



WELL-BEING AND VITALITY IN EDUCATION

Newsletter

August 2020 | Issue 53

WELLBEING DURING NOHO RĀHUI / LOCKDOWN

Community & Public Health

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FACEBOOK

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

facebook.com/wavesouthcanterbury



WHAKATAUKI – TITIRO WHAKAMURI, KOKIRI WHAKAMUA LOOK BACK AND REFLECT SO YOU CAN MOVE FORWARD.

Kia ora koutou, and welcome to our first WAVE newsletter following noho rāhui (lockdown). With all that has been happening, we wanted to take a moment to acknowledge the great work you and your teams have been doing. We were so impressed with what we heard you were up to during noho rāhui, connecting with whānau and staff, getting creative with technology to tell stories, share fun and continue learning. We saw the Five Ways to Wellbeing of **CONNECT**, **TAKE NOTICE**, **BE ACTIVE**, **KEEP LEARNING** and **GIVE** in action in so many ways. Mahi Pai!

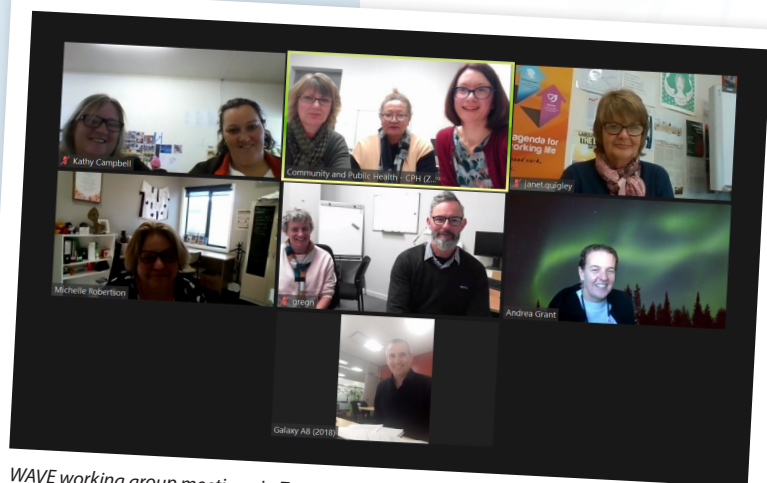
In ECE, we heard how you connected whānau and kaiako using multiple online

platforms, reading stories and songs, sharing and delivering activities and importantly checking in to see how your community was doing. Read inside about Fairlie Area Kindergarten visiting all of their whānau! Hygiene standards and cleaning became even more central to centres with extra routines to keep us safe and well.

In primary schools, we heard how you set up classes in a new space online, in very

short timeframes, doing all that you could for your school community. Many more songs and dances were shared, class pages connecting tamariki, whānau and kaiako - and coming back of course with new handwashing stations and routines.

In secondary schools, we saw rangatahi stepping up and being creative to support each others' wellbeing, prefects' cricket games at TBHS, and facebook pages for sharing what happened at home. We have a couple of examples on page 2. Teaching staff deserve to be acknowledged for the amount of work the shift to online teaching has been, again in such short timeframes, and administrators and management who adapted to new hygiene standards.



WAVE working group meeting via Zoom

BETTER HEALTH

| GREATER LEARNING

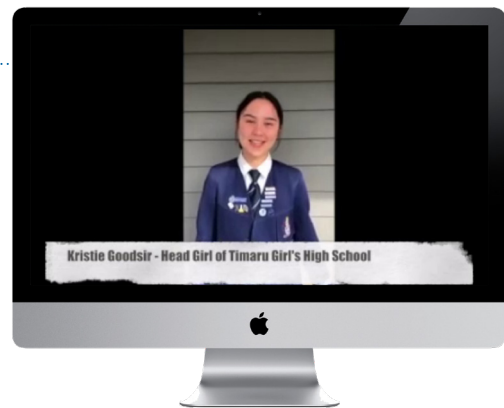
| BRIGHTER FUTURES

Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

... Continued from page 1

The Head and deputy head students from all South Canterbury Secondary Schools created a video message during Level 3, encouraging our community and thanking everyone for playing their part in staying home and staying safe – Have a look at: www.wavesouthcanterbury.co.nz/news-events/wave-newsletters/



TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

Fairlie Area Kindergarten hits the road!

