



August 2011 | Issue 18

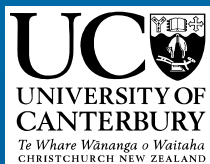
## In this Issue:

- FLAVA Festival
- World Oral Health Day
- New Smokefree Resource
- Latch-on Day



Community &  
Public Health

a division of  
Canterbury District Health Board



Deadline for submitting information for next newsletter is Thursday 4th November 2011 - articles can be emailed directly to: [jane.powell@cdhb.govt.nz](mailto:jane.powell@cdhb.govt.nz) WAVE newsletter is published quarterly

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

## Kia Ora koutou, Hello and greetings

“Ko taku reo taku ohooho, k otaku reo taku mapihi mauria.”

“My language is my awakening, my language is the window to my soul.”

I have chosen this whakatauki to open our newsletter because it recognises the place of language as the window to the soul. It is an appropriate way to follow on from July's Maori language week and the very successful Ka Toi Maori o Aoraki Festival (FLAVA), and serves to remind us of the significance Maori language can have when woven into the fabric of our school communities all year round.

Hopefully by the time you read this newsletter we are well and truly celebrating spring and those cold Arctic blasts of July and August are behind us.

Gosh, it's hard to believe that we are now heading towards the end of the year as it doesn't seem long ago that I was welcoming you back to

the new year. So much has happened over the past couple of months, which you will read about in this issue.

The WAVE Project evaluation report has been completed, and on 2 November at 5pm we will be showcasing the past five years of WAVE and presenting the evaluation outcomes. We will contact you all shortly with more details, and look forward to seeing you all there sharing in our joint success.

Have a great term everyone and keep up the great Mahi!

Happy reading,

Nga Mihi

Janet Quigley  
WAVE Project Leader

## Arowhenua School



WAVE presented Arowhenua Maori School with an apple tree to say thank you for welcoming students to the recent Primary Youth Forum.

## Primary Settings **Tree-planting**

To say thank you to the six schools that gave such great presentations on the projects they had undertaken around their school health issues at the Primary Youth Forum back in May, WAVE gave each of these schools a voucher for trees. They were able to choose from fruit, native or shade trees.

Highfield School, who gave a very informative presentation on their gardening projects at the youth forum, selected an apple tree as part of the regeneration of their edible garden. This was presented to the Student WAVE Team by Sarah.



Sarah also presented St Josephs Timaru with shade trees, which they will be using for their upcoming shading project. The St Josephs team gave a presentation of Spud Supreme, and how together they revamped their school lunch ordering system.



Linda presented some native lacebark trees to Waimate Centennial, to complement their new native garden area. Waimate Centennial gave a well-thought-out presentation on their project to relocate and upgrade the school sandpit.



Kate Johnson presented a plum tree to Westmount, along with their SunSmart certification. Westmount gave a fantastic presentation at the youth forum, complete with their own SunSmart song!



Albury School was presented with three lacebark trees. Sunhats were the topic of Albury's project and presentation, as they had recently gained SunSmart certification and decided that their old and worn sunhats needed upgrading. Well done.



Arowhenua Maori School was presented with an apple tree. Arowhenua welcomed all the other students to the forum as part of the powhiri.

And finally, Greg presented an apple tree to St Josephs Pleasant Point, who gave a presentation about their survey of hygiene habits around handwashing, and whether soap dispensers and hand gel might be needed at the school.

## New Facilitator **Introducing Maori Health Promoter Ricky Biddle**

E nga mana  
E nga reo  
E nga Rangatira ma  
Tena Koutou Tena Koutou Tena Koutou Katoa

Ko Ricky Biddle Taku Ingoa,  
No Arowhenua Ahau  
Hau ora Kai Mahi  
Noa Riera  
Tena Koutou Katoa.



Greetings! My name is Ricky Biddle and I was born and raised in Arowhenua. I have recently joined the Community & Public Health team here in Timaru and have taken up the role of Maori health promoter. It is an exciting role that is being developed and will cover a vast range of issues that create many barriers within the Maori community. I feel very fortunate to have this opportunity to support Maori here in the South Canterbury region.

