



ACTIVE MOKOPUNA

NEWSLETTER | OCTOBER 2018

FROM THE TEAM



Yay Summer is on its way, it's a new term and hopefully everyone is feeling a little more bounce in their step as they look forward to all the exciting things ahead...perhaps more excursions out and about the community, lots of outdoor water play and dare I say it, Christmas Parties to celebrate yet another year of growth and learning. This term here at Sport Gisborne Tairāwhiti we embrace change as we welcome to the Active Mokopuna Team Stacey McBeth. Previously a Te Reo Maori tutor at Te Wananga O Aotearoa, Stacey comes to us full of aspirations to help our tamariki and whanau lead active and healthy lives.

She is a trained social worker, busy mum of three and you will often find her enjoying walks or trips to the beach with her whanau or hitting the pavement every Saturday morning at Park Runs. She will also be a member of the Active Families Team here at Sport Gisborne, coordinating the new Pepe Paopao Programme. This is a home-based programme to support tamariki under five and their whanau achieve health related goals. We feel excited to have Stacey join us and look forward to her input into these programmes.

It's also that time of year where we invite you, the early childhood centres and kohanga reo around the region to register for the 2019 Active Mokopuna Programme. More details if you are interested are on page 2. Finally I'd like to thank everyone for their support of our events last term. We had 150 tamariki from 11 centres participate in the Early Childhood Gym Festival and 45 educators attend the Nature Play Workshop. We appreciate what it takes to get along to these things, so hats off to you all! On that note we wish you all well for the remainder of the year and look forward to what lies ahead.



To view more photos from the gym festival visit our Facebook page: Active Mokopuna - Sport Gisborne Tairāwhiti

NAU MAI STACEY KI ACTIVE MOKOPUNA



Kei aku nui, Kei aku rahi. Tēnā ra koutou katoa, Nga mihi manahau ki a tatou.
He uri ahau no Tuhoe, Te Aitanga a Mahi, Ngati Porou hoki.
Ko Stacey Mcbeth tōku ingoa

I haere mai au ki SGT mai Te Wananga o Aotearoa
Ko toku Turanga hou, he kaiawhina kei roto i te roopu Active Mokopuna
Kei te hihiri toku ngakau ki te tutaki i a koutou katoa
Ki te mahi tahi, kai tahi, korero pihikete.

Ma te ra hei tiaki i a tatou katoa.



WAY TO PLAY WITH AUTISM NZ



'Play is a vital contributor to development, therefore it is essential that children with Autism are given as many opportunities as possible to participate in it'

Last month I had the privilege of attending the Way to Play Workshop with Autism NZ where we learnt about Autism and discovered tools for learning how to play joyously with children on the spectrum. It was quite an eye opener. We unpacked what really defines play and ways which we can make ourselves as guides become more interesting to a child with Autism and have a more meaningful role in the play process.

A key learning for me was that if the child doesn't play it's not because he doesn't want to. He does want to play; we as people without autism, just need to be responsible for making the effort to meet the child with autism on their terms. After all, it's easier for us to do so! I came to appreciate the level of anxiety children on the spectrum face when things in their life are unpredictable and spontaneous. However there is a lot the unpredictable world has to offer children on the spectrum, so for us, learning strategies to help build their resilience and support their learning, becomes really important. The Pattern, Memory and Variation strategy offered some enlightening information that can help make play



fun but also encourage children with Autism to problem solve and think outside the square. There were some great videos demonstrating the strategies in action and it was really uplifting to see these breakthroughs occur! I would like to thank presenters Neil Stuart and Tanya Blakey for offering this insightful workshop in Gisborne. If you can get along to the next one I'd definitely recommend it.

2019 ACTIVE MOKOPUNA REGISTRATIONS



Developing fundamental movement skills through play and encouraging healthy eating habits are core components of the 12 month Active Mokopuna Programme...



PLEASE NOTE SPACES ARE LIMITED . PREFERENCE WILL BE GIVEN TO THOSE WHO HAVE NOT BEEN ON THE PROGRAMME AS RECENTLY AS OTHERS .

Considering the Active Mokopuna Programme next year ? Here's our top 5 reasons why you should register to apply:

- 1 Tamariki will enjoy a range of movement and play opportunities and nutrition based learning activities.
- 2 Staff motivation towards developing an environment where physical activity and healthy eating are promoted will increase.
- 3 Staff will receive support and resources to assist with the planning and implementation of movement and nutrition based practices.
- 4 We share stories and panui with whanau and extend invitations for them to be part of the Active Mokopuna Journey.
- 5 It's free but more importantly its fun and flexible. It's important to us to shape the programme to support your needs and values.

