



Bay of Plenty and Lakes District

Health Promoting Schools

Kia Piki Ake te Kete Hauora

• May 2011

Welcome!

Kia ora koutou

Welcome to our first newsletter for 2011!

As always you'll find it packed with Health Promoting School news from across the Lakes and Bay of Plenty regions.

As I write this, term two has just started, winter is setting in and it's not long till the start of the Rugby World Cup.

The past few months have been fairly eventful, particularly for people in Christchurch, Japan and Queensland. Staff from Toi Te Ora – Public Health Service assisted other public health units in the South Island, freeing staff from there to assist Canterbury in their time of need. We are aware that the events in Christchurch have also impacted on a large number of schools in our region – at last count there were over 7,000 displaced students, 200 of which had relocated to the Bay of Plenty & Lakes regions.

Read on and learn about the many schools celebrating success, the new Health Promoting Schools website, the newest addition to our team and more.

Enjoy!

Ian Guy
Senior Health Improvement Advisor



Inside:

- New indoor swimming pool at Owhata PrimaryPage 3
- What's good and not so good?Page 4
- Tips for a healthy smilePage 5
- Successful rheumatic fever campaignPage 5
- School smokefree reviews a huge successPage 6
- New website for Health Promoting SchoolsPage 6

Selwyn Primary jumps first hurdle towards gold!



Selwyn Primary School has become the first school to gain Bronze Accreditation. The Health Promoting Schools Bronze Standard Accreditation was presented to Selwyn Primary School at assembly on Friday 6th May in recognition of the schools commitment to the health, learning and wellbeing of the Selwyn community.

As a Health Promoting School, Selwyn Primary School's actions in areas such as creating a SunSmart environment, improving student nutrition and ensuring the school was smokefree all contributed to the achievement of Bronze Accreditation.

"We are delighted that our efforts and those of our staff and students have been recognised by Toi Te Ora - Public Health Service," said Mr Tony Pope, Principal of Selwyn Primary School. "At Selwyn we want to develop the social capital of our community, to ensure the students are best prepared for their future lives. Health Promoting Schools is a great way to introduce healthy policies and practices into the school and boost the health and wellbeing of all."

Also at the presentation was the Student Health Squad, a small group of dedicated students who, assisted by Health Promoting Schools lead teacher Carey Bennett, have undertaken much of the work towards accreditation. During their journey the school has been supported by Health Improvement Advisor Donna Guy from Toi Te Ora – Public Health Service.

"Schools are an important part of our communities. Involving the whole school community in promoting healthy lifestyles is key to improving the health and wellbeing of our families and future generations. Selwyn Primary School has provided an excellent example of what can be achieved and I hope that other schools will follow their lead," says Dr Phil Shoemack, Medical Officer of Health for Toi Te Ora - Public Health Service.

Toi Te Ora
Our Education
Our Responsibility



Our journey with a difference



“Health Promoting Schools - Our Journey with a difference” was the theme of the professional development delivered to current and new Health Promoting Schools. Participants were encouraged to document their journey as a Health Promoting School. This enabled them to capture positive health and wellbeing outcomes and identify links to the school curriculum. Emphasis was placed on the importance of tracking progress against baseline data; the School Profile Tool is a resource that schools can use to facilitate this process.

This resource is made available to schools to gather baseline data which can be used to measure long-term outcomes. Information can be contributed by a number of people or by one person. The School Profile Tool is a tool for their school only - the information gathered belongs and stays with the school.

Participants were encouraged to think from a “bottom up and everywhere in between” perspective, also known as “A Whole School Approach”. The purpose of this approach is to identify health and wellbeing needs in a school. These needs are then prioritised and addressed by the whole school community, including parents, whanau, staff, students and any external agencies. This enables the schools to take ownership of needs, be proactive and acknowledge what does or doesn’t work well for their community.

Participants had the opportunity to explore the Health Promoting Schools website (www.healthpromotingschools.health.nz) and were encouraged to access the Toi Te Ora - Public Health Service website (www.toiteorapublichealth.govt.nz), in particular the resources and publications section where free health resources can be ordered.

Accreditation taking shape



As reported in the last newsletter, the Toi Te Ora - Public Health Service Health Promoting Schools Accreditation Scheme was about to be launched. Following a hui at the Toi Te Ora - Public Health Service Rotorua office, which was attended by several interested schools, six schools elected to join the pilot phase. Most have been progressing steadily, working through the process at their own pace and providing invaluable feedback on how they have been able to use both the online and print medium tools.

