



WELL-BEING AND VITALITY IN EDUCATION

Me ora tonu, me ako tonu, me whakatika haere

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



WAIMATE CELEBRATES MATARIKI

Thirteen Waimate Kura and ECE celebrated Matariki again this year by participating in kapa haka and waiata at the Waimate Events Centre, where they were surrounded by fantastic displays of visual arts. The performances were enjoyed by a large number of whānau and members of the community, and afterwards Waimate Main hosted a hangi. Well done to everyone for an awesome event.



BETTER HEALTH | GREATER LEARNING | BRIGHTER FUTURES

Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

Litter-free Lunchboxes at Best Start

Kai times are a little bit magical here at BestStart Marchwiell. With a focus on manaakitaka and kaitiakitaka, we have been exploring how we can care for ourselves, others and the environment. The recent change to becoming a full lunchbox service provided us with a great opportunity to look at how we are impacting our environment and also why it is important to fuel our bodies in the right way. Incorporating litter-free lunches has seen our centre community grow in awareness of what is being provided to sustain our tamariki throughout the day as well as how much waste is being produced. This has been an eye-opener for us all, and the teaching team are getting creative with reusing what we can in other ways.



Waimate Centennial Lister Home Team in Action

One of the very positive school activities children our school are involved in is our Lister Home group led by Tania Swatridge.

A group of Year 5 and 6 children visit Lister Home fortnightly on a Tuesday afternoon and take part in a wide variety of activities with some of the residents. It certainly provides the children involved with a great opportunity to interact with elderly members of our Waimate community.

The feedback we receive is always extremely positive and this is a programme Waimate Centennial is proud to be involved in.



St Joseph's Temuka International Morning Tea



What a fabulous day of celebrating our cultures today! Thank you for all the thought and effort that went behind traditional costumes and shared morning tea. What a spread. It was wonderful to see so many students trying food they had never experienced before.



Geraldine Primary Pink Shirt & Gumboot Day

Recently Geraldine Primary School participated in both Pink Shirt Day and Gumboot Day. For Pink Shirt Day the school was a sea of pink. Children participated in a range of classroom activities during the week to promote their school values of caring and respect. The story of Pink Shirt Day was shown at school assembly prior to this day.

On Gumboot Day, which recognises supporting children's mental health, the student Whānau Leaders chose some activities for their house group to play. These included things like: throw the gumboot into the basketball hoop, toss the gumboot as far as you can, obstacle courses and hide the gumboot. Students had a lot of fun participating in these activities.



COVID-19 health reminders

For more information visit covid19.govt.nz/vaccine



Stay home if you are sick



Wipe down all commonly used surfaces



Wash or sanitise your hands



Wear a mask on all public transport if you are able



If you have COVID-19 symptoms, get a test



Cover coughs and sneezes



Use the NZ COVID Tracer app to sign in to locations; turn on Bluetooth

New Zealand Government

Unite
against
COVID-19

MINISTRY OF
HEALTH
MANATŪ HAUORA

Jump Jam Extravaganza 2021

The Jump Jam Extravaganza and Xtreme events were held at Mountainview High School Auditorium on the 9th and 10th June 2021. The auditorium was rocking over two days with 650 children from schools around the South Canterbury region from Glenavy to Fairlie.

Sport Canterbury's dynamic and highly respected Jump Jam events have become a highlight on the school's calendar, as teams of up to 18 took to the stage in an explosion of colour and sound.

Jump Jam is a pre-choreographed schools' aerobics programme which provides music and resources that children can follow. Sport Canterbury's Jump Jam Extravaganza encourages teams to choose their favourite routine, learn it and fine-tune their performance skills. The result is a highly-charged and entertaining event for children from Year 1 through to Year 6.

New to the event this year was the Xtreme section for teams from Year 7 to Year 10.



