

**WHĀIA TE MĀTAURANGA HEI ORANGA MŌ KOUTOU**

*Seek after learning for the sake of your wellbeing*

**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)



**5+ DAY WERO / CHALLENGE**

**Term 4's 5+ A Day Wero – Vegetables & Fruit for Strong Teeth**

Vegetables & Fruit for Strong Teeth was the theme for Term 4's 5+ A Day Challenge.

Congratulations to Geraldine Kindergarten for taking out the prize of a Lemon Tree! Check out our website for full entries including their journey in exploring Strong Teeth and photos: [www.wavesouthcanterbury.co.nz/news-events/5plus-a-day-challenge/2020-challenges/](http://www.wavesouthcanterbury.co.nz/news-events/5plus-a-day-challenge/2020-challenges/)

Here's a small snippet of all entries for Term 4, 2020:



*Whānau sent in photos of their tamariki brushing their teeth at home - Geraldine Kindergarten*



*Tamariki undertook various art and collage activities and matching healthy foods and sugary foods to 'sad' and 'happy' teeth - Home Grown Kids Playgroup*



*Tamariki have been little scientists engaged in experiments, learning about the effects of sugar on teeth, healthy food choices and the importance of brushing their niho - He Manu Hou*

**BETTER HEALTH | GREATER LEARNING | BRIGHTER FUTURES**

## 5+ DAY WERO / CHALLENGE

We are pleased to be running the 5+ A Day wero/challenge again for 2021! Remember that this wero/challenge is open for both Early Childhood AND Primary Schools.

Details for Term 1's 2021 wero/challenge are below.

# WAVE 5+ A Day Wero (Challenge) 2021

## Early Childhood and Kura/Primary Schools

**GO** Kai that gives energy to move and have fun  
**GROW** Kai that fuels bodies and brains for growth and development  
**GLOW** Kai that helps develop skin, hair, nails and body organs

Tamariki require hua whenua me hua rākau (vegetables and fruit) as part of a balanced diet. Being part of the 5+ A Day Wero is a great opportunity to provide experiences for tamariki to develop a positive relationship with kai.

Check out WAVE's website - Links and Downloads for useful online resources  
[www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) & [www.5adayeducation.org.nz](http://www.5adayeducation.org.nz)



Wero tua tahi: Rāhina 8 Hui-tanguru – Rāmere 9 Paenga-whāwhā 2021  
(1<sup>st</sup> Challenge: Monday 8 February – Friday 9 April 2021)



### Where does hua whenua me hua rākau (vegetables & fruit) come from?

*How do you encourage kai knowledge?*

- Tips** • Involve whānau and community groups in te mara kai (garden) • Explore the life cycle of plants  
• Research local mahinga kai • Grow a new plant or hua rākau • Visit a community garden or orchard  
• Visit Te Mahi Kai [www.tetaurawhiri.govt.nz](http://www.tetaurawhiri.govt.nz) • Access curriculum resources, gardening information  
[www.tki.org.nz](http://www.tki.org.nz)

**Due date:** Friday, 9 April 2021



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

Early Childhood: [debbie.johnstone@cdhb.health.nz](mailto:debbie.johnstone@cdhb.health.nz) or  
[andrea.grant@cdhb.health.nz](mailto:andrea.grant@cdhb.health.nz)

Kura/School: [janet.quigley@cdhb.health.nz](mailto:janet.quigley@cdhb.health.nz) or  
[greg.newton@cdhb.health.nz](mailto:greg.newton@cdhb.health.nz)

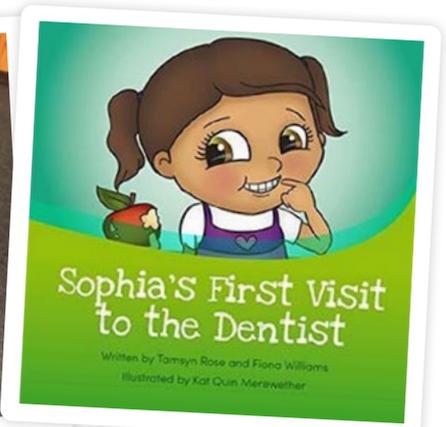


## TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

### Home Grown Kids focus on Oraka Niho – Healthy Teeth during playgroup

Our playgroup activities were based around 'oral health' for mana atua - wellbeing and matauranga - learning how we can keep our teeth clean and healthy.

Children spent time at the various art and collage activities and children were able to be creative and experiment by painting their big beautiful and colourful sparkly smiles. Outside children were able to explore and name the plastic fruit and vegetables that were out for dramatic play. Lastly, we all gathered to discuss the way we brush our teeth, revisiting the sad and happy tooth board story, and finished reading "Sophia's first visit to the dentist".



