



Newsletter #1 August 2007

Welcome to the first newsletter for schools and early childhood centres from the Nutrition and Physical Activity Programme. This programme aims to see the region take a lead in 'turning around the obesity epidemic' and is a two million dollar, five year, Nelson Marlborough District Health Board initiative with input from councils, government agencies and community groups. Our aim is to improve the wellbeing of the Nelson Marlborough community through coordinating and supporting nutrition and physical activity initiatives.

Schools get help to get physical

In 2006/2007 the programme offered a physical activity fund for schools and early childhood centres for grants of up to \$1000. In total 54 organisations made successful applications, with the total funding allocated topping \$50,000. The range of projects covered everything from a giant chess set for Appleby School through to water bottles for the Spring Creek Playcentre. There is funding to operate the fund again in 2007/08, after an evaluation of the outcomes achieved by the initial round.

Nelson Nutrition Guidelines Workshops a Success

Over 80 people attended the four nutrition guidelines workshops held at Saxton field Pavilion in May and June. There was a good turnout from the early childhood, primary and secondary sectors. The workshops were organised by the University of Canterbury's Education Plus team with support from the NMDHB's Public Health Service. Marlborough's workshops are planned for October.

Let's spread the word

We're keen to hear how your school or centre is making progress and especially to see the results of any projects funded by the NPA. Thanks to Nelson Montessori for their great photos (over the page). If you'd like to tell us about the projects you've been able to fund through the NPA we'd love some pictures and information to share with others through this newsletter.

For more information on the nutrition fund or other initiatives and to share your stories, please contact Maria, Jenni or Richard.



Introducing the Education Subgroup

An Education Subgroup of the Nutrition and Physical Activity Programme has been formed. Its role is to consider applications to the Nutrition Fund and to coordinate agency service delivery to schools and early childhood education centres. The membership of the subgroup is:

- Gary Hildyard** - Redwoodtown School
Principal - schools' rep.
- Hilary Genet** - Fruit in Schools
coordinator - NMDHB
Public Health rep
- Pip Wells** - Schools Coordinator -
Tasman Regional Sports
Trust rep
- Doug Milne** - Canterbury University
Education Plus
- Averil West** - Heart Foundation
- NGO rep.
- Maria Baxter** - Marlborough NPA
Programme Manager
- Jenni Gane** - Marlborough NPA
Programme Manager
- Richard Butler** - Nelson NPA
Programme Manager

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First Nutrition Fund applications approved

The Ministry of Health has established a fund for schools and early childhood centres for initiatives to improve the nutrition of their students. There is \$93,000 in the fund for the 2007/08 year for Nelson Marlborough. Applications can be for funding for up to three years.

To date the Education Subgroup has approved 12 applications. These are:

School/ Early Childhood Centre	Purpose
Te Kupenga Preschool	Garden, orchard and resources
Uptown Preschool	Garden and orchard
Nelson Montessori	Cooking equipment
Stoke Montessori	Garden and orchard
Lake Rotoiti School	Soup making project
Ngatimoti School	Wednesday garden
Collingwood Playcentre	Garden and cooking programme
Nelson Playcentres Assn	Workshops for staff and parents
Motueka High School	Kitchen extension, youth leadership
Queen Charlotte College	School garden
Mistletoe Bay Trust	Nutrition initiatives
Redwood Town School	Breakfasts, lunches and garden

Applications need to be consistent with the Ministry of Health's food and nutrition guidelines, the food and beverage classification system and the Ministry of Education's food and nutrition guidelines for healthy confident kids.

Chop Chop Choppity Chop

At Nelson Montessori Preschool the children help to prepare a healthy lunch.

School director Nissa Mowjood says it is part of the learning process and an activity the children really enjoy. The preschool has a Healthy Heart Tick, and its own vegetable garden.

Their NPA funding will also go towards a food processor and bread maker so the three-course lunch can be even more exciting. Fuelled up and ready for the outdoors, the children will soon have large wooden boxes and planks for play, thanks to the NPA Physical Activity Fund.



Nutrition & Physical Activity Strategic Plan

The NPA Strategic Plan has now been formally accepted by the steering committee and the Nelson Marlborough District Health Board. The obesity explosion of the last 25 years has come about through factors such as food supply and our increasingly technological lifestyle. Solutions have to make it easier for individuals to make healthy choices. The strategic plan lays out ways to make these changes through five Action Areas:

- A healthy childhood - breastfeeding, healthy food in schools
- Healthy food, healthy choices - breakfast at home, more fruit and vegetables, healthy workplaces
- Supporting vulnerable families - reducing obesity rates for children and inequalities for fruit and vegetable intake
- Active neighbourhoods and active lives - increased sports participation, active transport to get to work
- Improving chronic conditions - increased cardio-vascular and diabetes screening in vulnerable populations.