

Deadline for submitting information for next newsletter is 16th December
- articles can be emailed directly to:
Ally.Pieromaldi@cdhb.health.nz
The WAVE newsletter is published quarterly

Community & Public Health
18 Woolcombe Street
P O Box 510, TIMARU
Phone: 03 687 2600 | Fax: 03 688 6091
www.wavesouthcanterbury.co.nz

Kia ora koutou, Greetings to you all

Titiro ki muri, kia whakatika á mua

Look to the past to proceed to the future

During the last term many of you completed the WAVE evaluation with your facilitator. Thank you for your valuable contribution and your time. The WAVE evaluation, which is now completed every second year, provides a wealth of information about the progress in the key areas of curriculum and learning, the setting environment, and links and partnerships with the wider setting community. We look forward to using the information to guide the future work of WAVE.

Also during the last term we had a change of staff with Leola Ryder, Smokefree Health Promoter finishing in her role at Community and Public Health after 19 years. Leola has taken up the role of Centre Manager at the Cancer Society in Timaru. We wish Leola all the very best with this new move.

I would like to welcome Felicity McMillan to the role of Smokefree Health Promoter, beginning this term. Felicity has been working in Aukati Kai Paipa role (stop smoking support) and has recently moved to the health promoter role.

Thank you to settings for your contribution to this newsletter with examples of your health and well-being initiatives, and your feedback about the impact of a recent WAVE professional development session with Hana O'Regan and Nathan Wallis.

While it might seem a little early, with this newsletter being our last one of 2016 I wish you all a happy, safe and peaceful summer break.

Noho ora mai (stay well)

Rose Orr
Team Leader

KIA ORA FELICITY MCMILLAN, SMOKEFREE HEALTH PROMOTER

Kia Ora, I provide Smokefree (Auahi Kore) support to education settings, which involves training opportunities for staff, assisting with policy development, and working with the education setting community to advocate for outdoor Smokefree spaces as we head towards Smokefree Aotearoa 2025.

I am currently studying the Health Promotion Certificate and am a qualified Stop Smoking Practitioner where in my previous role I successfully supported people in the community to become smokefree.



I have a real passion for the environment and enjoy spending time in my extensive edible garden and tending to my bee hives. I also enjoy spending time with my Whānau exploring the great outdoors.

I look forward to meeting you and working with your setting.



Best wishes from the WAVE Team for the season ahead
(absent from photo is Janet Quigley and Anna Reihana)



MARU THE MOA



Maru the Moa is a special character in South Canterbury that settings can use to support their health and well-being focus. Maru was developed a number of years ago through the combined efforts of a number of organisations including St. John, ACC, Community & Public Health, Cancer Society, South Canterbury Road Safety and Plunket who had identified a need to deliver health, safety and well-being messages in a fun, creative and meaningful way.

Since that time a number of education settings and organisations have used Maru as part of their teaching programmes and at a variety of events to promote and reinforce healthy messages.

Maru 'lives' at the WAVE Resource Centre and can be booked through the WAVE website www.wavesouthcanterbury.co.nz

Two people are required for using Maru, with one person as the rider and one as Maru's guide. Maru doesn't speak so the guide shares Maru's messages. Training is provided when settings collect Maru from the WAVE Resource Centre and healthy messages are provided for the guide to use.

Maru's outing with Haere Mai Ki Waho

Haere Mai Ki Waho Maru the Moa!

Haere Mai Ki Waho is an almost all weather playgroup run every Thursday 2pm somewhere in this beautiful rohe. We visit different places like the beach, botanical gardens, Taumatakahu stream in Temuka, and Peel Forest. We are nature based and learn within the environment, making new friends, spending time with whānau and having FUN!

To acknowledge Conservation Week's theme 'Healthy Nature, Healthy People', we got Maru the Moa to come along and support us.

