



Canterbury District Health Board

Health Promoting Schools

M a t e t a u t o k o a t e i w i k a p u a w a i t e k u r a

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He toa takitini taku toa, ehara I te toa takitahi – My strength lies in many, not just in one

NUTRITION AND PHYSICAL ACTIVITY ISSUE

Mission On – Healthy Confident Kids How Does this Affect Me?

Some of you may have already been to Food and Nutrition for Healthy Confident Kids workshops, which are part of the Mission On campaign, and others may be wondering what it's all about!



At the end of last year, the Government launched Mission On - a strategy with 10 initiatives to improve the nation's physical activity levels and nutrition and to reduce obesity in young people, aged from 0 to 24 years old.

Under the first initiative, called "Improving Nutrition in Schools and Early Childhood Centres", every school in the country will be invited to a Food and Nutrition for Healthy Confident Kids workshop. A toolkit has been developed to support schools in providing an environment that is supportive of healthy choices. This tool kit includes many ideas about improving the nutrition of our children, including ideas for healthy options in the school canteen, fundraising and reward ideas and how to engage the community. The kits will soon be further supported by a food and beverage classification system that will help schools to decide which foods and drinks to promote.

What support is there for us to implement these toolkits?

The kits are supported by workshops around the region which are being delivered by the nutrition and physical activity team at Community and Public Health and UC Education Plus. If you have not heard about the workshops, please contact any of the people listed on this page. Future support will be provided by the Nutrition and Physical Activity team at Community and Public Health.

Will there be any financial support for us?

Quite simply, yes! There will be a nutrition fund available to schools to support health initiatives that implement and support the Healthy Confident Kids guidelines. Funding applications and guidelines will be sent to your school and applications close on 31 October. If you are requiring support for putting in an application the nutrition and physical activity team would be happy to assist you in this process.

Why are we being made to be the food police?

Healthy Confident Kids is not about schools being the food police. In fact, far from it. Policing lunch boxes is not something our team recommends, Healthy Confident Kids is about what foods the school is promoting and supporting what you as a teacher do in your classroom.

Will there be more work for us?

The kit is designed to support some of the really good work that is already happening in schools and engage the school community.

There will be a change to the National Administration Guideline, which has been released recently (see our article "Nag Nag Nag" inside). However, it appears that it will be no different to how you report in other areas of curriculum. It will be up to each school to decide how involved they want to be in nutrition promotion.

Why are schools being picked on?

Good point. What does healthy eating have to with education? Recently, research has been completed that tells us that better nutrition means better academic performance, school attendance and more well behaved students!

For information or support please contact the names and numbers below.

Angela Leadley,
Community and Public Health
Ashburton 03 307 8080

Theresa Thompson
Community and Public Health
Christchurch 03 379 9480 ext 815

Nicola Fraher
Community and Public Health
Christchurch 03 379 9480 ext 738

Andrea Chisholm
Community and Public Health
West Coast 03 768 1169

Anna Hayes,
UC Education Plus 03 940 7189

Jenny Alexander,
UC Education Plus 03 344 2349

Kristie Everest,
UC Education Plus 03 940 7190

Healthy Eating

The Feeding Our Futures campaign is now well underway. No doubt you will have seen or heard the advertisements encouraging good nutrition for our children. These messages are the beginning of a Health Sponsorship Council promotion being run to support the Mission On initiatives. The aim is to increase public awareness and understanding of the benefits of healthy eating.

For more information about the campaign, check out : www.feedingourfutures.org.nz



Health Minister Pete Hodgson and St James' School pupil Lauren Church.

Health Minister visits Aranui School

Pupils at St James' School in Christchurch had a visit from the Health Minister in June as he launched the second initiative in the Government's Mission On anti-obesity campaign.

Pete Hodgson launched the second Mission On initiative, called Student Health Promotion, at the Aranui school on 29 June. It is one of 10 initiatives that will be launched as part of the \$67 million campaign to address the issue of obesity among New Zealanders and health issues that arise from it. Mission On Ambassadors Indira Moala, from last year's NZ Idol and Bernice Mene, former netballer, also attended, along with Christchurch East MP Lianne Dalziel.

The decile one school was chosen as one of 12 schools across the country to launch the initiative because of its focus on promoting healthy eating and physical activity among its pupils.

Principal Jo Barlow says getting a visit from the Health Minister was "quite a coup" for the school and all its pupils had greatly enjoyed the morning's activities.

