

# 2010 March



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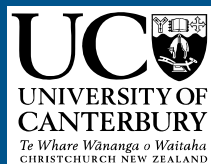
South Canterbury  
District Health Board

Community &  
Public Health

a division of  
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SPORT  
SOUTH CANTERBURY



Deadline for submitting information for next newsletter is Thursday 27th May 2010 – articles can be emailed directly to: [stacey.day@cdhb.govt.nz](mailto: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

“Nā te mahi te kōrero rānei ka puta te hua”

Welcome to our first newsletter for 2010.

Like all of you out there our Christmas break appears to be in the distant past as the year seems to be flying by, and the WAVE team have started what is shaping up to be a busy but exciting year. We have already met with a number of you and there are lots of exciting initiatives underway. This relates to the whakatauki that I used to open this newsletter which says “Whatever we say or do, it will bear fruit.”

WAVE is delighted to be able to provide our settings with the opportunity to attend the professional development we are having on the 15th April, aimed at helping you meet ERO's requirements of engaging with Māori. Dr Angus MacFarlane and Sonja MacFarlane two prominent Māori educationists are our keynote speakers for the Hui called “Raising Māori Potential”. Places are limited so we advise everyone to book early. You can do this by contacting your WAVE Facilitator or Stacey Day on (03) 684-0659.

Our resource centre is open again for the year and just a reminder to everyone to again take a look at your

catalogue and see how these resources could assist you in your planned activities, and don't forget that you can now order via email. [waveresources@gmail.com](mailto:waveresources@gmail.com)

You will see throughout this newsletter stories of other events WAVE has been involved in, although sadly the Kids Can Do It Tryathlon was unable to take place due to the tsunami warning but we will be looking forward to supporting this event next year as part of Bikewise month. As we go to print we are looking forward to seeing lots of you joining in the Hadlow to Harbour event where some lucky WAVE school will go in the draw to win a spot prize of some sports equipment for their school.

Happy reading and I look forward to meeting up with a number of you during the year.

**Haere ora, haere pai**

Go with wellness and go with care

*Janet Quigley*

*WAVE Project Leader*

## WHAKATAIRANGA TE TOROHŪ MĀORI

### RAISING MĀORI POTENTIAL

## Thursday 15th April, 9am – 4pm, Caroline Bay Hall

This interactive Hui is intended for Principals, ECE Leaders and Education staff who are passionate about engaging Māori students and their whānau and supporting them to find success in education. WAVE is delighted to have Dr Angus Macfarlane, Professor of Māori Research at the University of Canterbury and Sonja Macfarlane, Practice Leader Services to Māori with MOE as our keynote speakers for the day.

*This is a WAVE sponsored event  
Kai will be provided*



## PRIMARY SETTINGS

### PRINCIPAL PROMOTES PHYSICAL ACTIVITY!

A local principal has created a novel way of using physical activity to increase physical activity opportunities for his students.

St Andrews Principal, Robin Rush, is running the 80km Tarawera Ultra-Marathon to raise funds for St Andrews School.



The race is on Saturday 20th March, starting in Rotorua and finishing in Kawerau. The official distance is 83.4km and is estimated to take 11 hours to complete. Students will follow Robin's progress and collectively achieve 80km the week of the race. Classes have also discussed goal setting and preparation to achieve their goals.



Join us in supporting Robin to raise funds and promote physical activity! You could sponsor 10 cents per km, which I am sure Robin will work hard to earn, or simply donate a figure of your choosing. All proceeds will go towards upgrading the school swimming pool.

For more information contact:

St Andrews School  
21 Blue Cliffs Rd  
RD 24, St Andrews 7988  
03 612 6831

## SHARING STUDENT SKILLS

Five primary school WAVE Student Health Teams shared their enthusiasm and skills with each other on Tuesday 2 March. Teams presented their current activities and the processes they use to undertake health promotion initiatives in their schools.



*Carmen (WAVE Facilitator) and some of the Beaconsfield Student Health Team proudly display their WAVE noticeboard*



*Students are "wowed" by the growth of Beaconsfield's edible gardens*

*Student Health Teams gather around Highfield School's edible garden area*



*Judy (a parent) and students from the Beaconsfield SHT talk about the worm farm they established last year*



The teams also visited the WAVE Resource Centre at Oceanview Heights School to see the extensive equipment available free of charge. Students were encouraged to book items to support their activities at school, including physical activity equipment and nutrition resources. Remember, you can book items via email by sending a request to [waveresources@gmail.com](mailto:waveresources@gmail.com).

WAVE Student Health Teams from the following schools Beaconsfield, Cannington, Gleniti, Highfield and St Josephs Timaru all attended the WAVE Field Trip. It was great to see the sharing of ideas and Highfield School were keen to stay in contact and perhaps have future lunchtime visits or attend meetings so we can continue inspiring and supporting each other.

