



WELL-BEING AND VITALITY IN EDUCATION

Me ora tonu, me ako tonu, me whakatika haere

PĀNUI

May 2023 | Issue 64

Te Mana Ora

Community & Public Health

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FACEBOOK Pukamata

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

facebook.com/wavesouthcanterbury



Nāu te rourou, uāku te rourou, ka ora ai te iwi

With your food basket and my food basket, the people will thrive

Te Pae Mahutonga

The Southern Cross Star Constellation brings together elements of modern health promotion.



WAVE AND TE PAE MĀHUTONGA

The vision of WAVE is to support our children and young people to learn well and be well. The places that we live, work, study and play have a huge influence on our health and wellbeing. WAVE aims to shape these environments to promote health and wellbeing and have a positive impact on learning outcomes. To do this, we are guided by Te Pae Māhutonga – a Māori model of health promotion.

Te Pae Māhutonga is the Māori name for the constellation known as the Southern Cross, which is meaningful to Māori for its role in navigation and the discovery of Aotearoa. It is comprised of four central stars in the shape of a cross, with two 'pointer' stars in a straight line pointing towards the cross. The pointer stars are Ngā Manukura and Te Mana Whakahaere, while Waiora, Te Oranga, Toiora and Mauri Ora make up the Southern Cross. Each star represents a key concept and good health promotion compasses all six elements.

Te Pae Māhutonga can be a visual metaphor for all the components of health promotion as they apply to Māori health and the health of all New Zealanders. Te Pae Māhutonga aligns well with WAVE's vision and practices, and the WAVE team's health promotion mahi is guided by this model. This newsletter celebrates our pūrakau/stories of Te Pae Māhutonga in action.



BETTER HEALTH

GREATER LEARNING

BRIGHTER FUTURES

Te Whatu Ora
Health New Zealand
South Canterbury



Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

TE PAE MĀHUTONGA

A MĀORI MODEL OF HEALTH PROMOTION

Ngā Manukura

Leadership

Effective health promotion requires local leadership to be supported and strengthened. Building relationships and establishing alliances is vital to success. Because leadership will be more effective if it represents a wide variety of the community, WAVE promotes a variety of leadership opportunities, including by providing support to Student Health Teams.



Te Mana Whakahaere

Autonomy

Effective health promotion requires that communities have a level of control and self-determination in achieving their own health aspirations. WAVE recognises the aspirations of education settings by supporting communities to identify and prioritise issues and develop strategies to address issues that are important to them. This mahi is captured in WAVE Settings Plans.



Waiora

Environmental Protection

Waiora recognises the spiritual link to our natural environment. It promotes environmental protection as well as emphasising the importance of opportunities to connect with the natural environment. Some examples of how WAVE fosters this is through the development of community gardens, waste minimisation strategies and School Travel Plans.



Te Oranga

Participation in Society

Te Oranga suggests that activities that foster inclusion and participation and offer opportunities to grow and develop skills are paramount. WAVE regularly seeks feedback from our community to facilitate participation in decision making, please help us by taking the opportunity to complete our newsletter survey on Page 5! All thoughts welcome.



Toiora

Healthy lifestyles

Toiora recognises that different levels of support may be needed to enable people to make choices that maximise the likelihood of good health outcomes. An example of WAVE making the healthy choice, the easy choice is Te Hā o Aoraki—The South Canterbury Toothbrushing Project.



Mauriora

Access to Te Ao Māori (The Māori World)

A goal of health promotion is to increase opportunities to strengthen cultural identity by promoting access to te ao Māori. WAVE increases opportunities to promote and develop a secure cultural identity for Māori by valuing access to te reo Māori and cultural institutions such as marae.



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





NGĀ MANUKURA LEADERSHIP



Temuka Primary School's WAVE Student Health Team

The WAVE team have a busy agenda this year as they are planning on revamping part of the school's edible garden. First up is preparation of the site, planting a couple of fruit trees and the staff and parents are helping by putting up a repurposed glass house. All this is contributing to the student's ultimate goal of having a community fruit and veggie stall outside the school where whānau can get access to fruit and veggies to use themselves or to swap. The school's edible garden will also be a sustainable source of healthy food that students can snack on during the school day.



Students Against Dangerous Driving

On the 27th of February, students from Roncalli College, Craighead Diocesan and Timaru Boys High gathered together to learn about SADD. The meeting was held at Roncalli College which Roncalli senior student Zyon (A SADD National Leader) helped organise.

This was a leadership opportunity for SADD students in South Canterbury secondary schools to share their ideas and report back to their respective schools. Other leadership partners included Lucy Mehrtens from South Canterbury Road Safety, Deb Quested from Police, Donna Lindsay from FENZ, Greg Newton from WAVE and Mark Unwin the SADD Programme Delivery Lead.

