



WELL-BEING AND VITALITY IN EDUCATION

Me oranga tonu, me ako tonu, me whakatika haere

PĀNUI

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Community & Public Health

Te Mana Ora

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FACEBOOK Pukamata

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

facebook.com/wavesouthcanterbury



Mai i te Kōpae ki te Urua,
tātou ako tonu ai.
From the cradle to the grave
we are forever learning.

GERALDINE PRESCHOOL CELEBRATE COOK ISLAND LANGUAGE WEEK

Geraldine Preschool kaiako and tamariki created some amazing artwork as part of Cook Island Language Week.

We made a wall hanging inspired by the hibiscus flower and cultural motifs. The children painted the colourful background, using stencils to create the flowers and shapes inside the hanging. We recycled brown paper from the previous week and again the children used sponges and stencils to make the border. The children applied glue all over the cardboard and on top of the finished work to seal it. Isn't it beautiful!



BETTER HEALTH

| GREATER LEARNING

| BRIGHTER FUTURES

Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

St Joseph's School Temuka – 5+ A Day Challenge/Wero

St Joseph's Temuka put a lot of thought into the type of fruit tree they wanted to plant as a result of winning the Term Two 5+ A Day Wero. After much deliberation they came up with a plum tree and chose 'Hawera', which is a self-pollinating tree that grows large, fleshy plums. The school's green team, under the supervision of the caretaker, planted the tree and will be looking after it. They can't wait for it to bear plums that can be enjoyed by the whole school.



Gardening pleasure at John St Kindergarten

Last year we received packs of seeds from the WAVE 5+ A Day Wero promotion; Spaghetti Squash, Mustard and Beetroot.

Tamariki planted and watered the mustard so that it could be dug back into the soil to nourish it ready for new seeds to be planted.

Beetroot and Spaghetti Squash seeds were planted next. Tamariki nurtured these plants until they fruited. It was so exciting watching the squash get bigger and bigger before harvesting them. It was such an awesome experience cooking the spaghetti squash and using a fork to scoop it out just like strands of noodles. The 'spaghetti' went down a treat!



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 wha: Rāhina 25 Whiringa-ā-nuku – Rāmere 26 Whiringa-ā-rangi 2021
(4th Challenge: Monday 25 October – Friday 26 November 2021)

Hua whenua me hua rākau for STRONG TEETH

How do you support tamariki to keep their smiles healthy?

Tips • Celebrate National Oral Health Day/Switch to Water Challenge in November • Do an investigation on niho/teeth • Create artwork about niho/teeth • Make an oral health wall display • Get whānau to send photos of them brushing their child's niho/teeth • Order a Colgate Education Kit



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



Te Hā o Aoraki, The Breath of Aoraki (South Canterbury Toothbrushing Programme)

The daily toothbrushing programme is proving to be very popular with the ECE and tamariki taking part. Here are stories from three ECE that are finding this to be an exciting and rewarding programme.

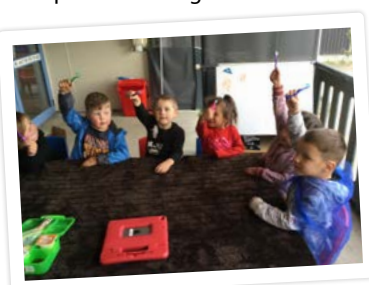
Daily Toothbrushing Programme at Geraldine Kindergarten

The toothbrushing programme has been really well received and the tamariki were really engaged with talking about keeping themselves healthy and brushing their teeth after lunch. The tamariki were excited to look at their teeth in the mirror and brush their teeth. We purchased a toothbrushing playdough kit for their imaginative play and many children have been role playing being dentists. We have also had really positive feedback from our parents, many saying they haven't been able to get them to brush their teeth at home and were pleased to hear they were excited to do this at kindergarten. With the level changes due to COVID-19 we have paused our toothbrushing programme for the time being while we are in Level 2. However, we are still keen to continue with the initiative and we will discuss as a team how we can do this if we continue to stay in Level 2 for some time.



