



WELL-BEING AND VITALITY IN EDUCATION

Me ora nga 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



*E hara taku toa i te toa
takitahi, he toa takitini
My strength is not as an
individual, but as a collective*

HAPORI WHĀNUI KAUPAPA O WAIMATE

Recently Waimate Kura and ECE completed Pou with designs that represent their own history, culture and vision, and acknowledge the communities they live in.

Local iwi will also be contributing Pou whenua tangatawhenua, with the completion and installation of the Pou, to be acknowledged with a blessing held in May.

Karawhuia to mahi ngā mihi Kaiako mea tamariki o ngā kura mea Kohungahunga o Waimate.

Watch this space for progress reports.



BETTER HEALTH

| GREATER LEARNING

| BRIGHTER FUTURES

Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

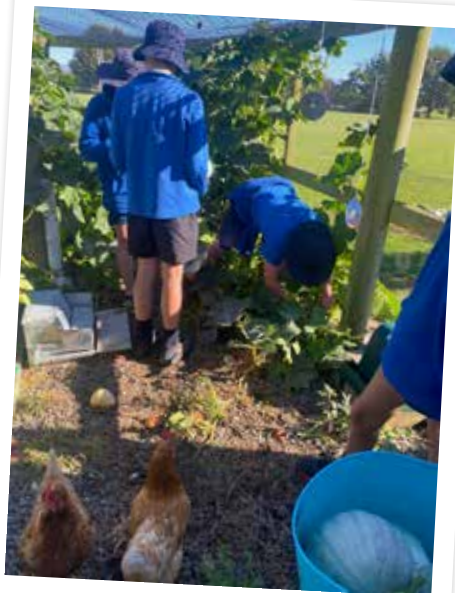
Sunflower Maze

Makikihi sunflower maze was a hit for the school community. Students have harvested the seeds to plant for the next fundraising maze and to sell the seeds. Proceeds from this year will go towards the purchase of a magical mobile bus.



Harvesting the pumpkin patch at St Andrew School

As part of their Enviro schools and Health and nutrition curriculum for this term St Andrews school recently harvested their Jarrahdale, commonly known as grey crown pumpkin. Students in year 7/8 were responsible for the planting, nurturing and harvesting of the seeds kindly donated by parents and community members. Pumpkins typically take between 100-120 days from seed to maturity. All pumpkins will improve immensely in flavour and sweetness when left for a minimum of 3 weeks to cure after harvesting. Pumpkins that have been allowed to mature and cure should last 3-6 months in storage. Next term the students will follow up with a Health & Nutrition unit cooking pumpkin soup to share with the whole school as well as quiche, scones and other tasty health morsels.



The Hive Programme at Beaconsfield School!

We have noticed the students' confidence growing massively around bees, with all the students now able to light the smokers, open up and dive into a hive with no assistance from us - Great stuff guys.



Apple picking at Waimate Centennial

The health team harvested the apples from our orchard and bagged them so that each family had a bag of apples to take home.



CELEBRATING SCHOOLS BOUNTIFUL HARVEST FROM THEIR EDIBLE GARDENS AND ORCHARDS

Preserving the Harvest at Opihi College

Year 9 and 10 food technology class has been busy making preserves from produce donated by the wider school community as a fundraiser. For sale were raspberry jam, lemon honey, fruit salad jam, plum sauce and cucumber chutney.



Grow it day at Cannington School

What a fantastic day, the students celebrating their successful harvest by sharing lunch with the community and having a stall with excess produce.



TIMARU BOYS HIGH SCHOOL BREAKFAST CLUB

The Breakfast Club at Timaru Boys High is back up and running at school on Monday, Tuesday and Fridays 8- 8.30am. This club is run by several student volunteers from our senior school and overseen by two teachers from the school.

All students at school are welcome to attend this club for breakfast. The Breakfast Club is supplied with Weetbix and Milk as part of the Kick Start programme and non-perishable food item donations from our school community.

KickStart Breakfast Clubs are not only helping children nutritionally but is also making a positive impact on learning behaviour. In school research shows:

- Children are happier, have more energy and can concentrate longer
- Children are no longer eating junk food at morning tea
- The club provides a great environment for children to socialise together
- The older children are taking on responsibility and looking after the younger ones

Please see the link below to gain more information about breakfast clubs in schools.

