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Deadline for submitting information for next newsletter
is 18 September 2015 - articles can be emailed directly to:
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Kia ora koutou, Greetings to you all.

*Te toi whakairo, ka ihihi, ka wehiwehi,
ka aweawe te ao katoa*

Artistic excellence makes the world sit up in wonder

As a team we recently had the privilege of taking a guided tour of Te Ana Ngāi Tahu Rock Art Centre in Timaru. It was a great opportunity to see the incredible collection at the Centre of ancient Māori rock art, to enjoy the interactive exhibition and to learn from our guide, Amanda. For some of us it was a first time visit to the Centre, while for others it was a welcome return. As Debbie, ECE WAVE facilitator commented "Each time I visit I see and learn something new". Our visit took place at the Centre, but there are also opportunities for tours to the Māori rock art sites. We are really fortunate in South Canterbury to have Te Ana Ngāi Tahu Rock Art Centre with its excellent guided tours and interactive sessions. Visit www.teana.co.nz to find out more.

As Term 3 gets underway, we have some changes in our WAVE team. Emily Watson moved to the Christchurch office of Community and Public Health, and we are pleased to welcome Hacer Tekinkaya as our new Child Nutrition and Oral Health Promoter.

We have also had Océane Regnard, Health Promotion student from France, on placement with the team since March. We bid au revoir to Océane in July as she returned to France to complete her studies;

however, we trust that the time she spent here will encourage a return visit. We hope that you enjoy this latest newsletter, with plenty of examples from settings about the whole setting approach involving students, staff, families and whānau to improve health and well-being.

Noho ora mai (stay well)

Rose Orr - Team Leader



New WAVE Team Member

The WAVE team would like to welcome Hacer, our new Child Nutrition and Oral Health Promoter for under 5's. Hacer was born in Turkey and brought up in Dunedin. She has a Masters in Nutrition and Dietetics from the University of Auckland. This is her first full time job and she is really looking forward to meeting and working with the Timaru and wider South Canterbury community.



Océane Regnard, Health Promotion Student
on placement with WAVE

Whakawhanaungatanga with Timaru Girls High - Kapa Haka and Kowhai Kindergarten

We are all very grateful to Lana Hay for turning her idea of us all coming together for a celebration into reality. Tumeke to mahi me awhi Lana. We had practised for a couple of days, making sure we were all standing in the right place and listening to Donna as she called the manuhuri/visitors into kindergarten, Kowhai kindergarten were running late so we welcomed Girls High and Pikimai (Ahmed's mother) first.

We all knew to stand quietly, waiting for our cue to start our mihi, our chant. The tamariki were so strong and clear with their mihi and waiata. And they did the whole thing twice, the mihi/chant, the Matariki waiata and the new waiata that Caspian and Donna had created. Girls' High and Kowhai responded, with Lana reciting the mihi of Kowhai Kindergarten. Then we had karakia, kai and a few of our leaders, Grace, Abby and Subhi handed out biscuits to all the tamariki.

When the formal processes were over the performance by Girls' High began. They were beautiful, graceful, and sounded fabulous. We could

see that they had practised a lot because they were all singing and dancing together, in the same time and the same movements. The girls were so disciplined, following Pikimai's lead and instructions. They sang a few waiata, the last one was for all of us to sing together, that was special. We sang 'Ma is white'.

This was a great opportunity for our little learning community to build relationships /whanaungatanga with others in the wider community. Through following Māori protocols for visitors with the mihi whakatau process we are supporting the embedding of Te Ao Māori, the Māori world here at Tī Kōuka.

After all, as partners in Te Tiriti o Waitangi this way of being, this embedding of our tikanga/ processes and practices, Te Reo/language and world view is the heritage of all our tamariki.

Megan, Tī Kōuka Kindergarten



Early Childhood Education

First Steps Opihi - Disco



We held a Disco here at First Steps Opihi on Tuesday night where we celebrated coming together with singing our National anthem and Ka Hikitia. We sang about strength, growth and standing tall together.

We held a feast for all the families to enjoy and then had an amazing disco where the children had a blast, dancing with their friends and family.

Home Grown Kids - FLAVA Festival



Home Grown Kids tamariki are practising for the upcoming ECE FLAVA Festival. We have 21 tamariki and 8 educators performing in the festival for the very first time.

FLAVA Festival

Ka Toi Māori o Aoraki (FLAVA) 2015

Date: Friday 14th August 2015

Venue: Theatre Royal, Timaru

Time: Powhiri will be starting at 8.30am sharp.

Theme: Ngā pūrākau o te ao Māori-Māori Myths and Legends.

