



# Canterbury District Health Board

## Health Promoting Schools

Ma te tautoko a te iwi ka puawai te kura

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### Physical Activity To Keep Your Mind Fresh And Destress!

With exams approaching it is important to get out and get active! Exams can cause a change in routine and often an increase in stress levels. Being physically active through physical recreation or sport is a great way of coping with stress and will help keep you fresh and focused throughout this busy time.

Research shows that people who undertake regular physical activity:

- Have better mental and emotional health
- Are more likely to achieve higher grades, have higher educational aspirations and fewer school-related discipline problems than inactive students
- Have increased self-esteem
- Have increased cognitive energy and learning – physical activity may boost brain function, improve mood and otherwise increase learning
- Have increased concentration and better test scores.

*Sabo et al (2004)*

It is important to schedule study breaks into your day and ensure you get out and be active. This will refresh and re-energise you and help you get more out of the time spent studying.

A great idea is to meet with friends for a walk and talk. Not only will you be exercising but you will be able to chat to your friends about what you have been studying. If you find you are getting stuck on a topic or struggling to keep focused, take a break and get some fresh crisp air circulating through your body.

#### Activating ideas

- Start the day with a brisk walk, run or bike ride to stimulate your body and brain
- Catch up with a friend and have a game of squash or go for a swim
- Ensure you eat well and drink plenty of water

- Schedule short breaks every couple of hours that include physical activity
- Take snackivity breaks:
  - 10 star jumps, 10 lunges, 10 push ups, 10 sit ups – repeat 3 times
  - Take a quick walk to the end of your street and back
  - Get the skipping rope out for 10 minutes
  - Play hacky.

Try to keep active throughout the study period. Physical activity can elevate mood, create a sense of well-being and reduce stress.

#### Activating Young Women Project

There is strong evidence showing that physical activity levels among young people (5–17yr olds) are declining, especially among young women (SPARC, 2003). The New Zealand Sport and Physical Activity Surveys found that 32% of young people (5–17yr olds) are inactive (no, or less than 2.5 hours of leisure-time physical activity per week), with more girls (36%) inactive than boys (27%) (SPARC, 2003). The most inactive young people are those aged 16–17yrs (47% inactive), especially young women (54% inactive) (SPARC, 2003).

The Canterbury West Coast Sports Trust, in partnership with Partnership Health Canterbury PHO, is undertaking research into the barriers and motivators to being physically active for young women aged 15–18 years. The aim is to identify suitable interventions that will increase the physical activity levels of young people to get more young people more active, more often.

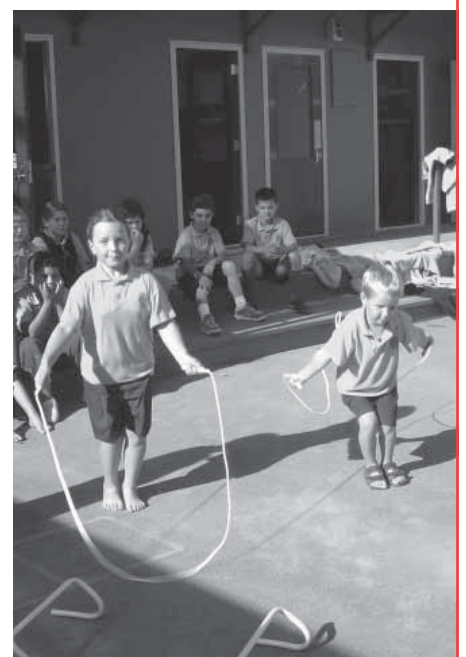
A self-administered questionnaire will be used to gather information from women aged 15–18 years who attend school or alternative education/group settings. If you are interested in being part

of this research and are able to circulate the questionnaire, please contact Holly Hearsey, (03) 373–5044 or email [holly@sportcanterbury.org.nz](mailto:holly@sportcanterbury.org.nz).

The Canterbury West Coast Sports Trust aims to establish a reference group in order to assist in the development of projects as identified through the research. Please contact Holly Hearsey if you are interested in being involved.

The desired outcome from this research is to get more young women more active, more often and enjoying a healthy life.

