



WELL-BEING AND VITALITY IN EDUCATION

Me oranga tonu, me ako tonu, me whakatika haere

PĀNUI

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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



*Māwherauāi a tauua roto
ka taka, kāpuia ake ka
pūraugiaho*

We may not have it all together, but together we have it all



Pae Ora Playspaces is joining the dots

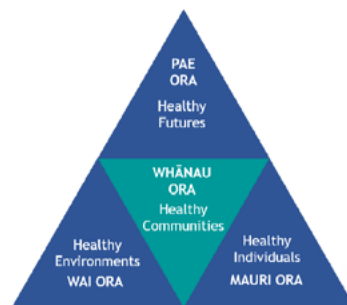
Nā tō rourou, nā taku rourou, ka ora ai te iwi; *with your food basket and my food basket the people will thrive* references the value of working together to connect, share knowledge, skills, ideas and “join the dots”. Pae Ora is an aspirational concept of wellbeing inclusive of Mauri Ora (healthy individuals), Wai Ora (healthy environments), and Whānau Ora (healthy communities) as the building blocks for the advancement of Pae Ora (Healthy Futures).

A Pae Ora play space considers the cultural, educational and environmental contexts that influence the development of healthy physical, cognitive, emotional and social skills enabling tamariki, whānau and community to thrive. Mana whenua support and guide the cultural foundation, concepts, practices and interpretations that inform Pae Ora and the themes being explored. The content, direction and benefit we gain from our time together is dictated by the participation, reciprocity and proactive contribution of the members.

Pae Ora Playspaces Collaborative connects education, health, mana whenua, business and community members interested in developing creative play spaces with those with skills, experience and expertise to share. Each month themed, interactive online forum provide an opportunity to learn, discuss, share research, knowledge, experiences, challenges, ideas, contacts, solutions and resources related to playground design and development.

For further information contact:

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BETTER HEALTH

GREATER LEARNING

BRIGHTER FUTURES

Te Whatu Ora
Health New Zealand
South Canterbury



Key Partners:

- Cancer Society
- Te Rūnanga o Arowhenua
- Te Rūnanga o Waihao



TE ORANGA PARTICIPATION IN SOCIETY

Hanan Kindergarten

Recently we celebrated our wonderful whānau with kai and lots of fun at CPlay. We wanted to show our gratitude and give back to our kindergarten whānau for their on-going support and fundraising efforts. We all enjoyed the kai and conversations and our tamariki were so excited to have their kanohi painted - they all looked ka rawe, amazing!

Kia ora, thank you to our committee for organising a lovely afternoon of whanaungatanga, enjoying each other and the fantastic new play area at CPlay. We were joined by both present and past whānau, a reminder of the wonderfully connected community we have.

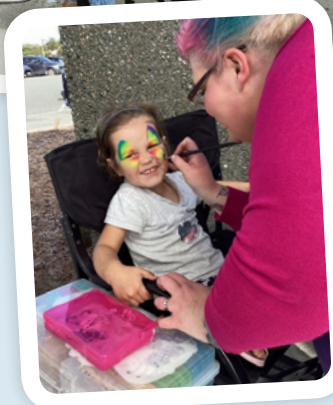
Whanaungatanga is fundamental to our practice and to building the trust of whānau. We value the rich information shared through our connections, the trust that develops and the opportunities for reciprocal relationships that happen across our whole kindergarten community as a result. We prioritise relationships to foster a sense of belonging leading to improved wellbeing and success for our tamariki, their whānau and ourselves.

We create connections primarily through listening well, being available and keeping our everyday conversations casual and friendly in a safe and welcoming environment, often somewhere neutral, but no single method will work for all whānau. An



activity like this is a great example of a way our parents and whānau can connect, participate and engage with each other in a different (neutral) environment. Siblings are always welcome and sharing of kai always helps. Whānau also run a coffee & chat group here once a week during session as another opportunity for whānau to connect with each other.

He aha te mea nui o te ao? He tangata! He tangata! He tangata!
What is the most important thing in the world? It is people! It is people! It is people!





TE MANA WHAKAHAERE AUTONOMY

Supporting Positive Kai Environments at John Street Kindergarten

The John Street Kindergarten team are on a positive kai journey, investigating how to support all food explorers; tamariki, whānau and kaiako.

By working together, kaiako have established a set of values that inform and guide change. Using this approach, policy and guidelines have been reviewed and updated.

