

Stop the spread of colds and flu

When we're washing and drying our hands we're helping to stop the spread of influenza and other infectious illnesses. The HPS team reminds schools, kura, and the community to take simple steps to reduce the possibility of your students catching the flu this season.

Tips to encourage your students, tamariki, staff and visitors to practise good hygiene:

- Erect signage e.g. "please wash your hands"
- Provide training for staff so they can teach students and tamariki good hygiene practices
- Include good hygiene practices in your school health policy, such as:
 - hand washing - wash your hands for at least 20 seconds and dry them for 20 seconds
 - cover your coughs and sneezes - cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a bin. If you don't have a tissue, cough or sneeze into your upper sleeve - not your hands.

HPS signs in te reo Māori

Health Promoting Schools display signs to celebrate their HPS Accreditation and raise awareness in the community.

The signs have recently been produced in te reo Māori and read He Kura Waiora Mātou which means "We are a Health Promoting School".

Schools can choose either the English or te reo Māori sign once they become HPS Bronze Standard Accredited.



Increase in whooping cough

There is currently an increased number of cases of whooping cough (pertussis) being reported in the Bay of Plenty and Lakes districts.

Immunisation against whooping cough is effective, and the HPS team encourages parents to check their children are up-to-date with their immunisations.

If a child or student has any of the following symptoms they should see their GP:

- cough lasting more than two weeks
- sudden coughing attacks especially if they end in vomiting, breathlessness, or a 'whoop' sound

For more information and the latest updates visit the Toi Te Ora - Public Health Service website - www.toiteorapublichealth.govt.nz/whooping_cough

Calendar of Events

World Smokefree Day
31 May
www.worldsmokefreeday.org.nz

Matariki
21 June - 21 July
www.tetaurawhiri.govt.nz/maori/matariki_m/index.shtml

World Oral Health Day
12 September
www.nzda.org.nz/pub

Māori Language Week
23 July - 29 July
www.tetaurawhiri.govt.nz

Cancer Society Daffodil Day
31 August
www.daffodilday.org.nz

For more events visit the Toi Te Ora - Public Health Service website at www.toiteorapublichealth.govt.nz/calendar

HPS Professional Development

Eastern Bay of Plenty - 17/18 May 2012
Rotorua - 24 May 2012
Rotorua/Taupo - 6 June 2012
Western Bay of Plenty - 22 June 2012
Eastern Bay of Plenty - 9/10 August 2012
Rotorua/Taupo - 22 August 2012

For more information visit: www.healthpromotingschools.health.nz

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Bay of Plenty and Lakes Districts

Health Promoting Schools

Kia Piki Ake te Kete Hauora

Issue Seven • May 2012

Welcome!

Kia ora koutou

Welcome to the first issue of the Health Promoting Schools newsletter for 2012.

We hope term one went well and term two has kicked off to a great start! There is plenty happening in this issue, with a focus on nutrition and healthy eating.

Good nutrition is not just about eating fruit or vegetables, but also about where our kai comes from, involving our whole school and whānau, incorporating it into the curriculum, and much more.

Read about the great things our Health Promoting Schools (HPS) are doing throughout the Bay of Plenty and Lakes districts and check out our new HPS signs printed in te reo Māori.

Health Promoting Schools team,
Toi Te Ora - Public Health Service

Back row:
Janis Graham,
Carl Cowley
Middle row:
Tiana Hackett,
Donna Guy
Front row:
Bridget Chiwawa,
Louise Harvey



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Rā Whakangahau



Rā Whakangahau is an annual kapa haka festival for Western Bay of Plenty Schools. Each year a different school gets to host the festival, and for 2011 it was Arataki Primary School's turn. 38 schools participated in the two day event held at the new Arataki Community Centre and Sports Grounds in Mount Maunganui.

"This event brought together children and whānau, and also reconnected the wider school community with local schools here in the Western Bay of Plenty," says Kylie Heath, Teacher and HPS leader at Arataki Primary School.

out a whopping 1,800 fruit kebabs. "Every year Western Bay of Plenty PHO provides fruit for all performing students. It's fantastic to work with the PHO to ensure the children are being well-catered for," says HPS Advisor, Tiana Hackett.

"It was great to see all the children's faces beaming from the stage and to see how much time and effort so many people had contributed to all of our children's wellbeing. This included providing transport, teaching waiata, assisting with kai and ensuring the overall success of the event. Thank you to everybody," says Ms Heath.



Western Bay of Plenty Primary Health Organisation (PHO) provided fruit for all performing students and in partnership with Toi Te Ora - Public Health Service handed

The school provided sunblock stations at the event and worked closely with its community to ensure that the event remained smokefree.



Arataki School performing at Rā Whakangahau

Toi Te Ora
Our Education

Our Responsibility



Is nutrition in schools all about healthy eating?

A number of research studies now provide evidence that effective education about nutrition can motivate and enable children and young people to make food choices that contribute to healthy lifestyles.

Nutrition is fundamental to developing a sense of wellbeing and meeting the growth and activity needs of healthy, confident children. Readiness to learn is improved when children are well nourished.

In order to adapt their eating habits children and young people need opportunities to prepare and taste new foods. Learning the practical skills of cooking can help them be aware of how best to cook healthily and rely less on processed foods that are likely to be high in fat, sugar and salt.

A variety of curriculum based activities and projects could be implemented in schools considering nutrition as a priority area for HPS this year.

Curriculum based activities could focus on:

- food production
- harvesting
- packaging
- transportation
- storage
- preparation and cooking
- consumption, digestion and/or absorption

Projects could include establishing an edible garden, mara kai, reviewing the canteen menu, cooking sessions, supermarket tours and lessons in art, drama or science.

