



In this Issue:

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- Jump Jam Fever in South Canterbury
- 'Healthy Eating Habits' at Ranui Kindergarten

Kia Ora koutou, Hello and greetings

Ka tangi te piipiiwharauora, ko nagaa karere a Mahuru

Gosh the year is flying by and you are all no doubt looking forward to the warmer weather, which is why I have chosen to open this newsletter with this whakatauki which talks about "The birds chirping now that spring is on the way".

Over the winter terms the WAVE Team have been busy supporting settings with a number of health initiatives many of which you will read about in the newsletter. The support that settings and their communities have given to these has been awesome. I was blown away by the number of schools that participated in this years Jump Jam Extravaganza and felt sorry for the judges who had a difficult job choosing winners. I wanted to award 1st to all the competitors.

I was on leave at the time of the FLAVA Festival but from the feedback I've received this was another well supported event, and congratulations to all those people who participated, and not forgetting our very successful Gardening Workshop.

By now settings will also be aware of a number of events coming up in the next couple of months, the Sunsmart Workshop for Primary Schools and The Brainwave Trust Education Seminars are both being held in September.

Happy reading
Janet Quigley
WAVE Project Leader

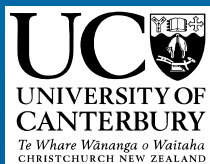
'Sow The Seeds' Gardening Workshop

The Washdyke Training Farm was buzzing recently when 60 teachers, parents and students came together to be inspired, learn new techniques and to share their knowledge about all things gardening.

Practical sessions from Lesley Ottey from "Sow and Grow" gave participants an opportunity to get their hands dirty, planting seeds and

seedlings. Lesley demonstrated how straightforward composting and worm farming are to create and maintain with a few simple, cost effective ingredients.

Gardening challenges were identified and the group came up with some great solutions. Participants had opportunities to network with other inspired gardeners across all WAVE Education Settings.



Deadline for submitting information for next newsletter is Thursday 4th November 2010 - articles can be emailed directly to: stacey.day@cdhb.govt.nz WAVE newsletter is published quarterly

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Lesley sharing one of her many great tips



Brainstorming challenges around sustainable gardening



....and another



Layering up the compost - it's as easy as making a cake



Students giving it a go themselves



High 5 for the most creative gumboot and hat competition

Early Childhood Settings

Ranui Kindergarten

Teachers at Ranui Kindergarten have been working together with the WAVE team to promote and support healthy eating habits. Funding from WAVE enabled teachers to design, purchase and install a 'kai' bench at children's height to provide a specific area for the children to prepare nutritional food themselves. Teachers and the WAVE team aim to encourage healthy eating habits, self help and self care skills, encourage parent participation and for children and parents to gain knowledge about nutritional information.

Upon arrival of the kai bench at Kindergarten, a breakfast morning was held to welcome and

try out the new bench. Parents and caregivers are encouraged to share their cooking/food preparation skills with the children at kindergarten and have been extremely positive and supportive of this initiative. Teachers at Ranui are thrilled with the feedback and results so far and hope healthy choices and good nutrition will soon be embedded as part of the culture of Ranui Kindergarten.

Rachel Pringle
Head Teacher



Early Childhood Settings

Kōwhai Kindergarten

At Kōwhai Kindergarten we have an ongoing interest in permaculture - developing a sustainable food culture within our Kindergarten community and the wider community.

With WAVE funding we recently purchased timber to box an area alongside the kindergarten building with the view to planting a variety of edible plants including tomatoes and a grapevine - a work in progress. With the rest of the funding we will purchase plants, gardening tools and watering cans to support the emergent curriculum and to encourage tamariki to be involved in the growing, caring and harvesting process.

Along with the Kindergarten Committee, South Canterbury Kindergarten Association, WAVE assisted us with our new kitchen and accessories where we can make fabulous healthy kai with the tamariki and we also have a new water fountain for the tamariki with a drip hose going onto the garden.

Our holistic approach with the Kindergarten and wider community is shining through. This week we planted a tree given to us by a child who has left and the worms in the Worm farms are benefitting from the kai being brought from home.

From the wider Kindergarten community we have a compost roller on loan from the Community Garden which means we won't need to use the 'Green bin' and will eventually return it to our garden.

As our new plants start to bud with Spring in the air and mountains that we see from our playground starting to lose their snow, we look forward to continuing our permaculture journey and where it will lead us this season... watch this space!

Donna Gallagher
Kowhai Kindergarten

Oliver Redhead and Claire Flynn planted the Apple Tree donated by Sam Charles.