Mr Hodgson acted as sous chef to the Mission On chef and Year six pupil Lauren Church as they made bagel pizzas and banana smoothies. He also took part in hip hop dancing with the pupils.

Jo Barlow says the school's focus on healthy lifestyles includes giving parents tips for healthy lunches in newsletters,

allowing children to drink only water while they are at school and incorporating the healthy eating message into the school curriculum, including a Food for Thought unit. Children have grown vegetables, such as sprouts and carrots, in the classroom and participated in bagel and sandwich making sessions.

The school also has physical activity leaders who take movement sessions at lunchtimes, including Jump Jam aerobics classes.

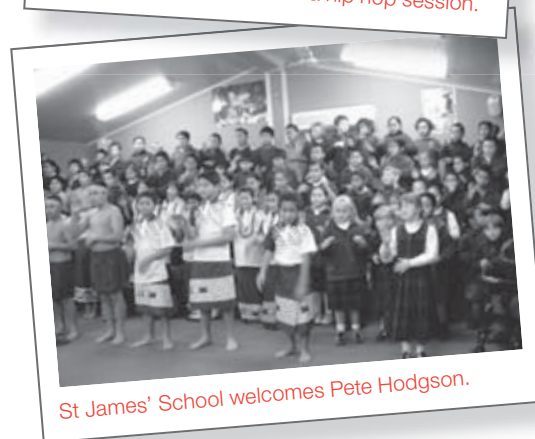
Senior students have also interviewed each other about different aspects of healthy eating and have filmed the interviews on the computer. They have also given presentations about physical activity.

Jo Barlow says recent interviews with parents have shown the healthy eating message is getting through to pupils. "One father said that his daughter chooses only to drink water when she's at home and has her own jug of water in the fridge. When they go shopping she also chooses what healthy food she wants and she's changed the type of bread they get. The kids are delighted to be part of this," she says.

- Feeding our Futures and Mission On Push Play activity cards are included in this magazine. For more copies, contact Olivia Papuni on 03 379 9480, ext 823.



Pete Hodgson taking part in a hip hop session.



St James' School welcomes Pete Hodgson.

Nag, Nag, Nag!

National Administration Guideline (5) currently requires Boards of Trustees to provide a safe physical and emotional environment for students. From the 1 June 2008, two additional clauses will require Boards to:

- Promote healthy food and nutrition for all students
- Where food and beverages are sold on school premises, make only healthy options available

Many schools already meet these guidelines but for those who may need to make some changes there is help available.

- The Ministry of Education's Food and Nutrition for Healthy Confident Kids Guidelines and supporting toolkits were sent to all schools in March this year to provide information to support these changes
- All schools will be invited to one day

workshops to support schools to implement the guidelines

- Schools can apply for a grant from the nutrition fund to assist them make any changes
- A Food and Beverage Classification System has just been released to assist schools in selecting the healthy options.
- There will be ongoing professional development for teaching and learning.

How You Can Increase Healthy Eating in Your School

Principal Viv Butcher



Parents and children enjoying the company and the food at the school's recent Harvest Festival

In the six years that Viv Butcher has been the principal at Hornby Primary School she has been witness to, and instrumental in, achieving nearly a 100% decrease in stand downs and a 90% decrease in suspensions. Part of this success can be attributed to the change in students' nutrition. Students are only allowed to drink water at school, have healthier lunch boxes and there has been a complete shift in the culture of the school and its community.

This has all been achieved by making small changes over the last two and a half to three years.

Viv Butcher, shares the school's story and gives practical tips on how it has improved nutrition among its students.

"What we knew was that some students were missing breakfast and/or lunch and most of the students were consuming a lot of high fat, salt and sugar products. This was having an effect on their concentration, health and quality learning time. For us, it wasn't about being the food police,

just practical things we could do to improve our students' concentration and quality learning time."

"We started small. The first change was to swap the orange drink supplied when we participated in physical activities to water. No one complained, so that became our first success"

From there we progressed to becoming a water only school. The process was simple, we proposed the idea in one of our school newsletters (briefly outlining key reasons why we were considering the change) and

asked for comments to be sent back via the form provided. As it turned out, we didn't get any objection.

Then in our next newsletter we thanked the parents for their 100% support for the change and let them know the date that it would be effective from and voila we were now a water only school!"