Key areas the role will address include:

- Focusing on whanau hapu and iwi approach, working on delivering options/solutions, empowering our Maori community.
- Exploring social, health, justice, financial, education and accommodation threats.

- Implementing strategies to maintain balance.
- Encouraging participation within the Maori community.
- Creating, maintaining balance within partnership to all group sectors.

As previously mentioned the role is still being developed, however the objective is to address relevant and underlying issues of ongoing concern to Maori.

Noa riera  
Nou Te Rourou  
Naku Te Rourou  
Ka Ora Ki Te Iwi

**Ricky Biddle**  
Maori Health Promoter  
Community & Public Health  
18 Woolcombe Street  
PO Box 510  
Timaru  
Phone: 03 6872605  
Email: ricky.biddle@cdhb.health.nz

On 7 July, schools and early childhood centres had the opportunity to attend the annual cultural competition, Ka Toi Māori o Aoraki Festival, at Caroline Bay Hall. This was the fifth year of the festival, organised by Arowhenua Whanau Services and coordinated by Kia Piki Te Ora, a team that runs programmes aimed at preventing suicide. The festival was planned to coincide with Te Wiki o te reo Māori 2011 (Māori Language Week), with this year's theme being Manaakitanga (making people feel welcome).

The FLAVA festival aims to provide students with an opportunity to explore and experience Māori culture, and an awesome opportunity to showcase their skills. This year there were 27 preschools, primary and secondary schools competing from within the Arowhenua rohe (between the Waitaki and Rakaia rivers: Waimate to Ashburton). The festival was split into Kapa Haka (traditional dance and waiata), Performing Arts (waiata, whaikōrero, short stage drama, music, dance and other stage performances). At the same time over at Sopheze On The Bay, visitors were able to enjoy a coffee and view the display of Visual Arts: painting, drawing, sculpture, wearable arts and weaving.

Once again the festival was a huge success, with the hall being packed to capacity for much of the day. The audience were treated to some amazingly colourful and exciting performances by teams that had clearly devoted long hours to perfecting their skills.

Grantlea Downs School took out the top title in this year's festival.

## RESULTS:

### Visual arts

**Junior:** St Patrick's Waimate  
**Senior:** Geraldine High School  
**Best individual work junior:** Courtney Dale  
**Best individual work senior:** Aroha Te Tangata

### Performing arts

**Junior:** Grantlea Downs School  
**Senior:** Opihi College

### Kapa haka

**Junior:** Arowhenua Maori School  
**Senior:** Opihi College

**Kakahu (best costume) winner:** Arowhenua Maori School

**Innovative winner:** Grantlea Downs School

**Aggregate:** Grantlea Downs School



## Mental Health

## Not so sweet dreams



Animals need it, we need it. And the younger we are, the more of it we need. What is it? It is sleep.

Researchers in Dunedin have been looking carefully at sleep patterns and have found not only are children sleeping for about two hours less than 20 years ago, but having less sleep increases the risk of being overweight

as an adult. With the children they followed, they found those from nine years of age onwards who had less than 11 hours of sleep were more likely to be overweight than their peers and were 25% more likely to be overweight at the age of 32. Surprised by this, the researchers' further investigations suggested there were irreversible physiological changes happening through lack of sleep at an early age. In other words, they concluded that if children have too little sleep, the risk stays and makes it harder to maintain a healthy weight as an adult.

But that's not all. Sleep, or a lack of it, has also been linked to bullying and other aggressive behaviours in a study by the University of Michigan. This study showed sleepiness, which could be caused by disordered breathing problems like snoring or other factors like fragmented sleep, over-stimulation from electronic devices or chaotic home environments, seemed to be the biggest driver of the behaviour problems. Physiologically, the pre-frontal cortex of the brain is sensitive to sleep deprivation, and this same area also is related to emotional control, decision making and social behaviour.

The long-term impact of sleep deprivation on the developing brain is significant, but the solution is simple. Remove electronic devices from bedrooms, make getting enough sleep a priority and encourage children to sleep for the recommended amount of time without interruption. The recommended sleep-time for children in pre-school is 11-13 hours, and for school-aged children and adolescents is 9-11 hours a night. By helping children get into a regular sleep pattern, we can all rest easy knowing we are giving the brains of the future the best possible chance of developing to their potential.

