

Kia Ora koutou, Greetings to you all.

Whāia te iti kahurangi
Ki te tūohu koe, me he maunga teitei

Pursue excellence – should you stumble, let it be to a lofty mountain

Term 2 - the term of colds, flu and sneezing! The WAVE team in partnership with the Public Health Nurses will be busy in the first two weeks of this term getting the SneezeSafe message out to as many settings as possible. We are pleased to see settings supporting this programme and have some great resources to share.

Professional development opportunities continue and we are currently finalising the content of the proposed Maori Culture Professional Development – Beginners Guide. Please contact your facilitator if you have suggestions to make or require more detail.

The re-signing of Memorandum of Agreements has almost been completed and it is very gratifying to receive the positive feedback and to see the willingness of settings to engage with us again. Feedback with regard to the acknowledgement system has been gratefully received and we will be working to incorporate suggestions as much as possible.

Now that the Resource Centre upgrade is complete new stock is arriving and it is worth keeping an eye on our WAVE website to find out what is available and to place an order, or contact your WAVE facilitator for ideas. I would like to take this opportunity to thank the South Canterbury District Health Board for their ongoing support of both the WAVE initiative and the Resource Centre.

Finally it is with sadness that we have bid farewell to Jessica Jones (Nutrition Health Promoter) who has returned to the Wellington area. Jess hadn't been with us long but had managed to impress with both her enthusiasm and knowledge. We wish her all the very best.

Noho ora mai (stay well)

Janice Hampton – Team Leader

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Deadline for submitting information for next newsletter is 27 June 2014 - articles can be emailed directly to:

felicity.mcmillan@cdhb.health.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
www.wavesouthcanterbury.co.nz



Karaka Early Learning Centre
- Children off on their adventure to Willowbank Wildlife Reserve

Keep encouraging your settings community to like the WAVE facebook page for regular updates, competitions, links and other useful information.



facebook

- Cancer Society
- University of Canterbury
- Te Rūnanga o Arowhenua

EARLY CHILDHOOD EDUCATION

Karaka Learning Centre

Trip to Willowbank Wildlife Reserve

The children of Karaka Learning Centre, Temuka have been exploring various aspects of Kiwiana. We have created our own story book, movie and sound track. During this process the children have learnt a lot about Kiwiana and the wonderful natural environment that makes up Aotearoa. Our story has children crossing bubbling mud pools, slippery glaciers, cold lakes, fast rapids and tall rocky mountains, all in search of a Kiwi.

To follow this interest we (children and teachers) decided that we needed to find a real Kiwi, so we organised a trip to Willowbank Wildlife Reserve. We wanted to make it possible for all of our families to attend so with the help of a local business we were able to make this happen at no cost to families.

We had a wonderful time, stopping at Ashburton for morning tea picnic then off to Willowbank. We spent the day wandering around the park looking at all the wonderful animals. Some children found the Kiwi hiding in the Kiwi house, while others looked really hard but couldn't see it.

This was a real treat for our children and families and we are so grateful for the contributions made to our centre to allow us to follow in our bicultural journey of encouraging all children to explore all aspects of our beautiful country and its heritage.

Our thanks to WAVE for their ongoing support.



Waimate Kindergarten

Māori Poi

Today we introduced tamariki to the new poi that have been purchased, with funding from a "WAVE" grant.

Tamariki were learning to listen to the Maori singer introducing the waiata while holding the poi still. Then once the waiata started we all swung our poi in each hand around to the waiata.

This reflects our commitment to Te Whāriki, Contribution – Mana Tangata = goal1, there are equitable opportunities for learning, irrespective of gender, ability, age, ethnicity or background.



PRIMARY SETTINGS

Morven Primary

Veggies Galore

Morven school have been busy over the past month looking at ways to use pumpkins and courgettes from the schools edible gardens.

The pumpkins were used to make pumpkin soup for a whole school lunch, then children's taste buds were tempted with some yummy roast pumpkin made even tastier with balsamic glaze.

While pondering about what else they could do with the abundance of courgettes that appeared daily, they came up with the idea of treating some pupils from Waimataitai who were on a school visit to homegrown courgette cake which went down a real treat with everyone.



Highfield Primary

Highfield Skate Park

Highfield School WAVE Team members Sophie and Jian and Skateboard group member Lewis are in the early stages of planning the schools new Mini Skatepark. The school WAVE team has had approval and will get support from the schools Board of Trustees, Home and School, Shayne (The Principal) and the school staff to develop and build a Skate park in the school. Josh South and Stacey Day from WAVE have been supporting the school with the developments and students will be running school activities to help fund the project.