"From there we have progressed to really reinforce our expectation that our students are being encouraged to adopt healthy eating habits:

- We ask that student have sandwiches for lunch.
- We have supervised eating.
- We do not have rubbish bins. Instead, supervisors have plastic bags to collect any rubbish.
- We work closely with our health nurse and social worker in school (SWS) to empower families who, for any number of reasons, are not providing children with breakfast and/or lunch, to be able to do so.
- We consistently reinforce our changes in school newsletters.
- We expose our students to 'home made' products. For example, we use the apples

from our apple tree to make apple jelly or use the walnuts from our walnut tree as part of our privilege system.

"We know these changes have made a positive impact because we have recently held a Harvest Festival (in conjunction with Matariki at the end of the term) where each of our classes made a yummy healthy dish and invited their parents/caregivers to bring a plate and help us celebrate together.

In the past we would have had very few parents/caregivers turn up and the 'plate' would be a giant bag of chips or biscuits. This time we had over 80 parents come

The tips

- Make small changes one at a time, for example making sandwiches for lunch
- Consult with your community, for example through newsletters or hui
- Make it simple and clear why you are wanting to make the change. For example, you could say: "We know that it is important to have a bread base as the main component in your child's lunch box" or "We want the best learning outcome for your child and we know that having a good breakfast helps improve your child's capacity to be able to learn."
- Reinforce the change and/or messages through newsletters. For example, thank parents for continuing to provide healthy sandwiches in lunchboxes
- Celebrate your success/positive behaviour changes in assemblies
- Look at other ways you could expose children to new, healthy food - see the article on Gilberthorpe School on page 7
- Use non-junk food rewards/privileges for example, a special cooking class

Hearty Soup Key to Good Health

Christchurch East School pupils are keeping warm this winter with hearty cups of soup made by children who belong to the central city school's garden club.

The soup making is part of the school's drive to encourage healthy eating among its pupils. The garden club members are making the soup every fortnight, using some ingredients from their edible garden and some bought from an organic food store near the school. Next year, all ingredients for the soup will be grown in the school's edible organic garden.

The soup is proving popular among pupils, with almost 70 orders being placed the second time the garden club made a batch.

Three groups of five pupils are involved in making the soup every fortnight, overseen by facilitator Lily White, whose position is partly funded by a Health Promotion in Schools grant from Canterbury District Health Board's Community and Public Health division.

One group of pupils cuts the vegetables, while another blends them. The third group

finishes the blending process and does the dishes. The pupils also decide what type of soup to make each fortnight.

Pupils pay \$2 for a cup of soup, which they collect from the school canteen at lunchtime. All proceeds pay for the ingredients from the organic food store and will hopefully pay for some seeds and plants for the edible garden. The cups are biodegradable so can be added to the compost heap.

Christchurch East School, which is a decile two school and has a role of about 250, has a number of other initiatives in place to encourage healthy eating among its pupils.

Teacher and Health Co-ordinator Sean South says the aim is to ensure that only healthy food is eaten at school. "It's trying to make eating good food normal."

School newsletters contain healthy lunchbox ideas for parents and children are not allowed to bring unhealthy food, such as chips, to school.

The school canteen only provides healthy options such as water or plain milk, bread



rolls, scroggin and plain popcorn. On Tuesdays, pupils can buy sushi or rice balls.

On 1 August, the school will host a "shared breakfast" based on good nutrition for staff, pupils and their families. A "shared lunch", based on the same healthy theme, will be held in the fourth term.

Community and Public Health Health Promoter Kerry Marshall says the school has done a great deal to promote healthy lifestyles among its pupils. "The school's work in healthy eating involves a whole school approach that includes parents, teachers and students. "It's a wonderful example of the holistic approach to healthy living and wellbeing."

Tō Mātou Māra - Our Garden

Parent Sharon Tipene shares the success of the Te Kura Kaupapa Māori o Te Whānau Tahī's vegetable garden.

In the winter of 2006 we decided to revive our kura vegetable garden. This consisted of three raised beds which had been purposefully built at Te Kura Kaupapa Māori o Te Whānau Tahī in Spreydon, Christchurch. We were already half way but the gardens had sat unused for quite some time and were full of grass, weeds and rock hard soil.

“Kua takoto te manuka” The challenge was laid.