Anna Reihana, sexual and mental health promoter  
 Liz Cutler, public health dietitian

### Did you know...

- Dental decay is the most common chronic disease worldwide.
- It particularly affects children and disadvantaged populations.
- In New Zealand 44% of 5-year-olds and 48% of Year 8s have one or more cavities.

You can make a difference! Circle September 12 on your calendar, talk to your WAVE facilitator and plan to promote oral health this World Oral Health Day.



### Brushing up

With the support of WAVE and the New Zealand Dental Association, Waimate Main Primary School, Timaru South School (including Pareora Campus) are soon to be promoting oral health during their school breakfasts. With the strong link between good nutrition and oral health these schools see breakfast as an ideal opportunity to promote tooth brushing, and what better time to do this than during the week of World Oral Day? Stay tuned for an update in the next WAVE newsletter.

### BRUSH UP QUIZ

Brush up on your oral health knowledge and put yourself to the test. How many of these 12 oral health questions can you get right?

- When should parents start brushing their children's teeth?**
  - as soon as they appear
  - once all the baby teeth come in (2-3 years of age)
  - anytime
- For how long should we brush our teeth?**
  - 30 seconds
  - 1 minute
  - 2-3 minutes
  - 5 minutes
- What parts of the mouth should be brushed?**
  - teeth
  - gums
  - tongue
  - all of the above
- Parents should supervise brushing until children are what age?**
  - 3-4 years
  - 5-7 years
  - 8-9 years
- What kind of bristles should the toothbrush have?**
  - soft
  - hard
  - medium
  - it doesn't matter
- How much toothpaste should we use?**
  - smear
  - pea-sized
  - the more the better
  - depends on age
- South Canterbury's water supply is fluoridated.**  
True or False
- The Ministry of Health recommends that all New Zealanders use a full strength fluoride toothpaste.**  
True or False
- When looking on a toothpaste label, how do we know whether it is full strength fluoride?**
  - says it contains at least 1000 ppm fluoride
  - says it contains at least 0.22% sodium fluoride
  - says it contains at least 0.76% sodium monofluorophosphate
  - all of the above
- Which of the following findings from the 2009 NZ Oral Health Survey is true?**
  - only 15.3% of 2-4-year-olds brush their teeth twice daily with a full strength fluoride toothpaste
  - only 57.1% of 12-17-year-olds brush their teeth twice daily with a full strength fluoride toothpaste
  - two in three NZ adults brush their teeth with a full strength fluoride toothpaste at least twice a day
  - all of the above
- In NZ basic oral health services are free until the day you turn 18.**  
True or False
- As an education setting you can play an important role in promoting oral health.**  
True or False



### Something to smile about

You simply can't miss the two new editions to our WAVE Resource Centre:

Big and durable, these oversized tooth models are perfect for children/students (4+ years) to use to practise brushing up on their tooth brushing skills. There are two different sets: one is soft and can be manipulated manually as a hand-puppet and the other is made of hard plastic with the top and bottom teeth connected by a large flexible wire allowing the giant toothbrush to access those hard-to-reach areas. There are two sets of each available for loan, so be in quick and book a set today. You can check these out on the WAVE website:

[www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)



While you're there, also check out the ECE and Secondary School Oral Health Education Resources. They're full of heaps of useful info to support classroom teaching around oral health.



### FINALLY! A fundraiser you can really sink your teeth into

Promote oral health and raise valuable funds at the same time through fundraising with toothbrushes and toothpaste. Talk to your WAVE facilitator to find out more about this fundraising option. It's a lot tooth-friendlier than chocolate!

### What's for lunch?

For one year from June 2011 all South Canterbury children who attend their B4 School Checks will receive this colourful sturdy lunchbox which contains nutritious, tooth-friendly suggestions for what to put in it.



