



# Health Promoting Schools

Te karere mo nga kura waiora

Issue One • May 2009

## Welcome!

### Kia ora koutou

What better way to embrace the wintery weather than sitting down and having a good read about what our fantastic schools have been up to.

Health Promoting Schools (HPS) is going from strength to strength with plans to move into early childhood centres and high schools. Toi Te Ora – Public Health (Toi Te Ora) has new health promoters on board and 28 new schools signed up to Fruit in Schools.

Read on and learn about the many schools celebrating success, tips for keeping kids active and eating well, changes to the way you'll receive professional development and information about the smokefree audit.

Toi Te Ora will be bringing you two newsletters each year with colourful updates to celebrate all the work being done in the Bay of Plenty and Lakes districts.

Enjoy!

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## Introducing new staff....

Toi Te Ora is pleased to introduce four new health promoters to the Education Team.

### Aporina Chapman

Aporina worked for Toi Te Ora four years ago and is back! In her time away she was the Midland Region Smokefree/Auahi Kore Advisor with Te Hotu Manawa Maori and for Sport Bay of Plenty as the Green Prescription Active Families Advisor in the Eastern Bay of Plenty.

"My experience has given me a greater insight into health promotion and how it should be applied," she says. "I am passionate about Maori health and wellbeing."

Aporina is a waka ama enthusiast and enjoys spending time with her family and friends. She will be based in the Whakatane office, working with Eastern Bay schools.

### Michelle Barns

Michelle has lived in the Bay of Plenty for most of her life and enjoys getting outdoors with family and friends. She loves gymnastics, which she has done competitively for 18 years, representing both the Bay of Plenty and New Zealand. Based in Tauranga, Michelle will be working with new HPS schools in the Western Bay.

"I'm passionate about health and wellbeing and look forward to sharing this passion with the schools to help make a difference," says Michelle.

### Chae Simpson Phillips

Chae will be working with both kura kaupapa and mainstream schools in the Rotorua area, including any prospective HPS schools. Chae moved to Rotorua from Papakura last November, where she worked for Air New Zealand Airline Training. Chae is married with three children and has a daughter due in May.

"With three young children, soon to be four, I can relate to parents in the community and love working within schools to help encourage healthy lifestyles for children and their whanau," she says.

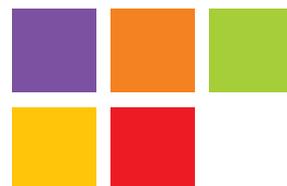
### Johanna Wilson

Johanna was born in Napier and has been living in the Bay of Plenty for 12 years. She has a strong background in health promotion and most recently worked as the Youth Sexual Health Educator with Community, Child and Youth Health Services. Johanna lives in Ohope with her husband and the youngest of her four children. She is based in Whakatane and will be working with schools from Whakatane to Whangaparaoa.

"I love working in education and I'm itching to get out and support the schools I'll be working with," she says.



Pictured (left to right) Aporina Chapman, Michelle Barns, Chae Simpson Phillips & Johanna Wilson.



## Gumboots and all for Te Kura O Te Teko

One day they're knee deep in riverbank dirt and the next they're planting a vegetable garden; tamariki at Te Kura O Te Teko are giving 100% to improve the health and wellbeing of their kura.

The kura has gone from strength to strength since embracing the HPS framework three and a half years ago.

"We have seen an amazing shift in the way our tamariki, whanau and whole school community see health and wellbeing," says Principal Tony Holland. "Our latest initiative is building our wharenui, which will be finished in June. We will soon have somewhere that allows tamariki to link learning with culture."

A wharekai behind the wharenui will see tamariki involved in all aspects of nutrition, from the field to the table and even the dishes!

"It's about illustrating a way of life that is directly related to the marae, culture and community," says Mr Holland.

Te Kura O Te Teko also received an award from Environment Bay of Plenty for cleaning up its local riverbank and replanting native trees. Tamariki were joined by teachers, whanau and kaumatua – gumboots and all!

"It's exciting to see the HPS process in action and tamariki so active in a whole school approach to health and education," says Health Promoter, Sarah-Jane Bishop. "The overall concepts of wellbeing have been woven through the curriculum, school organisation and culture – with strong links to whanau and the wider community."

