

ECE 5+ A DAY CHALLENGE - GROW VEGETABLES & FRUIT

Thank you to all the ECE who entered our WAVE Term 4, 5+ A Day Challenge:

GROW VEGETABLES & FRUIT

As we all know involving tamariki in gardening is one of the best ways for getting tamariki excited about fruit and vegetables.

Congratulations to our winner: Shell at Childsplay

Thank you also to all ECE who participated in the ECE 5+ A Day Challenge – 29 entries this year! Term 4 entries were of such great quality that we made up prize packs for all of the entrants.

WAVE ECE Team (Debbie, Andrea & Hacer)



ECE 5+ A Day prize pack for Term 4

SHELL'S STORY (CHILDSPLAY HOMEBASED EDUCATOR):

Our WAVE 5+ A Day challenge winner this term is Shell, a Homebased Educator with Childsplay with four children aged 19 months to almost 3 years who have developed a real love for gardening.

Here's an excerpt from Shell's entry:



Raised pallet garden

"We started with planting Māori potatoes and strawberries then, while on a walk we stopped at the nursery for tamariki to choose some plants.

One of the children's fathers made a raised pallet garden to have a garden especially for the children. His little boy was so, so proud that Dad made them and it gave him a real sense of belonging; it was so well received and was planted quickly.

We made a sensory garden, planted lots of herbs, veges, edible flowers, cranberries, blackberries, grape, tangelo, mandarin, orange and lemon trees around our established black boy peach. There are wind chimes and animal decorations, crystals and mirrors. It's become a very magical place for the kids to explore and simply chill out.

We also have a main vege garden that the tamariki have helped plant. Plus we have planted lots of pots with tomatoes, courgettes, cucumber, swan plants, spinach, bok choy, peas, beans and so on. We have planted seeds so they can learn about that, and we even attempted growing mushrooms! A worm farm is in the process of being set up which will be an interesting project for all of us. Lettuce



hmmm, smell the mint

and eggs have been sent home for families and lots of gardening and healthy food discussion has been had.

The children initiate the watering themselves - they are so incredibly proud of their gardens and excited now things have grown and they can eat them and give them away. Seeing their enthusiasm in trying veges for the first time and loving them because they grew them is amazing. One little boy has discovered radishes - he was taking them home to share with Dad but it was too irresistible and he started chomping in the car!

Our garden project is also a kindness project and they have loved that as much as the gardening itself; we have given eggs, fruit and veges to Linda, delivered veges etc. to neighbours, dropped off veges for St Vinnies Food Bank and have a cart we pop out in a neighbour's driveway with veges (soon fruit we hope) to give away to anyone that needs it. The children are so proud of this!



Kai that the tamariki donate

I am so incredibly proud of the four children and the seriousness, passion and enthusiasm that they have shown with this project and the happiness the learning has brought."

Shell, Homebased Educator with Childsplay

BETTER HEALTH | GREATER LEARNING | BRIGHTER FUTURES

KIA ORA KOUTOU - GREETINGS TO YOU ALL

Titiro whakamuri, Kokiri whakamua

Look back and reflect so you can move forward

Welcome to the first edition of the WAVE newsletter for 2019. We hope you had a chance to relax with whānau and friends over Christmas and the New Year.

In this edition of the newsletter we share a variety of ways that ECE and schools here in South Canterbury embed health and wellbeing into their day to day practice. This term we look forward to sharing the findings of the WAVE evaluation with you – thank you again for taking the time to participate. The evaluation helps assess change over time, and identify areas for improvement and future opportunities.

This year the WAVE team will be collaborating once again with South Canterbury District Health Board's Public Health Nurses to support the SneezeSafe messages shared in ECE and schools for Term 2.

In November 2018, Suzy Waaka finished in her role as Māori Health Promoter at Community & Public Health. This also marked Suzy's retirement from many years working in Māori health, both here at Community & Public Health and also in other roles throughout her career. Suzy has made a huge contribution within her role and we wish her all the very best for enjoying her retirement.

We look forward to another great year working with you.

Noho ora mai
(stay well)

Rose Orr
Team Leader



Suzy with colleagues at her poroporoaki

TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

Rural Scholars receives WAVE Award for Holistic view on Health

Rural Scholars Early Learning Centre has a unique philosophy based around respect, empathy and responsibility for animals and the natural environment. They have a holistic approach to tamariki/children wellbeing, and have utilised the WAVE service since their opening in 2009, describing their resources and knowledge as invaluable. They have recognised WAVE as an asset that has supported kaiako/teachers with growth, development and knowledge to pass on to tamariki, whānau and their local community.

