

## 5+ A DAY CHALLENGE

### Community & Public Health

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### FACEBOOK

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

[facebook.com/wavesouthcanterbury](https://facebook.com/wavesouthcanterbury)



WAVE and the Public Health Nurses will be promoting the SneezeSafe messages with ECE and schools. SneezeSafe promotes flu hygiene using simple and interactive ways to reinforce flu hygiene skills. The SneezeSafe website is a great resource – see the link below:

[www.sneezesafe.co.nz](http://www.sneezesafe.co.nz)

### TERM 4'S 5+ A DAY CHALLENGE – GROW VEGETABLES AND FRUIT

Growing Vegetables and Fruit was the theme for Term 4's ECE 5+ A Day Challenge. We had the highest number of entries for 2019 – a total of 11 entries! It was great to see so many of the entries linking gardening with the 5 Ways to Wellbeing and Te Reo.

#### Congratulations to:

- Clandeboye Preschool
- Gleniti Playcentre
- Rata Kindergarten

...who have been selected as the winners of the Term 4 5+ A Day Challenge.

Here's a small snippet of all the entries for Term 4, 2019:

*And some big news for the 5+ A Day Challenge for 2020 - we have decided to extend the 5+ A Day Challenge to Primary Schools as well! Your WAVE Facilitator will have all the info!*



#### Clandeboye Preschool

We replanted our strawberries and sold the runners to our whānau community.



#### BestStart Opihi

As part of the focus on gardening, the tamariki at BestStart Opihi have been learning about caring for Papatūanuku and their edible gardens, and have recycled yoghurt pottles to grow broad beans, caring for the seedlings and watching them grow.

BETTER HEALTH | GREATER LEARNING | BRIGHTER FUTURES

#### Key Partners:

- Cancer Society
- Te Runanga o Arowhenua



**Geraldine Kindergarten**

*Ngā tamariki continue to initiate watering the gardens, and being kaitiaki of the gardens.*



**Waimate Childcare**

*Visiting a garden centre to buy seeds and seedlings to plant in our garden.*



**Gleniti Playcentre**

*Joe, Bryn and Roland worked hard at Gleniti Playcentre to transport dirt into the tyres that our educator, Liz, had got ready. When the tyres were filled up with dirt, everyone planted our seeds – watermelon, dwarf beans, and pumpkin. The plants will thrive over the warm summer and be well established next term.*



**Rhona Day Kindergarten**

*Exploring the environment; engaging with the newly developed raised gardens, taking time to take in the wonderment of changes within our natural environment, making discoveries about Rongo-mā-Tāne, strengthening links between kindergarten and home, and building self-confidence and understanding by sharing learning with whānau.*



**John Street Kindergarten, Waimate**

*The tamariki have been busy fulfilling their role of kaitiaki of our garden this term. It has been a busy couple of months planting our vegetables and ensuring they were protected from the birds who loved eating our tender seedlings. The tamariki all take responsibility for ensuring that the plants are watered and we have already harvested some lettuce and silverbeet.*

**Welcoming Gwen - Hauora Māori Health Promoter**



We are very pleased to welcome Gwen Anglem-Bower who started in the Hauora Māori Health Promoter role in October. Gwen brings extensive experience from her roles at the Polytechnic, Heaton House, Idea Services, Strengthening Families, and most recently, Arowhenua Marae. She also brings a wealth of knowledge and community connections with the South Canterbury Māori community and the wider South Canterbury networks. Gwen's experience is a real asset to her role working with WAVE and also with a community health promotion focus.

### Kai Kōrero Celebrations with Rata Kindergarten

Rata Kindergarten have had a fabulous term of learning focused on Mana Atua/Wellbeing. The highlight was our special Kai Kōrero celebration that we shared with our friends from the Wallingford Rest home. Our lunch boxes are certainly looking more colourful, and our tamariki are keen to show off their healthy choices. Special thanks to WAVE for their support.



