



Newsletter # 4 July 2008



Welcome to the team... **Luke Katu**

Improving the health of our Maori community might seem like a big ask but Luke Katu can't wait to get started. As

Tu Healthy Community Coordinator, Luke's the newest member of the NPA team and he'll be supporting Maori led initiatives that increase levels of physical activity and improve nutrition within Maori communities.

"I have a passion for working with the Maori community, so this is an exciting role for me," Luke says. "And any way we can bring balance to the health statistics between Maori and non-Maori - I'm all in."

Initially, Luke will work with the team to get a handle on what initiatives are out there and what's working well. He says he'll be taking a collaborative approach with the Maori community to work on programmes to improve their health. Luke's previous role was with NMDHB Learning and Development as a bi-cultural adviser and prior to that he was with a Maori health provider. Luke will be based three days a week in Nelson and two days in Wairau.

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August Means More Grants!

We have our next round of NPA grants coming up in August. Download application forms at www.nutritionandphysicalactivity.org.nz



Getting to the Gate

Notice how much quieter the roads are on school holiday mornings? Forty percent of the traffic in Nelson is related to schools, adding to traffic congestion and emissions and keeping children sitting in cars rather than walking or biking. Anne Nicholson is a School Travel Planner, and she says getting kids out of cars and cars off the road is the ultimate aim of a travel plan. The travel plan deals with issues around engineering, which are managed by Transit and local councils; enforcement, handled by the Police and schools, and education, which involves all three agencies. Contact: schooltravelplanner@tdc.govt.nz

Go to Pete

Pete Smith is our Schools and Early Childhood Coordinator and is your Go To Guy for anything to do with the NPA and schools or ECEs. He has a background in education and is ready to help you coordinate all the services that operate within public health, align programmes to meet your community's needs and strengthen partnerships with homes and schools - along with the resources to help achieve your goals. Get in touch with Pete, the Schools and Early Childhood Centre's Support Coordinator. (03) 546 1565 pete.smith@nmdhb.govt.nz

Here's Helen...

I don't need to tell you it's winter - as we deal with colds and wet weather it's good to remember there are some amazing winter activities for you and your students over the coming months. As the NPA programme has progressed over the last two years, we are continuing to provide small grant assistance. In the last month we have approved six Early Childhood Centre Nutrition Fund Applications, totalling \$13,500. These include a cycling programme for kids with disabilities, physical activity equipment and active movement programmes.

Way2Go has made a successful application to SPARC's Active Communities fund for \$210,000 over the next 3 years. This will create a pathway for inactive people to become active and link with sports.



Photo Nelson Mail

We've been on the buses, on the air and in the news and you can expect to hear more from us as we spread the word about what's going on to make our region healthier and more active. We have picked up sponsorship of the Tuesday morning Fresh Air breakfast session on the Nelson-Marlborough access station Fresh FM, with Matt Lawrey talking at 8.10am to the subject of our main story in the print ads that are running in the community papers across the region. This campaign was put in place while we carry out the research that will inform our main social marketing strategy. All the best with wonderful work you all do in your schools, early childhood centres and in the wider community, stay warm and keep active!

Helen Steenbergen
Programme Director



Active Education

There's lots more rolling, jumping and balancing going on this year at Springlands Kindergarten in Blenheim, thanks to a Physical Activity grant from the NPA Programme.

The grant covers the cost of fitness coach, Lee Corlett from Sporting Initiatives, to visit twice a term to enhance the kindergarten's Active Movement Programme. Lee works with the four year old children, challenging them to extend their fundamental movement skills. Head teacher, Anne McAuley says it's great for their learning and is good 'brain food'.

"Lee is also a great motivator for the teaching staff," she says. "We are developing our skills and learning from his coaching techniques and his exciting range of fitness equipment."

Springlands Kindergarten's Active Movement Programme and strong nutrition practices reflect the Government's Mission On Campaign to reduce child obesity. Healthy eating and Food Technology is an important part of the kindergarten programme, and there are three edible vegetable gardens to be established later in the year.

Cutting Edge Initiative

If you cut it - they'll eat it! This is old news to anyone who has tried to get children to eat fruit, but it's the secret to success at Tahunanui School. Principal, Paul Drummond says staff were alarmed to see fruit being binned at lunchtime, some with only one or two bites taken.

"Kids were bringing fruit to school but there was huge wastage. And although we were recycling it, there was an incredible amount thrown away that was untouched," he says.

The children came up with the solution in a meeting organised by the Health Promoting School teams: they said they'd eat more fruit if it was cut up. The adults listened to the message and bought special apple cutters. Now each lunchtime the children line up with their fruit to be cut up by the Cool School Mediators, assisted by the school's health co ordinator, Jane Tambisari. Paul Drummond says as a result of the scheme there's more fruit coming to school and a lot less wastage: "This works because it's a student led initiative and because the mediators provide more powerful models than adults do. Kids like leading other kids - it works."



Children bring their fruit to be cut up by the Cool School Mediators (in yellow vests) every lunchtime.



Hannah and Tahu 'selling' their wares at their Mayfield School produce stall.

Edible giveaways

Running a stall that doesn't make money might seem

a waste of effort but two students from Mayfield School in Blenheim thought it was a pretty cool idea. Hannah Rubie and Tahu Andrell are on the Health Promoting Schools (HPS) team and they came up with the idea of giving away fruit and vegetables at a stall held every three weeks. The school's edible garden has a surplus of vegetables and the children hit on the stall idea as a way of thinning out the excess crops. Mike Carmody, the lead teacher for the HPS team, is right behind the students and helped them create the stall, which is open for additional contributions of surplus produce from gardens and fruit trees, with 'customers' encouraged to take produce home for the weekend. Initially parents thought they had to pay, but Hannah and Tahu are very clear that the produce is free to take home, so kids and their families can try different foods.

Natural Pathways from Kindy to School at Nayland

Propagating seeds and cuttings, preparing garden beds, composting, recycling and cooking are all part of the curriculum at Nayland Primary School and Nayland Kindergarten. The teachers are working together on a programme that explores and extends food and nutrition practices from kindergarten on through to primary school. Nayland School Principal Darryl Smith says there are three parts to the programme:

Kindergarten to school transition - ensures children get similar messages about healthy food choices, eating routines and environmentally sound food packaging.

Environmental education for sustainability - involves students planting and growing healthy foods in existing gardens, learning garden maintenance skills, harvesting, preparing and sharing the food.

Home-school partnerships - sharing information with parents on health, nutrition, food buying, preparation at home, and meal routines.

An NPA nutrition grant helped with resources like garden tools, fridges and cooking bowls to enhance these programmes.

