

August



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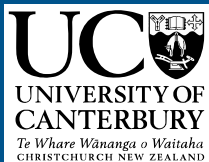
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South Canterbury District Health Board

Community & Public Health

a division of
Canterbury District Health Board



Deadline for submitting information for next newsletter is Thursday 30th October 2008 – articles can be emailed directly to: stacey.day@cdhb.govt.nz WAVE newsletter is published quarterly

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Kia Ora koutou, Hello and greetings

Kaua e rangiruatia te ha o te e kore to tatou waka e u ki uta

Since we have just celebrated Maori language week and WAVE is about 'A journey forward' I thought it appropriate to start this newsletter with this Maori proverb which means 'Do not lift the paddle out of unison or our canoe will never reach the shore.'

Since we published our last magazine the WAVE team have been busy with lots of exciting events taking place.

We held our first secondary school youth forum and we were able to incorporate national hoodie day into this. It was a great day as you will see from the photos below.

I was privileged to be able to attend Ka Toi Maori o Aoraki FLAVA festival last month and was blown away at the enthusiasm shown by the performers, it was incredible and the support given to this festival by the community will ensure it continues.

We had an open day to show off all our new resources and by now all settings will have received a copy of our

new Resources Catalogue. If you haven't received a copy let us know. It is with regret that we received notice of resignation from Bev, our Resource Centre Coordinator. Bev has done an amazing job of getting things up and running for us and we wish her well in her new position. Maree Campbell will now take on this role and I'm sure you will join with us in welcoming Maree.

With the weather now due to start warming up and the daylight hours increasing a number of our settings will be busy in their edible gardens and encouraging children to be sunsmart. I look forward to getting out and about to catch up with progress. Also don't forget the wonderful resources that we have that can be borrowed by your setting which will encourage children and young people to try new activities and develop new skills.

Happy reading
Janet Quigley
WAVE Project Leader

PLEASANT POINT PRIMARY SCHOOL 'NO WRAP - WRAP DAY'

On Monday, 28 July 2008, Pleasant Point Primary School had a 'No Wrap-Wrap Day'. The whole school got involved in it. For the "No-Wrap" part, we were asked not to bring food in chippie packets and other kinds of wrapping. At lunch time the whole school went to the hall to make one wrap and one fruit kebab, as these foods are healthy. All the ingredients were supplied. We celebrated the 'No Wrap-Wrap Day' to launch our new healthy canteen lunch menu.

Jodi Gardner and Greta Gibson,
Pleasant Point News Team

On Monday we had a Wrap Day. We had the Wrap Day because it was the start of the new healthy canteen menu. We got called up by the teacher. These were the things that we could have: tomato, egg, pineapple, cheese and chicken. We used serviettes to put the wraps

on. When I started eating it I could only taste very yummy things. After, we got called up again to make the fruit kebabs. We could choose from banana, apple, kiwifruit and grapes. Yum! Yum! I gobbled it down. I loved the wraps!

Annabel Wright Room 1

Sisters, Caitlin and Ella Benson, enjoyed sharing their wrap and fruit kebab lunch with the rest of the school in the hall on Monday. The new lunch menu includes lots of "everyday" choices from the new food and beverage Classification system.



YOUTH FORUM - PROMOTING STUDENT VOICE

On Friday 30 May thirteen students came together for the first WAVE Youth Forum for Secondary Schools. The Youth Forum was held to coincide with National Youth Week where the theme was about challenging stereotypes and celebrating diversity. Students were encouraged to share their thoughts on the food and nutrition environments at their schools, being smokefree, the proposed aquatic centre and sexuality education.

Students shared their experiences with other schools and developed action plans to undertake when they returned to school. Issues for students ranged from rubbish/recycling to providing breakfast to more physical activity opportunities. The highlight for students was finding out how other schools dealt with issues and realising that students can have a voice and make a difference. The next Youth Forum will be in May 2009 and will provide more opportunities for student-led health promotion

TGHS students prepare smoothies



WAVE Dietitian Bronwyn helps the TBHS students review their canteen menu

The girls sport their 'fruity hoodies'



ACTIVE SCHOOLS!

