

2009
March



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Community & Public Health

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Deadline for submitting information for next newsletter is Thursday 28th May 2009 - 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

"Ehara taku toa i te toa take tāhi, engari he toa taki tini"

The whakatauki I have chosen to start this newsletter talks about "That strength is not of the individual but of the collective."

This is our first newsletter for 2009 and you will see that we have welcomed a number of new members to our team. We are all looking forward to a busy year with lots of new initiatives being planned and implemented.

This year WAVE has put together a number of PD sessions which are available to setting staff and for the first half of the year the focus for these will be around Mental Wellbeing. Already we are getting positive feedback from you that these are going to be very popular so if you need more information talk to your WAVE Facilitator.

We held a WAVE Celebration Day for our primary school students at the end of last year which the students, parents and teachers who attended all enjoyed. On the 31st March we are holding our first youth forum for the year for our WAVE Primary schools

and will be titled 'Mana Whakatipu - To Strengthen, Grow and Cherish'. The Secondary school forum will take place on 5th May and details about this will be out shortly.

Congratulations to all of the children who participated in the "Kids can do it Tryathlon" and to the parents and schools who supported them. It was a great day and we were so lucky the weather was kind to us on the day.

I attended a number of school prize giving's and final assembly's at the end of last year and it was great to get the opportunity to present certificates to both the PAL Leaders and WAVE Student Health Team members. Once again, a big thank you to these people who put themselves forward and do such an awesome job. WAVE is all about empowering our children, young people and their families to enable them to live in Healthy Thriving Communities - **Kia momoho te hāpori ōranga.**

Happy Reading
Janet Quigley
WAVE Project Leader

AVANTI PLUS HOWES CYCLES KIDS CAN DO IT TRYATHLON

On your marks, get set, go!!! 240 kids took part in the Kids Can Do It Tryathlon which was held on Sunday 22 February at Maori Park and Caroline Bay. This is proving to be a popular community event with the emphasis being on participation and having fun. There was a noticeable increase in the number of children taking part as 'individuals' compared to other years.

The Tryathlon got under way with a 3 width swim for 7-9yr olds and 2 lengths for the 10-14yr olds. This was followed by a 1.5km run down to the Bay from Maori Park pool over the new board walks to the cycle transition. The cycle leg took the kids around a lap circuit with the younger age group completing approximately 3km and the older kids 4.5km. With the down pours of rain in the preceding days there were plenty of puddles and lots of mud to enjoy on the cycle.



This year the WAVE team got in behind the event along with Community and Public Health to support the Timaru Triathlon Club in hosting this event. The event included a new initiative with every WAVE school that was represented being eligible to win \$300 towards a physical activity initiative within their school. The recipient school was Barton Rural.



Bodine Brown receiving the \$300 Physical Activity award on behalf of Barton Rural School

Katie Hooper from Bluestone got a nice surprise when her number (101) was drawn as the lucky spot for the major prize - a bike from Avanti Plus Howes Cycles. Well done Katie!

Thank you to all the parents, grandparents and caregivers who made it possible for their children to take part. It is great to have your support. Thanks also to the 30 volunteers who marshalled on the day to ensure the event ran smoothly.

Jane Sullivan
Physical Activity Health Promoter
Community and Public Health

WAVE WELCOMES NEW MEMBERS TO THE TEAM

Linda Kenny

Linda Kenny has recently joined Timaru's CPH team as a health promoter who does WAVE facilitation. Linda will be working with all secondary education as well as some primary settings in South Canterbury. Linda has a teaching background and was very involved in WAVE initiatives at Geraldine High School. Her new role will allow her to focus on health promotion and improving the wellbeing with her settings. Linda is looking forward to supporting her education settings through health promotion and WAVE teams within your schools.

Phone: 03 684-0656

Email: linda.kenny@cdhb.govt.nz



Vanessa MacAskill

Hi, my name is Vanessa MacAskill and I am one of the new WAVE team members. The road I have travelled to Community & Public Health has been varied, exciting, and sometimes bumpy. I have worked at the SBS Events Centre and Fitness Studio as a Fitness Instructor, was Sports Coordinator at Mountainview High School, and most recently tutored Literacy, Numeracy and Physical Activity at two Alternative Education settings. I am currently studying towards my Diploma in Sports Studies at University of Otago.

At Community & Public Health I get to wear two hats. My first is as a WAVE Facilitator in 10 Primary Schools around the South Canterbury District, and the second hat is as Secondary School Physical Activity Health Promoter. I am privileged to be working at what I really am passionate about - the Wellbeing and Vitality of our students. 2009 is going to be a great year and I look forward to working with a lot of you. See you out there!

