

HPS Reflections from Richard Wisnesky

It has been a very busy year once again – lots of change but that is life. I would just like to acknowledge all the interest and support I have received in my role as a Health Promoting Schools Adviser. More often than not I am the one doing the learning.

I have enjoyed trying to make the Hauora in Schools webpage more interesting by developing a monthly focus and invite you to become contributors sharing sources of helpful knowledge, success stories or creating topics of thought provoking conversation.

Best wishes for a peaceful and restful Christmas and New Year holiday.

Contact Richard Wisnesky at Community and Public Health for more details on this information sheet (richard.wisnesky@cdhb.health.nz or 03 364 1777).

Interesting links for parents

[Raising Children has short clips and helpful tips gleaned from experts](#), with the 'need to knows' of eating, sleeping, learning, parenting, health, education and physical activity.

[Roots of Action aims to engage a child's closest caregivers as advocates for positive youth development](#). This includes parents, teachers and youth mentors.

Interesting links for staff and Boards of Trustees

[Read about the changes in education planned by the new Government](#) across a wide number of areas of policy and practice.

[Find out about water-only schools](#) if your school hasn't already developed a policy and programme. This information from Regional Public Health has good examples to reflect on.

[Find out how the Heart Foundation can help improve healthy eating and physical activity in your school](#).

Think about your wellness account as you watch the video below and have a break from everyday school involvement.



Canterbury
District Health Board
Te Poari Hauora o Waitaha