



WELL-BEING AND VITALITY IN EDUCATION

Me oranga tonu, me ako tonu, me whakatika haere

PĀNUI

May 2024 | Issue 68

### Te Mana Ora

National Public Health Service

18 Woollcombe Street  
PO Box 510, TIMARU  
Phone: 03 687 2600  
[www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)

### FACEBOOK Pukamata

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)



*Whakapūpūtia wai o mānuka, kia kore ai e whati*

Cluster the branches of the manuka, so they will not break

## Connections through the Wellbeing in Education Network

Partnerships and relationships are of critical importance to our mahi in health and education in order to achieve the reciprocal benefits through wellbeing and learning. Best practice approach to health promotion involves collaborating with people and communities to make the healthy choice easier. Being responsive to local needs and aspirations means we need you to keep talking to us about what is important to you.

The Wellbeing in Education Network is an opportunity to connect, share and learn. We value our mana whenua relationships and had an update from Te Kāhui Mātauranga ki Arowhenua, shared the Pae Ora Playspaces collaboration (see back page for upcoming meeting dates) and discussed Te Hā o Aoraki and how daily supplementary toothbrushing is being rolled out locally to help address tooth decay inequities.

**Next meeting is 1pm on 6th June, at the South Canterbury Eco Centre. All welcome. To register please email [WAVE.Administrator@cdhb.health.nz](mailto:WAVE.Administrator@cdhb.health.nz)**



### Pae Ora Play Spaces Collaboration



BETTER HEALTH

GREATER LEARNING

BRIGHTER FUTURES

**Te Whatu Ora**  
Health New Zealand  
South Canterbury



#### Key Partners:

- Cancer Society
- Te Rūnanga o Arowhenua



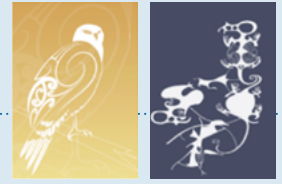
## Te Kāhui Mātauranga ki Arowhenua

### Ko te whenua e hāroa e te Kāhu

Te Kāhui Mātauranga ki Arowhenua had an overwhelming response for their first workshop held in January. 112 kaiako from Early Childhood and schools gathered at Arowhenua marae for a day of "Getting to know us". The workshop was an opportunity for Education settings to begin their journey in building relationships with Mana Whenua.

We were privileged to have had such an awesome team of facilitators a huge thank you to Toni and Steph for all of the background work that went into the workshops and to Bronwyn, Kari, Lavinia, Nicole and Ngaroma for your tautoko and awahi facilitating.

Thank you once again to Pete, Ihaka and Ryan for maintaining the mana of Te Rūnanga O Arowhenua by providing the beautiful kai for our manuhiri. A special shout out to my WAVE team for your support leading up to and on the day, helping to set up the marae for the pōwhiri, workshops and kai. Awesome team effort.



### Highlights and observations:

- The amazing skill and expertise of all the facilitators.
- Participants were relaxed, engaged and open in sharing in discussion.
- Pūrakau looked like fun and took some people well out of their comfort zone. Re-telling the pūrakau in their own words and also being a creative actor was part of the skill set required. Good to see all kaiako rose to the occasion!
- Tiriti o Waitangi was well received an excellent opportunity to share the rich history and whakapapa Arowhenua rūnaka played during the more than 100 years of redress from the crown.
- Participants had the opportunity to view Arowhenua School, meet the tamariki and listen to the kōrero shared by whaea Bronwyn around the Cultural narrative of the kura. A unique experience for most and an insight into the whakapapa and values of Kāti Huirapa.







## ATA and OHO PLD Workshops

Recently the Te Manahuna Kāhui Ako, were lucky to have Megan Martin from the Ministry of Education to deliver a practical workshop on the ATA and OHO resource. This involved the ECE, primary and secondary sectors.

ATA and OHO is a social and emotional competency teaching resource that is aimed to scaffold conversations with a wellbeing lens. With a focus on cultural diversity, sustainability, and holistic education, ATA and OHO offers a wellbeing tool that can be used across all sectors. These card based activities ignite both curiosity and personal experiences in a safe way.

