

November



In This Issue:

- Maru the Moa visits Geraldine Kindergarten
- 2009 WAVE Potato Challenge
- Sunsmart Celebration Day at Waimate Main School



Community & Public Health

A Division of Canterbury District Health Board



Deadline for submitting information for next newsletter is Thursday 25th February 2010 - articles can be emailed directly to: stacey.day@cdhb.govt.nz WAVE newsletter is published quarterly

Community & Public Health
6B Sefton Street
P O Box 510
TIMARU
Phone: 03 688 6019
Fax: 03 688 6091

Kia Ora koutou, Hello and greetings

Hineruhe, te wahine nāna i tu ata hāpara
It is Hineruhe, maker of dawn

As this is the last newsletter for the year, and already we are planning for 2010 the whakatauki I have chosen talks about a new dawn being symbolic of renewed opportunities. The year seems to have flown by so quickly that it doesn't seem that long ago I was wishing you all well for the start of the year.

This term we have welcomed Carmen back from her years leave and Vanessa has moved into the role of Fruit in Schools Facilitator.

This has been a year of milestones for WAVE. We turned two in July, launched our website and have almost all of the education settings here in South Canterbury signed up to WAVE. It has also been a year when we have seen great initiatives in settings ranging from edible gardens to developing leadership skills for our students, and we expect that 2010 will see many more great things happen to ensure that the health and well-being of our young people and their whanau keeps on improving.

This year has seen a number of settings choosing to focus on nutrition and mental well-being and while this work will continue, next year we will be responding to requests for assistance from settings to ensure that inequalities for Maori are addressed. We are in the

process of developing resources that will assist with this important issue and have some new and exciting opportunities coming up that we are looking forward to sharing with you next year.

Here in South Canterbury we have the highest percentage of SunSmart accredited schools throughout the country, so well done, but remember, the messages around being SunSmart don't stop when school finishes for the year, they must be observed throughout the holidays as well so 'Slip, Slop, Slap and Wrap' your way through the break.

While the festive season is a time of wonderful food and drink we all need to be mindful of the effects of over indulging and ensure that we eat lots of our lovely summer fresh fruits and vegetables and get family and friends out playing games, walking and keeping active to ensure we stay healthy and ready to start the new year feeling great.

The WAVE Team wish you all a very Merry Christmas and Happy New Year and look forward to supporting you all in 2010.

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

Janet Quigley
WAVE Project Leader

SCHOOL TRAVEL PLAN CO-ORDINATOR



Hello, My name is Korine Stewart and I work with Community and Public Health as a Health Promoter for School Travel.

My position was created through the successful outcome from the pilot project with Waimataitai School.

Prior to moving to Timaru in January of this year, I lived in Christchurch where I worked with the YMCA as a fitness instructor and personal trainer. Here I also worked closely with the Energyse Team - a fitness club for 12-14 year olds.

In my new position I will be working with schools, initially just in the Timaru District, to promote school travel plans and helping to improve the journey to and from school, making it safer and sustainable.

I look forward to working as part of the WAVE team and supporting the community in making the healthier travel choice.

Contact details:
Email: korine.stewart@cdhb.govt.nz
Ph: (03) 688 6019 Ext 726
Fax: (03) 688 6091

MARU THE MOA VISITS GERALDINE KINDERGARTEN

POWER BREAKFAST'S and LUNCH BOXES

We welcomed Maru the Moa into Kindergarten this week to talk about power breakfast's and lunch boxes. This is a short story and a few photos of everything we did with Maru while he was with us for the week.



We all really enjoyed dancing to Maru's funky song

Maru whispered to the teachers about healthy foods and power foods for breakfast. We now know to have something filling, something lasting and something colourful!!

We were lucky enough to have use of the wonderful blenders from the WAVE Resource Centre for two weeks.

We brought in all kinds of yummy, filling, lasting and colourful ingredients for our smoothies.



Children choose off big breakfast food charts what they had for breakfast.



We puts lots of information and pictures up for our whānau to see.

Together we discussed healthy foods and treat foods. Maru has a good range of food to keep his energy up so he can run everywhere he

goes. We had so many new exciting experiences with Maru. We were so lucky to have him all week. He taught us all so much

about nutrition and powerful foods. Maru talked to the teachers about healthy smoothies. Here we are trying some of our favourite flavours. YUM YUM!!



We played games about healthy foods and treat foods.