The group spent some time trying a SADD activity called "fast and furious" where they had 30 seconds to build the tallest card tower. They were then given a 2nd try, this time they were allocated three minutes. This simple activity was to emphasise that the more time you have, the better the results are. It is used to educate young people on the advantages of reducing their speed whilst driving. Each group then had some brainstorming time to decide what activities they would like to run in their schools this year and what support they might need. www.sadd.org.nz/our-programme-aspirations

Mark also encouraged the students to attend SADD's conference which happened in Christchurch on the 11th 13th of April.

For more information on SADD and the recent conference, click on the link in the logo below.





TE MANA WHAKAHAERE AUTONOMY

Geraldine Kindergarten

The tamariki are so enthusiastic about brushing their teeth at Geraldine Kindergarten. Our younger teina are showing an especially strong interest to brush their teeth and having their own special toothbrush at kindergarten. Tamariki are enjoying singing along to 'Paraihe niho' waiata during our toothbrushing routine. Children recognise the colours of

their toothbrushes and even their friends toothbrushes. Te Hā o Aoraki is such a positive initiative, fostering healthy toothbrushing habits for life. "A culture is created that values and promotes the health and wellbeing of children. Kaiako model positive attitudes towards hauora, healthy eating and activity" (Te Whāriki, p. 30). - Bella-Jane



Aoraki Explorers

The four year olds at Aoraki Explorers have been taking part in Te Hā o Aoraki – The Breath of Aoraki, where they have been learning about looking after their teeth. Each day at 11am the children/ tamariki brush their teeth before going to their group time. The tamariki/children have picked up on this new routine very well. They now know which toothbrush belongs to them and how to effectively brush their teeth.

"Good oral health is more than having good teeth and a nice smile – it is important for good health and wellbeing. Our teeth help us to eat, speak and are important for our self-esteem. Baby teeth also hold the space for adult teeth. Starting good dental health habits early has lifelong benefits."

Visit the WAVE resource centre for more information, downloadable resources and hire kits (which includes Giant Teeth model) to use with your tamariki at your kura or ECE.

www.wavesouthcanterbury.co.nz





Waimate Mobile Kindergarten

This term Waimate Mobile Kindergarten has been focusing on healthy teeth and healthy eating. Our tamariki enjoyed exploring some of the WAVE oral health resources.

The big green toothbrush and the giant teeth model were a big success. Our tamariki were very excited to share their knowledge and model how they brush their teeth. It is wonderful to see our tamariki brushing the dolls teeth and notice their learning through their play.

Thank you WAVE for supporting and empowering our learning journey.

Lilach Kaiako/Teacher



WAVE NEWSLETTER SURVEY— FEEDBACK WANTED!



WAVE wants to hear from you. What do you want to see more of? What do you value? and how we can make improvements?

We would like to invite you to take part in a brief survey to give us feedback on the WAVE newsletter. All responses are completely anonymous and all ideas are welcomed.



Scan the QR code to be taken directly to the survey
or go to www.surveymonkey.com/r/QTKPRMS



MAURIORA

ACCESS TO THE TE AO MĀORI (THE MĀORI WORLD)

Waimate Centennial, St Patricks Waimate, Waituna Creek, Makikihi and Timaru Christian schools have all enjoyed visits to Waihao Marae during Term 1. Visits included input from Te Rūnanga o Waihao, ECan and Timaru Museum (educators Keely and Joanna) and were an extension of work these schools are doing in building

cultural confidence. The opportunity to experience te reo and tikanga in action was highly valued by those involved. WAVE can help you facilitate your marae visit to incorporate Te Rūnanga o Waihao, ECan and Timaru Museum. Contact your WAVE Facilitator for more information.



Quotes from Timaru Christian School. Written excerpts taken from writing exercises back in the classroom environment.

"We were welcomed on to the Marae, we sang our song and learnt about its history."

"My favourite animal that we learnt about is the bat."

"We played fun traditional Māori games and my favourite was the stick game."



MAURIORA

ACCESS TO THE TE AO MĀORI (THE MĀORI WORLD)



All students that visited Waihao marae had the chance to experience some Traditional Māori Games. In traditional Māori society sports and games were widely played by both adults and children and were an important part of everyday life. As well as providing entertainment they could be educational or form part of a ritual.

For more information on Traditional Māori games, visit:

www.wavesouthcanterbury.co.nz
or www.r2r.org.nz

Traditional Māori Games

Rākau: Traditionally this game helped develop skills when using a rākau or taiaha. Improving hand eye coordination and also increasing confidence around rākau.