The first challenge was to fit revamping the garden into the busy kura week. The idea was born to have a gardening club (te rōpū māra), once a week at lunchtime for tamariki who chose to come. The enthusiasm of the tamariki to get stuck in and clear those gardens was amazing. Armed with lots of long handled shovels, which at times were a little treacherous, we set to ridding those plots of weeds and particularly grass roots. The majority of tamariki arriving every week were from the junior classrooms and some of the digging was a little challenging. I approached the Strickland Street Community Garden who responded with a gardening gang turning up the next week to thoroughly dig over one of the plots, as well as sharpening some of our old tools.



“He rau ringa, e oti ai!” Many hands make light work!

Next we purchased compost to enrich the hard soil. We also started our own composting system at the kura. This involved a plastic bucket which sat beside the rubbish bin at lunchtime with instructions written on it, as to what could be placed inside. We found a disused wheelie bin and adapted this to be our compost bin.

By August we were able to get our first crop of new potatoes planted. From there followed a busy period of planting – carrots, Māori potatoes, pumpkin, lettuces, beans, peas, corn, kamokamo, tomatoes, spinach, silverbeet, celery and more.

Ngā hua tuatahi! First fruits!

We were able to enjoy the first fruits of our labour just before breaking up for the school holidays, with the first crop of potatoes. That particular gardening session extended into a whole afternoon as tamariki asked their classroom kaiako (teachers) to allow them to return to the gardens after lunch! Such was the excitement as we dug up and searched for the delicious potato treasures. The tamariki carefully washed and divided them up. One parent later told me how she had got a phone call at work, after school, from her daughter who told her about these potatoes. When Mum arrived home her daughter was washing them again and looking forward to cooking them. Needless to say they were delicious and the comment from Mum was “I’ve never seen my daughter so excited about potatoes!”

Te Whānau Tahī is a smaller school of just over 80 pupils and I think every student in the kura has been involved with our garden at some stage. Highlights included the day we harvested the corn, shelled and cooked it straight away and another time when there was a lot of celery but no one keen to try it. The next week I arrived with peanut butter and sultanas to put into the centre of the celery and almost all who tried it suddenly found themselves eating and enjoying celery!

“He kai kei āku ringaringa” Food can be obtained by one’s own hands.

The day we harvested the carrots was another of the many newly shared experiences. We started with a small group of tamariki and had pulled up a few carrots, when I suggested we just wash and eat them straight away. There were some initial looks of disbelief, but after the first bites were taken the looks of delight on their faces was awesome. Very soon we had most of the kura tamariki arriving



at the news of how sweet these carrots were. One child didn’t eat carrots and when he arrived his friends egged him on to take a bite. Somewhat reluctantly he did and this wonderful smile appeared on his face. He was a convert! Every time I turned back to the garden there he was, bottom up searching for his next carrot to wash and eat.

This captured wonderfully our garden whakataukī (proverb):

“Te kai ā tōna ake ringa, tino kai, tino mākona - Food produced by one’s own hands/labour is the tastiest and most satisfying!

Ngā mihi nui ki a Sharon Tipene (pictured below) a parent at Te Kura Kaupapa Māori o Te Whānau Tahī, nōnā te kākano i ruia. Whaea Sharon undoubtedly ‘sowed the seed’ of enthusiasm amongst these tamariki. This will certainly lead to ongoing interest in growing, nurturing, harvesting and most importantly, eating kai ora.



Schools Participating in Fruity Fridays

Christchurch schools are encouraging their pupils to eat healthily and exercise regularly by holding "Fruity Fridays".

Linwood Avenue School held Christchurch's first Fruity Friday on 22 June, while Bromley Primary School hosted an event on 25 June. A further three schools, Wainoni Primary, Aranui Primary and Linwood North School, will hold Fruity Fridays in term three.

The concept, which aims to make children aware that regular exercise and healthy eating is vital to maintaining a healthy lifestyle, was the brainchild of Gill Holland, Sport Canterbury's Active School's Facilitator. She has linked up with Community and Public Health's Fruit in Schools Co-ordinator Sarah Ritchie and Kate Patterson, the Heart Foundation's Schools Adviser to roll out the programme. It is hoped the initiative will be introduced to up to three schools a term.

Gill Holland says once she has introduced the concept to schools, it is up to them to decide if they want to continue holding Fruity Fridays. "My aim was to think of a simple idea which schools could easily work with and repeat throughout the year. Maintaining a healthy lifestyle has to be a holistic approach and educating children to take exercise and eat healthily is something both schools and parents should be involved in."

