



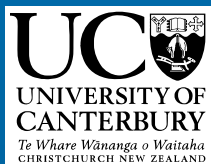
In this Issue:

- Waimate children lead the smokefree charge!
- Primary Youth Forum & Secondary Workshop
- The Truth about Alcohol



Community & Public Health

a division of
Canterbury District Health Board



Deadline for submitting information for next newsletter is Thursday 19th August 2010 - articles can be emailed directly to: stacey.day@cdhb.govt.nz WAVE newsletter is published quarterly

Community & Public Health
18 Woolcombe Street
P O Box 510
TIMARU
Phone: 03 687 2600
Fax: 03 688 6091

Kia Ora koutou, Hello and greetings

Ma te whakatau, ka mōhio
Ma te mōhio, ka mārama
Ma te mārama, ka mātau
Ma te mātau, ka ora

By discussion comes understanding,
By understanding comes light
By light comes wisdom
By wisdom comes well-being

I thought it appropriate to use this whakatauki to start this newsletter in light of all the exciting initiatives WAVE has been supporting recently.

In April we had the privilege to host Angus and Sonja Macfarlane, two well known and respected education academics who were our keynote speakers at our WAVE "Raising Māori Potential" Hui to which a large number of settings attended. The feedback we got from the day was extremely positive and we are now in the process of working with these settings to build on their expanding knowledge in respect of kaupapa Māori.

The first week of May saw our youth forums take place. Primary School Student Health team members alongside school staff and parents got the opportunity to have first hand cultural experience at Te

Aitarakihi Multi-Cultural Centre. I would like to take this opportunity to thank members of the Māori community who assisted us in making this a fantastic day for all who attended.

For our Secondary School Student WAVE Teams, their day was about building on work already underway and finding out about how to take the next step and involving their wider communities. Some really awesome ideas came out of the day and we are looking forward to seeing these followed-up. You can read more about both these days in the newsletter.

The next few months will be busy for the WAVE team with a number of awesome initiatives in the pipeline, as well as supporting the FLAVA Festival, and of course Matariki, so keep your ears to the ground for more great events coming your way.

Now that the colder winter months are upon us, we need to make more of an effort to continue with the healthy behaviours of eating well and exercising daily to ensure that we keep at bay those winter ailments that appear at this time each year.

Happy reading
Janet Quigley
WAVE Project Leader

Ki O Rahi

There are a number of schools both in the North Island and South Island looking for opportunities for Ki O Rahi school exchanges. Let's get South Canterbury involved! If your school is interested in engaging in Ki O Rahi, please contact Carmen Chamberlain on 687- 2615; carmen.chamberlain@cdhb.govt.nz or your WAVE Facilitator for more information.

Ki O Rahi is a ball game played on a circular field. Teams of 7-10 players play as a Taniwha Team and a Kioma Team. Teams require teamwork and cooperation, utilising the fundamental movement skills of catching and running.

Rules of the game are negotiated at the beginning of the game, enabling mixed gender and ages to take part. The concept of Tewhatewha refers to the self reffing, whereby one player from each team takes responsibility for ensuring their players abide by the agreed rules.

The revival of traditional Māori ball games is an exciting step towards promoting health and well-being. Acknowledging the treasured

taonga of traditional ball games highlights the importance of Māori culture and the enrichment it can bring to our society. Ki O Rahi is one such game being played across Aotearoa and throughout the world. (See www.kiorahi.co.nz)



Primary Settings

Primary Youth Forum

On the 4th of May the annual WAVE Primary Youth Forum was held at Te Aitaraiki Multi-Cultural Centre. The purpose of the forum was to increase the knowledge and understanding of health promotion through a cultural (Māori) context.



With sunny skies overhead the teachers, parents, and pupils enjoyed the various activities planned for the day which included revisiting Te Whare Tapa Wha (holistic well-being) a Māori model of health, stone painting (peita kohatu), kapa haka, stick games (tititorea) and flax weaving (harakeke).



The group also participated in a traditional Māori hāngi and for a number of people this was a first-time experience.



Throughout the day there was reference back to Te Whare Tapa Wha of which spiritual, emotional, physical and social well-being make up the key components of the model. Our thanks go out to all those who made this experience such a memorable one.