During the level 3 COVID 'special holiday' (as we have renamed it), kaiako from Fairlie kindergarten embarked on a road trip over three days to visit all our kindergarten tamariki and families in their driveways. We delivered packs to each child consisting of resources that they would normally engage with at kindergarten on a daily basis. A geographical distance of 260kms was travelled and certainly gave us a valuable insight into the commitment made by families to support their child's early childhood education at kindergarten. It was wonderful to see tamariki in their home environments and to hear that this unique time in their family bubbles had been treasured by all. Home visiting was once a regular occurrence for kindergarten teachers and their families but as time evolved and kindergarten sessions lengthened to full days, this valuable practice faded out. It was a great privilege to have been able to reinstate it during this time.



SUNSMART FACT



UVR comes at you from all directions

Snow reflects UV radiation. Slap on sunscreen, wrap on eye protection and wear a helmet or beanie when out on the slopes.



Cancer Society

Te Kāhui Matepukupuku o Aotearoa

5+ A DAY WERO / CHALLENGE

Even though term 1 was a little different to what we expected, we received four entries for our Term 1 5+A Day wero, and for the first time we extended the wero to primary schools. Altogether we received four entries – He Manu Hou, BestStart Opihi, Waimate Centennial School and Glenavy School. Have a look to see the great things growing in our South Canterbury ECE and schools - check them out here on website: www.wavesouthcanterbury.co.nz/news-events/5plus-a-day-challenge/

He Manu Hou growing hua whenua

A big ngā mihi from Kaiako and tamariki to our friends at WAVE for the gift of two cranberry bushes. We will be planting these bushes in our māra huawhenua once we have fed our māra with compost.

Exploring plants and gardening enables tamariki to explore a multitude of curriculum areas such as science and nature, maths and language. Learning to work together as a team is important for us. The wero supports a sense of belonging and kinship as together we take on the role of kaitiaki of our māra. Our tamariki have the opportunity to learn through collaborative participation and learn from whānau sharing their knowledge.

Our connectedness with the natural environment ensures our world is sustainable for our tamariki and further generations.



Congratulations to He Manu Hou who were presented with plants for their entry showing holistic wellbeing woven into the way they grow hua whenua and hua rākau



Waimate Centennial receiving their fruit tree from WAVE facilitator Janet.



Glenavy team planting their 5+A Day fruit tree

WAVE 5+ A Day Challenge 2020

2nd Challenge: 3 August – 25 September

Vegetables & fruit from AROUND THE WORLD

How do you celebrate cultural dishes featuring vegetables & fruit?

- Tips** • Invite whānau to share with children a dish from their culture • Learn about other countries and the food they eat • Make a cultural dish with children and share with whānau • Try an exotic vegetable or fruit • Utilise Matariki and Pacific Language Weeks

Due date: Friday, 25 September

3rd Challenge: 3 Aug – 25 September

Have a RAINBOW of vegetables & fruit

How do you support children to explore a variety of vegetables & fruit?

- Tips** • Do mindful eating (i.e. use all 5 senses) with vegetables and fruit • Do activities, arts, crafts, or sing songs about vegetables/fruit • Learn about a different vegetables and fruit each week • Create a rainbow platter/pizza/soup • Visit www.5adayeducation.org.nz

Due date: Friday, 25 September

To enter the Challenge email your entry (e.g. lesson plans, blurb with photo, article, video etc.) to your WAVE Facilitator.



HOW CAN WE USE THE ACTIVE TRAVEL JOURNEY TO ENGAGE THE FIVE WAYS TO WELLBEING?