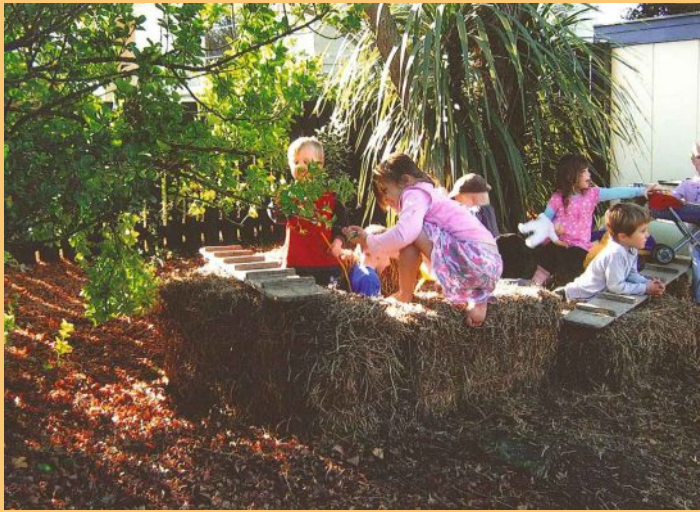
You may start seeing these lunchboxes in your ECE or school. Not only useful for storing lunches, these boxes can also be used in the classroom to support teachers/educators in teaching food and nutrition: What foods make up a balanced, tooth-friendly lunch? What foods does Mr/Mrs Tooth like to eat to keep healthy?

If children gain an understanding for why these foods are important they may be more inclined to ask for them and return home with satisfied tummies and empty lunchboxes. We all know healthy children learn better too!

Answers: 1. a) As soon as they appear. Regular brushing should be started as soon as the first tooth comes through the gum. This usually happens at about 6-8 months of age. 2. c) 2-3 minutes. Evidence based research has shown that brushing your teeth should take about 2-3 minutes to be effective. How long do you take to brush your teeth? 3. d) All of the above. For a healthy mouth it's important to clean our teeth, gums and even tongue! Brush their own teeth BUT they will still need adult supervision until 6-9 years old, just to make sure they get in the habit of doing a thorough job. 4. b) soft. The Ministry of Health recommends using a toothbrush labelled 'soft', since hard-bristled toothbrushes can damage tooth enamel and irritate the gums. 5. c) depends on age. A smear of fluoride toothpaste should be used for children under 6 years of age, those over 6 years of age should use a pea-sized amount. 6. True. Brushing twice daily with a full strength fluoride toothpaste is an effective method of reducing dental decay. Fluoride helps strengthen teeth and it can help fix the very early stages of decay in all teeth. 7. False. Unfortunately! This is one proven public health measure which has been shown to reduce dental decay. With non-fluoridated water it's even more important for us to make sure we are using a full strength fluoride toothpaste. 8. True. Brushing twice daily with a full strength fluoride toothpaste is an effective method of reducing dental decay. Fluoride helps strengthen teeth and it can help fix the very early stages of decay in all teeth. 9. d) All of the above. At present there is no consistent technology manufacturers use to let us know the fluoride content of their toothpaste. They are meant to label fluoride in parts per million (ppm) but unfortunately this isn't happening in reality. Selecting a full strength fluoride toothpaste would be a lot simpler if they did! 10. d) All of the above. Definitely room for improvement! The Ministry of Health recommends all New Zealanders brush their teeth twice daily with a full strength fluoride toothpaste. 11. True. Children in NZ are entitled to free basic oral health services from 0 to 17 years of age, until their 18th birthday. 12. True. Education settings are an important setting for promoting oral health. They reach over 1 billion children/young people worldwide and, through them, the staff, families and the community as a whole. Oral health messages can be reinforced throughout the most influential stages of children's lives, enabling them to develop lifelong sustainable attitudes and skills. Talk to your WAVE facilitator if you would like support in promoting oral health in your setting. Feel free to use this quiz or these facts in your own ECE/School newsletters.

Rhona Day Kindergarten has large spacious grounds with productive gardens. During Matariki the last of the potatoes were harvested and we decided to put the gardens to rest. The pea straw was ordered and delivered. Who would have thought what a fabulous resource

a \$5 bale of pea straw could be! The bales were lifted, shifted, made into huts, fences and walls, as well as carted about on the trolleys. They were the perfect size and weight to be handled by two cooperative children. We will definitely be ordering more next year.