Te Kura O Te Teko has also installed air conditioning and voice enhancement in classrooms, a solar heated swimming pool, worm farm, vegetable and flower gardens, sunshades, recycling and specifically tailored outdoor furniture to make the most of the environment.

**Congratulations Te Kura O Te Teko for your awesome mahi!**

*Left: Te Teko school pupils.*

*Below: Tamariki clear nearby riverbank in preparation for planting native trees.*



## Fruit in Schools doubles its numbers

Hundreds more school children in the Bay of Plenty and Lakes districts will be getting fresh fruit and vegetables daily this year. Phase four of the Fruit in Schools programme (FIS) is rolling out and 28 new schools have jumped on board.

Thanks to FIS extending to include decile two schools, there are now 58 involved in FIS, from Gate Pa all the way to Whangaparaoa – 250kms apart!

"Working with nearly 30 more schools is going to be an exciting challenge!" says Programme Leader, Ian Guy. "We are fortunate to have a

team of health promoters based in each area with good community linkages."

For schools involved in phases two and three, it's business as usual and the team is keen to progress each school by adopting the Health Promoting Schools framework.

"With a new action-focused approach, Toi Te Ora health promoters are going to be better equipped to help schools progress steadily with the support and structure they need," says Ian. "The original schools will be required to recommit to the whole school approach by re-signing their Fruit in Schools agreement at the beginning of term three."



## Fruit in Schools provides new opportunities for Gate Pa School

**New leadership roles and building a compost system are just two ways Fruit in Schools has benefited Gate Pa School in Tauranga.**

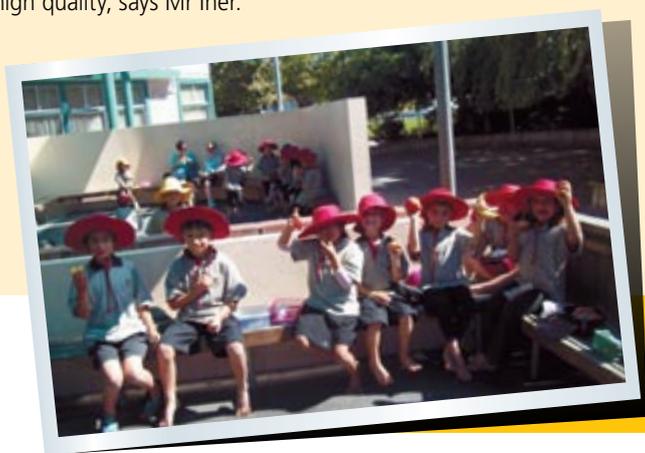
"Students help the teacher aide with organising fruit in the morning," says Principal Richard Iner. "There has been a noticeable increase in compost – two bins are full! Staff and students are learning a lot about composting and next term one of our classrooms is making a worm farm."

Parents have been very appreciative of the fruit and are amazed at its high quality, says Mr Iner.

"Kids go home talking about the fruit and it has supplemented a healthier lunch box. Staff are also very appreciative of the healthy fruit bowl we have available in our staffroom."

As a new HPS school, Gate Pa is at the initial stage of the process where it raises awareness of HPS within its school community.

"Gate Pa has got every reason to highlight its success in the community, the school is doing a fantastic job so far," says Health Promoter, Dee Watkins.



Above: (Left to right) Arshra Singh, Takarangi-Jade Coffey-Tulisi, Victoria Lynn, Michaela Stephens.

Left: Gate Pa School children enjoying their fruit.

## Success showcased at Mangakino Area School

**Reflection time for Mangakino Area School as it highlights positive health and wellbeing outcomes.**

Last year, students from the HPS health team developed a presentation to showcase the school's successes. The information was presented to the whole school community, including staff, Board of Trustees and students.

"An important part of the HPS process is making the community aware of all the good work being done. Mangakino Area School has worked hard to inform the community about their HPS journey," says HPS Advisor, Dianna Harrison from Café for Youth Health.

### 2008 successes

**The Health Info Page:** Each week, two students from the health team add information to the 'health info page', which goes out with the school newsletter.