In December 2018 WAVE representatives Debbie Johnstone and Rose Orr were excited to join Rural Scholars to present their WAVE Award, acknowledging their whole-of-ECE approach to a number of health and wellbeing areas. The WAVE Award is a way to celebrate the holistic approach to health and wellbeing.

Rural Scholars had been working collaboratively with Debbie to highlight their busy past year fostering children's growth and development holistically within their learning environments context alongside Papatūānuku (Earth Mother) and their animals. Their kaiako said the biggest challenge of capturing each individual area of health was choosing what to demonstrate as they recognised that the areas were very much interwoven and dependant on all areas of health being fostered for one particular area to flourish.

Out of the nine areas, Rural Scholars has achieved five of those: Smokefree, Māori Health, Physical Health, Nutrition and Oral Health. Their evidence spanned from photographs, short video clips of learning in action, learning stories, professional learning and development, published documents and the development of their physical learning environment. The kaiako explained that their most successful measure of their growth



Debbie Johnstone presenting the achievement board with the five areas of health stickers awarded to some Rural Scholars tamariki

was through the children's knowledge and parent/whānau interactions and awareness. They have proudly displayed the board in their Preschool Room and look forward to the challenge of completing the other four areas, along with annually updating stickers. They do not see this award as being complete, but rather as a continuation for growth and learning into the future, recognising health for children and whānau as paramount.



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



Join us on
Facebook



TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

Timaru Christian Preschool receives WAVE Award for Nutrition

Timaru Christian Preschool participated in Kai Kōrero sessions with Hacer Tekinkaya, Child Nutrition and Oral Health Promoter from WAVE. These enabled whānau and teachers to learn together to include healthy food and has had a positive impact on children's learning by embedding healthy eating into the ethos and environment of the preschool.

"We are very blessed here in South Canterbury to have WAVE to draw on. We've all got our own little knowledge and if we combine that, I really believe we can grow," says Paula Page, teacher.

"This has really shown with WAVE coming and supporting us with Kai Kōrero. It has gotten a lot bigger than what we anticipated, more work, but it has been so worth it to see the looks on the children's faces and with the school children and parents commenting on the sample meals that WAVE had shown us" she said.



Tamariki from Timaru Christian Preschool with their WAVE Award for Nutrition



Dr Rabbit visits Aynsley Street Preschool

Dr Rabbit came to visit Aynsley Street Preschool in October 2018. The children sat and listened to Dr Rabbit's message which was to clean your teeth twice a day, with a little bit of toothpaste. Clean your teeth for two minutes and make sure that you tickle every tooth. Remember to eat healthy foods and keep sugary foods and drinks as a once in a while treat.

Dr Rabbit also gave the children a chart, where they can colour in a section every time they brush.

The children at Aynsley Street Preschool are still talking about Dr Rabbit, a few weeks later!

To borrow the Dr. Rabbit costume for FREE (which includes delivery), contact Jo Christini: jo_christini@colpal.com phone 09 583 1405.



Dr Rabbit with Tamariki at Aynsley Street Preschool

KURA TUATAHI / PRIMARY EDUCATION

Lake Tekapo receives WAVE Award in Māori Health

During term 4 of 2018, Lake Tekapo School received their WAVE award for Māori Health. This award sits alongside their Physical Activity WAVE award they received in 2016. During the end of year prize-giving, the WAVE award was received as well as a native plant symbolising all the hard mahi the school has done in the area of Māori Health.

The school's goal was to embed Māori tikanga and te ao Māori into the school's strategic plan, vision and values. This was accomplished through teachers and students using resources that have a bicultural context in their teaching and learning, planned visits to Arowhenua Marae and the Te Ana Rock Art Centre, traditional Māori games, support from Mackenzie College with local Haka, and a book developed by students about the local Māori history of the Lake Tekapo and Mackenzie region including illustrations by a local photographer.

"It was great to have WAVE's support through our Māori Health journey. The teachers and students really embraced the true value of Māori Health into the school's curriculum, vision, values and culture" said Simon Waymouth, Principal.

Lake Tekapo School would like to thank Suzy Waaka (Māori Health Promoter) and their WAVE facilitator Greg Newton for support and guidance in the area of Māori Health.



