



Newsletter # 3 April 2008

Busy Beavers

The Little Beavers from Beavertown Early Learning Centre get their 30 minutes of physical activity each day thanks to climbing steps, hopscotch and an enclosed trampoline bought with an NPA grant.



Heres Helen...

NPA Programme Director Helen Steenbergen takes a look back and a look ahead...



Welcome to our first education newsletter for 2008, a year that will no doubt be as busy as the last. 2007 saw the NPA programme mature, grow and become firmly established in the region. The programme's grants scheme was launched to encourage and support schools, early childhood centres and community groups to undertake sustainable nutrition and physical activity initiatives. To date, more than \$115,000 worth of projects and initiatives have been funded and are developing right across the district.

An evaluation and learning programme is being developed with the School of Population Health (University of Auckland) to determine the NPA impact, learn from actions and to spread innovations and best practice. The evaluation also involves a baseline wellbeing survey of the district's population, a five-year follow-up survey and a comprehensive set of intermediate indicators to gauge progress in each action area.

This information will feed into our social marketing strategy. There are also several new HEHA opportunities including strengthening support for breastfeeding and enhancing support for Maori communities.

Thank you to those who have been involved with the programme over the last year - we look forward to working with you in 2008.

Helen Steenbergen

Spreading the Word

Look out for NPA news in your local community paper - even better - be part of it. We'd love to have your success stories in the next newsletter and in a newspaper column that will be a regular feature in the Nelson and Richmond Leader, Motueka Golden Bay News and the Saturday Express in Marlborough. If you have a story to share, send a few details, contact info and high resolution photos to our editor jane@nelsonmedia.co.nz

Culture Change

Incorporating healthy eating and physical activity practices into a school culture might seem daunting, but our new Schools and Early Childhood Coordinator is looking forward to the task. Pete Smith has been around schools for many years, from teacher through to principal, and he understands the pressures on schools to devote time to issues outside the teaching curriculum. "I believe in a holistic approach to nutrition and physical activity within the school environment - my role is to help schools understand what this means and how to get things going." Pete says. "For instance, we can assist communities to coordinate all the services that operate within public health, align strategies and programmes to meet the needs of a community and strengthen partnerships with homes and schools."

Pete says two important tools for this are the Nutrition and Physical Activity funds for school and community initiatives, and the Ministry of Health guidelines on healthy eating that schools and early childhood centres will be obliged to promote from July.

"It's all very well telling school canteens what they *can't* provide - but we also need to highlight the healthy foods they *can* sell. We hope to provide a strategic and coordinated approach to helping organisations introduce these initiatives."

At the moment Pete is listening and talking to schools, then he'll coordinate the resources to help them achieve their goals.



Contact Information

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www.nutritionandphysicalactivity.org.nz

Download application forms for NPA funding at www.nutritionandphysicalactivity.org.nz



Eating Education

Stop and think about what you are about to eat - is it healthy? That's the question going out to children, whanau and adults working at playcentres in Nelson. The Nelson Playcentre Association used a \$1000 NPA grant for workshops, run by public health staff, on what makes a good diet. Trish Nalder, liaison convenor for the association says they began with centre supervisors developing charts identifying various food groups.

"We are recording what's offered at each session and discussing what group the foods belong to, from bread and cereals to proteins," Trish says. "We do a lot of cooking at the centres too, and the children are involved in the decisions about what we make and how it fits in to a healthy diet." As a result of the workshops parents and children know what healthy food is and only healthy food is put out for the centres' morning and afternoon teas..



Money Money

If you've got an idea for a community run project with a focus on improving nutrition or increasing physical activity, make it happen with an NPA grant. The next grants round is in July-August. Keep an eye on our website www.nutritionandphysicalactivity.org.nz for details.

Ethnic Delights

Marlborough Migrant Centre NPA funded project is countering bullying about 'funny food' by promoting the benefits of healthy ethnic food and the nutritional knowledge that migrants bring to our community.

Hitting the Streets



You could hear the pitter-patter of little feet on the pavements as children, clowns, pirates, dogs, and unicyclists celebrated National Walk to School Week, in March. The Feet First initiative was about getting children and their families to school on foot, by bike or scooter, and to reap the benefits of better fitness and health, lower fuel bills, reduced traffic congestions and vehicle emissions. There were great prizes for the schools involved, but it was more about breaking the car habit and having fun walking to school.

Feed the Worms

After feedback from our region's fabulous eco-friendly schools we have changed the paper used for the newsletter so you can feed it to the worms - after you've read it of course!



Healthy Beginnings

A worm farm, dramatic play, citrus trees and a raised garden have all come out of an NPA grant for Kia Tau Te Rangimarie Te Kohanga Reo. The kohanga reo in Stoke now has a toy stove, fridge, sink, table and chairs and wooden fruit and veggies to use in their play to learn about healthy eating. To encourage recycling and benefit the garden, the tamariki put all their food scraps into a worm farm. Spokeswoman Sacha Lancaster says the NPA funds will go towards building a second raised maara (garden) which is easier for the kids to reach and tend: "We've bought kid-sized wheelbarrows, tools and watering cans - the children love picking the vegetables and taking them inside for kai time," Sacha says. Some of the grant money is used for a regular fruit and vegetable delivery from a local store.

"Every Monday we have a delivery of bananas, oranges, apples, carrots, celery and whatever else is in season. At afternoon shared kai we talk about the different colours and types of produce and try out things the children may not get at home." Sasha says it was just wonderful to have funds fully dedicated to educating maatua and tamariki about healthy nutrition.



Howzat!

Playtime just got a whole lot more exciting at Picton School thanks to a \$1000 NPA grant. The school bought extra equipment and now the kids can play soccer, rugby, cricket and other sports. Sports monitors are in charge of giving out the equipment so it is well looked after.