### Kids At Play Temuka – Orchard beginnings

We are so excited at Kids at Play Temuka (formerly known as Karaka Learning Centre Temuka), to receive an apple tree for WAVE's Term 3, 5+ A Day Challenge. This is the first fruit tree to be planted in our orchard.

The tamariki are excited to learn about the different stages of apples growing on the tree and how to care for it. This is a great opportunity to extend tamariki knowledge about Papatūānuku. Tamariki are also very excited with the prospect of picking and eating the apples once they have grown. They can't wait to share them with their whānau.

### Waimate Childcare – Apricot tree

Thank you WAVE for the Apricot tree we received for participating in WAVE's Term 3 5+ A Day Challenge – have a rainbow of vegetables and fruit.

The tamariki not only had fun planting and watering it, they will enjoy beautiful apricots in the future. Thanks again!



Harper Bailey standing next to their Apricot tree

### Geraldine Kindergarten

Ngā mihi nui WAVE, we are very thrilled with our Term 3, 5+ A Day Challenge prize of several Kiddicutter Knives. We can't wait to use them to cut up all the delicious fruit and vegetables that we absolutely love to eat.



## TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

### BestStart Marchwiel give back

With the sun shining recently we decided to get out and revamp our community garden - planting a range of vegetables that we can harvest once ready! We brought a wide range of seedlings – spring onions, onions, beetroot, broccoli, cauliflower, capsicum, tomatoes, cucumber, basil and lettuce! The children love that we are providing food for the centre bunny and for the community!!

Being part of the process allows children to develop not only a sense of ownership over their community but builds an awareness of what our bodies need to keep fuelled and ready to go. The gardens provide a great learning tool for our children to explore not only why but how we make these choices.

Tino pai to mahi to the tamariki who came to the garden and helped the kaiako to dig the dirt/keria te paru. Once the vegetables have taken their time to grow with the help from the sun and some watering we will get to go down to the garden again to harvest the vegetables/hauhake i nga huawhenua and ensure that we share them with our community.



## KURA TUATAHI PRIMARY EDUCATION

### Lilliput Libraries at Waimate Area Schools

Have you noticed the Lilliput Libraries in the Waimate area schools' gates? If you have, then you would have found a wonderful supply of books which are free to take away and read. These library boxes were built by the year 7 & 8 students at Technology classes, painted up by students and the books were donated by the schools' community. This idea was put forward from Waihao Downs School Principal Jane, before she left and she would be proud to see what the students have developed from her idea.



### Ki o Rahi Tournament

Greg Newton, WAVE facilitator worked with Kate Ormsby from Sport Canterbury to organise and run the annual South Canterbury schools' Ki o Rahi tournament in Term 4. Nine schools participated with a total of 220 students. A fantastic day was had by all.



Barton Rural School vs Geraldine Primary

The WAVE Newsletter is now printed on 100% recycled paper.  
After all, you cannot have healthy people without a healthy planet!



## School Road Safety Reminder for ECE and schools to share

As we embark on a new school year, it is important to remember the importance of some basic road safety rules around ECE and schools. Please drive carefully adhering to the speed zones around ECE and schools. Be mindful of children and parents walking and cycling to school, as well as those students catching buses or waiting to be picked up by parents in vehicles. ECE and schools can be very busy places at drop off and pick up time, and your courtesy and patience are appreciated.

### Safety at the school gate

We encourage you to walk with your children to school, but if you need to drive them sometimes, please observe and discuss with your child the following safe practices:

#### Drop Off:

- Park a short distance from the school and walk with your child/ren to school. (Help keep the school entrances free from cars to make it safer for everyone.)
- Always park beside the footpath and ensure children exit vehicles on the footpath side and not the roadside.
- Always educate your child/ren to use the safer crossing points (e.g., zebra or kea crossing)



#### Pick Up:

- Park a short distance from school and walk to the school grounds to meet your child/ren.
- Do not wave or call your child/ren across the road.
- Always educate your child/ren to use the safer crossing points (e.g., zebra or kea crossing)
- Always role model good safety behaviour to your child/ren and teach safe habits.
- Always drive slowly near the school and watch for pedestrians and cyclists at all times.