## Smokefree

## smokefree

### Supporting students and school communities to be smokefree

To help empower and support young people to be smokefree, a new teaching resource has been sent to all schools with year 7 and 8 students. The *Staying Smokefree/Te Noho Auahi Kore* resource aims to develop the resilience of year 7 and 8 students and encourage a positive attitude about being smokefree/auahi kore now and in the future. Although the primary focus of this new teaching resource is levels 3 and 4 of the health and physical education learning area, it also has links to other areas, including mathematics, statistics and English.

In addition, many Boards of Trustees and principals have asked for a practical planning guide to help them move beyond compliance and make their school communities truly smokefree. In response to this, *Our Smokefree School/He Kura Auahi Kore: A Practical Guide to Being a Smokefree Community* has just been produced and sent to over 2,700 schools. The planning guide offers practical advice on how schools can take small steps or make major change towards embedding a smokefree kaupapa. It contains programme planning tools, a DVD to inspire schools to consider opportunities for focussing on being smokefree, tips for working with community groups and families, as well as templates for letters and surveys.

Both resources are available free of charge. They have been developed in close consultation with people working in the health and education sectors throughout New Zealand. You can check out and download the new resources at [www.smokefreeschools.org.nz](http://www.smokefreeschools.org.nz), or contact Kath Blair for more information: [kath@hsc.org.nz](mailto:kath@hsc.org.nz), phone 04 472 5777.

Kath Blair is the Smokefree Schools manager for the Health Sponsorship Council in Wellington and works closely with Leola Ryder, our WAVE Smokefree Schools advisor. Thanks so much to Kath for making the journey to Timaru to facilitate the workshop for teachers on these new resources. Come back and visit again soon!

For further information locally contact Leola Ryder on [leola.ryder@cdhb.govt.nz](mailto:leola.ryder@cdhb.govt.nz) or phone 687 2610, or talk with your WAVE facilitator.



## WAVE is on Facebook!



WAVE South Canterbury has its own Facebook page. You can now keep up-to-date with all our latest news, events and photos. If you're a Facebook member, search for WAVE South Canterbury and "like" the page.

You can also go to our website: [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) and click on the Facebook link from there. There are lots of other improvements coming to the website too, so watch this space!





The Beaconsfield WAVE team recently cooked up tasty, tempting pizzas to raise funds for future WAVE initiatives. The team surveyed students to find out their favourite toppings, then checked with WAVE dietician Liz Cutler to make sure they would be both delicious and nutritious. The team worked with WAVE facilitator Sarah Macfarlane to choose a base, spread, and a variety of different toppings, including heaps of vegetables with protein coming from low-fat grated cheese, ham or chicken. Judging by the funds raised, the Hawaiian, BBQ apricot chicken, Kiwi classic (good old spaghetti base), and vegetarian pizzas all tasted as good as they looked!

Pizzas can be a good food choice in the cooler weather, and can be both filling and nutritious when you make your own. There are some excellent guidelines and recipes to be found in the toolkit "Food and Nutrition for Healthy, Confident Kids" produced by the Ministry of Health. If you do not have a copy of this toolkit, please contact Liz Cutler at Community & Public Health on 687 2608.



Here are the pizza guidelines from the Catering Guide:

1. Choose one base, one spread, one protein and a variety of toppings, including several vegetable options.
2. Spread tomato paste on the base.
3. Add some toppings, finishing with lower fat grated cheese. If peppers and tomatoes are out of season and/or expensive, be adventurous and try lightly steamed broccoli or use frozen stir-fry veges after they've been briefly plunged into boiling water.
4. Bake at 200°C for 15 minutes or until golden brown.

BASE (CHOOSE 1)	SPREAD (CHOOSE 1)	TOPPING (CHOOSE A VARIETY)	PROTEIN (CHOOSE 1)
Home-made pizza dough Ready-made pizza dough Pita bread Scone dough (make a plain dough)	Tomato paste Tomato sauce Pasta sauce Canned spaghetti	Grated cheese (lower fat) Drained, crushed pineapple Chopped onion Sliced mushroom Sliced peppers Sliced tomato	Finely diced ham Canned tuna or salmon Lean cooked mince



## Homai Te Paki Paki

Temuka residents were entertained by a number of talented young people in the first Auhai Kore/ Alcohol free Homai Te Paki Paki event held on 18 August.