FITNESS TRAILS

They seem to be a hot topic at the moment and as more schools construct them, more schools become interested in them. I have done a bit of research into the various set ups and suggest that schools spend some time exploring all their options and answer a few questions before launching into such a large commitment of resources.

It's important that you get some feedback or make observations of what students like to use in the playground and also discuss if and how teachers will use the equipment as a part of their teaching.

There are a variety of ways to set up a Fitness Trail and there are a number of existing ones that I would suggest you check out before making your decision.

A Fitness Trail can be an excellent resource for the right situation but I do urge schools to use a robust process to find out what's working already and get some feedback from your community to make sure the construction of a Fitness Trail is the best use of your time and money!

The following are some questions that might help you work through the process of identifying your needs.

What do we want?

- Trail of side by side junior/senior stations
- Trail of single stations
- Clusters of stations
- How much space do we have/ how many stations can we fit in
- How many different ways do we want to challenge our students – endurance/ upper and lower body strength/ agility/ power/ balance/ coordination
- How can we enhance what we already have

When & who will use it?

- Students – juniors/ seniors/ how can we cater for both
- Teachers – curriculum time/ class time/ structured and unstructured physical activity
- Parents & community - accessibility out of school hours for our students and others

Longevity – how will we keep our students challenged when they have mastered all the stations?

- Fitness Trail Fun cards or signs (activity variations/ colour coded or numbered for levels/ laminated or hole punched to hang on stations/ specific set of activities for teachers to use)
- Fitness Trail log or chart (to self-monitor progress)
- Fitness Trail Leaders (training for teachers/ parents/ senior students in use & supervision)

How do we want to construct it?

- Wood/ plastic/ recycled/ commercially designed & constructed/ durability/ contractors/ volunteers

How will we fund it?

- Existing budgets/ community funding/ grants/ fundraising/ sponsorship

Websites that might give you some ideas to start the process:

- www.sportsequip.co.uk
- www.playlinedesign.co.uk

AROWHENUA MAORI SCHOOL saw the development of a fitness trail, as a way to increase the range of opportunities for physical activity for their students:

“The fitness trail has been a welcome addition to the playground at Arowhenua. As well as increasing the number of different activities students are able to do, it has also increased the focus on fitness. With more distance needing to be covered and the equipment in a line rather than closely together, races seem to have become a natural way for students to challenge themselves. Balance activities are easily catered for without the need to haul out large pieces of gymnastics equipment from the depths of the sports shed, and because of this, these types of activities occur more often and skills improve quickly. Students have also been able to identify their own strengths and weaknesses. The chin

up bars proved a challenge for a number of students much to their surprise. It also provides suitable challenge for all ages, with younger students adapting things like leap frogs to suit their shorter legs and older students using more complex techniques or competitiveness to increase challenge. Students are quite creative about how they use the different stations and Lee has also developed some activity cards to extend use. The process of designing the course was made easier by our Active Schools Facilitator Lee King. She brought design ideas and knowledge of the types of activities that would specifically benefit our particular students to the school. We were then fortunate to have free labour from Corrections Community Service workers on Saturdays to put it together. We have ended up with a fabulous resource that was custom built to meet our schools needs.”

Toni O'Neill, Principal of Arowhenua Māori School.



EARLY CHILDHOOD

ACTIVE MOVEMENT

I have been very busy working with families over the last couple of months. It is great to get involved with parents and caregivers and offer them different ideas for helping their preschoolers become more active. We know how much better we feel when we are more active and the same applies for our preschoolers. Our children learn so much through Physical Activity. The Active Movement Programme helps develop:

- A life long interest in being physically active.
- Builds self-esteem.
- Develop the brain and the vestibular system.
- Strengthen the eyes.
- Develop speech and language.
- Hand eye and foot eye coordination.
- Spatial awareness.

