



WELL-BEING AND VITALITY IN EDUCATION

Me oranga tonu, me ako tonu, me whakatika haere

# PĀNUI

February 2023 | Issue 63

## Te Mana Ora

### Community & Public Health

18 Woollcombe Street  
PO Box 510, TIMARU  
Phone: 03 687 2600  
[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)



*He waka eke uoa*

*A canoe which we are all  
in with no exception*

## KŌHUNGAHUNGA / ECE

### Annual Colour Run at The Learning Barn

What an awesome afternoon of fun for tamariki participating in their annual Colour Run.

Tamariki took part in the colourful fundraising event with tamariki being sponsored by family and friends. Funds raised will be used to purchase Role Playing resources for all tamariki to use.

Fun stations were set up for tamariki to run through then kaiako threw the coloured powder when tamariki ran past covering them with the colours of the rainbow. Even our very own pet sheep Charles and Camilla were there to join in the fun!

The Colour Run is an entertaining and interactive way to get everyone involved and active. It was wonderful to see so much colourful fun being had by everyone including whānau who joined us to cheer their tamariki on as they ran across the finish line.



BETTER HEALTH

| GREATER LEARNING

| BRIGHTER FUTURES

**Te Whatu Ora**  
Health New Zealand  
South Canterbury



#### Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

## Diwali at Rural Scholars

Diwali, the Indian festival of lights, was recently celebrated at Rural Scholars. Tamariki learnt about stories from another culture, exploring patterns and artwork, as well as trying new foods.

Tamariki were enriched with the bright and colourful celebration, learning about the different histories and meanings of Diwali, and the different people who celebrate it. Our Indian families were so proud to share their own experiences and brought in photos and videos of their own celebrations at home.

Celebrating diverse cultures supports tamariki to be open minded, kind and inclusive of others; values that Rural Scholars believes are important within society.

The highlight for tamariki was creating and decorating their own diya (clay lamps), to take a piece of Diwali home with them.



## Introduction

Kia Ora I'm Megan Inwood the new WAVE administrator; my role will be looking after the Newsletter, Resource Centre and website.

I live in Levels, South Canterbury with my partner, two school age children and a full of energy puppy. I enjoy playing hockey and am a keen photographer.

As a new WAVE team member, I am getting to know my colleagues and the mahi they do around the region. A great way for me to learn the history and process of WAVE was the recent Evaluation which we have featured on our website.

Visit [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)



BETTER HEALTH,  
BETTER LEARNING,  
BRIGHTER FUTURES



ME ORANGA TONU,  
ME AKO TONU,  
ME WHAKATIKA HAERE

OVER 16 YEARS SUPPORTING HEALTH IN EDUCATION



## KOROHI O TE PĒPI FLAVA

Ka Toi Māori o Aoraki Incorporated Society are proud to showcase another successful FLAVA and Korohi o te Pēpi festival (Singing of the Babies). For the second year this was videoed and uploaded to our Youtube channel. This wasn't something the organising committee wanted to do, however with a final decision needing to be made earlier in the year, this was the only way to ensure students and tamariki were able to participate.

Each year schools and ECE across the Arowhenua rohe have an opportunity to celebrate kapa haka by providing students with an opportunity to discover and experience Te Ao Māori (the world of Māori), and an awe-inspiring opportunity to showcase and view their wonderful talents.

FLAVA:

- Future Learning Achievement Virtue Autonomy
- Future: motivation to look forward to our future
- Learning: motivation to want to grow and expand your mind
- Achievement: motivation to work hard and attain excellence
- Virtue: motivation to be worth to self, family and community
- Autonomy: motivation to help and be of service to others.

Ngā mihi nui to participating schools/ECE for your commitment to student, tamariki and whanau wellbeing, and to our numerous sponsors for their financial and professional support and guidance.

Plans are already underway for FLAVA and Korohi o te Pēpi to be held kanohi ki te kanohi in 2023.

YouTube: FLAVA Fest 2.0

Website: [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) for a full list of video links



## KURA TUATAHI / PRIMARY EDUCATION



### St Patricks Waimate

Staff, parents and parishioners came together to celebrate a reflection of the schools cultural whānau and enjoyed kapa haka, Fijian and Filipino performances.





### Glenavy school garden

Students can choose to join the gardening club which runs every Wednesday afternoon under the direction of Alan, a keen community gardener.

They have potatoes, lettuce, spring onions, silver beet, rhubarb and lots of other delicious plants as well as a glass house for tomatoes. The students use these vegetables to make recipes and send excess veges home to whānau.

The students place their food scraps into a composing bucket, then onto the garden when it is ready to use.