Holly Hearsey, BPhEd, BCom.  
Secondary School Sport Development Officer  
Sport Canterbury  
Phone: (03) 373–5044  
Email: [holly@sportcanterbury.org.nz](mailto:holly@sportcanterbury.org.nz)



# Te Reo – Months

Do you know the months of the year in the Maori language? Here's a chance to learn them off by heart!

<b>January</b>	<b>Kohitātea</b>
<b>February</b>	<b>Hui tangaru</b>
<b>March</b>	<b>Poutū te rangi</b>
<b>April</b>	<b>Paenga whāwhā</b>
<b>May</b>	<b>Haratua</b>
<b>June</b>	<b>Pipiri</b>
<b>July</b>	<b>Hōngongoi</b>
<b>August</b>	<b>Here turi kōkā</b>
<b>September</b>	<b>Mahuru</b>
<b>October</b>	<b>Whiringa-ā-nuku</b>
<b>November</b>	<b>Whiringa-ā-rangi</b>
<b>December</b>	<b>Hakihea</b>

# Book Review

**Drug Education in Schools: Searching for the Silver Bullet**  
 Edited by Richard Midford and Geoffrey Munro

Everyone agrees prevention is better than cure. However, school drug education has been mixed in its outcomes. While a number of programmes have achieved benefits for students, schools and their communities, some programmes have done harm! Should we expect schools and teachers to take responsibility for educating students to reduce the social and health consequences of smoking, alcohol and other drug use?

This book provides a realistic approach to what can (and can't) be achieved by school drug education. *Drug Education in Schools: Searching for the Silver Bullet* captures the research and experience of international authors in the school smoking, alcohol and other drug education field. Research findings outline effective approaches to drug education and the circumstances in which they are most likely to succeed.

The book suggests that drug education is worthwhile when it is based on a practical understanding of young people, drug use and sound education methods, and is undertaken by skilled school staff, working in a supportive environment.

This book tends to target the needs of education and health policy makers rather than those of individual schools. That said, for those with a genuine interest this will be a very useful resource containing many ideas in one place.

It is available for loan from Community Health Information Center, 76 Chester St East (03) 364-7844, or for purchase online from [www.ipcommunications.com.au](http://www.ipcommunications.com.au) (healthcare books). RRP \$A49.95.



# School Camps

School camps can be a lot of fun, and children eagerly look forward to them and the challenges they present. Camps may be in a fully-equipped facility or well away from all signs of civilisation, and hence the measures needed to ensure food is safe will vary. Fully-serviced facilities should have freezers or refrigerator space you can use, so parents and teachers need to ensure food is packed safely for traveling and to use local shops to restock perishables when needed.

Camping in an area with no facilities requires careful planning to ensure that any perishables taken will remain safe to eat.

- Ensure all children involved in food preparation, thoroughly wash and dry their hands first
- Prior to eating meals while on camp, it is essential that all children are supervised to ensure they wash their hands
- Ensure children and staff/parents do not drink water from rivers, lakes, or other untreated water sources
- Plan meals in advance around foods that travel and store easily



- Check labels to ensure that children with allergies are adequately catered for and can safely eat the food prepared
- If in remote areas with limited facilities, use canned and freeze-dried food where possible. Freeze meat in meal size portions. Layer with icepacks in the chilly bin and eat the most perishable products first. Leave poultry or fish off the menu if refrigeration is not available
- Keep the chilly bin in a shady spot, packed with newspaper for extra insulation. Open only when necessary
- Store raw meat in a separate chilly bin from ready-to-eat foods
- Take powdered or UHT milk. Make it up with water that is safe to drink by boiling for one minute first
- Take fresh clean water or large water containers to sterilize water in. Use for washing fruit, vegetables, dishes and utensils; mixing drink or milk powders; washing hands, teeth cleaning, rinsing or washing.

For further information, contact your local Public Health Service (see back cover).

# Health Promotion in Schools Grant

Canterbury DHB Region 2007

## What's it all about?

The Health Promotion in Schools Grant is set up to support schools to develop and deliver school initiatives that complement what is being taught in the classroom and that also promote health within their school community. The grant can help do this by providing personnel and financial support over a three year period.