Tamariki enjoying toothbrushing at Best Start Opihi

On the last week of July the tamariki at BestStart Opihi have been very excited to be a part of a toothbrushing programme with WAVE and the South Canterbury District Health Board. The programme has first been introduced to our four year old children at their kiwi group mat time. At kiwi group the tamariki were each given their very own toothbrush that will stay at preschool. After kiwi group and after eating lunch the tamariki have been invited to line up and brush their teeth. The tamariki have all been so patient waiting for their turn. Discussions were had about toothbrushing habits at home and the importance of having healthy teeth. We read a story about visiting the dentist and this encouraged tamariki to share with each other their experiences of visiting the dentist. As soon as tamariki finish eating they are so eager to go and brush their teeth. It has been amazing to see our tamariki so excited to brush their teeth alongside their friends. To celebrate having a fantastic first week of toothbrushing at preschool all the tamariki were awarded with a certificate to take home.



We are so excited to continue our toothbrushing journey and introduce the programme to all of our tamariki. We will have the daily toothbrushing back up and running in Level 1. We also hope to have our tēina tamariki signed up to start in Level 1 as well.

Kaiako Hope

Tamariki loving daily toothbrushing at Rural Scholars

In early Term 3 Rural Scholars introduced the toothbrushing programme across all three classrooms. The different aged tamariki have loved this opportunity and have blown us away with their prior knowledge and abilities to make this become a positive part of our daily routine, excitedly awaiting their special brush with their own names on it. We have seen the successful connections between our centre and our tamariki homes through their engagement and commitment to the programme. Whānau have also shared great feedback about their tamariki taking this on board more at home.



Kaiako Lisa



"Research tells us that young people want quality RSE and that the taboo around this topic does not support their wellbeing"

Tracey Clelland

Relationship and Sexuality Education is education about us, about who we are and how we are. It's about how we **FEEL**, how we **FUNCTION** and how we **FORM** and maintain healthy friendships and relationships. It's also about how we develop the skills to make strong connections to our whānau, our communities and our futures.

Put simply, human flourishing is about feeling good and functioning well in all aspects of our lives. Forming and maintaining healthy friendships and relationships is key to human flourishing. Learning how to flourish is the content of a strong and effective RSE programme.

The Ministry of Education *Relationships and Sexuality Education a guide for teachers, leaders and boards of trustees (Years 1-8 and Years 9-13)* were published in 2020. Dr Rachael Dixon and Tracy Clelland from the University of Canterbury were contracted by the Ministry of Education to create effective practice showcases and educator resources to help schools and teachers implement the updated guides, and these are due to be released later this year. WAVE and Rachael are working together to organize two workshops in Timaru in 2022.

For more details about Dr. Rachael Dixon and Tracey Clelland's work, see this article from the University of Canterbury:

www.canterbury.ac.nz/news/2021/new-relationship-and-sexuality-resources-will-empower-school-teachers-to-implement-updated-guidelines.html

RSE Professional Development

Strengthening relationships and sexuality education

Dr. Rachael Dixon from the University of Canterbury will facilitate two workshops (one for primary teachers and one for secondary teachers) in late Term 1 or early Term 2 2022 (dates TBC) in Timaru. These 2-hour workshops will explore aspects of the Ministry of Education Relationships and Sexuality Education – a guide for teachers, leaders and boards of trustees and the support materials relevant to teachers.

At completion of the workshop participants will:

- have knowledge of the Relationships and Sexuality Education Guide and supporting materials
- have explored ways to implement in their school curriculum and as part of a whole-school approach to the promotion of student wellbeing.

Dates for the workshops will be confirmed before the end of this year and sent to you by your WAVE facilitator.

"The world has changed quite a lot in what young people are accessing and how they are accessing not just explicit material online, but information and false information,"

Rachael Dixon

In September 2021 YMCA South & Mid Canterbury released the results report from its 2021 youth survey, which aims to take the pulse of the region's youth aged 12-24 years on a range of topics. A record number of young people participated in the comprehensive survey. Some of the key findings are shared here.