### Makikihi School

Makikihi School participated in a unique fundraiser the Pigs Day Out Spring races which was enjoyed by the wider local community. Money raised was shared by the school and Waimate food bank.





## St Josephs Temuka

Students went out and about in the community and delivered flowers as random acts of kindness. A lovely way to enhance and strengthen community connections and brighten up someone's day.



## Ready, Steady, Go!

Auckland Transport has developed a teaching resource that is available for schools around Aotearoa and can be downloaded from the Waka Kotahi / NZTA Education Portal.

"Ready Steady Go!" is a flexible, hands-on series of 10 lessons for Year 5 and 6 students. It's about healthier, active travel options that are better for both students and the planet.

Visit the Waka Kotahi / NZTA Education Portal at the following address:

[www.education.nzta.govt.nz/teacher-resources/primary-curriculum-resources/ready-steady-go/](http://www.education.nzta.govt.nz/teacher-resources/primary-curriculum-resources/ready-steady-go/)



### AOTEAROA BIKE CHALLENGE



## Join the Ride and Shine, Aotearoa Bike Challenge

This February, WAVE is excited to promote entrants across New Zealand who will be enjoying all the benefits of bike riding. The Aotearoa Bike Challenge is fun and free and open to everyone. It doesn't matter if you ride every day or haven't been on a bike for years!

It's easy to take part. You can ride anywhere, anytime during from February - just a 10 minute ride is enough. All you need to do is:

1. Enjoy a ride
2. Log your ride
3. Earn points, climb the leader board and win some great prizes.

Plus of course improve your physical and mental well-being!

There are also some great resources available to make you a smarter, stronger, safer and more confident cyclist. You can find tips on basic repairs, riding to work, picking a route, safety, bike maintenance and loads of other useful information.

Visit [www.lovetoride.net](http://www.lovetoride.net)

For more information on Active Travel Tool Kits, visit [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)



**Returning from the Summer holidays we still need to remember the Slip, Slop, Slap and Wrap Sun Protection System as the UV index is still high through until the end of April. Also, that you can still get sunburnt on cloudy days.**



Slip on clothing that covers as much of the skin as possible. Tops with a collar and long sleeves, trousers, long shorts or skirts. Fabrics with a tighter weave and darker colours will give you better protection from the sun.



Slip into the shade of a leafy tree, building or shade sail. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.



Slop on plenty of broad-spectrum, water-resistant sunscreen of at least SPF 30. Apply a teaspoon of sunscreen for head and neck, each limb and for the front and the back of the body. Apply 20 minutes before going outside and reapply every two hours after being in the water or sweating.



Slap on a hat with a wide brim or with flaps covering the ears and neck. More people are sunburnt on the face and neck than any other part of the body.



Wrap on Sunglasses. Choose close fitting and wrap around style of sunglasses. Not all sunglasses protect against UV radiation, always check the label for the sun protection rating.



For more information and resources visit [www.sunsmart.org.nz](http://www.sunsmart.org.nz)  
WAVE also has Undercover Cody packs available via the [Resource Centre](#)

## Swimming and the Two Week Poo(l) Rule

The first few weeks back at school often involve swimming classes or swim week activities and sometimes unwanted bugs make it into a swimming pool!