Primary Settings

Twizel Peer Mediation

Pupils from Twizel Area School started their peer mediation training last week and really enjoyed their first session, with two more sessions to be run over the next few weeks. Pupils undertaking the training are from Years 5, 6 and 8, 9. The pupils are well supported by their peer mediation coordinators and teachers Ann Sweeney and Bruce Whyte.

WAVE is supporting Twizel Area School on their peer mediation journey, with the intention of the programme to be up and running in Term 4, 2010.

Peer Mediation Co-ordinators Bruce Whyte and Ann Sweeney with some of the budding peer mediators



Primary Settings

Grantlea Downs Mobile Cooking Unit

In Room 3 we have used the oven to bake twice during Discovery and made banana muffins and queen cakes.

We have heated up soup and also melted butter for the baking. We have also made vegetable soup and this term we are going to make healthy toasted sandwiches. The oven has a variety of functions including convection and microwave which are both very useful.



Being able to have the unit in the classroom allows us to bake with ease and the children are learning to operate the oven independently to set the time and the function.



The unit is very mobile and is fully resourced with bowls, muffin trays, baking tins and cooking equipment etc.



The oven has also provided opportunity for practicing oral language skills and for many children to hands on cooking for the first time.

Secondary Settings

Secondary School Student Wave Team Summary Round Up

Opihi College

The Student WAVE Team is looking at the availability of drinking water near the sports grounds. This project was discussed with the property manager which will require some fundraising to get this completed.

Timaru Boys High School

The new WAVE Team at TBHS has been working hard since they have come together. The students have had a chance to voice their opinion and the team has collated the issues and are slowly working on a number of projects.

Waimate High School

The Student WAVE Team has been working on a number of projects to date. Recycling and 'Paper 4 Trees' programme has been put in place. The WAVE Team is producing a video to show at their assembly to encourage recycling at Waimate High School. The team has set up a sub-committee to look at ways of improving their canteen and will be visiting other school canteens as part of their research towards this issue.

Timaru Girls High School

The team is working on the seating and shade outside the canteen area which was brought up by Year 9. Students have designed and are working on costings at this stage.

Mountainview High School

The team is working on improving seating and shade facilities around the school. So far the team has worked with their property manager Mr Coe to attain measurements and a cost for this project. Two members of the WAVE Team are working towards the garden sustainability by attending a gardening workshop which will give them ideas for this project.



Mackenzie College

The college is reviewing their student council procedures and are working towards incorporating a Student WAVE Team from within the council. They are working towards the sustainability of a student council with sub-committees which includes a WAVE Team.

Geraldine High School

The Student WAVE Team in consultation with their student council are working towards enhancing their school by adding seating and shade areas around the buildings. The team has chosen one specific area to design, cost and build which is part of the overall development. The school council including the WAVE Team will be holding a workday to help fundraise for this project.

The Community Dental Service (formerly the School Dental Service) has recently undergone a facilities reorganisation. With the exception of Geraldine Primary all school dental clinics throughout the region will be closed.

So what does this mean?

- Every school child in the South Canterbury region will have their annual dental check in a mobile dental examination van which will visit every school. As well as a check, X rays, fissure sealants, scaling and fluoride treatments will be done if necessary at this visit.
- If children in the Timaru area require further treatment they will then go, accompanied by a parent or caregiver, to the new Timaru Community Dental Clinic at Level 1, 18 Woolcombe St, Timaru. All Timaru preschoolers will be seen at this clinic also. As before, parents will be contacted when their preschooler is due for a dental check.
- For school children and preschoolers in rural areas such as Waimate, Pleasant Point, Temuka, Fairlie and Twizel another type of mobile dental clinic will visit these areas to provide dental treatment for the school children who require it and the dental checks and treatment for preschoolers. All schools will be advised by a dental therapist when the mobiles will be visiting their school.

The exception to all of this is Geraldine Primary which retains its very recently built dental clinic.

This change in service provision aims to improve access to the delivery of dental care and services and to provide modern, efficient facilities for both patients and staff. A key focus will be on the prevention of dental disease and the reduction of inequalities.

- Adolescents (from year 9) will continue to be entitled to free dental care with a private dentist until their 18th birthday. To find out more about this free service including the names of contracting dentists they can phone toll free 0800 ITS FREE(0800 4873733).

For more information feel free to contact:

Frances Milne 0272127206
 Phone 0800 TALKTEETH or visit www.talkteeth.co.nz or
 Bronwyn Beavon, WAVE Oral Health Promoter, is also available for any information parents may require for promoting good oral health practices, ph 687 2621.



12th September

A great opportunity for your setting to promote oral health.

See enclosed flyer for a fundraising idea you can really sink your teeth into and it's a lot tooth friendlier than chocolate!





