



WELL-BEING AND VITALITY IN EDUCATION

Me ora tonu, me ako tonu, me whakatika haere

PĀNUI

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Te Mana Ora

Community & Public Health

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*He aha te kai o te rangatira? He
Kōrero, he kōrero, he kōrero.*

*What is the food of the leader. It is
knowledge. It is communication.*

MULTICULTURAL AORAKI FAMILY FUN AND HEALTH DAY OUT

During the school holidays, the ARA gymnasium was filled with whānau celebrating the Multicultural Aoraki Family Fun and Health Day Out. What a terrific initiative; a combination of fun and health. "Kids' Fun Activities" included bouncy castles, parachute games, egg and spoon races, tug of war, free sausage sizzle and free family health support tables from a variety of local health providers. Thanks to Maturo Siao for inviting WAVE's Oral Health Promoter, Julie Price, along to share information including the following 5 key dental messages:

- Brush teeth with fluoride toothpaste for two minutes twice a day
- Drink tap water and milk
- Spit, don't rinse after brushing
- Eat snacks with no sugar
- FREE dental care for under 18s

All of this, along with some fun teeth-cleaning practice. What a joy-filled event!



BETTER HEALTH | GREATER LEARNING | BRIGHTER FUTURES

Te Whatu Ora
Health New Zealand
South Canterbury



Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

Friday Footpath Frenzy at Gleniti School

"Friday Footpath Frenzy is back at Gleniti School. This initiative to get everybody moving has become a bit of a Gleniti tradition. Recently, even a Zebra joined in the fun, as the students from the Gleniti area all get together every Friday in Term 3 to walk to school. On any given Friday the school has over 50 students walking together from key starting points in the Gleniti area to the school. Heaps of fun!" Steve Zonneville (Principal)

A student incentive programme like Friday Footpath Frenzy is a great way for students to encourage their peers to walk or scooter to school. It creates a vibe that other students want to be a part of, and also enables schools to encourage parents to park further away from school, allowing students who live too far away to participate. Gleniti School has been promoting Friday 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.



Ako-inspired cycling at Twizel Kindergarten

Carol Sinclair (Head Teacher Twizel Kindergarten):

At kindergarten we reflect the value that our kaiako, whānau and community places on cycling and exploring the outdoors. Many of our tamariki ride their bikes regularly to kindergarten, sometimes alongside their whānau, other times coming part of the way by car and the rest of the way on their bikes. We often receive photos of tamariki exploring our community or while on holiday, where cycling is valued by their whānau.



Parent voice by Niamh

Today I had the chance to come along and help supervise the weekly kindy bike ride. The bike ride is a great chance to not only teach the tamariki confidence on their bikes but also road safety. When we got to the edge of the path all the kids stopped and looked both ways and when the coast was clear they all walked their bikes across the road.

Once we got to the pump track, they all took off with eager anticipation! Talai was keen to try his new bike and by the end of it he was flying, doing lap after lap without stopping! When we started doing these trips only a few kids had peddle bikes and now my son is asking me when he can get a peddle bike too!

Kat Burgess:

The determination of the children to reach the next meeting point is fantastic to see. It's really given them that sense of independence and the pride on all their faces is priceless.

Thank you for this opportunity; it really was amazing for the children.



Waimataitai School Travel Surveys

Waimataitai School's vision is for more students to use Active Travel to get to and from school and to raise the school community's awareness of Active Travel. Like many schools, the number of students who are using Active Travel, particularly biking, to get to and from school, has decreased over the past few years.

As part of our review of their School Travel Plan, we asked the school community to take part in two surveys:

Hands-Up survey - The Hands-Up Survey is a very simple method to record how the students currently travel to and from school, and how they would like to travel to and from school. The teacher of each classroom asks the students the questions in the template: who travelled today by car, who travelled today by scooter etc, and records the number of hands raised each time. This is done every day for one week, then the results are collated.

Parents' Survey: This is an on-line survey which gives parents and caregivers an opportunity to share demographic information, how their children travel to school, safety issues and where particular areas of concern might lie, e.g. a specific crossing point.

All the results were collated into a report for the school to enable us to work with them to develop a new School Travel Plan.



To thank parents for completing this comprehensive survey, two lucky winners were drawn out of a hat at assembly to receive spot prizes. Pictured here are sisters Danni and Skye Foster and Nirmo Thakker receiving CBay and New World vouchers, along with a bag of WAVE goodies.

For further information about Active Travel and School Travel Plans, including carrying out a school survey, contact Jane Powell, School Travel Plan Coordinator: jane.powell@cdhb.health.nz

KURA TUATAHI / PRIMARY EDUCATION

Waimataitai Plays Kī O Rahi

The Hawai Team at Waimataitai have enjoyed playing kī o rahi as part of a study around traditional māori games. During sport time the students participated in a range of māori games which allowed them to learn new skills but also to learn about the history and meaning behind the games.