### Parking

Keep our children safe ... and park safe. It is everyone's responsibility to keep our kids safe!

Parking restrictions are in place near schools for a reason. They protect our communities' children.

- Always observe all parking restrictions near our school
- Do not park on yellow lines
- Do not double park

Park a short distance (e.g. 400-800m) away from the school gate.

**Safer Journeys for School Children** – A guide for whānau and caregivers

[www.nzta.govt.nz/assets/resources/hike-it-bike-it-scoot-it-skate-it/docs/hike-it-bike-it-scoot-it-skate-it.pdf](http://www.nzta.govt.nz/assets/resources/hike-it-bike-it-scoot-it-skate-it/docs/hike-it-bike-it-scoot-it-skate-it.pdf)

## Curriculum resources to support and enable student agency

A whole-school approach is key to effectively promoting the desired road safety behaviour around schools and the uptake of active travel modes by the school community. One of the three areas of the whole-school approach is curriculum, teaching and learning.

The NZTA Education Portal is a useful website to assist schools with 'free' quality downloads of New Zealand teaching resources, support for road safety practices (e.g. <https://education.nzta.govt.nz/teacher-resources/school-policy-and-practices/road-safety-education-policy/>) and safety tips for students and families.

*'These road safety education resources are designed to enable students' agency as active citizens so they contribute to a safe road network'* – Pam Hook – Educator, Education Portal curriculum writer

*'These resources engage students by activating prior knowledge, you are able to select activities relevant to their age and stage of life as road users, provide choice, and invite them to deploy a problem-solving mindset.'* Karen Spencer – Deputy Principal, Education Portal curriculum writer.

#### Check out:

[www.education.nzta.govt.nz/assets/Education-portal/About-this-site/Education-portal-flyer.pdf](http://www.education.nzta.govt.nz/assets/Education-portal/About-this-site/Education-portal-flyer.pdf)

'Students need a context where they have a voice and feel like they belong, matter and can make a difference.

These road safety education resources are designed to enable students' agency as active citizens so that they contribute to a safe road network.' Pam Hook, writer of several Education Portal curriculum resources.



*World Health Organization. What is a Health Promoting School? Geneva, 2011*

**These curriculum resources are aligned to teachers 'everyday work' and can be integrated across NZ curriculum learning areas.**

# Oranga Niho / Oral Health

## Te kaha ō te mangō, kō ōna niho – The strength of the shark is its teeth

Having good oral health is more than just having good teeth and a nice smile - it is important for our overall health and well-being. Teeth are vital for good nutrition, language development, and self-esteem. Unfortunately, tooth decay is a reality for at least one third of all five year old tamariki in South Canterbury.

## Let's make 2020 a year to change this!

We can all play a part to support good oral health for our tamariki.

### Here's how you can help:

- Celebrate **World Oral Health Day** 20 March 2020.
- Take part in the national **Switch to Water Challenge** in November, as part of **National Oral Health Day**.
- Become a water and plain milk only school - (check out the Water-Only Schools toolkit on the WAVE website) and talk with your WAVE facilitator for more information.
- Include oral health in your Nutrition Guidelines.
- Ask whānau about dental check-ups at enrolment/transition times.
- Promote and adopt Lunchbox Guidelines for whānau for enrolments/transition times.
- At least once a year do an oral health focussed learning enquiry (e.g. when the dental van visits your school/area, or around oral health days).
- Promote key oral health messages in your ECE and school community.