During noho rahui/lockdown we learnt how good it was for our wellbeing to get out for a walk, a scooter or bike, and we know that it is important to provide young people with daily opportunities to be active. Active travel to and from our education settings plays an important role in providing these opportunities.

The five ways to wellbeing are easily adaptable, scientifically proven ways to increase health and wellbeing. Here are some of the ways active travel to school can support the five ways to wellbeing:

TAKE NOTICE

Me aro tonu: Slow down, be curious, engage in the now.

- helps promote independence and self-confidence
- tamariki are able to explore their neighbourhood
- supports mindful practice through the senses - what do you see, hear, feel, and smell?
- opportunity to explore how children see their world (e.g., classroom activity – artwork of children who walk/children who are driven to school)
- young people can gain an understanding about the role they play in effecting supportive environments for active travel (i.e. citizenship)

GIVE

Tukua: Your time, your words, your presence.

- The school community all have a part to play in improving the safety and congestion around the school gate through:
 - ✓ supporting the established 'Park n Stride' and Drop/Pick Up Zones
 - ✓ obeying road rules - not parking on yellow lines or over-staying in P5's
 - ✓ older students giving their time for road patrol/road warden duties at crossing points, and parents giving their time as adult supervisors on kea crossings
 - ✓ parents giving their time to support neighbourhood walking school buses

KEEP LEARNING

Me ako tonu: Embrace new experiences, see opportunities, grow your thinking.

- builds lifelong road safety skills and active travel behaviour
- helps students arrive alert and "ready to learn" mode

BE ACTIVE

Me kori tonu: Move your body, move your mood.

- builds regular physical activity into young people's daily lives
- helps contribute to the physical and mental wellbeing of the school community members
- can enable 'active change makers' – advocacy for supportive active travel environments

CONNECT

Me whakawhanaunga: With people, with nature, with yourself.

- students and whānau can connect on their journey
- children value the walk as a social opportunity and time with their parent(s)
- "eyes on the street" - more community involvement as parents, teachers and neighbours connect can lead to improved perceptions of personal safety
- helps young people engage in the community they live in

References and Useful Links:

- sportnz.org.nz/assets/Uploads/Healthy-Active-Learning-4-9.pdf
- www.ehinz.ac.nz/assets/Factsheets/Released-2018/Active-transport-to-school-2016-17.pdf
- www.mentalhealth.org.nz/home/ways-to-wellbeing/www.health.govt.nz/system/files/documents/pages/physical-activity-guidelines-for-children-and-young-people-may17.pdf
- www.wavesouthcanterbury.co.nz/health-priority-areas/active-travel/
- sparklers.org.nz/



MyWay by Metro – your way to get about

Timaru's new public transport service is designed around you. MyWay takes you anywhere in Timaru. Students heading to after school sports? Going to the movies or shopping in the weekend? Visiting a friend? Jump on the MyWay by Metro app and book your ride, available 7 days a week.

Our powerful technology identifies a nearby existing, or virtual, bus stop within a short walking distance for pick up and drop off, allowing for quick and efficient shared trips.

Can I use MyWay to get to school?

Yes you can! However, other, more accessible options for public transport that can guarantee you get to school on-time are available. We recommend using the Timaru Schools service which connects directly to Timaru South School, Sacred Heart School, Roncalli College, Timaru Girls' and Boys' High Schools. There's also the Timaru Link services, and Metro runs two trips a day on the Gleniti route for the school peak, at 7:40am and 3:20pm.

Find out more at MyWaybyMetro.co.nz or call us on 688 5544.

How do I pay?

The best way to pay is on the app if you have a debit or credit card, or by Metrocard if you do not. We do not take cash on MyWay. Make sure you top up your Metrocard at the iSite information centre, or online where you can set an automatic top-up to kick in once your funds get low, so you never run out of credit.



NZTA EDUCATION PORTAL: NEW CURRICULUM RESOURCE

Developing Community Transport Solutions

This teaching unit has been written by Jono Broom, Assistant Principal at Haeata Community campus and is available on the NZTA website.