If your organization would like support for your parents/caregivers on physical activity for 0-5 year olds and the reasons as to why it is so important, please contact either myself Nicola at Sport South Canterbury on 03 6860751 or Debbie your W A V E facilitator on 03 6840652.



WAIMATAITAI KINDERGARTEN - NEW DRINKING FOUNTAIN

The children enjoy the wonderful new drinking fountain at Waimataitai Kindergarten that we were able to purchase thanks to a grant from HEHA.



ACTIVE MOVEMENT AT TWIZEL KINDERGARTEN

To promote more awareness of physical skills and to develop greater competencies, teachers at Twizel Kindergarten have been using the large indoor facility of the Twizel Events Centre to allow them to have indoor gross motor and movement sessions.

Children have really enjoyed the exploration of movement concepts such as balance, stretching and drama. The programme devised by teachers Kim Bennett and Shirley MacAlevey has incorporated games with music using resources such as balloons, feathers, a parachute and bean bags.

To add to the resources available the teaching team has borrowed equipment from the WAVE Resource Centre which can be used inside or outdoors as the weather permits.



CHILDRENS VOICE

Children were eager to share their thoughts once the water fountain was installed at West End Kindergarten from the last nutrition fund round.

“It's good pushing the button”

“It's nice, healthy”

“We can drink outside when we get thirsty”

“We don't need drink bottles”

“It's better than cups because you don't have to pour water”

“We don't need to go inside for a drink”



FRUIT IN SCHOOLS

TEACHERS GET TO GRIPS WITH FOOD AND NUTRITION!

Fruit in Schools cluster meeting this year have had a major focus on nutrition. Lead teachers have been working with Ainslee Coates from UC Education Plus and Liz Cutler, Dietitian from Community & Public Health.

Ainslee has provided teachers with tools and ideas to effectively teach food and nutrition in the curriculum while Liz has provided them with strategies to ensure the whole school is involved to implement the new national Administration Guidelines (NAG 5).

Some real progress is being made with student health teams taking a lead role in activities such as working with local food suppliers to ensure the food they offer schools complies with the food and beverage classification system, completing surveys, running healthy sandwich competitions and holding healthy lunch days.

A cluster meeting is organised each term by Fruit in Schools Co-ordinator Leola Ryder and rotated so each school takes a turn at

hosting. Term two's meeting was hosted by Shaun Brooker, principal of Timaru Christian.



Making the most of the sunshine while brainstorming teaching ideas were Ainslee Coates (UC Education Plus), Peter Roundhill (ex Principal Oceanview Heights), Liz Cutler (Dietitian for Community & Public Health), Ali Talbot (St Josephs, Temuka), Jo O'Sullivan (Timaru South Pareora Campus) and Grant Hambleton (Oceanview Heights)

WHAT WE'VE BEEN UP TO!

These past two terms our school has held a whole school duathlon, around our school blocks, with spot prizes given out. It was part of our cross country training. We had to run, bike and run. Lee King came along to present the prizes. A great turn out of parents came to support their children.

Our annual Phoenix Group Cross Country was held a week after the duathlon down at Torepe Fields where everyone competed to get better times and we all agreed the duathlon had added fun to our training programme.

These past terms we have been studying healthy food and healthy eating with an emphasis on lunches. In our art programme we made paper mache fruit bowls. We plan to challenge each family to use their fruit bowls and keep them full for snack foods and lunch box fillers. Prizes for families that can prove this will be awarded throughout the term and rest of the year. We will also receive prizes for our fruit bowl designs and how we worked on these.