Poi Toa: Traditionally skills developed while practising Poi Toa based activities were essential training in learning weaponry and fighting techniques.

Whano Whano: Traditionally used for Toa (warrior) training. Leg speed and explosive power were essential for dodging strikes from attackers or moving into position to attack an opponent. Helps to strengthen legs and develop leg speed and explosive power through the jumping. Also develops mental dexterity as well.

Students enjoyed the games and the history and legends associated with the games during their marae visit.



Waimataitai is an Active Travel School **We walk, We scooter, We bike!**

Waimataitai is focusing on active transport to and from school to support student wellbeing, preparedness for learning and sustainable communities. During term one the principal and assistant principals greeted students arriving at school and acknowledged their active transport options with house points. Over the term we were excited to notice an increase in students arriving at school connected, willing and able to learn.

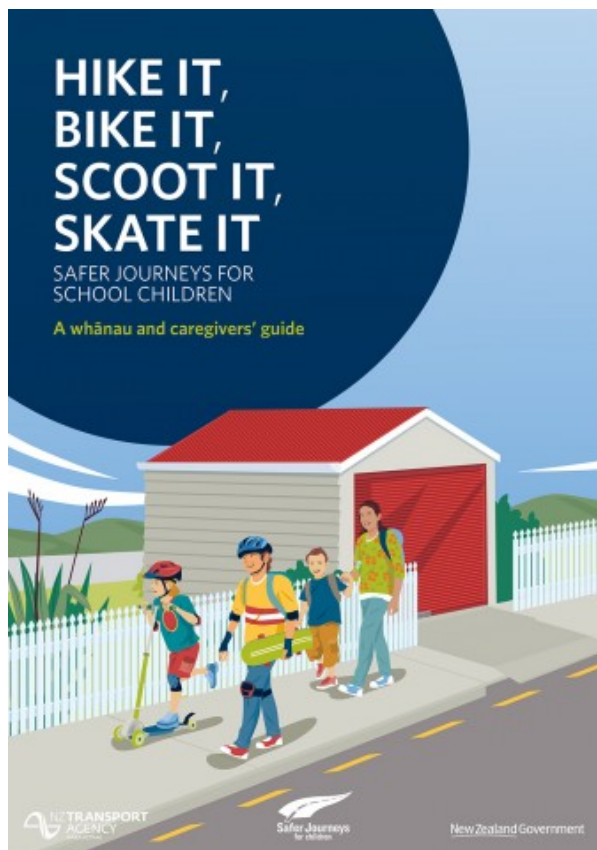
We are currently working with Jane Sullivan from WAVE, who is the School Travel Plan Coordinator. A working group has been formed which includes senior management school staff, a teaching staff rep, BoT rep, Timaru District Council staff, SC Road Safety Coordinator, Police School Community Officer and a Trafalgar Street neighbour rep.

By Mr Young (Principal) & Mrs Vincent (AP)



Five Goals for our School Travel Plan

1. To increase the number of children using active travel modes to and from school to at least 75% (currently 36%)
2. To improve student awareness and knowledge of 'road safety and road sense'
3. To create a calmer street environment on Trafalgar Street, Campbell Street and White Street so that everyone feels safe to walk and bike (i.e., reduce traffic congestion)
4. To encourage parents to park further away from school – pick up/drop off zones and Park & Stride areas
5. To review and enhance street crossing points within an 800m/10 minute walk radius



In term two we will use our Positive Behaviour for Learning PB4L structures to teach student awareness and knowledge of road safety and road sense. The principal will work with the student council to review 'getting to school safely' and the 'wheels' policies. The Student counsellors will take this new learning back to their classes.

Jane has steered us towards several useful resources to support our education and encouragement objectives within our STP – Action Plan.

Waimataitai is an Active Travel School – we walk, we scooter, we bike!

The links to these Active Travel resources can be found on the WAVE website.

www.wavesouthcanterbury.co.nz/links-downloads/active-travel-haerenga-kaha/

www.education.nzta.govt.nz/news/how-students-can-find-and-solve-local-transport-challenges/

www.education.nzta.govt.nz/teacher-resources/primary-curriculum-resources/



TE ORANGA PARTICIPATION IN SOCIETY

“Bike Wise” tamariki in the Twizel Community

In Twizel biking is what we do. As well as a mode of transport it's fun and we do it with our friends and family. Everywhere is bikeable and nowhere is too far to bike. With our tamariki riding bikes from an early age Twizel Kindergarten has been running the WAVE “Let's Get Going, cycle skills” programme since 2018 as a way of ensuring everyone is able to ride safely.

It has been great to revisit, plan and provide the cycle skills programme to our kindergarten families, the New Entrant class at Twizel Area school and the Twizel Early Learning Centre.

