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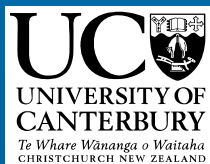
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MINISTRY OF EDUCATION
Te Whakataki o te Kaitiaki



UNIVERSITY OF
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Te Whare Wānanga o Waitaha
CHRISTCHURCH NEW ZEALAND

Deadline for submitting information for next newsletter is Thursday 18th August 2011 - articles can be emailed directly to: jane.powell@cdhb.govt.nz WAVE newsletter is published quarterly

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Kia Ora koutou, Hello and greetings

Matariki ahunga nui

Welcome to our second newsletter for the year. The whakatauki I have chosen for this newsletter talks about "Matariki provider of plentiful" and is appropriate as June is the start of Matariki, a time to share ideas, remember the past and celebrate the future.

Gosh, its hard to believe that we are now halfway though the year and what a busy few months this has been for the WAVE Team, as you will see from all the great articles you are about to read. Our primary and secondary school youth forums once again provided students with a great opportunity to showcase some of the health initiatives they have going on in their schools, share information and, most importantly, network with each other. Every year I continue to be astounded with the high standard of work these students are achieving, and this year was no exception.

The annual Jump Jam competition has become so successful that this year saw schools having to limit the numbers of teams they could enter. The upside of this is that now schools are having their own heats before the main event so lots more students are getting involved in this great way of keeping active.

The highlight of Youth Week this year was the Art Competition and Exhibition which gave youth in South Canterbury an opportunity to have their say in a creative way. Everyone who saw the fantastic work that was on display was blown away by the number of incredibly talented young people we have living here, and I for one just can't wait for next year and the opportunity to see more of this incredible work.

With winter fast approaching we need to ensure that we don't give in to the temptation of curling up in front of the fire with a good book instead of keeping active, because as we know from experience when summer comes around again it just gets that little bit harder to get back into the swing of things.

Happy reading,

Janet Quigley
WAVE Project Leader

Matariki



Children from Waimate Childcare Centre celebrated Matariki in their local park with parents and whanau

Primary Settings

Primary Youth Forum

On 25 May the annual Primary Youth Forum took place at the SBS centre in Timaru. There were 21 schools attending the event, with over 80 students, parents and teachers. Objectives for the day were to give WAVE student health teams the opportunity to present and share their schools health issue to other WAVE schools, develop and increase knowledge of health promotion, and develop skills so that student health teams can work more independently in the area of health promotion. Six WAVE health teams presented at the forum. They included Albury, St Josephs Pleasant Point, Westmount, Waimate Centennial, Highfield and St Josephs Timaru. Also on display were some of the schools "Visual Dairies" and a display board of previous WAVE initiatives the schools have undertaken.

We would like to thank the presenting schools for all their hard work, Arowhenua Maori School for welcoming all the other schools to the forum, and also the other participating schools for their enthusiasm in making the day a success. The WAVE team look forward to continuing the development of health promotion in all schools and communities in the South Canterbury region through forums such as this.



St Josephs Pleasant Point told us all about their hygiene initiative



Greg provides instruction during the Energizer



Westmount gave a presentation, including an awesome song, about Sunsmart



Waimate Centennial gave an excellent presentation on their new sandpit

New Facilitator

Introducing Sarah Macfarlane



Hi, my name is Sarah Macfarlane, and I have just joined Community & Public Health as a WAVE facilitator, supporting a number of primary schools in South Canterbury.

My past work in the health sector and my travel experience have led me to value health and aspire to reduce inequalities. When I returned home from overseas it was important to me to become an active community member. I looked for a career that would enable me to make a difference to people's lives, and

soon retrained as a health promoter. I am passionate about all aspects of health promotion, including upholding the principles of the Treaty of Waitangi, and have moved to Timaru from Christchurch to be part of the WAVE team. My role supports schools and their communities to provide an environment that promotes well-being for students, staff and whānau alike. In doing so, WAVE aims to enable children and young people to attain academic achievement, and become life-long learners.

