

Health Promoting Schools

Ma te tautoko a te iwi ka puawai te kura

Health Promoting Schools Newsletter – Hui tangaru / February 2012

Pass it on



Tama tu, Tama Ora. Tama Moe, Tama Mate
Be self reliant, not dependant.

Ngā Havora ahua / What's happening in health



Penni Cushman, Senior Lecturer in Health Education shares her Health Promoting Schools (HPS) journey.

My journey, to where I now sit pondering my knowledge of and feelings about HPS, has been a long and exciting one. A great variety of employment and

life experiences have moulded me into someone determined and committed to playing my part in making the concept of HPS evident in all schools.

My interest in health education was sparked by a passionate lecturer, the late Bev Ross, at the University of Otago. Bev's teaching was borne out in my first teaching position at Western Heights High in Rotorua. Students at Western Heights were more concerned about issues to do with self-worth, relationships and life experiences than their studies. This realisation led me to study health education at the University of Illinois.

I then moved to Melbourne where rich professional development opportunities in health education abounded. I worked first with Down's syndrome babies at an Early Intervention Centre and then as a health education lecturer at Burwood College. Both experiences taught me about embracing diversity and the value of working collectively – two values I see as essential to health promotion.

When I took up a position as Smokefree Manager at the Canterbury Area Health Board in the late 1980s the Ottawa Charter and concept of health promotion were beginning to gain attention. The real significance of HPS did not hit me however, until I became a lecturer at the College of Education. What is the point of health lessons if the wider school environment and community does not support what you are teaching in class? It just seemed so logical. For almost 20 years

now all our health teaching at the college has been couched in and underpinned by the concept of HPS.

In my years at the College I have been able to immerse myself in HPS, teaching about it, attending national and international conferences, chairing Te Taihere Hauora (the National Association), researching and publishing, and celebrating its development and successes with teachers and colleagues. One my most treasured experiences has been the opportunity to spend time in Swedish schools where the infrastructure supersedes the need for many of the HPS initiatives we see in NZ.

These Swedish schools were indeed the hub of their communities. For example, highly nutritious government-funded lunches saw students, teachers and sometimes local residents eating and socialising together in attractive dining facilities. Community medical and leisure facilities were located on the school grounds. Most importantly however, a culture of respect pervaded the whole school community. I believe this could be partly attributed to the active and democratic participation of all members of the school community in addressing issues – the HPS process in action.

The Canterbury earthquakes have highlighted the fact that students cannot achieve academic outputs unless their mental health and other health needs are addressed. Since 4 September 2010 students, teachers and families have worked together to address health needs in an unprecedented and united way. What we have seen in school communities in the last 16 months not only embodies the spirit of HPS but also the Treaty of Waitangi - everyone working in partnership, with active participation by all, to achieve protection for all.

Let us remember and embrace this spirit as we rebuild our city and our lives.

Penni Cushman, Senior Lecturer, Health Education, College of Education, University of Canterbury

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National Winners!

Winning the national SunSmart Schools Video Competition gave Wairakei School a special reason to celebrate SunSmart Week at the end of last year.

Students from Room 2 created a story-book video featuring an adaptation of the story about Maui and the sun which won not only the Year 5-8 regional competition, but also took first place in the national competition run by the Cancer Society.

The student's efforts have won their school an interactive whiteboard, \$250 towards ICT equipment and a large goodie bag for each of the students involved.

The fact that they did everything in their own time made the win even more deserving. The students discussed their ideas together and then broke into groups to get the work done. Some students were the researchers and writers responsible for adapting the myth and weaving in key SunSmart messages. Others were involved in the extensive drawing and illustration work, with the remaining involved as voice-over or editing teams. They created the video, from start of finish, during their lunch breaks over a three week period.

The final result was an eye-catching masterpiece with fantastic artwork, accurate SunSmart messages and a uniquely kiwi flavour that captivated the judges.

The Cancer Society organised the competition to encourage students to get creative about the SunSmart message.