Phone: 03 684-0655

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Greg Newton

Greg Newton has recently joined the WAVE team from teaching Physical Activity and Health in Holland. He comes from a sporting background which included representing New Zealand in softball (Black Sox). Greg will be joining a very dynamic group of WAVE facilitators and support staff. He is excited about WAVE and how it can help schools and the community to address and support healthier environments. Greg's aim is to help raise pupil achievement in education to support settings and to develop sustainable approaches to promoting the health and wellbeing of both staff and students. He looks forward to working with the South Canterbury community to reduce health inequalities and to support young people and their families in developing healthier lifestyles.

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Kate Wehi

Hi, my name is Kate Wehi and I joined the WAVE team in August 2008 as a Health Promoter working in Alcohol and Other Drugs with the youth of South Canterbury. I am available to assist settings with up-to-date Alcohol and Drug information, health promotion with an Alcohol and Drug focus like developing Alcohol Policies within schools and their communities. I am also the South Canterbury SADD (Students Against Drunk Driving) Coordinator so if any Secondary schools would like information on SADD and how to develop it within your school then I can be contacted at Community and Public Health.

Most recently I have also taken on the WAVE Facilitation role for Aoraki Alternative Education and Barnabas Trust and I look forward to working with them and all settings in 2009.

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PROFESSIONAL DEVELOPMENT FOR TEACHERS 2009:

Sport South Canterbury and the Active Schools programme encourage schools to provide a variety of quality physical activity experiences for children. To support physical activity, sport and PE teaching in schools, we are pleased to offer the following workshops during Term 1:

- **VOLLEYBALL** - Wed 18th March 3.30 - 5.00pm.
- **EFFECTIVE COACHING IN SCHOOLS** - Mon 23rd March (WAIMATE)
- **EFFECTIVE COACHING IN SCHOOLS** - Tues 24th March (FAIRLIE)
- **EFFECTIVE COACHING** - Mon 30th March (TIMARU)

All Effective Coaching workshops are suitable for parents, teachers & anyone coaching in schools no matter what level or experience. All workshops 6.30-8.30pm.

JUMP JAM CHALLENGE SOUTH CANTERBURY is a new concept that allows students to develop their interest and skill in Jump Jam as they work towards a showcase event. School teams will receive feedback at the final show that will help them refine their entries for the Jump Jam national competition. Deadline for videos to be in for the national competition is 29th June so this new local event will help schools to prepare and refine their entries, but will also be a stand-alone event for those not entering nationally.

- **WORKSHOP** - Thur 2nd April 3.30 - 5.00pm for students & teachers/parents.
- **EVENING SHOW** - Wed 3rd June for all competitors, families and supporters.



Waimataitai School's entry in the 2006 Jump Jam National Challenge



Jump jam competitors performing their routines



CONGRATULATIONS to the following schools who have now completed their two year contract with Active Schools and who continue to develop and refine their physical activity culture:

Arowhenua Māori	Timaru South
Bluestone	Timaru South Parcora Campus
Grantlea Downs	Temuka Primary
Oceanview Heights	Waimate Centennial
Sacred Heart	Waituna Creek
St Josephs Temuka	Timaru Christian
	Winchester Rural

WELL DONE to the following schools who have made a commitment to enhance their physical activity culture through Active Schools during the 2009-10 period:

Albury	Makikihi
Barton Rural	Pleasant Point Primary
Beaconsfield	St. Josephs Fairlie
Cannington	St. Josephs Timaru
Fairlie Primary	St. Patricks
Geraldine Primary	Waihao Downs
Glenavy	Waihaorunga
Gleniti	

EARLY CHILDHOOD

GERALDINE



PRESCHOOL

We would like to thank WAVE for the funding that initiated our huge outdoor environment revamp. We embarked on a project to extend our bark area, pour concrete and lay some lovely, lush ready lawn. We have been focusing on projects that bring alive the concept of sustainability. The children are involved in planning, thinking about and managing their environment. We have built our own worm farm from old tyres, and have been feeding the tiger worms our food scraps. We were also lucky enough to receive a generous donation of native plants from Wilderness Adventures. The children were involved in the working bee planting the Totara tree, native shrubs and tussocks. Some children were taking ownership of specific plants. They are gaining knowledge and respect for the living world. Our next project is the construction of a vegetable garden in the last available space of our outdoor environment.