Numerous enquiries have also come in from interested schools. On the front page of this newsletter, you can read about our first accredited school, Selwyn Primary School. A number of workshops will be held for schools interested in becoming a Health Promoting School. Please visit the Health Promoting Schools website for further details - www.healthpromotingschools.health.nz.



New indoor swimming pool for tamariki at Owhata Primary School

After three years of planning and hard work, Owhata Primary School officially opened its newly renovated indoor swimming pool in November last year.

At the official opening, a powhiri was held and Commonwealth Games medallist Daniel Bell spoke to the school about water safety and the importance of learning to swim.

"It's important for our tamariki to know how to swim," says Owhata Primary School's Principal Bob Stiles. "Our school decided that as we live by lakes and rivers, there is a real need for good swim instruction. We hope all our tamariki will be confident swimmers and confident in water".

This philosophy is supported by recent nationwide research into school swimming education programmes and pools by Water Safety New Zealand. The research highlighted the issues with the provision of swim and survival programmes delivered through the New Zealand education system.

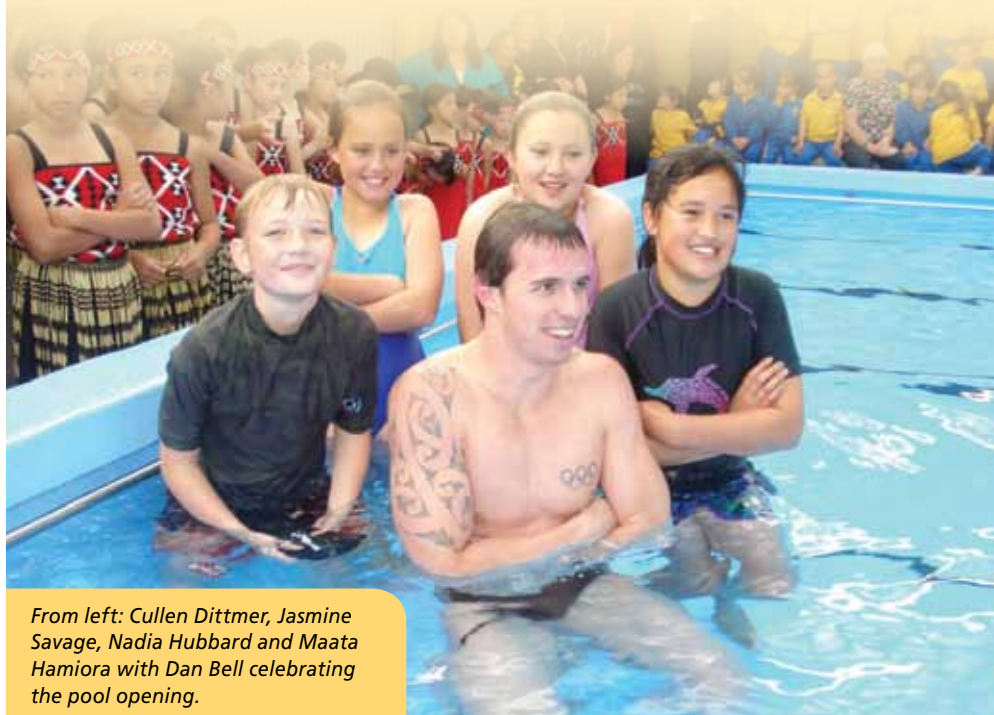
According to Mr Stiles, further research by the New Zealand Council for Education found that of the 2553 primary and secondary schools surveyed, 91% offered swimming only during the summer months.

Owhata Primary School, with the support of the Board of Trustees, is bucking the national trend and will provide aquatic education for six months of the year.

Physical activity was identified as a priority for Owhata Primary school after the completion of a comprehensive needs assessment in 2008. Since this time, the whole school community has been committed to increasing physical activity opportunities for their tamariki. The commitment to increasing physical activity included the refurbishment of the pool which cost \$200,000.

To complement the Health Promoting Schools approach, aquatic education professional development sessions have been provided for all staff members. With staff being supported to learn swimming techniques, students can participate in allocated aquatic education classes throughout the year rather than just a fun swim.

"Water safety has been included in the curriculum focus. Swimming, like numeracy and literacy, is now part of their school curriculum. All tamariki are expected to bring their togs to school everyday for swimming," says Mr Stiles.



From left: Cullen Dittmer, Jasmine Savage, Nadia Hubbard and Maata Hamiora with Dan Bell celebrating the pool opening.

Introducing our new Health Improvement Advisor



We would like to introduce Louise Harvey, our newest addition to the Education Team as Health Improvement Advisor. Louise will be based in the Tauranga office and will be working with schools within the Bay of Plenty. "I aim to work alongside schools, kohanga reo and early childhood centres to help them achieve good health outcomes in their settings," says Louise.