A range of skills and knowledge has been shared including:

- Helmet
- Bike mount and dismount
- Braking
- Control of a bike
- Coping with distractions while riding.

This programme was well supported by parents and whānau helping to run the sessions, sharing their skills, knowledge, and enthusiasm.

Our goal was to inform and give tamariki the opportunity to practice fundamental skills to progress independence in cycling and cycle care, and if you talk to anyone who was there, they will agree this objective was achieved. We owe a huge thankyou to Twizel Area School and Police Officer Brad Morton for supporting out Bike Wise Programme. We continue to grow our tamariki interest and skills in cycling through weekly small group excursions to our local pump track, again this can only happen because of our whānau commitment to be involved and interested in their tamariki ako.



MEET THE WAVE HEALTH PROMOTION TEAM



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Watch this space!

Oral Health Promoter



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HEALTH MESSAGES



Oral Health/Oranga Niho

Currently 44% of tamariki/children ages 0-4 brush their teeth twice a day with fluoride toothpaste. Let's increase that and follow these easy tips:

- Brush twice a day with a fluoride toothpaste.
- Have regular dental check-ups.
- Lift the lip every month and check your child's teeth and gums.
- Choose healthy snacks.
- Drink water or milk.

Don't rush the brush.

Use a soft toothbrush to brush all around the inside surfaces, where teeth meet gums, and also the top chewing surfaces. On the front of the teeth, use tiny circles all around the outside surfaces, close to the gums and tongue.

Dental check-ups for young tamariki/children help them to keep their teeth for a lifetime.

It's easy to enrol – just call 0800 TALK TEETH (0800 825 583).

Dental care is FREE for tamariki/children until their 18th birthday.

Sneeze Safe

With the winter flu season fast approaching, WAVE will be partnering with Public Health Nurses to deliver the Kleenex® Tissues SneezeSafe® programme to schools and ECE. SneezeSafe promotes good respiratory hygiene and uses simple and interactive ways to reinforce flu hygiene skills such as handwashing.

Please contact your WAVE Facilitator if you are interested in a 30 minute SneezeSafe lesson for your junior classes, or check out the website www.sneezesafe.co.nz for more information and resources.



NOTICES AND UPCOMING EVENTS

12th Annual
V.O.I.C.E.
 vision · opinion · identity · creative · expression
Youth Art Project & Exhibition
 15-17 May 2023 > Opening Night Awards 6:30pm, 15 May
 Student Café @ Ara - Te Pūkenga > 32 Arthur Street, Timaru

CASH PRIZES > CASH PRIZES > CASH PRIZES
ENTRIES CLOSE 4pm Friday 12 May
 Entries must be delivered to The Y @ 23 Butler Street TIMARU

ENTRY CRITERIA

- > Open all young people aged 12-24 years in South Canterbury.
- > Judging will give preference to works based on the Youth Week 2023 theme: 'Leaders of tomorrow? Leaders of today?' or Te Rito's anti-violence message.
- > Entries must be ready for display. Image entries on paper must be mounted.
- > No limit to size of exhibit or number of entries.

CATEGORIES

- > Image: Painting/Mixed Media
- > Image: Drawing/Printmaking
- > 3D Works: Sculpture/Installation
- > Digital Media: Film/Photography/Design & Image
- > Creative Writing/Poetry/Rhyme
- > Group Exhibit: single work by more than 1 artist
- > Special Awards: Te Rito Award & People's Choice Award

For more info:
 Visit ymcasc.org.nz / Contact Jo: jo@ymcasc.org.nz or 688 3682

brought to you by

the **Y** **TE RITO** SOUTH CANTEBURY
 Timaru District **creative** COMMUNITIES **nz**
 In association with **Youth week**




KOROHI O TE PĒPI
Singing of the Babies
FLAVA FEST

Friday 8th & Saturday 9th
 September 2023

Speak UP
#PINKSHIRTDAYNZ

STAND TOGETHER
STOP BULLYING
 KŌRERO MAI, KŌRERO ATU, MAURI TŪ, MAURI ORA

FRIDAY 19 MAY 2023



Learn a Pacific Language

With a NZQA accredited online course with The Centre for Pacific Languages

With 7 languages to choose from 10 week courses taught once a week in a 2hr tutor-facilitated online class via Zoom. Sāmoan, Tongan, Fijian, Rotuman, Cook Island Māori, Tokelauan, Vagahau Niue.

"To respect people, and to respect communities, and to respect people's names and languages, we have to be able to correctly pronounce and to be able to spell their names, and to say their languages with correctness."



**Centre for
 Pacific Languages**

www.centreforpacificlanguages.co.nz