



WELL-BEING AND VITALITY IN EDUCATION

PĀNUI

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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



TE HĀ O AORAKI / THE BREATH OF AORAKI

Toothbrushing becomes part of the school day at Arowhenua Māori School

Students and teachers at Arowhenua Māori School have piloted an evidence-based toothbrushing programme in South Canterbury with great success. Students not only enjoyed brushing their teeth with their friends at school but found that it helped them remember to brush their teeth at home as well.

"That's an added bonus," says South Canterbury District Health Board's dentist Aravind Parachuru, "We know that this programme works to reduce cavities and now we know it also helps tamariki remember to brush their teeth at home, which is great news!"

The toothbrushing pilot, Te Hā o Aoraki – The breath of Aoraki, a collaboration between the South Canterbury District Health Board, WAVE at Community and Public Health, Community Dental Services, Arowhenua Whānau Services, and Arowhenua Māori School began in October 2020.

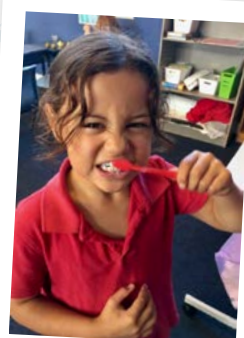
Students, kaiako (teachers) and whānau completed short surveys as part of the evaluation which found that 88% of tamariki agreed that the programme was going well, and all whānau and kaiako respondents agreed that the toothbrushing programme should continue to be part of each day at Arowhenua Māori School.

Arowhenua Māori School principal Bronwyn Te Koeti-James said that, "Once the routines were set up toothbrushing is easily managed and has definitely become a part of the school day. The children now basically run it themselves and have learnt the importance of having clean teeth. Now they let us know if something comes up and they might miss out on the brushing".

South Canterbury District Health Board's Director of Māori Health, Joseph Tyro, is delighted that the programme has worked well for everyone at Arowhenua Māori School. "We've trialled the programme locally and are now very confident this programme will make a positive contribution to the oral health of children in South Canterbury. We are looking forward to rolling out the programme to Early Childhood Education Centres and schools in our region."

He Manu Hou are also part of the pilot programme.

The evaluation report for the Te Hā o Aoraki pilot can be found at www.wave-southcanterbury.co.nz/about-wave/key-documents/



BETTER HEALTH | GREATER LEARNING | BRIGHTER FUTURES

Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

Term 1's 5+ Day Wero – Where does hua whenua me hau rākau come from?

Discovering and exploring vegetables and fruit was the theme for Term 1's 5+ A Day Wero.

We received seven entries:

- Fairlie Area Kindergarten
- John Street Kindergarten
- Parkside Playcentre
- Ranui Kindergarten
- Timaru Christian Preschool
- Waimate Childcare
- Makikihi Primary School

We thank everyone who entered and **CONGRATULATIONS** go to **Makikihi School** for taking out the prize in the Primary School section and to **Ranui Kindergarten** for being the winner in the ECE section. Check out our website for all of the entries:

www.wavesouthcanterbury.co.nz/news-events/5plus-a-day-challenge/2021-challenges

Ranui Kindergarten learning about their fruit and vegetables

We compiled a video with a snap shot of the many ways that we are teaching the children about where the fruit and vegetables that they eat come from.

The video shows tamariki growing a garden, preparing and eating kai, and how our whānau have shared hangi with us and are donating fruit trees for our orchard.



Makikihi School and the humble potato

The humble Makikihi potato has long been celebrated in South Canterbury. So it makes perfect sense that Makikihi School would plant out the back paddock in potatoes!



FACEBOOK FUNNY

WAVE Facilitator Janet and District Health Nurse Kate were at Glenavy School delivering the SneezeSafe message.

Whose idea was it to dress-up?!



Term 2's 5+ A Day Wero / Challenge



WAVE 5+ A Day Wero/Challenge 2021

Early Childhood and Kura/Primary Schools

GO Kai that gives energy to move and have fun

GROW Kai that fuels bodies and brains for growth and development

GLOW Kai that helps develop skin, hair, nails and body organs

Tamariki require **hua whenua me hua rākau/vegetables and fruit** as part of a balanced diet. Being part of the 5+ A Day Wero is a great opportunity to provide experiences for tamariki to develop a positive relationship with kai. Entries go into a draw to win a fruit tree.

Check out WAVE's website - Links and Downloads for useful online resources

www.wavesouthcanterbury.co.nz & www.5adayeducation.org.nz



Wero tua rua: Rāhina 10 Haratua – Rāmere 2 Hōngongoi 2021
(2nd Challenge: Monday 10 May – Friday 2 July 2021)

Hua whenua me hua rākau from AROUND THE WORLD

How do you celebrate cultural dishes featuring hua whenua me hua rākau?