It has been fantastic meeting school staff and health teams and finding out about the positive initiatives that schools have already achieved and are building on. Thank you for making me welcome. I cannot wait to meet the rest of the schools that I will be working with; together we can make the healthy choice the easy choice!

For support in your school contact the WAVE office by phone (03) 687 2600, or I can be contacted by phone (03) 687 2615 or email sarah.macfarlane@cdhb.govt.nz

WAVE Website

The WAVE website is currently undergoing a transformation! In future, you'll be able to access all the latest information about upcoming events, what's new in WAVE and what exciting success stories there are out in our schools and communities.

Go to: www.wavesouthcanterbury.co.nz and check out the **What's HOT** page!

Smokefree World Smokefree Day

World Smokefree Day is an annual event and has been going since 1988. Each year in New Zealand it is celebrated slightly differently, but this year a challenge went out to primary and secondary school students at the WAVE youth forums to come up with two promotions within their schools to raise awareness of the Smokefree message. The theme for this year's World Smokefree Day was "Give Quitting a Go".

Two schools that took up the challenge on 31 May - World Smokefree Day - were Waimate High School and Twizel Area School.

Twizel Area School also held a promotion at lunchtime where the students popped a Smokefree balloon. If there was something in a balloon then that student got a Smokefree prize. A pledge was also put in the foyer near the school office encouraging staff, parents and students to all sign and commit to being Smokefree. A display surrounding the pledge was put up and the WAVE team have committed to doing one Smokefree activity a week until the end of term 2. The school has taken up the Smokefree challenge with teachers giving out prizes to those who did well in a Smokefree quiz. Other areas the WAVE team are going to work on include Smokefree signage being updated around the school, a talk at assembly, the possibility of a Smokefree Fear Factor, the school policy on smoking being updated, and quit information and messages available through the school newsletter to parents and staff who wish to quit.



Back: Josh, AJ, Jessica, Michelle O'Carroll (WAVE Lead Teacher), Summer
Front: Emily, Zane, Chelsea and Liam

Waimate held a lunchtime promotion encouraging students and staff to sign a pledge to remain Smokefree. Stickers were given out along with "quizzlers", and the students and WAVE Lead Teacher printed off statistics and displayed posters to point out to students the dangers of smoking.

Alice Westgarth, Waimate High's WAVE Lead Teacher said, "It was a great thing to do to raise awareness of the Smokefree issue and I'm really pleased that over half of our students signed the pledge. Of course we will keep working on the rest and get our staff to sign, too!" The pledge will be displayed in the school library to remind everyone of their obligation and commitment to be Smokefree.



Alice Westgarth (WAVE Lead Teacher), Sarah Peterson, Hattie Adams, Stacey Burnett, Dominique Weir, Nikita Bade, Emily Johnston and Victoria Wilson from the student WAVE team.

Smokefree advisor for WAVE, Leola Ryder, is thrilled that the schools have chosen to take up the challenge of promoting Smokefree. "It's an important message we need to keep pushing to ensure a Smokefree future for our young people. Children copy what they see and the adults that influence our children can have a very big part to play in role-modelling some great Smokefree messages. There is a hope also that the Twizel Area School WAVE team will take up a further challenge and assist with pushing for Smokefree playgrounds in the Mackenzie District."

Don't forget to enter the Smokefree Challenge from the WAVE youth forums. You must show proof of your two promotions to be in with a chance to win your WAVE team a set of cool Smokefree Gear! Don't forget the cut-off dates to enter are:

Secondary Schools - 10th June

Primary Schools - 24th June

Remember, contact your WAVE facilitator in the first instance! Good Luck!