KURA TUATAHI / PRIMARY EDUCATION

Timaru Christian School Gardening Club took part in Colour and Creativity Challenge

Several spaces were available for the students to plan and plant out themed gardens based on the school's values. Weekly tasks, challenges and the realising of their themes ensured the teams were busy collaborating, negotiating, serving others and repurposing donated materials throughout Term 4.

"The student gardeners and I are very grateful to the members of the community that contributed to this challenge - their generosity and garden knowledge has been a significant part of the success of this garden initiative" said Lorne Lee (Teacher).

There were three areas that the students were judged:

- Perseverance – Grace Prize: The Team that showed the most Teamwork
- Love and Truth – Enjoyment and effort
- Servanthood – Teams helping other teams

Thank you to Josh (WAVE) and Sophie (Public Health Nurse) for their support and judging efforts.



Perseverance- Grace Prize: the team that showed the most teamwork



Love and Truth – enjoyment and effort



Servanthood – teams helping other teams

Cannington School shows their creative side

Students at Cannington School have been very industrious during 2018. Senior students completed their shed they began in 2017 when they poured the concrete foundation.

A group of junior boys couldn't miss out and they created their version of a life sized helicopter with some of the left over building materials.

And a dinosaur was present at Cannington School to hear their rendition of "Santa Bring me a Dinosaur" at their end of year break up!



Oceanview Heights School Flourishes

The gardens at Oceanview Heights School were flourishing at the end of Term 4. Before the students broke up for the year, they enjoyed carrots and potatoes cooked with mint from their school gardens for their Christmas lunch, as well as taking home lots of fresh veggies for whānau to enjoy.



NGARU WHAKAIPURANGI / WAVE RESOURCE CENTRE

To book any WAVE Resources simply go to our website www.wavesouthcanterbury.co.nz, login using your setting login details, click on a category under 'Resource Categories' on the left-hand panel and choose the resource you want to book.

Remember, all WAVE Resources are free to book and use!



HAUORA PARENGA / HEALTH PROTECTION

Your School's Immunisation Register

Health (Immunisation) Regulations 1995 require every primary school to maintain an immunisation register. This is a tool that can be accessed quickly by public health staff to determine if there are vulnerable contacts of a vaccine preventable disease attending your school. This could be related to an individual case (a classmate, for instance) or an outbreak situation (involving the whole school), to prevent spread of a disease.

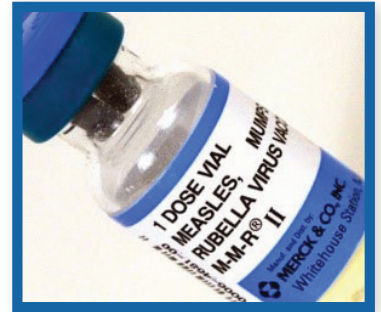
It's important to act quickly so we can offer protective vaccination or other treatments to vulnerable people, and to reduce exposure and risk of contracting an illness by excluding vulnerable children.

TIPS TO GET IT RIGHT

- The best time to request a vaccination certificate from parents or caregivers is at the time of enrolment.
- Always ask for a "verifiable copy" of the child's vaccination records (a record from their GP). Keep a copy of the records provided.
- Record details for all in students in a spread sheet so you can provide the information quickly if we ask for it.

For more information ask your Public Health Nurse or go to:

www.health.govt.nz/our-work/preventative-health-wellness/immunisation/new-zealand-immunisation-schedule



HAUORA NIHO NIHO / ORAL HEALTH

Let's Celebrate World Oral Health Day, 20 March

It's World Oral Health Day on Wednesday 20 March 2019 - a fantastic opportunity to celebrate healthy smiles for everyone and to create awareness on the importance of our oral health. The theme for this year is **'Say AHH: Act on Mouth Health'**. By taking care of our oral health we protect our mouth and body; the idea is to act today to keep a healthy mouth for life.

#SayAhh #WOHD19

SAY AHH

Hi TOOTHIE!

DENTAL CHECK-UP

REMEMBER

EAT HEALTHY
by avoiding sugary snacks and drinks, especially between meals

BRUSH YOUR TEETH
twice every day, after you wake up and before you go to bed

VISIT THE DENTIST
regularly for a healthy mouth as you grow older

www.worldoralhealthday.org

SCAN ME FOR MORE INFO

SAY AHH
SAY AHH TO YOUR MOUTH HEALTH

World Oral Health Day
20 March

fdi
FDI World Dental Federation

HENRY SCHEIN
PHILIPS
sonicare

3M
PLANMEGA

How will your setting celebrate World Oral Health Day?