Maru helped the tamariki to work out whether items they found were 'nature' or 'not nature', 'should be' and 'shouldn't be' there by nodding and kanikani - dancing when things were nature and told us by swinging his neck that they were 'not nature.' Maru has sharp eyes and told the tamariki by his nodding or swinging that he had found something. The tamariki used tongs to pick up the rubbish and place it in our reusable bag. We found a range of rubbish including plastic lids and the one thing that got Maru's neck going fast was a small net, which whānau dug out - kia ora.

Maru, all the while helping us with the rubbish, came for the hikoi and even did some oma oma - running! We had waiata including our waiata 'Haere mai ki waho', 'Twinkle Twinkle little star', and 'If you're happy and you know it'. When he did stop for a rest he saw lots of people walking on the beach and even saw rangatahi from Roncalli College out in the moana on paddleboards!

Kia ora WAVE for enabling us to have Maru for the afternoon - he enhanced our learning and beach clean up and helped create great learning opportunities and awesome opportunities for magic memories!

Waiata

Haere mai ki waho
Haere mai ki ako ako
Haere mai ki takaro
Haere mai ki aotūroa
Awhi mai Awhi atu
Haere mai ki waho
HAERE MAI KI WAHO
HI!

Come outside you all, Outside to learn, Outside to play,
Outside to explore, Connect, Come outside you all!



MARU THE MOA

Maru's Visit to Tī Kōuka Kindergarten

Conservation Week was in September and the theme for 2016 was 'Healthy Nature, Healthy People'. At Tī Kōuka Kindergarten we practice manaaki (caring in many ways), including caring for manaaki taiao (environment), manaaki au (ourselves), manaaki tangata (people).

We had Maru the Moa come to visit us during Conservation Week and the tamariki showed him around the Kindergarten. The tamariki showed Maru how to be tidy and pick up rubbish. The tamariki also told Maru about the noke (worms) in the garden and how there were 'really big ones' and 'lots of them.'

After seeing the noke, Maru became very interested in the hua whenua (vegetable garden). He got quite excited that we grow our own hua whenua and hua rakau (fruit) here, which was also another focus of Conservation Week - 'healthy people.'

Before Maru left, the tamariki sung their waiata 'E Manaaki - We care' and had a kanikani (dance) with all the tamariki!

Ma te wai - See you again Maru!

Since Maru the Moa came to visit, the tamariki have had a number of patai (questions) including, what do Moa eat and how do they run? We are looking forward to researching and answering these questions when we walk to the South Canterbury Museum sometime soon.



TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

Rata Kindergarten - Korohi o te Pepi

The older children from Rata Kindergarten enjoyed a trip with Rhona Day Kindergarten children to watch the performances at Korohi o te Pepi held in Timaru. What a great cultural outing and it has inspired us to enter next year!



Rata Kindergarten - Learning Outside the Classroom

Rata Kindergarten has also been developing a culture within the kindergarten of learning outside the classroom on Friday afternoons. The children have enjoyed exploring the small forest of trees behind the kindergarten. The children have been getting enjoyment from free unstructured play and seeing nature as a place of learning. This learning outside the classroom encourages critical thought, wonder and creativity.



Fairlie Early Learners - Growing and Learning in Fairlie

We requested funding to develop our new centre's vegetable garden. We had previously used tyres, so we wanted to get some bigger raised beds to grow our own produce. We had an established worm farm, so our harvested worm poo and wee was like rocket fuel for our seedlings. The children planted seeds, as well as small seedlings, ready for transplanting into the beds. We grew courgettes, corn, lettuce, carrots, spinach, silver beet, broccoli and sunflowers. Over the summer we enjoyed eating our produce, including courgette and carrot fritters, salad sandwiches, smoothies, and corn on the cob, as well as leaves straight from the garden. We discovered that raw courgette is delicious!!