School Travel Plans



Photo: Timaru Herald

Hi, I am Stacey Day, the newly appointed School Travel Plan Co-ordinator, taking over from Korine Stewart. This position is funded through the Timaru District Council and based at the Community & Public Health office in Timaru. I am currently working with an early childhood centre, three primary schools and a secondary setting on establishing travel plans. Plans are set up with support from the South Canterbury road safety coordinator, police education officers, local road engineers and members of the school community.

A School Travel Plan is a practical approach to improving road safety and encouraging the whole school community to use more sustainable and active modes of transport to get to and from school.

Some actions we might see from a School Travel Plan:

- Walking and cycling initiatives such as a "walking school bus," walk/cycle/scooter to school days
- Engineering - work may be needed to improve pedestrian crossings, road markings and signage in the school vicinity
- Education - road safety initiatives
- Promotion via the school newsletters, competitions, reward schemes
- Enforcement - parking and speed monitoring which may identify a need for enforcement around the school gates

If your setting would like more information regarding School Travel Plans, please contact me through your WAVE Facilitator.

Stacey Day
School Travel Plan Co-ordinator
DD 03 687-2626
stacey.day@cdhb.govt.nz

Benefits of a School Travel Plan:

- Reduced traffic congestion at the school gate
- Improved health and fitness levels
- Reduced air pollution
- Sets an example for being socially and environmentally responsible





On 10 May 40 students from eight WAVE schools were accompanied by their lead teachers to attend the Secondary School Student WAVE Team Youth Forum.

The day began with a powhiri into the Mountainview High School auditorium. The first presenter of the day was Smokefree Health Promoter Leola Ryder, followed by an Auahi Kore presentation by RAKA (Rangatahi Auahi Kore ki Aoraki), who empowered the whole audience with their presentation and set the scene for the day.

A number of student WAVE teams presented their issues, solutions and actions that they have done and/or are in the process of doing. This included such topics as improve access flow, SunSmart and water access for sports teams.

The afternoon began with the Urban Team presenting their work on bus shelters in conjunction with Timaru District Council and Ecan. This was followed by a walk-about session at Mountainview High School, while their WAVE team showed and explained the projects (seating and shade, gardening, breakfast club) they have been working on. This also included showing the visitors where their fortnightly meetings are held.



This term we have had a focus on our bodies and skeletons, and the children have been learning the names of bones, their function and how many we have. This was supported with a visit to St John Ambulance where Mr Bootsman showed us a real skeleton! The children then put together their own skeleton models, which have made a fantastic display around kindergarten. This has provided us with an awesome opportunity to further extend our children's knowledge of their bodies and how to keep themselves healthy.

The children have really enjoyed doing waiata and action songs about the body, and with the help of a parent we have been learning new waiata to support this interest.

As the colder weather has approached, we have been doing lots of active movement outside with some great equipment provided by WAVE. The hurdles, ladders, and balance beams have been well utilised.

The children have been putting together their own challenge courses and are becoming competent at challenging their own abilities! Thank you to WAVE for continued support of our programme.



There is great logic in the old saying, "Breakfast like a king, lunch like a prince, and dine like a pauper". This is because the best way to kick-start your body in the morning is to give it the right fuel.

So why do breakfast eaters have it better?

Breakfast gives kids the energy to learn better.

- Breakfast eaters are more alert and have better concentration and memory.
- Studies have shown eating breakfast can improve school performance.

Breakfast eaters have more energy to play sport.

- Eating a good breakfast boosts kids' energy stores and provides their bodies and brains with the fuel to keep going through the day.
- One study showed children ran better after eating a good breakfast compared with a light breakfast or snack.



Breakfast gives children a head-start.

- A good breakfast helps children grow strong and healthy.
- Children who eat breakfast are more likely to eat fruit, vegetables and whole grains, and drink milk.

Eating breakfast is a good way to maintain a healthy weight.

- Breakfast eaters are less likely to snack on less healthy foods later in the day.
- Studies have shown eating breakfast is related to lower waist measurement, lower body mass index (BMI), and less weight gain.
- Children who sometimes or never eat breakfast are much more likely to have sweets, pies and soft drinks than children who always eat breakfast.

