

HEALTH PROMOTING SCHOOLS MAGAZINE MĀ TE TAUTOKO A TE KA PŪĀWAI TE KURA

Aroha mai, aroha atu
Love received, love returned

Term 1 | 2016

Focusing on Mindfulness

By Sandra Jamieson, Deputy Principal at Shirley Primary School

Shirley Primary School is establishing mindfulness as a tool to help students build resilience.

We all have an innate capacity for resilience but this needs to be nurtured, and particularly so in Canterbury. Along with many schools and other agencies and professionals we have identified that some of our students are lacking focus, concentration, tolerance with their peers, they can be irritable and clingy, impulsive or hyper-aroused. Our aim at Shirley is to use a

strengths-based model that builds capability across our school community rather than trying to 'fix' problem areas.

Mindfulness is an ideal choice because it connects

- the vision, values and key competencies of our school curriculum
- hauora - a Māori concept of wellbeing, and the development of self-identity where our students feel a strong connection to people and place.

Mindfulness will form a large part of our school inquiry for 2016 about 'Belonging and Purpose'.

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Health Promoting Schools is a nationwide initiative strengthening school communities in being healthy settings for living, learning and working. As the Public Health Unit of the Canterbury District Health Board, Community & Public Health is responsible for supporting Health Promoting Schools throughout Canterbury and Westland.

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Te Oranga / Wellbeing Focusing on Mindfulness

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With the plan of starting this with our students at the beginning of 2016, in 2015 our teachers took part in regular mindfulness exercises, and we have recently introduced a mindfulness group for parents. Research shows that if teachers and parents have their own mindfulness practice they are better able to encourage mindfulness and resilience in children.

Our students will learn:

- how our brains work and what happens when we are anxious or scared
- how to use mindful breathing to calm themselves

- how to talk about our feelings and emotions
- seeing, tasting, smelling and moving mindfully to help us really experience our surroundings

There is a rapidly increasing research base telling us that mindfulness increases calmness, self-esteem and self-regulation, metacognition and attention, and develops a caring and respect of others. These are the characteristics that we want to see in our Shirley students.

Sandra has completed her Masters research and thesis, 'When Terra is no longer Firma: Enabling wellbeing by helping children to be reflective, relational and resilient learners in a constantly moving world'. She is happy for staff to contact her on sandra.jamieson@shirleyprimary.school.nz

Nga Panui Hou / Health Promoting Schools Team Update

HPS Team Update

You'll notice in our magazines that similarly themed articles can appear under different headings – this reflects that many different aspects of health and wellbeing can be enhanced by the one activity. Take gardening, it can promote mental health, healthy eating, community connectedness and physical activity all at the same time! Promoting health and wellbeing in your school community doesn't have to involve doing more and more, it can involve doing a few things very well. What are you doing well at your school?

*Ngā mihi,
Tim Weir*

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Ngā Pūrākau A-Kura / School Stories

Community Engagement with Pumpkin Soup

Frank McManus, Principal/Tumuaki, Sacred Heart School

Food is the catalyst to get the community together. Over the years Sacred Heart school have been running successful Home-School Partnership meetings to help inform parents about what we are doing at school and ways in which they can assist their children in their learning at home. It offers the opportunity for our rich multi-cultural community to come together for a common purpose.

In previous meetings we have run sandwich making lessons, promoted healthy lunches, had talks from nutritionists and health nurses. Last term prior to our session on Cyber-safety, the year 5/6 class gathered together all the ingredients and spent the day producing enough pumpkin soup to feed the 100 attendees. Some of the ingredients were taken from our school gardens.

Many families had never tried pumpkin soup and were surprised at how easy it was to make, how tasty it was, and were keen to make it at home with the help of their now expert children. The soup was enjoyed with a crusty roll. We have found that inviting parents, with their children, around dinnertime, providing food and informative content makes for a good evening.



Rangatahi Health Day at Whakapūmau

By Māori Health Promoter Aaron Hapuku

‘Tama tu tama ora, tama noho tama mate’

Celebrating the health of our rangatahi in Kura Kaupapa Māori settings is an important way of being able to include our young people in the discussion around hauora Māori, alongside healthy, fun activities that will equip whānau to live long, healthy lives.

Talking about health with our young people should be fun shouldn't it?