In our PrEP (Primary Enterprise Programme) which runs in Term 3, some of our ventures include healthy food and healthy eating tips and recipes. For example one venture is planning a calendar



James Faulkner, Lachlan Scarsbrook and CJ Millar with some of the fruit bowls that were made.

with recipes and ideas on each month. Another idea is fridge magnets with tips and ideas and other ventures are making fruit kebabs and smoothies and dried fruit selections.

The surveys that we have been carrying out on What's In Our Lunch Boxes? - has showed that most lunches have a good variety of fruit and bread items and some great ideas for other snack foods like nuts and carrot sticks. Joseph also surveyed the use of our pie warmer and the types of food being heated. There are still a lot of packet snacks and bars. We have looked at reading food labels and hope to extend this and know what is in these types of snack foods. From this we hope to trial ideas for alternatives and maybe introduce a packet free day for lunches to encourage people to try these ideas. The next step might be to survey the recipes and see which ones are practical, cheap and quick to prepare. A recipe book of ideas and tips will be produced for parents to use.

This report was written by Lorenzo, Emily and Ethan
Healthy Living Committee
St Joseph's Temuka School



The juniors getting instructions before the duathlon.

SOUP ALL AROUND!

Timaru South School in Pareora have been focusing on healthy eating as one of their key areas under the Fruit in Schools programme this year.

The school received funding through the HEHA nutrition fund to get an oven for the school which has assisted the students greatly in practical skills to be utilised within their home environments.

Wednesday the 2nd July was a day for students to prepare soup and have a shared meal with their families.

Jo O'Sullivan, teacher in charge at Pareora said "It was a great day, the children enjoyed preparing their soup and loved sharing it with their families. The children who would not normally eat soup tasted it and were proud as punch of their efforts."



Regan Hawke and Bradley de Joux (both 5) sharing Soup and toast with Bradley's dad Steve and sister Tara



5 year olds Olivia Mills and Jonathan Doggett mixing and preparing soup for their shared lunch

TOBACCO CONTROL / SMOKEFREE

'STUB IT OUT'

For Secondary Schools and Tertiary Providers

If you are seeking support for students who smoke at secondary school level, you may be interested in suggesting that they enrol in the new 'Stub It' trial (see info below) as they are looking for participants.

Researchers at Auckland University have come up with a new way to help young people who want to quit smoking. The STUB IT study is an innovative Multimedia package sent straight to people who want to quit, and it's completely FREE! The six month programme has been developed to provide support and distraction so students will be sent a mixture of video, ppt and txt messages to them via their video capable mobile phone. If they decide to join the study and are eligible they will be

randomly assigned (like the toss of a coin) to one of two groups, the intensive group and the less intensive group (one lot of students will get the full programme up to two messages per day and the other will only get one message per fortnight).

call 0800 STUBIT or

email at info@stubit.co.nz

<https://www.stubit.co.nz>

Leola Ryder

Smokefree Advisor for WAVE

'OUT OF SIGHT, OUT OF MIND'



PLEASE SUPPORT THE CAMPAIGN TO BAN TOBACCO DISPLAYS

The tobacco industry has a problem. Each year nearly 5000 of its best Kiwi customers die from tobacco related diseases. To keep its profits pouring in the tobacco industry needs new smokers to replace them. The average age of these 'replacement smokers' is just 14 years of age. Most forms of tobacco advertising were eliminated in New Zealand in 1990 with one major exception – tobacco 'powerwalls'. Cigarettes can still be openly promoted at the

check-out in thousands of convenience stores, petrol stations and supermarkets around the country. The Cancer Society supports a total ban on retail displays with product required to be stocked in drawers 'under the counter'. We believe that there is a strong case for this move and we need your help!

Why?

Tobacco displays in retail outlets are a highly effective marketing tool

In simple terms displaying cigarettes in shops = marketing tobacco

Tobacco displays affect children

Retail displays encourage children to see tobacco as part of normal everyday life, making it seem desirable. The tobacco industry sees children as "learner smokers".