The highlight for most students was kī o rahi. The legend and rules were studied before getting out on the field. Greg Newton shared his expertise with over 125 Hawai students who finished the games exhausted but with grins on their faces. The game has been in high demand during sports time and there have since been some class vs class battles. The students use the te reo kupu for the roles and equipment, which is a great way for them to regularly use the māori language.



Lasi Isaako Tuala



Aiden Tan with the ball, defending the tapu is Phoebe Pearson, Ebonnie Cullen and Alaska Pritchard

"It was awesome, you had to use team work and I liked being on the team that touched the pou." Max McLauchlan

"You have to score tries. I liked getting rips off people. I want to play it again." Keesha Williamson

"It was very tiring, I liked working as a team." Tahlia Wiseman

"It was fun hitting the tapu and you have to focus on ripping the other team that are hitting the pou. "You have to be quite focused playing it." Arlee Williamson

V.O.I.C.E

V.O.I.C.E Youth Art Exhibition Opening Night Awards

The quality was on show at the V.O.I.C.E Opening Night & Awards Ceremony on 20 September at the Ara Institute of Canterbury-Timaru Campus exhibition venue. The judges were very impressed with the standard of work and had their work cut out selecting winners in each category.

The V.O.I.C.E Youth Art Project and exhibition has become a regular feature of the South Canterbury youth arts scene. Through hands-on workshops it aims to provide both the materials and instruction to enable young people from all backgrounds the opportunity to experience creating art in its many guises. This is followed up with an Opening & Awards evening and two-week exhibition. V.O.I.C.E, which stands for Vision, Opinion, Identity, & Creative Expression, provides an opportunity for young people to use their artistic talents to make a statement about what's on top for them and is open to all young people aged 12 to 24 years.

A feature of this year's event was the creative writing section and the discovery of very talented young wordsmith and poet Cat MacClure, who had the audience spellbound with her powerful Slam Poetry performance. We were lucky to also have Smokefree Rock Quest finalist Third Junction, who performed a set of outstanding original numbers. This is a very talented band with a big future.



Sculpture/Installation winning entry (Aoraki Alternative Education)

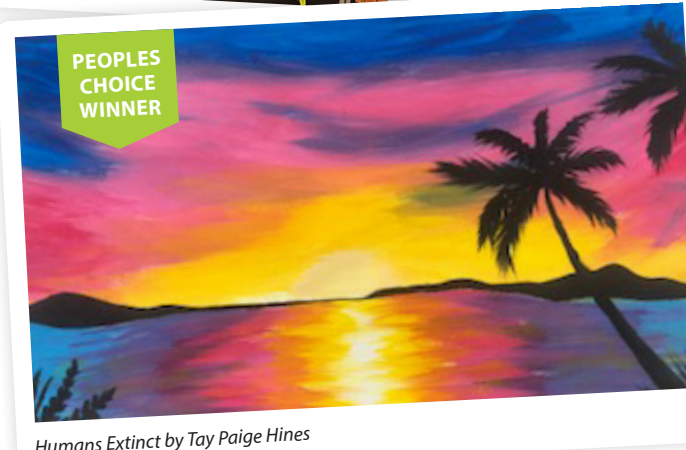
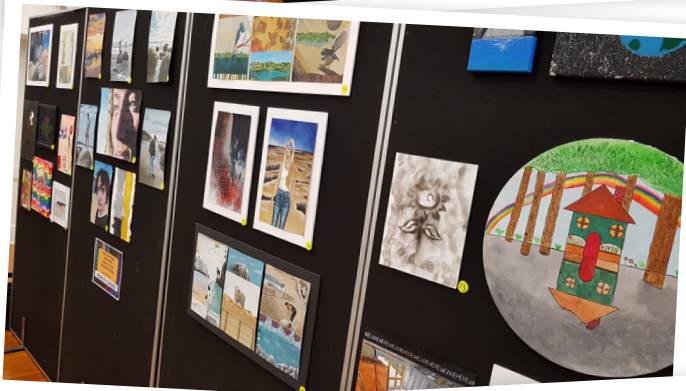


Creative Writing winner and Slam Poet Cat MacClure performing "Gut Feeling"



SC Arts Society Winner Ollie Hood





Award Winners:

CREATIVE WRITING:

Supreme Winner: Cat MacClure

Merit Winners: Elodie Gordon, Cat MacClure

DIGITAL MEDIA:

Supreme Winner: Ashlee Walker

Merit Winners: Ty Bishop, Jessamy Roadley, Jack Rushton, Izzy Wilkie

DRAWING/PRINTMAKING:

Supreme Winner: Varunnam Tamtichantavong

Merit Winners: Emily O'Neill, Venus Payne

PAINTING/MIXED MEDIA:

Supreme Winner: Meg Johnston

Merit Winners: Elodie Gordon, Abbey McCormick, Joel Shaw, Ava Young

3D SCULPTURE/INSTALLATION:

Supreme Winner: Aoraki Alternative Education

Merit Winner: Hazel Maich

TE RITO AWARD:

Supreme Award: Joel Shaw

Merit Award: Molly Fitzgerald

SOUTH CANTERBURY ART SOCIETY AWARD

Winner: Ollie Hood

PEOPLES CHOICE AWARD

Winner: Tay Paige Hines

WAVE is excited to welcome Ranui Kindergarten and Waimataitai Kindergarten into the Te Hā o Aoraki whānau. Each Kindergarten has developed a routine that is the best fit for their environment, at a time that works for them. Both Kindergartens put value on supporting hauora, self-care, self-awareness and healthy lifestyles, which is the foundation of this programme. The intention of the programme is supplementary to whānau daily care routines at home. Te Hā o Aoraki aligns learning with values as well as personal identity, co-construction/balance of power and autonomy in a social context.