KOROHI O TE PĒPI

Singing of the Babies

Early Childhood Education cultural event showcasing Visual Arts, Performing Arts and Kapahaka

Date: Friday 31st July

Time: 9.30am – 12.30pm

Venue: Caroline Bay Hall



Rural Scholars - 5+ a Day Challenge

Rural Scholars' Preschool Room has been on an amazing learning journey discovering the healthy benefits of eating more fruit and vegetables. In February we participated in the 5+aDay Early Childhood Challenge, finding new and interesting ways of getting extra serves of fruit and vegetables into our diets, along with encouraging healthier choices at kai times. We began with a shared fruit bowl at morning kai with the children being invited to bring along something to share. This promoted healthy eating as a first choice and encouraged the children to taste a wide variety of produce. We also started a sticker chart where the children received a sticker for each new produce they tried, along with preparing the fruit and vegetables in a variety of ways such as raw, cooked or within cooking or baking.

Finally after trying lots of new foods, we invited our families along to try it with us, holding our Healthy Lunch Box Ideas event. The children warmly welcomed their whānau and led us all in karakia before showing them what was on the menu.

This gave the children the opportunity to show their parents healthy lunch box ideas which were simple and easy, and most importantly, something their children enjoyed.

With so much going on, we made a wee movie and uploaded it to YouTube, www.youtube.co.nz/ruralscholars; along with our entry to the 5+aDay Challenge. After a long wait, we received some fantastic news that we were the winners of the National competition, and our entry had stood out from over 100 other entries. We were the proud new owners of a Bosch appliance pack, including an oven, refrigerator and dishwasher worth \$5000.

A huge thank you to our families, who brought along fruit and produce, attended our Healthy Lunch Box Ideas event and made healthy changes to their children's lunches, along with a special thank you to WAVE for providing us handy tips, great resources and useful information.



Jump Jam

On Wednesday 24th June, 41 teams of children from South Canterbury schools rocked the roof off the Theatre Royal at this year's Jump Jam Extravaganza. Teams choose names that reflect their choice of routine and pull the theme of the music, the movements, costume and performance together. With team names such as the Ice Babies, Penguin Style and Superstar Circus, the day was always going to be varied and entertaining!

Once again the Open categories in both Year 4-6 and Year 7-8 categories brought some outstanding skill to the stage. As children compete year after year the standard of competition improves and the three judges had their work cut out busy scoring teams from 9am until 8pm. With Heats in the afternoon and the top 20 teams performing again in Finals at night, 61 performances were judged across the day! Teams are scored on elements of movement quality, synchronisation and performance and are able to get feedback from the judges to help them understand how to improve.

Novice sections in each age group give children and coaches who are new to the competition an opportunity to compete at an entry level. Most teams are made up of a combination of experienced and new competitors with the more experienced helping the newer team members. For many of the 500 children who performed on stage, this event provided a totally new and unique experience. A wonderful opportunity for growth and learning about themselves and what it takes to make a successful team!

Every year it is exciting to see new schools taking home trophies for the first time. This year the Boys Only Teams trophy went to Waimate Centennial. The first Jump Jam trophy to go south – well done Centennial Warriors! Watch this space as top performing teams from Gleniti and Highfield vie for a position in the Jump Jam Nationals at Christchurch in November.



Primary Education

Arowhenua Māori School - SneezeSafe®



This Term Josh and Claire came to our class to teach us about SneezeSafe. We learnt about trapping our sneeze or cough, putting it in the rubbish bin and washing our hands. It is important to wash our hands after we go to the toilet and before we have our kai.

Written by Preston and Kyler

WAIMATE CENTENNIAL

Anna Clarkson

(teacher and coach of the Centennial Warriors)

"The boys were very sad that the competition is over but are all very excited about doing Jump Jam next term in their lunch hours. All of our Jump Jam teams lived up to the value of respect for themselves and for the school. We were struck by their determination to succeed and they can all be proud of their accomplishments."

Comments from the Centennial Warriors:

"I found Jump Jam very, very fun and I would like to compete in the Extravaganza next year and get 1st place again." Levi

"Jump Jam was so fantastic and tiring. When we did our first performance I was really nervous and scared. But we did really well." Daniel

"Jump Jam was so fun but a lot of hard work. The best part was when we were on stage. Now we have a big trophy." Connor