It includes health and wellbeing news and what the health team have been up to, e.g.

attending the student hui at Tui Ridge with Lawry St Ledger. A great way to inform parents and whanau!

**60th Birthday Celebrations:** At the community's recent 60th birthday the HPS health team took the opportunity to raise awareness about Fruit in Schools and HPS with a display board, and carried out a survey with parents, whanau and the community. It was a great day with positive feedback and the team got into the spirit of the day by dressing up in fruit suits.

### What's in store for 2009?

Now the students have been through the process of raising community awareness and showcasing success, they are looking to strengthen their health team with more parents, teachers and students.

This will ensure the whole community has a say when it comes to prioritising the issues from its nearly completed needs assessment report.

The group also aims to develop other projects such as Cool Schools, Feet First, Virtues and Chance Cards, improved rubbish systems and Sunsmart. The school uses the HPS framework to identify what's working and to address any gaps.

**Exciting times ahead for Mangakino Area School – keep up the good work!**



Above: Mangakino School pupils; Bay-Lee Tupaea, Cheyenne Churchward, Renee McVarnock.

## Lakes District Health Board HEHA nutrition fund update



Teacher Yvonne Venta and pupil Wairehu Smallman work together to plant fruit trees.

Positive and practical actions by the Kuratau School community have resulted in a new orchard for the school, based in the Taupo/Turangi area.

Principal, Craig McGregor along with an active band of teachers, students and members of the community successfully applied to the Lakes District Health Board HEHA Nutrition Fund to support them in creating their own school orchard.

The main classroom focus in Term 2 of 2008 was orchards and fruit. The children researched and developed a list of fruit trees suitable for growing in their climate and in August last year, the results of their study became a reality.

Each child had a specific tree to plant with the help of a friend or a parent. Groups of children made presentations about their research and findings and are now looking forward to harvesting fruit from their school orchard in a year or two.

"This has been a great project involving students, whanau and Board of Trustees all working together to a common goal," says Craig McGregor.

He says planting a fruit tree to benefit those who will attend the school in years to come, is a powerful understanding for the tamariki.

*"It was fun setting up the orchard. I helped plant peach, nectarine and lemon trees. I can come back in 20 years and eat the fruit."*

Liz Steel, Year 8.

*"It was a good thing we did cause we can have a feed. So can my cousins when they come to school. We learnt about planting and caring for fruit trees."*

Zakaraia Kiel, Year 8.

*"It was a good project that taught the children about planting, and it brought the community together."*

Lena Tonga, parent.

The next closing date for applications to the Lakes District Health Board HEHA Nutrition Fund is 26 June, 2009.

For more information, contact:

### Cecelia Pakinga

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For information about the Bay of Plenty HEHA Nutrition Fund, contact:

### Jessica Burke

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## Audit for schools

A new audit tool provides a chance for schools to ensure they are smokefree.

Every school in New Zealand is required to be smokefree 24 hours a day, seven days a week. This helps keep our young people healthy and denormalises the use of tobacco.

Toi Te Ora is contracted by the Ministry of Health to audit school compliance with the Smoke-free Environments Act (1990) and will be conducting smokefree audits in all schools.

A smokefree audit involves checking that the manager of the school has taken all reasonable and practicable steps to ensure that:

- no person smokes in any part of the school premises at any time
- signs are displayed at all entrances to the school, and within the school, explaining that smoking is not permitted at any time.

Your school will receive a letter from Toi Te Ora if you are due for a smokefree audit this year.

"The audit process is quick and will give your school a chance to renew damaged or missing smokefree signs," says Toi Te Ora's Technical Officer, Dawn Meertens.

If you have any questions regarding the Smoke-free Environments Act (1990) please contact Dawn on 07 349 7260, or go to [www.smokefreeschools.co.nz](http://www.smokefreeschools.co.nz) for information on how to be a smokefree school.