# 5

## TIPS TO KEEP YOU SMILING

-  **Brush teeth with fluoride toothpaste for 2 minutes, 2x a day**
-  **Spit, don't rinse after brushing**
-  **Drink water and milk**
-  **Eat snacks with no added sugar**
-  **Have a dental check-up every year**

### Useful links:

- **Oral health section of the WAVE website** - this has now been updated with new information and resources [www.wavesouthcanterbury.co.nz/health-priority-areas/Oral-Health](http://www.wavesouthcanterbury.co.nz/health-priority-areas/Oral-Health)
- **WAVE Resource Centre's oral health and nutrition resources** - [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)
- **Ministry of Health** - [www.letstalkteeth.co.nz](http://www.letstalkteeth.co.nz)
- **NZ Dental Association** - [www.nzda.org.nz](http://www.nzda.org.nz)
- **My Family Recipes** - [www.healthykids.org.nz](http://www.healthykids.org.nz)
- Talk to your WAVE Facilitator for information and support

Link to this article can also be found on our website:  
[www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)



## Your schools' Immunisation Register

Health (Immunisation) Regulations 1995 require every primary school to maintain an immunisation register. This is a tool that can be accessed quickly by public health staff to determine if there are vulnerable contacts of a vaccine preventable disease attending your school. This could be related to an individual case (a pupil, for instance) or an outbreak situation (involving the wider community), to prevent spread of a disease.

It's important to act quickly so we can offer protective vaccination or other treatments to vulnerable people, and to reduce exposure and risk of contracting an illness by excluding vulnerable children.



### Tips to get it right

- The best time to request a vaccination certificate from parents or caregivers is at the time of enrolment.
- Always ask for a "verifiable copy" of the child's vaccination records (a record from their GP). Keep a copy of the records provided.
- Record details for all students in a spread sheet so you can provide the information quickly if we ask for it.

For more information ask your Public Health Nurse for help, or phone us on (03) 687 2600 or go to:

[www.health.govt.nz/resource/immunisation-guidelines-early-childhood-services-and-primary-schools](http://www.health.govt.nz/resource/immunisation-guidelines-early-childhood-services-and-primary-schools)

## Self-Checklist Immunisation Register for Early Childhood Centres

Early childhood services have an important role in protecting the health and wellbeing of the children in their care. Diseases can spread easily when a large number of children are spending time in close proximity, for example, when they are at an early childhood service. Immunisation is a proven way of preventing diseases from spreading.



These are the things that you must do:

### 1. Maintain an immunisation register

- For all children 15 months or older; and
- As soon as a child reaches 15 months old.

### 2. Request information

- You must request a completed immunisation certificate from the parent or caregiver for each enrolled child.

### 3. Record the correct information

- The full name of each child and their date of birth.
- Whether the child has been fully vaccinated against the diseases in the National Immunisation Schedule.

- Or if not immunised the diseases against which the child has developed lab proven immunity (this should be stated on the certificate provided).
- Whether or not the caregiver has provided an immunisation certificate to the centre.

### Can you quickly identify who is vaccinated or not?

Do you know which children are not vaccinated against particular diseases? This might be important in an outbreak situation at your centre as some children may have to be excluded for specific periods.

- Do you have a bring-up system, e.g., when children are 15 months or 4 years old?
- Do you keep your records up to date?
- Do you ask parents/caregivers for any new immunisation records/status on a regular basis?

### Is the register accessible?

- It must be readily available to be inspected by a Medical Officer of Health or Health Protection Officer at all times.
- Is it recorded or stored in a format that can be inspected or reproduced in useable form?

The above information is based on the **Health (Immunisation) Regulations 1995** we have tried to keep this as accurate as possible.

**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha

**Community & Public Health**  
a division of  
Canterbury District Health Board

WAVE has some new resources – check them out!

**Jumping Sack Bags**

R013609 – 12 sturdy nylon jumping sacks for jumping activities like sack races. All colourful and each has two handles. There are six small sacks and six large sacks. Suitable for ECE right through to Secondary aged children.



**The Promise of Puanga, Helper to the Whānau Matariki**



R013606 & R013607 – A story for Matariki. There is a bright new star in the winter sky – Puanga, a cousin to the Matariki sisters. Each year, she appears to the people of Aotearoa, a special sign for those unable to see Matariki (mainly those in the South Island), that winter and the Māori new year are coming.

