



WELL-BEING AND VITALITY IN EDUCATION

Me ora tonu, me ako tonu, me whakatika haere

PĀNUI

JULY 2023 | Issue 65

## Te Mana Ora

### Community & Public Health

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



*Hauhake tū, ka tō  
Matariki.*

The harvest ends when  
Matariki sets.



## NGĀ MANUKURA LEADERSHIP

### Healthy Active Learning (HAL) Partnership between WAVE and Sport Canterbury

In South Canterbury, WAVE and Sport Canterbury work in partnership on the Healthy Active Learning (HAL) initiative to deliver the best education and health outcomes for children and young people.

The HAL team from both WAVE and Sport Canterbury were lucky enough to attend the 2023 HAL National Hui on 14th-16th June in Christchurch which included kaimahi from Regional Sports Trusts, Te Whatu Ora and Ministry of Education. The WAVE team proudly presented local examples of creating healthy food and drink environments from both ECE and Primary Schools and we can say we are the envy of many other regions! Thank you for being part of the journey.

Last newsletter we introduced our WAVE team, this term we are taking the opportunity to introduce our HAL partners at Sports Canterbury.



Kayla Cunningham

Kia Ora, My name is Kayla, I'm the Healthy Active Learning Community Connector at Sport Canterbury. I am based in Timaru and Ashburton. My role is to support a seamless connect between schools and their local community whether that be through whānau days, connecting with local sports clubs or community organisations. The more opportunities we can provide for tamariki to connect with their local community and be physically active the better! Outside of work you will find me exploring the hills with my two beautiful dogs.



Sam Mathewson

Kia Ora - My name is Sam and I am a Healthy Active Learning (HAL) Facilitator with Sport Canterbury. My role, is to work within the primary school setting with teachers, students, whānau and their local community to support and enhance healthy and active learning environments. I have a huge passion for physical activity and forming connections. It is our goal to ensure all tamariki have quality physical activity experiences in their school and local communities so that they can develop life long positive relationships with physical activity and wellbeing.

BETTER HEALTH | GREATER LEARNING | BRIGHTER FUTURES

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



#### Key Partners:

- Cancer Society
- Te Rūnanga o Arowhenua



## TE MANA WHAKAHAERE AUTONOMY

### Te Hā o Aoraki, The Breath of Aoraki - South Canterbury Toothbrushing Programme

Several Timaru schools have been busy implementing toothbrushing into their daily routines. The WAVE team caught up with them recently and asked Kaiako to reflect on how this programme works for them in practice in the classroom environment.

We also had feedback from tamariki on what they enjoyed about brushing their teeth at school.

#### What do you like about brushing your teeth at school?

"I like teeth to be  
really shiny"

Athena

"the buzzy bee wriggling  
his bottom is funny"

Xavier

"I like toothbrushing  
at school"

Gaia

Quotes from Timaru South Primary school



At Timaru South School Kaiako Tricia shared that she was apprehensive at first, but it's actually going really well. "Tamariki want to brush their teeth. They come in talking about brushing at home. There has been a great uptake by parents and whānau" "Tamariki love having their own toothbrush and a set routine for brushing. I think they would be cross if we forgot our brushing!"

"Tamariki help each other get the brushes and put them back into the racks" Kaiako Keri shared.



For Kaiako Rose at Oceanview Heights School, having the flexibility to incorporate the programme at their pace was important to their success. "What has made it easy to do here is having a routine for brushing and being able to do it when and how it suits our class".

Quotes from tamariki at Oceanview Heights Primary School

"I like brushing every day"

Odin

"We need to look after our teeth so  
we have good teeth growing up"

Tyler,  
older student helper

"I also brush at home"

Flo





## TE MANA WHAKAHAERE AUTONOMY

### What do you like about brushing your teeth at school?



"Ngā tamariki love toothbrushing. It's just part of the day's routine and way easy to include, especially with the song to brush along with. The WAVE resources have also been helpful" says Kaiako Megan. "Ngā tamariki wanted to share the Barnabee song with whānau, so we have sent out the link for parents and whānau to support toothbrushing at home" shared Kaiako Danielle at Highfield Primary School.