## TERTIARY SETTINGS

### BARNABAS TRUST

Activities at Barnabas Trust during 2009 included students creating and preparing their own vegetable gardens. They planted a variety of vegetables including lettuces, cabbage, onions, beans, cauliflower, silver beet, garlic, celery, yams, potatoes and strawberries.



Students care for their own gardens and are able to take the produce home for their families as well as using it here when having one of our regular cooking lessons at Barnabas Trust.

Students also participated in a NZ Mountain Safety Council Outdoor First Aid course. All students passed and particularly enjoyed the mock accident scenes.



All, under the guidance of an art tutor, enjoyed art lessons. Students were able to be creative and as well as producing a piece of art for themselves other pieces were auctioned off to support local charities in Timaru.



It was encouraging to see all the students having a go at rock climbing during the year.



Students are encouraged to be involved right through the process of producing honey from our thirty hives.

## AORAKI POLYTECHNIC ORIENTATION DAY

WAVE team members Kate, Janet and Anna attended the Orientation Day at Aoraki Polytechnic on March 2nd promoting safer drinking, safer sex and oral health messages to new students.

Mereana, Mareta, Holly, Kayla, Matt and James from the Community College assisted us on the day handing out condoms, tooth brushes and safer drinking information as well as

encouraging all under 18's to get hooked up with a dentist. They also ran the Condom Drivers Licensing Booth where participants completed a theory and practical component to gain their license to drive a condom. This activity was well supported with 34 more young people now licensed. Our thanks to those awesome students who assisted us and to the Polytech for a great day.



Lots of wonderful events happen in South Canterbury schools during the first term of each new year! Triathlons, swimming events, cycle safety and walk to school programmes feature highly and it's always great to see the ways schools encourage their students to be out there and active in the summer months.

February is BikeWise month and this year it was great to have 62 students from local schools join us on the Mayoral Bike Ride in Waimate. Teachers and parents also rode with us on a 2.5km or 5km circuit of Waimate, along with over 150 people from the Waimate Community.



Twizel had a total of 46 participants and Timaru with 30 attending their respective Mayoral Bike Rides.

Schools involvement in community activities sends a positive message about our children and sets an even greater example when teachers and parents participate together.

## PHYSICAL ACTIVITY

### FAMILIES GET ON YOUR BIKE NIGHT

This was held on Wednesday 24th February at West End Park. The evening was a great success starting with fantastic sunny, warm weather. There was a great turn out of people from all ages 3-80, Great Grandparents through to littlies. Everyone showed up

completely 'Bike Wise' with helmets, good bikes and visibility vests. Every entrant had a 'passport' to complete, which was made up of 8 different stations – The obstacle course, Orienteering, the Slow Ride, Signalling, Bike Check etc



Hayden Paddon, Nicole Begg and Rion Begg attended the night as celebrities taking the children on a 'Cycle Train' on road, up Wai-iti Road and back down Otipua Road. Once each child had their 'passport' completed they put it in a

draw for some fantastic spot prizes at the end. A great night was had by all, thanks to all who supported this Bike Wise Event.

Kia ora kotou!

"It's here!" I could hear you all shout as the sun shone on the first day back at school. I hope it lifted the spirits and brought you good positive feelings for the start of a new term. Mother Nature certainly has made up for gloomy summer holidays with some

cracking days of hot, sunny weather. I am sure this sunshine has been a reminder that it's still time to 'Be SunSmart - Slip, Slop, Slap, Wrap' - right until April. Ensure new families, staff and students in your school community know of your Sunsmart practices, so they too can support the SunSmart message.

**PORTABLE SHADE TENTS**

It's great to see so many of you providing shade for your students and staff at athletics, swimming sports and other events. If you haven't already, make sure you book them for your next event, at

the Cancer Society (03) 688 0124. Small reminders in newsletters to encourage parents and students to bring extra sunscreen, their hats and clothing to cover up is helpful so they can further avoid sunburn at your events.

**CORRESPONDENCE UNIT IN THE HIGH COUNTRY GET CREATIVE!**

Haldon Correspondence Unit, based in the Mackenzie Country, received their SunSmart Accreditation in November, but not only do they have adequate SunSmart Practices in place, they thought of a novel way to share the SunSmart message with their wider community. Here's what Freddie Hughes, Teacher at Haldon has to say:

"If ever there was a place that involves the need to be SUNSMART, it's the Mackenzie Country - we get so much Sun!! So instead of just learning for ourselves at Haldon Correspondence Unit how and why to be SunSmart, we decided to share our new knowledge with our local Mackenzie Country community. With help from Kate Johnson of the Cancer Society to check we were giving the correct information, we produced a brochure called "Being SUNSMART in the Mackenzie Country". In it we explained how to be Sunsmart, why it's important and asked and answered some frequently asked questions that seem to be common in SUNSMART discussions.