If parents or caregivers don't eat breakfast it could be just the reason children in their care are doing the same. Recent research from the Health Sponsorship Council shows that kids model adults when it comes to eating breakfast, so no excuses for skipping the most important meal of the day!

A cereal-and-toast style of breakfast is all it takes. Comparisons with other breakfasts like egg and bacon, scrambled eggs, croissants, cheese on toast and banana smoothies show that whole grain cereal-based breakfasts are nutritionally superior.

Liz Cutler - Dietitian, Community and Public Health



The Twizel Area School SADD team conducted a presentation using the very popular "vision goggles" during lunch hour on 26 May. The team did a great job setting up a table and making available lots of resources and information on the effects of alcohol.

The team also set up a number of activities using the goggles, which mimic the effects of intoxication. These included:

- Walking the straight line - hugely funny and quite impossible.
- Navigating yourself through cones - most students ended up turning them over or missing them completely!
- Throw the ball through the hoop - difficult for some even without the goggles!
- High-fives - the majority high-fived the air!
- Catch the ball - probably the easiest task, but still a lot more difficult with the goggles on.

The students at Twizel Area School got to experience firsthand what the possible effects of alcohol can do to your judgment, ability and coordination. The lunch time activity was well received and hopefully left the students aware of their responsibilities around alcohol.

Thanks to the WAVE team for providing the vision goggles and to the SADD team at Twizel Area School for making this event such a fun one.

Michele O'Carroll
Twizel Area School
Health Co-ordinator



This group of students has been "a very busy group of beavers" during Term One. Some of the projects completed, or still in progress are:

- Ideas and planning a 2011 vision
- Have visited a worm farm and now have their own
- Raised funding for the purchase and installation of classroom hand sanitizers (see below)
- Mufti Day/Wheels Day \$308.00 raised with the proceeds going towards the purchase and planting of fruit trees
- Walking School Buses - three routes now in operation

The WAVE Health Team is all about students working for students.
Well done team - fantastic work!



2011 School WAVE Health Team

Amazing is the only way to describe the talent in the first ever Youth Week Art Exhibition & Competition. WAVE and the Timaru District Council youth workers joined forces with youth and local artists to develop a new and exciting opportunity for young people to express themselves creatively.

A series of workshops including painting, sculpture, street art, paint fight, photography and movie making were held in the weeks leading up to the exhibition. This gave young people no longer in school a chance to gain some creative advice and support as well as the equipment to "give it a go," and the results were impressive.

VOICE (vision, opinion, identity, creative expression) was the theme for the exhibition, which ran for a week at the South Canterbury Club and culminated in an awards night attended by

about 200 people. Some of the work was for sale, with several young artists excited to make their first sale.

We thank the many local businesses and artists who supported this venture, giving their time or donating our major awards and prizes. It was a whole community effort, and the smiles of pride and satisfaction on the faces of our young exhibitors made it so worthwhile.

The category winners were:

- TDC 2D Award - Ricky Arras
- Spurr Motors 3D Award - Naomi Faifai
- The Handle & Art Supplies Shop Electronic Media Award - Aysegul Celik
- WAVE People's Choice Award - Anthony Fowler



TDC Youth Workers Kirsty & Josh with award winners Ricky Arras (2D) & Anthony Fowler (WAVE People's Choice).



Anthony Fowler with his painting that won the WAVE People's Choice Award.



In the past couple months working up to Youth week, myself and many other kids have worked closely with Polly to produce some amazing artwork. We went to art classes religiously and also worked at home on our art. For some kids their art was anything from clay to canvas and back again, and some stuck to the basics with a canvas and a truck load of different paints.

As we got closer to Art Week we pushed out more and more paintings and collected more and more kids in the class. We also organised a wall with Pope Print and made that wall our canvas as well to show that the youth of Timaru are here and doing something for the community. Personally I think we all enjoyed expressing our V.O.I.C.E into many canvasses.