ST JOSPEHS TIMARU

Diana Young

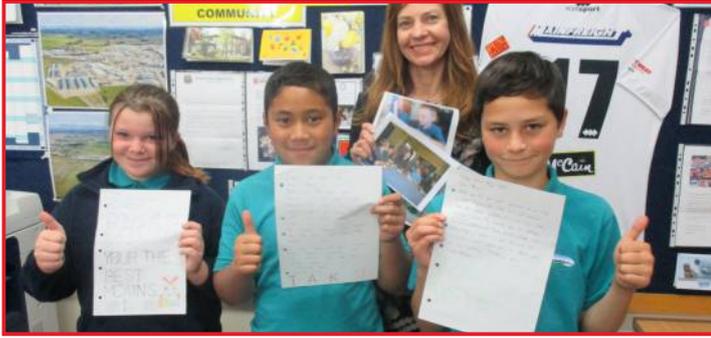
(teacher and coach of the Dancing Polka Dots)

"A great team event for kids. They loved it and really got into the costumes and moves. We're having a Jump Jam morning tea on Friday to celebrate our 3 teams' hard work and watch their performances.

The children were really motivated and other kids in the school are talking about next year's Jump Jam! Parents involved were very dedicated. It was great to see the children work hard for a common goal."

Congratulations to the YMCA





Ah McCain... You've done it again!

Thanks to sponsorship from both McCains and Timaru Produce, Oceanview Heights Wednesday lunch programme is able to provide meals packed with a variety of vegetables all year round. Children from the school are seen here thanking the McCain's Timaru head office.

Gleniti School

At Gleniti School the WAVE team has been running weekly lunchtime dodgeball sessions for each of our four learning teams. It is completely run by the WAVE team, with teacher supervision. We are doing this because it gives people another option for a physical activity at lunchtime.

It's always very popular and we usually get the whole learning team showing up for a game when it is their day! It can be very noisy!



But everyone follows the rules we set out and take turns. We purchased the balls out of money we raised from the sale of plants and kindling. We're really glad we came up with this idea.

The WAVE team members feel very proud they are helping the students to have fun and be active in our lunch hour.



Twizel Area School - Smokefree/Auahi Kore Week - 25 - 29 May 2015

The WAVE students brought to the attention of many students and parents that World Smokefree Day was celebrated on 31 May 2015. This year's theme was "It's About Whānau". The WAVE students helped create the Twizel Area School Smokefree Pledge and this was distributed amongst our students. The pledge was a commitment to remain Smokefree and to promote Smokefree/Auahi Kore as the norm. There was a great response from the senior students with the majority of them choosing to sign a pledge. These were displayed in the corridor alongside coloured drawings created by the junior school.

The WAVE students also attended each junior class and taught them the Auahi Kore song. At junior assembly on the 29th of May the students demonstrated to the audience the song and actions. The WAVE team then handed out various prizes to randomly drawn entries for the

drawings and all students were given a sticker acknowledging their participation.

Also as part of our Health Curriculum, all Year 8 – 10 students have been working on a Smokefree Unit and writing in their Staying Smokefree Student Journals provided by the HPA www.hpa.org.nz – there are a class set of 30 which are available from the WAVE resource centre.

Once again the WAVE students did a great job bringing this important health aspect to our students and community. Well done to them and well done also to all the parents and caregivers out there that make a conscious choice to keep the environment that their children are in smokefree.



Morven School



Transition Breakfast

Morven School celebrated dairy transition day by celebrating families time with the school and welcoming new families to the area. The day started with a yummy breakfast, then children and parents joined in a day filled with fun and laughter and a shared lunch.



Gleniti School

Friday Footpath Frenzy

Gleniti School is gearing up for another active Term 3. Every Friday during the term, students and staff are encouraged to be active getting to school.

There are spot prizes for students, with the WAVE Team and teachers waiting at the gates giving them out and also doing a weekly draw at assembly. This year there are even spot prizes for teachers who are seen to be active getting to school.

They do a % from each class and the winning classes from each syndicate win a trophy for the week.

In 2013 the school had around 90% for participation, last year, 2014 it was 95%, this year they are hoping for it to be around 95% or better.

L-R – Lillian (WAVE Lead Student), Dana (WAVE Team), Kayleigh (WAVE Team), Chloe (WAVE Team) and Taylor (WAVE Lead Student)
The students are holding the Trophies and a big map of the Gleniti area, which states walking distances in time and metres from the school.



Geraldine Primary School

Pink Shirt Day

In Term 2 Geraldine Primary School took part in Pink Shirt Day. This was a great success with lots of children showing their support and dressing up in pink. Pink Shirt Day linked strongly to our school values of being respectful and caring to others. Some students wrote about the importance of being respectful and caring and took photos on Pink Shirt Day.



Our WAVE team gave out wristbands to children at our school who were showing our school values. They also showed a video at assembly.

We have also introduced Subway orders to our school lunch menu on a Wednesday. Up next in our team plan to have a challenge day in Term 4 to promote healthy well-being in our school.



