



March 2011 | Issue 16

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## Kia Ora koutou, Hello and greetings

### He toka tū moana, arā he toa rongonui

As this is our first newsletter for the year I would like to take this opportunity to welcome you all back for 2011. A special welcome to friends and whanau who have joined us from Christchurch. We hope that your stay with us in South Canterbury supports you in the healing process after the tragic event of 22 February.

The wahakatauki I opened with talks about strength being like a rock that stands in raging waters, and is about affirming the courage and strength people are showing in dealing with this disaster.

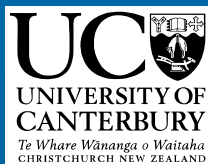
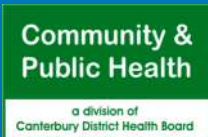
February has been a busy month for the WAVE team as you will see from the all the newsletter articles. It was great to see the numbers of students, whanau, settings and the community who supported all the activities that were held around Bikewise month.

I would like to take this opportunity to acknowledge the contribution that Jan, the Māori Health Promoter, and Carmen, a facilitator in a number of schools and physical activity supporter in secondary schools, have made to the team. Both have moved on to take other positions within education and health, and we wish them well in their new careers.

This year is shaping up to be a busy one for the team and we look forward to supporting you all with some of the great initiatives you have planned.

Haere ora, Haere pai  
Go with wellness, go with care

Janet Quigley  
WAVE Project Leader



## Timaru Mayoral Challenge



In Timaru, around 40 people joined Timaru Mayor Janie Annear for a sunny and enjoyable ride around picturesque Caroline Bay.

Deadline for submitting information for next newsletter is Thursday 2nd June 2011 - articles can be emailed directly to: jane.powell@cdhb.govt.nz  
WAVE newsletter is published quarterly

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## Kids Can Do Tryathlon

This year's Kids Can Do It Tryathlon was held on the 27 February and celebrated its 10th anniversary. It was once again an awesome event with just on 200 children taking part. Ruby Anderson from Timaru South School won the WAVE spot prize for her school, which means that they get to purchase some new sports equipment.



Crossing the finish line



Bike change



Ruby Anderson collecting the Prize on behalf of Timaru South School

## Primary Settings

## New water fountain at Westmount School

Members of the WAVE health team sample water from their new water fountain at Westmount School. The WAVE team at Westmount school have been busy fundraising to purchase the water fountain by holding lunchtime healthy barbeques, and a dress up theme day with a gold coin donation. In keeping with the health promotion framework the team consulted with the board of trustees, parents, teachers and fellow pupils on the position, style and insulation of the fountain. Congratulations to the newly formed WAVE team on its first health promotion initiative.



### Nutritional tip:

**Drink water and milk instead of sugary drinks**



## PRIMARY YOUTH FORUM

For more information please contact your WAVE Facilitator

Wednesday - 25th May - 2011

SBS Events Centre - Morgans Rd 9am - 2:30pm

### Objectives

- Opportunity for Student Health teams to present their schools health issue initiative.
- Network with other student health teams across the South Canterbury region.
- Develop and increase knowledge of health promotion.
- Develop skills so student health teams can work more independently.

## Smokefree

## World Smokefree Day



World Smokefree Day happens each year on May 31st.

It's time to get your thinking caps on and get your WAVE teams inspired about promoting Smokefree in your setting.

How are you going to celebrate?

Contact your WAVE facilitator for ideas, information & resources or you can visit [www.worldsmokefreeday.org.nz](http://www.worldsmokefreeday.org.nz)



## SECONDARY YOUTH FORUM

For more information please contact your WAVE Facilitator

Tuesday 10th May 2011, 9:00am - 2:30pm  
MVHS Auditorium, Pages Road, Timaru

**Focus:** The WAVE Team; their strategies and what they have implemented

**Participants:** School WAVE Team & Lead Teacher

## Early Childhood

## Hauhake/Harvest Time

Tamariki at Rural Scholars have been busy harvesting their crops of peas, beans, courgettes, tomatoes and assorted herbs.

This led to a variety of learning experiences for the children to be involved in.

A delicious stir fry was created with our vegetables. Children were involved in the whole process of preparing our kai. This involved harvesting, washing, chopping up and cooking and of course eating!!

We all enjoyed learning the Maori names for our fruit and vegetable as well.

Our garden is a very special 'hands on' learning place. Children are able to pick and eat the peas and beans, strawberries and raspberries themselves. Children have been involved in the whole process-planting, watering, staking etc.



A popular experience is gathering herbs and chopping them up with knives. Our toddlers really enjoy this sensory experience and we use the fragrant herbs as a freshener in our classroom and wharepaku!