Tobacco displays tempt those trying to quit

Research shows that tobacco displays can trigger an impulse purchase for those struggling with nicotine withdrawal - tobacco displays represent a constant temptation.

How? → Watch this!

The Cancer Society has produced a **15-minute documentary** that is freely available for screenings at your school assembly, staff meetings or classroom. It explores the way tobacco is marketed, the impact on children and smokers trying to overcome their addiction. A fantastic look at the reasons behind this campaign mixed with real life stories.



★ Kate McFarlane, Health Promoter for the Cancer Society would be more than willing to come along to screen this documentary at an assembly - or we have plenty of copies you can take on long-term loan. We are supplying postcards for those that support this to sign and we will send them to our MPs while they are considering this move.

**If you are a secondary school or a Tertiary provider
postcards and DVD's can be obtained from:**

Kate McFarlane Health Promoter Cancer Society ph 03 688 0124

Summer is coming! October is just around the corner – this is the time the UV levels rise and we need to start protecting ourselves and students from the sun during the months of October – March inclusive and between the peak hours of 11am - 4pm.

Over the next couple of months, I would encourage you to think about and plan for your SunSmart activities. Locally there is support and information available for your setting. Those of you with action plans or are in the middle of developing one, it's time to revisit them so you are clear about where you and the rest of the staff are heading. Contact your WAVE Facilitator who along with Kate from the Cancer Society will walk the journey with you towards a safe and enjoyable summer!



Pleasant Point Primary celebrate SunSmart Week in November 07 with 'Any Hat Day' (Sunsmart Awareness Week section)

SunSmart Awareness Week 9th – 16th November 2008

Do you need to raise the awareness of sun protection in your setting? SunSmart week is an ideal opportunity to celebrate what your setting is already doing and have some fun around being SunSmart. Any setting can take part. Have a look I have shared some ideas below:

- Run a hat decorating competition
- Involve students in the design and promotion of a sun protective school hat
- Students could be judges of the best “Sunsmart Teacher” during SunSmart Week.
- Give out SunSmart awards at assemblies for children who consistently demonstrate SunSmart behaviour
- Hold hat wearing competitions between classes
- Give house points for SunSmart behaviour
- Create a montage / poster of magazine images / pop stars wearing appropriate sun protective hats at the beginning of the lunch period (preferably as students are eating their lunch inside)
- Create a student lunchtime radio show which has a SunSmart announcement / reminder and song
- Have 'free choice hat days' where students are allowed to wear a hat of their choice as long as it gives good protection to face, neck and ears (no caps)
- Hold a SunSmart theme day
- Design a shade structure for your school
- Do a class project on fast growing shade trees
- Run a competition to create a SunSmart Super Hero
- Create a new SunSmart song by singing it to the tune of a nursery rhyme you know

The ideas are endless! Involve the student health teams and other students – it's amazing how creative they can be. Look out for information from the Cancer Society, they are going to be running promotions and competitions with great prizes up for grabs!

SunSmart Accreditation Programme



Have you applied?

Congratulations to the 10 SunSmart accredited schools in South Canterbury:

- Grantlea Downs
- Pleasant Point Primary
- St Joseph's Temuka
- Oceanview Heights
- Temuka Primary
- Lake Tekapo
- Timaru South
- St Joseph's Timaru
- Aoraki-Mt Cook
- Waimataitai

This means they all now have in place Sun protection procedures or policies that meets the Cancer Society's minimum criteria.

If you are interested in becoming a SunSmart school contact your WAVE Facilitator or check out the website →

Some of you are half way through the process - perhaps you could set yourself a goal to be accredited by SunSmart Week!

Curriculum Resources:

Early Childhood Centres:

Currently the Cancer Society are reviewing the resource called *Me ora nga tamariki i te ra – Keep children Safe from the sun* which is now outdated. When this is available you will be the first to know!

