



December 2021

Healthy Active Learning National Newsletter

Kia ora mai anō tātou katoa

We're pleased to share this newsletter, highlighting some of the fantastic work by everyone involved in Healthy Active Learning throughout 2021.

Sport NZ and the Ministries of Health and Education remain committed to working in partnership to support the wellbeing of children and young people across Aotearoa, and together navigating the challenges presented by COVID-19 disruptions. In this newsletter you will see great examples of regional agencies working together to make a real difference in schools, kura, early learning services and local communities.

The audience for this newsletter is Healthy Active Learning delivery partners. Please forward it to others across your networks.

Healthy Active Learning

Healthy Active Learning is a joint government initiative between Sport NZ and the Ministries of Health and Education to improve the wellbeing of tamariki and rangatahi through healthy eating and drinking and quality physical activity.

Part of the Child and Youth Wellbeing Strategy, Healthy Active Learning is supported by a Government investment of \$47.6m between 2020-2024.

What are the three components of Healthy Active Learning?



Ministry of Health

Providing a health promotion workforce to support schools, kura, and English and Māori-Medium early learning services to create healthy food and water-only educational environments. This includes a focus on healthy food and drink policies. Toolkits have been developed to support this.



Sport NZ

Providing a physical activity workforce to support 800 primary and intermediate schools and kura to create healthy and active learning environments, and better connection to their local communities.



Ministry of Education

Creating new Health and Physical Education (HPE) and Hauora curriculum resources to support all schools and kura to enhance the understanding, planning and delivery of HPE and physical activity. The resources will be developed in Te Reo Māori and English.

Find out more about Healthy Active Learning at: [Sport NZ](#) [Ministry of Health](#) [Ministry of Education](#)

A great start to 2021 – Ministers applaud Healthy Active Learning

In February this year, 70 members of the physical activity workforce supporting schools and teachers in the delivery of Healthy Active Learning met for a three-day hui in Lower Hutt.

Sport and Recreation Minister Hon Grant Robertson was joined by Education Minister Hon Chris Hipkins to address the workforce. Both Ministers applauded the collaborative and locally-led initiative. See the highlights of the hui and the Ministers' messages in [this video](#).

“It's great seeing the impact of change in our teachers and our communities. It's awesome working with the teachers, going into the classroom environment and seeing how the kids are interacting with each other, and the enjoyment they get during lessons ”

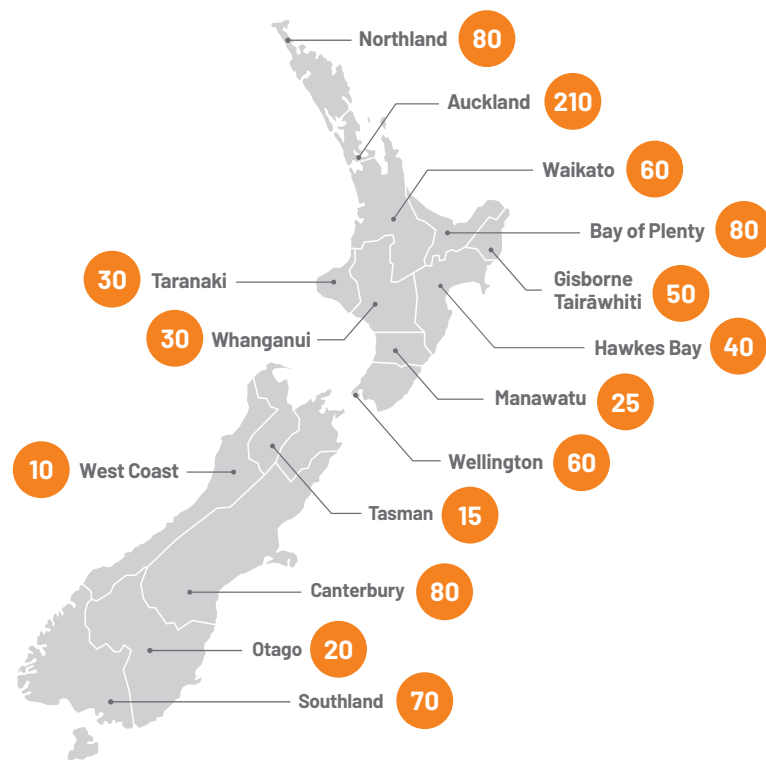
Apanui Heemi
Healthy Active Learning Advisor, Nuku Ora