Jian, on left (Student WAVE Leader), Lewis (Skateboard group member, Designer) and Sophie (Student WAVE Leader) going over the plans for the schools new Skate Park

SECONDARY

Timaru Girls High School

Timaru Girls High School Hygiene Initiative

In term one the TGHS student WAVE team has been working hard promoting good hygiene practices within their school. The WAVE team received feedback and suggestions from students and teachers on how to improve the hygiene at their school. The WAVE team presented at their school assembly the work they have been doing which included, developing and placing hygiene signs in toilets, the making of a special tissue plunger to keep rubbish in bins and placing hand sanitizer bottles in each school block.

The TGHS cleaners have commented that they have seen a marked improvement in the general cleanliness of the toilet area. With winter fast approaching it is important to keep hygiene standards high for teachers and student's health and well-being. Please see the above signs the TGHS WAVE team have used to promote their hygiene message.

KEEP
CALM
AND
FLUSH
THE TOILET

EVEN IF YOU
ARE IN A RUSH
PLEASE
REMEMBER
TO FLUSH

WAVE Support Funding 2014

The following settings were successful in obtaining WAVE funding for their Health and Wellbeing 2014 initiatives.

Maori Health

- Barton Rural
- Clandeboye Preschool
- Country Kids
- Karaka Learning Centre
- St. Joseph's Temuka
- Waimate Childcare Centre
- Waimate Mobile Kindergarten
- Waimate Kindergarten
- Rhona Day Kindergarten
- Rural Scholars Waimate
- Rata Kindergarten

Edible Gardens

- Timaru South Pareora
- Morven
- Waihao Downs
- Ti Kouka Kindergarten
- Aoraki Alt Ed

Sunsmart

- St. Patrick's Waimate
- Gleniti Playcentre
- Waituna Creek

Nutrition

- Oceanview Heights
- Waimate Main
- Timaru South
- Timaru South Pareora
- Waimate Centennial
- Bluestone
- Timaru Girls High
- Makikihi
- ABC Marchwiell
- Ranui Kindergarten
- Creative Corner
- Ti Kouka Kindergarten

Hygiene

- Timaru Girls High

Mental Wellbeing

- Mountainview High
- Timaru Boys High

Staff Support

- Waimate High School

SPORT CANTERBURY

Physical Activity Leader

Eighty eight student leaders gathered recently at the SBS Events Centre for another day of sports leadership fun and learning. This annual WAVE and Sport Canterbury partnered event promotes the continued development of Sport and Physical Activity Leaders in schools. 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 were also given an opportunity to experience setting up and leading a new game.

As a part of the day, teachers attended a network meeting where information was shared on the successes and challenges of the PAL programme within their school. With a roll over of lead staff in some schools and schools attending the workshop for the first time, there was plenty of good sharing of 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.

If your school would like a copy of the teacher or student notes from the workshop, please contact Lee King at Sport Canterbury 03 9292 514 lee@sportcanterbury.org.nz

Teacher's comments on the day:

"The children have thoroughly enjoyed the day and will take some great learning away with them. Instructions were clear and children knew exactly what the expectations were but were still able to make their own rules and run their own games."



"Greatest value to me was obviously the session with other teachers and thought for future direction of the programme. The students took a lot away with them and are rearing to get started. They are expected to pass this learning on to 20 other Y7-8 students. Great to see the 3 step focus linked throughout all sessions."

KiwiSport

Over thirteen hundred children across South Canterbury schools receive weekly KiwiSport sessions. These KiwiSport projects support sport in our rural areas and are based on the development of fundamental movement and sports skills. As a direct result of these programmes over 100 children joined sports clubs or sports teams for the first time last year.

INVASION GAMES

Using a Teaching Games For Understanding (TGUFU) approach, sports are grouped according to their similarities. Grouped games share primary rules, fundamental skills and tactical problems. The aim of all Invasion Games is to move with an object from the defending end to the attacking end to score more points than the opposition in the time allowed.

Spot Quiz: How many Invasion Games can you name in 30 seconds? ...GO!

Answer:

Through a Basket	Through a Goal	Over a Line
Netball Basketball Korfball	Hockey Football Lacrosse Ice Hockey Polo Handball Under Water Hockey Water Polo	Rugby Touch League Ultimate Frisbee



KiwiSport

Try the following game over the next few weeks to develop the Thinking, Communicating and Moving skills needed for Invasion games.

GATEWAYS: Set out several pairs of cones (a meter or more apart) in a defined area, these are your gateways. In pairs, players start either side of a gateway and send and receive an object (bean bag or ball) 5 times before moving to another empty gateway. A set of Gator Balls from the WAVE Resource Centre would be great for this game, they can be rolled, passed, kicked or hit and used by children across all levels of the school.