We currently have a major child initiated project in progress learning about harvesting. Children were



Children playing on the outdoor equipment

sharing their knowledge on harvesting crops which lead to a child brainstorm on things that can be harvested. Families have been bringing contributions associated with their children's harvesting experiences. A sample of our activities have included making jam, lemon juice, sausage sizzle, potato wedges and homemade tomato sauce, a visit from the bee keeper, sending the video home with children to record



Harvesting potatoes

harvesting experiences and a Produce and Cake Stall early March to raise funds for some toy machinery. Many of these activities tie in with our continuous promotion to develop children's personal health through a healthy diet, good hygiene and plenty of exercise.



PLAY GYM WORKSHOP FOR EARLY CHILDHOOD PROVIDERS



PRESENTER: Helen Warburton
GymSports Officer Canterbury
West Coast/ Nelson

WHEN: Wednesday May 6th 2009

TIME: 2pm - 5pm

WHERE: Gleniti School Hall
Heath St, Timaru

Cost: \$40 per person
\$20 per person if your organisation is signed up with WAVE (max 3 people per organisation)



The Workshop: PlayGym is built on the belief that moving and learning together is fun. It embraces a philosophy of providing open-ended, broad-based, child-centered and fundamental activities to promote the development of children into healthy, active and social adults. PlayGym gives early childhood educators, parents, and caregivers the opportunity to participate with their children in active play whilst developing all areas of their body and mind. The workshop will give an overview of the key developmental areas for children plus lots of ideas on activities.

- Notes and handouts are available
- Please wear active participation clothes
- For more information about PlayGym visit <http://www.gymsportsnz.com/page/playgym.html>

For more information or to register contact:
Debbie - Early Childhood WAVE Facilitator 03 684-0652, or
Verna - Regional Manager Sport South Canterbury 03 6860751 ext 1

WAIMATAITAI KINDERCARTEN EDIBLE GARDEN

With a grant from WAVE and help from the Rotary Club, lots of planning and parent/whanau support we have been able to establish an edible garden plot. So far we have planted carrots, turnips, lettuces, cauliflowers and spring onions, all of which were donated. We look forward to the ongoing development and learning that this project offers.





Welcome back to Term 1 – the Cancer Society hope you had a great break... It does feel like autumn is coming early – but please remember **when it's not raining - check out the UV Index** - you will see the UV levels are high and we are at risk of sunburn... Even on cloudy days we need to cover up... This time of year is changeable and the temperature can fluctuate - but temperature and whether the sun is out

or not, **does not** indicate how high the UV levels are – It's simple - Terms 1 and 4 are for being SunSmart!

Congratulations to these schools who successfully applied for and received the 'one off' **Cancer Society SunSmart Grant** to further sunsmart initiatives in their schools.

St Joseph's Temuka; Oceanview Heights School; St Joseph's Timaru and Fairlie Primary.

All the initiatives applied for were around shade. Examples were maintenance of a shade cloth; shade trees and contribution to the development of a shade pod.



Fairlie Primary School with their new shade pod

We had SunSmart Awareness Week last November - we offered prizes to those schools that took part - below you will see some fun activities that went on around the district. If you missed this promotion - put 9th - 13th November 2009 in the diary for this year - it's a great lever for a SunSmart Focus for the whole school community.

This is what other schools did.....

Sunsmart Day at Fairlie Primary School

"It was a blistering hot afternoon on Friday 14 November. All the students were assembled in Whanau groups ready to take part in the Sun Smart Technology Challenge. With a handful of recyclable materials; the children were ready to design a Sun Smart outfit, including hat and glasses. They had only thirty minutes to plan, design and create the items. At the whistle they started and newspaper started flying. Only our guest judges can tell us how they went after the whistle blew to finish.

Congratulations to all the teams involved; the place getters can be seen below with # 7 the winner - with the item 'SunSmart'. Second place getter # 10 called 'Spy' and third place called 'Funk'."

Well done to you all - thanks for supporting SunSmart Awareness Week and a special thanks to the WAVE Student Team who organised this event.



Our Winning Models

Gleniti School's Year 3 & 4's (2008) made some funky eyewear to protect their eyes from the sun & also created some informative posters about being SunSmart. Well done! Don't they look funky!?



And St Joseph's School, Temuka - who did hat decorating competitions - using WIDE BRIMMED hats. Well done to them all!



And Twizel Area School Council organized their Hat Decorating competition - Again great SunSmart Hats! Excellent work!



South Canterbury has 16 schools (50%) with SunSmart Accreditation and 4 in the process - so that's fantastic.

If your school is keen to apply or even if you just want to read updated information, shade guidelines, download curriculum resources, newsletter information etc - go to www.sunsmartschools.co.nz

Look forward to working with you in 2009!