Being a WAVE Smokefree School is a journey and goes further than having a smokefree sign on the gate. It is about embedding a smokefree culture into the school's way of life and giving young people every chance of growing up healthy. It doesn't matter whether your school is starting out on the smokefree journey or if being smokefree is the norm in your school community – there are lots of resources available at www.smokefreeschools.org.nz to support you.

The Smokefree Schools website has undergone a makeover so it's easier for you to find what you want. A lot of work has gone into ensuring the website reflects your needs. It features more engaging pages for kura in te reo Māori and stories shared by schools about smokefree initiatives they have put in place. Schools proudly sharing their experiences include Manaia View School, Alfriston College, Kapiti College, Queen Charlotte College and Taumarunui High School.

Check out 'Links' on the WAVE website www.wavesouthcanterbury.co.nz to lead you to smokefree schools, which provides you with information, ideas and resources (such as posters and fact sheets) to help develop smokefree policies and programmes that suit your unique school/kura culture. In particular, the Guide to a Smokefree/Auahi Kore School outlines what being a smokefree school means, and suggests a framework that can be put in place to achieve this goal at your school.

Findings from the 2010 New Zealand Survey on Teachers' Say about Smoking are also available on the website. This nationwide postal survey explored teachers' attitudes and behaviours to a range of smokefree issues. It found that teachers think smoking should also be restricted in the areas outside the gates of schools and early childhood centres. To read more about what your colleagues think about smoking, take a look at the survey (smokefreeschools.org.nz/resources-research/research).

You can subscribe to the Smokefree Schools newsletter, which will keep you up to date about new initiatives and resources to support your school to be smokefree. Go to smokefreeschools.org.nz and simply fill in your name and email address.

The Smokefree Schools website aims to be an interactive resource where your ideas and successes can be shared with others - and where you can access helpful information about making your school smokefree. So if you have ideas and tips you would like to share, please contact Kath Blair - Smokefree Schools Project Manager: email kath@hsc.org.nz or phone 04 4725777 or go through your WAVE Smokefree Health Promotion Advisor Leola Ryder on 687-2610.

Did you know...

you can do a quick online questionnaire to find out if your school/kura really is smokefree?

The questionnaire looks at:

- policies (management)
- practices (teachers)
- place (community)
- people (support).



To find out how well your school is doing, go to smokefreeschools.org.nz/is-your-school-really-smokefree

After School Programme



Sport South Canterbury offers an After School Programme at Highfield School for Highfield, Gleniti, and Bluestone School children. The After school programme is based in the school hall and offers homework and reading time in the library, alongside a component of sport, swimming almost daily during the summer months, a healthy afternoon tea (provided by Sport South Canterbury at no extra cost) as well as passive activities like arts and crafts and baking.



The aim of Sport South Canterbury's After School Programme is to provide children, parents and schools with a quality and on going after school service which is designed to meet the needs of the local community. The programme operates from 3pm until 5:30pm with staff onsite until 6pm daily, during the school term.

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For more information: Ring Sarah at Sport South Canterbury 6860751 ext 3



Jump Jam is a professionally choreographed and presented 'Schools Aerobics Programme' consisting of music and movements presented on a DVD. The appeal of Jump Jam is that it is not totally reliant on teachers to drive it and can be used in a variety of settings. It's a great way to engage children in high energy activity especially during the winter months and some schools have developed student leaders to further utilize this valuable resource.

Sport South Canterbury's Jump Jam Extravaganza, held in June, and Mackenzie Jump Jam Experience, held in August, showcased student achievement in Jump Jam and extended the development of teamwork, movement skills, coordination and confidence.

The Extravaganza saw 12 teams compete for trophies in age group categories. Well over 500 parents, teachers and supporters went through the Mountainview Auditorium during the evening to enjoy the spectacle and support their teams.



The 'Fix It Chicks' from Bluestone School



Dance Mafia Grantlea Downs



Timaru South pupils enjoying their routine

Mackenzie's Jump Jam Experience was a whole school event for some of the smaller schools in the region with over 140 students taking part. Student leaders had helped to coach the younger children in preparation for their performance.



Whole group warm up including students from Fairlie Primary, St Josephs Fairlie, Albury & Tekapo Schools



St Josephs Fairlie Kung Fu Fighters

"Our students all enjoyed the experience. They found it competitive and now know what standard they have to be at to compete again next year. We had lots of discussion about this being a championship event and extremely competitive. I felt it was good for them to learn that." Ali Talbot, St Josephs Temuka

"We were involved in the Heart Jam fundraiser to support Heart Kids which meant our whole school was involved. Our students just love it! Due to such a big interest we had four teams competing and we'll have even more next year as the juniors want to be involved too." Lisa Wynen, Timaru South School

"Bluestone had about 80-90 children involved in the Jump Jam Extravaganza, including the only boys team. The kids came to school the following day absolutely buzzing and wanting to start preparations for next year. We now have a good range of children who can be Jump Jam leaders and keep the momentum going." Tylesha Dobson, Bluestone School.