Progressions and variations:

- This game can be played using a variety of sending/receiving skills to match whatever game you are working on: send/receive with hands, send/receive with feet, send/receive with object (hockey stick, tennis racquet, cricket bat etc.).
- After 5 passes, player with the ball stays at the gateway and the partner moves to another.
- Direct players to use a variety of passes on command: chest, high, lob, one-handed, bounce, low etc. to match whatever skill you are working on.
- On the command "DOWN", passes are made so that the ball touches the ground (kick, roll etc.).
- On the command "SWAP", players find a new partner.
- Players must pass through gateways in a colour sequence (eg. red, blue, green, yellow).
- Players must pass the object across the length of the gateway instead of through it.
- Players use different locomotor skills to travel between gateways.

Make GATEWAYS Easier

- Increase the playing area
- Set out more gateways than pairs
- Use basic send/receiving skills such as rolling and trapping
- Use larger softer balls
- Have more game areas set out with fewer pairs working in each.

Make GATEWAYS Harder

- Decrease the playing area
- Have more pairs of chn than gateways.
- Introduce progressions
- Change it up with commands as they are playing
- Use smaller balls
- Increase the number of pairs working in a game area.

Puff! Puff! Cough! Cough!

Set contains an A3 story book, with 3 smaller story books all titled Puff! Puff! Cough! Cough! And a large snakes & ladders game "A day at the beach" depicting safe health messages. Suitable for Years 1-4.



Smokefree Hari

Resource Kit

Kit contains a Hari Smokefree Doll and CD with Hari Song, along with an A4 laminated story and an A2 laminated songsheet.

Hari is a smoke-free resource for young children that reminds grown-ups not to smoke around them.

Suitable for Early Childhood and Years 1 & 2.

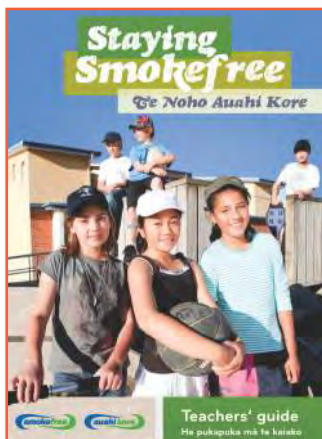


Staying Smokefree

A class set of 30 containing a teachers guide, an audio CD of eight stories, activities for discussion and student journals which are available to keep.

This is a cross-curriculum resource with its primary focus being levels 3 & 4 of the health and physical education learning area. It also has links to most learning areas such as mathematics, statistics and English.

Suitable for Years 7 & 8 but can be adapted for Year 6 and Year 9.



Leola Ryder (Smokefree Health Promoter) also has a heap of other smokefree resources for settings but not through the resource centre. These include Quizzlers (which colour do you choose), and signage.

We have a number of resources available to education settings covering Childrens Health, Maori Health, Mental Well-being, Nutrition, Oral Health, Physical Activity, Sexual Health, Smokefree, and Sunsmart.

With World Smokefree Day coming up on 31st May 2014, it may be timely to look at some of our smokefree resources.

New Nutrition resources - check these out...

This=that child size - A life size photo guide to kids' food serves

This book is a quick, no-fuss approach to great nutrition with everyday foods. More than 342 life-size photos simply and clearly illustrate serve sizes. Smart, practical everyday tips for getting your child to eat a wide range of foods.

Aimed at 4 - 13 year olds



Sugar and pH (acidity) of Drinks Kit

Kit contains a number of softdrinks, energy drinks, and other drinks, along with charts showing the pH and sugar content. Each drink is accompanied with a snaplock bag showing how much sugar is in it.



To order online, go to www.wavesouthcanterbury.co.nz and log on using your setting ID and password (if you are unsure, please check with your WAVE Facilitator). All resources are listed under their health issue title, and are available up to three weeks at a time.

Stacey Day
WAVE Resource Centre Administrator
stacey.day@cdhb.health.nz

PHYSICAL ACTIVITY

Ki O Rahi Primary School Tournament

On the 15th of April there was a rural cluster Ki O Rahi primary tournament at Caroline Bay. Schools competing were Barton Rural, St Joseph Pleasant Point and Pleasant Point Primary. Ki O Rahi is a traditional Māori game played in a number of countries including the United States where 15,000 elementary schools (senior primary) playing Ki O Rahi.

The students, parents and teachers really enjoyed the Ki O Rahi tournament and would like to have another one in the very near future. If you would like to get a better understanding of the game view a youtube clip "Ki O Rahi small blacks".