When we were told our paintings were going to be in an exhibition we were all very excited. We could show people that we had worked so hard. Many of us sold paintings at the exhibition opening and thoroughly enjoyed the night and the awards we were handed for achieving a great standard of work in the different art mediums.

I'd like to send a special thanks to all the people who have helped us and given us the money and utensils for our art. We are very grateful for your support.

By Connie Facer (YMCA)



Connie works on a canvas during an art workshop

"What did you get out of exhibiting in Youth Week's VOICE Art Exhibition"?

"Winning this award has made me realise I am on the right track and doing the right thing. It's inspired me to really get into my art, and now I've got an exhibition I'm planning for later in the year." - Ricky Arras

"Finally I feel recognised and respected as an artist positively. It has given me the confidence to exhibit my art to the world." - Anthony Fowler

The Sport South Canterbury Jump Jam Extravaganza 2011 took place on 31 May at the SBS Events Centre. This was a hugely exciting event for both participants and the capacity audience, brilliantly run once again by Lee King of Sport South Canterbury. This year a total of 17 South Canterbury schools took part, with 38 teams and an incredible 374 participants competing in three categories: Mixed Teams Year 1-4, Year 4-6 and Year 7-8. This year for the first time there was also a Best Overall Novice Team trophy awarded.

With such a high number of teams, the expertise of two very experienced and competent judges was sought. Head judge was Chris Meehan, a past national competitive aerobics competitor and judge. Chris is also deputy principal at Our Lady of Fatima School in Christchurch so has plenty of experience with the Jump Jam programme. Chris is also deputy principal at Our Lady Fatima School in Christchurch so has plenty of experience with the Jump Jam programme. Maria Kane, local personal trainer and experienced aerobics instructor completed the judging team. Together the judges were very clear about what they were looking for in a winning team. Marks were awarded for movement quality, team synchronization and performance. Teams who displayed the whole package in the most entertaining and enjoyable way were those who took home the trophies.

There were some adorable performances by the younger children in the Year 1-4 category, a sure sign of some promising stage careers, but it was the Gleniti Jammers who stole the show with their interpretation of the classic Jump Jam routine "Witch Doctor". The "Sacred Heart Believers" came in second, and were top-placed Novice Team in the Y4-6 category.



Year 1-4 winners, the "Gleniti Jammers", proudly show off their certificates and trophy.



Lee King talks with the "Sacred Heart Believers", top-placed Novice Team in the Y4-6 category.

The Year 4-6 participants again showed some amazing talent, and in this category it was the 'Choco-late Chap-chicks' from Barton Rural who won not only the trophy for best in their age category, but also the trophy for Best Overall Novice Team.



Y4-6 trophy winners, the "Choco-late Chap-chicks" gave a fantastic, energy-filled performance.

Finally, the Year 7-8 category brought some memorable performances. After a few stern yet encouraging words from the judges about a general lack of energy in the heats, there was a noticeable lift in the level of performance for the finals. Teams displayed a real desire to win, which made some significant differences to the score lines. The team that won the judges over, though, was again from Sacred Heart, the "Sacred Heart Pump-its" with their rap-inspired performance of the song "Pump It".



Lee talks with Y7-8 participants, the "Sacred Heart Pump-its!", after their winning performance.

WAVE was a principal sponsor of the Jump Jam Extravaganza again this year. It was just great to see such a huge number of teams performing routines from songs as diverse as Abba to Eminem, with so much imagination in their interpretation of the set moves. Next year, as Lee reminded the teams several times throughout the event, we hope to see some all-boys teams competing for the Best Boys Team trophy - unfortunately this year there were no all-boys teams, so the trophy will be housed at Sport South Canterbury until this time next year!