- Why not invite all your family and whānau to celebrate healthy smiles together!
- Give goody bags of toothbrushes, toothpaste and tooth tips for the children or families.
- Invite Dr Rabbit for your celebration, event, assembly, mat time or classroom activity. He's had a very memorable visit to Aynsley Street Preschool last term! Just email Jo Christini: jo_christini@colpal.com (phone 09 583 1405) and the costume will be delivered to you for FREE. Make sure you book in advance as he's very popular!
- Include oral health in your teaching and activities with the children. Get creative with the children and create artwork, tooth brushing charts, posters, displays, videos, photo collage or do research projects about oral health.



Artwork by Basjin from Waimate Main School for the 'My Bright Smile Colgate Art Competition'.

- Check out the WAVE resource centre for oral health resources – have you seen our brand new Oral Health Snakes and Ladders Game in Te Reo (Mana Nga Kemu)?
- **ECE** – remember to enter the Term 1 WAVE ECE 5+ A Day Challenge: 'Vegetables and Fruit for Strong Teeth' and win prizes for your ECE (there are prizes for top 3 entries).

At WAVE we're celebrating Oral Health for the whole month of March! Check out our www.facebook.com/wavesouthcanterbury Facebook page to see our daily oral health posts in March.

We love hearing about what you do, so let us know how you celebrate World Oral Health Day at your setting. Send us photos with a blurb to go in our next WAVE newsletter and WAVE Facebook page.

For more information or ideas, talk to your WAVE Facilitator or contact Hacer Tekinkaya (WAVE Child Nutrition and oral Health Promoter), Ph (03) 687 2621 or email Hacer at: hacer.tekinkaya@cdhb.health.nz



Mana Nga Kemu, R013590

AOTEAROA BIKE CHALLENGE

RIDE A BIKE AND WIN



WE'D LIKE TO INVITE YOUR STAFF TO TAKE PART IN THE AOTEAROA BIKE CHALLENGE.

It's completely free for your workplace to take part. This is a fun, sociable competition for all staff - no lycra required!

People can cycle anywhere they like, anytime they like in **February 2019**. You only need to ride for 10 minutes or more to participate (enough time to bring a big smile to your face - a great first step in getting you to start riding).

Benefits to your organisation for participating:

- A fun activity for your whole team
- Healthier, happier, more productive staff
- Less demand for your car parking
- Helps you achieve your well-being and sustainability objectives
- Prize incentives for you and your colleagues including movie ticket vouchers, restaurant vouchers, bike gear, and more!
- All this and it's entirely FREE for your workplace staff.

It's easy:

1. Register at www.lovetoride.net/nz
2. Encourage your co-workers to join the Challenge
3. You compete against other teams to get the most staff onto bikes, have fun, and win prizes!



The Virtuous Cycle of Active Travel to School

Student travel has changed over the years. The number of primary school students being driven to school in NZ increased from 31% to 55% between 1990 and 2014. With many of our schools in South Canterbury built prior to these trends, the parking and traffic management features are not designed to cope with the increasing number of cars arriving at and leaving school.

The travel surveys completed over the past ten years at various South Canterbury schools tell us that the main reasons parents drive their children to school is "convenience" and making a subsequent journey, and "distance" (that home is too far from school).

One way to overcome these barriers to using active travel is to set up several 'Drop Zones' or 'Park and Stride Points' within a 1.6km radius of the school gate. These zones can help those parents who need to carry on with their car journey and also enable a 'part active journey' to school for the student and in some instances the parent too. Encourage students and families to try this 'one day' of the week at the start.

There are many benefits to active travel to school (ATS). ATS builds an enhanced sense of independence and confidence in a child's ability to be mobile, it also helps to create life-long habits of active travel and this can positively affect well-being.

Our vision for our young people is to have active children using safe streets, helped by engaged parents and caregivers, teaching staff, NZ police and the Timaru District Council, and surrounded by responsible drivers. With this collaborative approach to school travel here in South Canterbury we

hope to create a "virtuous" cycle of active travel to school (Figure 1).

Please contact Jane Sullivan, WAVE's School Travel Plan Coordinator: email: jane.sullivan@cdhb.health.nz for assistance with active travel initiatives and school travel plans.