With the Kāhui Ako focused on the Five Ways to Well-Being and Te Whare Tapa Rima this is a purposeful way for tamariki to share and discover what their thinking and feelings are towards certain subjects and contexts. Through exploring other perspectives as well as their own, children learn critical thinking skills and empathy.

Through ATA and OHO, the Ministry of Education reaffirms its commitment to providing educators with the support they need to nurture well-rounded, future-ready citizens.

Link to the resources:

[www.hpe.tki.org.nz/planning-and-teaching-resources/resource-collections/social-and-emotional-learning-resource-collections](http://www.hpe.tki.org.nz/planning-and-teaching-resources/resource-collections/social-and-emotional-learning-resource-collections)



## South Canterbury Eco Centre

The South Canterbury Eco Centre was opened in November 2022 by the Sustainable South Canterbury Trust to educate and inspire our community to be more sustainable. It is a facility that our community can hire or join us at for workshops and collaboration.

We host a monthly repair cafe and working bee to connect with our community. We host schools presenting topics like waste minimisation, stormwater and predator free 2050. We have holiday activities, open days and workshops on various sustainable and environmental topics. Annually we host a Sustainability Festival.

Our hire rates are very reasonable - Businesses \$25/hour, Not for Profit groups \$15/hour.

Alice Brice is the Eco Centre Activator and the one to get in contact with about enquiries - [ecocentrefriends@gmail.com](mailto:ecocentrefriends@gmail.com). Chris Konings is the Biodiversity Facilitator [ibdfacilitator@gmail.com](mailto:ibdfacilitator@gmail.com) and Corrie Andrews [Corrie.Andrews@environz.co.nz](mailto:Corrie.Andrews@environz.co.nz) is also based at the Eco Centre working for Enviro NZ as a Waste Minimisation Educator.

More information can be found on our website [www.scecoentre.org.nz](http://www.scecoentre.org.nz) or on Facebook and Instagram.



Another good way to keep up to date with what is happening at the Eco Centre is by signing up to our newsletter.

We can be found beside the Crows Nest, (which is also operated by the Sustainable South Canterbury Trust) and the Raptor Trust at the end of Redruth Street, Timaru.

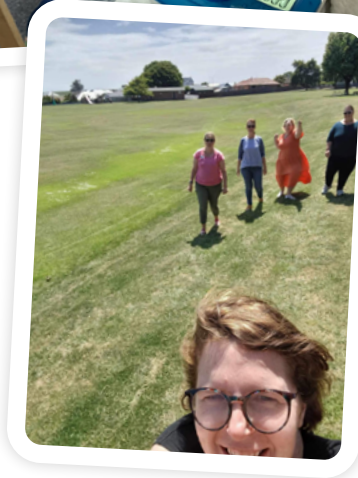


### Challenge Accepted at Ranui Kindergarten

The 5 Ways to Wellbeing challenge was a fun way for Ranui Kindergarten kaiako to care for ourselves and to **GIVE** back to some of those who care for us and our community throughout the year. We **CONNECTED** with Arowhenua Whānau Services, providing a morning tea to celebrate the mahi they do supporting the Ranui Community. We also provided an afternoon tea to South Canterbury Kindergarten Association, to show our appreciation for the mahi that they do behind the scenes, so we can be effective in our role.

We **KEEP LEARNING** every day at Ranui Kindergarten. This month kaiako and tamariki learnt a new waiata to share with whānau at the Ranui Kindergarten Christmas Party. We also love to **CONNECT** with nature in multiple ways because we know it helps us to slow down, **TAKE NOTICE** and be in the moment. This has been especially important over the last few weeks as energy reserves deplete for tamariki (and kaiako). We love the simple things like laying on our backs watching the clouds or feeling the breeze and we were all in awe as we watched our tadpoles become frogs. Kaiako also had lots of fun giving our tamariki foot spa's while taking the time to relax and notice those around us.

Going for a walk prior to afternoon meetings helped us to **BE ACTIVE, CONNECT** as a team and re-energise. Thanks for the reminder about the fun ways we can look after our wellbeing, it has been valuable at this time of the year.



### Hanan Kindergarten

We remembered how much fun we had at Hanan Kindergarten the last time we accepted WAVE's 5 Ways to Wellbeing challenge, so we couldn't resist another chance. This time we wanted to tell our story in pictures. We hope you enjoy the result as much as our tamariki and kaiako enjoyed making them.