"I wonder what kinds of things Maru eats for breakfast??"

We all enjoyed dancing with Maru and patting him. It was great to experience how a Moa would have moved and felt.



Maru has a look in some of our lunch boxes then does a lap of honour.

Thank you so much Maru for all your insightful education on powerful breakfast and healthy lunch boxes.

- Maru has really enjoyed his visits recently which include Geraldine Kindergarten – Healthy Eating; Waimate Kindergarten – Healthy Eating; Waimate Main – Celebration Day; and Rata Kindergarten – Healthy Eating.



- Maru looks forward to supporting healthy messages in 2010 at your school or Early Childhood Centre.
- All inquires please contact Greg Newton at Community & Public Health via email at greg.newton@cdhb.govt.nz or call Greg on 03 – 684-0667.

THANK YOU WAVE

The children, whānau and teachers' of John Street Kindergarten, Waimate, have significantly benefited from their involvement with WAVE. Our programme has been greatly enhanced with the support of WAVE, our Facilitator Debbie and the funding and equipment provided to us. The children at John Street Kindergarten have a fantastic vegetable garden and due to the amount of produce harvested, WAVE supplied us with funding towards new kitchen equipment to allow us to extend healthy cooking learning activities. The WAVE Resource Centre has been great for supporting our healthy eating and physical well-being with the opportunity to borrow an array of equipment including, hurdles, a food pyramid, the twin walker and balance balls just to name a few.



The children have thoroughly enjoyed using the borrowed equipment and our new kitchen equipment. Now it's time to start getting ready for our annual 'spud in a bucket', a great whānau / kindergarten project. Thank you WAVE!

Joan, Tracey and Kristy (John Street Kindergarten Teachers)

PRIMARY SETTINGS

WAVE SUPPORTS WAIMATE MAIN SCHOOL'S 'BREAKFAST CLUB'

Waimate Main School has been inspired to run an awesome breakfast club. Our School thinks that we should all start the day with a healthy breakfast!!! Milk and bread are very kindly donated to us by Anchor Milk and Kids Can. Mrs. Bennett kindly comes in and gets everything ready at 8:15, some of our leadership team helps out in the morning with serving and doing the dishes. Breakfast finishes at 8:45. Each day we have

something different for breakfast, on Monday we have wheatbix, Tuesday we have toast and so on. Every day we can either have milk or milo to drink. A healthy breakfast every morning helps us stop getting the...FUZZIES!!!

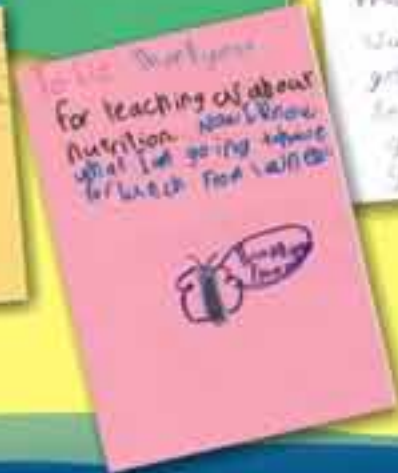
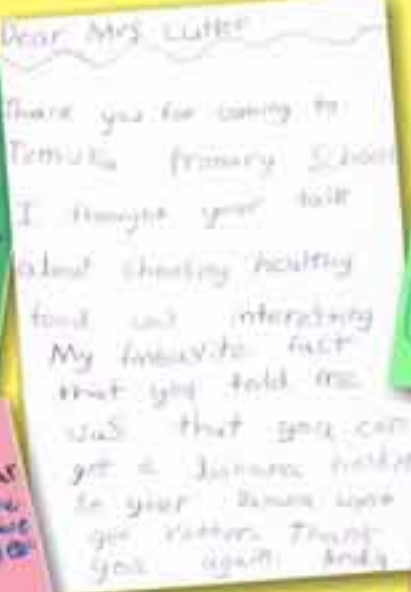
Zara Wilson and Zara Fahey
(Students at Waimate Main School)



TEMUKA PRIMARY DEVELOPS GREEN FINGERS

Middle syndicate students at Temuka Primary School are all developing green fingers. The school used the nutrition fund to help establish a school garden which is now producing an array of

tasty produce. Liz Cutler visited recently to help them learn more about healthy eating and how to make the most of what they can grow.