"We wanted the students to lead the process and to not only learn lots about keeping safe in the sun, but enjoy the process as well" said Cheryl Ford, health promoter for the Society.

Feedback from the students show this was achieved: "Making the movie was really fun" said Skyla Barnett. Another student involved, Griffyn Spencer said "We had fun drawing. We had to get the detail to make sure it matched the words".

The students learned that they had won the competition during the Christchurch movie screening and awards presentation, held during SunSmart week in term 4 and attended by nine of the schools that entered the competition.

There was plenty of excitement and screams when the announcement was made. "I was almost crying," said Luca Harding from Wairakei School.

The Cancer Society commented that schools from the Canterbury and West Coast region should be very proud of their achievements. "The quality of the videos was great and considering our region had 1/3 of all entries throughout the country – it's impressive and demonstrates how great our local schools are!" said Mrs Ford.

The best of the video competition entries can be viewed on www.sunsmartschools.co.nz

Full Results: Regional Canterbury / West Coast winners of the SunSmart Schools Video Competition:

Year 0-4 category	Year 5-8 category
1st Waimataitai	Wairakei
2nd Rangiora Borough	North Loburn
3rd St Patrick's (Kaiapoi)	Christchurch South Intermediate

Congratulations !

Allenton, Barton, Clarkville, Freeville, Gleniti, Hinds, Le Bons Bay, Leithfield, Phillipstown, Woodbank, & Yaldhurst Model School.

All have been recently SunSmart Accredited - fantastic effort!

Milk for Schools

Background: In December 2011, Fonterra unveiled its Milk for Schools programme; fresh milk to all decile schools nationwide by the start of 2013. There has been some scepticism but, regardless of Fonterra's motives, this programme could be an important boost to the diet of many children.

Nutrition: Milk is a good source of protein, it contains all the essential amino acids – the building blocks of protein, is an excellent source of readily absorbable calcium and phosphorus and also contains useful amounts of potassium, sodium, magnesium and zinc, and B vitamins. This makes milk a great food for growing bodies and especially to support healthy bones and teeth. New Zealand Dietary Guidelines recommend school children consume at least two to three servings of milk or dairy every day.

FACT: Lactose is the main type of sugar in milk, and milk is the only source of lactose in nature. Lactose enhances the absorption of calcium and phosphorus from the intestine because the lactase enzyme that breaks down lactose in the gut is lost after weaning >>>Lactose intolerance. Lactase deficiency is common among Southern Europeans, Asians, Australian Aborigines, Black Africans, and those from Middle Eastern Countries but they can usually include small amounts of milk in their diet.

History: Free milk was given to NZ school children between 1937 and 1967 under a world-first Labour Government health scheme. Each day "milk monitors" gave a ½ pint (284 ml) of milk to each pupil and by 1940 80% of schoolchildren were receiving milk. It was phased out in 1967 due to cost to the government and questions over the programme's worth.

Price Increase/ Poverty: Fonterra concedes that since the recent surge in milk prices "we have seen consumption decline, with New Zealanders drinking less milk." The company stated their aim was to "help make milk more accessible to Kiwis"; a move welcomed by many groups who see it as a boost for children in poverty, one that will make a difference to students learning and general wellbeing. The announcement has stirred up debate about the role government, the private sector, schools, and communities should play in addressing child poverty including strategies to improve nutrition amongst New Zealand children.

FACTS:

17% of children go to school without breakfast
22% of households with children run out of food
10% of households with children use food banks
Source: Ministry of Health 2003 survey of 3000 children aged 5-14 years

Programme Structure: The programme is being piloted in 110 Northland primary schools, this term, with the intention of expanding nationwide by the start of 2013. Refrigeration will be a notable improvement from the earlier programme as Fonterra chief executive Theo Spierings said "We don't want kids having to drink warm milk in summer like the old days, so we will look at installing refrigerators in schools, and also explore options for recycling packaging". The national milk in schools programme has been estimated to cost up to \$50 million. What are YOUR THOUGHTS? Let us know what you think about the milk for schools programme and how it might fit into your school setting.
Email Chris.boyd@cdhb.govt.nz

CTV in schools in 2012

Due to the success of the last two years and the continued support we have from schools we are continuing to run the CTV in School project in 2012.