- TAKE NOTICE**
- GIVE**
- CONNECT**
- BE ACTIVE**
- KEEP LEARNING**







## Exploring Cultural Diversity at Waimate Childcare

Exploring cultural diversity is a way we can provide opportunities for tamariki and whānau to celebrate different cultures and ethnic groups within our centre and community. We see positive outcomes, where self-identity of tamariki is promoted and strengthened. This fosters their sense of belonging, motivation to learn and underpins their sense of themselves as competent learners.

Waimate Childcare holds a special place for tamariki and whānau to see themselves in our learning environment, celebrate foods from our many cultures, have opportunity to display and wear traditional dress and give space for whānau to share their stories and traditions. We encourage whānau to bring along a family photo of the people that our tamariki hold close to their heart. Tamariki are supported to complete a self-portrait to sit alongside their family photo.

Feedback from whānau has been overwhelmingly positive and it has been amazing to hear what they value from this mahi. We believe we are enhancing the mana of each and every tamariki and their Whānau, creating treasured memories into the future.

The learning outcomes relating to Te Whāriki demonstrate that we are making connections with family, places and the wider world. Kaiako nurture the development of responsive and reciprocal relationships. We support and guide interactions with others so that tamariki learn and accept multiple points of view, ways of being and beliefs.







## Annual Fruit Harvest at "Puna Ora"

Geraldine Preschool is part of our community's Incredible Edible Gardens with our orchard "Puna Ora". Establishing Puna Ora also aligns with our participation in the Enviroschools programme. Quite a few years ago now kaiako and tamariki decided to plant some fruit trees at the front of our section to help feed our community.

Over the years our orchard has grown to include apples, nectarines, feijoas, plums and pears. Some of our trees have been donated

and planted by whānau as a thank you when their tamariki have graduated from our centre and we like sharing the fruit they bear.

Our tamariki have been busy harvesting some of the produce and making sauce, apple crumbles and baking to sample and also share with their whānau.

These learning experiences are a fun hands on way to educate our tamariki about growing food, nutrition and use a lot of maths concepts when cutting and measuring. They also get to enjoy the experience of making kai for others.

Some of our produce was entered at the Winchester A & P Show in March. Tamariki are proud to show the results of their harvest.

The Enviroschools kaupapa is to create a healthy, peaceful, sustainable world through learning and taking action together. Here at Geraldine Preschool we are very proud to have been involved in the Enviroschools programme since 2008. Achieving the highest award of Green-Gold in 2017 was a huge achievement in our Enviroschools journey.

Check out our journey on our website

[www.geraldinepreschool.co.nz/enviroschool](http://www.geraldinepreschool.co.nz/enviroschool)



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







## TE MANA WHAKAHAERE AUTONOMY

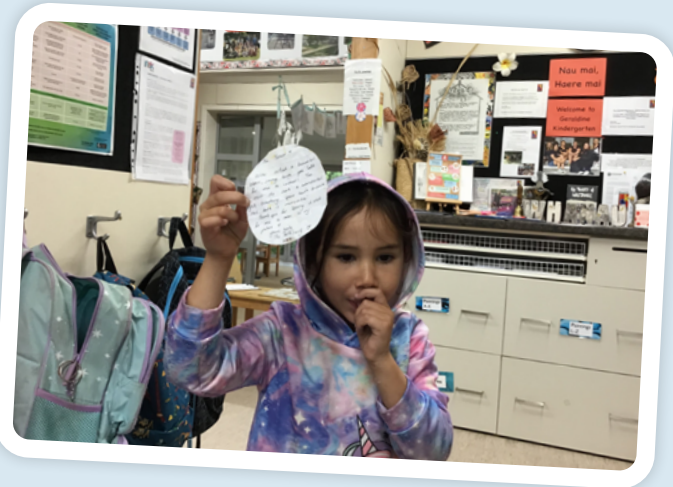
### Celebrating Daily Toothbrushing at Geraldine Kindergarten

Our tamariki and whānau really value our toothbrushing programme at kindergarten. We have strong engagement from our tamariki and many of our families have told us how their tamariki really enjoy brushing their teeth at kindergarten.