## Who is Eligible for a Grant?

The Grant is available to schools within the Canterbury area. Within the South Canterbury area, the exciting new Child and Youth Project will see considerable extra resources from the DHB going into the school setting. Therefore this means the Health Promotion in Schools Grant will not be available in South Canterbury. Any school from Mid-Canterbury to Kaikoura is welcome to apply but priority will be given to schools who are lower decile, have a high percentage of Maori or Pacific students or have an element of geographical isolation. Individual schools can apply or join with other schools to apply as a cluster.

## What support is available?

Support will not only be financial but also through professional development and assistance from DHB staff. Financial support will be Year 1-\$1500 and Year 2-\$500. The third year is a consolidation/sustainability year with personnel support but no funding. Professional development opportunities will be offered over the three year period with teacher release time being paid for one teacher in the first year.

A Health Promoter from C & PH will be assigned to your school as a key contact. They will link with other organisations to support your school in implementing your grant initiatives. The level of support will be based on what your school needs and the capacity available.

## What are the health priorities?

- Smokefree
- Nutrition
- Physical Activity
- Mental Health.

These are based on research that shows major health and education gains can be made by addressing these areas.

## What expectations are there?

If your school receives a grant, it is expected that:

- The school will enter into a partnership agreement with C & PH
- A school representative will attend an annual professional development session focused on the identified priority health issue
- The school will provide a brief article for this Health Promoting Schools magazine in Year 2 or 3
- The school will provide full reports on activities.

## How will grants be assessed?

Applications will be assessed based on the following criteria:

- Rationale – Why this is a concern for your school community?
- Strategies – What approaches you will use?
- Evaluation – How do you know you have made a difference
- Addressing a priority health issue (see above)
- Schools of low decile, high proportion of Maori/Pacific students, geographical isolation.

## What's the process?

**Step 1.** Year 1 – Decide the priority concern for your school.

**Step 2.** Apply for the grant – contact us if you need help with this.

**Step 3.** An approval or decline letter will be sent to your school.

**Step 4.** A key relationship person will be identified and a partnership agreement signed.

**Step 5.** Implement the project – accessing support available, and attend professional development.

**Step 6.** Send in your Interim Year One report.

**Step 7.** Year 2 – Revise your plan and attend a professional development session.

**Step 8.** Implement Year 2 – accessing support as agreed.

**Step 9.** Evaluate your work and send your report to us.

## How do we apply?

Complete the application form posted out to all schools in October. Full information and hard copies are available from CPH offices or can be found on <https://www2.cph.co.nz/external/hpins> (site to be activated October 2006 and pin numbers to activate the site sent to schools in the application pack).

## Where do I go for help?

Community and Public Health  
Christchurch Office  
Nicky Harrall (03) 379-9480 ext 770  
Ashburton Office  
Angela Summerfield (03) 307-8080

## Not sure what to do next?

Come along to one of the Health Promotion in Schools Grant Information Sessions – contact Nicky or Angela for dates and times of the Information Sessions in October/November 2006. These will cover:

- How to fill in the application form
- Identifying who can support and guide you
- Clarify the types of activities that will be funded.

# A Message From Your Local Cancer Society

SunSmart Accreditation –  
Has Your School Applied Yet ?

## What is the SunSmart Accreditation Programme ?

The SunSmart Schools Accreditation Programme has been developed to encourage SunSmart behaviour among schools.

It was pioneered in New Zealand by the Cancer Society of New Zealand Wellington Division, but has been used widely in Australia.

It involves Cancer Society regional Health Promoters assisting schools to meet the minimum criteria for accreditation.

These are available on the SunSmart Schools website. This includes developing and implementing a policy that covers:

- SunSmart behaviours
- SunSmart environments
- Curriculum content on how to be SunSmart
- Three yearly review process

## For schools, the SunSmart Schools website provides:

- Information, including a regular newsletter
- Curriculum materials online
- Accreditation process (with assistance identified from local Cancer Society)
- Draft policy for schools
- Links to other websites with information on sun safety and skin cancer prevention.