SMOKEFREE

Second-hand smoke contains a lethal mix of more than 4,000 chemicals such as arsenic, hydrogen cyanide, ammonia and carbon monoxide. Two hundred of these chemicals have been identified as poisonous and can cause cancer.

Children often do not have the choice to move away from tobacco smoke and are more vulnerable to its effects.

More than 350 people die from second-hand smoke each year in New Zealand.

In 2013 the Smokefree South Canterbury Committee surveyed 946 people, 908 were in favour of a legislation change where you could not smoke in a car carrying a child.

Celebrate World Smokefree day 31st May by making your home and car smokefree.

Poisons from cigarette smoke stay long after the cigarette has been extinguished.

Tips to keep your car Smokefree:

- Make a rule - your car and home are smokefree at all times for everyone
- Ask your family and whanau to support you by not smoking in your car or home (put stickers on doors and windows)
- Remove ashtrays in your home and lighters in your car
- Be a positive role model and don't smoke around children. This means they are less likely to grow up to be smokers themselves

SMOKEFREE HOMES & CARS When will our most vulnerable be protected?



Talk to someone locally about quitting smoking
– call Aukati Kaipapa on (03) 687-2606 / 027 226 0356,
the Smokefreedom Team on 0800 111 880 or Quitline on 0800 778 778.



For more info contact our WAVE
Smokefree Health Promoter:

Leola Ryder
leola.ryder@cdhb.health.nz
PH: 687 2610

SCHOOL TRAVEL PLANNING

BLUESTONE SCHOOL

The Bluestone School community were surveyed during Term 3, 2013 and have set some goals to increase students actively getting to and from school and lessening congestion outside the school gates.



Working alongside the TDC, NZ Police and the school community we are endeavouring to reach these goals, with actions such as further active transport safety lessons, monitoring parking spaces that have time limits, introducing safer crossing points for students, instigating safe drop off and pick up zones away from the school gate and the promotion of active transport with support from the school student council. A number of engineering issues have also come to the forefront, which have the TDC looking at various options to improve the areas outside the school gates. The installation of traffic lights at the corner of Otupua Road and Church Street will begin end of April and this will certainly make this intersection a lot safer for families crossing over Church Street.



Aiming to increase the number of bikes and scooters in school stands

PLEASANT POINT COMMUNITY

The Pleasant Point community are in the process of being surveyed regarding the safety of crossing State Highway 8 and other safety issues in the township. Discussions were had with both principals from Pleasant Point Primary and St Joseph's Pleasant Point and it was obvious there are a number of safety issues in the township that are requiring a review. As State Highway 8 is controlled by New Zealand Transport Agency (NZTA), not local council, we must in a formal application provide data that proves the needs of the local residents to NZTA. The survey has therefore been designed to get all the necessary information needed to put forward a good business case.

Both primary schools have been supportive in assisting with the hand delivery of the surveys to the urban households, with rural families also having the opportunity to collect and also complete the survey.

For further information on School Travel Planning, please contact:
Stacey Day
School Travel Plan Coordinator
DDI 03 687 2626
Email: stacey.day@cdhb.health.nz



South Canterbury Community and Public Health and the SC District Health Board mobilises flu-busting action in 40 Timaru schools by teaming up with New Zealand's world-first flu hygiene programme, now in its 10th year

7 Public Health Nurses, 4 WAVE Health Promoters, 3 Community & Public Health Health Protection Officers, 40 schools with around 10000 children, and Dr Daniel Williams who is the region's Medical Officer of Health are driving a two week concentrated effort in early May to help keep hospitalisations down this winter when flu strikes.

They have joined forces with Kiwi-originated classroom programme Kleenex® Tissues SneezeSafe® which is getting set to celebrate its 10th winter in primary and intermediate schools around the country.

Since the SneezeSafe® lesson was invented for New Zealand schools, the Kiwi way of teaching flu hygiene has inspired similar programmes in Australia and the United Kingdom. Using a simple, interactive way of reinforcing flu hygiene skills at school, children are learning why and how they need to trap their sneezes, bin their tissues and wash their hands.

The message to children is simple: **TRAP IT! BIN IT! WASH IT!**



We are delighted to be using the Sneeze Safe programme at Gleniti School. The catch phrase of Trap it, Bin it, Wash it is definitely an easy phrase for all students to remember. The interactive programme works really well. All schools are at the frontline of colds and flus, and obviously Gleniti is no different. It's therefore very important that we help support our students support themselves healthwise.

Steve Zonneville
Principal
Gleniti School

Make sure you look out for Gleniti School on the 4.30 Show in the coming weeks demonstrating the Sneeze Safe Programme with their students.