Registrations in both English and Te Reo will be sent out via email next week. Feel free to contact us if you have any queries. Applications close 9 November.

EVENTS

.....
Come and join in the fun this term

UNDER 5'S WHANAU DAY ON THE MAUNGA



THURSDAY 18 OCTOBER 3:30 - 4:30 PM

During the Titirangi Mount Everest Challenge, under 5's and their whanau are invited to join the Active Mokopuna team on Titirangi for some fun activities and games as we make our way up to the summit. Find some Sport Gizzy Rocks along the way and meet Scooter the Active Play Bunny! Feel free to pack some healthy snacks to enjoy at the top.

Spot prizes to give away as well as a Best Costume prize for Under 5's. Water refills and fresh fruit will be available at the top. Simply bring your own water bottle, comfy shoes and a can do attitude



Will you be able to find a Sport Gizzy Rock on the Maunga?

Huge shout out to Kimihia Te Kupu Te Kohanga Reo who have not only registered for the Titirangi Mt Everest Challenge 2 years running but even manage to take the tamariki up 3 times a week - legends!



A WORD FROM YOU...

.....
"I would like to say how much our staff and the tamariki enjoyed thie gym festival. In fact one of our tamariki has enrolled in a gymnastic class because they had such a positive experience. I thought the stations were challenging as well as engaging for tamariki, ...It has given me some ideas to take back to our centre"

WORKSHOPS

.....
Upcoming professional development



GROWING HEALTHY TAMARIKI - PRESENTED BY REGISTERED DIETITIAN MARY HOPE

Confused by all those messages about what our kids should and shouldn't be eating? Come along and hear Mary share ways that you can support tamariki to develop healthy eating habits from a young age. Pick up some lunch box ideas, learn how to understand food labels and have all your burning questions answered.

13 November 2018

5:30 pm-7 pm

\$5

Sport Gisborne Tairawhiti Board Room

Bought to you by Sport Gisborne Tairawhiti and the Heart Foundation. Register on our Facebook page or contact Monique here at SGT.

Or perhaps a lunch time workshop suits you better?

Keen to make good use of of your lunch break. Pop down to Sport Gisborne Tairawhiti and join dietitian Mary Hope in one of her popular lunch time nutrition workshops! Discover nutritious spring meals that will get your whanau feeling great! Simply email maryh@sportgisborne.org.nz to register!



Thursday 18 October, 12:10 - 1 pm, \$2

NUTRITION TIP

Healthy Lunchbox ideas - Nga Taurira Kai

- Lunchboxes can be a real challenge - Variety is key but you also need to know the lunch will be eaten! By including foods from each of the four food groups you will help ensure they get all the necessary nutrients. Asking your children what they would like, or involving them in preparing their own lunchboxes, will reduce the likelihood of the food being thrown away or coming home uneaten.
- The 4 food groups include 1/ Dairy (cheese, yoghurt, milk), 2/ Protein Foods (meat, eggs, legumes), 3/ Fruit and Veges and 4/ Grain foods (Breads, rice and cereals)



MOVEMENT TIP

Do It Together

Play is vitally important to a child's social and emotional development. However, parents often take the attitude that playing is done only when time allows. This limits opportunities to enjoy your children's company and to learn a great deal about their personalities and the way they think and reason. By focusing your attention on them and by allowing them to "master" their environment, you will not only build their self esteem but create wonderful lasting memories.

1. Relax and enjoy the activity. No need to take charge, let them take the lead.
2. Learn to ask open-ended questions while you play, such as: What do you think will happen if _____? Can you think of another way to _____?
3. If you and your child are not enjoying the activity, stop. Play should be something that is enjoyable for everyone involved.



RECIPE CORNER

A refreshing snack for children and fun to make

This recipe is brought to you by:



INGREDIENTS

- 375 g fresh, frozen or canned fruit
- 375 g banana

METHOD

- Place chosen fruit in a saucepan and cover with a lid
- Bring slowly to a boil then turn off and allow to cool
- Blend fruit with equal quantities of banana until smooth
- Pour into ice block moulds with a stick and freeze



Serves: 10

Preparation: 15 minutes

FUN SKILLS CORNER

Help develop hand and eye co-ordination

Taka Mai Nga Rau

With warmer days upon us, get out and about and head on a treasure hunt in and around your home or neighbourhood. Try and find fallen leaves, petals, feathers and other objects of interest.



How many leaves can you get before they hit the ground?

Progression

Drop a number of leaves from a specific height. Tamariki can then attempt to catch/ gather the rau(Leaves) before they hit the ground.



- Alternatively you can use feathers and petals
- Try cutting up pieces of newspaper/paper
- Use mini scarves for our pepi