Kate Johnson
Health Promoter
Cancer Society

MENTAL WELL-BEING

UPCOMING WORKSHOPS

LOSTBAG & HEADSPIN –

One day workshop to introduce participants to the materials and provide them with the opportunity to experience some of the activities outlined in the resources – both workshops to be held at Westend Bowling Club, northside Maltby Avenue, between Otipua Road and Rathmore Street, Timaru.



Wednesday 13th May '09 – 9am-3:30pm "Lost Bag" – a drama and arts-based resource for people who work with young people aged 10-14 years



Thursday 14th May '09 – 9am-3:30pm "HeadSpin" – a drama, music and arts-based anti-discrimination resource for people who work with young people aged 15-18 years

LAYING THE PLATFORM FOR WHOLE SETTING MENTAL & EMOTIONAL WELLBEING –

What is mental and emotional wellbeing? What does it look like in a 'whole setting' context? Strengthening the social environment? Action Planning, links and services. Workshops will run from 1:30pm – 5:00pm

Thursday 28th May '09 - Heartlands Resource Centre, Fairlie

Thursday 4th June '09 - Alpine Energy Stadium Lounge, Temuka

Thursday 11th June '09 - St Johns Rooms, 37 Shearman St, Waimate

Tuesday 16th June '09 - Caroline Bay Lounge, Timaru

Thursday 18th June '09 - Caroline Bay Lounge, Timaru

Thursday 25th June '09 - Caroline Bay Lounge, Timaru

NB: Teacher Release Funding is available to attend these workshops through your WAVE Facilitator

NOTE CHANGE OF VENUE

TERTIARY SETTINGS

AORAKI POLYTECHNIC ORIENTATION DAY 2009

WAVE team members Kate Wehi, & Anna Reihana attended Aoraki Polytechnics Orientation day on Monday March 2nd to promote safer drinking & safer sex messages to new polytech students.

Jess, Brittany, Kara and James from the South Canterbury Community College assisted us on the day. They ran the Condom Drivers Licensing Booth where participants completed a theory & practical component to gain their licence to drive a condom and

also distributed Safe Packs to any interested bystanders. Polytech students were also given the opportunity to try fatal vision goggles which simulate the blurred vision and impaired balance and co-ordination experienced through excessive alcohol consumption. Both of these activities generated a lot of interest and our thanks goes to our team of assistants from Community College and to all those who were brave enough to take part on the day.



MINISTRY OF EDUCATION CHANGE TO NAG 5

Changes to NAG 5 were announced recently which means it is no longer a requirement that "where foods and beverages are sold on school premises, you make only healthy options available".

This was a decision by the Minister of Education and to date there has been no indication that this will affect support you have been able to access i.e. the

- Nutrition Fund, or
- Nutrition promotion expertise through WAVE. (This position is provided through funding from the DHB to support education settings create a healthy eating environment.)

The changes to NAG 5 still require school Boards of Trustees to promote healthy foods and drinks. The following tools all remain to assist with this:

- The Food and Nutrition for Healthy Confident Kids Guidelines (Ministry of Education)
- The Food and Nutrition Guidelines (Ministry of Health)
- The Food and Beverage classification system and resources such as the Buyers' Guide catalogue of registered FBCS products

The FBCS was never a compulsory system to implement, but a very valuable tool to provide guidance on appropriate foods to make available to children in the education setting. There is no reason for it not to remain a useful tool for schools and canteen staff to identify healthy food options and could still be used to help "promote healthy food and nutrition to all students" which is still a legislative requirement for schools.

All the recent work and willingness on the part of schools in South Canterbury, indicates that it will be "business as usual" as a response to the NAG change. This will ensure we send a strong and consistent message to children to eat healthy food most of the time, and treat foods like pies and chips occasionally.

The result will be children more able to reach their learning potential, a supportive environment which reinforces rather than conflicts with classroom teaching and increasing numbers of parents supportive of the availability of healthy food at their school.



HEHA NEWS - NUTRITION FUND

Round 3 allocations were finalised just as the last WAVE newsletter went to print in November last year. It seems appropriate that we add a tint of green to this report as the majority of the settings who were approved for funding were planning for initiatives involving edible gardens.