Tamariki love their own special toothbrush and know this routine so well now. We sing 'Paraihe niho ia ra' every time we do toothbrushing and recently we have been enjoying listening to some new songs WAVE have shared with us such as Elmo's toothbrush song.

We have also been practicing brushing teeth on the big teeth mould we borrowed from WAVE and using some of the resources from the Oral Health Kit which have been a great way to learn and talk about growing healthy strong niho.

Tamariki are so proud of their beautiful clean niho after they have brushed their teeth. We have been sharing this great learning with our whānau. Recently one of our tamariki shared her special news from home that she received a note from the Tooth fairy after one of her teeth fell out... "Wow what a beautiful, clean, shiny tooth you left for me to collect! You must do such a wonderful job brushing your teeth because this tooth is incredible! Thank you for leaving it for me to take to my palace. Yours truly the Tooth fairy".



"Over time and with guidance and encouragement, children become increasingly capable of keeping themselves healthy and caring for themselves" (Te Whāriki: Early Childhood Curriculum, 2017).

Me mahi tahi tātou mō te oranga o te katoa - We must work together for the wellbeing of all.

Bella-Jane Hardie  
Teacher



Te Hā o Aoraki, the Breath of Aoraki has been successfully rolling out to ECE and primary schools across South Canterbury since 2020. A key goal of a daily toothbrushing routine is to establish positive habits that help tamariki to remember to brush their teeth at home with whānau.

Geraldine Kindergarten demonstrate how they are making a positive contribution to the oral health of tamariki.

Supporting information and resources can be accessed from the WAVE website [www.wavesouthcanterbury.co.nz/links-downloads/oral-health-oranga-niho/te-h%C4%81-o-aoraki-south-canterbury-toothbrushing-programme/](http://www.wavesouthcanterbury.co.nz/links-downloads/oral-health-oranga-niho/te-h%C4%81-o-aoraki-south-canterbury-toothbrushing-programme/)





## Smokefree/ Vapefree Health Promotion

Our Health Promotion Advisor, Katherine, works in partnership with community stakeholders to support Smokefree/ Vapefree spaces, policies and health promotion activities that raise awareness and lead to increased quit attempts. She works alongside the WAVE team to ensure consistent Smokefree/ Vapefree messaging and building competency for those working with children and young people to prevent uptake of smoking and vaping.

For any queries about Smokefree/ Vapefree policy, signage, resources and getting involved in an exciting native tree planting event in coming up to celebrate World Smokefree Day on Fri 31 May, please give Katherine a call or email:

Katherine, Health Promotion Advisor on 687 2621  
or iMera: [katherine.miller@cdhb.health.nz](mailto:katherine.miller@cdhb.health.nz).



## Youth Vaping – ‘Let’s clear the air’ resource

This excellent resource ‘Let’s Clear the Air’ was released for publication in March and provides information on youth vaping and ways to support Smokefree/ Vapefree messages with school staff, youth workers, whānau and students. Please keep in mind that youth vaping is an evolving issue and the role of schools is to empower students to make informed decisions on vaping by engaging them with the facts.

### The key messages are:

- The best thing you can do for your health is to be Smokefree and Vapefree.
- Vaping can help some people quit smoking.
- Vaping is not for children, young people or people who don’t smoke.
- For people who smoke, vaping is less harmful but not harmless.
- Some vapes contain nicotine, a highly addictive substance. It can be very hard to stop vaping once you’ve become addicted to nicotine.
- Schools can help empower students to make informed decisions by providing facts.
- Young people who have questions about smoking or vaping can discuss them with their school nurse or doctor.

[www.smokefree.org.nz/smokefree-resources/lets-clear-the-air](http://www.smokefree.org.nz/smokefree-resources/lets-clear-the-air)



Smokefree/ Vapefree schools - [Smokefree environments](#) | [Smokefree Updated schools policy](#) - [Smokefree and vapefree school policy.pdf](#)  
Smokefree/ Vapefree signage - [Resource Library](#) | [Smokefree](#)





## Face to Face Support to Become Smokefree



Ange Francis is our local Smokefree Kaimahi who works at Arowhenua Whānau Services, a vital part of a wide range of integrated services to all Māori and non-Māori living within the Arowhenua rohe – all of South Canterbury. Ange supports rangatahi and whānau to quit smoking or vaping. Ange has a wealth of knowledge to support people with handy tips on ways to cut down, cope with cravings, stop or remain Smokefree/ Vapefree. With a background in retail and from a large Temuka family, connecting with Ange is the first stop shop to help whānau on their quit journey. Ka pai!