Ranui Kindergarten's head teacher Donna Rooney quickly saw the benefits of Te Hā o Aoraki and its relationship with well-being, specifically good oral health, strengthening tamariki ability to eat, speak, socialise and smile. Ranui Kindergarten have reflected on how the kaiako might enhance the tamariki sense of responsibility for their own well-being and how kaiako provide opportunities for their tamariki to develop stronger personal hygiene and self-care skills as well as hauora-health resilience for their futures.

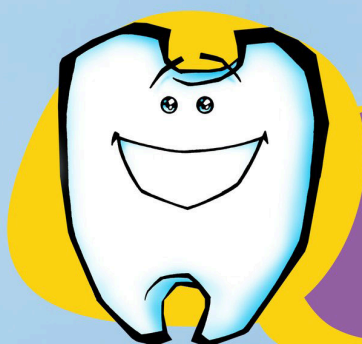
In the over-2 area the kaiako have set up black whāriki baskets for the toothbrushes and their racks.

- They are then stored in the cupboards beside the kai tēpu-tables.
- Kaiako have cut the paper towels in half and put a half pea sized piece of toothpaste on the paper towel for the tamariki to transfer to their brush then niho/teeth.
- This routine is offered after lunch and supervised and supported by Ranui Kindergarten teacher aid.
- Ranui has initiated a great routine on a Friday for cleaning the brushes and racks.



Melissa in the under-2 area has shared that whānau are happy with the toothbrushing programme being offered to them as well, providing a beautiful feeling of inclusion. Kaiako have done a great job of displaying the information and photos on the wall for whānau to read and learn from. Tamariki are gesturing at the toothbrushes if kaiako get busy, supporting the establishment of the routine.

FIVE TIPS FOR A HEALTHY SMILE



#5

Choose water or milk first

COMMUNITY
dental service
MĀTAI NIHO





Waimataitai head teacher, Angie Mansfield shares with us, "... that while they still have a few little things to tweak, all is going well with both whānau and tamariki feedback being really positive."

Waimataitai Kindergarten

- have set up their toothbrushes and racks in a 3-tier plastic container with an extra container on top which holds the paper towels, mirrors etc.
- They brush their niho/teeth after morning tea at an outside table, under supervision.
- The toothpaste is placed on the paper towel and passed to the tamariki to transfer to their toothbrush (they have cut the paper towels in half).

Te Hā o Aoraki purpose is to empower the tamariki with the knowledge, tools and confidence to secure good oral health.

5+ A DAY WERO



5+ a day entry

Waituna Creek

Millie, Bria and James; students at Waituna Creek school are busy planting a tayberry bush, the latest addition to their newly-developed school orchard. The students put out a call to parents and local businesses who have been donating and sponsoring the development of this orchard which should have fruit ready for harvesting and enjoying this summer. Well done Waituna Creek!

Challenge winner

St Andrews pupils planting plum tree they got from the term one **5 + a Day** challenge.

Tom, James, TK and Charlotte are looking forward to sharing the plums.



WAVE RESOURCE

Balancing Kit

These kits contain opportunities for children to experience balancing activities using all their body. Promoting vestibular stimulation, bi-lateral co-ordination, improving muscle development, tactile and kinaesthetic awareness.

Kit contains:

- 8 spiky foot pads
- 4 scooter boards
- Foam hopscotch + disc
- Carry bag on wheels



Visit the WAVE website to see what wonderful items we have on offer.

 www.wavesouthcanterbury.co.nz

For login details please contact your facilitator or contact the resource centre

Email: WAVE.Administrator@cdhb.health.nz

Phone: 03 687 2606

The WAVE Resource Centre is based at 18 Woolcombe Street, Timaru. Please use the front entrance and go through the double-doors to your right. Ring the buzzer of the WAVE / Community and Public Health door.

The Wave Resource Centre has re opened and popular items are booking well in advance.



FIVE WAYS TO WELLBEING



CONNECT
TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Give
Your time,
your words,
your presence



**TAKE
NOTICE**
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



**KEEP
LEARNING**
EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



**BE
ACTIVE**
DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

**INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.**

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 **Mental Health Foundation**
mauri tū, mauri ora
www.mentalhealth.org.nz

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After all, you cannot have healthy people without a healthy planet!