Primary Schools:

Don't forget about the Curriculum resources for years 1-8 on the SunSmart schools website www.sunsmartschools.co.nz. Make them available for your staff to use in their classrooms in Term 4 and Term 1 to reinforce the sun protection message.

Each programme provides a short learning sequence and Teachers can select amongst the provided activities to build a learning programme suited to the identified needs of their students.

Secondary Schools:

There are curriculum resources available through the Cancer Council Victoria for use in Health and PE Classes. Please contact your WAVE facilitator if you are interested in receiving a copy.

★ FREE Shade Tents for Loan

Free loan of shade structures available for use at outdoor events held during terms 1 & 4. Any bookings are taken at Cancer Society office (03) 688 0124. Information on running a SunSmart event is also provided. Book early!



★ FREE posters available - Contact your WAVE Facilitator



I look forward to working with you - happy planning!

Kate McFarlane
Health Promoter
South Canterbury Cancer Society

KA TOI MAORI O AORAKI FESTIVAL FLAVA

FUTURE LEARNING ACHIEVEMENT VITURE AUTONOMY

Students from four High Schools, eight Primary Schools and the Kia Piki Babies participated in the second annual cultural festival for education settings in the Aoraki region, following on from its inaugural start in 2007. The festival attracted over eight hundred people to Waimataitai Primary School. It doubled in school participation from the first festival and parents and whanau supporting the kapahaka increased by three hundred. The

enthusiasm and effort displayed by all the performers were a joy to see. The quality from last year's competition was built on this year, with the school's performances a step up. 'Rivalries' between schools' who participated last year, were played out in a friendly fashion in the heat of competition deciding who would be number one. All schools who participated are to be congratulated.

Kapahaka

Placing:

Junior Winner
Senior Winner

School:

Arowhenua Māori School
Mountainview High School

Visual Arts

Placing:

Junior Winner
Senior Merit

School:

Winchester Rural
Geraldine High School



Trophies on Display



Kapahaka - Junior Winners, Arowhenua Maori School

Performing Arts

Placing:

Senior Winner
Innovation Award

School:

Mountainview High School
Bluestone School

Aggregate/Overall Award

Mountainview High School



Kia Piki Babies braved the stage first for a demonstration performance



Netherby School performs to a large crowd



'Helping you Evaluate'

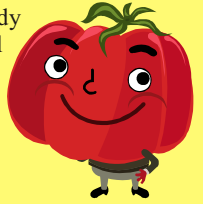
What differences have you noticed by having an Edible Garden in your education setting?

Could your Edible Garden be improved?

What are your students learning through having an edible garden?

The South Island HEHA Managers across six District Health Boards have been successful in their application to Round Three of the Ministry of Health HEHA Evaluation Fund. This funding will be used to find out what difference Edible Gardens are making in education settings. This means if you are an Early Childhood Education Centre, a Primary or Secondary School with an edible garden there will be an evaluation tool

developed for you to use. In the first two Nutrition Fund rounds, South Canterbury has provided the following education settings with support to develop edible gardens: Cannington Primary (an orchard), Highfield Primary, Rhona Day Kindergarten, Waihao Downs Primary, Twizel Kindergarten and Clandeboye Preschool. We would like to know of any other education settings in South Canterbury who have 'Edible Gardens' already established. In anticipation of making this tool available, we need to connect with staff from these settings. If you have an Edible Garden or are planning one in the very near future could you please let your WAVE facilitator know or email Syd Horgan at shorgan@timhosp.co.nz.



NUTRITION FUND - Round 1 - 2008 / 2009

Points to note:

- Closing date – Thursday 30th October 2008.**
- Application Form** – Since the first two Rounds of the 2007 / 2008 Nutrition Fund our application forms have been modified to make them more 'user friendly'. There is also more clarification around how information submitted on the application form links to the reporting that is required after funding has been granted. How do I access an 'Application Form'?
 - through education level networks – ECE, Primary and Secondary
 - by downloading it from the South Canterbury District Health Board website at www.scdhb.co.nz. Go to 'HEHA' and click onto 'Nutrition Fund' or
 - from September you should be able to download it from the new WAVE website at www.wave.co.nz.



