



December 2022

Healthy Active Learning National Newsletter

Te Ariā o te Pōkare

Ko te hononga te tīmatatanga
Ka pumau te hononga ka ahū whakamua
Me te mahi ngātahi ka angitu te kaupapa
Ma te kotahitanga e whai kaha ai tātou

Coming together is the beginning
Keeping together is progress
Working together is success
In unity we have strength

This newsletter is all about celebrating and sharing some of the year's mahi in schools, kura, and communities so that the Healthy Active Learning kaupapa continues to thrive.

It also highlights the collaboration that the initiative fosters. With the disruptions of COVID-19 easing, the collaboration between local, regional, and national agencies has flourished.

We particularly acknowledge the Healthy Active Learning teams for their ongoing dedication and commitment to supporting tamariki wellbeing over 2022.

We hope you enjoy a well-earned rest over the festive break, filled with whānau and fun.



Healthy Active Learning

Healthy Active Learning is a joint government initiative between Sport NZ, Te Whatu Ora Health New Zealand, and the Ministry of 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.

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Healthy Active Learning in action

This 90-second video provides a snapshot of the value that schools, kura, and their communities gain from Healthy Active Learning's holistic and collaborative approach. It's a great overview of the initiative and a useful tool to use when introducing Healthy Active Learning to others.

Healthy Active Learning now in 40 percent of schools or kura

This year saw Healthy Active Learning reach its overall target of extending into 800 schools and kura. The first 300 of those engaged in Healthy Active Learning in 2020 have also had their support extended from three to five years, meaning they will continue to be supported through to the end of 2024.

In celebration, the Minister for Sport and Recreation Hon Grant Robertson was hosted by tamariki and teachers at Randwick School in Lower Hutt to see the impact the initiative is having first-hand. See the event highlights in the video below.



[▶ WATCH VIDEO](#)



Connecting kanohi ki te kanohi at the National Hui

In July, over 100 of the physical activity workforce came together to connect, learn and share from each other's experiences.

Many of the workshops across the three days were delivered by members of the workforce and were a real highlight. These included: Sport Auckland's Lynn Kilpatrick on inclusive and mana-enhancing physical education, Sarah Jacobs on Fakamalohi Sino Village Games, Sport Canterbury's Emma Peterson, Sport Bay of Plenty's Megan Kusabs and Sport Whanganui's Jen Bagshaw on dance, Cougan Bean on Active Southland's Mission Cards, and a workshop from Sport Gisborne Tairāwhiti's Manawakura Lead Darryl Crawford.

The power of a whole-school approach

Having the whole school on board with the Healthy Active Learning kaupapa is key to its sustainability.

Our Lady of the Assumption in Ōtautahi Christchurch is an example of a school where everyone, from tamariki to the school board, has been committed to creating a more inclusive, holistic, and play-friendly physical activity environment. Working alongside the Sport Canterbury Healthy Active Learning team, the school has created an environment that allows all their tamariki to shine.

[▶ READ THE FULL ARTICLE](#)



Tapuwaekura

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 for better health and wellbeing outcomes. Recent evaluation findings demonstrate the impact the approach is having.

Engagement

34 kura **192** kaiako **7** regions

The kaupapa Māori-centered evaluation approach was informed by the whakataukī:

Mā te rongō, ka mōhio, mā te mōhio, ka mārama, mā te mārama, ka mātau

From listening comes knowledge, from knowledge comes understanding, from understanding comes wisdom

“**What Atua Matua is setting out to do and what it’s trying to achieve is to give that mātauranga Māori the space to be relevant for our kids today. It has to be, otherwise it just becomes a subject that we study in the past.**”

A kaiako from Te Pa o Rakainautu in Ōtautahi Christchurch.

The pursuit of mātauranga Māori

Tapuwaekura is supporting kura and kaiako to embed Atua Matua as an approach and supporting them to indigenise their systems, policies, and curriculum.