A crowd of 50 young people/ parents and staff at Opihi College heard a range of young people sing, and were later supported by whanau members utilising the mike. The event was run to show young people that they can have a great night without having to use alcohol.

The level of talent set up the judges for a tough night and it also gave some young people a chance to showcase their own work. Temuka has some budding songwriters amongst their residents.

The event was supported by Temuka Community Care Trust, He Oranga Pai and WAVE. Due to the positive feedback this time round, it is looking like it may be an annual event. Although the event is held in Temuka, it is open to all South Canterbury young people.



## Early Childhood Discovering Matariki at Ranui Free Kindergarten

Over the last month tamariki and teachers at Ranui Free Kindergarten have been preparing for and celebrating Matariki, Māori New Year.

The preparation started with planting mustard seed in the garden which was dug in after the new moon. Learning about stars, ngā whetū, and the Matariki constellation occurred in different ways, including: displaying te po (the night sky) and the Matariki constellation on the kindergarten ceiling, reading stories about Matariki, baking star cookies, drawing stars in a variety of ways and painting Matariki on the lawn. We worked together to make kites (manu tukutuku) by first using paper and then traditional materials. Kapo Kapo Whetū (Twinkle, Twinkle Little Star) was one of the new waiata



learned. We even discovered that cutting apples through the middle, instead of end-to-end, makes ngā whetu shapes in the core!

Freid from Starlight Tekapo was contacted through her regular column in the Timaru Herald. She attended our kindergarten whānau tea and shared her wonderful knowledge with us. She brought her laser star spotter which intrigued all of us! We didn't get to see Matariki as it appears around 4am, but we did see Saturn and a speedy satellite.

At the end of last term an apple tree was planted to acknowledge this year's Matariki celebration. We hope that before the next rising of Matariki we will not only be harvesting the garden, we will be harvesting our own apple whetū!



## Community Links and Partners

## How can settings utilise these more?

Community links and partners can be a great resource to tap into when looking at enhancing initiatives all ready in place in a setting.

- The Crows Nest can be fantastic when looking for material to build a worm farm, outdoor seating or even boxing for an edible garden.
- Grandparents and neighbours within the setting's immediate boundaries can be another useful resource especially when it comes to looking after that garden during the weekend and holidays, especially the long Christmas holidays. They could water and weed your garden and in return sample the produce.
- The South Canterbury Museum has a fantastic display on Matariki, worth popping in and checking out if you want to focus on a more traditional calendar for planting.

- Garden centres could be a useful place to start when putting down your garden. Plants that can't be sold but just need some tender care could possibly be picked up at a fantastic price.



## Early Childhood

## Glenview celebrates FLAVA



Participating in the FLAVA festival is another important step in our bicultural journey. This term we have held harakeke (flax weaving workshops, making putiputi (flowers) and tīpare headbands). We practiced singing our waiata all term.

The children chose the colour and design for the t-shirts. In order to buy and get the t-shirts printed we were very fortunate to access WAVE funding.

The day of the festival finally arrived. The children were very excited. Parents/whānau supported us on stage and in the audience. It was a great experience. Every child sang loudly and enthusiastically. We were so proud of our tamariki.

Participating in the FLAVA festival gave children/whānau an opportunity to learn more about their cultural heritage, gain a strong sense of belonging, and participate within a large group.

Tino pai to mahi tamariki! (Well done children!).



## Breastfeeding

## The Big Latch On - a Big Success!

South Canterbury celebrated another successful World Breastfeeding Week with the Big Latch On held in Timaru, Waimate and Twizel on 5 August. Thirty-eight mothers and their babies were welcomed by the passionate South Canterbury Breastfeeding Action Group at Chipmunks in Timaru. Breastfeeding Works peer counsellors in Waimate celebrated with four mothers latching on, and Twizel had eight mothers participating in the celebrations. By 10.30am all babies had latched on, contributing to a record number for South Canterbury with a total of 50 mothers, up from the 41 mothers recorded in Timaru last year. Mothers and children enjoyed the provided morning tea and donated spot prizes.