Healthy Active Learning to expand to 800 schools and kura from 2022

As announced in November, Healthy Active Learning is being extended to a further 500 schools and kura across the country from 2022 to 2024. That means from January 2022, 800 schools and kura in total across Aotearoa will be supported to create healthy and active learning environments and better connections to local communities. This is an increase from the 300 schools and kura engaged in the Healthy Active Learning initiative since early 2020.

Read more in the joint ministerial [media release](#).

Schools and kura supported by the physical activity workforce



Tapuwaekura – a kaupapa Māori approach

Tapuwaekura is a Kaupapa Māori approach underpinned by the Atua Matua Framework (Māori Health and Wellbeing Framework). Tapuwaekura supports kura and kaiako to implement a Te Ao Māori approach through whakapapa and mātauranga Māori to connect tamariki to te taiao (the environment) for better health and wellbeing outcomes.

Led by Sport NZ Ihi Aotearoa, in partnership with Ngā Pākura, and supported by the Ministries of Health and Education, Tapuwaekura runs parallel to the Healthy Active Learning initiative.

Specifically focused on supporting kura kaupapa Māori, wharekura, kura ā-iwi and full immersion units within certain English medium schools, Tapuwaekura has supported selected kura across Aotearoa since 2020 and is looking to expand its reach in 2022.

Initial evaluation findings have indicated that kura leaders support and value the Atua Matua approach, and kaiako are building their understanding and confidence to apply Atua Matua concepts into practice. Find out more about the progress of Tapuwaekura in this [infographic](#).

Featuring Dr Wayne Ngata and Dr Ihirangi Heke, this video below describes Atua Matua.



Local mahi and impact

Manawakura: Sport Gisborne Tairāwhiti's approach to Healthy Active Learning

 WATCH VIDEO

At the heart of Healthy Active Learning lies localised approaches that meet the needs, wants and aspirations of communities. Co-designed with the community, this is what Healthy Active Learning looks like for the people of Tairāwhiti. Find out more in this [video](#).



Oturu School, Northland: A holistic approach to learning

Oturu School is a small and vibrant school within the heart of rural Northland. Rich learning is centered around hauora, and ākonga are empowered to become lifelong learners and critical thinkers, who are responsible to each other and the environment.

Healthy Active Learning has supported Oturu School's holistic approach to learning and has played a key role in bringing to life the school's values. Co-designed with the school and Sport Northland, view [Oturu School's story](#).



 WATCH VIDEO

Love Kai: Community and Public Health | Te Mana Ora in Canterbury



Health promoters at Community and Public Health | Te Mana Ora, Canterbury have developed and tested Love Kai, a holistic nutrition health promotion programme supporting schools to enhance their food and drink environments and policies. Drawing on the Te Whare Tapa Whā model, Love Kai guides schools through a simple, three-step process to create policies and take actions that are values-led and strengths-based.

The team has successfully engaged nine schools in the Love Kai process and continues to promote the programme to school leaders. Find out more about [Love Kai](#).



Collaboration across the Hawkes Bay

The Hawke's Bay District Health Board, Ministry of Education office and Sport Hawke's Bay formed a partnership in 2020 – the 'Wellbeing Partnership Group'. The group has continued its commitment to providing strategic leadership and coordination of various health and wellbeing initiatives, including Healthy Active Learning, to benefit tamariki and rangatahi across the Hawke's Bay region.