Photos courtesy of Stuff Ltd

Paraihe niho / Toothbrushing – a part of the day at He Manu Hou

He Manu Hou bilingual early learning centre in Timaru are the first early learning centre in South Canterbury to implement a toothbrushing programme. The centre, along with Arowhenua Māori School, piloted the evidence-based toothbrushing programme in South Canterbury, Te Hā o Aoraki – The breath of Aoraki.

He Manu Hou Head Teacher, Missy King said they now have a routine around toothbrushing, which is working well for them. “The key thing that helped us is to have a dedicated space for toothbrushing, we have a small tēpu (table) with four stools and mirrors for tamariki to look at while they paraihe (brush)”. Tamariki wait for their turn to brush and a kaiako supervises the brushing.

As part of the programme He Manu Hou have supported whānau and tamariki through ongoing conversations and education around healthy teeth and kai.

Tamariki brush their niho (teeth) after lunch at the centre. “Tamariki are really keen to brush their teeth and pack up their pouaka kai (lunchbox) when they see the toothbrushing being set up,” said Missy.

“It’s great to see our tamariki supported with the knowledge of ‘how’ to brush their teeth,” said one whānau member.

“The mahi that the He Manu Hou Kaiako have invested in this programme has led to the best practical ways to implement the programme within ECE settings. These findings are being shared with other centres to support the implementation of Te Hā o Aoraki within their own centres,” said Missy.

The programme is a collaboration between the South Canterbury District Health Board, Community and Public Health WAVE team, Community Dental Service, and Arowhenua Whānau Services.

South Canterbury District Health Board’s Director of Māori Health, Joseph Tyro, is encouraged by the findings of the pilot programme. “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 excited to see this programme rolled out to more Early Childhood Education Centres and schools in our region.”



He Aratohu mō te Paraihe Niho - Toothbrushing guidelines

Te Hā o Aoraki - The Breath of Aoraki, South Canterbury Toothbrushing Programme, is currently being offered to a selection of ECE and schools in South Canterbury. For all other ECE and schools who would like to start their own toothbrushing programme, toothbrushing guidelines can be found on the WAVE website www.wavesouthcanterbury.co.nz



Local educators learn Ngā Taonga Tākaro / Traditional Māori Games

On Thursday 27 May, 35 educators throughout South Canterbury were given training in Traditional Māori Games at a workshop at Arowhenua Marae.

Organised by WAVE, the workshop was a chance for educators from early childhood, schools, marae and community members to learn more about Traditional Māori Games so that they could put this into regular practice with their students.

“Ngā Taonga Tākaro (Traditional Māori Games) such as ki-o-rahi, are an awesome way to engage with tamariki and rangatahi, weaving te reo Māori, whakapapa and tikanga with physical activity” said Heperi Harris, Manager of Te Puna Wānaka, Ara Institute of Canterbury and workshop facilitator.

“Teachers have been keen to learn more about Ngā Taonga Tākaro to put this into practice with their students. We were thrilled to have Heperi Harris facilitate this workshop for us in South Canterbury” said Greg Newton, WAVE Facilitator.

The one-day workshop was held at Arowhenua Marae on Thursday 27th May and involved practical sessions for attendees. They also had a chance to plan how they would put it into practice back in their ECE or school.

Attendees came from all over the South Canterbury area to attend this workshop.

“Our plan with this workshop is to share the knowledge and skills for teaching Traditional Māori Games so that attendees are able to lead these activities regularly in their ECE, school, marae or other community setting” said Greg. “We see this as an important way to support Ngā Taonga Tākaro in our community” he said.