Home Economics students taking part in the project develop healthy options for their school canteens with one pair selected to present the most popular recipe on Canterbury Television. School canteens are becoming more involved with the project also, with the goal of implementing these items into the canteen menu.



group discussion.

Community and Public Health staff work to support schools in many areas of health and have been coordinating a School Canteen Network for more than three years now. The Network runs events for school canteen staff to support them in their challenge to provide healthy foods for their students. This course was one of these events. For more information please contact Nicola Fraher at nicola.fraher@cdhb.govt.nz

Canteens supporting nutrition in schools

Nutrition Course

During the Christmas school holidays twelve staff from Christchurch and Ashburton canteens took part in an NZQA accredited nutrition course. The course was designed especially for caterers by the Heart Foundation and was run by Community and Public Health dietitian, Nicola Fraher.

Community and Public Health were excited to run this course for a group of school canteen staff as it was the first of its kind to be run in the country. Previously the course has been run in polytechs, school and prisons.

The canteen staff attended the course for two days and sat an exam for which they will gain NZQA credits. Feedback from the group was that they enjoyed the course content and the opportunity to learn about nutrition and how it relates to the actual food they will be preparing. The course included information about nutrients, where they come from and how we use them, and different reasons why customers might need a different diet, such as an illness, allergy or special needs for a culture or religion. This was presented with lots of practical examples and opportunity for



New Website

Another way Community and Public Health are supporting school canteens is through their new website. If you logon to www.schoolcanteen.co.nz and register to use the site then you can

- share recipes
- become or use the mentor service
- join the chat room

The site is new and only has a few recipes and conversations started at present but we are keen to get new members to add more of recipes and chats.



Our Smokefree Schools – a practical guide (2011)

This new practical planning guide is designed to support

schools with Years 1 - 13 students to embrace the smokefree/auahi kore kaupapa.

It contains practical advice on how to take small steps or make major change towards embedding smokefree lifestyles into the culture of your school. The guide includes tools to help your school and community create a profile of beliefs, attitudes and behaviours in relation to being smokefree/auahi kore. The information you gather will enable you to plan goals for your school's smokefree/auahi kore journey.

At Karanga Mai Young Parent College, we have been using the guide on our journey to embed smokefree/auahi kore into the kaupapa of the school. In November, we used focus group suggestions to run different groups where everyone's views, opinions and experiences were shared. The guide really helped everyone to feel confident and respected as they contributed to guiding the development of our smokefree/auahi kore policies and practices. One of the strong messages gained from focus group interviews was the importance and influence of friends and how this can really help support being smokefree/auahi kore. It was also clear that having activities and alternative options during break times would be a positive way to support being smokefree/auahi kore. Suggestions included board games and quizzes, tennis and other recreational sports. One of the most popular suggestions was shared lunches. By sharing their experiences of using the practical planning guide, Karanga Mai were the excited winners of the Smokefree Schools competition which had a prize of \$250 worth of sports gear. This will certainly boost the options at break times!

The guide has easy to use templates and a DVD to support and guide you. A copy is downloadable from www.smokefreeschools.org.nz or a hard copy is available from Kath Blair at HSC.



Coming up next term...

The New Zealand Nutrition Foundation is encouraging greater participation in Food Week activities from more schools, especially outside Auckland.

The theme is JUST COOK – there's a competition, facebook site with an interactive kitchen and a Year 10 teaching unit.

A JUST COOK food list of affordable, everyday ingredients to keep in your cupboard, was launched in May last year. The ingredients can be used to put together economical, quick and tasty meals.