Waitākere schools and kura connect with whānau and local health providers

Collaborating to support schools and kura to connect with their whānau and local health providers is at the centre of Sport Waitākere and Auckland Regional Public Health Services mahi.

Avondale Primary School identified whānau wanted support with health and nutrition. The Healthy Active Learning Teams at Sport Waitākere and Auckland Regional Public Health Services worked together with Garden to Table, Kai 4 Communities and the Heart Foundation to create a 'Make & Take' Lunchbox workshop. Over 50 students and whānau came together to learn about and share healthy kai and took away recipes and resources to use at home. See more in the [Make & Take hui video](#).



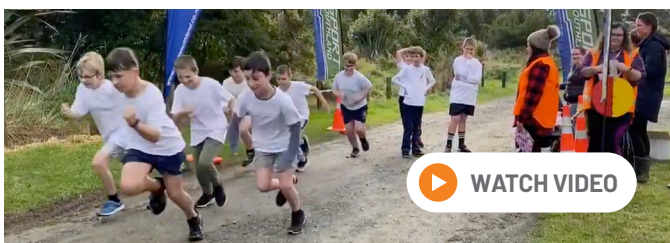
“ It’s about inclusivity, getting everyone involved, and having fun ”

Principal Sarah Read
Invercargill Middle School

Challenging the norm: Making cross country fun

Healthy Active Learning teams across the country have been supporting schools to challenge tradition and re-think the possibilities when cross country season rolls around.

- Lake Rerewhakaaitu School in Rotorua embarked on a journey from cross country to fun run. Find out what it meant for student participation and enjoyment in this [Sport Bay of Plenty article](#).
- Invercargill's Middle School also decided to try something new in 2021. Principal Sarah Read said the purpose of the revamp was to make the event more inclusive and enjoyable for all students. Watch [this video](#) to find out more.



Read Physical Education New Zealand's position paper: [Primary School Cross Country Events](#)

Inclusive play and practice with Sport Waitākere

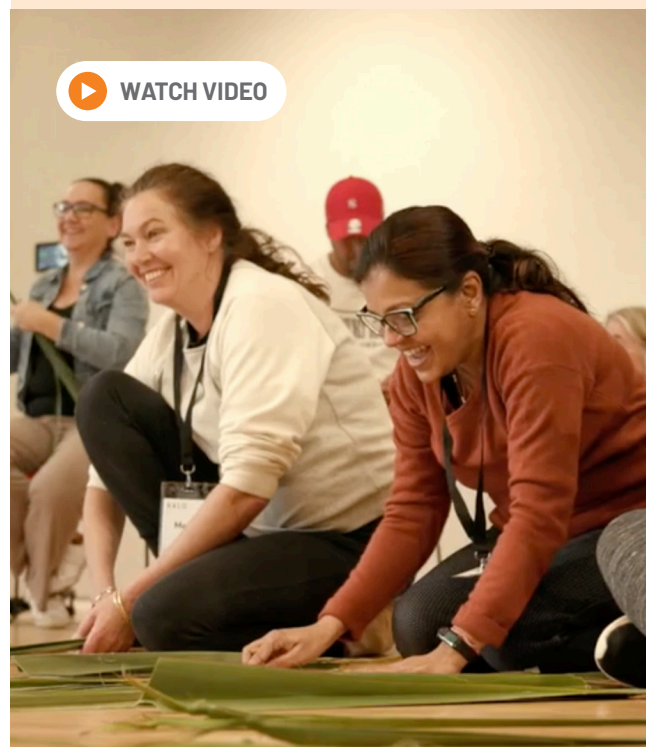
From strategy through to delivery, inclusiveness is a key concept that underpins Sport Waitākere's mahi as they support their schools to promote and provide inclusive play opportunities for tamariki.

In August, the Sport Waitākere team hosted a HALO-day (Healthy Active Learning opportunities) for their schools out west. The theme was 'Inclusive for all - Participate, Engage and Inspire'. Thirty teachers from 11 schools with a diverse range of priorities came together to learn and take new ideas back to the classroom.