"We have found information from the WAVE Positive Kai Environments Kit great and have copied some lunch box information for enrolment packs. Relievers will benefit from reading the How to Support Food Explorers guide"

Kaiako are confident to reintroduce a shared kai basket with whānau. Different fruits and vegetables are being used to support cooking and baking sessions. Tamariki are enjoying regular sandwich days, where they have opportunities to make their own sandwich with a variety of vegetables and hummus. It was exciting to see all tamariki keen to give it a go and try new food. Whānau have shared how valuable kindergarten cooking activities are as they encourage tamariki to try new foods in a safe and nurturing environment.



Positive Kai Environments Kit can be booked from the WAVE Resource Centre: www.wavesouthcanterbury.co.nz

How to Support Food Explorers Guide, lunchbox ideas and other relevant resources can be downloaded from Tohu Manawa Ora ECE Healthy Heart Award. ECE need to register to access information, however there is no expectation to participate in the Healthy Heart Award. www.heartfoundation.org.nz/educators/healthy-heart-award

Helping Tamariki Live Brighter

Sparklers is a valuable website designed to be an indispensable resource for education settings growing tamariki wellbeing and emotional literacy.

The benefits of embedding a sparkle, a little and often, is that tamariki gain knowledge, tools, and confidence to tune into their hauora and wellbeing. They learn to look after themselves and grow their compassion and kindness towards others.

Sparklers is all about helping tamariki to be their best and embrace the things that make them unique. The foundational belief we hold is that all tamariki are awesome and can live brightest when they're feeling good, functioning well, and relating well to others.

Save the Date! The Sparklers team will be presenting at the next Wellbeing in Education hui @ The Eco Centre Timaru on Thursday the 5th September at 1pm RSVP to WAVE.Administrator@cdhb.health.nz

Check out Sparklers today www.sparklers.org.nz



Makikihi School Fundraising

One day we decided to host a book sale to fundraise money for our Stewart Island (Rakiura) camp.

We decided we would make a flier and ask families if they had any second hand books they would like to donate to our book sale.

At the start of the book sale we were so grateful for all those donations. In the end, we managed to raise \$175 dollars. We are so thankful for all the kids and adults that helped us fundraise by donating and purchasing books. This idea came from Ruby, Isabella and Emily. In conclusion we think it was a very successful fundraiser seeing how everything was donated by the kids, for the kids.

By Emily T, Ruby and Samantha





World Smokefree May

“Poipoiā te kākano kia puāwai – Nurture the seed and it will bloom”

This was the whakataukī (proverb) for this year’s World Smokefree Day celebration on 31 May in Marchwiell, Timaru. In partnership with our local smoking cessation provider, Arowhenua Whānau Services and early childhood education setting, Ranui Kindergarten, it was a free community pop up activation to encourage korero around what a Smokefree Generation would look like to the Marchwiell community (the bloom part of the whakataukī) and what they would like to see to support Smokefree/ Vapefree messages locally (the seed part of the whakataukī). Kaiako Lauren O’Connor said, “It’s been great, we’ve been able to share the information about the pop up for Smokefree Day with our families at Ranui Kindergarten and have those conversations. We’ve been able to link into support that we didn’t even know some of our families needed, so thank you so much for the mahi that you’ve done to make today happen”.

Whilst the wind nearly blew us away, we were able to talk about growing up Smokefree with only fresh clean air for little lungs, a Smokefree/ Vapefree generation, spaces, homes and cars. We planted sunflowers with tamariki to represent our whakataukī,

we all need love and care to fully realise our potential. The winner of our competition was Chylsea who won a hamper of groceries worth the cost of a pouch of tobacco and was delighted to receive the groceries and tell everybody about our kaupapa. World Smokefree May merchandise was given to our wonderful Marchwiell community who shared their voice with us. Ehara koe i a ia! (Thank heavens you were there, lucky we have you!)





Smokefree community voice from the Marchwiell community

What would you like to see to support Smokefree/ Vapefree in South Canterbury?

More promotion of benefits of Smokefree/ Vapefree health

Bigger louder brighter events

Less Shops selling Smokes and Vapes

All playgrounds to be Smokefree

Higher fines or Jail time for selling to under age people

What does a Smokefree generation look like?

Cleaner streets and environments, less butts

Healthier and more active whanau

Looks like a healthy community

Laughing and bonding without smoking and vaping



Daffodil Day

Friday 30th August 2024

Daffodil Day is the Cancer Society's annual street appeal which has been raising funds over the past thirty years toward cancer research, prevention, emotional and practical support, providing a crucial lifeline to those impacted by cancer.