Secondary Settings

Secondary School Wave Workshop 2010

On Thursday 6th May, sixty-four students from eight WAVE schools were accompanied by their lead teachers at the Secondary School Student WAVE Team Workshop.

The theme for the day was about promoting student voice within their school community and the one they live in. Students were encouraged to create a supportive environment for all in a health promotion way.

During the day presenters from school senior management, Waimate District Council and Community & Public Health addressed the students. Waimate High School and Mountainview High School Student WAVE Teams supported the presenters with a range of plans and initiatives that have been implemented in their communities.



Throughout the day, physical activities and nutritious food gave an opportunity for all teams to mix, mingle and practice their leadership skills.

Participants found the workshop informative and are looking forward to the first video conference later in term three to share their success stories of 2010.



Supporting Student Activity

At the WAVE Secondary School Youth Forum, student WAVE teams discussed how they could make their school environments more encouraging for physical activity.

Key themes identified were:

- finding out from students what activities they would like to do
- having easy access to a range of equipment.

All students had a go at Lawn Bowls. There was a lot of positive feedback about the opportunity to have a go at something they had not previously tried. Giving students a range of experiences will help students to find enjoyment in being physically active.

Students' comments included:

"Get buses to park further away from home and school"

"Class challenges"

"Offer more sports options"

"More outside activities"

"Survey students to find out what they want to do"

"Free access to physical equipment"

"Offer special deals on equipment to encourage activeness"

“Sow the seeds”

WAVE Gardening Workshop
Wednesday 25th August 2010 | 9am - 3pm
(Open to all Education Settings, details to follow)

Gardening Tips For Autumn

Now you have harvested all your summer veggies, it is time to sow a cover crop to prepare your soil for future planting.

- Cover crops are needed to manage soil fertility, soil quality, water, weeds and soil/plant diseases.
- Popular cover crop varieties are mustard seed and lupin.
- Cover crops also act as a weed suppressant while they are growing and are a perfect way to improve soil structure.

- Plant cover crops in autumn to grow through the winter season and mulch into the soil before the crops start to flower in late winter/early spring.
- It can be tempting to let lupin and mustard seed flower as it is a colourful sight, but to get the best of a green cover crop you need to dig it back into the soil when the stems are still green and soft. It is recommended this is done 4-6 weeks prior to planting your vegetable garden.
- After the cover crop has been dug into the soil leave it to breath and absorb nutrients before planting your next crop.



Happy Gardening!!!

The Truth About Alcohol

Twizel Area School students worked with Kate Wehi, WAVE Alcohol and Other Drugs Youth Health Promoter to organise an evening where parents and students were able to get some information about alcohol, its harms and what can happen when things go wrong. It was held during youth week and focused on bringing youth and whanau together.

The SADD (Students Against Driving Drunk) students worked really hard within their community to bring the evening together and this was shown by the support they had from guest speakers; Police, Fire, St Johns and Victim Support all sharing their stories on what they have to witness as frontline emergency response teams. In a small community the message came through that they find more difficult when it was a local victim they were responding to. Students began the night with a reading of stand up and be counted, a visual tool used to show how a single car accident can impact on so many people. Participants were able to participate in a quiz that was held after all guest speakers shared their stories and tested the audience on what they had learnt from the night.



Kate's presentation included information on;

- Alcohol and how to keep yourself and mates safe when you are at a party.
- What to look for in an intoxicated person.
- How to respond when things do turn upside down.
- Ideas for families on how to talk to each other about their concerns and expectations around alcohol use.

The evening was well received and feedback was positive from all that attended. Well done to all who participated.

Early Childhood Settings

'Healthy Eating, Healthy Drinking' at Rata Kindergarten

Rata Kindergarten is committed to healthy eating and healthy drinking. They have been working hard in their edible gardens and also promoting water as the drink of choice.

This week we made vegetable soup using the delicious tomatoes and silverbeet from our own kindergarten garden, and some vegetables donated from home.



The photos show Ashlee and Chloe cutting up the tomatoes and Joel enjoying his cup of soup with his lunch. "This soup is yum!!" announced Joel.