<https://www.kickstartbreakfast.co.nz/>

If you would like to discuss and develop your schools Healthy Food and Drink environment, please contact your WAVE facilitator.



SNEEZESAFE® 2022



The SneezeSafe® programme helps to teach children about how to reduce the spread of germs by teaching and reinforcing good hygiene practices. Teaching resources, engaging lesson plans and fun activities bring the lessons to life to reinforce the simple four step message:

Trap It! Bin It! Wash It! and Avoid It! All of these resources are readily available online for teachers to use at www.sneezesafe.co.nz

How to implement the updated MoE guides to RSE into your curriculum & as part of a whole school approach to student wellbeing

Strengthening Relationship & Sexuality Education

Presented by Dr. Rachael Dixon

Primary & Secondary WORKSHOPS

Dates: Early August (TBC)
Time: 4pm — 6pm
Venue: TBC

"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

Dr. Rachael Dixon from the University of Canterbury will facilitate workshops exploring aspects of the new Ministry of Education *Relationships and Sexuality Education guide* and supporting materials.

At completion of the workshop participants will:

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

To register or find out more, please talk to your WAVE facilitator or contact:
anna.reihana@cdhb.health.nz

CWAVE
WELL-BEING AND VITALITY IN EDUCATION

WAVE sponsored Professional Development WORKSHOP for Teachers/Educators

"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 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.

RSE is also about how we develop the skills to make healthy connections with our whanau, our communities and our futures.

"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**

From Akonga feedback, RSE still has a way to go in providing content that is useful, relevant and engaging.

It's NEW It's FUN It's EXCITING ...ARA Rainbow...

LGBTQIA+ group for young people aged 17+ Make new connections, build networks, get information or support

WHEN: Tuesday Fortnightly 4 – 5pm

WHERE: Ara Te Whare Poutama

Food and drinks provided.

Join the facebook page and keep updated with meetings and other things going on at: [Facebook.com/groups/ararainbow](https://www.facebook.com/groups/ararainbow)

For meeting dates or further information please email
Leigh.lawless@ara.ac.nz or natasha@ymcasc.org.nz

For a wide range of up to date RSE curriculum resource links visit www.wavesouthcanterbury.co.nz

Ara Rainbow
- with YMCA Mid & South Canterbury

Come along for connection and support at our fortnightly get together on Tuesdays from 4—5pm at Ara Te Whare Poutama. Food and Drinks provided.

A supportive LGBTQIA+ group for any Ara student and the wider community 17+
Join us at:
[facebook.com/groups/ararainbow](https://www.facebook.com/groups/ararainbow)

YMCA

All are welcome!

5 WAYS TO WELLBEING

At Rural Scholars, we have been focusing on ways to foster our hauora, our health and well-being. Kaiako have been looking deeper with the tamariki into ways we can keep our own bodies and other living things healthy.

Connect. Be Active.
Give. Take Notice. Keep Learning.



CELEBRATING LEARNING IN THE ENVIRONMENT

The metamorphosis or life cycle of the Monarch butterfly has captured the wonder and awe of ngā tamariki at Fairlie Kindergarten.

It has been a fascinating process for us all and one that we have managed to capture entirely on film. Ngā tamariki have shown a curious disposition as day after day they have come to see, to think and to wonder and have posed their own questions and theories about what has been unfolding before their eyes.

As kaitiaki or guardians of our natural environment, ngā tamariki have shown respect for and gained an appreciation of the living world and knowledge about how to care for it.



HARVESTING FROM OUR MARA KAI AT WAEWAE KAI KAPUA

Tamariki at He Manu Hou are prepared to try different kai and develop a positive attitude towards kai. Tamariki experiences in growing and harvesting is a holistic way to see a growing through the seasons cycle and learn to be self-sufficient.

The best time is harvest time! We know as kaitiaki of our whenua we have been successful and whanaungatanga is evident in the way we share and care for all.



WAVE 5+ A Day Wero/Challenge 2022 Early Childhood and Kura/Primary Schools

To enter let WAVE know what your ECE or Kura is doing around any of the following areas:

promoting huawhenua me huarākau/vegetables and fruit,
māra kai/edible garden,
drinking plain water and healthy teeth/oranga niho.

Submit an entry each term during 2022 to increase your chances of being selected. One entry from ECE and Kura is chosen each term to receive a fruit tree of your choice.