Now that the winter is here, our learning and caring for our environment is continuing, with the children collecting and burying their rubbish (food packets etc) in the garden, to dig up in the Spring and see what's happened to it, because that's what happens to Fairlie's rubbish when the truck collects the red bins ("That's disgusting!!"). We have also watched our local birds eating all the sunflower seeds, so we have made a bird table and we are feeding our birds daily and discovering what they like to eat.

Our thanks to Debbie from WAVE for her support and the funding to allow us to support the children's on-going learning. Ngā tamariki have all enjoyed growing and eating their own food, and learning how to care for the environment.



KURA TUATAHI / PRIMARY EDUCATION

Westmount School

The Westmount School's WAVE team have completed the PALs (physical activity leaders) workshop which was organised by Sport Canterbury.

Westmount School now has regular physical activity sessions throughout the week for all Year 4 to 6 students courtesy of the WAVE team.

Westmount school is in temporary premises where space is at a premium, however, the school has netted off a space where students can participate in activities and games to let a little steam off.

Physical activity creates a self-reinforcing cycle of benefits. Active children's brains work better, giving them improved capacity to learn. At the same time, better attitudes about school and improvements in their psychosocial health create a more conducive mindset for learning. The net result is improved academic performance.

If you would like any physical activity information or support please contact Greg Newton, Physical Activity Health Promoter at greg.newton@cdhb.health.nz



Timaru South School - Keep New Zealand Clean

Timaru South School students all took part in Keep NZ Clean week with pupils at the Timaru campus helping in a clean-up at South Beach while children at the Pareora campus along with parents concentrated on removing rubbish from the Pareora Riverbanks.

The school decided to take part in this event as they felt it is important for children to learn how to be positive contributors within our community. It was also an eye opener for children to discover first-hand how little regard some people show for our environment.

Well done Timaru South School and keep up the good work!



Pareora Campus cleaning up Pareora River Bank



Timaru Campus cleaning up South Beach



TIKĀKĀ I TE RĀ HAUORA KAUPAPA / SUNSMART FACTS

SUNSMART FACT



Cover-up 10 until 4

Protect yourself from the sun between 10am and 4pm during school terms one and four.



SUNSMART FACT



You can't feel UV rays

While our senses can easily detect sunlight and heat, they cannot detect the level of UV from the sun. UV cannot be seen or felt. This is what makes UV dangerous and why we need to be SunSmart in summer.



Facebook

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



KURA TUARUA / SECONDARY EDUCATION

Twizel Area School

Twizel Area School has identified the need for physical activity during times where the students can't get outside due to weather restrictions especially in the winter months. The school's WAVE team have been organising lunchtime activities for the junior classes during winter. The lunchtime activities included ten pin bowling, card games and problem solving exercises that have a physical activity component.

As we know active children do better, they perform better in school, are better behaved, and physical activity increases attendance rates and levels of concentration. Active children have improved chances for better physical, financial, emotional and social outcomes in the future. www.designedtomove.org/articles/active-schools-active-kids

Twizel Area School tries to integrate fun options for physical activity into the entire school day - that means before, during and after school.

Thanks to the Twizel Area School's WAVE team, and teacher/WAVE school co-ordinator Michelle O'Carroll for supporting the junior students with some fun activities at lunchtimes.

If you would like to enhance your school's physical activity environment, please contact Greg Newton, Physical Activity Health Promoter at greg.newton@cdhb.health.nz



ENGAGING WITH TAMARIKI AND WHĀNAU

Reflections from South Canterbury Teachers and Principals

On Friday 26 August 2016, 100 staff from primary and secondary schools in South Canterbury attended a professional development session facilitated by Hana O'Regan, General Manager – Oranga, Te Rūnanga o Ngāi Tahu and Nathan Wallis, X-Factor Education.

The workshop covered:

- Ways to promote a positive sense of "cultural self"
- What does holistic Māori practice look like
- Successful ways to engage with Māori children and whānau
- The relevance of traditional Māori practices in today's world
- The origins, impact and deconstruction of Māori stereotypes
- How do we create an "ideal" environment for engagement
- What does this mean for me and my teaching practice.