Early Childhood Settings

Waimate Childcare

This year the children and teachers at Waimate Childcare Centre decided to take part in the Heart Foundation Jump Rope for Heart Week from the 3rd – 7th May. The children all had a fantastic time and learnt new skills. It is great to be part of this programme, now it is offered to early childhood. We incorporated these skills into different areas of our curriculum especially music. Next year we hope more parents will be involved as well as other ECE services.



We are also part of the Waimate ECE cluster nutrition group working alongside Debbie and Bronwyn ensuring the same message regarding healthy and nutritious lunches / eating is getting through to all children receiving Early Childhood Education in Waimate.

As well as this, WAVE has supported our centre in many other ways. Their resources are fantastic and Adele from Sport South Canterbury spent a morning showing us many interesting and varied ways on keeping children fit and healthy while having lots of fun at the same time.



We are very fortunate to have such a wonderful service in our area. Thank you for all your help and thank you for the workshops offered to our community.

Marlene Sheppard
Supervisor
Waimate Childcare Centre

Early Childhood Settings

Tessarose Workshop



Tessarose Productions write and perform their own music and have songs and dances that enable children to really explore music and movement. From birth, children recognise and respond to music. Music linked with movement can help children develop in many ways.

On the 19th of May we had a:

Children's Concert for under 5 year olds



A concert at Kowhai Kindergarten

Tessa and Brian sang with us to some new and familiar songs as Brian played his guitar and Tessa showed us actions to stick songs and used the parachute. The children were enthralled by the songs and actions... especially during the gorilla song!

An Adult Workshop for Teacher / Caregiver training



Early Childhood Settings

Huakina Mai, Whānau Mai - Opening Doorways, Engaging Whānau

Following on from the 'Raising Maori Potential' hui, was a very successful Early Childhood workshop. Participants reflected on the relationship ECE has with their Maori whanau and community and explored a range of issues relevant to their sector.

Debbie Johnstone (WAVE Early Childhood Facilitator) and Jan Beck-Manawatu (Maori Health Promoter) who facilitated the session, were very pleased with the positive feedback and are looking forward to working alongside ECE settings who support and encourage bi-cultural health practices.





The Waimate District Council have lead the charge in South Canterbury by declaring all playgrounds in their district Smokefree.

New smokefree signs were launched by Waimate Mayor John Coles for a promotion at Victoria Park between 12pm - 2pm on World Smokefree Day where the Smokefree South Canterbury Committee organised a festival of activities, fun and giveaways. A magician, face-painting, active movement, and spot prizes were some of the features that were enjoyed by pre-schoolers and their parents as well as clear air to breathe within the playground.

Smokefree playgrounds are popping up around New Zealand with the Waimate region becoming number 25. This has been the result of work by the Smokefree South Canterbury Committee in conjunction with the Waimate Youth Council who put forward a case for smokefree playgrounds to the local councillor's in an oral submission in 2009.

"By focusing on public outdoor areas the Council is sending a message that our children need positive smokefree role models and that their health should be protected from the effects of smoking" says Leola Ryder, WAVE Smokefree Health Promoter. "It's not about punishing smoking or telling smokers they can't smoke. This is about discouraging smoking in public outdoor areas where people, particularly children and young people gather".

Compliance will be voluntary and will not be enforced by Council staff. Rather, the aim is to encourage smokers via signage and word of mouth to be responsible and not smoke in areas where children and young people gather.

Mayor John Coles commented by saying "Smoking around non smokers and children in particular is unacceptable and protecting our children around playgrounds is a great step by my Council to take in protecting the innocent youngsters. Council is sending the right message which I am sure will rub off on the children, that smoking is not acceptable even when they are at play."

"We need to give our young people every chance of growing up healthy so stub that smoke out!"

Events were also run to help people "Give quitting a go" and a lot of South Canterbury smokers took up the challenge, and with the price of cigarettes sky-rocketing there seems to never be a better time to quit.

If your school or student health team would like to lobby your local council for Smokefree playgrounds give Leola Ryder a call on 687-2610, or contact your WAVE Facilitator.