YMCA South and Mid Canterbury Youth Survey Results:



YMCA South and Mid Canterbury Youth Survey 2021: ymcasc.org.nz/

Relationship and Sexuality Education Resources

New Zealand Health Education Association:

This website includes a wide variety of support materials for the planning and teaching of sexuality education in New Zealand schools.

www.healtheducation.org.nz/resources

WAVE website: Visit the Links and Downloads section of the website for a wide range of up-to-date RSE curriculum resource links, including the new NZHEA resource.

www.wavesouthcanterbury.co.nz/links-downloads/sexual-health-hauora-taihema/

VOICE: Celebrating 10 Years of Youth Art

VOICE (Vision, Opinion, Identity, Creative Expression) is a youth focussed art project that aims to engage more young people in a range of arts practices. The project organises and funds access to quality art tuition and art making equipment for young people outside mainstream education. At the culmination of the workshops, the project hosts a two week exhibition where any young person from South Canterbury aged between 12 and 24 years can showcase their artistic talents. This year included a creative writing section. Entries, although few in number, were extremely powerful and emotive pieces of writing.

Participation in the arts, regardless of genre or skill level is very beneficial to health and wellbeing and in a year like this one the value of arts accessibility couldn't be more apparent. By increasing arts access for more young people in South Canterbury, we are adding to their wellbeing toolkit and equipping young people for life in the future.

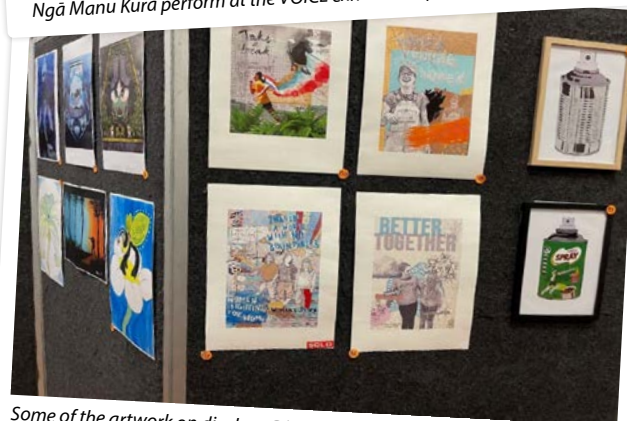
ARTS PARTICIPATION IMPACTS ON SCHOOL ENGAGEMENT AND WELLBEING

- Evidence shows increased participation in the arts positively and significantly affect students' school engagement, tertiary study aspirations, and compassion for others. *
- Participation in the arts encourages a different way of thinking and engaging with the world and is a catalyst for increased creative problem-solving abilities
- Resilient young people can think, communicate and engage in deeper connections with people and with their environment. We know participation in Creative Arts can support development of these skills.
- We also know participation in the arts is a connector of people and that being connected and engaged is the most important protective factor in youth suicide.

AWARD	NAME	ARTWORK
Paint/Mixed Media	Ava Young	Catch Of The Day
Runner-up	Abby Ross	New Zealand, You Beauty
Merit	Emma Beecroft	Planets
Merit	Siaosi Moimoi	Castle Sweet Castle
Merit	Dylan Scarlett	Reptilian World
Merit	Violet Dinsdale	Sunset Horizons
Drawing/Print Making	Payge Ovenstone	Timeless
Merit	Cole Whitnade	Reptilian World
Merit	Alexandra Black	The Melody Of Tomorrow
Photography	Brooklyn Galbraith	Too Cool For School
Merit	Benson Arnold	Clean Ocean
Merit	Adam Alexander	On The Right Track
Digital media	Samantha O'Neil	Women Fighting Women
Merit	Ruby Huring	Masks of Tomorrow: Climate Change
Merit	Hayden Timmings	I'm Angry
Creative Writing	Shyann Flemming	Voices
Merit	Ana Shanai	Is This Real
Merit	Ana Shanai	A Cry For Help
Merit	Trystana Howard	Another World
Merit	Chelsey Niles	My Mother
Te Rito Award	Phoebe Rolleston	The Native Heart
Runner-up	Samantha O'Neil	Women Fighting Women
Merit	Oly Cowie	Stolen Air
S.C. Arts Society Award	Liliarna Smith	All Loving
Merit	Cole Whitnade	Reptilian World
Peoples Choice	Hayden Timmings	I'm Angry



Ngā Manu Kura perform at the VOICE exhibition opening night.