In December a number of organisations and kaimahi came together to help celebrate health and wellbeing alongside our rangatahi from the kura, our future leaders. While health is often seen as being linked to doctors, nurses and healthcare, it is also about sharing healthy kai, healthy physical activity and being able to enjoy ourselves while we learn about all the things we can do to keep ourselves feeling well. It is also an opportunity to learn about the people we have in our communities who can help us to access the services our families might want to connect with.

Bringing health and wellbeing to school settings means that we can come out to you, instead of you having to come and find us. The team from Pegasus Health, Partnership Community Workers, CDHB Māori Health and Oral Health Services, Community & Public Health, and staff and whānau from the kura had a fantastic morning together with a range of activities.

We would like to thank the kura, including our awesome rangatahi and all of the organisations and kaimahi who gave their time during 2015 to share their knowledge with our young people and whānau. By working together we can all contribute to the health and wellbeing of our communities.

‘Ma whero ma pango ka oti ai te mahi’



Ngā Pānui / Health Messages

Be an official SunSmart School

New Zealand and Australia have the highest rates of skin cancer and melanoma in the world, and every instance of sun burn as a child and young person increases the risk of getting skin cancer later in life.

As such the Cancer Society takes sun safety very seriously. They want to get all schools signed up to their World Health Organization recognised "Gold Standard" SunSmart Schools Programme. This year we are aiming to accredit and re-accredit as many schools as possible in the Canterbury region.

"As part of our accreditation process Hampstead School was keen to partner with the Cancer Society to address barriers to getting all our children wearing hats. Health Promoter Mandy Casey liaised with a local business to get sponsorship for hats for the children. With hats worn term 1 and 4 the children are now well equipped for summer play. The students are more than happy to wear their school hat and vie for a trophy to be awarded each week as the most consistent class hat wearers. Many thanks to the Cancer Society!"

- Principal Peter Melrose, Hampstead School, Ashburton

Most schools are already taking SunSmart steps. Becoming accredited may simply involve a review of your sun safety policy and procedures to ensure they align with the SunSmart programme's key messages and best practice. If you would like to become an accredited school visit www.sunsmartschools.org.nz or contact your local health promoter.



Dog Smart Programme

The Christchurch City Council is offering Christchurch schools the opportunity to take part in their Dog Smart programme.

They have a new interactive presentation designed to help children learn:

- how to avoid being bitten by dogs
- the correct way to approach a dog they do not know
- the basic responsibilities of a dog owner
- the daily routine of an Animal Management Officer

The Dog Safety presentation has been updated to closely align with Levels One and Three of the Health and Physical Education sections of the 2007 New Zealand Curriculum, helping achieve the following

objectives:

- Strand A (3) Safety Management – identify risks and their causes and describe safe practices to manage these
- Strand D (1) Community Resources – identify and discuss obvious hazards in their local environment (i.e. dogs) and adopt simple safety practices.

You can book a 45 minute presentation for your school via the DogSmart School Programme at www.ccc.govt.nz



Ngā Kaitōtika Karere / Nutrition News

Hornby Primary School Lunch Club

An interview with Parent Support Group Leader Kelly Young by Hornby Primary School Student Health Leaders.

How does it make you feel that the children are eating healthy because of you?

I feel very happy that I can have a positive influence on all the children who participate in our lunch programme. If I can give our school children a chance once a week at healthy eating this may have a flow on affect into their future for making the healthy choice. In this busy life we live time is always a barrier to choosing healthy eating options and convenience food are not always the healthiest but for most are the go to options.

I volunteer my time because I like to see the difference I can make on these young lives, I am also very lucky to have a great group of parents who help me out every week. They too love to see the children experiencing making their own healthy lunch, watching the children sharing and helping each other at the table.



How many people come to the lunch club?

Each week the number varies but it is about 80 children a week.

What is the highest amount of sandwiches that have been ordered?

The biggest week I think was 98 sandwiches.

What kind of foods do you serve?

We create fillings for the children so they can help themselves at the table these include Ham, Cheese, Carrot, egg, beetroot, coleslaw, lettuce, tomato, cucumber. These vary from week to week. We do plan to make some other options in the winter next year when it is cold.

What is the most popular food?

I think the Ham and the Cheese is most popular. A lot of children are trying new things, which is awesome to watch.

Do you serve the same food every week?

No we change the bread to buns from time to time and we usually have ham and three choices of fillings. We change this weekly.

Are you planning on anything else but sandwiches?