Here are some websites to visit for a variety of Ngā Taonga Tākaro:

www.tki.org.nz (Te Kete Ipurangi) for links including stick and hand games, poi activities, and music and movement

www.r2r.org.nz (Rangatahi Tu Rangatira) for information to lead Ngā Taonga Tākaro



Useful websites:

WAVE ECE Physical Activity Toolkit: www.wavesouthcanterbury.co.nz/links-downloads/hakinakina-physical-activity/

Sport New Zealand - Get Kids Active: www.sportnz.org.nz/get-into-sport/get-kids-active/

Ministry of Health – Hākinakina (Physical Activity): www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity

WAVE – Physical Activity: www.wavesouthcanterbury.co.nz/health-priority-areas/physical-activity/

Community & Public Health – Physical Activity: www.cph.co.nz/your-health/physical-activity/

Let's Keep it Positive and Balance is Better

This winter across the Waitaha Te Tai o Poutini region, coaches, parents, caregivers and participants are getting behind the message, 'Let's Keep It Positive', in order to address side-line behaviour. The Sport Canterbury team has developed this campaign to influence positive change in the sporting environment – ultimately creating more positive experiences for our young people.

Clubs can download resources to share in their community - www.sportcanterbury.org.nz/Community-Sport/Sideline-Behaviour-Issues/LetsKeepItPositive1

The Sport Canterbury team is also traveling across the region to deliver Balance is Better events aligned with the Sport New Zealand philosophy. This philosophy is about helping our young people find the secrets to sporting success and participation: balance, fun and friendship.



Change the Game

On Thursday 25 June Sport South Canterbury hosted an event for sports, parents, coaches and clubs to understand how our young people can find the key to sporting success and participation: balance, fun and friendship.

Canterbury sporting legends and experts in the field Mike Stevenson and Andrew Ellis spoke about the Balance is Better Philosophy.

Balance is Better is an evidence-based philosophy driven by Sport New Zealand to inform and provide a framework that puts the needs of the participant first. It's about knowing why our tamariki and rangatahi play sport.

It was a successful evening attracting over 40 parents, coaches and players from a large range of sporting codes, generating some thought-provoking conversation around what is best for our tamariki and rangatahi and their development.



Oral Care Waste Recycling

Did you know you can recycle oral care waste products through **TerraCycle**? You can prevent all this waste from going into the landfills and earn points for your (non-profit) ECE/school or organisation.

It's FREE and very easy to participate. **For more information or to sign up, visit:**

www.terracycle.com/en-NZ/brigades/oral-care-brigade

(check out their website to find about other plastic products that can also be recycled through them)

ACCEPTED WASTE



Daffodil Day 2021

We here at the Cancer Society are reaching out to all WAVE settings to let you know how you can get involved in this years Daffodil Day.

This year we have simplified our processes to make it easier. We have a brand-new [Daffodil Day website](https://www.daffodilday.org.nz) for you download FREE resource templates to use within your setting. There are posters, invites, creating daffodils from egg cartons - there are so many ideas - maybe you want your whole school to dress up in yellow or make the biggest heart out of coins? Check it out at: <https://www.daffodilday.org.nz/schools>

Look out for an email from us or to order a pack and support this years Daffodil Day, head to: <https://www.daffodilday.org.nz/signup>

Cancer doesn't stop, so we won't either.







Contact us for further information at fundraise@cancer.org.nz or phone 03 636 1324





BE A GUARDIAN OF THE FUTURE

Aged 15-30? Get immunised against measles to protect your whānau, community and future generations from harm. **It's free at GPs and participating pharmacies.**







PROTECT AGAINST MEASLES
[.org.nz](https://www.protectagainstmeasles.org.nz)

5+ A Day Wero / Challenge

Term 2's 5+ A Day Wero was "Huawhenua (Vegetables) & Huarākau (fruit) from Around the World".

Congratulations to **Ti Kōuka Kindergarten** for taking out the prize in the ECE section and to **St Joseph's School Temuka** for winning the Primary School section.

Check out the WAVE website to see the entries:

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

Ti Kōuka Kindergarten has done a fantastic video of all the exploration of foods from around the world. With support from whānau they have made with the tamariki: Sushi from Japan; South African bobotie; blue cheese and pear from France; Indian butter chicken; stir fry from China; suafa'l and koko alaisa from Samoa; kumara fries, blueberry pancakes and carrot muffins from our own kiwi culture; lū sipi from Tonga; tomato pasta from Italy; and bao buns (steamed lamb buns). YUM!