At the launch of the programme at Linwood Avenue School, the pupils were involved in a "fruity hat" competition, which was judged by Charlie and Ritchie from What Now. The children also wrote healthy messages on balloons, which the whole school then released.

For more information, contact Gill Holland on 373 5047 or gill@sportcanterbury.org.nz



Linwood Avenue School pupils dressed in their fruity hats.

Kaikoura Charitable Trust Set Up to Target Obesity

Kaikoura women Symonde Laugesen and Rupia Te Ua have set up a charitable trust aimed at giving the town's youth and their families nutrition and exercise advice.

Symonde and Rupia have set up a charitable trust called Positive Vibrations, which is funded by a small grant from Community and Public Health. The pair identified an obesity issue developing among Kaikoura youth and believed there was a need for a holistic health approach in order to improve the quality of life.

Dietitian Janne Pasco and Health Promoter Rachael Kirkbride (Health Promoter) from the CDHB's Community and Public Health team recently attended a healthy eating seminar held in Kaikoura for the students and their caregivers to offer their expertise and support.

They gave advice on aspects of nutrition and exercise regimes as well as initiating a trip in the new term to the local

supermarket with the students and their caregivers to educate them on healthy choices. Ten participants were chosen for the first initiative, including eight students from Kaikoura High School and a student from St Joseph's Primary.

The scheme has attracted support from senior management at Kaikoura High School and the school's Physical Education Department. They are running a walking group two to three lunchtimes a week, which is open for all students at the school and gaining a steady number of participants each week. Jo Thorne is offering her assistance at the gym and is planning a finale "boot camp" to Spencer Park where the group can cement what they have learned over their time in the programme and take advantage of the many exercise activities available in the vicinity, such as walking tracks, mountain bike tracks, obstacle courses and beach activities.

Free nutrition and physical activity resources available

- Food Challenge – Curriculum resource suitable for years three to five
- Be Active, Take Steps – Pedometers and booklets to support increasing your activity
- The Fat Kit – A great visual resource for showing how much fat is in those takeaways
- What's for Lunch? – An easy to follow pamphlet about healthy, easy options for kids lunch boxes

All of these resources and many others are available from Community Health Information Centre, 76 Chester St East, or phone 364 7844 to book or order.

Hokitika Primary School - Smokefree Fundraising Event

Hokitika Primary School opened its grounds to the public to use as a camping ground to raise funds for the year ahead during the Hokitika Wildfoods Festival in March.

The school community got in behind this venture by rostering parents or friends of the school to host the visitors, cook and provide a courtesy coach to and from the festival over

the 24 hour period. Kebabs cooked on the barbeque were the biggest hit.

As school grounds are Smokefree, all campers were reminded of this on entry and received a small pack with details of facilities, a rubbish bag, and a brief copy of the Smokefree policy. Smokefree signs were also prominently displayed around the grounds.

Campers were very responsible and the clean up on Sunday was not a big issue as campers used the rubbish bags provided on entry.

An amazing \$16,000 approximately was raised in this endeavour and fun was had by all.

F.I.T for Life Challenge at Shirley Intermediate

Shirley Intermediate School students and their families have been involved in a challenge set up to increase their level of physical activity and nutrition.

The FIT for Life (Families Involved Together) Challenge was a 10-week programme, which ended with a prizegiving evening on 27 June.

The FIT for Life Challenge was driven by two motivated teachers at the school, Danielle Marston and Barry Duff. It involved 70 participants, including students and their families, and was supported by a number of local businesses who provided prizes.

"We have just started taking food and health more seriously within the school this year. The first step was to introduce healthy food to the canteen, which has proven to be a great success. We have seen an 80% increase in profits since the change. The second major event has been the

organisation of the FIT for Life Challenge," says Danielle Marston.

The families involved met on a weekly basis and participated in a number of activities such as cooking demonstrations, goal setting and healthy eating workshops, aerobic classes, dinner out together and a visit to the QEII Pool Complex. All of the evenings were well attended by the participants.

Families had the opportunity to talk about any concerns they had along the way and students were given a survey to complete with their family midway through the challenge. A blog was set up to provide extra support for families. This allowed the group to keep in touch over the week and share their ups and downs with each other. It also included weekly tips, recipes and photos of the previous week's events.