## How do I find out more ?

For further information please go to [www.sunsmartschools.co.nz](http://www.sunsmartschools.co.nz) or contact your local Cancer Society health promoter  
Christchurch area – Martin Witt (03) 379-5835 [martin@canty.cancernz.org.nz](mailto:martin@canty.cancernz.org.nz)  
North Canterbury – Ann Florance (03) 379-5835 [ann@canty.cancenz.org.nz](mailto:ann@canty.cancenz.org.nz)  
West Coast – Danielle Smith (03) 768-9557 [danielle@canty.cancernz.org.nz](mailto:danielle@canty.cancernz.org.nz)  
Mid Canterbury – Cheryl Galland (03) 379-5835 [cheryl@canty.cancernz.org.nz](mailto:cheryl@canty.cancernz.org.nz)  
South Canterbury – Kate McFarlane (03) 688-0124 [kate@canty.cancernz.org.nz](mailto:kate@canty.cancernz.org.nz)

## Stop Press

Congratulations to St James School for becoming a SunSmart Accredited School – the first in the Christchurch area.



# St Margaret's College Earns Heart Foundation Award

**Positive changes to the school food service environment and a school-wide focus on healthier nutrition choices have earned Christchurch's St Margaret's College a Gold Award from The National Heart Foundation of New Zealand's School Food Programme.**

The School Food Programme is a free-of-charge, school-based programme that aims to promote healthier eating to the whole school community, through healthy food choices, nutrition education, health promotion and community involvement. Positive changes can be gradual and fulfilling specified criteria is rewarded with either a Heartbeat, Bronze, Silver or Gold award.

St Margaret's College is currently the only secondary school in the South Island to hold this prestigious award.

Over the last four years, St Margaret's College has made a series of adjustments to its canteen menu and food service. In addition to introducing pastry-free days and promoting healthier options through a specials board, the canteen also offers competitive pricing on healthier foods in order to encourage students towards better nutrition choices.

'We established a school canteen advisory committee that meets monthly to discuss the changes and make further recommendations to the catering staff,' says St Margaret's Kitchen Assistant, Kristina Dodd.

'We also have a staff nutrition committee which looks for innovative ways to encourage healthier eating in the school community. We are delighted to have achieved this award and the way it recognises all our hard work.'

One of the Heart Foundation's key objectives is to level off the rising rate of childhood obesity. The School Food Programme helps to achieve this objective by providing primary, intermediate and secondary schools with free resources, guidance and support to develop environments that encourage healthy eating within both the school and its community. St Margaret's College's Gold Award sets an example for other schools in the South Island.

'St Margaret's College has worked very hard and thoroughly deserves this award,' says Heart Foundation Christchurch Health Promotion Co-ordinator, Dane Fuller.

'The staff and students have shown a commitment to improving nutrition in their school and the wider community. They are creating an environment where healthier food choices are the norm and encouraging lifelong heart-healthy habits.'

Programme evaluations of the School

Food Programme have shown a number of positive outcomes, including increased student participation in food nutrition activities, positive changes in food sales (reduced sales of high fat, high sugar and high salt foods and increased sales of healthier alternatives), increased healthy options in the food service and perceived positive behavioural changes among students. Many schools have also reported that the improvements made to their food service have been financially rewarding, through cost efficiencies and/or increases in food sales.

'Schools like St Margaret's College are an example to others throughout New Zealand of what the School Food Programme can offer,' says School Food Programme National Manager, Sarah Besley.

'The staff and students have addressed their entire nutrition environment and

reinforced those positive messages in the classroom. With current government moves to target child and adolescent obesity, this programme provides an excellent foundation for the long term heart-health of New Zealand's youngsters.'

The Heart Foundation is the charity that leads the fight for heart health for all New Zealanders. It is committed to promoting heart health and reducing the suffering and early loss of life from heart disease through funding vital heart research, promoting healthy lifestyles and advancing cardiac rehabilitation.

For more information contact Dane Fuller, Health Promotion Co-ordinator, Ph (03) 366-2112 ext 3, or danef@nhf.org.nz, or Sarah Besley, National School Food Programme Manager, (09) 571-9191 ext.741 or sarahb@nhf.org.nz.



# Summaries of New Resources

## Kits

### Project Cook

This kit is designed for use within the Technology curriculum, targeted at children in years 7 & 8. It is based around five recipes that demonstrate a range of cooking skills and link to a number of key nutrition messages and food technology examples. The kit comprises a folder, lesson plans, activity suggestions and supporting information, as well as a 20 minute video highlighting the basics of each recipe.

#### What's For Lunch Kit for Preschoolers

This kit is aimed at young children and has a storybook to read about healthy lunches and a supporting pamphlet which is available from CHIC.

