

# Taranaki Kura Waiora

## Health Promoting Schools Newsletter



"Enhancing the emotional, social, physical and moral wellbeing of the whole school community"

## Welcome



Tēnā Koutou - greetings to you all

It might feel like 2009 is flying by, but June was a good time to take a step back for Matariki, the Māori New Year and reflect on any new years resolutions you set in January. It could mean giving yourself a pat on the back and setting new challenges for the year ahead, or it might just be motivation to really shoot for the stars and achieve those goals!

This issue is filled with lots of exciting updates from some of our Health Promoting Schools. Ramanui School share their holistic approach to healthy eating and Marfell Community School show how they have come full circle after nearly a decade with the programme. We also welcome six new Fruit in Schools as the programme recently expanded.

The latest update of the 'Fundraising Ideas' brochure is also included with the newsletter. Manaia Primary School put this into action with their gala and proved healthy kai and fundraising can go hand in hand. Our profiled resource, Hauora ā kai - Focus on Food, can further support this kaupapa with curriculum around food and nutrition.

We hope you enjoy reading the Kura Waiora newsletter and wish you all the best for the Māori New Year!

Ngā mihi nui

Warm regards from the Health Promoting Schools team

*Amanda, Alisha, Marnie & Eloise*

## Taranaki Fruit in Schools grow



Six Taranaki schools have joined the Fruit in Schools programme for 2009. They are Avon School, Huirangi School, Manukorihi Intermediate, Ramanui School, Te Kura Kaupapa Māori o Ngati Ruanui and Te Pīpī'inga Kakano Mai I Rangiatea.

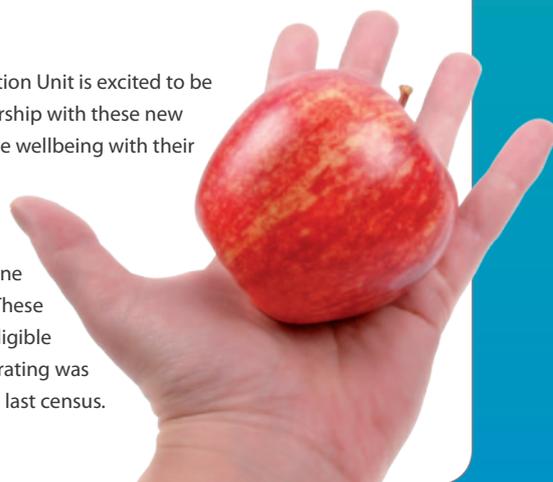
Up until now, seven other Taranaki schools were part of the programme.

Most of these are now enjoying the 'fruits' of their success and thriving as Health Promoting Schools.

Being a part of this programme is not just about the fruit! In Term One the six new schools attended professional development around 'Working smarter, not harder'. The Health Promoting Schools way of working was introduced and Ramanui School shared their experiences so far.

The Health Promotion Unit is excited to be working in partnership with these new schools to promote wellbeing with their wider community.

\* Note: FIS is only offered to decile one and two schools. These schools became eligible when their decile rating was reviewed after the last census.



Taranaki Together, a Healthy Community  
Taranaki Whanui He Rohe Oranga





## Interview with Marfell Community School

Staff and student challenge at a school picnic evening

Marfell Community School have been part of the Health Promoting Schools programme since it began in Taranaki nearly ten years ago. In this time, the commitment and drive of Lead Teacher, Yvonne Bielecki, has fostered this whole school philosophy to wellbeing at Marfell. Here she shares their journey as a Kura Waiora so far...

**1. Why did your school choose to become a Kura Waiora?** Healthy eating was an issue for our children; some were not eating breakfast and did not have suitable fuel for brain function. In 2000, the Health Promotion Unit presented to the Board of Trustees about the Health Promoting Schools way of working. They embraced the theme of community engagement and we became a 'Kura Waiora'. Initially there were monthly action group meetings to promote health in our community and show the links to education and achievement.

**2. a) What changes have you seen at Marfell since joining the programme?** Promoting hauora has become a natural and integrated process in everything we do. It has become seamless to incorporate the physical, social and emotional aspects of wellbeing to elements of classroom, assembly and lunchtime activities.

**b) What have been the major successes?** Some of the projects which have come from

our Kura Waiora Action Group, especially around healthy eating. A breakfast programme was sustained for over five years and children look forward to the \$2 cooked lunch every Friday. Sandwiches are now very popular after having 'subway style' make-your-own lunches!