SECONDARY SETTINGS

STUDENT HEALTH TEAM UPDATES

MOUNTAINVIEW HIGH SCHOOL

The Student WAVE team has been surveying the condition of the toilet facilities as their long term project of upgrading them. The student team has so far discussed and presented their findings to senior council, the property manager and the BOT. Representatives of the team have also gone to TGHS to look at their new toilet facilities within the new buildings that have recently been built. This will be an ongoing project which has to

be planned within the capital expenditure programme.

The Student WAVE team have also set up a Breakfast Club which is available from 8am to 8.30am every morning which is an extension from the Fitness on Fridays which includes fitness in the gym and then breakfast. They have rostered themselves on each morning to take responsibility for students' breakfasts.

Kate Johnson (Sunsmart Facilitator) has also been invited to attend the next meeting as they want to look at improving seating and shade facilities around the school.

RONCALLI COLLEGE

Senior Roncalli students have helped the Breakfast Club be a success. Even on chilly mornings, everyone feels welcome and healthy food is always available.



A successful nutrition fund application helped them get underway and the PTA supported the initiative by providing funding for a dishwasher. WAVE Nutrition Health Promoter Liz Cutler visited recently and commented how great it is to see those students eating breakfast who would otherwise be missing out. "Breakfast makes an excellent start for fuelling enquiring minds and ensuring plenty of energy for physical activities." Project Leader/ Guidance Counsellor, Adrienne Quertier believes the best thing about this initiative is the fellowship it offers students and the opportunity for service by the senior students in our school.



WAIMATE HIGH SCHOOL

The Student WAVE team has just started this year looking at the availability of drinking water near the sports field. This project was discussed with the property manager which will require some fundraising to get this completed.

They are also looking at a solution for students to be able to heat up food which has been brought from home. The students are working through the consultation process with the Canteen Manager, Food Technology staff and the Principal as well as

looking at the food and nutrition policy for Waimate High. They also plan to visit other school canteens in the area to get an insight on how they are working.

Representatives from the team voiced their opinions regarding youth opportunities at the Waimate District Council 'Community Profile'. This was extremely well received and now as part of the consultation process within the council, the team will be part of developing youth health strategies and ensuring the ongoing sustainability of the Waimate Youth Council.

GERALDINE HIGH SCHOOL

The Student WAVE team have finally completed the 'Healthy Outdoor Seating' project which was held up due to new buildings being built all of last year. The team are very pleased that this has been completed and look forward to eating their food and socialising on the new seating.





SunSmart has had a ripper of a few months - check out all the SunSmart School Presentations we have been out and about doing around the district. We have had loads of fun at Glenavy's Safety Day; Waimate Main's SunSmart Celebration Day and Albury's Pet Day, as well as chatting to the students at assemblies and hearing

all the wonderful amounts of knowledge they have to share on being safe in the sun. Well done!!

We would love to hear if anyone did anything special for **SunSmart Awareness Week** this year so we can make sure you go into the next newsletter... so let us know!

SunSmart School Awards go to.....



Fairlie Primary School in their shade pod with award



Timaru Christian School receiving their award on a cold, rainy day!



Albury's Pet Day where lots of parents were there to hear about what it takes to be a SunSmart School



Glenavy had their presentation on their Safety Day - so first they learnt about being safe in the sun!

A PIECE FROM CANNINGTON SCHOOL.

"Cannington has spent a number of years educating staff, students and the community of the benefits of being Sunsmart. Students are now very comfortable with protecting themselves against the sun's rays and use hats and sunscreen as part of everyday life. SunSmart Accreditation for Cannington School is recognition of the hard work everyone has done. We have an

ongoing commitment to ensure the sun safe practices continue. The purchase of the UV Index has meant all students are able to use this to gauge the UV daily and act accordingly. Thanks for the support".



SUN SMART CELEBRATION DAY AT WAIMATE MAIN - written by Senior students

In the lead up to this wonderful day full of exciting activities based around being Sun smart, our Senior Room Teacher Sarah Hibberd put in many hours of work that has resulted in our school being awarded Sun Smart Accreditation. In line with this we have amended our policies to ensure that sun smart practices are enforced during the summer months. We have made wide brimmed hats part of our uniform and the majority of our outdoor educational activities are carried out prior to the danger zone of 11am to 4pm.

We began the day with a delicious and healthy breakfast which consisted of something lasting, something filling, something colourful and something to drink.