Grantlea Downs School



The Student Health Team at Grantlea Downs

This term the Student Health Team is undertaking a new project. The team will make healthy smoothies using some of the produce from the school vegetable garden. Orders will be placed prior to making them so they will know exactly how many they are catering for. Roles will rotate every week so there is an opportunity for each member of the team to gain experience in the different aspects of the process.

Here is their first recipe:

Kale Berryana Smoothie (serves 1)

1 banana

Heaped spoon of natural yoghurt

Milk (approx. $\frac{3}{4}$ cup)

Scoop of mixed berries (frozen or fresh)

Kale

Liquid honey

Place all of the ingredients into a blender and blend until smooth.



Glenavy School

Welcome to Glenavy School

The Glenavy Student Health Team have been working on ideas to make new parents and students welcome to the community and came up with

the idea to put on a "Welcome to our School Morning Tea". The team made sandwiches, cheese rolls and muffins all of which were a great hit with the families as well as staff and BOT representatives present.



Young Catholic Leaders Day

Early in Term 2, Josh and Greg from WAVE helped out at the Young Catholic Leaders Day held at St Josephs in Timaru. Students from Years 7 and 8 from St Patricks Waimate, St Josephs Timaru, Temuka and Pleasant Point, along with Sacred Heart all participated in the day. Senior students from Roncalli came along to talk about leadership opportunities within Secondary Schools, along with other guest speakers during the day.

WAVE supported the day by doing leadership activities outside, teaching students the importance of teamwork and communicating within a team.

Comments from students:

*WAVE leader had a cool way of showing us how to lead
WAVE encouraged strong teamwork and listening to each other*



Waimate Celebrates Matariki

Another successful festival was enjoyed by children, watched and supported by whānau. Well done to all those involved.



Waimate Child Care



St Patricks Waimate



Waimate Kindergarten



Waimate Main



Rural Scholars

Secondary Education

Physical Activity Survey

At the end of term 4, 2014 all 10 South Canterbury secondary schools completed the physical activity survey. I would like to take the opportunity to thank all of the South Canterbury secondary schools for making the time to complete this survey.

Purpose of the physical activity survey:

- Gauge the levels of current physical activity (not just sport) in South Canterbury schools.
- Explore barriers that prevent students to be physically active.
- Consult (student voice) with students on their current physical activity environment.
- Ensure that school leadership and management structures support, promote and maintain changes in physical activity for students and staff.
- The survey will inform both WAVE facilitators and school management to plan and continue to enhance what is already in place and build on current physical activity initiatives.

Some of the questions from the survey:

- Is being physically active important to you?
- In a typical 7 day week how many times have you participated in exercise or activity that has raised your heart rate?
- Do you participate in interval or lunchtime activity?
- Do you have access to the gym or hall before or after school?
- What is the one thing you would like to change or include within your school to increase your physical activity?

Mountainview High School (MVHS)

Many thanks to the MVHS school management in taking on board some of the recommendations from the survey. These include:

- Recreation was started this year as a one hour a week physical activity period. This year the senior school have been involved in doing all the major games but also a walking group, dance groups, yoga group alongside Ki O Rahi and table tennis.
- Y13 PE and Outdoor Education students have been out and about in St Joseph's and Gleniti taking physical activity sessions and teaching sports.
- Y12 Outdoor Education students have also been taking St Joseph students for adventure based learning activities, many of which had a

physical activity base.

- Sport committee members have been taking fun fitness sessions on Wednesday mornings before school.
- In Term 3, 2015 it is hoped that we will have a go at some games which our international students play in their countries. This will happen during Wednesday lunchtimes.

Ways to increase physical activity:

- Commitment from school management to develop a school physical activity policy.
- Facilities available for students e.g. hall, gym.
- Student physical activity leaders within the school.
- Physical education (PE): 3-4 PE lessons a week for all year groups.
- Community links - e.g. Sport Canterbury.
- Professional development for staff in the physical activity area.
- Equipment available which is in good order and appropriate for activities/games.
- Increase the time spent in moderate to vigorous physical activity during PE.
- Promote physical activity at school e.g. newsletters, events, assemblies, fairs.

Some cold hard facts:

- 33% of children in New Zealand are overweight or obese.
- New Zealand has the 3rd highest rate of child obesity in the world.
- Research has shown that being active has improved choices for better physical, financial, emotional and social outcomes in the future.
- Students that partake in regular physical activity have a positive impact with academic achievement.
- Obesity will take over in the next 2-3 years as the number one preventive disease (smoking currently number 1) if rates of inactivity continue.



Please contact Greg Newton (Physical Activity Health Promotor) if you have any questions or would like some advice to increase your secondary schools physical activity environment.

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