- Suitable for Year Levels: Primary Years 5 and Upwards and Secondary.
- Students place themselves in their own community - identifying the problems, the underlying causes and finding possible solutions.
- Cross curricular learning anchored around the social sciences.

Key competencies in use:

- Thinking
- Using language, symbols and texts
- Managing self
- Relating of others
- Participating and contributing



education.nzta.govt.nz/teacher-resources/secondary-curriculum-resources/social-sciences/

Mountainview High School Colour Run

In Level 2, Mountainview went ahead with their annual Colour Run. We decided some years ago to do cross-country a little differently. Students who want to run competitively go first and the rest walk round the course a little later.

To make it more enjoyable we gave the marshals coloured powder to throw at the runners and walkers, hence the name colour run. Rangatahi have a choice as to whether to be covered in powder or not.



Roncalli Noho Rāhui/Lockdown Photos

A Facebook page was set up called 'Roncalli Isolation Creations'. This was created by Kim Wheeler, one of the art teachers so that staff and students could show what they'd been up to during the lockdown. There was a wide range of creations including art, clothing and of course various forms of delicious food! Well done Roncalli College and thanks for sharing.



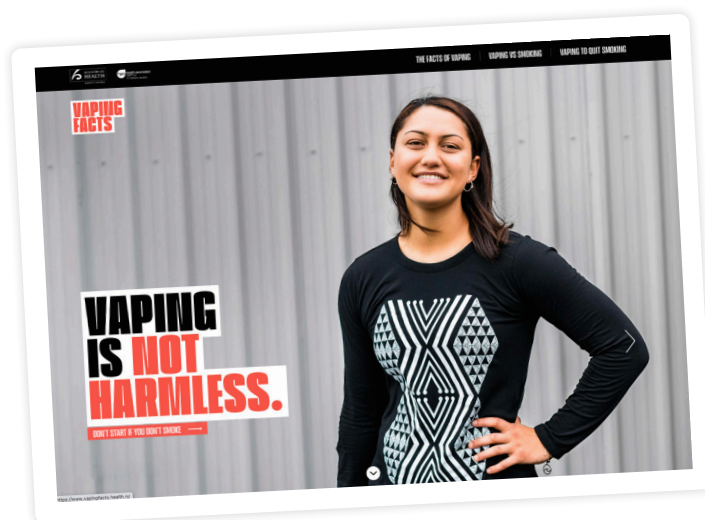
AUAHI KORE / SMOKEFREE

Vaping and schools: what education leaders can do

Under the Smoke-free Environments Act schools, kura kaupapa, early childhood education centres, and kōhanga reo must be smokefree - indoors and out, 24/7. The Government is working to put legislation in place to protect children and young people from vaping products while still having these accessible to those who need them to stop smoking.

In the meantime, the Health Promotion Agency/Te Hīringa Hauora (HPA) has provided information for schools on what they can do now.

There are suggestions for where education leaders can go for easy-to-read information and the most up-to-date, relevant research about vaping and smoking in New Zealand. This information includes what the law says, and suggestions on how staff can develop their own knowledge, and support their staff and their students' parents understanding. There are also ideas on how to support students regarding their understanding of vaping, and develop their critical thinking around substance use in general.



Here are some useful websites:

- www.hpa.org.nz/programme/education/vaping.
- www.vapingfacts.health.nz/the-facts-of-vaping/vaping-law-and-policy/vaping-at-schools-and-early-childhood-centres.html
- www.smokefree.org.nz/smokefree-environments/smokefree-at-school

NEW: Links & Downloads on the WAVE website

We have a new Links & Downloads section on our WAVE website! This provides kaiako with easy access to good quality health and wellbeing online tools. There are various guides, toolkits, websites and programmes to assist your ECE and school in promoting healthy environments, choices and lifestyles, and to enable you to incorporate these resources into your curriculum.