#### What's for Lunch for Children Aged 4-8

This kit contains a teaching resource kit to provide information to parents, caregivers and teachers of young children. It supports the *What's for Lunch?* pamphlet available from CHIC.

#### Junk Food Wars – For Intermediate and Secondary Aged Children

With vending machines, convenience stores and fast food restaurants nearly ubiquitous, nutritious foods are disappearing from the diets of many young people. This kit illustrates ways to turn that phenomenon around. It includes a video, teacher notes and examples of pamphlets available free from CHIC.

#### Other kits available from CHIC

- 5 + A Day – Nutrition Resource for Children

- 5 + A Day – Nutrition Resource for Under Fives
- A Little of Lots – Lunch and Snacks for Children
- Adolescence – From the Nutrition through the Lifespan Series
- Food Challenge – For Years 3-5
- Food for Health – Nutrition Teaching Kit
- How Much Sugar is in Drinks? Model of sugar content in common drinks
- Nutrients – the Basics (Secondary Pupils)
- The Fat Kit – model of fat content in common meals

## Videos

### Project Cook

This video is targeted at Years 7 & 8. It shows five recipes and gives information about cooking skills, nutrition and food technology. For recipes and more information see the Project Cook kit in the kit section of CHIC.

### Stay in Touch

Wouldn't it be cool if your body could

TEXT messages to you to remind you to look after yourself?

This story takes a fun approach to health promotion. It is about 13-year-old Sam, whose body has just had enough of his lifestyle and takes up the challenge to communicate with him using technology. *Stay in Touch* is a must-see for young people and their families who are interested in what they can do to help stop obesity, type 2 diabetes, and other lifestyle-related health problems.

## Books

### Food and Nutrition Guidelines for Healthy Adolescents – a Background Paper

Information supporting the *Eating for Healthy Teenagers* booklet (available free of charge from CHIC)

### Food and Nutrition Guidelines for Healthy Children Aged 2-12 Years – A Background Paper

Information supporting the *Eating for Healthy Children, aged 2-12 years* booklet (available free of charge from CHIC).



## Exam Snacks – Keep them healthy!

Sitting studying for hours in preparation for exams is a fact of life for many young people at this time of the year.

It can be a stressful time and it is important that students take good care of themselves by getting enough rest and enough nutrition, as they try to balance these weeks of intensive study.

Having some healthy nibbles at hand is a good way to provide a break from time to time, and to top up the energy levels.

Try these for quick healthy choices:

- Soups
- Baked beans or spaghetti on toast

- Banana rolled up in bread
- Marmite and cheese toasties
- Left-over pizza and pasta
- Pikelets, crumpets or Weetbix and spread
- Fruit and a low fat yoghurt

As well as providing fresh energy for concentration, it is a good idea to take a break outside in the fresh air at regular intervals. Try a walk to the gate, around the block or up to the corner and back, a few kicks of the soccer ball or bounces of the basketball or netball to keep your mind invigorated and refreshed.

## Learning how to be a Parent

Parenting Week has been part of the Christchurch scene since 2000, and so successful that it has become an annual event.

This year it was celebrated from 10-16 September supported by the Families Commission, the Christchurch City Council and The Breeze radio station.

Parenting is recognised as the most important, demanding, challenging and potentially most rewarding 'job' people will ever do. It demands commitment, skill, time and love.

Parenting Week 2006 showcased ways in which the community and community organisations can be involved with children and their families to help, encourage, support and enrich.

Among the activities on offer were picnics, gymnastics, computer-fun classes, organised walks, informative open days, displays and exhibitions.

If you missed the event this year, watch out for it in 12 months time.



# The Macleans World Record Toothbrush Challenge

An attempt at making history took place in New Zealand on August 7 when about 32,000 children from more than 200 schools simultaneously brushed their teeth.

From Fox Glacier to Tokomaru Bay, from Taumaranui to Auckland, the children had their tooth brushes at the ready at 1.45pm that afternoon. For the next minute they kept brushing their teeth in The Macleans World Record Toothbrush Challenge.

The idea was that the children would form the largest group of people to brush their teeth at the same time, and consequently break the world record.

Planned to coincide with World Dental Health Day, the record attempt was organised by a small team of volunteers based at Southbrook School in Rangiora, North Canterbury.