"It has been well worth it to see students and their families genuinely motivated to make changes to their eating and exercise

habits. What makes it especially exciting is the level of commitment to the changes they have made now that the programme is finished," says Barry Duff

The Baker family came first winning an all expenses paid weekend away in Hanmer Springs. The Downey family came second, winning a family package away in Akaroa. "This has been life changing for our family," says Mrs. Baker. "Health wise, my asthma has improved and energy levels have increased. The kids' knowledge about good nutrition has really improved. They are now reading labels on their cereal packets, looking at sugar and fat content and choosing healthy options all the time. We have takeaways far less than ever before".

Mrs. Baker and Mrs. Downey have forged a friendship through their participation in the FIT for Life Challenge and plan to enter in a women's triathlon together later on in the year.



SIS families the Baker and Downey families flash winning smiles



Danielle Marston and Barry Duff

Sport Opportunity Programme

The Sport Opportunity Programme is a joint initiative between the Canterbury West Coast Sports Trust (known locally as Sport Canterbury) and the Halberg Trust.

The aim of the programme is to assist schools, sports clubs and community groups to include people with disabilities (physical, sensory and intellectual disability) into their physical activity and sports programmes.

There are four main services that are available to schools:

- No Exceptions Training – this is a two hour free training package for teachers

and teacher aides that can assist with ideas and methods to include children with disabilities in physical activity and sport.

- No Exceptions Action Plans – this is a reference sheet and a list of actions that a school develops with the Sport Opportunity Advisor to include children with disabilities in physical activity and sport.
- Interschool Events – at primary, intermediate and secondary interschool sports championships there are events for students with disabilities. This allows

students with disabilities to compete at the same time and place as their able bodied peers, but in different categories.

- Advice and information – the Sport Opportunity Advisor is available to give schools advice and information on the inclusion of children with disabilities into physical activity and sport.

For more information contact Justin Muschamp, Sport Opportunity Advisor at Sport Canterbury on (03) 373 5050 or justin@sportcanterbury.org.nz.

Gilberthorpe School Pupils Make Healthy Sandwiches

Students at Gilberthorpe School got the chance to create their own healthy sandwiches when the whole school had a 'sandwich making day' on 18 May.

Each student contributed one healthy filling and the school supplied the bread.

Peter Hay, a teacher and lead teacher for the Fruit in Schools initiative at the school, says the sandwich making day was a good way of getting everyone involved in thinking about healthy eating. "We thought this was a great idea to celebrate healthy eating, something we could all be involved in to encourage students to bring sandwiches for lunch and to show their parents or caregivers that it's a great option because now the students can make the sandwiches themselves," he says.

It was the perfect opportunity for students to try new food and different combinations. Some sandwiches made

on the day had a huge variety of fillings and crazy combinations.

"I put coleslaw, egg, ham and baked beans in my sandwich. After we had eaten our sandwiches, we played on the playground at Broomfield Common," says six year old pupil Brenna Black.

Other feedback from the students showed the day was a real success and the school hopes to see healthier home made sandwiches in lunch boxes in future.



Gilberthorpe pupils with some of their healthy sandwiches.

Central New Brighton School Gets Physical

Acting Principal Toni Burnside says there is a whole school approach to physical activity.

At the beginning of the year Central New Brighton School began a programme aimed at encouraging and recognising physical activity.

In February, data was collected from across the school identifying children's understanding of, and participation in, physical activity.

Results showed that 80% of those surveyed had limited or poor understanding of the extent of physical activity (PA). Running and fitness were highlighted as two key types of physical activity by students. Seventy five per cent thought that physical activity was important for keeping healthy, losing weight and having fun. Forty five per cent reported they had actually participated in more than one hour's worth of physical activity in the previous 24 hours.

Half of students thought that less than an hour of PA a day was enough while the other half thought that more than an hour of PA a day was best.

There are several aspects to the school action plan for PA. It features a term focus, a community event, promotion, links to the curriculum, a celebration in assembly, extra-curricular foci and a privilege play component.

Each term there is a set focus. Term one and four focused on aquatics with a large push for the two school pools to be used not just for swimming lessons, but also by the community after school. This involved

regular after school syndicate pool parties for families as well as opening the pool up once a week to the public.

In term two, the focus was on playground games. Each teacher took the challenge to organise a different playground focus week. We had pattern tennis tournaments, Italian golf played with Frisbees and non-stop cricket. The school employs a teacher aide to support programmes in the playground at play times. Senior students took up the challenge and ran two dance classes every week for younger students. These were really popular and a great leadership experience for the senior students.