Being a 'Kura Waiora' has made adopting our new 'virtues' programme very easy. This is a home-school partnership to address social, emotional and spiritual wellbeing.

**c) What have been the biggest challenges?** Getting our heads around integrating health more into the curriculum, which is one of the key parts of the Health Promoting Schools framework. Also arranging meeting times to suit all those who want to be involved with Kura Waiora; and not creating extra work!

**3. a) What have been your key areas of focus as a Kura Waiora?**

Healthy eating has been a major focus for Marfell, becoming a Fruit in School was a big bonus for this. We are now working with Enviroschools on garden action plans to create sustainability.

**b) How has this enhanced the wellbeing of your school community?**

By focusing on linking education and health. If you want to do well academically you need the right food, sleep, warm clothes and relationships. Our 'virtues' programme has

realised the importance of relationships with parents on board and asking for parenting courses.

**4. In the past twelve months your school has come full circle with the Health Promoting Schools process. What steps have been a focus and why?** Needs assessment has been a focus in the last two terms. We consulted our community at a picnic evening. They need to drive what is happening in our school, it needs to be what they want.

We are moving away from the physical aspects of health and emphasising relationships and the social side of things with student engagement. They want Marfell to be a strong learning environment and healthy all round, not just with healthy eating.

**5. Where do you see Marfell Community School as a Kura Waiora in the next ten years?**

With student engagement driving the direction of Kura Waiora, their needs and wants will be met to create a strong learning environment. Continuing with the Health Promoting Schools way of working will help our students capture the essence that education is power and want to be able to learn.

For more information on the virtues project visit [www.virtuesproject.org.nz](http://www.virtuesproject.org.nz)

**ME MUTU - KIA KAHA  
GIVE QUITTING A GO  
YOU CAN DO IT!**

## Quitting Smoking Makes Dollars and Sense



When times are tough economically it makes sense to save your money and protect your assets. Quitting smoking gives people a chance to do both.

The focus of this year's World Smokefree Day, 31 May 2009, was giving quitting smoking a go. It is about encouraging and supporting smokers to make a quit attempt, whether it is their first or tenth time!

This focus on quitting recognises that smoking is an addiction most people need support to

conquer. A pack a day smoker could save over \$4 000 a year by quitting. That is enough to take a lot of stress out of paying rent, putting kai on the table or the winter power bill.

Research shows children who have a parent that smokes are three times more likely to become smokers, when compared to children of non-smokers. Not only will you save money and gain health benefits; you will also be making it more likely your children will grow up smokefree – what a great way to protect your most precious assets!

Patches or gum can double your chance of stopping. Free help is available from the following services for those wanting to save dollars by giving quitting a go:

### North Taranaki

Piki Te Ora Nursing Services Ltd  
06 759 7305

### South Taranaki

Ruanui Health Centre  
06 278 1310





## Puanga – Matariki The Māori New Year

### Matariki a growing tradition

Matariki is one of the most significant celebrations on the Māori calendar. It is the New Year for Aotearoa and an opportunity to remind ourselves of the very special place we live in.

Celebrating Matariki has been embraced by New Zealanders. This is recognised a little differently for iwi in Taranaki and Whanganui. Our location on the West Coast of the North Island makes it difficult to see the Matariki constellation.

Instead the rising of Puanga (Rigel) signifies the new year for us, this star features in the sky just before Matariki.

### Puanga Kai Rau – an abundance of food at Puanga

Ka pua ai ngā hua, koia ko Puanga. This whakataukii literally means the time when the pua (blossoms) become hua (fruit). This highlights the abundance of food available

in autumn and aims to keep people positive about the approaching cooler months of winter. It also acknowledges traditional food gathering and storing processes iwi would have undertaken to ensure the food storage pits were full.

### Celebrating Puanga - Matariki in 2009

Don't forget to celebrate Puanga – The Māori New Year out west!!! This is significant for iwi in Te Tai Hauāuru and a way in which we can acknowledge our point of difference in the world.

Puanga – Matariki starts with the new moon of the first month of winter, Pipiri (June). This year it will be 24 Pipiri.

As well as marking the start of a new year, Puanga - Matariki signals other new beginnings. Traditionally it was a time to plant trees, prepare the land for crops and renew relationships with whānau.