It was a huge logistical exercise but Principal Rod Thompson believes the Kiwis have probably done it. With 32,000 free toothbrushes distributed to the children by Macleans, as well as the involvement of thousands of parents, the record was there for the taking, he believed.

The previous record stood at 31,424, and was set in 2003 in Germany.



'We were inundated with enquiries from schools all over the country, and we asked them all to encourage parents to join in. We are reasonably confident we can take the record.'

Southbrook School is still receiving information from participating schools and won't be able to confirm that the record has been broken for some months yet.

All the participating children received a gift pack of Macleans oral care, stickers

and a certificate to mark the occasion, as well as the honour of being recognised as a Guinness World Record-maker.

'What started off as a plan to raise funds for two senior classes to travel on an educational trip to Wellington for a week, turned into a matter of national pride. This was a day all of the children participating will remember for the rest of their lives: and a minute in time that most Dental Nurses could only dream of!'

## What is Health Promotion

The Ministry of Education's *Health and Physical Education in the New Zealand Curriculum* document says:

'Health Promotion is a process that helps create supportive physical and emotional environments in classrooms, whole schools and communities.'

The health promotion process requires the involvement and collective action of all members of the wider school community – students, staff, parents and caregivers and other community members.

By engaging in health promotion, students and teachers can:

- Come to understand how the environments in which they live, learn, work, and play positively affect their personal well and societal being
- Develop the personal skills that empower them to take action to improve their own well being and that of their environments

- Help to develop supportive links between the school and the wider community
- Help to develop supportive policies and practices to ensure the physical and emotional safety of all members of the school community.

(*Health and Physical Education in the New Zealand Curriculum*, Ministry of Education, page 32)

### Links between Health and Education

There are strong links between health and education. There is substantial evidence that tells us that healthy students learn better. Health Promotion in Schools involves collaborative action and planning across both sectors and will ultimately lead to better educational outcomes and increased community participation in your school.

At Community and Public Health we have a team of people who specialise

in supporting schools with whole school health promotion activities. If you would like any information about what we can offer please contact us.

### Christchurch: (03) 379-9480

**Nutrition/Physical Activity**  
Theresa Thompson ext 815 or  
Nicola Fraher ext 738

**Smokefree**  
Angela McCormick ext 810

**Mental Health**  
Nicky Harrall ext 770

**Fruit in Schools**  
Jo Holmes ext 826

**Hauora Matakauka: (03) 374-0490**  
**Maori Health Promotion**

Anahera Perrett ext 727

**Ashburton: (03) 307-6902**  
**Nutrition, Physical Activity or Smokefree**  
Angela Summerfield.

## Prepare to Celebrate Children's Day

Children's Day, formerly celebrated in October, will now be celebrated on the first Sunday of March: March 4, 2007.

The day is gaining in popularity each year and in New Zealand there were more than 2500 events held last year.

National organisers hope to make it a well-known date that children and their

families look forward to each year.

Children's Day is a national, non-commercial day to celebrate the special time of childhood. The day is being represented by the Hector's Dolphin and the key theme will be 'giving time.'

For good ideas and event-planning tips you can visit [www.childrensdays.org.nz](http://www.childrensdays.org.nz).

# School for the Sick or Injured

When prolonged sickness or injury prevents a child from attending school, the Southern Regional Health School (SRHS) comes to the rescue.

It could be considered the Florence Nightingale of the education system, says Mr Chris Parsons, Principal of this unique school which operates throughout the South Island.

There are currently nearly 150 children aged from 5–18 years on its books, being looked after by 25 staff, yet many schools, principals, and GPs don't know of its existence.

The Southern Regional Health School is one of three New Zealand Health Schools which were established five years ago to help keep children learning when they are unwell for extended periods and missing school. Together they assist around 2000 students a year. On average most students spend about six weeks on the Health School roll. The schools are sponsored by Telecom and funded by the Ministry of Education.

Accidental injury, oncology, cystic fibrosis and other chronic ailments occupy most of the Health School teachers' time in hospitals. When the patients are discharged, the teachers follow the students to their homes as they recuperate or to school where they can assist with transition if required.

Previously children who were hospitalised were catered for in hospital classrooms but these no longer exist.