We then moved off to participate in the arranged activities based on keeping safe in the sun. During our morning break the WAVE team stepped in and played some very exciting team games with the whole school.



The kids playing the WAVE games.

For lunch we were treated to a yet more delicious healthy food that took the shape of hamburgers, salad, fruit and a bottle of water. All the food today was prepared by the fantastic people from WAVE and a few of our parents and we thank them very much for their hard and yummy work.



The afternoon saw more activities before we came together for the judging. Many students

received prizes for their efforts, again provided by the WAVE team. The Mayor, John Coles, attended to help with the judging and presenting. Following the judging we moved off to plant our new trees. These were blessed by local Kaumatua and our Mayor. We sang a song to finish the celebration before we turned the hoses on the kids to finish the day. Overall, the entire day was a huge success and every single child thoroughly enjoyed themselves. A huge thank you to Kate Johnson from the Cancer Society and Sun smart Co-ordinator, you were awesome.



South Canterbury Community College Go Under Cover!

SC Community College have this year been working hard fundraising for shade sails to go in their courtyard to protect the students from sunburn when they have their breaks. They have a garage sale coming up on the 14th November and have also got applications sitting with a variety of potential sponsors to get more funding.

They have also been developing a new SunSmart procedure. This SunSmart procedure is now in place and includes sun protection criteria as part of risk management forms used when students are going out into the community, camps and on other outside activities. The new forms are now being used in all Community Colleges throughout NZ. Fantastic stuff! They are ready to look at ways to include Sunsmart in their curriculum which is an important step. All this work they are doing is really important for good sun protection in an educational setting, and we all look forward to supporting them through this.

Happy Summer! As this is the last for the year - have a great term and holiday break. Thanks to all those settings that have been working on SunSmart its been an awesome ride on the WAVE. Enjoy the outdoors, but do it safely - Slip, Slop, Slap and Wrap!

Kate Johnson - Health Promoter
Cancer Society

ST JOSEPH'S TIMARU 'WALKING SCHOOL BUS'

Our Walking School Bus originated with one teacher walking to school daily. When his children began school, they walked together, then a neighbour with a new student joined in and the rest, as they say, is history.

One of our parents daughters chose to explore "Walking Buses and How to Increase Their Effectiveness through Signage" as her science fair project. She won the science fair competition and, with her father working for the Timaru District Council, got a Walking School Bus sign produced for us.



A group of St Joseph's Timaru children showing off one of the Walking School Bus signs

Through the LTA *Feet First* campaign, we managed to get further funding which we used to set up the first route with road crossings and signs.



Numbers of walkers built up slowly at first but, as the weather improved, numbers increased and we promoted the activity by using the *Feet First* certificates in assembly as a reward

system for persistent walkers. The juniors were the easiest to convince as they chat away to each other and it becomes a highlight of their day. Parents think it's great because they can drop their children off at 8am and head to work; some of them walk with us.

Our Active Schools Facilitator got involved and suggested we get another bus route established. This proved to be so much easier than the first one. Five parents volunteered to 'drive' our new bus and they take turns over the week. By the time we get to within sight of the school gate, the children are 'off' in a competition to see which bus can arrive first in the mornings.



The students are keen to sign their names each day on the bus list and we use this to award our weekly certificate. The next step is to develop a bus ticket that can be used to earn house points, which will contribute to their overall

house points for the year. We are also keen to explore setting up a walking route that goes home as well; our current buses are morning only.

Anecdotally, teachers have found that children who walk to school are more awake and alert at 9am. Other benefits include:

- Road sense training each day with someone other than their own parent.
- A vibrant chat session with their buddies before the bell rings at 9am (not afterwards!)
- Increased fitness by children using the Walking School Bus

What has helped us to get this far?

- Lots of support from school staff, families and other walking adults.
- A culture of promoting activity across the school.
- Communication with families, providing a programme that everyone agrees is worthwhile.

Jono Young
St Josephs Timaru.

SMOKEFREE

The Fruit in Schools cluster have been working hard this last term on all issues surrounding smokefree. Lead teachers have received professional development from our smokefree health promoter Leola Ryder as well as a smokefree schools toolkit developed to utilise within their own setting.

Schools are all working on different areas with some working on implementing tools into the curriculum, working with parents and staff to quit smoking, raising awareness of issues surrounding smoking to the wider school community with some working on procedures and updating signage.

