



WELL-BEING AND VITALITY IN EDUCATION

Me ora tonu, me ako tonu, me whakatika haere

# PĀNUI

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## Community & Public Health

Te Mana Ora

18 Woollcombe Street  
P O Box 510, TIMARU  
Phone: 03 687 2600  
Fax: 03 688 6091  
[www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)

## FACEBOOK Pukamata

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

[facebook.com/wavesouthcanterbury](https://facebook.com/wavesouthcanterbury)



*Kia urupū tatou;  
kua e taukumekume  
Let us be united; not pulling  
against one another*

## KOROHI O TE PĒPI AND FLAVA ON YOUTUBE

Due to COVID-19, both the Korohi o te Pēpi and FLAVA festivals, which had been scheduled for September 2021, unfortunately had to be cancelled.

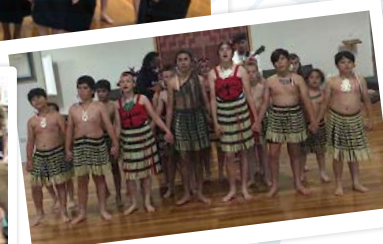
In recognition of the time and mahi that kōhungahunga and kura had put into preparing to perform on stage at the kapa haka festival in front of an audience of hundreds of people, Ka Toi Māori o Aoraki Incorporated Society created FLAVA Fest 2.0. This is a virtual platform where Korohi o Te Pēpi and FLAVA-ready kura and kōhungahunga can still perform and share with the community.

The option to hold FLAVA Fest 2.0 online had a great response. We received 40 items to showcase on our YouTube channel FLAVA Fest 2.0 from 12 enthusiastic kura and kōhungahunga. These amazing performances by tamariki and rangatahi from Mid and South Canterbury received over 1000 views in the first three days of being online.

Click on the link below, where you will be able to view "virtual" performances from the following kura/kohungahonga:

[www.youtube.com/channel/UCAKN87QOnTO-vGBR699fPVQ/videos](https://www.youtube.com/channel/UCAKN87QOnTO-vGBR699fPVQ/videos)

- Arowhenua Māori School
- Ashburton Borough School
- Geraldine Kindergarten
- Grantlea Downs School
- Highfield School
- The Learning Barn
- Timaru Girls' High School
- Waihi School
- Waimataitai Kindergarten
- West End Kindergarten
- Winchester Rural School
- He Manu Hou



BETTER HEALTH

GREATER LEARNING

BRIGHTER FUTURES

### Key Partners:

- Cancer Society
- Te Runanga o Arowhenua



## TERM THREE 5+ DAY WERO RAINBOW OF HUAWHENUA AND HUARĀKAU

The winners of the 5+ A Day Term 3 Wero, "Rainbow of Huawhenua and Huarākau" (Fruit and Vegetables) were Waimataitai Kindergarten and Glenavy School. Both settings won fruit trees, and sent us some beautiful photos!



*Thank you for our Feijoa Tree. We will feed it with water, aroha and sunshine.*

*From everyone at Waimataitai Kindergarten*





## TERM FOUR 5+ DAY WERO HUAWHENUA ME HUARĀKAU FOR STRONG TEETH

The Term 4 5+ A Day Wero was about exploring huawhenua me huarākau (vegetables and fruits) for strong and healthy teeth. Kaiako shared about how they support tamariki to keep their smiles healthy.

### Geraldine Kindergarden

This term we have been exploring huarākau and huawhenua, talking about healthy foods that are good for our teeth. We have utilised the great resources from WAVE to provoke discussions with our tamariki including bingo games, learning lots of new waiata, and sharing healthy lunch box ideas with our whānau. We even made a giant toothbrush with the children!

We are continuing to foster conversations about what drinks are best for our teeth such as water or milk, and fruits and vegetables that grow strong teeth and healthy smiles. We have started our spring garden, planting vegetables and herbs, and whānau have shared seedlings from home too.

We were so thankful to receive very generous fruit and vegetable donations from Arowhenua Whānau Services to share with our families, this really supported our programme, fostering health and well-being within our community.

We see the huge benefits with promoting oral health discussions with children to grow their own awareness of how to keep themselves healthy.



### Waimate Childcare

We support our tamariki to keep their smiles healthy by; having information available to our parents and whānau. We have ongoing discussions using a variety of props and resources such as stories, activities and teeth we can look at and clean. We have talked about the best way to brush our teeth to keep them clean for our smiles and general health. We have worked together to produce wonderful art and craft, made mouths, teeth and bubbly brushes!