'The change in health delivery means that children generally do not stay in hospital long enough any more to warrant the school being on site,' says Chris.

The only place in Christchurch where a Health School classroom is located on site at a hospital is at The Princess Margaret Hospital where the Mental Health Service's Child and Family Unit provides care for students from throughout the South Island.

The purpose-built schoolroom has two teachers and caters for anything between 10 and 20 students.

'Our teachers are part of life changing, sometimes life saving, multi-disciplinary teams in mental health and also alcohol and drug addiction recovery programmes,' says Chris.

'For some students, the fact they get one-on-one time with a health school teacher can actually improve their learning because they are able to work on areas they otherwise struggle with in a class situation.

'Our teachers essentially become advocates for the educational needs of their students and when a student recovers from their illness, they'll liaise with the student's school to ensure that their return is as easy as possible.'

Chris says that a teacher works with adolescents at Odyssey House and others work from the Southern Regional Health School headquarters in Cardale House, 95 Tuam St. This premises was



From left to right: Svanaug Nilsen (teacher), Chris Parsons (Principal, SRHS), John Critchley (Learning Support) and Lisa Beckwith (teacher) – part of the SRHS team.

opened at the end of 2004, but rather than being a traditional bricks and mortar school, it is considered the 'mother ship' or virtual command centre from which lessons are delivered to students around the region.

'Our aim is to cut down travel as much as we can, although our teachers travel about 100,000kms a year. Telecom's support means we're now at the point where we can begin to overcome distance using the latest in telecommunications technology and still provide our students with the best learning possible.'

The platform for this is Telecom's SchoolZone package which provides a private online working space and a video conferencing capability.

He says the plan is to be able to use this online capability so that students armed with laptops can connect with the teachers virtually anywhere.

'Video conferencing, or the transformation of laptops into mobile teaching tools through a combination of webcams and mobile broadband data cards, will enable us to link students with teachers virtually anywhere.'

Laptops are used by students in Christchurch Hospital to access online resources and communicate with their friends from their hospital bed.

Chris says the laptop can be a powerful icebreaker when a teacher is meeting a student for the first time.

While the circumstances of some students' wellbeing can be emotionally challenging for some teachers, the students can also be a great source of inspiration.

'For many students the learning time with teachers is something they look forward to at what might otherwise be a very stressful time. Even for students who are limited to their home, contact with a teacher can be the highlight of their day because it is something they associate with being normal.'

## So Who Can Become a Health School Student?

Requests for admissions are carefully scrutinised. They can be taken from GP referrals.

The school admits students from Year 1–13 who:

- Are unable to attend school due to illness – they may be in hospital or at home for a period expected to exceed 10 school days
- Have had, or are likely to have six hospital admissions in a 12-month period
- Have had repeated school absences due to ill health exceeding (or likely to exceed) 40 days a year
- Need support to return to school after hospitalisation and/or recuperation/rehabilitation at home.

For more information about the Southern Regional Health School go to [www.srhs.school.nz](http://www.srhs.school.nz).