Many of these projects provide an opportunity

to involve parents, whānau, local businesses and the community. If you want to explore this further, please contact your HPS Advisor who can guide and link you with appropriate organisations and resources, or for more information visit www.healthpromotingschools.health.nz.



Celebrating Matariki with good nutrition

To improve nutrition, Te Kura o Omaio has planned a number of activities using a 'whole school approach' and the HPS framework. These activities include professional development for staff, utilisation of their gardens and fruit trees, nutrition based curriculum lessons, and policy development.

Recently, teachers from Te Kura o Omaio attended professional development delivered by the Heart Foundation. Knowledge from the workshop will be used to deliver nutrition based curriculum lesson plans with a special focus on the upcoming Olympics.

Plans are underway to celebrate Matariki, with staff and students busy tending to their raised gardens and mini orchard. The produce will be used for their Matariki celebrations and ongoing activities throughout the year as an extension of their classroom learning.

The kura is participating in the 'Food for Thought' programme. This will contribute to the achievement of the Heart Foundation's Heart Start Award. As part of this programme the students will learn about the food pyramid, serving sizes, sugar in drinks, and label reading, and take a field trip to the local supermarket. Students will design and prepare a shared lunch for the kura to coincide with Matariki.

During term two, the students will develop a draft Food and Nutrition policy and present this to the Board of Trustees. Involvement of parents, whānau and staff will be important throughout the policy development stages. "Developing a policy will build on all the great work the kura are doing by integrating nutrition into their everyday school practice and ensuring that it is sustainable" says HPS Advisor, Carl Cowley.

Te Kura o Omaio

Supporting nutrition and healthy eating in schools

The Heart Foundation recently delivered free workshops to schools to launch their new curriculum resource - Nutrition Inquiry Based Units for Years 1 - 8. These workshops were a great opportunity for schools and kura to make the most of what the Heart Foundation has to offer, especially if nutrition or healthy eating has been identified as a priority for the school.

The workshops were delivered to schools in Whakatane, Opotiki, Tauranga and Rotorua in March. The four units focus on nutrition education and also enhance numeracy and literacy skills.

The resource provides guidance on curriculum links, achievement objectives, learning outcomes and National Standards Assessment.

"Feedback about the resource from the schools that attended was excellent. I can't wait to hear how it goes when it is delivered to the students," says Heart Foundation Health Promoter, Briar Macken.

If you are interested in improving nutrition education in your school and would like to know more about the resource please visit www.heartfoundation.org.nz.



Above left: Heart Foundation's Nutrition Inquiry Based Units
Above right: Participants with Briar Macken at the workshop

"Whealth" equals health

After three years of working from an HPS approach, Whakamaru School have become the first rural school to achieve HPS Bronze Standard Accreditation.

"This is fantastic. We are being recognised for all the work we do to ensure the good health of our students. Yes, we have to focus on numeracy and literacy, but we know that if our students are healthier they learn better," says HPS leader, Jenny Collins.

Whakamaru School is a decile three full primary school catering for 92 students in a rural location 30 kilometres south of Tokoroa.

With support from the parents, staff, Board of Trustees and Principal, HPS leader Jenny Collins and the "WHEALTH" team submitted a portfolio. This included examples of student voice, a profile of school data, raising awareness of HPS and a needs assessment report. Over the next year, action plans will address nutrition, sun safety and smoke free. Keep leading the rural road to 'whealth' Whakamaru School!



The Whealth Team

Selwyn achieves silver

Selwyn Primary School has become the first school in the Bay of Plenty and Lakes districts to achieve the HPS Silver Standard Accreditation!

On 24 November 2011 Toi Te Ora - Public Health Service presented HPS Silver Standard Accreditation to Selwyn Primary School in Rotorua. This acknowledged the school's efforts over many years to improve the health and wellbeing of their whole school community. A dedicated team worked together to achieve this outstanding milestone - the Student Health Team, Carey Bennett (HPS leader) and a committed Board of Trustees, staff and Principal.

As their HPS journey has progressed from bronze accreditation to silver accreditation, new plans are in place to address three new priority areas - physical activity, mental health and road safety.

Bronze level action plans for addressing sun safety, food and nutrition and smokefree have been successfully implemented. The school has achieved SunSmart Accreditation with the Cancer Society; a new Food and Nutrition Policy has been developed and approved by the Board of Trustees and smokefree audits have been carried out annually by the Student Health Team.

"Working towards silver did not mean we could ignore our focus on bronze priority areas. We had to ensure that we maintained on-going implementation of other issue areas. That's what HPS is all about, on-going planning and evaluation to really embed structures to improve health and wellbeing for our whole school community," says Ms Bennett.

With many hands making light work...
'Go for Gold' Selwyn School!

Selwyn Primary School's HPS Silver Standard Accreditation Certificate "many hands make light work"



Keep shining Malfroy School



The school motto states "Malfroy School - we always shine" and shine they did. Cornerstone values and HPS approaches have complemented each other over the past two years to see Malfroy School presented with HPS Bronze Standard Accreditation on 13 December 2011.

The school's bronze accreditation portfolio was student driven, and core to this was the Health Busters team and two committed HPS leaders, Gaye Timpany and Michele Holmes. "Organising the portfolio was a great process for our students to be involved in. We all had done the work. It was just a matter of gathering the evidence and then handing it to our talented Health Busters team to develop a way to present it," says Ms Holmes.

The school achieved SunSmart Accreditation in term one and have plans in place to address physical activity and food and nutrition.

This momentum will soon see Malfroy School shining in silver.

Above: Malfroy School Principal Nick Brell and the Health Busters team are presented with their Bronze Standard Accreditation by Senior Health Improvement Advisor, Ian Guy.