Some of the artwork on display - Digital Media Section.



Some of the artwork on display - Painting Section

* www.kinder.rice.edu/research/investigating-causal-effects-arts-education-experiences-experimental-evidence-houstons-arts

* www.culturehealthandwellbeing.org.uk/sites/default/files/9789289054553-eng.pdf

Streets for every user

Have you considered the 'Bike In Schools' Project?

17 August 11.59pm - the country goes into another lockdown to keep New Zealanders safe from the spread of COVID-19. It was an opportunity for some people to slow down and take stock.

What I noticed during lockdown was our streets were calmer with fewer vehicles moving from A to B. Once again people started to move around in their bubbles on bikes, scooters and walking. A glimmer of what is possible in calmer street environments. I saw tamariki experiencing their first bike journeys on the road under the guidance of mum or dad. I also saw more experienced bikers who were enjoying the freedom of riding solo or with siblings on our streets.

It is possible if we lift our gaze to hold that vision of what our streets could be like with less traffic. School travel generates a lot of vehicle trips, some of which could be exchanged for an active transport mode for all or part of the school journey.

If your school would like to see more students coming to school actively then the 'Bike In Schools' Project could be an option to support more of your school community in bike riding. The Bike On NZ charitable trust (CC44779) is a registered charity whose main objective is to enable all New Zealand children to ride a bike on a regular and equal basis within school through its National Bike in Schools Project. They offer free advice about project managing, funding and implementation to any school in New Zealand interested in the Bikes in Schools project.

Check out the Bike in Schools link www.bikeon.org.nz/bikes-in-schools-intro/ or scan to find out more about:

- ✓ The wide range of positive economic and social **outcomes** to your school and wider community.
- ✓ Find out how your school could fund this project
- ✓ What's in the full recommended package: a fleet of new bikes; helmets; types of tracks you can create in your school grounds or neighbouring park; bike storage solutions; and cycle skills training. This will however depend on your school's requirements.
- ✓ Feedback from schools involved in Bike in Schools.



Jane Sullivan

School Travel Plan Co-ordinator

National Beep Beep! Day for pre-schoolers and early primary

Wednesday 17 November, 2021

Beep Beep! Days with Timmy Time engage children aged 2-7 years in activities that teach the road safety basics through fun activities, while raising awareness with parents, carers and the wider community about protecting children on roads.



Brake NZ provide free resources to help you run activities and reinforce those important road safety messages. These activities can be done in groups at ECE or school, or at any time at home.



Whether you're an early childhood centre, school, home educator or parent/carer, you can sign up and take part in Beep Beep! Day with the children in your care. If you can't take part on Wednesday 17 November, you can run your Beep Beep! Day on any day of your choice.

To register for free, use the link: www.brake.org.nz/fundraise2/1262-register-your-beep-beep-day Everyone who registers will receive a free electronic action pack full of resources to help you run your activities.



SC School Travel Focus Group Update

At our Term 3 meeting in August the following items were discussed, updates given, and solutions sought:

- SH1 Craigie Ave Crossing/Queen St/College Rd intersection – update and next steps
- Wai-iti Rd (Glenwood) pedestrian crossing visibility
- School Travel Plan updates
- School Patrol Training updates
- Safe Cycling Programme (Timaru Police)
- MyWay Bus Parking around schools – Virtual Bus Stops presented by Isabelle Bromham (ECAN) and Arnold Garchow (Ritchies).
- Safe School Streets/Streets for Everyone: Case Studies from Waka Kotahi (NZTA) Innovating Streets Projects. For example: www.nzta.govt.nz/roads-and-rail/innovating-streets/case-studies/central-city-schools-cluster-project-dunedin/
- Safer Routes to School programme – identifying safer crossing points

- TDC infrastructure updates – in particular work planned for Wai-iti Rd/Selwyn St intersection, and work pencilled in the programme for a number of schools.
- Reviewed our Terms of Reference and welcomed Nadine McFarlane (Timaru South School) and Arnold Garchow (Ritchies) to the group.