Here is some feedback from attendees

"The Professional Development "Engaging Tamariki and Whānau" with Hana O'Regan and Nathan Wallis was both superb and timely. For me it was a great opportunity to unpack the stereotyping of Māori and the negative impact that this has actually had on us all. In many ways Hana and Nathan provided us all with the challenge to embrace our bicultural heritage. There is no time like the present to make the positive steps forward to support the growth of the Māori language and culture" – Steve Zonneville, Principal Gleniti School

"I cannot speak highly enough about the Professional Development course offered and run by WAVE, "Engaging Tamariki and Whānau" with Hana and Nathan. What makes this type of PD so useful is that it is all based in current peer reviewed research and what they presented was about making us as Teaching Professionals better able to make connections with our learners." – Deane Power, Principal, Cannington School

"Nathan and Hana were interesting and inspiring to listen to. I was relieved to discover we were already doing some of the things they suggested without realising it! Their practical suggestions gave me something more to take back to our school and implement without too much stress or effort required." – Bethany Rentoul, Principal Timaru Christian School

"We need to congratulate WAVE for the initiative to get two high quality speakers in Nathan and Hana to come to town, the ideas they shared and highlighted has made us rethink about what we do. We heard what they had to say and we left there very impressed." – Ian Poulter, Principal Bluestone School.



FLAVA FESTIVAL 2016

Ka Toi Māori o Aoraki Festival 2016

This year we held the 10th FLAVA Festival, 'Ka Toi Māori o Aoraki', at the Theatre Royal on Friday 19 August 2016. 18 kura from the Aoraki region between the Waitaki and Rakaia rivers, took part in Kapa Haka, performing arts, and contributed to visual arts. 12 early childhood centres participated in Korohi o Te Pepi (Singing of the Babies) which took place on 27 July at Caroline Bay Hall.

The festivals were organised by Arowhenua Whānau Services, alongside a steering group that included teachers and a number of community organisations.

The FLAVA Festival provides students with an opportunity to discover and experience a breathtaking lens into Te Ao Māori (the world of Māori),

and an awe-inspiring opportunity to showcase and view their wonderful talent. At the same time, whānau, friends and the wider community were able to view the festival and enjoy a truly bicultural festival that was comprised of three categories: kapahaka (traditional dance and waiata); performing arts (waiata, whaikōrero, short stage drama, music, dance and other stage performances); and visual arts (two- and three-dimensional paintings, drawings, sculptures, and weaving).

Once again, both festivals were a huge success, with the Theatre Royal and Caroline Bay Hall being packed to capacity for the full day. Groups that had clearly devoted long hours to perfecting their skills treated the audience to some incredibly colourful and exciting performances.