The Big Latch On, coordinated nationally by Women's Health Action, also celebrated by breaking last year's record: 1564 latched on with a total 133 venues taking part in New Zealand. The theme for this year was "Talk to me! Breastfeeding is a 3D experience", emphasizing the importance of communication in protecting breastfeeding.

The Latch On is a valuable opportunity to celebrate the hard work mothers do and is a positive sign that we are strengthening breastfeeding support in New Zealand.



Eighty student leaders from 11 local schools gathered recently at the SBS Events Centre for a day of sports leadership fun and learning. Now an annual WAVE and Sport South Canterbury partnered event, the workshop supports the continued development of the Physical Activity Leaders (PAL) programme in primary schools. This year's high energy workshop was designed to give PAL teams a kick start with their leadership skills.

Coaches delivered a series of workshops that enabled the students to learn and practice game management skills through playing a variety of fun games. PAL leaders were encouraged to deliver games that everyone can play and enjoy by applying simple modifications. They also were given an opportunity to experience refereeing situations, with instruction on communication and whistle blowing.

Teachers attended a network meeting where information was shared on the successes and challenges of the PAL programme. Bluestone and Temuka Primary schools, who have had the programme running for several years, shared their tips for success and sustainability.

The day of learning was concluded, as usual, with a planning session where teachers and students were able to consolidate what they had experienced and plan their next steps for implementation.

This year's workshop topics included:

- **The Three Rules of Teaching a Game:** Aoraki Polytechnic Sport & Fitness students taught the children how to introduce a game by using no more than three simple rules. Students played a simple and fun game of speedball, then were given the opportunity to practice introducing the game to their peers using the three steps of: tell them, group them, play!
- **Making it Fun for Everyone:** Sally Small, fundamental skills advisor for Sport South Canterbury, challenged some of the traditional ways to play games by substituting rules of exclusion to ensure greater involvement by everyone playing the game. She demonstrated how to change a simple "you're out" rule to "your team loses a point", or "you must perform a given task before re-entering the game". These simple modifications can be used by teachers and PALs to keep everyone busy and engaged in a game.



Turbo Touch fun!



Steve Fennessey and his team of Bluestone PALs hard at work unpacking the day's learning.



Sally Small, Fundamental Movement Skills Advisor for Sport Canterbury, shows PALs how to use a variety of equipment to make games more inclusive.



Temuka Primary students and Jane Mulligan, their teacher, plan their next steps.

Aoraki Polytech Sport & Fitness students teach PALs the '3 Rule Rule' to introducing a game.

## Secondary Settings

## Physical Activity



Hi! My name is Greg Newton. Whilst continuing to work in my role as a WAVE facilitator, I have just been appointed as the physical activity health promoter in secondary schools in South Canterbury. I am based at the Community & Public Health office in Timaru. As part of my new role I have been visiting South Canterbury secondary schools to introduce myself to the PE departments and to the sports coordinators. My role is to support South Canterbury secondary schools to provide a healthy environment, with a particular focus on increasing physical activity.

Although young people are more active than adults are, many young people do not engage in recommended levels of physical activity. My role is to increase the opportunities for young people to get physically active and to create a school and community environment that enhances healthy lifestyles, where physical activity is an essential component. I have

experienced the benefits in my life of being physically active and feel privileged to pass those experiences on in my new role.

Why physical activity? Engaging in physical activity through play, games and sport gives young people natural opportunities to express themselves, develop self-confidence, relieve tension, achieve success, and interact with others as well as learning fair play. Physical activity can foster students' development of social skills and provide opportunities for them to learn group membership and leadership skills, attitudes and behaviours.

If you would like support or just a chat about being physically active in your school, please let me know.

Greg Newton  
WAVE Facilitator & Physical Activity Health Promoter  
Community & Public Health  
03 687 2607  
greg.newton@cdhb.health.nz