Principles of the SCST Focus Group

**E hara taku toa
I te toa takitahi
He toa taketini**

My strength is not as an individual, but as a collective

Our next meeting is scheduled for Wednesday 10 November, 2021. If your school has a school travel matter or initiative you'd like to bring to this forum then please email our WAVE School Travel Plan coordinator: jane.sullivan@cdhb.health.nz

ORANGA HINENGARO / Mental Wellbeing

Mental Wellbeing on return from lockdown

At Creative Corner, we had noticed upon returning from lockdown that not all of our community had as good mental health as they would have liked. We made a special effort to touch base with our community and encourage them to reach out to services that might help meet their needs. For our teaching team we implemented a centre fruit bowl to encourage the sharing of kai for togetherness and to promote and make easily accessible healthy options. We have also implemented some appreciation treats where we share a sweet treat and a note to appreciate our colleagues. Starting in a couple of weeks, our Board of Trustees has approved funding for our team to engage in, in centre, after-work Pilates classes to help us stay connected and be active. We feel like we are every day celebrating great ways to recognise, support and improve our mental health.



Worried or Anxious?

Our friends at Sparklers have a great section on worry and anxiety if this is a challenge for any of your tamariki, which you may like to familiarise yourself with, so you can pass it on to your whānau if or when relevant.

It is helpful for Kaiako and parents to help young people to put their emotions in context and to understand that both worry and sadness are very normal and best described as

being on a fluctuating continuum that goes from worry free at one end to clinical anxiety at the other.

There are some useful activities to help Kaiako/whānau to help tamariki put their worry in perspective and develop tools to manage their responses.

www.sparklers.org.nz/activities/anxious-or-worried

NEW MENTAL WELLBEING VIDEO SERIES

WAVE is excited to bring you our new mental wellbeing video series featuring examples from schools here in South Canterbury. The short videos can be used in staff meetings, teacher-only days, syndicate meetings or similar. A guide to using these videos is also available and includes questions to work through as a group following the videos.

The following videos make up the series:

- **Mental wellbeing introduction and overview:** Ciaran Fox, Mental Health Foundation gives us a recap of mental wellbeing and positive mental health, including Te Whare Tapa Whā and the 5 Ways to Wellbeing. This is a short and engaging video that provides a great basis for the mental wellbeing video series and is recommended to watch first.
- **Wellbeing leadership – Waimate Kāhui Ako:** Jonathan Young, in his previous role as Waimate Kāhui Ako Lead and Principal at Waimate Centennial School shares their journey and the approach the Kāhui Ako has taken to embed wellbeing.
- **Sparklers – wellbeing activities for tamariki:** Sparklers is an Aotearoa-designed, free online toolkit of wellbeing activities for tamariki from Years 1 to 8. Kaiako can adapt the activities for ECE and secondary school students. Watch Anna Mowat provide an engaging overview of Sparklers, where to access the resources and how to use them.
- **Student wellbeing – Craighead Diocesan School:** Kim Fairbrother, Head of Department Health, and Kayla Cunningham, Sports Director, share how they are promoting mental wellbeing and engaging with students and the wider school community via their wellbeing Instagram page.

Useful websites and further resources are available on the Links and Downloads/Mental Wellbeing page of the WAVE website:

www.wavesouthcanterbury.co.nz/links-downloads/oranga-hinengaro-mental-wellbeing

You can also contact your WAVE facilitator for information and to share feedback about using these videos.