Quotes from tamariki at Highfield Primary School

"I like brushing at school and at home"  
Atlanta

"I like brushing with the song at school"  
Willow

"I love the flavour of the toothpaste"  
Mila



HIGHFIELD SCHOOL

Barnabee the toothbrushing bee, has been a fabulous resource to remind tamariki how brushing for 2 minutes cleans all teeth surfaces



**Barnabee the toothbrushing bee.**  
[www.youtube.com/watch?v=Je6QxID](https://www.youtube.com/watch?v=Je6QxID)



For more resources to help in the teaching of best practice for oral health visit: [wavesouthcanterbury.co.nz](https://wavesouthcanterbury.co.nz)





## MAURIORA

### ACCESS TO TE AO MĀORI (THE MĀORI WORLD)

#### Supporting Traditional Māori Games at Lake Tekapo School

The focus of the day was around teamwork, listening and working as a collective, all team skills, but with a lens of tolerance and resilience. Kaiako Maria, Angela and Simon observed the tamaiki interactions and social competencies, this was hugely valuable for staff as we were noticing some tamariki tiredness creeping in during the term. We were able to debrief and share examples of behaviour and reactions of the tamariki and match those interactions with the school's 5 Ways to Well-being initiative.

Traditional Māori Games (TMG) now form part of Lake Tekapo School's daily station activities and are a valuable brain break activity for the tamariki. This fits in well with the school's strategic plan regarding cultural competencies and physical activity. TMG resources can be booked through the WAVE website.

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



#### The concepts of 5 Ways to Wellbeing using Traditional Māori Games:

Connect	Be Active	Take Notice	Keep Learning	Give
<b>Poi</b> Encourages connection with others and strengthens social connections when things go wrong.	<b>Poi Bullrush</b> A fast-poi ball game that involves physical activity and learning to get out and carry on.	<b>Rakau Sticks</b> Individuals can take notice of their classmates and work together as a team to collectively move as one group. Not to put others down when they become upset and giving space.	Connecting to The 5 Ways to Wellbeing through physical activity and understanding, empathy, resilience and tolerance.	Through the traditional Maori games the children are practising the concept of supporting, sharing and being positive to other group members when resilience and tolerance wanes.



## MAURIORA

### ACCESS TO TE AO MĀORI (THE MĀORI WORLD)

#### The concepts of Te Whare Tapa Whā:



#### Te Taha Whānau (Family and Social)

- Sharing, Teamwork, Roles and Responsibilities

#### Te Taha Hinengaro (Mental & Emotional)

- Strategy and Mental Skills

#### Te Taha Tinana (Physical)

- Using Body and Understanding Movement

#### Te Taha Wairua (Spiritual)

- Respect, Humility, Fairplay, Empathy, Resilience and Tolerance

#### Ka Toi Māori o Aoraki

#### E ngā rau rangatira mā, tēnā koutou katoa

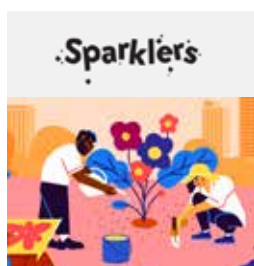
Ka Toi Māori o Aoraki Incorporated Society invites ECE, Kura and Schools to join them, as they resume kanohe ki te kanohe FLAVA and Korohi o te Pēpi festival in 2023.

This is an opportunity for tamariki and rangatahi to showcase their creativity, artistic and performance skills. ECE, Kura and Schools are encouraged to celebrate all aspects of Te Ao Māori.

An information session for Kaiako and educators prior to FLAVA and Korohi o te Pēpi festival is planned, with representatives from all ECE, Kura and Schools encouraged to attend. Venue, date and time to be confirmed.

Ka Toi Māori o Aoraki encourages ECE, Kura and Schools who have not attended before to come along, observe and enjoy the festival. Exposing tamariki and rangatahi to Māori culture supports the kaupapa and provides inspiration to return as performers in the future.

Contact the Project Co-ordinator for further information:  
katoimaori2021@gmail.com



For activities that help Tamariki develop the concepts of Te Whare Tapa Whā, visit the Sparklers website: [www.sparklers.org.nz](http://www.sparklers.org.nz)

Or head to Facebook and join the community Sparklers for Teachers for regular posts and updates.  
[www.facebook.com/groups/701375030608549](https://www.facebook.com/groups/701375030608549)







## Jump Jam Extravaganza 2023

The floor at the Southern Trust Events Centre was pulsating to the beat of 700 pairs of feet at Sport Canterbury's annual Jump Jam Extravaganza! This year's event was the biggest yet with 46 teams making up 700 participants from 22 schools around the district!