Tips • Invite whānau to share with tamariki a dish from their culture • Learn about other countries and the kai they eat • Make a cultural dish with the tamariki and share with whānau • Try an exotic hua whenua me hua rākau with tamariki • Utilise Matariki and Pacific Language Weeks • Display maps of other countries linking it with kai



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

Early Childhood: debbie.johnstone@cdhb.health.nz or andrea.grant@cdhb.health.nz

Kura/School: janet.quigley@cdhb.health.nz or greg.newton@cdhb.health.nz



5 Ways to Wellbeing

FIVE WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

© MENTAL HEALTH FOUNDATION OF NZ 2019

 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND
www.mentalhealth.org.nz

KURA TUATAHI/PRIMARY EDUCATION

Sacred Heart School focuses on Sustainability

Sacred Heart students are now able to water their school's edible garden thanks to the tank that the school had donated to them and is now hooked up to collect rainwater from the roof. This is just one of the initiatives the school is undertaking as part of their environmental sustainability focus.



KURA TUARUA/SECONDARY EDUCATION

Healthy School Lunches Programme at Opihi College

Opihi College students are one of the seven South Canterbury schools enjoying the Government's new Ka Ora, Ka Ako (Healthy School Lunch Programme). Students are enjoying trying out some of the new options the daily lunch programme offers.



TE ORANGA / WELLBEING

Pause Breathe Smile – An opportunity too good to miss ... AND it's free!
If you are planning to deliver an SEL programme in your kura this could be it!

**Pause
Breathe
Smile**



Brought to schools
by Southern Cross



*We believe that every child deserves
to thrive and not just survive.*

www.pausebreathesmile.nz

See for yourself at: Impact Evaluation for the Pause Breathe Smile Programme

(2020) Ihi Research. Dr Anne Hynds, Rawiri Hindle, Dr Larissa Kus-Harbord, and Dr Catherine Savage.

www.pausebreathesmile.nz/wp-content/uploads/2020/10/PBS-Report.pdf

How it works

- Pause Breathe Smile facilitators train teachers to implement the PBS eight-week mind health programme in their classroom.
- Teacher training includes a one day workshop in-house for the whole school staff plus online learning.
- PBS is aligned to the New Zealand Curriculum and delivered by the teacher in their classroom, with mindfulness practices integrated as part of daily teaching.

Thanks to Southern Cross Pause Breathe Smile teacher training is fully funded for Primary and Intermediate Schools.

www.southerncross.co.nz/group/Community-impact/Pause-Breathe-Smile-2

Would you like to help your tamariki/akonga to:

- Improve their focus and engagement in learning activities
- Improve their emotional literacy
- Have healthier friendships, relationships and social connections
- Enjoy less bullying and aggressive behaviour

Would you like to implement a programme that:

- Makes a vital contribution to learning and general wellbeing within your classrooms and school communities.
- Has clear emotional, cognitive and relational benefits for tamariki/akonga and for kaiako.
- Shows many positive and interconnected benefits for Māori and non-Māori children and particularly boys.

Project Zebra – Safe Crossing Promotion

From 8 to 12 March at Timaru South School we did Project Zebra on the Craigie Ave and Queen Street crossings outside of our school. Project Zebra is a week-long event run in particular schools to teach or spread awareness of how to cross the zebra crossings safely. To help get more students involved we had a Park & Stride zone set on College Road for parents to drop off their kids so they can still walk and use the crossing. Once the kids crossed we gave them house points for using it and that increased the amount of students that would use the crossings. On the last day of Project Zebra we held a mufti day with the theme of stripes, with Cache hosting our assembly in the Zebra costume.

The student ambassadors noticed that more kids were using the crossings, and using the kerb drills and looking rather than just walking out onto the road or waiting for the duty teacher. We also noticed some cars were going too fast and weren't stopping or made the conscious decision to keep driving through the crossing. The crossing on Craigie Ave is also in a spot where whatever way the drivers are coming from, it's really hard to see it. Some ideas the student ambassadors came up with to help were making an ad with kids speaking and putting it on the radio when it came to before and after school driving. Another idea we came up with was using 3D paint to make the crossings more visible to drivers.

We as students worry about the safety of particularly the younger kids at our school. I worry that the drivers do not see them wanting to cross and that one day there could be an accident. I think moving the crossing to a safer spot would be a good idea but I know this would be a big job. Another idea I

have is making the orange signs taller, bigger so they are more visible for motorists.

Chloe Smith - Year 8 student, Timaru South School

"We are educating our kids, and they are getting better at keeping themselves safe because they can't rely on adult motorists. Project Zebra has been a great avenue for this. We are very grateful to Jane and the team at WAVE for their ongoing efforts and support. Our hope going forward is that Waka Kotahi (NZTA) can have a close look at the design of our zebra crossings and make some changes that can ensure the safety of our tamariki"

Amy Logavatu Deputy Principal.