## Fundraising at Makikihi School

It was all hands on deck as Makikihi students, teachers and whānau all dug in to support the School's big fundraising effort and have new potatoes ready for sale in time for Christmas tables!



While the digging started just as school broke up for the year, the hard work started early in October as the ground was made ready and the seed potatoes planted. As well as selling to friends, whānau and the local community, the School have also had stalls at both the Waimate and Timaru weekend markets.

Well done Makikihi School on your brilliant school fundraiser.

## Well-being dances its way around Cannington school

Cannington School incorporated all the 5 Ways of Wellbeing in their latest wellbeing initiative when they invited a dancer from the New Zealand Ballet Company to come to the School.

The students learnt what it takes to be a dancer as well as learning some new dance moves. Pupils from Lake Tekapo, Albury and St Josephs Pleasant Point Schools were also invited along for the day which also included Rugby and Musical Theatre sessions.

A great time was had by all and what a wonderful way to end the year.



## WAVE Team River Clean Up

On the 17th of September the WAVE Team from Temuka Primary School went to the Opihi River to collect rubbish. We were given sacks for the rubbish and gloves to wear to keep us safe.

There was tonnes of junk in the water that made the river look hideous. There was a full juice bottle in the water and I found smashed bits of a headlight from a car and even a seatbelt buckle! One of my friends found a tennis ball, a spatula and a car tyre. There were even bed sheets, red bull cans, a phone cover, and an inhaler.

So we were walking down the muddy track and I slipped into the mud. My whole leg was covered in sticky, yucky mud.

During our lunch break, most of us had a swim in the river. Sam slipped and his whole body went under. Charlette didn't want to go in the river but on the way back she was jumping in all of the puddles and getting everyone wet. We had a fun time even though I got pricked by a thorn.

The rubbish down by the river is horrible! All this rubbish is going into our ocean trapping and killing our innocent sea animals.



Over the next year I really hope people are more respectful to our environment and there is less rubbish down by our river.

Thank you to our teachers, Miss Moir and the parents for coming with us and helping.

By Georgia Cater

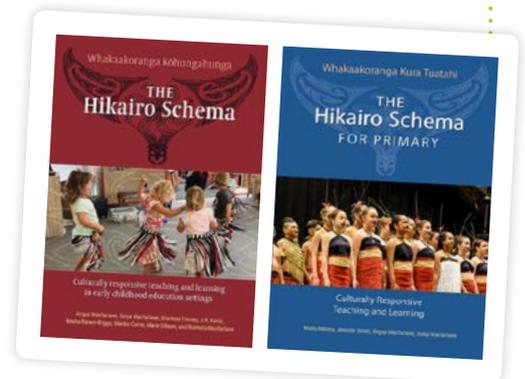
## Helpful teaching resources and information available online

Here is a range of helpful teaching resources and information for kaiako on weaving a cultural component through your curriculum and that values Māori language, identity and culture.

### The Hikairo Schema – Culturally responsive teaching and learning in early childhood and primary education settings

These two adaptable guides (one for early childhood and one for primary educational settings) invites kaiako to rethink approaches to engaging tamariki and ākonga, re-envisage the teacher/learner dynamic, revise old habits, and reconfigure learning environments to acknowledge and embrace cultural differences. Kaiako can use The Hikairo Schema several times over, drawing on their previous experiences to inform and to develop new and innovative ways of facilitating culturally sensitive and inclusive learning educational environments. This self-paced guide allows kaiako, whānau, tamariki and ākonga to collaboratively co-construct goals and outcomes that are relevant to their learning contexts. Kaiako can adapt The Hikairo Schema to fit not only their own needs, but their own pace and level of comfort.

Both books can be purchased through the New Zealand Council for Education (NZCER): [www.nzcer.org.nz/books](http://www.nzcer.org.nz/books)



### Te Ana Māori Rock Art Centre

Te Ana has an exciting education programme focussed 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, they have a range of exciting hands-on activities that engage children in their local history in creative and stimulating ways. Their LEOTC school programme is supported by the Ministry of Education, has strong links to the New Zealand Curriculum, and can be tailored to meet the specific learning outcomes of your students. Activities are based at Te Ana, and at the rock art caves at Ōpihi, and are led by our local Ngāi Tahu guides.

For Modules, Guiding Documents links, Curriculum links, and Pre and Post Visit activities, visit:

[www.teana.co.nz/education](http://www.teana.co.nz/education)



### Te Papa Tongarewa

Te Papa has downloadable activity books to help celebrate Te Wiki O Te Reo, Matariki, Waitangi and Te Reo by learning words, numbers, and phrases through simple activities that kids love – word searches, colouring pages, and stories.