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 tu, mauri ora OF NEW ZEALAND
www.mentalhealth.org.nz

Snacks don't have to come in packets

As a community we all want tamariki to grow up happy and healthy, with a healthy relationship with food. Tamariki need enough kai for a day at school, kura or ECE, kōhungahunga so packing snacks in lunches keeps tamariki fuelled between meals. We all need more fresh, healthy foods in our lives, yet families are bombarded by advertising for ultra-processed packaged foods. These ultra-processed foods leave tamariki with less long-lasting energy compared to whole foods, because they are packed full of cheap ingredients like sugar, salt and fat. When promoting fresh healthy kai focus on messages that help whānau and tamariki implement ways to reduce packaging (and increase fresh food). Here are some ideas to start:

- Could our education setting tackle packaged foods from a **sustainability** perspective? For example, having a package-free day once a week – this often indirectly has a positive effect on food too.
- What are some **effective ways for sharing key messages with whānau** – healthy snippets/recipes in the newsletter/social media, tamariki can present about healthy foods at whānau events, posters on your noticeboards or around your setting etc.
- What opportunities do tamariki have to **learn about**:
 - ★ **Where our kai comes from** – Help tamariki to build a relationship with kai using whakapapa. Learn about where our kai comes from (e.g. the river, ocean, under or above the ground, trees, bush, farms etc). Learn about the traditional Māori kai practices. Check out the 'He Kai Kei Akuringa' visual recipe cards and share the videos online with whānau www.hekai.co.nz
 - ★ **Growing, preparing, cooking and enjoying nutritious foods**. Does our setting have a māra kai (edible garden) which is an integral part of the curriculum? Do tamariki have an opportunity to practice and develop their cooking knowledge and skills?
 - ★ **How food makes us feel / Mindful Eating** – Ask tamariki what foods feels like? Which foods gives us energy and makes us feel good? Focus on the physical properties of food – what does it look, taste, smell, feel or sound like in your mouth. This allows tamariki to enjoy what they are eating – and they may not need to eat so much. Check out the **Mindful Eating Activities** resource (available under the Health Eating section of the WAVE website).
- **Have cultural food days/festivals** – How do we celebrate and include foods from other cultures and teach tamariki to be curious about trying different foods? Focus on describing food and using positive language around food. How can we support and encourage tamariki and whānau to include cultural foods in the lunchbox?
- **What sort of language are we using around food?** Are we labelling food as 'good' or 'bad' and creating rigid rules around food? How are we contributing to children growing up to have a positive relationship with food and nurture body acceptance?
- Have we had **successful initiatives** in the past that we can do again?
- **What's our own food environment like?** For example, which foods are provided at shared lunches, canteen/vending machines, gala days, discos, events and celebrations, fundraisers, camps etc. Does our own food environment encourage and role model nutritious kai to whānau and tamariki?
- When did we last update our setting's **food and drink guidelines?** Check out the MOH/MOE Healthy Food and Drink Toolkits (for ECE and for schools) to help with this. Both of these documents can be downloaded from the WAVE website www.wavesouthcanterbury.co.nz

Snacks don't have to come in packets

Save money by making your own quick and easy snacks using food you already have in the kitchen.



Get more snack ideas at healthykids.org.nz/eat/recipes

For more information check out the Links & Downloads section for Healthy Eating in the WAVE website:

www.wavesouthcanterbury.co.nz/links-downloads/hauora-kai-healthy-eating/

These newsletter snippets and more can be accessed at:

www.nutritionandactivity.govt.nz/nutrition/nutrition-resources-schools

Healthy Food and Drink Toolkits for Early Learning Services and Schools

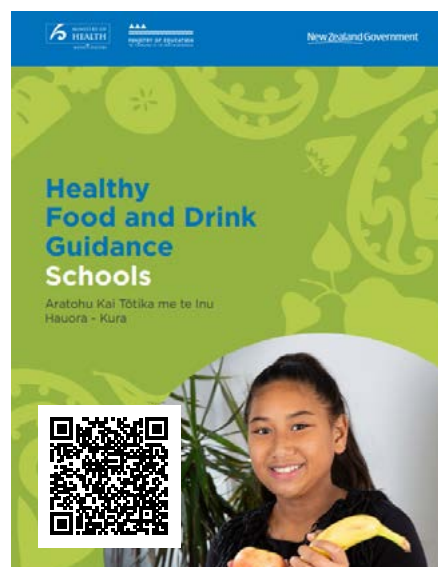
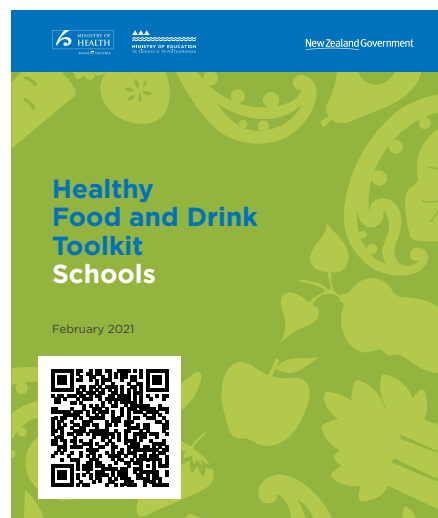
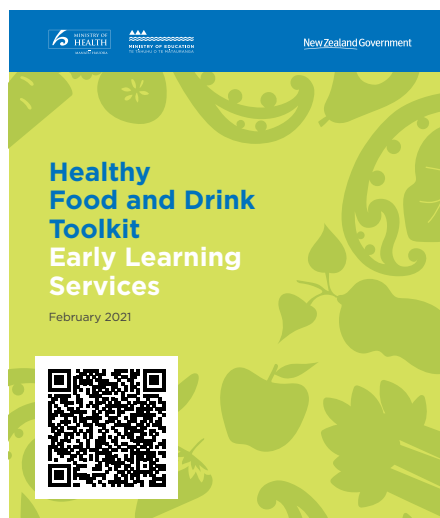
The Ministries of Education and Health have produced **Healthy Food and Drink Toolkits** – for Early Learning Services and for Schools, both in English and Te Reo, in February 2021. These resources provide practical guidance for enhancing healthy food and drink policies, events and fundraisers, information to share with whānau, snippets for newsletters and social media, along with a range of resources for canteens including menu ideas. To find out more, download the resources from the WAVE website and talk with your WAVE facilitator who can work with your ECE or school as you use these toolkits.

Also, check out the **Healthy Food and Drink Guidance** for Early Learning Services and for schools. This was produced by the Ministry of Health in 2020. These documents are available on the Ministry of Health website and the WAVE website.

Visit the WAVE website under www.wavesouthcanterbury.co.nz/links-downloads/healthy-eating-hauora-kai/.

You can also click on the links below for Ministries of Education and Health resources:

- [Healthy Food and Drink Toolkit Early Learning Services](#)
- [He Kete Rauemi Kai Hauora mā ngā](#)
- [Healthy Food and Drink Toolkit Schools](#)
- [He Kete Rauemi Kai Hauora mā ngā](#)
- [Healthy Food and Drink Guidance Early Learning Services](#)
- [Healthy Food and Drink Guidance Schools](#)



Swimming and the Two Week Poo(l) Rule

The last few weeks of Term 4 and the first few weeks back at school in Term 1 often involve swimming classes or swim week activities, and sometimes unwanted bugs make it into a swimming pool!

Two common water borne bugs, cryptosporidium and giardia can make life miserable if you are unfortunate to catch them.

Once in a pool the cysts are really difficult to eliminate, the normal level of chlorine in pools is totally ineffective in dealing with these two bugs and only high specification filters can remove them. Contamination in a pool may mean closing and draining the pool, massive clean down and refilling. Treat any pool "code brown" incidents quickly!

That's why we want you to **remember and apply** the two-week rule so any pupil or adult that has had diarrhoea in the two weeks prior to any swimming/pool activity must be excluded from the pool. This applies to all pools – your own school pool, or a community pool (council run), private swim school pools, even paddling pools.

Have a great summer swimming and keep it bug free!




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

IT'S ALL RIGHT TO FEEL HŌHĀ AT TIMES

A purple smartphone is shown at an angle. The screen displays a text conversation. The contact name is 'TAMA'. The messages are: 'ALL GOOD BRO?' and 'YEAH, NAH'.

GETTING THROUGH TOGETHER
WŌHĀ I KĀHUA TE PŪE TŪKŪHĀ

For ideas on looking after yourself and others, visit allright.org.nz

ALL RIGHT?  Mental Health Foundation
maunui tū, maunui āre

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