Yes, in the winter we hope to bring in some warmer options but you will have to wait and see.

Are you going to have any fruit like oranges?

No, we did look at this but decided that the children have already got the Fruit in Schools programme and would have already had this for the day.

Do any of the children not like the food or waste it?

Yes, we do have wastage and some dislike the options but for me it's about the experience we are providing the children. In our busy lives sitting down to the table as a family for a meal doesn't happen as much anymore. Sitting down to a meal and using your manners is a skill we need as an adult. So I love seeing the children learning these skills.

How much does a sandwich cost?

The cost varies from week to week, depending on the fillings and bread we use. So sometimes the \$1 can cover it but most weeks it's a wee bit more. We are lucky enough that the school has received donations that have been allocated for the lunch club. Without this we would not be able to provide the lunch club at \$1.

What type of vegetables do you have?

Carrot, lettuce, cabbage, cucumber, tomato, beetroot.

Do you enjoy being in charge?

For me I find it easy to organise and lead a group and I really like to give back when I can, it is really rewarding to see all the children loving the lunch club experience.

How long do the children stay at lunch club?

The idea is to use the 15mins of eating time you usually get to eat lunch before playtime to make and eat your sandwich.

Where do you buy the food?

We were lucky enough to source a grant to pay for all our equipment like tables, cutlery, plate, glasses etc. Food is sourced from different locations - Trents for the meat and anything in bulk, supermarkets for produce, and Couplands for Bread.



Hākinakina / Physical Activity

A Calming Zone

Written by Jenni Marceau, Health Promoting Schools Facilitator

Sockburn School's garden has won a prestigious Canterbury Horticultural Society Silver Award in the 'School Gardens and Learning' Spring Gardens category.

Mr. Rob (Rob Mugford) the caretaker, tells us: "What's most important to me is teaching children to grow organic sustainable food for themselves and their future families. At Sockburn we have a lunchtime gardening club, and some children also join me in the garden before school. Class groups then take turns in the garden during the week; I tell the teachers what garden activities are planned, and they bring their classes out, usually for a 10-20 minute session."

Mr Rob observes that the garden has a very calming effect on the children. He says "It's a time-out zone in a very natural way; they have fun, laugh, and do something physical. Gardening takes us back to nature and is very grounding".

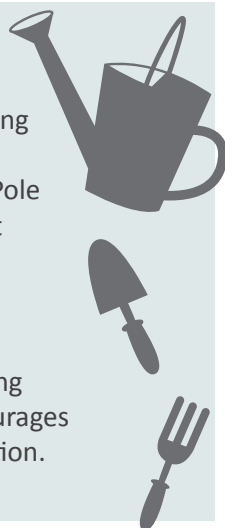
All the children that help in the garden get the 'first pickings' of the vegetables to take home, and the balance of produce is offered to the rest of the students.

Heather Walkinshaw, Principal, says the garden doesn't take much funding. "We have a relationship with Mega Mitre 10, and Healthy Heroes supplied us with packets of seeds and seed potatoes. Otherwise we use recycled materials such as tyres and donated materials from various organizations."



Mr. Rob's TIPS for School Gardeners:

1. A cheap and easy place to begin is stacking up a couple of old tyres, filling with dirt, and planting some beans (try Kentucky Pole Climbing Beans) or rhubarb; don't forget zucchini or strawberries.
2. A useful website for organic companion planting is www.podgardening.co.nz
3. We award a gardening trophy: "The Young Gardener of the Year". This trophy encourages healthy competition and team participation.



Ngā Pānui / Health Messages

Oral Health Promotion

World Oral Health Day is on the 20 March 2016. What do you do to promote oral health in your school? Here's some examples of what you can do.

Kimihia Parents' College

Oral Health Promoter Belinda Smith was fortunate enough to be invited to Kimihia. She spoke to students about National Oral Health Day, sugar and acid in drinks and brushing habits. The lesson concluded with the purple disclosing tablets, which always proves popular.

Eight students worked with staff to design their own '5 Day Switch to Water' campaign. The teens agreed to drink water, coffee and tea for five days and attend class for the week.

Two students displayed excellent persistence and completed the 5 days without sugary drinks. The two students were rewarded with a gift voucher for their hard work.