The best part of WAVE's huawhenua me huarākau for strong teeth focus, is that we have brought toothbrushing and talking about teeth health back into our daily programme.





# #Protect Our Whakapapa

If you start to feel any flu like symptoms, particularly shortness of breath, sore throat or fever —

call Healthline on  
**0800 358 5453**

## Food



- ✓ **Dried** — pasta, rolled oats, cereals, noodles, beans, milk powder.
- ✓ **Staples** — brown sugar, flours, brown rice, oil/butter, powdered milk.
- ✓ **Canned** — beans, tuna, tomatoes, fruit & vegetables.
- ✓ **High energy** — peanut butter, nuts & seeds, crackers, energy bars.
- ✓ **Foods your family likes when sick** — soup, crackers, lemonade and other fluids to stay hydrated.
- ✓ **Pet food.**

## Water



- ✓ **Think** about the possibility of your water supply being disrupted. Make sure you store enough water for a min of 3 days.
- ✓ **People who boil water**, especially in rural areas should continue to do so, where there's been drought use water containers where possible.

## Cleaning Supplies



- ✓ **Detergent** (that is anti viral).
- ✓ **Bleach** (4 teaspoons bleach per 1 litres water).
- ✓ **Rubbish bags.**
- ✓ **Paper towels** or a supply of rags that can be washed and reused.

## Essential Items

Aim to have enough supplies for your whānau to last at least a week to a month



## Hygiene

- ✓ **Toilet paper**
- ✓ **Soap**
- ✓ **Hand sanitiser**
- ✓ **Paper towels**
- ✓ **Tissues**
- ✓ **Shampoo**
- ✓ **Sanitary products**
- ✓ **Toothpaste**
- ✓ **Dish wash**
- ✓ **Laundry liquid**
- ✓ **Babies supplies** — nappies, wipes, rash cream.

## Communications



- ✓ **Check** that you and other members of your whānau have communication devices that are charged and accessible.
- ✓ **Charge up** any 'power banks and keep aside for possible power outages.
- ✓ **Help your whānau** download apps so you can chat as a group or video call via wifi.
- ✓ If you or other members of your whānau do not have devices or wifi, make plans with them about how best to **communicate**.

## Medical Supplies



- ✓ **Basic First Aid kits** — Plasters, tweezers, scissors, bandages, gloves, Dettol & antiseptic creams, digital thermometer if possible.
- ✓ **Prescription medications.**
- ✓ **Non-prescription medications** such as Panadol & Paracetamol, cold and flu tablets (to reduce fever).
- ✓ **Glasses** and contact lens solution.
- ✓ **Specific medical supplies** that you may have for a condition (such as stoma bags or incontinence products).
- ✓ **Medication** for your pets.

Mā tātau  
katoa e  
ārai atu te  
**COVID-19**

## AOTEAROA BIKE CHALLENGE

Join the Aotearoa Bike Challenge by getting back on a bike and rediscovering the joys and benefits of cycling!

This February individuals and organisations across New Zealand will compete to see who can get the most people riding a bike. It's completely free for your workplace to take part. This is a fun, sociable competition for all staff - no lycra required!