Featured in photo: Jo Luxton, Ashlee Robertson, Chloe Smith and Jane Sullivan

Zephyr the Zebra was also at Grantlea Downs, early in Term 1, 2021 to support tamariki using the Grants Road pedestrian crossing. You can read more about this in the Timaru Herald article:

www.stuff.co.nz/timaru-herald/news/124317731/timaru-school-teaching-pupils-to-be-more-independent-at-zebra-crossings

Road Safety Week – 17-23 May 2021

Have you signed up for your free action pack yet? Find out more and register:

<http://www.roadsafetyweek.org.nz/>

AUAHI KORE / SMOKEFREE

Here is a range of helpful teaching resources and information to support a whole of kura approach to smokefree and vape-free.

Visit: www.wavesouthcanterbury.co.nz/links-downloads/auahi-kore-smokefree/

We encourage you to look at the New Zealand Health Education Association's article about vaping in the December 2019 issue of Hauora Matters. This includes teaching and learning ideas and links to resources for teachers to use.

Visit: www.healtheducation.org.nz/wp-content/uploads/2019/12/Hauora-Matters-December-2019.pdf

Pūkahukahu Iti - Little Lungs -

Supporting and advocating for Smokefree environments for our tamariki

This programme provides simple ideas for confidently delivering smokefree messages to parents and caregivers, tools for ECE to promote smokefree environments, smokefree resources relevant to early childhood, and on-going support to develop a smokefree action plan.



Contact your WAVE Facilitator for more information.

Smokefree at Schools

A smokefree school involves the whole school community. When parents, whānau and staff are working together with a shared understanding of what keeps young people smokefree, it increases young people's chance of remaining smokefree for life. The "Our Smokefree School/He Kura Auahi Kore: A Practical Guide to Being a Smokefree Community" is designed to support schools to embrace the smokefree kaupapa.



Visit www.smokefree.org.nz

Other useful websites:

Community & Public Health: www.cph.co.nz/your-health/smokefree

Smokefree: www.smokefree.org.nz

VapingFacts: www.vapingfacts.health.nz

Te Hīringa Hauora: www.hpa.org.nz/programme/tobacco-control

The Fresh Air Project: www.freshairproject.org.nz/find-a-venue/south-canterbury

Kick Ash: www.scdhb.health.nz/services/mental-health-and-addictions/smokefree

Arowhenua Whānau Services: www.aws.health.nz

Quitline: www.quit.org.nz

Keeping it fresh!

Smoke and vape free - So much more than a sign on the gate!

Keeping the Air Fresh at your kura, so tamariki can have the best possible environment to grow and flourish.

UPDATE: Legislative Requirements: Smokefree Environments

Under the Smokefree Environments and Regulated Products (Vaping) Amendment Act 2020 (1) all schools, kura kaupapa, early childhood education centres, and kōhanga reo must be smokefree and vape-free - indoors and out, 24/7.

From 11 May 2021, all schools, early childhood and tertiary education facilities must:

- take reasonable steps to ensure that no person smokes or vapes in any part of your centre, whether inside or outside, at any time of day.
- display 'no vaping' alongside or in combination with no smoking signage. Signs must be prominently displayed at or immediately inside every entrance to the premises and every entrance to all buildings or enclosed areas on the premises. This excludes buildings and areas not usually in use.

NAG 5 outlines the requirements of schools. See web link 1. on the next page to find out what that means in terms of being smokefree and vape-free.

Vape-free Signs

Vape-free stickers (in English and Te Reo) are free. You will be sent stickers based on the number of buildings registered with the Ministry of Education. More stickers can be ordered from the Health Promotion Agency.



Teens and Vaping

Schools have identified some challenges in managing a notable increase in students vape use. Although new legislation making vape purchase illegal to under 18 year olds should help, it is still important to address this trend through education and the promotion of fresh air environments. Use the actions, links and resources on this page to engage your students in this critical conversation.

What you can do...

- Update signage in line with the new Smokefree Environments and Regulated Products (Vaping) Amendment Act 2020 (2) and publicise the changes with students and whānau.
- Visit Health Promotion Agency (3) which provides information for school leaders, information for staff, parents and about supporting students.
- Read the New Zealand Health Education Association's article on vaping in the December 2019 issue of Hauora Matters (4). Share the link with all of your teachers.
- Ensure you have a good restorative process in place for students including links to information and referral options for students and staff seeking support.
- Use the vape story as an example of intention (a smoking cessation device) and the power of marketing. Who owns the vape manufacturing companies? Who is being targeted in the marketing? The NZHEA article has some useful ideas for engaging students in critical thinking.
- Support the development of national and local level legislation supporting smokefree and vapefree public spaces and promote public campaigns like World Smokefree day.