Each winter the stars of Matariki and Puanga signal the end of one year in Aotearoa and the beginning of the next. Traditionally Māori have recognised the rise of Matariki as a time to celebrate and prepare for the indigenous New Year. Although there are tribal differences regarding the timing, celebrations most often begin at the next new moon after Matariki has risen. This usually occurs during the month of June. This year Matariki runs from 2nd June to 4th July.

If you haven't already organised any Matariki celebrations, it's not too late. Here are some ideas for your Matariki gathering:

- Prepare a Matariki feast for family and friends - it's a Matariki tradition. Make it a meal to farewell the old year and see in the new one.
- Organise a concert for the Matariki New Year.
- Build a kite and fly it on the first day of the New Year. Ancient Māori kite-flying traditions have a highly symbolic connection to Matariki - the two were historically inseparable.
- Teach & learn waiata/songs around Matariki
- Draw pictures based around stars and learn the names of each of the Matariki stars.
- Clean out the garden. Make it an annual event with the children, and plant seeds.

Our WAVE Resource Centre can provide you with some excellent resources for Matariki:

- Matariki (RO13208)
- Matariki - The Māori New Year (RO13362/RO13366)
- Counting the Stars - Four Māori Myths (RO13363)
- The Seven Sisters of Matariki (RO13388-RO13389)
- Celebrating Matariki (RO13207)

Additionally, there are some great websites that contain useful information and have resources to be ordered or downloaded:

Māori Language Commission / Te Taura Whiri i Te Reo Māori: www.tetaurawhiri.govt.nz
 Auahikore: www.auahikore.org.nz



Matariki Workshop

The second in the series of Cultural Review Workshops with ECE settings was held at the South Canterbury Education Centre on 26 March. This very successful workshop was attended by 30 teachers who are passionate about the success of Maori in early childhood education. Karena Hart from Community & Public Health presented "Matariki - understanding the significance of Matariki with resources and ideas to support your centre celebrations". Feedback from participants was very positive with comments including, "really pleased I came, I now have an understanding of this celebration that I didn't have before," and "introduce the theme of Matariki to the other parents and do some forward planning to make next term the Matariki term." Each centre received a Matariki booklet, posters, song sheets and activity ideas sheet.

Gleniti School Celebrates Matariki

Gleniti School opened its Matariki month celebrations with a special assembly where students shared their knowledge of Matariki through action songs, stories and plays. The whole school is now growing a native seedling in recycled paper pots they have made. They are nurturing these and will then take home the plant to share with whānau, and plant as a symbol of looking to the future. WAVE has supported this initiative, and at some time during Matariki the school will also plant a shade tree in an area where the school community will gather to share ideas, remember the past and celebrate the future.



Gleniti School Matariki special assembly

A fun day for Waimate Childcare Centre

At Waimate Childcare Centre, Matariki was celebrated with lunch. It was lovely to see parents and grandparents coming along to share this special day with the children. After lunch the children put on a small concert, which was enjoyed by all.

Later on in the day, and excursion was planned to harvest acorns and cones from the nearby park and take the opportunity to share and learn about the local history and Maori carvings. The children had lots of fun.

The Waimate Childcare Centre would like to thank the team from WAVE for all the support they have given over the past five years. May the next five years be as productive!



Sharing a meal with parents and whanau



Children from Waimate Childcare Centre playing in their local park

Primary Settings Special Olympics

On 1 April there was a Special Olympics day held, where 20 students from Roncalli, Timaru Boys High School, Timaru Girls High School, Mountainview and Waimate High all participated in traditional Maori games and bocce ball. Volunteers from these schools and the Aoraki Polytechnic assisted on the day. There were also two volunteers from Oamaru who led the bocce ball games. Traditional Maori games included tapuwae, horhopu and poi toa using oversized poi. WAVE supported the day with both Karena and Greg playing active roles during the day. A highlight of the day was the last event where everyone enjoyed throwing poi, with the winning team throwing the poi the most distance. Certificates were given to all participants as well as acknowledgement of all the volunteers.