Congratulations to the settings below who received Nutrition Funding for the following initiatives:

- Temuka Primary School – 'Vegetable Gardens Building Nutrition'
- Waimataitai Kindergarten – 'Children's Edible Garden'
- Waituna Creek Primary School – 'Edible Garden / Vegetable Garden'
- Cannington Primary School – 'Vegetable Garden / Orchard'
- Glenavy Primary School – 'Organic Garden'
- Arowhenua Maori Primary School – 'Growing, Preparing, Cooking Healthy Food'
- Waimate Kindergarten – 'Healthy Cooking – Eating'
- Kowhai Kindergarten – 'HOLISTIC Awareness of Food and Nutrition'
- Albury Primary School – 'Our Cooking Place'
- Waimate Childcare Centre – 'Rain Juice on Tap'
- Highfield Primary School – 'Water – The Easy Choice'
- Country Kids Early Learning Centre – 'From Cook To Eat'



The Waimate District Cluster was also supported by the Nutrition Fund with the Lead School being Waimate High. This involves 4 Early Childhood settings, 7 Primary Schools and Waimate High. They are all working together on a District wide focus of 'Healthy Transitions in Waimate District'.

SHARING WHAT YOU ARE DOING

One setting, Geraldine Kindergarten, has forwarded us a copy of their healthy eating initiative - a DVD all about 'Creating a Healthy Movie' - It's awesome to watch and absolutely great to see the Geraldine Kindergarten children involved in the production and as the stars of the show. As many settings have a new WAVE Facilitator this year it would be great if you could share what has been happening around promoting healthy eating at your place.

**ROUND 4 IS COMING UP!
APPLICATIONS CLOSE THURSDAY 30TH APRIL**

Thinking about applying for the Nutrition Fund? Follow these 2 steps:

1. Have a chat with your WAVE Facilitator to help you get underway. Your WAVE Facilitator will arrange contact with one of our two dietitians Liz Cutler or Bronwyn Beavon. They will meet with you to decide what could work best for your School / ECE and both are involved in the assessment of applications. Make contact early to ensure this support can be provided.
2. Go to the South Canterbury District Health Board website www.scdhb.co.nz and under HEHA – Nutrition Fund you'll be able to download a copy of the Application Form and the Guidelines to help you.

ACTIONS SPEAK LOUDER THAN WORDS...

Children's behaviour is learned mostly through observation of others. They watch and imitate adults, and look up to them to learn appropriate behaviours.

When it comes to shaping lifelong eating behaviours, **our example is our child / children's most powerful learning tool.** "Do as I say and not as I do" simply does not work.



As teachers/educators, you become an important role model, but what kind are you?

- Do you teach children about the importance of eating a healthy breakfast, but skip breakfast yourself?
- Do you eat or drink unhealthy choices when in view of children?
- Do children see you drink milk/water instead of fizzy/coffee?
- Do you encourage children to bring healthy snacks, but snack on cake/chocolate biscuits in the staffroom?
- Do you share your food likes and dislikes with children (e.g. not eating meat, only eating organic foods)?
- Do you reward children with food rewards such as lollies/chocolate?

If you answered "yes" to more than a few of these questions then you may be missing valuable opportunities to help children develop healthy eating behaviours.

If you would like further support on how to role model healthy eating behaviours contact your WAVE Facilitator

While it's unrealistic to expect to be the perfect role model, trying your best to demonstrate healthy eating behaviours will have a positive impact. Here are some opportunities to practise what you preach:

- When eating in front of children ensure the food you eat is nutritious and healthy. This includes beverages and bottled drinks
- Where possible, sit with children during meal or snack times. Show your enjoyment for the social aspect of the eating. Make it a positive, cheerful and unhurried event
- Show children you enjoy eating a wide range of healthy foods everyday
- Refrain from talk about 'dieting' and your own food likes and dislikes in front of children
- Engage children in up-beat food-related conversation. Discuss what the foods are, where they come from, colours, textures, tastes etc
- Where possible, involve children in food preparation. This is also an opportunity to model effective hand washing and safe food handling procedures
- Make positive comments about nutrition. Encourage, but not require, children to taste new foods. Join in and try new foods with children
- Reward your students with non-food items like stickers, pencils, craft items etc
- Encourage healthy snacks in the staffroom and at staff meetings

WAVE RESOURCE CENTRE

INTRODUCING NEW WAVE RESOURCE CENTRE

CO-ORDINATOR: Richie Bradley

HOURS OF OPERATION:

Monday, Wednesday and Friday 3:15pm – 5:15pm (note: the slight change in times)

UPDATED CONTACT DETAILS:

Please Fax Request to (03) 688-3367 or
Phone/Text 027 213 8146

NB: Please **do not** contact Oceanview Heights School regarding Resources

WAVE RESOURCE RECOMMENDATIONS:

If anyone has any ideas for new resources for the WAVE Resource Centre, please pass these recommendations onto your WAVE Facilitator by the end of March.



Oceanview Heights Children enjoying their new basketball hoops. Purchased as part of a WAVE initiative