Email your entry, e.g. lesson plans, blurb with photo, article, poster, video etc. to your WAVE Facilitator.

Early Childhood: debbie.johnstone@cdhb.health.nz or elti.sannyasi@cdhb.health.nz

Kura/School: janet.quigley@cdhb.health.nz or greg.newton@cdhb.health.nz or gwen.anglem-bower@cdhb.health.nz

Check out the WAVE website - Links and Downloads for useful online resources
www.wavesouthcanterbury.co.nz & www.5adayeducation.org.nz

Please note entries may be included in the WAVE newsletter, website or Facebook page

He mea tārai e mātou te mātauranga kia rangatira ai, kia mana taurite ai ōna huanga.

We shape an education system that delivers equitable and excellent outcomes.

Kaihautū Marautanga | Curriculum Leads are a new function of Te Poutāhū | the Curriculum Centre of Te Mahau within Te Tāhuhu o te Mātauranga | Ministry of Education.

We are here to support kaiako, teachers and leaders in Aotearoa to design, review and strengthen local curriculum. A key part of the role is to share curriculum updates and news resources with kaiako in early learning, Māori medium, primary and secondary settings, with a focus on wellbeing.

Draft Vision for Young People – For the first time ever, we have a draft Vision for Young People written by ākonga within the refresh of The New Zealand Curriculum. A diverse range of young people (13–18yearolds) developed a powerful collection of ‘we’ statements.

For Early Learning – Kia kori tahi: Physical wellbeing in Early Learning is a new collection of downloadable resources in English and Te Reo Māori. You can access the Posters, video series and provocation cards by following the links or going to Te Whāriki Online.

Māori Medium: Kōpaki Ako – Rauemi to support learning from home during Covid

Designed for kaiako and whānau to support learning during Covid these resources promote flexible delivery of learning programmes in the classroom and at home, with and without digital devices.

URL: <https://kauwhatareo.govt.nz/mi/resource/kopakiko-ako/>

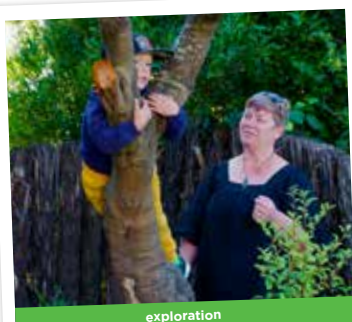
Newly released!

For primary and secondary: new resources have been released to support wellbeing and the teaching and learning of Relationships and Sexuality Education. Oha and Ata are a collection of activities to support the teaching of social and emotional learning in schools. The refreshed Health and Physical Education TKI website houses a wide range of supports including a series of effective practice videos and an online module for teachers; *Ka huri i te kōrero: Changing the conversations around pornography within relationships and sexuality education.*

It's an exciting time in curriculum and we look forward to keeping you.

Ngā Kaihautū Marautanga

Averill Manning, Kathryn O'Connell-Sutherland & Sharon White



INTRODUCING NEW WAVE TEAM MEMBERS

Hi, my name is Elti,

I am a WAVE Facilitator working in ECE. I support early childhood settings to create healthy, supportive environments in which tamariki learn well and are well. I enjoy working with education and seeing tamariki flourish and build capacity to make healthier lifestyle choices.

I have a Bachelor of Science in Human Nutrition and Postgraduate Diploma in Public Health and have previously worked in the NGO/Welfare sector.

I enjoy spending my time reading, watching shows and I have recently started my own vege garden which is so satisfying.

Fa'afetai tele.



Hi, my name is Marilyn,

My role is WAVE administrator, which includes the WAVE newsletter, updating the WAVE website and Facebook Page and many other administrative tasks.

I love to travel and spent my twenties in Australia, Europe and the United States, I enjoy getting outdoors with my children and showing them Aotearoa.

My passions are photography, art and lately revisiting classic books that I have read, such as Pride and Prejudice.



HEALTHY TEETH AND HEALTHY SMILES

Some ECE and primary schools have been taking part in the South Canterbury Toothbrushing Programme (Te Hā o Aoraki). Although the programme has been impacted by COVID-19 (as with many things), there are still a lot of ways education settings could do to continue promoting healthy teeth.