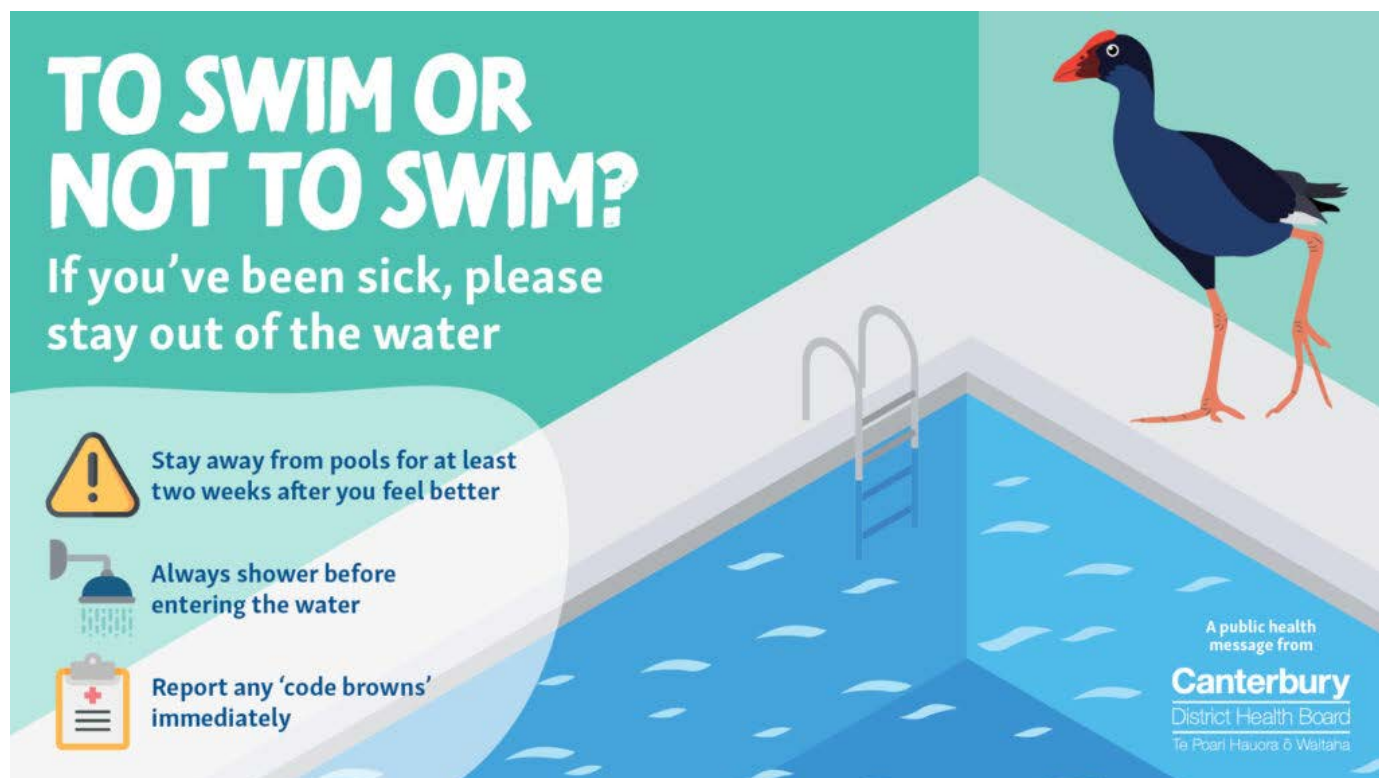
People can cycle anywhere they like, anytime they like in February 2022. It doesn't matter if you ride every day or haven't been on a bike for years, you only need to ride for 10 minutes or more to participate (enough time to bring a big smile to your face - a great first step in getting you to start riding).

### Benefits to your organisation for participating:

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

### It's easy:

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





## A CHANGE FOR THE BETTER

A rural primary school in South Canterbury has adapted their school athletics day to better meet the needs of all their tamariki on a day that can often leave some children feeling discouraged.

The COVID-19 pandemic has affected many things over the last two years – especially sport, physical activity, and active recreation. In the face of adversity, St Andrews Primary School has used the cancellation of their annual Rural Schools Athletics Day to develop an Athletics Carnival that is more inclusive and is focussed on fun and teamwork while incorporating the fundamental run, jump, throw skills of athletics.

St Andrews Primary School has recently come onboard with Sport New Zealand's Healthy Active Learning (HAL) initiative which focuses on tamariki wellbeing, providing them with quality physical activity experiences and supporting schools in delivering healthy food and water-only policies.

South Canterbury based Healthy Active Learning Facilitator, Sam Mathewson has worked in conjunction with the Healthy Active Learning Lead at the school, Sam Johnson and Principal, Murray Davidson to develop this carnival.

"The St Andrews team has joined Phase Two of the Healthy Active Learning initiative and are going to be working with us for the next two years. Coming into the school, one of the first things coming up in the calendar was athletics and with the current environment, their big Rural School Athletics had been cancelled," says Mathewson

"We have worked together with Healthy Active Learning today to create an Athletics Carnival with a focus on run, jump, throw skills with a more play and game-based approach than traditional athletics day events. This was originally to go alongside our normal-structured athletics sports like long jump, high jump and shot put etc, but with the COVID-19 restrictions and lockdowns we haven't been able to run our competitive athletics - but we have still been able to give this a shot today," adds Johnson.