### Why not try some of these to celebrate the Māori New Year and mark your new beginnings:

- Plant a garden, a fun activity for all ages
- Hold a tree planting ceremony to welcome the New Year
- Make a Manu-tukutuku. Kite flying is a great activity to make the most of those winter winds!
- Have ā hakari, plan a community feast and include lots of healthy kai options
- Learn a new skill or revive an old one. Mahi rāranga, weaving with flax is a great skill to learn or brush up on your Te Reo Māori
- Start or update your family history. Whakapapa is our history and Puanga – Matariki is a fantastic time to learn about our ancestors

This article was written with information downloaded from [www.korero.maori.nz](http://www.korero.maori.nz) and [www.puanga.org.nz](http://www.puanga.org.nz)

## No Going Back for Manaia Primary School

Manaia Primary School has proved healthy kai and fundraising can go hand in hand. The successful 'Healthy Kai Café' at last year's gala brought home to Principal Allan Forsyth the value in providing healthy choices.

Allan says "financially it was the most rewarding gala we've held in my ten years at Manaia. The Café food was very popular, so it goes to show people will pick healthy options when they are available".

Some of the food gala on offer included; refried bean and vegetable nachos, beef mince and vegetables hot pot, steak and hot lamb sandwiches, garden salad and bottled water.

Allan adds, "We were rapt with the amount of money raised. The café created a great atmosphere at the gala with whānau sitting and eating together. It was a great chance for

staff and parents to role model healthy kai to our students". Another positive was the Café organisers. "They were so enthusiastic about the kai they were serving. It was a real buzz for them to see the community's response for their efforts".

Allan is dedicated to ensuring healthy food is embedded within the school culture, although this is no longer a requirement by the Government. In February, the clause for selling only healthy food on school premises was removed from National Administration Guideline Five.

"The school has been running a healthy heart award canteen for the last 12 years. At present we have a Silver Heart Beat Award, which we are very proud of. We also give out 'Caught Being Good Eating Healthy Food Awards' in assembly to further reinforce the message". Allan continues "we will certainly keep the

healthy kai theme going at our next gala. It has paid off in terms of our fundraising goals as well as the Health Promoting School philosophy".



**lamb sandwich**



**garden salad**

## Hawera Primary - Health Promoting School Shevaun O'Brien, Deputy Principal

Hawera Primary School officially launched as a Health Promoting School early this year. A range of events were used to bring in our community.

Parents/caregivers met the teachers, while Kevin and his team from Icon Sports kept everyone active and busy. There were plenty of laughs and smiles all round as children and adults had a go at a range of activities.

The Health Promoting Schools team, along with staff, talked about what it means to be a Health Promoting School over a delicious barbeque tea. The launch was a good chance for our community to have their say and express what they felt were health and wellbeing priorities.

For their efforts, one appreciative mum won a hamper of fresh vegetables, kindly donated by our 'green-fingered' staff.

After being fuelled by a healthy barbeque, the students competed in the annual school triathlon. They could swim, bike and run as an individual or team. They all did really well and were each rewarded with some fantastic prizes.

It was a great night! A big thank you to all the sponsors, Eloise and the Health Promoting Schools team for making this wonderful event possible. We appreciate the support and are thrilled to have begun our exciting journey as a Health Promoting School.



Community consultation in action.

## Ramanui School - Liz Harrison, Principal

"Promoting healthy eating is something Ramanui School is getting better at. Our community garden has been a huge success by providing vegetables for our school community, as well as the local Food Bank.

"The children help with planting and caring for the garden. They have also recycled junk mail by making bags to carry the vegetables and are learning how to get our new worm farm up and running. Everyone is very proud of our achievements so far.

"Ramanui became a Fruit in School at the start of the year and are already seeing a positive impact on learning. It was awesome to see our parents eating fruit with the children at our swimming sports day.

"Whaea Kaareen and the teachers run a 'Breakfast Club' twice a week. It is a great chance to have a catch up and share a healthy meal. At lunch we have an amnesty on packet foods; students are getting in to the habit of handing these over and getting more fruit."

## Fundraising Ideas brochure

An update of Taranaki District Health Board's 'fundraising ideas' resource is now available. The brochure includes tips so your next fundraising venture can support health like Manaia Primary School.

For more copies contact Health Promotion Unit  
06 753 7799 [health.promotion@tdhb.org.nz](mailto:health.promotion@tdhb.org.nz)



## Hauora a kai - Focus on Food

Hauora ā kai - Focus on Food is a Ministry of Education resource to support learning units around food and nutrition. It is aimed at teachers of years 5-8.

There are many factors that affect what children choose to eat. This resource encourages critical thinking around food choices, a key competency of the New Zealand Curriculum. Teaching and learning activities cover three key themes:

what do we know about the food we eat?

how do we get our food?

what are the benefits of preparing and eating food?

**For more information contact**

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