Figure 1: The "virtuous" cycle of active travel to school (Sourced from iWay STP's).

AUAHI KORE / SMOKEFREE

Education settings are the heart of our communities, and play an important part in role-modelling smokefree environments and lifestyles. There are lots of ways that schools and early childhood settings can support smokefree. Talk to your WAVE facilitator if you are interested in Professional Development opportunities, or incorporating smokefree activities into your curriculum.



Hazel Guyan, Smokefree Health Promoter

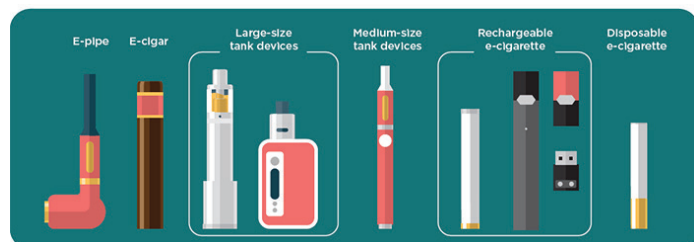
POLICY UPDATE

The increasing popularity of e-cigarettes means that settings may need to review their smokefree policies. Currently, vaping products can legally be used in places where smoking is banned, including schools and early childhood centres. It is up to each setting to include e-cigarettes in their own smokefree policy.

Why ban vaping products?

- To avoid confusion and make policies easier to enforce.
- Children can't distinguish between vaping and smoking, so reducing their visibility contributes to positive role-modelling.
- To make it clear that vaping products are only intended for smokers trying to quit.

ECE can learn more by participating in Little Lungs, while schools can take up a new Professional Development opportunity offered by WAVE in 2019, which specifically focusses on e-cigarettes.



Source: CDC accessed from

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

SMOKEFREE CARS

You've probably noticed the recent media attention on banning smoking in cars with children. This is a great opportunity for schools and ECE to engage with the topic, and to show your support for a ban. Second-hand smoke harms children, and over 90% of New Zealanders support a ban. 80% of cigarette smoke is invisible. Chemicals can remain in the air for up to 2 hours, and in fabric for weeks or months. A 100% smokefree car is the best way to protect children.

Ideas for ECE:

- Book the smokefree car from the WAVE resource centre
- Create artwork about smokefree cars
- Participate in Little Lungs, so staff understand more about second-hand smoke, and how to raise this issue with whānau

Ideas for schools:

- Book the smokefree car from the WAVE resource centre
- Create artwork using the smokefree cars theme
- Encourage children to write their thoughts about why cars should be smokefree
- In health classes, students can learn about second-hand smoke and why it is harmful
- For more classroom activity ideas visit www.smokefree.org.nz

USEFUL LINKS

- www.smokefree.org.nz
- Smokefree Resources are available from the WAVE resource centre: www.wavesouthcanterbury.co.nz
- Speak to your WAVE facilitator about "Make your car smokefree" pamphlets
- Link to this article can also be found at our website: www.wavesouthcanterbury.co.nz



SNEEZESAFE

Once again WAVE and the Public Health Nurses will be promoting the SneezeSafe messages with ECE and schools. SneezeSafe promotes flu hygiene using simple and interactive ways to reinforce flu hygiene skills. See the following website for more details and look out for more information from you WAVE facilitator.

www.sneezesafe.co.nz



PROFESSIONAL DEVELOPMENT

Vaping and School Smokefree Policies

A workshop to help school staff and Boards of Trustees:

- Understand emerging knowledge of e-cigarettes
- Learn about vaping trends in youth
- Identify why e-cigarettes should be a part of school policy
- Examine and adapt your current policy to include e-cigarettes
- Answer your questions about vaping



WAVE Professional Development

For more information please contact your WAVE facilitator or the smokefree health promoter;

Hazel.guyan@cdhb.health.nz



Little Lungs—Pūkahu kahu iti

A Smokefree Programme for ECE

Supporting and advocating for Smokefree environments for our tamariki

- **Simple** and **practical** ideas to support and celebrate Smokefree in your ECE
- Helpful **resources** to promote Smokefree cars and homes messages to parents and caregivers
- Workshop delivered **on-site** during regular staff meeting with a follow up meeting a month later
- On-going support provided as requested

WAVE Professional Development

For more information please contact:

Debbie.Johnstone@cdhb.health.nz 03 687 2622

Hazel.Guyan@cdhb.health.nz 03 687 2629



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