In term three, the focus will be aerobics. The school hall will be used two lunch hours a week by senior pupils to run jump jam sessions. The resource for these and

training for our senior students has been paid for from the proceeds of a whole school jog-a-thon in term two.

Besides these term foci, 'orange' cards are given out every week in the playground for children involved in positive PA. At our fortnightly assembly, each class draws the orange cards and one child from each class gets presented with a voucher to a local recreation facility. Our 'Let's Get Physical' theme song, the birdie dance, is played and we all dance together.

It's not just about being active. We know that children who are involved in positive play have less behavioural problems so we are creating as many of these opportunities as we can to improve the overall learning outcomes for them.



Central New Brighton School pupils are getting more involved in physical activity.



Useful Websites

5 + a day www.5aday.co.nz

Did you know that...

- Strawberries are a member of the rose family!
- The world's largest pumpkin weighed over 379kg – about the same weight as eight to 10 of your friends!
- Blueberries don't ripen when picked!

This is a colourful and informative website with plenty of tools & resources available for teaching about fruits & vegetables.

Cool Kids Cooking www.coolkidscooking.com

Loads of great recipe ideas, cooking tips and games – get the kids in the kitchen!

Push Play www.sparc.org.nz

- Push Play Parents – kids are born to move and to move, they need you! Check out this page for some useful activity ideas for parents. You could include these in school newsletters to encourage their involvement.

- Winter Action Packs – you can download all the games from the pack as well as the summer and 05/06 series. Great for lunchtime games, rewards or a classroom pick me up – print, laminate and display in your school or add to your Active Schools toolkit!
- Free resources – order your own set of Push Play tattoos, stickers, posters, classroom activity challenge chart & the 'from sleep to school' board game (snakes & ladders style)!

Mission-On: Partnerships in Action

Visit www.sparc.org.nz/education/mission-on or www.tki.org.nz for a description and update on the 10 Mission-On initiatives delivered by the Ministry of Health, SPARC and Ministry of Education. For links to your local Mission-On agencies, visit:

- Community & Public Health – www.cph.co.nz
- UC Ed Plus – www.edplus.canterbury.ac.nz
- Canterbury West Coast Sports Trust – www.sportcanterbury.org.nz

Other websites

www.foodfactoflife.org.uk

A British Nutrition Foundation website with downloads about healthy eating, cooking & food skills, and food & farming for teachers

www.feedingourfutures.org.nz

The new Feeding our Futures social marketing campaign

www.teamup.co.nz

Encouraging and supporting kids to learn

www.chdf.org.au

An excellent resource for schools with plenty of practical ideas for promoting kids' health in the community. Subscribe to the virtually healthy newsletter for free and see what other schools are up to!

World Smoke Free Day Winners

Congratulations to the MacCallum family who are the winners of the Hornby World Smokefree Day (WSFD) competition. Stephanie MacCallum entered the competition at school (Hornby High) and is 'stoked' to have won the vouchers for

Hornby Mall. The competition challenged entrants and their families to declare their car and home Smokefree.

"We were glad to do it" says Stephanie's mum, Judith. "I've only ever tried smoking once and that was enough for me!"



Stephanie and Judith MacCallum.

Making links at Mairehau High School

Students at Mairehau High School included a physical activity element in their World Smokefree Day (WSFD) celebrations. The school's Health Promoting Schools facilitator Anahera Perrett says: "There's a clear link between being smokefree and increased participation in physical activity. It's great to see students at Mairehau really understand that link and get involved in sports".

Students were supplied with a kit of different sports equipment from Community and Public Health and were able to play a variety of games throughout the day. Following in the Smokefree and physical activity theme, the school's infamous hip hop group the 'Smokefree Prophetic Soulz' performed during the lunch hour, drawing a large crowd of other students.

To read Health Promoting Schools online go to <http://www.cdhb.govt.nz/communications/publications.htm> and go to H for Health Promoting Schools.

Community & Public Health
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We welcome your contributions to this publication, particularly your success stories, as well as your ideas for articles and information you would like to see. Feel free to reproduce any of these articles in your own publications. The Health Promoting Schools magazine will be distributed once each term. Deadline for your material is 17 September. Material can be sent to: **Olivia Papuni** Community & Public Health, 76 Chester St East, Christchurch, (03) 379 9480 Ext 823, olivia.papuni@cdhb.govt.nz

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District Health Board

Te Poari Hauora o Waitaha