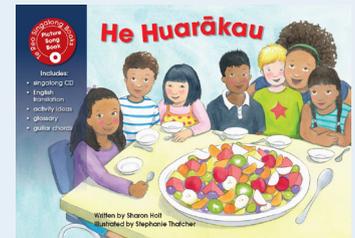
**Te Wiki O Te Reo Activity and Resource Book**

R013604 & R013605 – Created by TeacherTalk, this resource is designed to celebrate Te Reo Māori and culture during Te Wiki O Te Reo through 70 pages full of DIY resources, activities, and information. Focusing on themes such as; positive praise and encouragement, greetings, daily routines, your environment (classroom), emotions and much more! Can be adapted to any age depending on skill level. Jam packed with ways to celebrate te reo Māori.



**He Huarākau (Fruit) Te Reo Sing-a-long by Sharon Holt**

This book can be found in the 'Food Kit' and both of the 'Whānau Kits' – A typical Sharon Holt book with a sing-a-long CD, English translation, activity ideas, glossary and guitar chords. This book looks at the Māori words for many fruit commonly eaten in New Zealand. The beautiful illustrations give an insight into the many places where fruit can be found and bought – including a community kai shed at the side of the road. Children in the story ask and answer which fruit they like best, and there's a surprise favourite at the end!



**Navigating the Journey: Sexuality Education. Guides for Year 1 through to 10**



R013610-15 – Family Planning have updated their Navigating the Journey resources. It covers all students from Year 1 through to Year 10. Learning activities have been designed around five themes: Establishing a positive learning environment; Who am I?; Relationships; Growing and changing; and Staying safe. These activities provide opportunities to assess key competencies and achievement objectives outlined in the New Zealand Curriculum.

These new FPA resources can be purchased for your school at [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

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

## A QUICK GUIDE TO SUN PROTECTION IN EARLY CHILDHOOD SETTINGS

FREE  
online resource  
for educators

<b>Valuable</b>	Gain a PD certificate
<b>Quick</b>	Bite-sized learning
<b>Practical</b>	Free templates & checklists
<b>Useful</b>	FAQ and myth busting
<b>Factual</b>	Understanding UVR

**Cancer Society**  
Te Kāhui Matepukupuku o Aotearoa



# WAVE 5+ A Day Challenge 2020

*Nau te rourou naku te rourou ka ora ai te iwi* - With your food basket and my food basket the people will thrive

Childhood is a time when eating preferences and habits are formed. The 5+ A Day Challenge is a great opportunity for teachers to involve children and whānau further with vegetables and fruit, to support eating more vegetables and fruit, both at school and at home. There are four challenges (one per term), with an opportunity to **win a fruit tree of your choice** each term.

**1<sup>st</sup> Challenge: Mon 10 Feb – Thur 9 Apr**



## GROW vegetables & fruit

*How do you encourage gardening skills for children and whānau?*

- Tips** • Involve children in planting, growing, harvesting, and cooking vegetables and fruit • Explore the life cycle of plants • Get support from whānau/community groups to extend your garden • Grow a new plant/fruit tree • Visit a nursery • Turn your school garden into a community garden • Visit the [www.tki.org.nz](http://www.tki.org.nz) website for curriculum resources (search 'gardening')

**Due date:** Thursday, 9 April



**2<sup>nd</sup> Challenge: Mon 11 May – Fri 3 Jul**

## Vegetables & fruit from AROUND THE WORLD

*How do you celebrate cultural dishes featuring vegetables & fruit?*

- 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 children and share with whānau • Try an exotic vegetable or fruit • Utilise Matariki and Pacific Language Weeks

**Due date:** Friday, 3 July



**3<sup>rd</sup> Challenge: Mon 3 Aug – Fri 27 Sep**

## Have a RAINBOW of vegetables & fruit

*How do you support children to explore a variety of vegetables & fruit?*

- Tips** • Do mindful eating (i.e. use all 5 senses) with vegetables and fruit • Do activities, arts, crafts, or sing songs about vegetables/fruit • Learn about a different vegetables and fruit each week • Create a rainbow platter/pizza/soup • Visit [www.5adayeducation.org.nz](http://www.5adayeducation.org.nz)