The facebook site has an interactive kitchen. Here you can click on foods you have on hand and simple recipes using those ingredients pop up. Most of these recipes can be completed within 30 minutes for an average cost of \$3 per serving.

Information packs are being put together with ideas for Food Week activities and there will be more details in the next issue of Health Promoting Schools. For more information contact Sarah Hanrahan, Dietitian, New Zealand Nutrition Foundation at sarah@nutritionfoundation.org.nz or check out their facebook page.



Blaketown School Does Its '3 Rs' the Health Promoting Schools Way

Blaketown, a suburb of Greymouth, is a beachside community just a few minutes from the CBD.

Blaketown School is a contributing primary school located on the west side of Greymouth. The school prides itself in being a 'town school with a rural feel.' It's a Fruit in School, a Health Promoting School (and all that that involves) and under a local scheme sponsored by the police and Council, an Alcohol Free School.

The school's new playground has become a focal point for younger children and others in the community. The Neighbourhood Watch Scheme is proving beneficial with its increased use; neighbours are keeping a watchful eye on it.

The values the Board of Trustees, staff and students work to demonstrate are the 3 Rs: respect, resilience and responsibility.

A day of 'learning and doing' on the topic of respecting oneself took place recently. In addition to making healthy food choices, students learned about taking care of the outside of their bodies. Hairdressers, beauty therapists and others from the community came along to engage students in general hygiene practices such as cutting nails, use of deodorant, facials, hair washing, tooth brushing, etc. For some of the topics, classrooms were set up to cater separately for groups of boys and groups of girls.

Students have also demonstrated respect and care for their school. In keeping with the Alcohol Free sign at their front gate, several students and the Board of Trustees made submissions to the District Licensing Agency opposing the application by the Blaketown Liquor Store. The applicant proposed to re-open the liquor store after it was closed for some time, and to continue operating just a few metres from the school. There were more than a dozen submissions made about the liquor store application and the application has been referred to the Liquor Licensing Agency. The submitters from Blaketown School felt strongly about the application because they had seen the consequences of alcohol misuse for their school grounds – swear words spray painted on their outside furniture and windows, and broken beer bottles and condoms scattered about. In addition, some believe

that underage youth are able to purchase alcohol directly from this business. At the time of writing, a date for the Liquor Licensing Agency hearing has not yet been set. In the meantime, the liquor store is operating on a 3-month temporary license which is rolled over until the Agency makes its ruling.

As these examples demonstrate, Blaketown School has embedded the Health Promoting Schools philosophy by taking account of the whole school community (students, parents, staff and the community where it 'lives') and by ensuring that it operates in a way that is consistent with what it teaches and with the partnerships it forms with outside agencies.

Wonderful Waste-Eating Worms in Ashburton

Ashburton's Netherby School has a great system for dealing with food scraps – each classroom, the staffroom, and the playground have buckets for food scraps. The students empty the scraps into the school WORM FARM daily to keep the hungry worms well fed and turning scraps into fantastic organic fertilizer. Netherby School is now planning their vegetable garden so watch this space...

Build your own worm farm: <http://www.forestandbird.org.nz/get-involved/backyard-projects/-/build-worm-farm-in-your-backyard>



Student Health Team talking about resilience St Mary's School

Tsuyoshi

"Many kids were playing sports games and activities until the earthquake hit them. They saw windows cracking, houses wobbling, statues turning and breaking. All were scared of being hit by the earthquake, losing their families and homes.

Some children went straight home and were devastated because of all the damage, but some children felt so sad that they wanted to move out of their houses. A lot of children's parents lost very important jobs and have moved to other countries to find jobs.

Now a few of our friends have gone away from our school, and we will miss them and remember them as family. They are very brave about coming back to school and are experts in these kinds of situations. I don't think anyone will never face anything more shocking than what they felt before."

Cameron

How does sport help us through tough times??