Kura shifting from	Kura shifting towards
Gregorian calendar	→ Maramataka
Risk assessment/RAMS (what you can't do)	→ Tohutaka/Te Kawa Whakatika (what we can do)
Marautanga o Aotearoa	→ Marautanga ā-lwi
Professional development	→ Whakangungu (way of being)
Learning in the classroom	→ Learning from Te Taiao
Receiving disseminated knowledge	→ Whaiwhai mātauranga (pursuing knowledge)



Enhancing tamariki wellbeing and learning

Tamariki and kaiako are connecting to their rohe and te taiao, in some cases for the first time, and gaining a deeper understanding of and personal relationship with mātauranga. Kaiako say they are noticing less behaviour related issues in the classroom, tamariki are attending school more regularly, and generally being more physically active.



“**Tapuwaekura has everything including those real values of mana tangata, mana whenua, mana moana. So if kids have got the mana of all of that, they can leave our kura knowing who they are and be successful in both worlds.**”

The Tumuaki from Te Kura o Muriwai, a small kura in Turanganui-a-Kiwa which has been part of Tapuwaekura since 2021.



Taking a holistic approach to kai

Several tamariki-centred holistic kai programmes took place this year – all about supporting tamariki to connect with their kai, where it comes from, and how it makes them feel.

Te Matau-a-Māui Hawke's Bay

Ebbett Park school's 'Kia Whakatau te Hauoro' afternoons, held twice a term, focus on being active and sharing kai to enhance hauoro of tamariki in ways that work for them.

The event highlights the power of collaboration, specifically the Hawke's Bay Health and Wellbeing Partnership Group. The joint-agency advisory group provides leadership and guidance for health and wellbeing initiatives in schools and kura, primarily Healthy Active Learning and Ka Ora, Ka Ako. The group released its first [annual report](#) this year.



Gisborne Tairāwhiti

The Manawakura team at Sport Gisbourne Tarāwhiti has been working with kaiako to support tamariki to connect with te taiao to create meaningful and mindful connections with their food.



Whakatū Nelson

Tamariki got taste-testing at Auckland Point School where the Healthy Active Learning team at Sport Tasman collaborated with Nelson Marlborough Public Health to pilot their Try Your Kai programme.



Integrating Te Ao Māori into classroom learning



Matariki

Matariki offered many Healthy Active Learning schools and kura an opportunity to learn about Te Ao Māori through being active in their local taiao and sharing nutritious kai.

Sport Whanganui's Healthy Active Learning team and students from Aberfeldy and Mangamahu were invited by Te Kura o te Kokohuia to learn how to build manu tukutuku (kites) from natural resources in the area.

Find out more in the [Whanganui Chronicle's article](#) about the day.

Taonga Tākaro

Across the motu lots of teams have been facilitating Taonga Tākaro (Māori games) workshops for kaiako. Often run in partnership with [He Oranga Poutama](#) providers, the workshops show how mātauranga Māori (māori knowledge) can be integrated into Physical Education and other curriculum areas.

Kaiako and tamariki at Sir Edmund Hilary Middle School in Tāmaki Makaurau celebrated Te Wiki o te Reo Māori with an interhouse Kī-O-Rahi tournament. Its success was the result of ongoing Professional Learning and Development (PLD), led by CLM Community Sport, around Taonga Tākaro and how kaiako can integrate its learning with the pūrākau already being taught in class.