The main goal of this adapted format is to create an environment where all tamariki feel confident to take part and give these activities a go.

"Sam and Murray came to me and asked what we could do to create a fun and more inclusive athletics day, compared to traditional athletics day as they were very aware that there is often a lot of time spent sitting in lines and waiting for turns. They wanted their kids to have a really fun-filled day with the opportunity to try athletics, as well as a focus on enhancing leadership within the school, creating an enjoyable experience for everyone," says Mathewson.

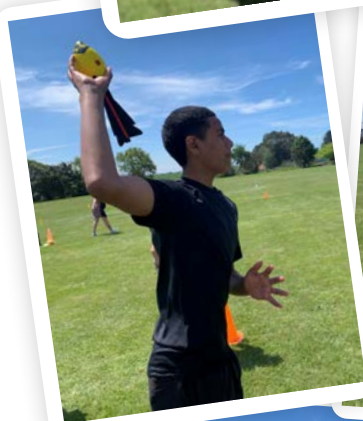
"What we wanted to achieve was to have all of our children taking part. We often get some tamariki who will get a letter from mum and dad to say they won't come – because it's too much of a challenge or it's just not them. Whereas, if we make it a fun day, we get everyone turning up – which is what we want" said Davidson.

"Our attendance for this event was 99% and we know those four children who couldn't participate were actually sick. So that is remarkable really," adds Davidson.

The day included a range of activities and games with a focus on the fundamental movement skills of run, jump, throw. With the favourites from the day including throwing a Mega Howler and obstacle course-style relays to a large game of noughts and crosses with bean bags and a huge slippery slide.

Both Johnson and Davidson are very happy with how the day went and are thrilled to have seen some of their tamariki step outside of their comfort zone.

"Everyone seems to be having a great time – lots of participation, it seems everyone is joining in – it's been really good to see mixed teams with the older kids helping with the younger kids and everyone is giving everything a go," says Johnson.



## A CHANGE FOR THE BETTER

While Davidson adds, "It's been a great day, my teacher Sam, has done a great job organising this, thinking outside the square and using Sport Canterbury to help with those ideas. We've gone with some less traditional activities; we've looked at changing things up a wee bit so that every child can take part and every child can have fun. It's been really good to have mixed age-groups because you see the best of our senior children come out with the little children and they just shine – they really do shine."

The tamariki at the school also enjoyed a more relaxed, and stress-free event where they got to focus on not only having fun but enjoying spending time with each other.

With the aim of meeting the needs of the students and creating an event that was enjoyed by all, St Andrews took the time to gather feedback from their senior students to see what they thought of the day. The data from the survey really emphasises the vibe from the day with over 75% of students saying they 'enjoyed it the same or more than traditional athletics' and 87% saying they would like to do it again next year.

"The changes today have been very different because usually we have running and high jump etc, but today it's more about teamwork and that's what I like about it," says Miles.

While Ella and Digby add, "It's been really fun because you get to hang out with the whole school and you get to learn without being pressured, it's all about fun."

"There are a lot more activities, they're not as competitive and they're more fun."

Click on the link below to watch the video:  
[www.youtube.com/watch?v=QkgOC\\_dnbY4](https://www.youtube.com/watch?v=QkgOC_dnbY4)



## Slip, slop, slap and wrap!

Remember to be SunSmart



**SLIP**

on a shirt with  
long sleeves  
and a collar



**SLIP**

into the shade of  
an umbrella or  
leafy tree



**SLOP**

on broad-spectrum,  
water resistant  
sunscreen of at  
least SPF 30



**SLAP**

on a hat with a  
wide brim



**WRAP**

on close fitting  
sunglasses that  
protect against  
UV radiation



# Strengthening Relationships and Sexuality Education

“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

## What it's all about?

The MoE *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 will lead this two-hour workshop to help teachers implement the up-dated guides in their school curriculum and as part of a whole-school approach to the promotion of student wellbeing.

## When and Where

Secondary school teacher workshop  
Tuesday 12<sup>th</sup> April 2022  
4.00pm – 6.00pm

Primary school teacher workshop  
Wednesday 13<sup>th</sup> April 2022  
4.00pm – 6.00pm

Venue: Southern Trust Events Centre

To register, please email:  
[jane.powell@cdhb.health.nz](mailto:jane.powell@cdhb.health.nz)  
by 5th April 2022

If you need any further  
information, please speak  
with your WAVE Facilitator.



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