Linwood High

Dr Rabbit returned to Canterbury and visited Year 7 and 8 students at Linwood High. While Health Promoter Belinda Smith spoke to them about oral health, free dental care and National Oral Health Day, Dr Rabbit waited in anticipation to hi-five students and have photos taken. Students were also asked to update their contact details to increase the accuracy of the 2015 Year 8 transfer. Students who updated their details were given a toothbrush, toothpaste and bottle of water.



Ngā Rohe Kōrero / Regional Round-up

Improving Outcomes for All - Equity Workshops

Written by Claire Robertson, Team Leader, CPH West Coast

In November the West Coast Health Promoting Schools team hosted an interactive workshop 'Improving Outcomes for Māori, Pasifika and Minoritised Students and their Families Within our School Communities'.

Laurayne Tafa, a consultant with Cognition Education, facilitated the workshop. There was a positive response from West Coast schools, with the 34 participants representing ten schools including principals, teachers and BOT members; and a good base of school partners such as Resource Teachers of Learning and Behaviour, Social Workers in Schools, iwi representatives and kaiako/teachers.

Greymouth High School kindly made their school whare available for this hui, as well as providing valuable student voice.

This was a wonderful opportunity for our schools to ask critical questions about why disparity exists for certain groups and then to be courageous about

seeking out the answers. It also allowed them to look at what is working, and why; what the next steps may be; and how they can best be supported to achieve significant impact.

The participants unanimously asked for Phase II of these interactive workshops to be brought to Te Tai Poutini in Term 1 of 2016, to continue this korero. Phase II invites community organisations and school partners to become involved in supporting school communities to notice inequities, respond with actions by accelerating equity and measure the impact on those who need to benefit the most.

Canterbury equity workshops

Similar workshops will be held in Canterbury in May: Phase I (9 May) and Phase II (29 August). For more information contact your Health Promoting Schools facilitator or Tim Weir by phone on (03) 378 6717 or 027 240 8413, or by email on tim.weir@cdhb.health.nz

Te Oranga / Wellbeing

Working with difficult behaviours

Staff from alternate education schools recently had an opportunity to learn about working with difficult behaviours from Joy Sylvia, of Boardwalk Creations www.boardwalk.flyingkiwis.net

Key points that Joy emphasized were:

- Learning, intellectual and cognitive behavioural issues increase the risk of mental health issues – especially depression, anxiety, self harm, suicide ideation and addiction issues
- Use the RISKED model : Recognise the signs; Intervene; Send for help or refer; Keep calm; Eyes on what's happening; and make a Detailed report

- Breathing down into your tummy and breathing out properly is helpful for anxiety
- Encourage the WITS options: Walk away; Ignore or use an 'I' statement; Talk to or Tell someone; and Stop and think
- Teaching problem-solving helps students learn an important life skill
- STARR for when you don't know what to do: Stop, breath out and breath in; Think about being safe and problem solving; Assess your options in order of priority; Respond with your plan; and Review what happened



Whaimōhio / Find out more

He ipurangi matua / Wise Websites

- SunSmart Schools:
www.sunsmartschools.org.nz
- Dog Smart Programme: www.ccc.govt.nz
- Organic companion planting:
www.podgardening.co.nz
- Boardwalk Creations:
www.boardwalk.flyingkiwis.net

Wātaka Whakamōhio / Awareness Calendar

- 5 + A Day Challenge – February 2016
- National Bike Wise Month – February 2016
- Children’s Day - 6th March 2016
- World Oral Health Day – 20 March 2016
- World Smokefree Day – 31 May 2016

Ngā Pānui / Notice Board

- **Primary Student Health & Wellbeing Leadership Forums** – Tuesday 29th March (week 9 term 1) and Tuesday 13th September (week 8 term 3)
- **Christchurch Equity Workshops** – see page Whitū (7)
- **Walk2Work Day** – If you missed Go by Bike Day in February, then Walk2Work Day on 9 March 2016 is another opportunity to promote active transport in your school! How about setting your students a challenge of taking part of Walk2Work Day? Living Streets welcomes walking stories: what did they see and do and who did they walk with? Please send stories to meg.christie@livingstreets.org.nz
- **Crash Bash** - Christchurch secondary schools can book in for safe driving Crash Bash performances between 24 February and 6 April 2016. This year’s theme is “Speak up” and will focus on peers speaking up about wearing seat belts, not breaching their learners and restricted licences, impaired driving, passenger distraction and cell phone use while driving. For more information go to www.crashbash.co.nz