The brochures are now out in the community, with local businesses and organisations like the local grocery shop, medical centre and library all supporting the SUNSMART message by displaying our brochures. We have also shared them with another local school. It is pretty cool to see something we made at school delivering a message out into the community around us! Especially such an important message! Now we are working hard to 'practice what we preach' and be SUNSMART in our own lives all the time."



**ST JOSEPH'S PLEASANT POINT 'WEARABLE HAT DAY'**

Check out these photos from St Joseph's Pleasant Point 'Wearable Hat Day' held during SunSmart Week last term. They celebrated achieving their SunSmart Accreditation with learning how to make hats, bringing

in members of their wider community to help the classes out. There were football stadiums, cake stands, boats and a giant weta! All creations were absolutely AMAZING! A very hard job for Greg from WAVE and myself to Judge them! Congratulations to the students for some great creativity!



**Dates in Diary for 2010: SunSmart Professional Development**

- \* Primary Schools: Week of 13th September
- \* Early Childhood Centres: Week of 26th October
- \* SunSmart Awareness Week 8th - 12th November



**WORLD SMOKEFREE DAY IS HELD ANNUALLY ON THE 31ST MAY AND THIS YEAR'S THEME IS "GIVE QUITTING A GO - YOU CAN DO IT"**

World Smokefree Day is an annual event in which we would love to see your Early Childhood Centre, School or Alternative Education get on board with. This year's theme is aimed at quit attempts. Although not too child-friendly the message could be used as a prompt for parents or staff through school newsletters.

Early Childhood Centres, Schools and Alternative Education Providers can get involved by organising smokefree/auahi kore displays, quizzes, presentations or even a smokefree/auahi kore event such as a concert or sports day. The month of May could also be a good time to promote your Early Childhood Centre or School's smokefree/auahi kore policy; offer smokefree home and car stickers to parents; encourage staff/students to quit smoking; look at including smokefree/auahi kore messages in newsletters; staff orientation or the 'Beginning ECE/School' New Entrants pack.

Classrooms/centres could use the month to discuss national tobacco control campaigns such as 'Give quitting a go'; Banning tobacco retail displays or even get involved in Student smokefree/auahi kore advocacy projects. Whatever you do for World Smokefree Day, remember to get your parent community involved too.

For more information about this year's World Smokefree Day theme, and to see examples of what people have done in the past, check out the [World Smokefree Day](http://www.worldsmokefreeday.org.nz) website [www.worldsmokefreeday.org.nz](http://www.worldsmokefreeday.org.nz)

Our Smokefree Health Promoter does have resources available to help promote the 'Give quitting a go' theme. If you would like some further ideas on how to promote Smokefree or for some free resources to enhance your activities for World Smokefree Day please contact Leola Ryder on 684-0660 or [leola.ryder@cdhb.govt.nz](mailto:leola.ryder@cdhb.govt.nz) or talk to your WAVE Facilitator.

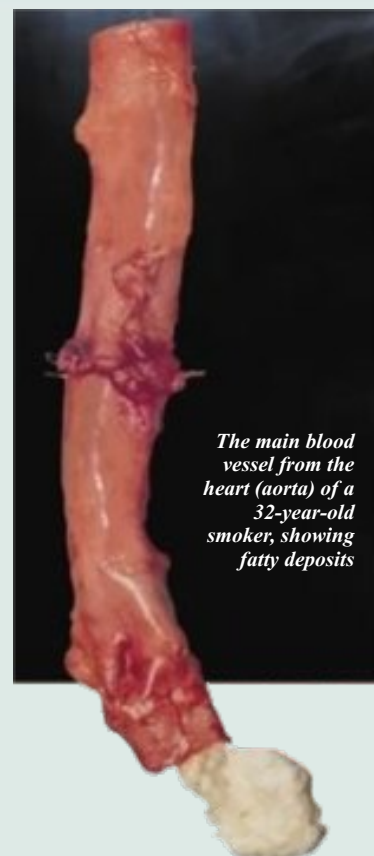


## Smoking Facts

- Tobacco is the only consumer product that kills people when used as the manufacturer intends.
- Half of all continuing smokers will die from smoking an average of 14 years early.
- Tobacco smoking kills around 4,700 New Zealanders every year.
- Globally, 1.1 billion people smoke. Each year tobacco causes some four million early deaths.
- By the year 2030, tobacco is likely to be the world's leading cause of death and disability, killing more than 10 million people annually and claiming more lives than HIV, tuberculosis, motor vehicle accidents, suicide and homicide combined.
- Smoking causes deaths from lung cancer, Chronic Obstructive Pulmonary Disease, heart disease and stroke.
- Smoking causes one in four of all cancer deaths in New Zealand.