Here are some tips and ideas:

- **Learn about niho/teeth** (using books, crafts, activities/role plays, explore different types of teeth that animals have, how to keep teeth strong etc.)
- Get whānau to send photos of them brushing their child's niho/teeth – put these up on a wall. This both reinforces and encourages toothbrushing.
- Create artwork about niho/teeth – e.g. using egg cartons or cotton balls.
- Learn waiata/songs about niho – and make a video of it and share this with your community.
- **Nutrition** – learn about vegetables and fruit, including planting, growing, harvesting and preparing and cooking kai. These are super important life skills for tamariki and rangatahi to gain!
- **Revitalise your māra kai/edible garden** – there are endless learning opportunities in the māra kai!
- Order your free Colgate Education Kit- www.colgate.com.au/oral-health-education/program-kits

- **Support whānau with toothbrushing** by creating whānau oral health packs which include toothbrushes and toothpaste, toothbrushing chart and other useful resources.
- **Review your food and drink guidelines/policies** – now is a great opportunity to review these. Check out the MOH/E Healthy Food and Drink Toolkit for ECE and schools, which has lots of information on creating and implementing healthy food and drink policies. These documents are available on the WAVE website.

Useful links:

- **Te Hā o Aoraki section of the WAVE website** for resources and ideas: www.wavesouthcanterbury.co.nz/links-downloads/oral-health-oranga-niho/te-h%C4%81-o-aoraki-south-canterbury-toothbrushing-programme
- **Menemene Mai (Smile)** - an Early Childhood Oral Health Kit for kaiako to use (also helpful for junior primary schools). It has activity sheets, strategies, information about tools, key messages, brochures and posters to assist you in your inquiry process: www.cdhb.health.nz/health-services/menemene-mai
- **Healthy Smile, Healthy Child** – This resource was created for Well Child Tamariki Ora Providers, but useful for Kaiako to be able to refer to for extra information about preventing Early Childhood Caries (ECC) <https://www.nzda.org.nz/public/resources/healthy-child-healthy-smile>

RECYCLING ORAL CARE WASTE PRODUCTS

Kā pai to Lake Tekapo Kindergarten who are recycling oral care waste products through Terracycle. They are happy to collect non-recyclable oral care waste products from the community during their session days Tuesday, Wednesday and Thursday.



SAFER BIKING DURING THE COLDER MONTHS

Biking is a great way to travel all year round. But as we head into winter, with reduced daylight hours and wet weather, there are a few simple things you can do to make sure that you and your bike are well-prepared.

Check out these safety tips:

Lights

Lights and reflectors both help you be seen, but bikes must have the correct lights and reflectors for the conditions you are riding in:

- You must use lights between sunset and sunrise, and at any other time when you can't clearly see a person or vehicle 100 metres away
- You must have one or two front lights on your bike
- Only one front light may flash
- Front lights must be white or yellow
- You must have at least one rear light
- Any rear light may flash
- Rear lights must be red
- Lights must be seen from 200 metres away at night
- Your lights must not dazzle, confuse or distract other people

Clothing

- Visibility is important during the winter, so wear bright coloured and reflective clothing, and put reflective strips on backpacks.
- Gloves help you keep good handle grip in cold, wet conditions.
- Shoes with good grip help you keep control in the wet.

Look after your bike

- Check your tyres to make sure there is still good tread.
- Get your bike a pre-winter service from a bike mechanic
- If possible, store your bike under cover.
- Keep the bike chain well lubricated
- Make sure your brake pads are in good working order.

Ride to the conditions

- Ride slower in wet conditions to keep control.
- Try not to ride over wet leaves and avoid braking and turning sharply on them.
- Pay careful attention when riding over road markings as they can be slippery when wet.
- Driving conditions are also more difficult for motorists in the wet, so pay particular attention to their actions.

Refer to The Cycling Code <https://www.nzta.govt.nz/assets/Road-code/Cycle-code/Cycling-code-2020.pdf>



www.roadsafetyweek.org.nz
@brakenewzealand #RoadSafetyWeek



Students from St Joseph's School, Timaru, who walk, bike or scooter to school go into a prize draw! Here are three students from the Enviro Team, William Stanley, Jamie Harvey and Charlie McDonald, filling out name cards and popping them in the Active Travel Box, to be drawn once a week at assembly.

Keep up the great mahi, St Josephs!

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