Louise is passionate about improving health outcomes, in particular supporting schools to implement policies which help in achieving this. Another project Louise is undertaking is breastfeeding friendly early childhood centres.

Louise hails from the deep south and has a background in social science and public health from her studies at Otago University. Louise has recently come from work in town planning, supporting clients to develop their projects. Meeting the social, cultural and economic needs of communities was an important part of her previous role.

In her spare time, Louise enjoys playing netball. She normally plays in a mid-court position (Centre, Wing Defence or Attack). She also likes to catch up with friends and family, enjoys waka ama, going to the beach and loves summer.

What's good and not so good?



Tony Howe, Principal of Opotiki Primary School

Finding out 'what is not so good' and 'what needs improving' can be a daunting thing for any school, but Opotiki Primary School has used this valuable information to develop and influence their School Charter.

As part of being a Health Promoting School, Opotiki Primary recently completed their consultation part of the Health Promoting Schools process. This process involved consulting with all parents/caregivers, students and staff. A questionnaire was created to gather feedback:

The questionnaire had two questions:

- What does the school do well/What's good about the good?
- What's not so good/What needs improving?

This questionnaire was then distributed to students, families and staff.

The questionnaire had a great response with all 305 students (100%) completing their questionnaires. In addition to this, 120 out of 145 families and 42 out of 43 staff completed their questionnaires.

The success of such a high response rate was due to an interclass competition to see who could get the most questionnaires completed by their teacher, students and parents/caregivers.

The school's Health Promoting Schools Lead (and Deputy Principal), Grant

Henderson ensured that all the schools support staff were also included.

"Grant announced that any staff that completed their feedback form by the next day would be brought a coffee from the local cafe," said Eastern Bay of Plenty Health Promoting Schools Advisor, Carl Cowley. "Needless to say, Grant had to fork out for a lot of coffees!"

Support from the teaching staff, the Principal and Board of Trustees ensured the announcements, deadlines and prizes were co-ordinated. The Board of Trustees kindly donated \$200 for prizes.

All classes who achieved a 100% return rate won prizes. Numerous students also won prizes for being the first to have their parent/caregiver's questionnaires completed and returned.

Opotiki Primary School has used this feedback to influence their School Charter, to develop the current annual plan and their long term property development plans. The school is now in the process of reestablishing a Health and Wellbeing Committee, which is also a part of the Health Promoting Schools process.

Health Protection Service and Schools

Toi Te Ora - Public Health Service employs specialised Health Protection Officers who are available to support schools on many issues; here are a few....

Smoke-free

Some Health Protection Officers are Enforcement Officers of the Smokefree Environments Act 1990. They can provide advice to schools on how to achieve compliance with the Act. This includes signage and smoke-free policies.

Communicable disease

Health Protection Officers investigate outbreaks and single cases of diseases such as giardia, salmonella and campylobacter and can provide advice on how to avoid spreading infection. Hand hygiene is the most effective way of preventing the spread of most diseases so it is important that students and teachers have access to water, soap and a way of drying their hands. Staff and students should also be encouraged to stay at home if they are sick to avoid illness spreading through the school. We also recommend the influenza vaccine to help protect the health of the community.

Health warnings

Toi Te Ora – Public Health Service issue health warnings regarding water quality in lakes and rivers. If your school is planning an event in one of the region's lakes or rivers contact Toi Te Ora - Public Health Service to see if there is a health warning in place or visit our website at www.toiteorapublichealth.govt.nz

To contact the Health Protection Service at Toi Te Ora – Public Health Service call 0800 221 555.

Successful rheumatic fever campaign rolled out to more Eastern Bay schools



Children living in the Opotiki area are now less likely to develop rheumatic fever due to the successful implementation of school-based throat swabbing by Te Ao Hou Trust and Whakatohea Iwi Social and Health Services.

“By detecting and treating ‘strep sore throat’ infection amongst Opotiki school children, rheumatic fever is less likely to develop,” says Dr Phil Shoemack, Medical Officer of Health.

The success of the Opotiki project has resulted in similar school based programmes being established in the communities of Kawerau and Murupara, which also experience high rates of rheumatic fever. The Kawerau project led by Eastern Bay Primary Health Alliance (EBPHA) began school-based throat swabbing in term one. The Murupara project led by Te Ika Whenua Hauora is due to commence throat swabbing in term two.

Rheumatic fever often starts with a sore throat (a streptococcal infection). A few weeks later the child may develop sore or

swollen joints, skin rash, fever, stomach pain and jerky movements. Although these symptoms may disappear, the heart valves may be damaged and this damage may be permanent.