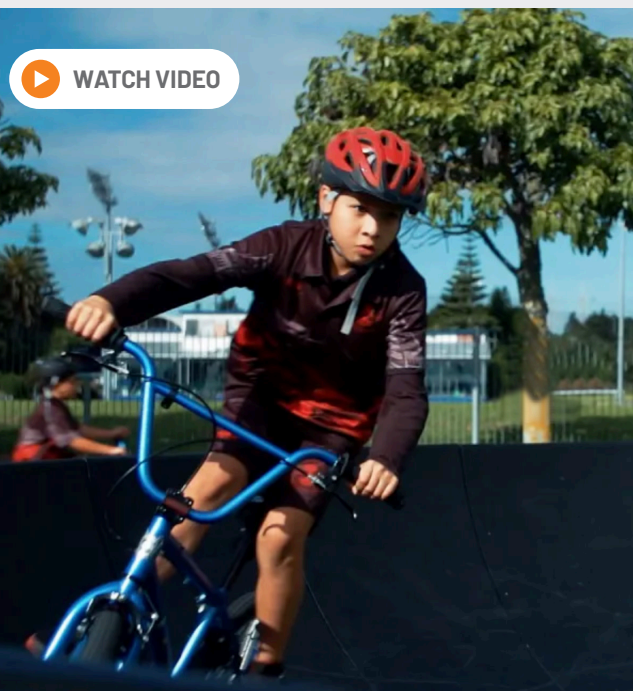


▶ WATCH VIDEO

Enhancing tamariki wellbeing through better connected communities

Ōtara Manākitanga Fun Festival

A former COVID testing centre in Otara, South Auckland was turned into a Fun Festival in term two of this year – offering tamariki a reprieve from the interruptions of the last few years. Around 300 tamariki from 10 kura came together to enjoy the day which was supported by the Healthy Active Learning team at CLM Community Sport and [Tū Manawa Active Aotearoa](#) funding.



▶ WATCH VIDEO

Active Hub Whānau Day

Napier's Richmond Primary Active Hub Whānau Day in term three turned into a community-wide celebration. Supported by the Sport Hawke's Bay Healthy Active Learning team and the Hawke's Bay Health and Wellbeing Partnership Group, 57 students and 80 of their whānau were joined by representatives from more than 20 community providers for an afternoon of being active, sharing kai and connecting with whānau.



▶ READ THE FULL ARTICLE

Play Friendly Schools

Prioritising play in Northland

Kamo Primary School gave its grounds a creative play-friendly makeover thanks to the support of Sport Northland's Healthy Active Learning team and the Tū Manawa Active Aotearoa Fund.

[▶ READ THE FULL STORY](#)



A Play Festival for the community

Auckland's Stanhope Road School had an awesome Play Festival during Play Week Aotearoa 2022, where tamariki, whānau, staff and the neighbourhood joined in lots of fun and activities.

[▶ WATCH VIDEO](#)



Student voice and leadership

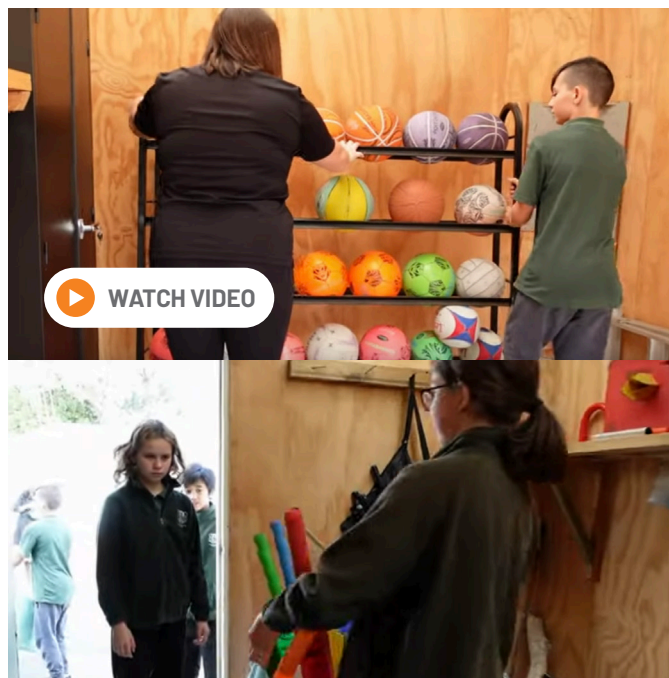
The wants, needs, and aspirations of students are being heard loud and clear across Healthy Active Learning schools - resulting in more tamariki being active in ways that work for them.