# 2009 Health Promoting Schools Coordinators

for the Bay of Plenty and Lakes districts

## WESTERN BAY OF PLENTY



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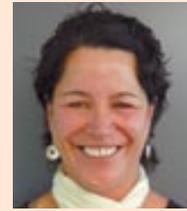


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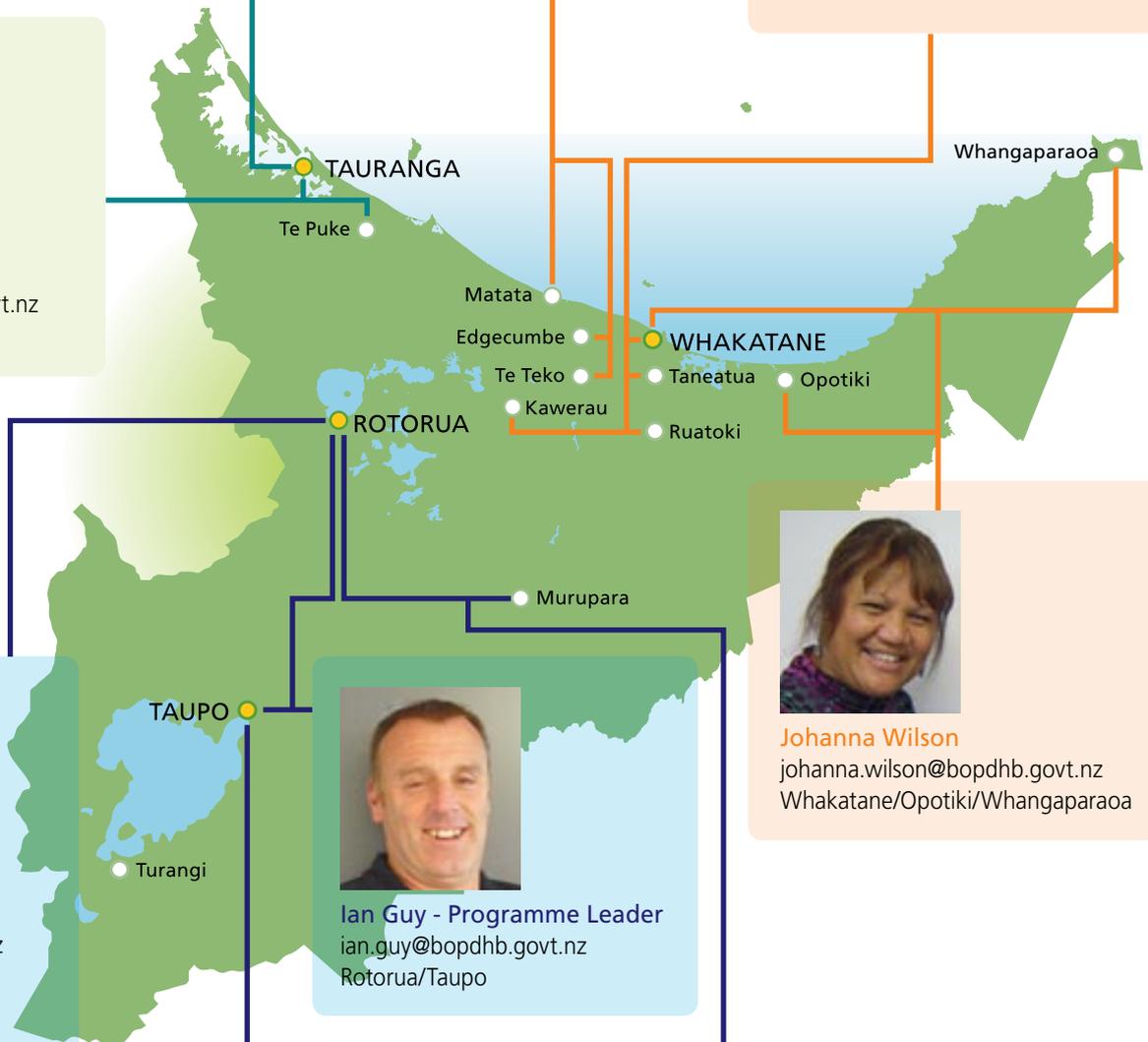
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# Fresh approach for professional development

Life just got easier for school staff embarking on professional development. From Term 2, schools will be undergoing professional development in cluster groups rather than by district.

"Each school has local issues; what is important for one community is not necessarily relevant to another. Having professional development for each cluster means content is focused on their needs to ensure student outcomes are achieved," says Programme Leader, Ian Guy.