**Due date:** Friday, 27 September



**4<sup>th</sup> Challenge: Mon 21 Oct – Fri 27 Nov**

## Vegetables & fruit for STRONG TEETH

*How do you support children to keep their smiles healthy?*

- Tips** • Celebrate National Oral Health Day/ Switch to Water Challenge (November) • Do an investigation on teeth and dentists • Create artwork about teeth • Make an oral health wall display • Become a water and milk only school • Order a Colgate Education Kit

**Due date:** Friday, 27 November



To enter the Challenge email your entry (e.g. lesson plans, blurb with photo, article, video etc.) to your WAVE Facilitator.

DATE	WHAT	WHO	COST
<b>FEBURARY</b> Tues 18 <sup>th</sup>	<b>SportStart full day teacher workshop</b> 9 - 4pm	Teachers	\$25/Person
<b>MARCH</b> Fri 6 <sup>th</sup>	<b>Caroline Bay - Have a Go Girls</b>	Y8 Girls Only	Cost TBC/person hopefully FREE
<b>MARCH</b> Fri 20 <sup>th</sup>	<b>Aorangi Park – Have a Go Day</b> Winter sports	Year 7 & 8 Students	Free/ STEC
<b>APRIL</b> Tues 7 <sup>nd</sup>	<b>PALs Student Leadership workshop</b> (9.30am-2.00pm)	Y5 -8 Students/ Teachers	\$25/ team
<b>JUNE</b> TBC	<b>Jump Jam Extravaganza Coaches workshop</b>	Teachers/ Coaches	Cost TBA/person
<b>JUNE</b> Tues 16 <sup>th</sup>	<b>Aoraki Secondary School Cycling</b> Timaru (PP date Wed 17 <sup>th</sup> )	Year 7 - 13	Cost \$10 p/p
<b>JUNE</b> TBC	<b>Jump Jam Extravaganza</b> Venue: STEC (Heats day, Finals night)	Students up to Y8/	Cost TBA/team
<b>AUGUST</b> Mon 17 <sup>th</sup>	<b>Aoraki Secondary Schools Snow Sports</b> Mt Dobson Ski Field - slalom & snowboarding (PP Date 24 <sup>th</sup> )	Year 7 - 13 students	\$55/individual or \$220/Team
<b>SEPTEMBER</b> Sat 12 <sup>th</sup>	<b>Aoraki Secondary Schools Mountain biking</b> Oamaru	Year 7 - 13 students	TBC
<b>SEPTEMBER</b> Fri 18 <sup>th</sup>	<b>Aorangi Park - Have a Go Day</b> Summer sports	Year 7 & 8 Students	Free
<b>OCTOBER</b> Mon - Fri 14 <sup>th</sup> - 18 <sup>th</sup> TBC	<b>Top Teams Trailer in SC</b> - Variety of fun activities delivered to your school/cluster	Up to 200 students	\$3/child or \$300 for less than 100 students
<b>OCTOBER</b> Mon - Fri 21 <sup>st</sup> - 25 <sup>th</sup>	<b>Top Teams Trailer in SC</b> - Variety of fun activities delivered to your school/cluster	Up to 200 students	\$3/child or \$300 for less than 100 students
<b>OCTOBER</b> Tues 27 <sup>th</sup>	<b>PE &amp; Sport Forum</b> Personnel involved in Primary School sport. (3.45 – 6.00pm)	Teachers	Free
<b>NOVEMBER</b> 16 <sup>th</sup> - 20 <sup>th</sup> TBC	<b>Aoraki Jnr Secondary School ‘Sports Week’</b> incl Touch, Ki O Raki Timaru	Year 7 - 10 students (TBC)	TBC

**For more information, please contact Sport Canterbury’s Community Sport Advisors**

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