Visit [www.tepapa.govt.nz/learn/for-educators/free-downloadable-activity-books](http://www.tepapa.govt.nz/learn/for-educators/free-downloadable-activity-books)

For additional Matariki classroom resources, visit [www.tepapa.govt.nz/learn/for-educators/teaching-resources/matariki-classroom-resources](http://www.tepapa.govt.nz/learn/for-educators/teaching-resources/matariki-classroom-resources)



### Other useful websites:

Te Rūnanga o Arowhenua: [www.arowhenua.org](http://www.arowhenua.org)

Te Rūnanga o Waihao: [www.waihaorunanga.co.nz](http://www.waihaorunanga.co.nz)

Te Rūnanga o Ngāi Tahu: [www.ngaitahu.iwi.nz](http://www.ngaitahu.iwi.nz)

Te Aitarakihi Multi-Cultural Centre: [www.teaitarakihi.co.nz](http://www.teaitarakihi.co.nz)

Te Taura Whiri i te reo Māori (Māori Language Commission): [www.tetaurawhiri.govt.nz](http://www.tetaurawhiri.govt.nz)

Te Wiki O Te Reo Māori (Māori Language Week): [www.tewikiotereomaori.co.nz](http://www.tewikiotereomaori.co.nz)

**Have you seen our Links & Downloads section on our website?**

WAVE has gathered various online guides, toolkits, websites and programmes for kaiako to access to assist your ECE and school in promoting healthy choices and lifestyles and to enable you to incorporate these programmes into your curriculum – including all the resources mentioned on this page along with Ngā Taonga Takaro, Traditional Māori Games.

[www.wavesouthcanterbury.co.nz/links-downloads](http://www.wavesouthcanterbury.co.nz/links-downloads)

If you need further assistance or more information on those toolkits and programmes, please contact your WAVE Facilitator.



**Te Ana Māori Rock Art Centre**

Designed by the Ngāi Tahu Māori Rock Art Trust to support the protection and management of the 740+ Māori rock art sites located within the Ngāi Tahu rohe, Te Ana Ngāi Tahu Rock Art Centre has just celebrated its 10th anniversary!

Te Ana directly supports the Trust's wider work through the provision of a cultural education programme to schools, locals and visitors to the district. In conjunction with the cultural centre, Te Ana guides take tours to the iconic Ōpihi taniwha site, inland from Pleasant Point. The site encompasses a group of 14 nationally significant Māori rock art sites located in a traditional mahika kai (resource gathering area) and is situated on an ara tawhito (ancient trail) following the Ōpihi River. The site is of the highest cultural significance both to mana whenua, Te Rūnanga o Arowhenua, and Ngāi Tahu Whānui due to the rock art sites located there, and the traditional mahika kai values. The property is leased by the Ngāi Tahu Māori Rock Art Trust, is protected in perpetuity by a covenant with the QEII National Trust and registered as a Wāhi Tūpuna Area by Heritage New Zealand.

As part of the Trust's ongoing 10-year ecological restoration project at Ōpihi, the Trust has planted 10,669 native seedlings on

**Marae Visits**

Marae visits are a great way of increasing students' understanding and knowledge of Te Ao Māori. Preparation for a marae visit can include researching and writing their pepeha, discuss their own heritage, learning the pōwhiri process along with waiata and karakia, and then putting it all into practice for when they visit the marae. It is valuable to meet with the Marae Manager ahead of your visit to view the site and talk through the formal process of the pōwhiri including seating arrangements, order of kōrero and the role of the karanga. Tikanga may change depending on which Marae you visit. You will find more information on their website; alternatively contact the Marae directly.



site, of an intended 47,000. The Trust's goal is to restore a variety of ecosystems at the site, including wetlands, native forest and shrublands, which will support the return of birds, fish and insects to the site, reflecting the full range of mahika kai values that were used by tipuna centuries ago.

Te Ana offers a variety of interactive LEOTC modules for schools based on the Arts curriculum and Te Ao Māori ([www.teana.co.nz/education/](http://www.teana.co.nz/education/)). To book your school in contact Rachel via email [community@teana.co.nz](mailto:community@teana.co.nz) or phone (03) 684 9141.

Te Ana has reduced opening hours from seven days a week (COVID 19) to five days, open Tuesday to Saturday.

[www.facebook.com/maorirockart](https://www.facebook.com/maorirockart)



## PASIFIKA HEALTH

### Pacific Healthy Homes Project



Fale Pasifika O Aoraki is happy to share the Pacific Healthy Homes project with everyone. This project is free to all Pacific Island families who feel that their homes may be making their children sick. We have partnered with the Ministry of Health to deliver this programme throughout the South Canterbury and Waitaki region.

We use the Fale Ora'anga model where we bring the service to the family to do a house check that is aligned with the Healthy Homes standards. We can identify areas of concern and work with families and landlords to address this to achieve better health outcomes for the children.