### For local smoking cessation support contact:

Angela Francis, Smokefree Kaimahi on  
0800 615 5180, cell 027 407 6012

imēra: [angelafrancis@aws.health.nz](mailto:angelafrancis@aws.health.nz)

Quitline – waea: 0800 778 778 or text 4006

(Quitline can also provide FREE help to quit vaping)



## Smokefree/ Vapefree Legislation & Compliance

Meet Cam, he works in the community, monitoring and enforcing compliance of regulated products, such as tobacco, vapes and alcohol. He assesses licenses, responds to complaints and visits different retailers to educate and ensure compliance. For any compliance or enforcement queries please give Cam a call, email or text -

waea: 027 5372321 or imēra: [cameron.duff@cdhb.health.nz](mailto:cameron.duff@cdhb.health.nz)





## NGĀ MANUKURA LEADERSHIP

### Introducing survivable speeds, ensuring the safety of our students

The Timaru District Council have begun implementing lower speeds within the district as part of their Speed Management Plan that was approved by The New Zealand Transport Agency: Waka Kotahi NZ Transport Agency earlier this year.

This plan prioritises the safety and wellbeing of community members by targeting kura (schools) and other high-risk locations as indicated by public feedback and conducted research while maintaining travel journey efficiency.

The first stage to implement this plan is to reduce the speed limits arounds schools by introducing a 30km/h permanent or variable speed limit for most schools in the district.

Schools with variable speeds will be equipped with electronic signs flashing the reduced speed during school drop-off and pick-up times, when students are most at risk. All new speed limit signs are expected to be installed and enforced by July 1st 2024.

These speed reductions are crucial; research undertaken within New Zealand and Australia shows that if a person walking is hit by a car travelling at 50km/h, the chance of survival is 20%, compared to if a person is hit by a car travelling at 30km/h, the chance of survival increases to 90%.

“These measures are the first step in our commitment to ensuring that everyone can travel safely in our community.” says Timaru District Council Transport Manager, Suzy Ratahi.



Along with these speed reductions come various safety-focused infrastructure, such as roundabouts and raised pedestrian crossings that are popping up in various locations near schools throughout the district.

Timaru District Council is paving the way for safety on our roads for our tamariki.

**Katie Ryan**  
TDC Transport Community Engagement Advisor



## SAFER SPEEDS For Our Tamariki

*Speed limits will be reduced in specific high risk areas within Timaru District, these measures are the first step in our commitment to ensuring everyone can travel safely in our community.*

*For more details, visit: [timaru.govt.nz/speeds](https://timaru.govt.nz/speeds)*







## TE ORANGA PARTICIPATION IN SOCIETY

### Project Zebra – a collaborative effort to improve safety

STOP, LOOK, LISTEN ... is it safe to cross was the key message for tamariki and whānau using the zebra crossing on Selwyn Street outside Oceanview Heights School, the week of the 11th March. The success of Project Zebra is in the collaboration, with WAVE working together with the school, Lucy Mehrtens, South Canterbury Road Safety Coordinator (aka Zephyr), Timaru District Council and Timaru Police.

Jane Sullivan, WAVE School Travel Plan Coordinator along with the partners delivered a session to staff and attended a school assembly in the lead up to Project Zebra. Classroom activities using the resources on the NZTA Education portal were encouraged to support student learning and the Hike It Bike It Scoot It Skate It – A Whānau and Caregiver’s guide went home to support learning outside of the classroom.

“The programme had been great for the school. Being on a main road like we are on Selwyn St, this will prove vital for us with the amount of traffic, it is so important to engage the kids in learning road safety. The kids have been very enthusiastic, they love it.” The Project Zebra team have been really great at engaging with the kids and making it fun and making it educational! - Principal, Oceanview Heights



### Here’s what the Project Zebra student ambassadors had to say



“Hi, we are the Zebra ambassadors from OVH School in Timaru. We helped people cross the road safely with Zephyr the Zebra. We made sure that the little kids didn't get hurt crossing the road.