For more information on what happened on World Smokefree Day around New Zealand check out this website www.worldsmokefreeday.org.nz



Just a wee note that Terms Two and Three mean your SunSmart procedures / policy should not be implemented - so hats, sunscreen, sunglasses and shade is not required - unless you are heading to the mountains or skifields! The UV levels have dropped and the risk of sunburn is very low. The children need their vitamin D for strong bones and good health - so get amongst it!



- The benefits for being SunSmart Accredited included increasing shade / trees; importance of wearing hats, focusing on children being healthy and taking safety messages seriously, gaining a profile and getting recognition; increasing awareness of sun safety and educating parents.

This research showed an increase in SunSmart behaviours within school communities. This is fantastic and the Cancer Society applauds your efforts, you are making a difference and helping towards reducing skin cancer rates in future years!!



Local feedback on the Cancer Society's SunSmart Schools Programme:
 We wanted to know how schools had found the SunSmart Schools programme process and if they feel it was making a difference. Twenty five schools around Canterbury West Coast were interviewed, seven schools were from South Canterbury.

- 80% of schools considered that there had been some or significant changes in behaviour following their accreditation.

In the words of one schools principal "Becoming accredited couldn't have been easier"

For more information, contact your WAVE Facilitator or email kate@canty.cancernz.org.nz

FREE! FREE! FREE!

Thanks to the Southern Trust, the Cancer Society received a grant to supply **every classroom in every primary and intermediate school** with a new flipchart resource with over 60 SunSmart Activities for years 1-8. We will be getting in touch over the next few months to personally come and deliver these and introduce them to the staff, look forward to seeing you!

DATES FOR YOUR DIARY!

PD Session for Primary school staff: THURSDAY 16th SEPTEMBER (Afternoon only)

PD Session for Early Childhood Centre staff: THURSDAY 28th OCTOBER (Afternoon Only)

SunSmart Awareness Week: Time for celebrations! 8th - 12th NOVEMBER

Keep Warm this winter!!

Kate Johnson - Health Promoter Cancer Society

Matariki - Māori New Year

Matariki, the Māori New Year, is rich with tradition. Discover the importance of Matariki, and explore ways that you can celebrate the Māori New Year with your Early Childhood Centre or School community.

This year Matariki is from 14th June to 14th July

Your ECE/School community can also be part of the Matariki celebrations. Some ideas may include:

- Tree planting
- Prepare ECE/School vegetable plots for the next season's planting
- Explore and share traditional Māori foods, such as hangi or rewena (Māori Bread)
- Attend a Matariki event in your community
- Produce a concert or cultural performance
- Learn about Māori myths and legends
- Learn weaving skills

For more ideas on how to celebrate Matariki, contact Jan Beck-Manawatu, WAVE Māori Health Promoter, Ph 687-2605, or your WAVE Facilitator.

Over the last few years, many schools have begun the process of training and supporting senior students as Physical Activity Leaders (PALs). The PAL programme has great potential in creating leadership and ownership of sport and playground activities by children. PALs are often involved in other activities that promote sport such as equipment reviews, newsletter reports and whole school activity days. Schools start the process by identifying a range of needs and outcomes they want to achieve. This is a critical part of the process as the success of the Physical Activity Leader programme is heavily dependant on the structural support it receives.

Fairlie Primary and Glenavy School are just two examples of ways that a PAL programme can come out of an identified need and grow into something more than expected!

At Fairlie Primary School there was a need to create a programme that provided children with the opportunity to be physically active on wet, cold, 'inside classroom' days in the Mackenzie Country. With the support of Sport South Canterbury, the school established a Physical Activity Leader team of four seniors and an In-School Winter Activity Kit. Lee King (Active Schools Advisor) provided professional development around this and gave teachers and PALs ideas and resources for a programme of indoor activities to run on cold, wet or snowy days. The training ensured great 'buy-in' by our PALs and allowed us to achieve our desired outcome of keeping kids active when we can't get outside.

During the summer terms PALs still play an important role in assisting to get our juniors active in the playground. The four PALs work on a roster to engage Years 1 - 4 at lunch times twice a week.



We acknowledge the important role of the PALs and encourage pride in their position through the presentation of badges at assembly.