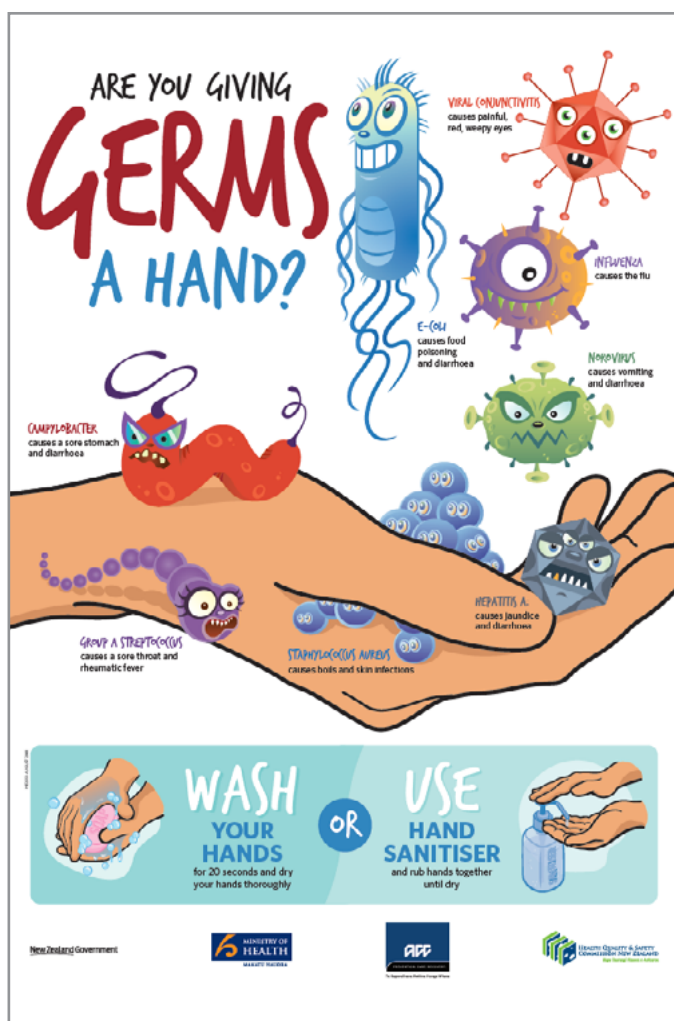
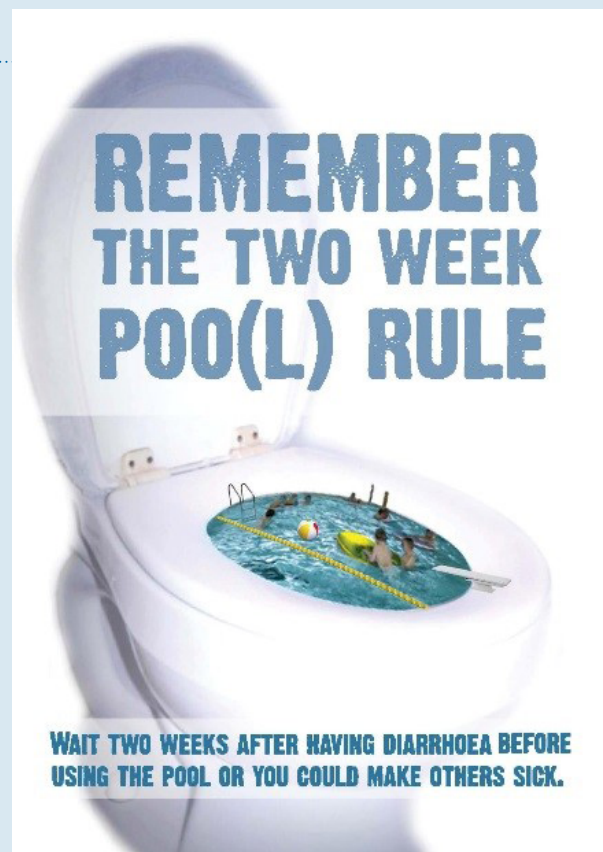
Two common water borne bugs, cryptosporidium and giardia can make life miserable if you are unfortunate to catch them.

Once in a pool the cysts are difficult to eliminate, the normal level of chlorine in pools is totally ineffective in killing 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. Report any pool "code brown" incidents quickly!

Remember to apply the two-week rule so any pupil or adult that has had diarrhoea in the two weeks prior to any swimming/ pool activity is 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.

**For more information or posters**

Visit [www.cph.co.nz](http://www.cph.co.nz)



## Hauora hinengaro/ Mental Health

### Feeling Good and Functioning Well for 2023

Kaiako, tumuaki/kaiwhakahaere, as another year at your kura begins, remember to factor some me -time into your planning. If you are daunted by the wealth of wellbeing information out there then keep it simple and focus on the things that help you to feel good and function well. Here are a few key websites:

[www.theeducationhub.org.nz/the-importance-of-teacher-wellbeing](http://www.theeducationhub.org.nz/the-importance-of-teacher-wellbeing)

[www.irisconnect.co.nz/sustainable-solutions-for-improving-teacher-wellbeing-2021](http://www.irisconnect.co.nz/sustainable-solutions-for-improving-teacher-wellbeing-2021)

[www.firststeps.nz/resources](http://www.firststeps.nz/resources)

[www.headteacher-update.com/best-practice-article/ten-ideas-to-boost-your-school-staffs-wellbeing-teachers-mental-health-workload-covid-counselling-coaching/237503/](http://www.headteacher-update.com/best-practice-article/ten-ideas-to-boost-your-school-staffs-wellbeing-teachers-mental-health-workload-covid-counselling-coaching/237503/)

To share wellbeing ideas and activities with your akonga, in your curriculum content and to share with whanau visit Sparklers ([www.sparklers.org.nz](http://www.sparklers.org.nz)) an excellent New Zealand link to wellbeing resources and activities.

Talk to a  
counsellor,  
any time.

NEED TO TALK?

**1737**

free call or text  
any time