

# September 2017 Healthy Promoting Schools Student Forum

## Collated reflections from the forum participants

### What are 3 new facts or pieces of information you found out?

- The 2nd largest organ in the body is the lungs.
- Different types of things that can happen to your teeth.
- There is more than 4000 chemicals in cigarettes.
- Schools are having activities to encourage sport.
- Some toxic things are found in cigarettes.
- Healthy eating is good for your heart.
- Sugar turns to fat inside your body.
- Mindful.
- Healthy eating.
- Flavoured water has sugar in it.
- Civil Defence 'get ready' site.
- Cigarettes are made with tar.
- Smoking is toxic and can kill you.
- Shfat – 3 principles.
- Play outside everyday.
- Drink water not soda/eat fruit & veges.
- People have made movies to help children play better.
- How lungs work.
- That there is tar in cigarettes.
- That Addington School is collecting stuff for SPCA.
- Qualitative (words) & quantitative (numbers) data.
- Sleep.
- Healthy eating.
- South New Brighton are trying to change some things.
- Using spacers with inhalers.
- Tobacco smoke has car fumes in it.
- 2-3 tsp sugar is maximum a day.
- Digital detox.
- Learnt more about poisons in smokes.
- More about helping people.
- It's fun and healthy to do mindfulness.
- You are only who you are.

### What are 5 organisations in the community that could help you or your school?

- Healthy homes.
- Neighbourhood Watch✓✓✓
- Heart Foundation✓
- New Zealand Dental health Association✓
- Kapa Kai✓
- Community Safe.
- Asthma Society✓
- Asthma awareness✓
- DHB – Mental Health.
- Cancer Society.
- Smokefree.
- Mindful Movers✓
- Sports Canterbury✓
- Heart Foundation✓
- Other schools.
- Mindfulness✓
- All Right campaign.
- School Based Mental Health Team.

### What idea has inspired you?

- Warm homes.
- Special days.
- 6-8 hours of sleep.
- Yoga.
- School activities.
- Lunch boxes.
- Book swop✓✓
- Shfat Kids.
- No Smoking by 2025.
- Play/Eat/Learn in this order.
- Ukulele.
- Massage ball relieving stress.
- Make your own lunch for \$1.
- School; lunch provided once a week – lunch club once a week pay \$1/healthy food.
- More fitness sessions.
- Addington School SPCA gear collecting for animals.
- School Wellbeing Day.
- To change some important safety scores in the survey.
- Chalk drawing Day.
- That Rāwhiti School Plays, Eats then learns.
- Healthy Eating.

### What is one possible question for your next inquiry or for 2018?

- Will health and wellbeing still continue through on years?
- What to promote next?
- Lunch activities.
- POW.
- Shortage of water – How will we manage without water?
- How can we reduce the amount of unhealthy food in school?
- Healthy lunches – no packaging.
- How can we build Wellbeing in the school?
- What do you want for your school? Find out from students.
- Music instead of bell.
- How can we do more across ages going forward?
- Can we bring in a theme one per term?

### What are 3 things that you could take back to your school?

- Teach students about organs.
- Taking care of yourself.
- Yoga with little kids.
- Lunch boxes.
- Book swop ✓✓
- Obesity in NZ.
- Smokefree.
- Kapai Kai throughout the school.
- Doodle day – gifting afterwards Jnrs to Snrs/snrs to jnrs.
- Yellowgrams.
- Anti Smoking.
- Healthy lunches.
- Introducing more sports.
- Shfat.
- Like learning and making time for next time.
- SPCA gear collecting.
- Compliment Posters.
- To change the bell to music.
- Play then eat.
- Investigate improving lunch club 2018.
- Starting a blog – visit other schools doing it.
- Kapai Kai/Healthy Eating.
- Buddies theme.
- Days – book swop, doodle day.
- Community volunteering/fundraising.

### **What is one change you could make immediately or in the near future?**

- Seniors teaching the juniors about health and wellbeing.
- Bring back buddy class.
- More information on water around the school.
- Kapai Kai Lunch day.
- Promotion of healthy eating.
- Including others in games. Don't be afraid because no one is going to judge you.
- Getting more active at school.
- School Wellbeing Day Term 4.
- Continue on blog.
- Lunch Club.
- Play first then eat – trial this.
- Check signage for Smokefree.
- How can we bring more passion/fun in regularly for the whole school to work together eg sports, arts days?

### **Other resources related to the forum**

[Download a photo gallery from the Student Health Forum at Rawhiti School.](#)

[Love Food Hate Waste has developed lesson plans to teach your students how to waste less food.](#)