This year, Cancer Society is very excited to announce that as a thank you for schools' continued generosity and support, ANZ is giving three schools a chance to win a sports equipment grant worth \$5,000 each. To enter the draw, all you need to do is register your school on the Daffodil Day website, fundraise a minimum of \$400 and you will go in the draw to win!

Check out www.daffodilday.org.nz or contact the South Canterbury team, southcanty@cancercwc.org.nz to find out how your school can participate in Daffodil Day 2024.





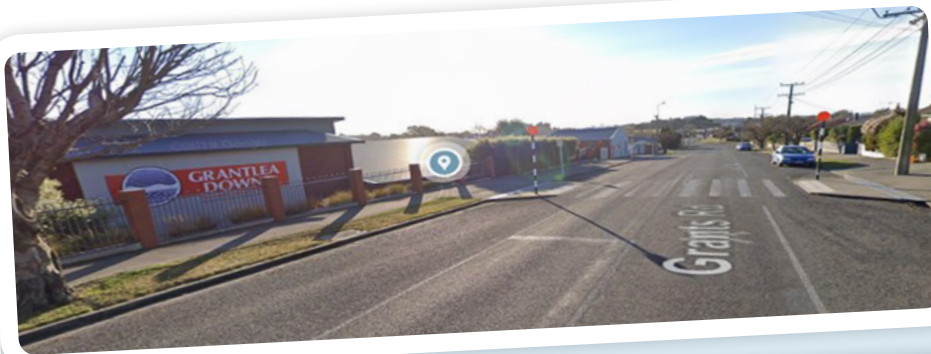
Golden Foot Award Nominees:

Our WAVE school travel plan coordinator Jane has nominated the Timaru District Council for the Living Streets Aotearoa Golden Foot Awards for their recent investment and commitment to supporting safe green and healthy school travel.

The intersection layout at Bouverie St/Grants Rd had been identified as a safety concern as part of the part of the school travel plan process with Grantlea Downs School. Also identified was a change in traffic flow due to the new retail development on Evans St and traffic light installation. Speeds were also monitored on Grants Rd during Project Zebra.

To mitigate the increased conflict in this area the Timaru District Council planned several measures to calm traffic speeds and enable the uptake of active travel modes for the school commute and walking:

- A raised platform at the existing zebra crossing on Grants Rd outside **Grantlea Downs School**
- A new roundabout at the Bouverie St/ Grants Rd intersection with provision for pedestrian access.



Left: Grants Rd – pedestrian crossing before improvements.

Below: Grants Rd with new raised platform pedestrian crossing – April 2024



Grants Rd/Bouverie St intersection layout before the improvements was a very open space resulting in increased vehicle speeds, and drivers were cutting the corner from the right hand turn from Grants Rd onto Bouverie St (as below). Several near misses with students crossing at this intersection had been reported to the school over the past few years. Since the changes have been made our council have received positive feedback from the community which is encouraging.





NGĀ MANUKURA LEADERSHIP

Further to this nomination, Jane has also put forward Waimataitai School for the Golden Foot Award for their commitment to developing and implementing their school travel plan (STP). The intention of the STP was to increase the use of active modes of transport, to improve safety, and reduce congestion at the school gate. At 12-month evaluation, walking and scooting has increased by 24% (n=116).

The school has implemented several actions from their school travel plan including:

- a review of road safety policies;
- a deliberate focus on road safety education and active travel through the curriculum;
- active travel encouragement initiatives each school term throughout 2023 and 2024
- establishing four pick-up and drop off points (PUDO) with footpath artwork from these points to the school entrance on Trafalgar St.

The school is currently working with a local artist to carve bluestone pou with cultural narrative and these will be installed at the four identified PUDO points.

The Timaru District Council has installed a refuge island crossing point at a busy intersection within 600m of the school to support Waimataitai School tamariki walking from the south east direction and for the wider community who cross at this point.

The Timaru District Council's continued funding of the WAVE School Travel Plan Coordinator role that is situated within Te Mana Ora -National Public Health Service (Timaru Office), and the creation of the TDC Active Transport Project Manager role is testament to the council's commitment to supporting active travel modes and the health of our community.



Good luck to the nominees and thank you for your commitment to enabling and supporting active travel journeys to school.



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





Jump Jam 2024



JumpJam was a great hit with students again this year with a record number of tamariki taking part . 55 teams and more than 800 tamariki took part in the day that was jam packed fill of talent from across South Canterbury. Well done to all those who took part, Ka mau te wehi! You were all awesome!