Working in partnership with Circability (a community circus organisation) and the Halberg Foundation supported the success of the HALO-day.

“ We want to see teachers take what they have learnt back into the classroom and encourage their students that no matter their ability they too can participate and have that great feeling of success ”

Sarah Oto
Healthy Active Learning Advisor, Sport Waitākere



Connecting through workshops and conferences

Celebrating Matariki through Taonga Tākaro in Canterbury

In term 2, 30 teachers from Canterbury schools and kura came together for a Taonga Tākaro wānanga led by Healthy Active Learning Facilitator, Brandon Manuel. Aligned to Matariki, the workshop gave teachers and kaiako the opportunity to learn about Taonga Tākaro, traditional Māori games and activities, to help their schools, kura and tamariki celebrate the Māori New Year.

Through incorporating traditional Māori concepts into the physical education curriculum, teachers can also learn how mātauranga Māori supports positive health and wellbeing outcomes for tamariki.



“ I attended this workshop to further my knowledge, understanding and confidence of Taonga Tākaro. It is important to include the culture of all children and offer a variety of activities. ”

A kaiako who attended ngā wānanga

Connections to Kai: Regional Public Health, Wellington

Wellington Regional Public Health advisors and Nuku Ora Healthy Active Learning team have been able to work closely and find new ways to collaborate through sharing an office space once a fortnight.

In May, at a lead teacher workshop organised by Nuku Ora, the Regional Public Health advisors presented ‘Connections to Kai’. [This resource](#) uses Te Whare Tapa Whā, a model to support healthy conversations about kai. The model looks at who we eat with, what we eat for different occasions, how we share kai, where it comes from, and how it fuels our body and mind.

“ Ella Verhoeven from Wellington Regional Public Health led a great session which started conversations on how to talk about kai with students using the [Te Whare Tapa Whā](#) model. This is a new way of thinking about kai and engaging students in thinking about how food makes them feel, rather than categorising into ‘good’ and ‘bad’ foods. ”

Nuku Ora
19 June 2021



Beyond Sport conference – unpacking the Health and Physical Education Curriculum

In collaboration with the Waikato Principals’ Association, Sport Waikato hosted over 140 Principals and Health & Physical Education lead teachers to challenge the traditional structures of sport and physical education in the region’s primary schools and kura. The conference allowed attendees to explore what a holistic approach to physical education could look like.

Read more about the conference [here](#).

New resource

MoveWell: Inspiring a love of movement

A collaboration between Sport NZ, Physical Education New Zealand, ACC and the Ministry of Education, MoveWell is a new resource to assist teachers and kaiako to implement activities that support and extend children's learning, confidence, ability, and enjoyment of movement. The resource uses an enjoyable, games-centred approach to develop children's knowledge, attitudes and movement skills.

The MoveWell resource has been sent to all schools and kura and is available at [Sport NZ's website](#).



“ The MoveWell Resource is an outstanding addition to our HPE kete. It's full of practical, easy to organise activities that lay the foundation for extending our children. I personally love the 3 columns at the beginning of each booklet where it outlines the skill, what that is and what it looks like. This has been great for some of our staff who may not find teaching these areas a strength. ”

Craig Rodger

Teacher at Te Totara Primary School in Hamilton

Acknowledgement to the Healthy Active Learning workforce

We would like to acknowledge all Healthy Active Learning teams for their dedication and commitment to supporting tamariki wellbeing throughout a challenging 2021.

We would like to especially acknowledge the health promotion workforce for their incredible efforts to support the COVID-19 response. The recent outbreak has been a challenging time for all, not least for this workforce that has worked tirelessly in the fight against COVID-19. We cannot thank you enough for your efforts to help keep Aotearoa safe.

Stay connected

If you would like to contribute your story to future Healthy Active Learning newsletters, please email healthyactivelearning@sportnz.org.nz

To stay connected and up to date, and find out more about Healthy Active Learning, check [Sport NZ's website](#).