Some of the schools have involved their school council/health teams to help conduct a smokefree audit. The students were given a basic understanding of the Smokefree Environments Act from Leola to allow them to look at all areas signage should be displayed and new signs were put up to adhere to the regulations.

Here are two members of the Health Team from Waimate Main School Zara Wilson and Sarah Peterson putting up new signs outside their school gate to comply with the Smokefree legislation.





The 2009 WAVE Potato Challenge

Wouldn't it be great for children to enjoy the potatoes they grow, harvest and prepare this Christmas? We think so too so to help make this happen we have created the 2009 WAVE Potato Challenge.

Settings who received HEHA Nutrition Funding in Round 4 for edible gardens or cooking initiatives were invited to be part of this exciting challenge - an ideal opportunity to 'add value' to the work they are already doing.

The WAVE Potato Challenge includes a series of 3 competitions designed to be carried out by children either at school/ECE or in

their homes. The first was 'To come up with the most creative way to grow a potato'. Photo entries for this competition closed on Friday 16th October.

As you can see, all the entries were very creative which made judging particularly tough! We had children growing potatoes in tyres and wheel barrows and some even played music to their potatoes to help them grow!



Alice Gibson
St Josephs Temuka

Charlotte Muffin
St Josephs Temuka

Hayley Julian
Morven School

Joseph Gibson
St Josephs Temuka

Thomas Gibson
St Josephs Temuka

Peel Forest Montessori

But a competition is not complete without a winner so WAVE would like to congratulate Paige Julian from Morven School on her creativity. She grew her potato in a baby bath along with rubber duckie and baby doll! It was also great to see Paige being

sun smart and wearing her sun hat while out in the garden – well done! Paige won a bag full of goodies including yummy fruit and vegetables, t-shirt and a copy of the new 'Yates Young Gardener' book.



Congratulations also to Morven School, Peel Forest Montessori Preschool and St Joseph's Temuka Primary School who were the first three settings to register for the challenge. They received a copy of 'Easy on the pocket vegetable gardening growing your own groceries' – a great guide to help keep those edible gardens flourishing!

Information for the 2nd competition has now been sent to all settings involved in the challenge. Given the children now know

how to grow potatoes we want them to learn how to bake a potato and then tell us their top secret way they enjoyed it - the most creative entry will win a prize. Entries for this competition close on Friday 20th November. For more information contact either:

Bronwyn Beavon 03 684-0654 or Liz Cutler 03 684-0668
WAVE Nutrition Promoters

Or Your WAVE Facilitator

NUTRITION

Canteen Workshops

Canteen workshops are proving popular with schools running a food service. All operators are committed to making 'healthy food choices the easy choice' for students and come together twice a year for ideas, inspiration and to learn more about topics they have chosen. Two of the High Schools have had success with a loyalty card promotion with Timaru Boys High School and Timaru Girls High School now making and selling considerably more healthy food.



The last meeting was a great opportunity to learn about making sure the canteen or food service was integrated into the day to day running of the school and how it could reinforce teaching happening in the classroom. There was a lot of interest in the wide range of recyclable products displayed by a company from Christchurch as these could then be disposed of in the school's worm farms.

We have two more Canteen Workshops planned for 2010, for more information contact:
Liz Cutler 03 684-0668

FBCS RESOURCES AND SUPPORT

The Food and Beverage Classification System (FBCS) Product Registration Scheme is being used to help improve the nutrition of children and young people in schools and ECE services.

Registered products are listed in the FBCS Buyers' Guide that is sent to all NZ schools and ECE services, and is also available for viewing online at <http://www.everyday-sometimes.org.nz>. The FBCS Buyers' Guide takes the guesswork out of choosing foods and beverages that meet the FBCS, as registered products have

been professionally assessed against the FBCS nutrient criteria and listed as either everyday or sometimes choices.

Keep an eye out for the next hard copy of the 2010 FBCS Buyers' Guide that will be sent out to schools and ECE services early in Term 1, 2010. A toll free help line – **0800 408 962** is also available to provide support to schools, ECE services and food service staff with the implementation of the FBCS.

WAVE RESOURCE CENTRE

STOCK-TAKE

Please note that we require all resources to be returned by Friday 4th December 2009 to allow Richie and the WAVE Team to do a stock-take. Please ensure that when the resources are returned

they have been cleaned!!! – this will help to make our job a lot easier – thank you.

The centre will then be closed from Monday 7th December 2009 and will re-open beginning of Term One 2010.

