



Newsletter #5 October 2008



### Getting Jumpy

Playgrounds across the region are jumpin' as primary and intermediate kids take on Jump Jam - with NPA support. Jump Jam Kidz Aerobix combines dance, drama and music in a student cardiovascular fitness programme. St Paul's Richmond Principal, John Dorman says student motivation helps make the programme succeed: "The students went looking for the resources, spent their lunchtimes learning new material from the DVD and had the sessions going without teacher input."

### Maitai bounces back!



It took a bit of kiwi ingenuity but now students at Nelson's Maitai School can bounce on their rebounders safely. Standard rebounders are not easy for students with mobility problems or physical disabilities, so the school initiated a project to have two rebounders specially adapted. They also gave their much-loved trampoline a makeover with NPA funding.

Jump Jam started at Spring Creek School when a teacher was 'infected' with the aerobics virus: "I'm a white boy from Ashburton and even I can do the moves," says Principal, Andrew McFarlane. "The choice of moves and dances keep the kids interested." Jump Jam helps students understand the 'science' of how they move, it promotes leadership and peer involvement and aims to get kids into the exercise habit early in life.

### Teens tee off



*"The good thing about golf is, what we learn now we can play right through until we are older. It's a lifetime skill."*

Playing a round of golf is helping some Golden Bay kids find their way along the 'fairway of life'. The Golden Bay Workcentre's alternative high school programme students play three hours of golf, once a week at the local golf club and they love it. An NPA grant is helping with better golf clubs.

### Here's Helen...

There's something very satisfying about passing on a good story - and that's just what's happening with this Education Newsletter.



This is the fifth of these newsletters and we are thrilled to hear about great ideas that are being picked up and taking off around the region. Look at Tahunanui School's simple idea that getting senior students to cut up fruit at school makes it more appealing to kids - that's now happening in at least three schools in Nelson and Marlborough and possibly even more that we don't know about.

It's also impressive to pause and think about the cumulative impact of our small grants. There has been over \$300k given out this financial year, right around the region to early childhood centres, schools and community groups. This money is now at work in our communities - it is an agent for change as you can see from the great stories in this newsletter.

***"Schools are putting in gardens and then using NPA funds to help convert the produce into food - along the way converting kids into eaters of vegies!"***

It is gratifying to see such positive outcomes from the NPA project - of course we are aware that providing the funds is just the beginning. It takes passion and commitment from the teachers and other school staff to inspire these projects. Thank you all and keep up the great work - springtime is gardening time as well as time to get out and about on foot or bicycle!

### Helen Steenbergen

Programme Director  
 Nutrition and Physical Activity  
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### Pedal power and footwork

It'll be pedal power and fast foot work getting the youngsters through this year's Marlborough Kids' Duathlon on Sunday, October 19. Pernod Ricard has donated the use the Montana Brancott Rd vineyard and organiser, Nicky Cameron-Dunn says it offers a more streamlined course with better viewing for spectators.

NPA Marlborough project manager, Jenni Gane, says the aims and objectives of this event fit well with the programme's 'healthy living' message: "The duathlon is all about children having fun as they make it to the finishing banner," she says, "we support anything that gets kids active and out there having a go."

The NPA team has worked with the organisers to keep the contents of the entrants' goody-bags healthy, we've provided a bike as a spot prize, and we are sponsoring entry for children who could otherwise not participate.

Entry forms are available online at kidsdu.co.nz and from Spokesman Avanti Plus on Queen Street. For more information, see the website or phone Nicky Cameron-Dunn; 03 577-6064.

### Getting Mobile

Playing, learning and building a confident body comes naturally for most kids but for others it takes a little extra help. Linda Mace, from Just Gymnastics in Nelson, has created a class for school-age children who need help with their mobility. It's called 'Josh's Class', after one of the participants.

"Children with special physical needs may have missed out on some important milestones, so we create opportunities to promote muscle control and work their limbs and bodies like everyone else," Linda says.

More info Linda Mace on 546 6013 or steve.linda@actrix.co.nz or Kim Willemse, at Sport Marlborough on 03 577 8855 or sportdevelopment@mar.sporttasman.org.nz.



*Cheyenne Ballard makes the most of her time at 'Josh's Class'*

### Communication

We'd love to hear of your success stories for our newsletters and for our regular features in community papers across the Top of the South. Check these out for yummy (and healthy) recipes, news, tips and events. We're also on Fresh FM at 8.10am, Tuesday mornings with Matt Lawrey - www.fresh.fm.net for your local frequency.

### How does your garden grow?

Edible gardens are springing up at schools and early childhood centres around the region as nutrition fund grants help to build raised areas, and buy plants and equipment for gardens.

- The children from Grovetown School are putting the finishing touches on their garden design. Teacher, Glenda Hunnisett said the Healthy Schools committee visited other school gardens to get ideas and took lots of photos.

- The children at the Rudolf Steiner Kindergarten in Motueka got their hands in the dirt recently planting fruit trees. Teacher, Jean Howarth says they plan to grow a variety of fruit and vegies for the kids to harvest for morning teas and lunches.

- They've chosen the spot for the garden at Brooklyn School and the next step is erecting the surround. Keen parent and gardener, Jo Drummond says they plan to plant things that are quick growing, and not too difficult to look after over the summer.

- Mahana School has the kitchen and soon they'll have the vegetables to cook in it. The home and school committee used NPA funding to build the kitchen, and they've chosen a great spot for the garden right outside.

- Springlands' Kindergarten also joins the growing list of schools establishing vegetable gardens to support their healthy eating initiatives.

*Chief project organiser Margie Swainson, and the children from Motueka Rudolf Steiner Kindergarten get their fruit trees off to a good start.*



### In the schools

Pete Smith is our Schools and Early Childhood Coordinator - as a former school principal he is well positioned to negotiate the 'log jam at the school gate'.

Having taught the ABCs for hundreds of years, schools are now introducing the FBCS - the Ministry of Health's Food and Beverage Classification System. Pete is working with canteen staff to support the introduction of these guidelines and the healthy options they identify. Of the 89 schools in the Nelson region, 20 have food sold on site and a further 47 allow pupils to

buy lunches from outside providers. Pete says all these schools are making progress on the FBCS and he will soon convene the first meeting of the canteen managers' network.

Other work includes integration of services between the National Heart Foundation, the Regional Sports Trust and Public Health; and ensuring NPA funding applications are aligned to whole school, strategic approaches to health and well-being.

Contact Pete for advice on any of these issues.  
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