"Sacred Heart students really enjoyed the experience. They spent a lot of time practicing in their own time and improved a great deal. Two other students assisted them with coaching and choreography. They even painted their own tops for it. Parents were very supportive and enjoyed the event. They were very proud of the Sacred Heart team. Next year we will be entering again, and putting our team forward for national competition as well (National Jump Jam Challenge)." Mel Field, Sacred Heart

PALs

Physical Activity Leaders

PALs (Physical Activity Leaders) is a programme running in a number of South Canterbury primary schools. The next step is utilising the leadership skills of those students when they get to secondary school. Geraldine High School is taking up the challenge with their Year 8 PALs (supported by the Sports Committee) delivering lunchtime physical activity sessions.

Engaging students in physical activity has important outcomes for student engagement and school connectedness. Get your students on the case! For more information please contact Carmen Chamberlain on 687 2615 or at Carmen.chamberlain@cdhb.govt.nz

**Attention settings! Why not celebrate SunSmart Awareness week
14th - 19th November 2010!!**

Let the students lead the focus on being SunSmart, in the past there have been heaps of activities:

HAVE FUN WITH HATS!!

- * Hat decorating competitions
- * Get the students to design and promote their own sun hat
- * **Mufti SunSmart Hat Day**

PROVIDE INFORMATION!!

- * Include information in your **newsletter**
- * Borrow resources from the **WAVE Resource Pool** to have a focus for the week

GET CREATIVE!!

- * Create a **SunSmart Super hero** – it may even become your school **summer mascot!!**
- * Make up a **SunSmart song** to a nursery rhyme. Play it at the start of every lunchtime



POSTER COMPETITIONS!!

- * Hold a **poster competition**
- * **Design a poster** for your building reminding students to be SunSmart in your own style

INVOLVE YOUR COMMUNITY!!

- * Hold a themed afternoon. Invite your **school community, MP** etc for a **SunSmart picnic lunch** then do some of these other activities!

**PLUS many resources, information and other ideas the Cancer Society can help with!!
A fantastic excuse to get the media along for some coverage!!**

Primary Schools - 'Advancing SunSmart Schools Hui 2010'

Reminder to get your registrations in for this unique opportunity, a first in South Canterbury to advance Sunsmart through student and community involvement and learn some new skills and ideas - see the flyer insert now!

Early Childhood Centres - Important Notice!

We have been advertising a SunSmart Workshop for Early Childhood Settings in October. After much deliberation, we decided it would be more beneficial to wait until next year...and offer a really top quality session instead.

BUT in the meantime, the Cancer Society are keen to increase its communication on a regular basis to you, so we will send monthly electronic newsletters on different topics, tailored to your setting that will provide you with consistent, reliable updated research and information, that you can share with your community. We would really appreciate your feedback after the first one to make sure it's what you want. So feel free to email myself or Debbie your WAVE Facilitator, and look out for something from the Cancer Society in October!!

Kate Johnson
Sunsmart Health Promoter
Cancer Society



maru THE moa

Maru has been very busy lately supporting schools, organisations and early childhood settings with their healthy/safety messages.

To book Maru you can visit our website www.wavesouthcanterbury.co.nz or contact Greg Newton at Community & Public Health ph (03) 687- 2607 or email greg.newton@cdhb.govt.nz



Maru out and about supporting Geraldine Preschool with their nutrition and cultural focus day.

Ka Toi Māori o Aoraki Festival

FLAVA

On Friday 30th July our Schools and Early Childhood Centres had the opportunity to attend the annual cultural competition 'Ka Toi Māori o Aoraki Festival' showing Visual Arts, Kapa Haka, and Performing Arts. This was held in conjunction with Te Wiki o te reo Māori 2010 – Māori Language Week, with this years theme being 'Te Mahi Kai – The language of food'

RESULTS:

Performing Arts

Senior Winner: Timaru Girls High School
Junior Winner: Bluestone Primary School

Kapa Haka

Senior Winner: Mountainview High School
Junior Winner: Ashburton Intermediate

Visual Arts

Senior Winner: Mountainview High School
Junior Winner: St Patricks - Waimate

Highly commended senior student: Marlina Stuart (Mountainview High School)

Highly commended junior student: Ben Dyson (St Patricks - Waimate)

Winning Logo: Puawai Neho-Popata (Ashburton College)

Innovative Award winner: Ashburton Netherby School

Kakahu (Best Costume/dress) winner: Waimataitai School

Te reo Rangatira (language & pronunciation) winner: Mountainview High School

Aggregate Winner Overall: Mountainview High School