Comments from our PALs:

- "It's fun taking groups of kids for cool games" - Logan Tibby
- "I like playing games with them!" - Isabella Guerin
- "Being in PAL is fun and exciting, we get to mix and get to know all the junior kids in the school" - Molly Anderson



LR Molly Anderson, Logan Tibby, Isabella Guerin, Alex Payne

Glenavy School began the PALs programme in 2009.

After the initial Sport South Canterbury PAL workshop, we began with a timetable of lunchtime activities run by one or two of the PAL teams twice a week. Due to the popularity of these activities, which eliminate a great deal of lunchtime misdemeanours, it was recommended that the PAL teams try organising our Friday afternoon physical activity sessions. Under the supervision of staff members, the teams rose to the occasion and for a whole term ran these sessions very successfully rotating groups each week.

This year we have appointed one of last year's top leaders as our PALs coordinator. Her duties include helping new PALs to organise their activities, organising rosters and covering for any absent PALs on their day.

Our challenge for this year's PAL team is to organise an activity session for a cluster group of about eighty Year 8 students to be held at Glenavy School later in the year.



PAL students in training. PALs workshop 2009

Nutrition

Healthy Ideas For Work 'shouts', Birthdays, Parent Evenings, Meetings Or Celebrations:

- ✓ Fruit kebabs
- ✓ Fruit and nut popcorn
- ✓ Small fruit/savoury scones
- ✓ Fruit buns
- ✓ Sushi
- ✓ Vegetable platter
- ✓ Pita bread pizza
- ✓ Baked veggie cakes/fritters
- ✓ Bread cases filled with creamed corn & bacon
- ✓ Rice/wholegrain crackers with pea pesto*
- ✓ Fruit platters
- ✓ Fruit loaf
- ✓ Mini fruit/savoury muffins
- ✓ Fruit filled biscuits
- ✓ Mini plain/fruit pikelets
- ✓ Cheese and fruit platter
- ✓ Mini filo parcels or baked samosa
- ✓ Mini meat/chicken/falafel balls
- ✓ Chunky potato skins

*Pea Pesto makes ~1 cup

- 1 cup frozen minted peas
- 1 finely sliced spring onion
- 2TB lemon juice
- 1 tsp sweet chilli sauce
- 1 tsp crushed garlic
- 2TB olive oil
- ¼ cup grated parmesan cheese
- Salt and pepper to taste

**Blend all together in a food processor or blender.
Serve with crackers or vegetable sticks.
Very scrummy!**



Nutrition

2010 Nutrition Support Fund

This "one off" fund is adding value to healthy eating projects in South Canterbury Schools and Early Childhood Centres or helping to get new projects underway.

Creating an environment which makes healthy eating choices the easy choice makes a significant difference to the health of our children. With this in mind, the South Canterbury District Health Board was aware that over the past two years many ECE's, primary and secondary schools in South Canterbury have made considerable progress towards achieving this through a wide range of innovative projects.

'Enhancing the health and independence of the people of South Canterbury', is stated on the SCDHB's logo and all the projects supported can be linked to this vision. Nineteen education settings have benefited from this funding – seven Early Childhood Education Centres, 11 primary schools and one secondary school.



What were the supported projects about?

Eight projects were linked to edible gardens with seven in primary schools and one in a secondary school. Amazing stories of quality enquiry learning have been emerging from student participation in these gardens.

Three projects support student learning through providing food preparation opportunities. One primary school is now providing food preparation opportunities with the use of 'mobile cooking trolleys' to be used throughout the school. An added bonus for these schools is the produce on hand from their edible gardens.

Two projects are linked to 'Breakfast Clubs' which are helping some students be better prepared for the learning day to follow. One ECE project is to help ensure water is the number one drink and this will help hatch healthy habits for life for these young children.

The Waimate Early Childhood cluster have come together to have a District wide common approach to promoting healthy eating for their under fives.

A huge thanks to the teachers at the settings for putting together quality applications and to the WAVE team for their support of the settings in this process. Rema Leitch – Leadership and



Management Adviser from UC Education Plus, who has been on the previous MOH Nutrition Fund application panels and this panel commented on the increased 'evidence' linking the projects to student learning.

Good luck to all of these settings with their projects.

Syd Horgan
HEHA Manager
SCDHB