We gave out care certificates to people who were respectful to the road and the people driving cars. We checked if their helmets were secure and if the people who were riding bikes and scooters were safely crossing the road.

We had help by teaming with the police so that the cars would stop so the little kids could cross the crossing safe. We helped keep people safe.

In our honest opinion we think that it was amazing to help kids to learn how to cross the road without help. It was amazing to see kids doing it by themselves after a while because we worked so hard to see this happen.

We thank them so much for helping us learn how to cross the road safely at OVH school. We hope to see you again one day. So on the behalf of OVH school we thank you for the experience and teaching the kids”.

**By Brooklyn, Skielar and Giovanni**

## UPCOMING EVENTS



**SOUTH CANTERBURY  
ECO CENTRE**

**Educating and inspiring our community to be more sustainable.**

- Host education settings
- Holiday activities
- Open days & workshops

**VENUE HIRE**  
**HOURLY RATES**  
Business \$25 hour  
Not for Profit \$15 hour  
Hosting education settings **FREE**

ENQUIRIES: Alice Brice [alice.brice@cdhb.health.nz](mailto:alice.brice@cdhb.health.nz)



**Poipoia te kākano kia puāwai**  
Help us nurture the seeds and they will bloom to celebrate **World Smokefree Day 2024**

FREE community event  
Everyone welcome: giveaways & spot prizes!

**Friday 31 May, 12 noon—2pm**  
**Marchwiell Park, Selwyn Street, TIMARU**

To register: [katherine.miller@cdhb.health.nz](mailto:katherine.miller@cdhb.health.nz)

**Pae Ora  
Playspaces  
Collaboration**

**ONLINE HUI DATES**

MAY 15 <sup>th</sup>	AUGUST 21 <sup>nd</sup>
JUNE 26 <sup>th</sup>	SEPTEMBER 18 <sup>th</sup>
JULY 24 <sup>th</sup>	OCTOBER 16 <sup>th</sup>
NOVEMBER 20 <sup>th</sup>	

**From 3pm - 4.30pm**

For further information please contact:  
[anna.reihana@cdhb.health.nz](mailto:anna.reihana@cdhb.health.nz)



**KOROHI O TE PĒPI**  
*Singing of the Babies*  
**FLAVA FEST**  
FRI 6TH & SAT 7TH SEPTEMBER 2024  
CAROLINE BAY SOUNDHELL  
**SAVE THE DATE**



Arowhenua Whānau Services

**Positive Food Environments**

**Date:** Tuesday 21st May 2024  
**Time:** 1 - 4pm  
**Venue:** South Canterbury Eco Centre, 55c Redruth Street TIMARU

- Supporting tamariki/akonga to be food explorers
- How to support a positive food environment
- Key kai and wai messages

Contact your WAVE Facilitator for more information, or register to attend by emailing [WAVE.Administrator@cdhb.health.nz](mailto:WAVE.Administrator@cdhb.health.nz)



WAVE  
WELL-BEING AND VITALITY IN EDUCATION



**Road Safety Week**  
20-26 May 2024





**2024 PACIFIC LANGUAGE WEEKS**

Fāeag Rotuam Ta	12 May - 18 May
Gagana Samoa	26 May - 1 Jun
Te Taotao ni Kiribati	7 Jul - 13 Jul
Te Reo Māori Kōki Āirani	4 Aug - 10 Aug
Lea Faka-Tonga	18 Aug - 24 Aug
Te Gana Tuvalu	29 Sep - 5 Oct
Vosa VakaViti	6 Oct - 12 Oct
Vagahau Niue	13 Oct - 19 Oct
Te Gagana Tokelau	27 Oct - 2 Nov
Papua Niugini Tok Pisin	10 Nov - 16 Nov
Solomon Aelan Pijin	24 Nov - 30 Nov



**New Zealand Sign Language Week**  
6 - 12 May 2024  
SAVE THE DATE



*hands up if you're ready to sign with us!*




**Kōrero MAI**  
**KŌRERO ATŪ**  
MAURI TŪ, MAURI ORA  
SPEAK UP, STAND TOGETHER, STOP BULLYING

**FRIDAY 17 MAY 2024**



**PINK SHIRT DAY**<sup>ED</sup>