## Awareness Dates for October, November and December

### October

28 September–1 October

Older Persons Awareness Week

Kidsafe Month

Breast Cancer Awareness Month

1 International Day of Older Persons

6 Pink Ribbon Day (Breast Cancer Foundation)

7 International Children's Day

9–15 Mental Health Awareness Day

10 World Mental Health Day

16 World Food Day

9–15 Bandanna Week – *Canteen*

16–21 Plunket Society Appeal Week

20 World Osteoporosis Day

20 Universal Children's Day

20 United Nations Day

### November

5+ A Day Promotion Month

3 National 'Push Play' and 'Walk to School Day'

13–19 Cancer Society SunSmart Week

13 World Diabetes Day

16 International Day of Tolerance

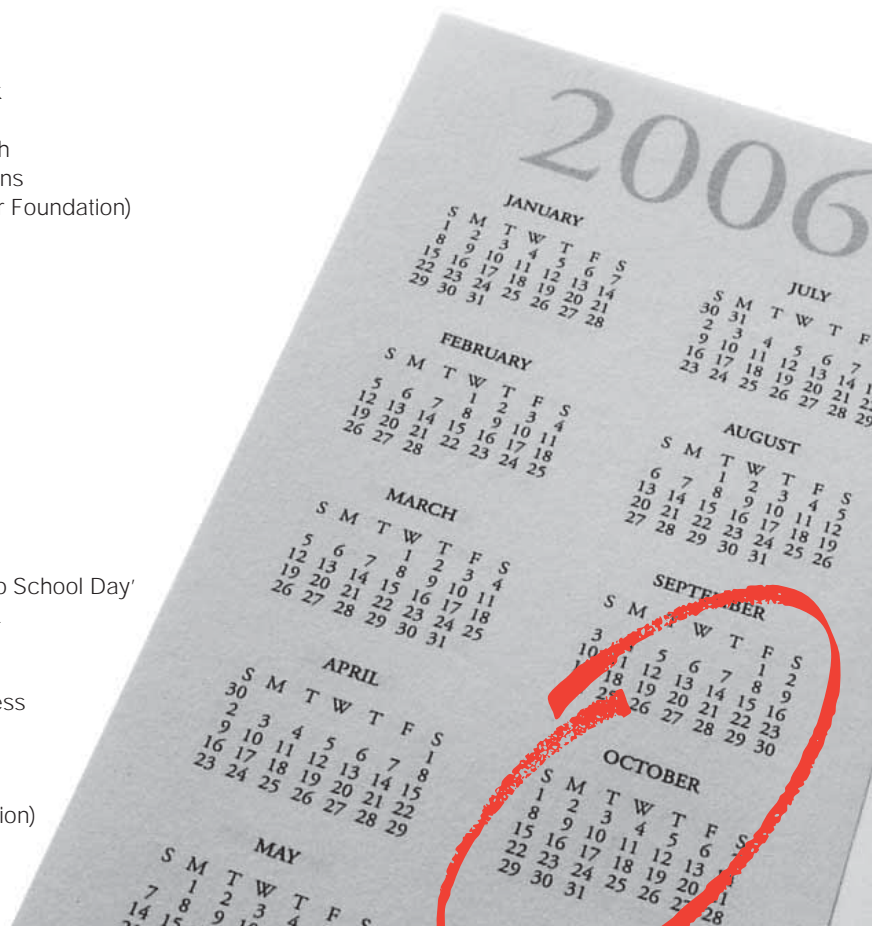
20–26 Diabetes New Zealand Awareness and Appeal Week

### December

1 Red Ribbon Day (AIDS Foundation)

1 International Day of Disabled Persons

10 World Human Rights Day



For a Full 2006 Awareness Calendar visit [www.cph](http://www.cph).

We welcome your contributions to this publication, particularly your success stories, as well as your ideas for articles and information you would like to see. Feel free to reproduce any of these articles in your own publications. The Health Promoting Schools magazine will be distributed once each term. Deadline for your material is February 1.

Material can be sent to one of the Editorial Group:

**Jocelyn Johnstone, Corporate Communications**  
Phone (03) 364-4122  
[jocelyn.johnstone@cdhb.govt.nz](mailto:jocelyn.johnstone@cdhb.govt.nz)

**Judy Cooper**  
Private Bag 911, Timaru  
Phone (03) 684-1546,  
[JCooper@timhosp.co.nz](mailto:JCooper@timhosp.co.nz)

**Lorraine Williams, West Coast Public Health Nurse and Health Promoting Schools Co-ordinator**  
Phone (03) 768-2799 or Fax (03) 768-2793

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Community and Public Health  
6B Sefton Street, Timaru  
Phone (03) 688-6019

South Canterbury Public Health Nursing  
Gardens Block, Queen Street  
Private Bag 911, Timaru  
Phone (03) 684-1545

Community and Public Health  
3 Tarapuhi Street  
PO Box 443, Greymouth  
Phone (03) 768-1160

Community and Public Health  
Elizabeth Street  
PO Box 110, Ashburton  
Phone (03) 307-8080

West Coast office, Lorraine Williams  
Public Health Nurse Community  
Primary Health Care Services  
PO Box 387 Greymouth  
Phone (03) 768-2799 ext. 2745#



Corporate Communications  
Level 2, The Princess Margaret Hospital  
PO Box 1600, Christchurch  
Phone (03) 364-4106

Community & Public Health  
76 Chester Street East  
PO Box 1475, Christchurch  
Phone (03) 379-9480

**Canterbury**  
District Health Board  
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