Throughout Term 2, teams of young people from schools across the region, practice elements of movement quality, synchronisation, performance, and leadership as they prepare to bring their favourite Jump Jam routines to the stage. The Extravaganza is a culmination of the students hard work and is a showcase of students enthusiasm and achievement in participating in the Jump Jam programme.

This year's growth resulted in an increase in venue space and duration to ensure we could fit as many participants and spectators as possible throughout the day! We were very excited to have an increase of over 150 participants, with new teams from schools that have never participated in the event before showcasing the ongoing success and growth of this annual event in our region!



## Enviro Kura - St Josephs School Timaru

The Walking School Bus is run by three student leaders every Thursday morning. They have created a Facebook page enabling good communication for the families involved and can let them know in advance if there will be a cancellation.

Our Enviro Kura Leaders give a weekly active transport report at our weekly assembly.

With the darker mornings and some fog, we are encouraging walkers, bikers and scooters to be more visible and wear a fluoro backpack cover. These covers are stretchy, have reflective strips and can easily fit a variety of backpack sizes.

We have tried several different incentives to encourage children to come to school actively. Last term we had a house group competition, using milk bottle lids for the colour of your house group. Term 2 we had a great poster competition and will be running another house group competition for the up coming Term 3. Children record the days they have walked on our software system Hero and during our weekly assembly we announce the winning house group.



## Harvest Time at John Street Kindergarten

What a busy 6 months it has been in Waimate. We delighted in picking an abundance of apples from our laden apple trees that WAVE donated in 2019 for our Smokefree Mahi! These trees are very special to us and the apples were enjoyed and eaten by tamariki and whānau.

Preparing the apples using our apple corer and spiraliser was the quickest and easiest way to cut the apples to an appropriate size to meet the Reduced Choking Guidelines. Our tamariki are very good at knowing the rules around kai at the kai table.

Our youngest tamariki are already role-modelling ways to be kaitiaki, helping with gardening tasks and enjoying the harvest. Our tamariki are also utilising our sensory garden to explore and find calm in nature, this is supplemented by beginning everyday with our 'calming the brainstem' hui.

We also enjoyed having our local pūrākau retold to us by Joanna from South Canterbury Museum, the story coming alive with props and pictures. We look forward to the next 6 months as we enter Matariki and new seasons.



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







## TE ORANGA PARTICIPATION IN SOCIETY

### Samoa Language Week 28th May—3rd June 2023



#### Ranui Kindergarten

We were very fortunate to have a aiga (whānau) come in for the morning and share music, food and Siva Samoan dance with our kindergarten. As you can see from the photos we embraced the theme for the week,

*"Mitamita i lau gagana, maua'a lou fa'asinomaga"*

**Be proud of your language and grounded in your identity".**

We have shared the day with our wider community, and revisited this with our aiga, supporting mana and pride in their culture. A big thank you to our amazing aiga for proudly sharing their culture with our learners at Ranui Kindergarten.



**"I was brave" said Tuputala**

as she watched a video of herself participating in the Siva Samoan dance and getting up in front of all her peers at kindergarten.

**"Yes, you were brave Tuputala".**

Being brave and showing maia is something we value at Ranui Kindergarten. Thank you Tuputala and your aiga, for sharing kai and celebrating your Samoan culture with us.

#### WAVE Resources

The WAVE resource centre has resources available to support the learning of Pacific Languages.

Visit: [wavesouthcanterbury.co.nz](https://wavesouthcanterbury.co.nz)



PACIFIC LANGUAGE WEEKS 2023			Ministry for Pacific Peoples Tūhonoa me ngā hahi ki Māori me ē kē mpp.govt.nz
Fāeag Rotuam		May 7 - May 13	
Gagana Samoa		May 28 - June 3	
Te Tae Tae Ni Kiribati		July 9 - July 15	
Te Reo Māori Kūki 'Āirani		Jul 30 - Aug 5	
Lea Faka-Tonga		Sept 3 - Sept 9	
Te Gana Tuvalu		Oct 1 - Oct 7	
Vosa Vakaviti		Oct 8 - Oct 14	
Vagahau Niue		Oct 15 - Oct 21	
Te Gagana Tokelau		Oct 22 - Oct 28	