Childrens Day

The recent Children's Day celebrations was a great opportunity for our WAVE team to get amongst our local community and promote our key message to parents and caregivers – "making the healthy choice the easy choice"

Greg Newton, Physical Activity Health Promoter set up a fun obstacle course for children to get their dose of 30minutes of physical activity per day using equipment from the WAVE Resource Centre. We also had an assortment of fruit for children to sample and both parents/caregivers and children had an opportunity to enter competitions to win a variety of healthy fun prize packs.

Maru the Moa, the official WAVE mascot made an appearance to help spread the word of Better Health, Greater learning, Brighter Futures.



U.O.I.C.E
Vision Opinion Identity Creative Expression

Youth Week Art Exhibition & Competition

**YOUTH
week**

"BE THE CHANGE"

19 - 22nd May

Great Cash Prizes!

Open to all young people (12-24 Years)
Exhibit & Sell your work

COMPETITION CATEGORIES:

2D Painting/printmaking, 2D Drawing, 3D (all forms),
Electronic media (film, photography etc.) and Group

Special awards: Peoples Choice & Te Rito Award
Best interpretation of the Youth Week Theme in relation to
family violence

Entries close Friday May 16

Entry forms & information available from

www.wavesouthcanterbury.co.nz

& youthworker@youthalley.org.nz

Phone 688 6997 or text 027 426 7839



WAVE PROFESSIONAL DEVELOPMENT

Jump Jam Extravaganza

- Coaches workshop - Tues 13 May, 4-6pm
- Event Preparation workshop - Wed 14 May, 3.30-5pm
- Jump Jam Extravaganza Y1-4 Event
- Tues 24 June, 5.30-7.30pm
- Jump Jam Extravaganza Y4-8 Event (all categories)
- Wed 25 June, 8.30am-8.30pm

Categories:

- Y1-4 Teams, Y4-6 Teams, Y7-8 Teams
- Boys Only Teams (any age)
- 14 max per team
- Mixed or single gender
- Novice & Open in all age group categories. Novice teams must have at least 75% of team members competing for the first time.

All other details available from 13 May.

Contact Lee King at Sport Canterbury for all information.

lee@sportcanterbury.org.nz

Ph. 03 9292 514



Traditional Maori Games

13th June – please note change of date

This TMG PD is to further develop TMG and Ki O Rahi in the South Canterbury region. This is a follow on from the secondary school TMG PD from 2012. There has been a steady uptake of TMG and Ki O Rahi within South Canterbury School Secondary Schools and feedback from settings indicates the need to increase the capacity of setting providers. There are a number of Secondary schools that now have TMG as part of their PE curriculum. Interest in primary schools in developing TMG is also high.



Beginners Guide to Kapa Haka

A big thank you to the team at WAVE and in particular Josh South and our professional development facilitators Komene & Kari Moana for the excellent Kapa Haka professional development course they have provided to local schools in our area and other schools that have not participated in FLAVA before, at no cost to us this term.

In response to an identified need for professional development in Kapa Haka and preparation for the annual FLAVA festival, Josh and Komene provided an excellent five week introduction to Kapa Haka, FLAVA and Māori performing arts. It was fantastic to have fifty plus people from 12 different settings working together at Pleasant Point Primary School and the Te Aitara Cultural Centre to learn waiata, haka, poi and the history of Kapa Haka. As a result of this professional development programme – open to teachers, support staff and parents, our staff at Point Primary are confidently preparing our tamariki to enter this year's FLAVA festival, one teacher has gone on to further Te Reo in-depth learning and greater partnerships have been established with our parent and whanau. Thanks WAVE – your support is hugely appreciated!

Mark Creba, Principal, Pleasant Point Primary

Maori Culture Professional Development

– Beginners Guide

The Maori Cultural Professional Development is offering settings a 'beginners guide' workshop/seminar. The content of these workshops/seminars have yet to be confirmed but they may include the following:

- **Myth and Legend** - explore the creation traditions of the Māori and their relevance today in performing arts.
- **Indigenous Culture and Whakapapa** - genealogy and researching the importance of whakapapa in Māori society.
- **Mana Whenua and Tūrangawaewae** - the importance of mana, land, place of origin and identity.
- **Whakatauki and Waiata** - a wealth of knowledge on proverbs, popular Māori songs and ideas on how to teach these songs.
- **Linking to** - local learning opportunities



2 hours workshops, 3.30pm – 5.30 pm, dates yet to be confirmed for early June

To register your interest in the above professional development or for more information, please contact your WAVE Facilitator