- Guidelines** - these will help you complete the Application Form. They have also been modified to align with the Application Form.
- Questions** – If you have any questions, please contact your WAVE Facilitator who will be happy to help. Our key Nutrition support team includes Dietitians Bronwyn Beavon for ECEs and Liz Cutler for Primary and Secondary Schools. They work alongside the WAVE Facilitators.

THE FOOD AND BEVERAGE CLASSIFICATION SYSTEM (FBCS) FOR SCHOOLS AND EARLY CHILDHOOD CENTRES

The FBCS is a tool that can be used to identify healthy food and drink options.

The goal of the FBCS is to ensure all schools and ECE's are supported as they seek to provide healthy nutritious food. Now that many schools and ECE's are getting to grips with the new system, confusion is sometimes occurring with the Pick the Tick programme.

Sorting out the FBCS and the Heart Foundation Tick programme

Some people are unsure about how the National Heart Foundation Tick programme fits with the FBCS in schools and Early Childhood Services. Both programmes encourage and promote healthier but they do it in different ways. To help avoid confusion, the two programmes are compared below.

FBCS

The FBCS is a tool for schools and early childhood education services to identify healthier choices to children and young people.

The FBCS is not a labelling system. It is a tool to help classify foods in schools and ECE services into one of three categories; *everyday foods* suitable for everyday consumption; *sometimes foods* for restricted consumption and *occasional foods* which should not be provided at schools and ECE services- except maybe once a term.

The FBCS identifies healthier options for foods and drinks commonly served and consumed by children at school and in the ECE service environment. Schools and early childhood services should be following the FBCS.

TICK PROGRAMME

The Heart Foundation Tick Programme identifies healthier food choices for the general population.

The Tick is a labelling system used on packaged products in the retail food settings, mostly in supermarkets.

The Heart Foundation's Tick identifies healthier food choices which meet particular standards within the categories of *eat most*, (breads and cereals, fruits and vegetables) *eat moderately* (dairy products, meat, fish, poultry and alternatives) and *eat least* (sweets, alcohol, cream, icecream, etc).

As an example, let's look at dried fruit and nuts:

Many of these products in packets of different sizes are approved on the Pick the Tick programme.

To be a FBCS *everyday* choice:

- ✓ there must be no added salt
- ✓ the package must be less than or equal to 20 grams
- ✓ saturated fat must be less than or equal to 3 grams/serve
- ✓ sodium must be less than or equal to 200 mg/serve

To be a FBCS *sometimes* choice:

- ✓ the package must be equal to or less than 30 grams
- ✓ the saturated fat must be less than or equal to 5 grams/serve
- ✓ sodium must be less than or equal to 200 mg/serve

Website goes live!

www.everyday-sometimes.org.nz

This new website has been set up to provide a searchable listing of food and beverage products sold or provided in schools and early childhood education (ECE) services. From the main page, you can select which part of the site you want to go into as there are different criteria for schools compared with ECE services. Following this, you can go into different product classifications and listings. A hard copy Buyer's Guide has recently been sent to all schools and ECE services. The website will be updated on an ongoing basis as more products are registered into the scheme.

Schools are now required to comply with the amendment to the National Administration Guideline (NAG) 5, which promotes healthy food and nutrition for all students. This also stipulates that where food and beverages are sold on school premises, only healthy options should be available.

This amendment is not about banning a slice of cake or bar of chocolate but about promoting healthy eating. The Food and Beverage classification system is a tool for schools to use to achieve the NAG 5 change.

FBCS BUYERS GUIDE: REALLY IMPORTANT RESOURCES FOR SCHOOLS AND ECE SERVICES

The buyers Guide lists 300 different food products that meet the *everyday* and *sometimes* classification categories.