However, rheumatic fever is preventable, provided sore throats are treated correctly. If your child complains of a sore throat take them to the local health centre to be checked. If a ‘strep throat’ is diagnosed, the doctor will usually prescribe a 10 day course of antibiotics.

Taking sore throats seriously will help prevent life long illness and suffering for our tamariki. For more information visit, www.toiteorapublichealth.govt.nz/rheumatic_fever

5 Tips for a healthy smile

- ☞ Brush twice a day with a fluoride toothpaste
- ☞ Have regular dental check-ups
- ☞ Lift the lip every month and check your child's teeth and gums
- ☞ Choose healthy snacks
- ☞ Drink water or milk

It has been shown that improving and maintaining oral health through prevention and promotion is more effective in the long term than dental treatment (Ministry Of Health, 2006).

The Bay of Plenty region has two new Oral Health Promoters – Johanna Wilson and Norma van Arendonk. Johanna and Norma's priority areas are promoting the effective use of fluoride and oral health promotion in schools, working in partnership with the Health Promoting Schools team.

Contact details for the Bay of Plenty District Health Board, Oral Health Promoters:

Johanna Wilson, Oral Health Promoter, Whakatane

Email: Johanna.Wilson@bopdhb.govt.nz

Norma van Arendonk, Oral Health Promoter, Tauranga



Email: Norma.vanArendonk@bopdhb.govt.nz

Website: www.letstalkteeth.co.nz

Jump Rope with a world champion!

Monday 30 May –
Taupo – Taupo Events Centre

Tuesday 31 May –
Rotorua – Soundshell Convention Centre

To register, contact the Jump Rope for Heart team on:

Phone: 09 571 9187

Email: jrfh@heartfoundation.org.nz

Youth Week

21 – 29 May
www.nzaahd.org.nz

World No Tobacco Day

31 May
www.hsc.org.nz

Maori Language Week

4 – 10 July
www.tetaurawhiri.govt.nz

Term 2 ends

15 July

Term 3 begins

1 August

Calendar of events

Conservation Week

11 – 18 September
www.doc.govt.nz

World Oral Health Day

12 September

World Teachers Day

5 October

www.unesco.org/new/en/education

Term 3 ends

7 October

School smokefree reviews a huge success

All schools visited – (186 in total) from across the Bay of Plenty and Lakes District Health Board districts can now be congratulated for compliance with the Smokefree Environments Act (1990).

A core component of the smokefree review was to assess if smokefree signage was placed throughout every school. This meant that the school had taken all reasonably practicable steps to ensure signs stating that smoking is forbidden at all times were placed at every entrance to the school and buildings. While some schools were fully compliant, the majority required further assistance with signage to ensure they met the legislative requirements.

Nearly 400 signs in either Te Reo Maori or English were supplied to schools. Many of these signs were used to replace existing signs that had been damaged due to deterioration or vandalism. Thousands of stickers were also provided to schools to further support them in being smokefree. These stickers can be ordered for free from www.health.govt.nz.

Around 80% of schools had smokefree policies. "It's great to see so many schools taking pride in being smokefree by consulting with their communities around policy development," says Tiana Te Keeti, Health Improvement Advisor.

"This ensures the schools and their grounds are 100% smokefree at all times. Remember, evidence suggests that if children do not see smoking they are less likely to take up smoking".

"During our visits to many schools, it was also very pleasing to see that so many schools also reiterate the message that your school is smokefree by regularly advertising this in your school newsletters, websites and event notices. Well done to all of the pro-active smokefree schools!" says Tiana.

If you would like further assistance with smokefree policy development, contact a Health Improvement Advisor at Toi Te Ora – Public Health Service. Alternatively, for more support and information, visit our Health Promoting Schools website www.healthpromotingschools.health.nz



New website for Health Promoting Schools



The new Health Promoting Schools website is now live and can be viewed at www.healthpromotingschools.health.nz

Schools can register on the site and become a Toi Te Ora – Public Health Service accredited Health Promoting School and get access to easy to use resources.

Once registered, schools will be provided with professional support and guidance in the following areas of health and wellbeing:

- Healthy Eating
- Physical Activity
- Smokefree
- Mental Health (including drug and alcohol)
- Sexual Health
- Physical Safety
- Sun Safety
- Communicable Disease Prevention and Body Care

Read about other Health Promoting Schools and sign up for email alerts to be up-to-date with all the latest news from the Health Promoting Schools team.

Disclaimer: The material in this newsletter is not necessarily the view of Toi Te Ora - Public Health Service. Copywrite: Extracts from this newsletter may be reprinted with acknowledgement.