Learn about more about vaping at vapingfacts.health.nz (5) This website has information about how vaping differs from smoking, what the law is in relation to vaping, and vape trends in the youth and adult population.



Smokefree Cars

Drive Smokefree for Tamariki is a new campaign that promotes smokefree cars. It also raises awareness about the new law in place from 28 November 2021, where it will be illegal to smoke or vape in a vehicle that has children under 18 years old in it. Visit www.hpa.org.nz for more info



Web links:

- (1) https://www.smokefree.org.nz/files/images/NAG%20-%20National%20Administration%20Guidelines%20-0_0.pdf
- (2) <https://www.health.govt.nz/our-work/regulation-health-and-disability-system/regulation-vaping-and-smokeless-tobacco-products/about-smokefree-environments-and-regulated-products-vaping-amendment-act>
- (3) <https://order.hpa.org.nz/collections/smokefree>
- (4) <https://healtheducation.org.nz/wp-content/uploads/2019/12/Hauora-Matters-December-2019.pdf>
- (5) <https://vapingfacts.health.nz/>
- (6) https://www.smokefree.org.nz/resource-library?body_value=Logo&field_tags_tid=All&field_resources_type_tid=All&combine=logos
- (7) <https://www.hpa.org.nz/programme/education/vaping>

**WHAT IS YOUR
KURA DOING
FOR THIS YEARS...**

www.smokefree.org.nz/smokefree-environments/smokefree-at-school
www.hpa.org.nz/programme/education/vaping

**WORLD
SMOKEFREE
DAY
31 MAY**



PARENGA HAUORA / HEALTH PROTECTION

FREE
MEASLES IMMUNISATION
HERE

DROP-IN MEASLES CLINIC

WHEN: Every Tuesday
TIME: 2pm-4.30pm
WHERE: Talbot Park, North Entrance,
156 Otupua Road

No appointment needed.

Win a Beats Pill+ Speaker

PROTECT AGAINST MEASLES
.org.nz

If you are aged 15-30 you may have missed out on getting your measles immunisation. This vaccination is free and will help to protect you and your family.

V.O.I.C.E. YOUTH ART PROJECT

V.O.I.C.E.
Youth Art Project 2021
Celebrating 10 years
ART EXHIBITION & COMPETITION

Opening/Awards Night: Tuesday 6th July 6:30pm

Theme: Reimagine a New World

Entry Criteria: Open to all South Canterbury young people aged 12 - 24 years

CASH PRIZES

AWARD CATEGORIES:

- CREATIVE WRITING & POETRY
- IMAGE: PAINTING/MIXED MEDIA
- IMAGE: DRAWING/PRINTMAKING
- 3D WORKS
- SCULPTURE/INSTALLATION
- DIGITAL MEDIA
- FILM/PHOTOGRAPHY/DESIGN & IMAGE
- SPECIAL CATEGORIES

Exhibition: Art Institute of Canterbury, Timaru Cafeteria, 32 Arthur Street, Timaru

Entries close and works delivered by: Wed 30th June 2021 to YMCA @ 23 Butler Street

For more info: Cath - youth@ymcas.org.nz Phone: 688 3682 or Anna Reihana @ cchb.health.nz Phone: 687 2609

YMCA South & Mid Canterbury Investing in the Next Generation CWAVE TE RITO SOUTH CANTEBURY Timaru District creative722 Ara

2021 LANGUAGE WEEKS

Be prepared for Pasifika and Māori language weeks, as well as Matariki.

ROTUMAN 📅 9 – 15 MAY	TE WIKI O TE REO 📅 14 – 20 SEPT
SAMOA 📅 30 MAY – 5 JUNE	TUVALU 📅 26 SEPT – 2 OCT
KIRIBATI 📅 11 – 17 JULY	FIJI 📅 3 – 9 OCTOBER
MATARIKI 📅 BEGINS 13 JULY	NIUE 📅 17 – 23 OCTOBER
COOK ISLANDS 📅 1 – 7 AUGUST	TOKELAU 📅 24 – 30 OCTOBER
TONGA 📅 5 – 11 SEPTEMBER	

For ideas, activities and learning resources, visit:

www.mpp.govt.nz/programmes/pacific-language-weeks/
www.tewikiotereomaori.co.nz/
www.tepapa.govt.nz/learn/for-educators/free-downloadable-activity-books




Kōrero Mai Kōrero Atū
MAURI TŪ, MAURI ORA
SPEAK UP, STAND TOGETHER, STOP BULLYING

JOIN THE MOVEMENT:
WWW.PINKSHIRTDAY.ORG.NZ
#PINKSHIRTDAYNZ

PINK SHIRT DAY
FRIDAY THE 21ST OF MAY

For resources / information, visit www.pinkshirtday.org.nz