Our sunflowers are host to many bumblebees. Children have enjoyed watching and photographing the 'bumbles,' as they go about their busy mahi-collecting pollen for their babies back at their nest.

Some children created their own bumblebee costumes by recycling old newspapers. Bumblebees are fascinating creatures and teachers and children have enjoyed finding out more about them from books, discussions and watching them on YouTube.

Ka Kite from the tamariki, bumblebees and teachers at Rural Scholars Early Learning Centre..

## Early Childhood

## Te Māra - Ranui Kindergarten

At Ranui Kindergarten we have our WAVE funded bench and equipment and are able to prepare kai alongside the tamariki. Our goal was to start producing our own kai and so begin a haerenga (journey). Where does kai come from? How do we care for things that grow? What is a hauhake (harvest)? How do we prepare the kai?

We used what we had, and only had to buy the plants, compost and a large watering can. Debra gave us an extra tyre and during the haerenga, Tamariki and parents/whānau contributed plants and ideas.

Hauhake riwai (pictured) was one of the many hauhake experiences. We made silverbeet scones and had requests for more! We have the recipe if you would like it. We also made silverbeet quiche and salad.

Who's been eating our plants? Ngā Manu! Together we covered the mara each day and also hung old CDs that whānau brought in to scare them away!

The compost bin is now up and running, the toke-worms have been moved and are flourishing with the care from the Tamariki, and we have even got a pumpkin growing that was replanted from the toke kainga to the garden.



Autumn is coming and the haerenga will continue. Maybe planting some winter vegetables and planning for the next growing season...watch this space!

By Donna Gallagher

## Tertiary

## Aoraki Polytechnic Orientation Day

Members of the WAVE team raised the profile of oral health, sexual health and alcohol awareness at this year's Aoraki Polytechnic Orientation Day on 15 February. We were supported by a team of students from South Canterbury Community College, who ran activities including condom licencing and activities with intoxication simulation goggles.



Wow! What a SPUDTACULAR response to the 2010 Potato Challenge. We were overwhelmed by the effort and creativity put into the entries.

This year's challenge involved two tasks:

1. **To come up with the most spudtacular way to grow your potatoes**  
AND
2. **To create a healthy & spudtacular potato recipe**

Big congratulations to the winners: Kowhai Kindergarten, Makikihi School, Morven School and Haldon Correspondence Unit. Check out their super spudtacular entries...

**TASK #1: 'Come up with the most spudtacular way to grow your potatoes'**



The children from Kowhai Kindergarten (above) learn that sunshine, water, love (but not too much talking) is needed to grow their spudtacular potatoes in buckets

## Our Potato Challenge

Anecdote from Alex - 20 October 2010

"Look how big my potato has grown - I talk to my potato - I don't want to talk to it too much 'cos I don't want it to grow up into the sky."



Team work is essential at achieving spudtacular potatoes at Makikihi School (above)

### Curtis Cow Steerily Spudtacular Spud Grower

Meet Curtis (right). With a drench barrel body and ice-cream container head, this 'Steerily Spudtacular Spud Grower' is made from 100% recyclable materials by the children from Haldon Correspondence Unit



### It's a family affair for Morven School children who grow their spudtacular potatoes at home



Hayley Julian chose a trike trailer, whereas twin sister Paige opts for the garden wishing well

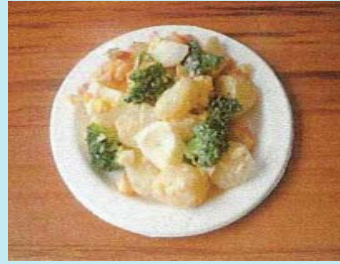
Siblings Breanna, Jacob & Scott McKinlay re-inact 'Hear no evil, see no evil, speak no evil' with their smiling potato planters

Pradip Rai tries an egg carton as a spudtacular spud growing device

**TASK #2: 'Create a healthy & spudtacular potato recipe'**



Curried New Potatoes Makikihi School



Chunky & Creamy Potato Salad Makikihi School



Super Summery Spud Salad Haldon Correspondence Unit



BBQ Left Over Spuds Haldon Correspondence Unit

**Hot Potato Chips**

1. Chop potatoes into bite sized pieces
2. Spread on oven tray with a small amount of canola oil
3. Bake until golden.

Serve with fish wrapped in cooking paper and newspaper for homemade takeaways - YUM!