VISUAL ARTS JUNIOR INDIVIDUAL	Most outstanding visual arts entry by an individual	2nd Brooke – Waimataitai School 1st Arly – Highfield School
VISUAL ARTS SENIOR INDIVIDUAL	Most outstanding visual arts entry by an individual	2nd Lydia Wilson – Geraldine High School 1st Caleb McNoe – Mountainview High School
VISUAL ARTS JUNIOR SCHOOL	Most outstanding visual arts display by a school	3rd Highfield School & Bluestone School 2nd Arowhenua Māori School 1st Grantlea Downs School
VISUAL ARTS SENIOR SCHOOL	Most outstanding visual arts display by a school	3rd Timaru Girls High School 2nd Geraldine High School 1st Mountainview High School
VISUAL ARTS SENIOR SCHOOL	Te Rito Award	2nd Mountainview High School 1st Timaru Girls High School
VISUAL ARTS JUNIOR SCHOOL	Te Rito Award	2nd Highfield School 1st Waimataitai School
PERFORMING ARTS JUNIOR	Most outstanding performance by a junior group or individual	3rd St Joseph's Timaru School 2nd Arowhenua Māori School 1st Bluestone School
PERFORMING ARTS SENIOR	Most outstanding performance by a senior group or individual	1st Te iti Kahurangi – Mountainview High School & Opihi College
KAKAHU	Most functional & visually pleasing costume	3rd Waimataitai School 2nd Arowhenua Māori School 1st Grantlea Downs School
INNOVATION	Most innovative and creative performance (any category)	1st Te iti Kahurangi – Mountainview High School & Opihi College
KAEA TEINA WAHINE	Most outstanding female lead in junior section	2nd Waimataitai School – Ryleigh Eckhold 2nd Bluestone School – Rebekah Frame 1st Grantlea Downs School – Ngahuia Waa
KAEA TEINA TANE	Most outstanding male lead in junior section	3rd Ashburton Intermediate School – Whautere Witehira 2nd Arowhenua Māori School – Tobias Lomano 1st Bluestone School – Lincoln Preston
KAEA TUAKANA WAHINE	Most outstanding female lead in senior section	2nd Te iti Kahurangi – Alicia McCoy 1st Ashburton College – Serenity Keedin
KAEA TUAKANA TANE	Most outstanding male lead in senior section	2nd Ashburton College – Jerell 1st Te iti Kahurangi – Rangi Jenkins Ashby
KAPAHAKA JUNIOR	Most points in compulsory kapahaka disciplines in junior section	3rd Ashburton Intermediate School 2nd Arowhenua Māori School 1st Ashburton Borough School
KAPAHAKA SENIOR	Most points in compulsory kapahaka disciplines in senior section	2nd Te iti Kahurangi 1st Ashburton College
FLAVA 2016 KA TOI CHAMPIONS	Awarded to the school with the highest combined score over all three sections	3rd Grantlea Downs School 2nd Bluestone School 1st Arowhenua Māori School

WHAKAMIHI ATU / CONGRATULATIONS

YMCA South & Mid Canterbury won an award in the Community Organisation category at the 2016 Business Excellence Awards which was held on 26 August 2016.

Congratulations and well done team!



WAKA POU TIKANGA / ACTIVE TRANSPORT

Active Transport Logo Competition

Five local primary schools who are currently working on School Travel Plans were invited to participate in a competition to design an Active Transport logo. 81 well thought out entries were received which made the decision of choosing a winner very difficult for Linda Kenny (Community Sports Advisor at Sport South Canterbury) who judged the entries.

Caitlin Peneamene from Sacred Heart Primary School was the overall winner with this logo.

Linda commented "This design incorporated active transport very well with the picture and the words which were simple but effective." Caitlin won a brand new MGP Scooter kindly donated by Darren Cuthbertson from Bike Barn, and also a brand new helmet worth \$100 and a voucher kindly donated by James Smith of The Cyclery.

The logo has been redesigned so it shows up clearly on merchandise, but still keeping the picture and wording the same.

Monica McDonald of St Joseph's Timaru and Matthew Holwell of Highfield School were both highly commended with their designs, and have received certificates for their efforts.

Room 11 of Bluestone School had the most entries into the competition (84% of their class entered) and therefore were winners of a class pool entry & hydroslide to the CBay Aquatic Centre, kindly donated by Timaru District Council.



Rose Orr, WAVE Team Leader presenting Caitlin Peneamene with a scooter



Room 11 from Bluestone School winning class prize



NGARU WHAKAIPURANGI / WAVE RESOURCE CENTRE

What's New?

We have a number of new resources, check them out!



Caring for Yourself & Others
Alcohol Education for Secondary Schools – R013526



Māori Art for Kids
R013528 & R013529



Hoop, Spot, Bean Bag Kit
R013538 & R013539



We now have a new section dedicated to Pafika. It's small at the moment, but it is growing!

To book these and other resources simply go to www.southcanterbury.co.nz and click on a category under 'Resource Categories' on the left-hand panel, and choose the resource you want to book with your setting login details.