Our range of health areas are covered, particularly Māori culture and wellbeing, and Pasifika Health (including Pasifika language weeks). In addition, we now have an 'Environment' section which covers topics such as Gardening (edible gardens), Sustainability (recycling), and Climate Change. You will also find under 'Misc' links to the Netsafe and other toolkits and programmes.

We have included additional websites for more information or other types of resources, such as posters, pamphlets and other materials which might be helpful in your topic investigation. We have tried to make all these websites, toolkits and programmes as local as possible.



Check it out, explore and see what you can find that might help you and your students – and keep checking 'Links & Downloads' as new resources are being added all the time.

www.wavesouthcanterbury.co.nz

If you need further assistance or more information on these toolkits and programmes, please contact your WAVE Facilitator.

Pasifika Language Weeks 2020

Be prepared for our Pasifika Language weeks coming up!

Check out the new Links and Downloads section for language weeks – www.wavesouthcanterbury.co.nz/links-downloads/pasifika-health/. We have a number of online resources and websites where you can find more information on the various Pasifika languages, culture, activities and even recipes!

Cook Islands – 2 to 8 August

Tonga – 6 to 12 September

Tuvalu – 27 September to 3 October

Fiji – 4 to 10 October

Niue – 18 to 24 October

Tokelau – 25 to 31 October



HAUORA MĀORI / MĀORI HEALTH

Te Wiki O Te Reo Māori

Te Wiki o te Reo Māori is 14 - 20 September and is another opportunity for us to focus on celebrating, promoting and encouraging te reo Māori. According to www.tewikiotereo.co.nz "every minute of every hour of every day is a Māori language minute – we can choose to use te reo – every time we do, even just a 'Kia ora!' contributes to revitalisation".

Recently, ERO shared its report 'Te Tāmata Huaroa' which gives a snapshot of the current provision of te reo Māori teaching and learning in a representative sample of English-medium primary and secondary schools. www.ero.govt.nz

Locally, 28 of our South Canterbury kaiako are taking up the opportunity to increase their te reo by attending Te ahu o te reo course facilitated by Kalinia Rahui and Nareesha Waa. Ka rawe!

The Generation Reo website has more encouragement, tips and clips to help along your te reo journey www.kmk.maori.nz/generation-reo



**COUGH
& SNEEZE
HANDS
FREE**



**STAY AT
HOME IF
YOU'RE
SICK**



**KEEP
BEING
KIND**



**WASH
& DRY
THEM
OFTEN**

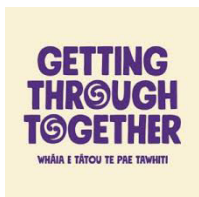
Resources for our rollercoaster

We've been through a lot in recent months; noho rāhui, getting back to education with extra requirements, and moving on to Level 1. We are able to use this opportunity to reflect on how it was, what we learnt and what we would like to hold on to. And it is also important to realise that it's been a rollercoaster for whānau, tamariki and kaiako, and our emotions will be up and down.

Sparklers has a hub of resources and activities for tamariki, whānau and kaiako wellbeing: visit www.sparklers.org.nz



Getting Through Together have FREE posters available to download and order to say thank you to your community, and also to say it's ok to feel this way:



www.allright.org.nz/free-resources/getting-through-together-posters

www.allright.org.nz/free-resources/gtt-reassurance

Update About FLAVA & Korohi O Te Pēpi 2020

At the end of March Ka Toi Māori o Aoraki Incorporated Society Executive agreed to cancel FLAVA and Korohi o Te Pēpi 2020 due to COVID-19, and instead run both events in 2021. The decision was made at that time to give reassurance that the safety of tamariki, kaiako and whānau are paramount, and due to the uncertainty of the situation.



Reminder: for the latest information on COVID-19 and where to find support, go to www.covid19.govt.nz

The WAVE Newsletter is now printed on 100% recycled paper.
After all, you cannot have healthy people without a healthy planet!