St Joseph's Temuka School held a cultural diversity day which was a fantastic celebration of all the cultures in the school, and included tamariki dressing up in their traditional attire and eating kai from other cultures, such as: chop suey, smoked eel, Cornish pasties and more!



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 toru: Rāhina 2 Here-turi-kōkā – Rāmere 24 Mahuru 2021
(3rd Challenge: Monday 2 August – Fri 24 September 2021)**

Have a RAINBOW of hua whenua me hua rākau

How do you support tamariki to explore a variety of hua whenua me hua rākau?

Tips • Try using all five senses - mindful eating with hua whenua/hua rākau • Do activities, arts, crafts, or sing songs about hua whenua/hua rākau • Learn about a different hua whenua/hua rākau each week • Create a rainbow platter/pizza/soup • Visit www.5adayeducation.org.nz



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



FLAVA AND KOROHĪ O TE PĒPI FESTIVALS

Kapa haka, performing and visual arts will be celebrated again this year with FLAVA and Korohi o Te Pēpi festivals back on the ECE and schools' calendar.

FLAVA and Korohi o Te Pēpi festivals support education settings to promote understanding of Te Ao Māori, enhance Manawhenua values, pride in identity and to showcase students' talents and express their creativity.

FLAVA has non-competitive and competitive options for kapa haka to encourage all schools to take part at a level that suits them, while Korohi o Te Pēpi gives all ECE the opportunity to showcase their talents on stage in front of an enthusiastic audience.

Both events are organised by Ka Toi Māori o Aoraki Incorporated Society which involves representatives from Te Rūnanga o Arowhenua, Arowhenua Whānau Services, WAVE, ECE Leaders Group, South Canterbury Primary Principals' Association and Te Aitaraikihi Trust.



FLAVA FESTIVAL


The Mid & South Canterbury Schools
Annual Cultural Competition Showcasing
Visual Arts, Performing Arts and Kapa haka

Friday 17 September, 2021
Temuka Stadium, Domain Avenue, Temuka



Gold coin donation or koha gratefully accepted
Event Organised by: Ka Toi Māori o Aoraki Incorporated Society

Supported by:




KOROHĪ O TE PĒPI

Singing of the Babies


Early Childhood Education cultural event
showcasing kapa haka, waiata and art

Thursday 9th & Fri 10th September 2021
Session 1: 9am – 10am | Session 2: 10:30am – 11:30am
Life Church, Morgans Road, Timaru



Gold coin donation or koha gratefully accepted
Event Organised by: Ka Toi Māori o Aoraki Incorporated Society

Supported by:



MoveWell

MoveWell provides practical ideas, advice and support to help develop children's confidence, knowledge, skills and attitudes so that they can enjoy participating in physical activity. It combines evidence and research into a practical games-based resource that has strong links to the health and physical education learning area in The New Zealand Curriculum.

MoveWell was developed by Physical Education New Zealand (PENZ) in collaboration with Sport New Zealand and the Accident Compensation Corporation of New Zealand and is supported by the Ministry of Education.

Click below to go to the MoveWell website, which has details about workshops for primary and intermediate schools in Term 3 & 4, 2021 and Term 1 2022.

penz.org.nz/movewell

Project Zebra at Highfield School

Earlier this term, from 17 to 21 May, Highfield School welcomed back Zephyr and Project Zebra. The focus for this week was our Wai-iti Road crossing and developing safe practice among the students who used this busy crossing point.

During this year, it had been noted by all staff who help patrol it that there had been numerous near-misses when cars drove through the crossing while students and teachers were on it. Mrs. Cooper therefore contacted Jane Sullivan and Deb Quested to have another community focus on this crossing.

The big flashing lights most certainly had an impact on drivers, as while they were there, the speed of cars and the awareness of drivers was much better.