Abie-Rose and Joel Cockrem from Morven School come up with takeaways with a healthy twist

**Sally Lunn - Scrummy Bun**

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 cup mashed potato       | 2 level teaspoons baking powder |
| 2 cups self raising flour | ½ cup of sugar                  |
| Handful of sultanas       | ¼ cup or more low fat milk      |

1. Cream sugar and potato together
2. Sift flour and baking powder oval shapes
3. Add flour mix and sultanas to your mashed potato mixture
4. Add milk until you get a bread dough like consistency
5. Knead bread and make into 2
6. Bake @ 190°C for half an hour



Haldon Correspondence Unit chose a sweet potato recipe

So many ways to use potatoes! For other tasty, healthy ideas check out your 'Food and Nutrition for Healthy Confident Kids Toolkit' for more recipes.

**TASK #3: Celebrating success**

An important part of the challenge! And what better way to do this than a visit from 'Super Spud' - the king of all potatoes! 'Super Spud' handed out certificates and prizes such as strawberry planters, recipe books and resources to support the winning settings to continue gardening and cooking.



Super Spud is treated to a spudtacular healthy lunch made by children at Haldon Correspondence Unit (above)



Makikihi School shows Super Spud their super powers in their Super Spud patches



Super Spud has lots of fun with the children from Kowhai Kindergarten



Super Spud visits Morven School

BikeWise month in South Canterbury got off to a flying start on 13 February, with 120 people participating in the inaugural 'Bike to Farmers Market' day. People of all ages cycled the length of Centennial Park, 14km to Caroline Bay, and, of course, the Farmers Market stalls. Big wheels, small wheels and big grins were the order of the day.

On National Go By Bike Day six local businesses participated. All participants were presented with morning tea for their efforts



The Mayoral Challenges, held as part of BikeWise month, aimed to get as many people as possible joining the local mayor on a fun bike ride, and in doing so promote cycling as an enjoyable and viable means of transport.

In Fairlie, 61 people joined Mackenzie District Mayor Claire Barlow for an enjoyable, cruisey ride around the streets. It was fantastic to see the support from local school St Josephs, who along with teachers and parents arrived en masse with fluoro jackets being worn by all. Principal, Michele Helean said, "This was a great opportunity for the children to try out their road safety cycling skills in a safe and managed way," with a police car leading the ride and a St Johns ambulance following the riders in case of any mishaps..



Waimate had their turn to show up in large numbers for their mayoral challenge, and in doing so beat the Mackenzie District with 107 people participating. The circuit was 3km long with many choosing to complete a second lap. Waimate Mayor John Coles led the way, along with local cycling star Andy van der Heyden. Everyone cycled the route at their own pace and were encouraged to enjoy the ride and the atmosphere.



Timaru Mayor Janie Annear led the last mayoral challenge with approximately 40 people joining her, cycling up Stafford Street and around Caroline Bay. A number of families enjoyed the beautiful sunny day and it was noted that one person was even participating with their dog being towed in a trailer!



A large number of spot prizes, as well as an Avanti Bike, were given out at each Mayoral Challenge.

**Stacey Day**  
BikeWise Coordinator

For the end of SunSmart week Fairlie Primary school held a technology challenge where the children were given newspaper and sellotape to make a SunSmart outfit of some kind. The students were in mixed whanau groups and had a lot of fun, with many of the junior children

becoming the models. It created a lot of talk around what was need for an outfit to be SunSmart. In the classroom we discussed how the New Zealand sun was very strong, which is why we wear hats at Fairlie Primary School.



The Cancer Society is launching a new National Sunsmart Schools Video Competition for 2011 open to all primary and intermediate schools. Students are asked to create a short video using their creativity around the theme "Our School/Kura is SunSmart..." There will be a local competition, with the winner and runner-up going on to be judged nationally. Be in to win some

great prizes, including an ActivBoard from Promethean! Look out for further details and promotions coming your way term 1 next year, with entries closing term 3. Winners will be announced in SunSmart Week November 2011! Keep an eye out on our new website: [www.sunsmartschools.co.nz](http://www.sunsmartschools.co.nz)



Many of you will already know me, Bronwyn Beavon, from my previous role as WAVE nutrition promoter working closely with early childhood centres promoting healthy eating. More recently my title has changed to 'oral health promoter'. Instead of viewing this as an entirely new role, I like to see it as an extension of my previous one. After all, what we eat and drink has such a huge effect on our oral health.

Many early childhood centres are already doing a fantastic job promoting healthy eating, so in my new role I'll be able to help them expand on this and link the good work they're doing with other oral health messages.

### Why promote oral health?

Only 15.3% of 2-4 year olds brush their teeth twice daily with a full strength fluoride toothpaste.\*

Just one of the many findings in the recent Ministry of Health survey that highlighted the fact that we need to be doing more!