"Sport is a big part in a young child's life; it keeps us mentally and physically strong. It also helps us keep strong through hard times like we are going through now. We all know that we are going through hard times, with all these aftershocks and the ground moving under our feet, we want to be able to keep strong and push through it. I have found that playing sport and keeping fit has helped me keep mentally and physically tough enough to get through these hard times.

These days we need to keep strong both physically and mentally. One good way to do that is to every now and then get outside and play some soccer or rugby, or even go for a run. Just for the sake of keeping strong. We can do this Christchurch KIA KAHA stand strong."

Why kids react differently.

"Kids all over the world have different fears and in Christchurch at the moment they are aftershocks. We can help by moving on but to do that you need to have faith hope and resilience. We can use resilience when hard times swing by and you

are scared. Even when you are sad. It is normal to use it to help you be a better person. Kids all over Christchurch did three simple things to keep safe.

- One, huddle together and turtle.
- Two, go to an open area and stay huddling.
- Three, keep warm and together to be safe.
-

Kids react to what you do. So try and be calm and keep safe. Kids all through Christchurch now will be a stronger responsible and caring people."

Wise websites: He ipurangi matua

www.breakfast-eaters.org.nz/

www.5aday.co.nz/

www.healthed.govt.nz/

www.kiwifamilies.co.nz/Topics/monthly-features.html

www.kiwifamilies.co.nz/Topics/Kids+Games.html

www.healthyfood.co.nz/

http://livetoto100.everybody.co.nz/

www.smokefreeschools.org.nz/

www.sunsmart.org.nz/

www.heartfoundation.org.nz/

www.calm.auckland.ac.nz./index.html

www.who.int/en/

www.hps.tki.org.nz

www.actsofkindness.org

www.resilnet.uiuc.edu this is topical but a good site for other sites.

www.resiliency.com this is also a fairly good one for up to date positive resiliency approaches. American.

Wātaka Whakamōhio / Awareness Calendar

Hui tangaru/ February

1-29 Bike wise Month
13-19 Heart Health

Poutū te rangi/ March

8th World Woman's Day
12-18 Brain Awareness Week

14 Walk to Work Day
24 Neighbours Day

Paenga whāwhā/ April

2nd World Autism Awareness Day
7th World Health Day
28-6 NZ Sign Language Week

Ngā Panui / Noticeboard

A health expo, designed to inform the wider school community was held in the Bromley School Hall on 2 November last year.

The event was a joint initiative between the school and Community and Public Health and was timed to tie in with Parent/ Teacher interviews. The Heart Foundation, Cancer Society, Pacific Trust, Salvation Army earthquake response support and Auhi Kore set up stalls and handed out information.

Jo, Lead Health Teacher at Bromley School says "We advertised the event widely and it was a great location. Parents who had come for the teacher interviews stopped by, asked questions and took away information".

The wider school community had a chance to find out more about health at the Health Expo held at Bromley School last November.



To read Health Promoting Schools online go to <https://www.cph.co.nz/Publications/Health-Promoting-Schools-Magazine> and go to H for Health Promoting Schools.

Community and Public Health
Chris Boyd
310 Manchester St
PO Box 1475
Christchurch
Chris.boyd@cdhb.govt.nz

Corporate Communications
Vicky Heward
The Princess Margaret Hospital
PO Box 1600
Christchurch
Phone 027 212 7476

Community and Public Health
Ange Leadley
18 Woollcombe Street
PO Box 510
Timaru
Phone (03) 688 6019

Community and Public Health
Kathryn Cannan
3 Tarapuhi Street
PO Box 443
Greymouth
Phone (03) 768 1160

Community and Public Health
Vicky Anderson
Elizabeth Street
PO Box 110
Ashburton
Phone (03) 307 6902

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 publications. The Health Promoting Schools magazine will be distributed once each term. Contact Chris Boyd, chris.boyd@cdhb.govt.nz ph (03)389 2322. Next deadline for materials is April 13, 2012.

Canterbury
District Health Board
Te Pōari Hauora o Waitaha