For that week, there was also an encouragement to our parents to drop children off at this crossing point and walk the short distance to our school through the alleyway. Lots more did this – it might have been because “Zebra gotchas” and bookmarks were given out.

We would like to thank Jane, Deb, the police officers who came to observe and the council for the big signs. It all helped to make our students feel safer.

Highfield School WAVE team.



New Resource to support Active Travel to School

Our WAVE School Travel Plan Coordinator, Jane Sullivan, has been working on a brochure for schools who are working on their school travel plan (or who have a STP) which they can use to support active travel to school. It is available to schools in a template version and allows a school to add in their unique details (e.g. times the school crossing operates, preferred entrances and drop-off/pick-up areas, any active travel promotion/initiatives such as WOW – Walk or Wheel; Feet First etc).

A school also works together with key stakeholders to create a map that shows suggested safer active travel routes to school, along with approximate walking time from school, crossing points, park and strides zones, pick-up and drop-off zones. This map is included with the brochure.

Initially a school would share this resource with their whole school community then the idea is it becomes part of the new enrolment pack.

For further information on this resource and school travel, email: jane.sullivan@cdhnb.health.nz or ph. 687 2600



Comcol – Exploring our Past

Comcol akonga and kaiako recently visited Te Ana Rock Art Centre and then went on a guided tour of the Opihi Taniwha rock art site. The programme offered at Te Ana was a great way to experience our past and then to go and see one of the rock art sites made the whole experience real for us. We would like to thank WAVE for supporting this really worthwhile experience. This is what our akonga said...

"The cave video set up at the rock art centre is really cool"

"There was a lot of interactive videos and we were able to do our own drawings"

"The hologram was moving"

"Wes was very knowledgeable and helpful. He told us about how the people moved for hunting and gathering and how far they travelled"

"Wes told us the meanings around the art, how they were made and what was used. We learnt a lot of stuff I never knew before"

The fantails and nature around the Rockart was amazing and having a black fantail following us was awesome"

"It was great to be able to enter the cave where the drawings are and see them up close"

To find out more about Te Ana Māori Rock Art tour visit

www.teana.co.nz

V.O.I.C.E Youth Arts Project Workshops 2021

This year is the 10th year for the V.O.I.C.E Youth Arts Project and we are celebrating!

During Term 2, V.O.I.C.E (Vision, Opinion, Identity, Creative Expression) held their art workshops for akonga who are not in mainstream education. The workshops took place at Ara, where akonga had access to art-making expertise and equipment. Workshops were offered in the lead up to the V.O.I.C.E Youth Arts Awards and Exhibition where students work is catalogued and can be offered for sale. Any young person between the ages of 12 and 24 is eligible to enter work in the awards and exhibition. The exhibition was held in early July so look out for photos and a list of winners in the next WAVE Newsletter.



TE ORANGA / WELLBEING

Smokefree Cars – Drive Smokefree for Tamariki

On 28 November 2021, New Zealand will enact legislation that makes smoking in cars with children under 18 a fineable offence. This will bring us in line with a number of countries around the world. This legislation aims to protect children from the harms of second-hand smoke in cars. There is high public support for this law in NZ, (94% agree cars carrying kids should be smokefree) and similar prohibitions are already in place in other countries. Children are more vulnerable to the harms of second-hand smoke (smaller lungs, higher breathing rate), and they seldom have any say in whether smoking in cars happens.

For more information see www.hpa.org.nz

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



THE RULES ARE CHANGING

DRIVE SMOKEFREE

— FOR TAMARIKI —



Smaller lungs and a faster breathing rate mean children are more vulnerable to the harms of second-hand smoke.

From November 28, 2021

Smoking or vaping in a vehicle carrying tamariki & rangitahi under 18 years of age will be a fineable offence even if the vehicle isn't moving.

www.smokefree.org.nz/drivesmokefreefortamariki