The HHP aims to reduce pacific children presenting in hospital with illnesses like asthma, rheumatic fever, and respiratory infections due to cold, damp housing. We would love to visit before winter so be sure to call on 0291217666. or email [ofa@falepasifikaooraki.org.nz](mailto:ofa@falepasifikaooraki.org.nz)

## SUNSMART

### New SunSmart Signage

The Cancer Society's Health Promotion Team have been busy delivering the new very colourful SunSmart signage to primary and community pools in our region.

Murray Davidson, Principal of St Andrews Primary School, with the signage to be displayed in their newly clad swimming pool. A real credit to the school! Although it is an indoor pool, the SunSmart message Slip, Slop Slap and Wrap is still of great importance and is a reminder to be safe in the sun at all times.

Andrew Leverton, Principal of Geraldine Primary School, is with Michelle Robertson from the Cancer Society (Canterbury & West Coast) and is also very pleased to receive the new signage to remind children and their whānau to be SunSmart.



## 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?

## Your Primary 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.healthed.govt.nz/resource/immunisation-guidelines-early-childhood-services-and-primary-schools-%E2%80%93-english-version](http://www.healthed.govt.nz/resource/immunisation-guidelines-early-childhood-services-and-primary-schools-%E2%80%93-english-version)

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



## SneezeSafe® 2021

The SneezeSafe® programme helps to teach children about how to reduce the spread of germs by teaching and reinforcing good hygiene practices. Teaching resources, engaging lesson plans and fun activities bring the lessons to life to reinforce the simple four step message: Trap It! Bin It! Wash It! and Avoid It! All of these resources are readily available online for teachers to use at [www.sneezesafe.co.nz](http://www.sneezesafe.co.nz)



**TEMPORARILY  
CLOSED**IN ORDER TO PREVENT THE SPREAD  
OF THE COVID-19 (CORONAVIRUS).**NGARU WHAKAIPURANGI / WAVE RESOURCE CENTRE****Resource Centre Closure**

The arrival of COVID has presented many challenges for both the education and health sectors and unfortunately WAVE hasn't been immune. Our biggest challenge has been weighing up the risk of COVID spread associated with our interactions with education settings, and especially with our resources we loan through the WAVE Resource Centre. We have experimented with cleaning processes between settings' use of resources but have had to reluctantly conclude that we cannot do this in a way that guarantees there is no risk of transmission of COVID. After further consultation with a Public Health Doctor, we will not be re-opening our Resource Centre until there is substantial change to the COVID situation. At this stage, that is likely to be once a significant proportion of the population has been vaccinated.

We are aware that some settings have already found creative ways to undertake alternate activities without WAVE Resources and our facilitators are certainly happy to help spread any good ideas.

**We encourage you to visit our website where you can find:**

- an array of health and wellbeing resources, activities and ideas that can be downloaded
- links to websites to support your health and wellbeing promotion and curriculum planning.

Our web-based resources can be accessed at any time.

[www.wavesouthcanterbury.co.nz/links-downloads](http://www.wavesouthcanterbury.co.nz/links-downloads)

Please be reassured that our WAVE Facilitators and Health Promoters are still available for any support or advice, and when this situation changes, we will let you know.

Rose Orr, WAVE Team Leader

Neil Brosnahan, Regional Manager South Canterbury  
Community & Public Health

**TE REO MĀORI****Kuputaka (Glossary)**

Here are some te reo that we have used in this pānui to help with translation and your learning of te reo.

**Te Reo – English**

Ākonga – Student

Ara tawhito – Ancient trail

Hua rākau – Fruit

Hua whenua – Vegetables

Kaiako – Teacher

Karaka – Prayer

Karanga – Formal call

Kōrero – Speak

Kuputaka – Glossary

Kura – School

Manaaki – Involve, Support

Mahika kai – Resource gathering

Mana atua – Wellbeing

Mana whenua – Traditional land

Mara kai – Garden

Marae – Meeting house

Matauranga – Knowledge

Niho – Teeth

Oraka Niho – Healthy Teeth

Pānui – Newsletter

Pōwhiri – Welcome, Invitation

Rohe – District, Region

Tamariki – Children

Tikanga – Custom

Tīpuna – Ancestors

Waiata – Song

Wero – Challenge

Whānau – Family

**Te Reo – English**

Rāhina – Monday

Rātu – Tuesday

Rāapa – Wednesday

Rāpare – Thursday

Rāmere – Friday

Rāhoroi – Saturday

Rātapu – Sunday

Kohitātea – January

Hui-tanguru – February

Poutū-te-rangi – March

Paenga-whāwhā – April

Haratua – May

Pipiri – June

Hōngongoi – July

Here-turi-kōkā – August

Mahuru – September

Whiringa-ā-nuku – October

Whiringa-ā-rangi – November

Hakihea – December



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