing solutions to problems around active travel to and from school.

WAVE will follow-up with the schools later this year to explore learning outcomes for students.

Article kindly provided by and reproduced with permission from NZTA Education Portal

<https://education.nzta.govt.nz/news/teachers-at-education-portal-workshop-plan-to-boost-student-agency/>



MOVE IT!

Children deserve the opportunity to be healthy and successful.
Healthy eating and regular physical activity improves
co-ordination, mood and help students learn better.



Greg Newton
Physical Activity
Health Promoter

Taha Tinana – Physical Wellbeing & Health

- Be active with friends. We are more likely to keep active if it's fun and have people to enjoy it with.
- Take the opportunity to walk to school, to visit friends, to shops, or other places in your neighbourhood.
- Try to limit screentime - TV, computers, tablets and phones, especially during the day and on weekends.
- Encourage and support younger brothers and sisters to be active. Try a new sport or go back to one you have played before.
- Take a class to learn a new skill such as yoga, kickboxing, dancing or diving.
- Put on some music and dance.



USEFUL LINKS

- **Ministry of Health** - www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity
- **Te Kete Ipurangi** - www.health.tki.org.nz/Teaching-in-HPE/Health-and-PE-in-the-NZC/Health-and-PE-in-the-NZC-1999/Underlying-concepts/Well-being-hauora
- **My Family Kiwi** – this website has practical ideas that you could use and also share with whānau in ECE and school newsletters or FB pages - www.healthykids.org.nz/
- **WAVE South Canterbury** - www.wavesouthcanterbury.co.nz/health-priority-areas/physical-activity/
- **WAVE Resource Centre** - www.wavesouthcanterbury.co.nz
- **Professional Development Opportunity** - www.wavesouthcanterbury.co.nz/news/professional-development/Physical-development-workshop



2019-Flu season is just around the corner. What can my school/ECE do?

- Check the sickness policies for staff and children are in place and make sure you follow them.
- Encourage handwashing at your school/ECE. This includes encouraging fellow staff and visitors.
- Encourage good cough, sneeze and nose blowing etiquette among the children and remember to role model good practices yourself.
- Organise on site and/or subsidised vaccination for staff.

Facts about influenza or “flu”:

- Around one in four New Zealanders are infected with 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 flu. A FREE influenza vaccination during any trimester of the pregnancy reduces this risk.
- Older people and those with certain medical conditions are more likely to have medical complications from flu. A FREE flu vaccination reduces these risks.
- Flu is a serious illness that can put anyone in hospital or even kill them. This includes young and healthy people.
- Influenza vaccination is safe, effective and cannot give you “the flu”.

Getting vaccinated each year as early as possible before winter hits gives the best protection.

To order resources to help you spread the word about influenza immunisation go to www.influenza.org.nz/resources



WAVE SUPPORT FUNDING 2019

Congratulations to the following settings who were successful in obtaining WAVE funding for their Health and Wellbeing 2019 initiatives:

Māori Health

- Glenavy School
- Lake Tekapo School
- Makikihi School
- SC Community College
- Waimate High School
- Waimate Main School
- YMCA

Mental Wellbeing

- Grantlea Downs School
- South Canterbury Kindergartens

Nutrition

- Best Start Marchwiell
- Esk Valley Kindergarten
- Highfield School
- North Haven Kindergarten
- Oceanview Heights School
- Ranui Kindergarten
- Rural Scholars Early Learning Centre
- Timaru South School
- Waimate Kindergarten

Physical Activity

- Hanan Kindergarten
- Lake Tekapo Kindergarten
- Rata Kindergarten
- Waimate Centennial School
- Waimate Childcare

Sexuality education

- St. Patrick's School

Smokefree

- Opihi College
- Waimate Kindergarten

Sunsmart

- He Manu Hou

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR HOOD



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



TALK & LISTEN, BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

2019 Language Weeks

Be prepared for the various Pasifika and Māori Language weeks, as well as Matariki, by pre-booking your resources from our WAVE Resource Centre!

To find out what we have, go to our website www.wavesouthcanterbury.co.nz and login using your setting's login details. Click on either the Pasifika Health or Māori Health category under 'Resource Categories' on the left-hand side and choose the resource(s) you want to book.

If you have any problems booking these resources, contact the WAVE Administrator and REMEMBER - all WAVE Resources are free to book and use!

LANGUAGE WEEKS

26 May—1 June

Samoan

LANGUAGE WEEK

R013551 - Samoan Language Kit

R013532 - Samoan Book Set

25 June—3 July

Matariki

Check out Māori Health resources for Matariki books and activities

9—15 September

Te Wiki O Te Reo

MĀORI LANGUAGE WEEK

Check out Māori Health resources for books, games & activities in Te Reo

4—10 August

Cook Islands

MĀORI LANGUAGE WEEK

R013536 - Cook Island Māori Language Kit

R013530 - Cook Island Māori Book Set

1—7 September

Tongan

LANGUAGE WEEK

R013540 - Tongan Language Kit

R013533 - Tongan Book Set

29 September—5 October

Tuvalu

LANGUAGE WEEK

R013588 - Tuvalu Language Kit

6—12 October

Fijian

LANGUAGE WEEK

R013548 - Fijian Language Kit

R013531 - Fijian Book Set

13—19 October

Niuen

LANGUAGE WEEK

R013586 - Niuen Language Kit

R013594 - Niuen Book Set

27 October—2 November

Tokelau

LANGUAGE WEEK

R013587 - Tokelau Language Kit

We also have Pasifika story books, myths & legends, CDs of songs



Philippines Language Kit - R013592
Learn Tagalog and all about the Philippines

What does Sport Canterbury have to offer your Primary School?

Planning	In-school support from our Community Sport Advisors, looking at anything from annual PE plans, unit planning, school sport and community sport plans.
SportStart Teacher	Supporting teachers and other sport and physical activity providers, through professional development, to deliver quality experiences for students. <ul style="list-style-type: none"> • Full day workshops once a year • In-school workshops on request – work in with school's schedule • Teacher mentoring / observations with classes during PE
KiwiSport	Offer ways to effectively use your KiwiSport fund Supporting your local KiwiSport Coordinator throughout the year with termly meetings and observations.
Physical Activity Leaders (PALs)	Workshops for young leaders (year 5 to 8s) focusing on the importance of planning, role modeling and quality sport delivery. <ul style="list-style-type: none"> • Full-day workshops offered twice a year. • In-school lunch time workshops available on request.
Jump Jam	A fun aerobics program encouraging even those non-sport playing students to get active. A one-day event is held annually for students to showcase their Jump Jam routines. Additional Jump Jam support includes: <ul style="list-style-type: none"> • One evening coaches workshop • In-school team support on request
Sports Club Links	Offering schools an 'in' to sports club experience within your community. Some sports employee development officers (DO) who would welcome an opportunity engage with staff and children about the benefits of their sport.
Wellness & Vitality in Education (WAVE)	Supporting schools and WAVE facilitators with Physical Activity initiatives.
Primary School Sports Association (SCPSSA)	Supporting the SCPSSA and schools to ensure quality events are offered.
Have a Go Day (HAG)	An annual event for Y 7&8 students aiming to introduce them to a variety of sports. This is a non-competitive/participation event.
PE Forum	Schools and sports coming together for an afternoon of information sharing and professional development
Equipment Review/ Checklist	An 'Equipment Audit' template to review physical activity equipment and make an informed decision of what is required/needed. Template available on request.

For more information contact Sport Canterbury Ph (03) 686 0751.