## Can I assist your Early Childhood Centre promote oral health?

Simply answer Yes/No to the following questions below to find out:

**Our centre:**

- ensures the healthy choice is the easy choice (within ECE and at ECE associated events), including the provision of healthy food and clean and safe drinking water Y/N
- identifies and seeks to remove barriers to good oral health Y/N
- ensures the physical environment is conducive to good oral health, e.g. safe playgrounds and buildings, smoke-free environment Y/N
- involves whānau/family and community members in any planning and decision making processes around oral health Y/N
- supports staff to role model good oral health practices/behaviours Y/N
- consults with children/parents/caregivers/whānau/family about policies and practices that promote oral health Y/N
- encourages and supports professional development around oral health Y/N
- follows practices that support and promote good oral health e.g. rewards, fundraising Y/N
- ensures oral health messages are consistent and coherent with other health promotion messages Y/N
- keep parents/whānau and wider community up-to-date with information on oral health Y/N
- has teachers/educators who actively seek opportunities to integrate oral health promotion messages within Te Whāriki Y/N
- considers and incorporates oral health into relevant policies, guidelines or practices, e.g. healthy eating/smoke free/physical activity/health and safety Y/N
- involves community providers in promoting oral health Y/N

If you answered "yes" to all of these questions then CONGRATULATIONS! Your centre is already doing a fantastic job of promoting oral health. If you answered "no" to some or all of these questions then I am here, ready and eager to assist your centre on the journey to promote oral health.

To find out more, please contact me on 03 687 2621 or talk to your WAVE Facilitator, Debbie Johnstone on 03 687 2622

\*Ministry of Health. 2010. Our Oral Health: Key findings of the 2009 New Zealand Oral Health Survey. Wellington: Ministry of Health.

Welcome to 2011! It is time now to start thinking about what your SADD team is going to do this year.

Ideas for fun and exciting ways to get your SADD messages across to your peers can include:

- Quiz nights
- Lunch time netball/ soccer game between staff and students - use this time to hand out fliers to spectators
- Skits
- Mocktail competition
- Dress up a classroom door competition
- Obstacle course making use of the vision goggles
- Have a talent quest using the one of the SADD message

We are looking at doing more regional activities so schools can work together more and have a profile within the community. The first one of these is a mocktail evening being held during youth week. Other events can include displays at rugby games, community events or even an amazing race ran one Saturday or Sunday.

If you want more information on how you can be a part of SADD this year, get in contact with someone from your SADD group at school or contact Kate 687 2620 or email [kate.weihi@cdhb.govt.nz](mailto:kate.weihi@cdhb.govt.nz)

## Nutrition Food and Beverage Classification System

The Heart Foundation has been awarded the Ministry of Health contract to review and redevelop the national support programme and product registration system for the Food and Beverage Classification System.

The two main objectives for the contract are:

- redevelop the service to meet the needs of the education and food service sectors;
- support early childhood education services (ECEs) and schools in providing healthy food for the students.

The Foundation is confident they will be able to achieve this, with the help and collaboration of the food industry and education sectors.

Work has already started with putting together a project reference group that will help shape the thinking and ultimate recommendations. They plan to get in touch with the sector to hear their views and recommendations.

Liz Cutler, Community and Public Health

## Active Schools Kiwi Sport



Through KiwiSport, Sport South Canterbury is assisting schools to work more closely with their communities, facilitating enhanced links between schools, sports clubs and other community organisations that can support sport and physical activity.

KiwiSport aims are:

- More children playing organised sport
- More opportunities for children to play sport
- Improved fundamental skills for children

Pleasant Point, the Rural Schools Cluster and Waimate have already had partnership funding approved to establish KiwiSport Coordinator roles to organise sport within their communities. These projects will deliver enhanced quality and quantity of sporting opportunities available to children and will facilitate improvements in their skills.

Check out the next edition for a report on these projects, and call me anytime to discuss the potential for a KiwiSport project in your area.

Lee King  
Young Persons Advisor  
Sport South Canterbury  
686 0751 ext 5  
[lee@sportsouthcanterbury.org.nz](mailto:lee@sportsouthcanterbury.org.nz)



## Remember to wash your hands!

### Why do we wash our hands?

To wash those bugs & germs away  
So we don't get sick ourselves  
So we don't make others sick

### When do we wash our hands?

After using the toilet  
Before you touch or eat food  
After playing with animals  
After coughing or sneezing  
After playing outside

### How do we wash our hands?

1. Wet your hands with warm water.
2. Put the soap on your hands.
3. Rub palm to palm then spread the soap all over.
4. Rub your hands together, all over - back, front and in between fingers and thumbs for 15-20 seconds.
5. Rinse the soap off.
6. Dry your hands well for 15-20 seconds.