### Second-hand smoke

- Second-hand smoke is a mixture of smoke breathed out by the smoker (mainstream smoke) and smoke released from the lit cigarette (sidestream smoke).
- It is the leading environmental cause of preventable death in New Zealand. It is estimated that around 350 New Zealanders are killed by other people's tobacco smoke each year.
- A lit cigarette is like a little toxic waste dump on fire. Second-hand smoke contains acetone (paint stripper), ammonia (toilet cleaner), cyanide (rat killer), DDT (insecticide) and carbon monoxide (car exhaust fumes).
- Second-hand smoke has been shown to cause:
  - coronary heart disease
  - lung cancer
  - acute stroke
  - eye and nasal irritation
  - nasal and sinus cancer



*The main blood vessel from the heart (aorta) of a 32-year-old smoker, showing fatty deposits*



## The 2009 WAVE Potato Challenge: Update

You may remember reading about the WAVE Potato Challenge in the last newsletter - created to get children to enjoy the potatoes they grew and harvested at Christmas.

The Challenge included a series of three 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' (you can see entries and our winner for this in our last newsletter).

The second competition required children to share with us the 'top secret way they enjoyed their potato'. Entries included fancy flow

diagrams on top secret ways to bake, stuff and eat potatoes, photos of children enjoying their top secret potatoes and lists of top secret baked potato toppings; pineapple, bacon, onion, cheese, baked beans, tomato, corn, yoghurt – yum!

Top efforts to our winners - Breanna McKinlay and Montana Philp from Morven School who dazzled us with their creative flare showing us how they prepared their top secret potato. Peel Forest Montessori Preschool shared with us their top secret tip – 'if children are involved in baking their own potato they are more likely to eat it'.

We think every child who entered this competition is a winner – after all if you can bake a potato you can make a meal!



Winners: Peel Forest Montessori Preschool



Winning entry: Montana Philp, Morven School



Winning Entry: Breanna McKinlay, Morven School

The third and final competition was 'to capture a snap shot of themselves and their family enjoying the potatoes they grew at Christmas'. Congratulations to the McKinlay family. It looks like Breanna, Jacob and Scott McKinlay from Morven School had a lot of fun organising their photo shoot.

Congratulations to everyone who took part in the 2009 WAVE Potato Challenge. We hope this inspires you to grow, harvest and enjoy your own potatoes for many more Christmases to come!

Bronwyn Beavon & Liz Cutler  
WAVE Nutrition Promoters



### SIZZLING HOT & HEALTHY FUNDRAISER

There's no escaping the waft of a sizzling sausage! This kiwi classic is often seen as a cheap easy way to raise funds, but along with chocolate drives, the traditional sausage sizzle falls flat when it comes to providing good nutritional value. Sausages are listed as an 'occasional'\* food by the Food and Beverage Classification System (FBCS), so are best offered no more than once per term.

But don't wheel away the barbeque too soon. You can continue to profit from these hot sellers without compromising the healthy eating messages you teach children.



#### All it takes is a bit of kiwi ingenuity:

- Sausage substitute: who says it has to be a sausage? With less salt and over 2/3 less fat, lean meat patties make for a superior substitute and they taste great too. The cost per patty may be slightly higher (~30c) but with greater meat content people will be prepared to pay more.
- Bargain with a local Butcher: consider approaching your local butcher to make lean meat patties with less salt too. If only sausages will do, ask your butcher for lean varieties (<10% fat) or ask for smaller sausages such as chipolatas.
- Cook with children: if you have the time, why not get children involved in making patties – a fantastic learning opportunity and chances are they'll encourage mum, dad, aunty and uncle to come and try their delicious creation = more guaranteed customers!
- Offer more than just onion: in addition, consider offering coleslaw (with dressing on the side), tomatoes and barbequed capsicum or prepare bowls of lettuce, carrot, tomato, grated low fat cheese (e.g. Edam), beetroot and let people choose what they want.
- Save on spread: forget margarine all together or ask customers before adding it. This will save time and also give people a choice.
- Boost fibre through bread: provide wholemeal, multi-grain or white high fibre bread or rolls. Talk with your local baker to see what they can create – they may even be able to offer a discounted rate.
- Practical portions: offer ½ portions or mini burgers for small children or those with smaller appetites.
- Select low salt: reduced or no added salt varieties of tomato and BBQ sauce are a heart healthy choice.
- Favour healthy fats: use only a small amount of healthy fats to grease the barbeque - olive, sunflower, soybean, or canola oil. Spray oils are a good option.



If you would like further ideas on healthy fundraisers, contact your WAVE Facilitator

\* foods that are high in saturated fat and/or salt and/or sugar