The clusters have been formed by combining like-minded schools that work well together. Health promoters took a coordinated approach to improve the professional development programme by including all schools in deciding what works best for them.

"Professional development supports schools through the HPS process and helps develop sustainable practices in relation to health and wellbeing," he says.

## Promoting healthy lunchboxes to parents

If your parents are looking for tips on preparing school lunches, here's some helpful advice to add to school newsletters or notices.

We know it is important to send our children to school with a healthy lunch for their growth, lasting energy and concentration. However, knowing what to pack can be a problem. Planning can save you time, stress and money. Plan a weeks worth of lunches with your children before you go to the supermarket.

Steps to making a healthy lunch:

1. Start with some breads and cereals for energy – bread, buns, pita pockets, wraps, multi-grain crackers, pasta, rice, or bran muffins.
2. Add yummy fillings – left over meat or ham, egg or cheese (hard or cream cheese), salad (lettuce, tomato, carrot, cucumber), or banana.
3. Always have at least one fruit item – fresh (cut into small pieces if preferred), tin/pottle of fruit in natural juice, or dried fruit.
4. Include dairy products – yoghurt or flavoured milk (can be frozen night before), cheese cubes, or tin/pottle of creamed rice.

5. Remember tasty healthy snacks – popcorn, corn on the cob, vegetable sticks, cherry tomatoes, rice cakes, corn thins, pretzels, fruit bread, pikelets, hard boiled egg, fruit or bran muffins, dried fruit and nuts, cold homemade pizza, or cheese on toast.
6. Finish with a drink – water or milk (plain or flavoured).

If you have limited time in the morning, pack lunchboxes the night before and store in the fridge. To keep the food safe and fresh use a clean, insulated lunch box and place a little chilli pad or frozen bottle of water in a zip-lock plastic bag.

For more healthy lunch ideas go to:

[www.mission-on.co.nz/PortalResourceFiles/Mission-OnHealthyLunchesA3Poster.pdf](http://www.mission-on.co.nz/PortalResourceFiles/Mission-OnHealthyLunchesA3Poster.pdf)



## Upcoming events

**May 15**  
International Day of Families  
[www.un.org](http://www.un.org)

**May 22 – 24**  
World Vision 40 Hour Famine  
[www.famine.org.nz](http://www.famine.org.nz)

**May 23 – 31**  
Youth Week  
[www.nzaahd.co.nz](http://www.nzaahd.co.nz)

**May 31**  
World No-Tobacco Day  
[www.who.int](http://www.who.int)  
[www.healthsponsorship.co.nz](http://www.healthsponsorship.co.nz)

**July 3**  
Term 2 ends

**July 20**  
Term 3 begins

**July 27 – August 2**  
Maori Language Week  
[www.tetaurawhiri.govt.nz](http://www.tetaurawhiri.govt.nz)

**September 6 – 13**  
Conservation Week  
[www.doc.govt.nz](http://www.doc.govt.nz)

**September 25**  
Term 3 ends

**October 5**  
International Teachers Day  
[www.ei-ie.org/worldteachersday](http://www.ei-ie.org/worldteachersday)

**October 5 – 11**  
Mental Health Awareness Week  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

**October 12**  
Term 4 begins

## Fun winter workout for kids

With temperatures dropping and winter weather on the way, going outside might not be as desirable as during summer. Make sure it doesn't stop you or your pupils doing physical activity.

Regular physical activity is a sure way to ward off any nasty bugs to keep kids healthy and concentrating in the classroom. So teachers, when the wind is howling and the rain is pouring here's an inside activity you can do with three to 30 children.

Start by getting everybody standing, turn on some music and then give some simple instructions like:

### CAN YOU ...?

Make yourself:

- as small as a kiwi bird
- as big as a moa
- as tall as a giraffe
- move on the spot like your favourite animal
- sway like a tree, etc...

You could progress this activity doing it all in an order, speeding it up or slowing it down.

If you would like some more information on short physical activity ideas for winter please contact Jo White at Sport Bay of Plenty, [jow@sportbop.co.nz](mailto:jow@sportbop.co.nz).

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