Physical Activity Student Leaders

Physical Activity Student Leaders are a valued part of many schools now - with lots of Healthy Active Learning teams running leadership programmes for the student leaders this year.

Sport Manawatu's Healthy Active Learning team worked with St Mary's School to establish a physical activity leaders programme for students. Thanks to Tū Manawa Active Aotearoa funding, one of their projects included an overhaul of the dusty PE shed.

[▶ WATCH VIDEO](#)



Girl power

After speaking with students, Waikowhai Intermediate in Mt Roskill realised it could be doing more for their female students and set up the Wai-Walkers - a popular lunchtime walking group.

[▶ READ STORY](#)



Creating more inclusive sports days

Inclusive and adaptive athletics day, Ruakaka School

In term two, Ruakaka School worked with Parafed Northland to create an inclusive and adaptive athletics day for the whole school to enjoy.



The Remarkable Games, Tairāwhiti

Sport Gisborne Tairāwhiti and the Manawakura team facilitated the Remarkable Games in term three. It saw 30 tamariki and rangatahi whaikaha (disabled young people) come together to compete in a safe, fun and supportive environment.



Empowering teachers

A big part of Healthy Active Learning is about supporting teachers to deliver quality Health and Physical Education.

Supporting teachers through Professional Learning and Development (PLD)

For the Sport Waikato team, enhancing the wellbeing of tamariki through quality physical activity starts with supporting teachers. Their approach, developed through working with Te Pae Here Kāhui Ako, sees them deliver PLD each term to champion teachers.



Deep dive into MoveWell

Following the distribution of the games-centered resource MoveWell to all schools in 2021, Sport NZ and Physical Education New Zealand worked in partnership to deliver a series of MoveWell workshops for Healthy Active Learning teams across the country. Teams explored how MoveWell can be an effective resource in supporting schools and teachers to provide inclusive and engaging opportunities for ākonga to be physically active. This learning was later shared in the many MoveWell workshops facilitated by Healthy Active Learning teams for their respective schools.

Sport Tasman's Healthy Active Learning team delivered 14 MoveWell workshops to a total of 49 teachers.

Find out more about MoveWell and [download the resource](#).



Teachers in Tasman get a hands-on lesson in using MoveWell in the classroom.

Resource and curriculum updates

Te Hauora me Te Akoranga Koiri – Health & Physical Education Online

In recognition of the holistic value of Physical Education to the wellbeing of tamariki and rangatahi, and as part of their commitment to Healthy Active Learning, the Ministry of Education launched [Te Hauora me Te Akoranga Koiri - Health and Physical Education](#). You will find curriculum-focused policy and guidance, teaching and learning resources, professional development support and a range of links for additional support.

In Our Backyard

With New Zealand hosting a series of major sporting events over the next two years, Sport NZ has developed a suite of resources and a framework called In Our Backyard to support schools and kura, sporting organisations, and local communities to work together in collaborative and innovative ways to help students learn through sport.

Find out more and explore the learning modules at [In Our Backyard](#) on Sport NZ's website.

Relationship and Sexuality Education Guidelines

The refreshed *Relationships and Sexuality Education: A Guide for Teachers, Leaders, and Boards of Trustees*, focuses on consensual, healthy and respectful relationships as being essential to student wellbeing. It is available in two volumes: one for years 1-8 and one for years 9-13. Download the resource at tki.org.nz.

Mental Health Education Guidelines

Mental Health Education Years 1-13: A guide for teachers, leaders, and school boards is designed to help schools adopt an approach to strengthen teaching mental health education. Distributed to schools in term 4, the [guidelines](#) can also be downloaded.

**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 to find out more about Healthy Active Learning, check [Sport NZ's website](#).