



Happening with Harold

News from Life Education Trust NZ
November 2021

RESPONDING TO THE VAPING EPIDEMIC

Life Education Trust have been talking to school principals and teachers about the concerning number of students vaping. This month, the Asthma and Respiratory Foundation (ARFNZ) released a report showing more than one in four secondary school students they surveyed vaped at least once a week. Alarming, 20% were vaping daily and of those 86% felt they were addicted. Those vaping several times a day were using higher doses of nicotine.



Professor Philip Pattemore, paediatric respiratory physician and co-author of the report, says there is increasing evidence that vaping poses significant health risks for young people.

"Vaping with nicotine has been consistently associated with depression, ADHD and conduct disorders in adolescents, and nicotine exposure has been shown to impact learning and memory," says Pattemore.

Life Education Trust Chief Executive, John O'Connell, said the survey results back up what the trust has been hearing from schools.

"What's most alarming is the incredibly high nicotine rates they're using and the impact of that. Secondary school principals are saying vaping has become an epidemic and a third of the primary school leaders we work with are citing it as an issue," says O'Connell.

As a result, next year Life Education Trust plans to include vaping education in four programmes.

1. A new theatre-in-education programme concentrating on the impacts of vaping will be offered to secondary schools. The programme will be based on the Trust's successful alcohol education programme, SMASHED.
2. Professional development workshops will be offered to teachers and whānau throughout New Zealand.
3. Workshops with Year 9 and 10 students will be hosted by Life Education Trust specialist health educators at selected secondary schools.
4. Vaping is a topic offered to schools in the Healthy Harold programme provided in mobile classrooms at primary and intermediate schools. New resources will be introduced in 2022.

UNPACKING ANXIETY AT SCHOOL

With the added uncertainty of COVID-19 and lockdowns, it's never been more important to support tamariki to grow their hauora and meet challenges with resilience.

Anxiety is a normal human emotion and all children experience it, however, some tamariki feel worried or anxious so often it interferes with their day-to-day life.

Teachers play an important role in supporting students with anxiety but many teachers tell us that they need to better understand anxiety and the action to take in order to feel equipped to help their students feel safe and comfortable.

In terms three and four, Life Education Trust hosted a series of professional development workshops across the country for teachers. The workshops were presented by Goldie Hamilton, National Manager of Anxiety NZ, who helped teachers to recognise symptoms of anxiety and gave them ideas of how to support children and whānau.

Feedback from teachers who attended has been very positive. "It all seemed to ring so true! Very relatable content and presented so well. I really liked the idea that the feelings of anxiety were so similar to those of being excited!" (Southland teacher)



AnxietyNZ
TRUST

FOOD FOR THOUGHT WITH NIKKI HART

With one in ten tamariki classified as obese and at risk of serious health conditions such as diabetes, a key focus for Life Education is to help tamariki understand what their body needs to function well.



Well-known New Zealand-registered nutritionist Nikki Hart recently donated her time to share the latest nutrition guidelines with Life Education Trust's health teachers, debunking some food myths so they could shape their classes accordingly.

Brain food - Nikki said carbohydrates have got a bit of a bashing over the years, but carbohydrate is not bad – it is the primary source of fuel for your brain and heart.

"We must make sure children have access to carbohydrate because they won't be able to concentrate without it."

Fats, particularly Omega-3 unsaturated fatty acids found in oily fish, nuts, seeds and plant oils, are also good for the brain and are essential for memory and learning. B vitamins found in whole grains, green leafy vegetables, lean meat and legumes are vital for brain function and neurochemical production.

"You need a varied diet to get all these important nutrients. If you are 'groundhog day' eating where you eat the same thing day after day, you are at risk of eating a very restricted, narrow range of food, and therefore not getting the full complement of vitamins and minerals you need."

Nikki says it's important to eat across all the food groups and to make sure you're getting the recommended servings.

Comfort eating - She says a litre of blood travels to the brain every minute, so a highly processed, high fat, high sugar diet will do nothing for your brain cells.

There is a place for comfort food and treats should be consumed without shame or guilt, however, the trick is to choose food in its more natural state as a snack, rather than always opting for a luxury, processed treat item.

"We want people to eat as much colour as they can to get the antioxidants, vitamins and minerals that they need. However in this time of COVID, people are feeling uncertain, stressed and worried and so we gravitate to foods we know and love. The trick is to keep it to a level where you feel in control of it."

There should be no shame or guilt around food - Nikki says we need to push back on classifying food as good or bad. There is a place for everything, whether that be a post-lockdown brioche or fish and chips, but we need to place it in context.

"That is the key to nutrition for our kids, is saying to them hey, have it in

the serving size that it's meant to be had in and watch the frequency of treat items. Children need to eat a variety of foods and not get bogged down by the good or bad."

Nutrition guidelines - New eating and activity guidelines for New Zealand were developed in 2020.

Nikki says the recommended vegetable servings have really ramped up. Primary-school aged children should eat at least four to five vegetable servings and one to two fruit per day.

An easy way for children (and adults!) to remember serving sizes is to use their hands.

"A piece of meat should fit into the palm of your hand and be as thick. If it's fish it's your whole hand, if it's carbohydrate like pasta, rice or potato it's the size of your fist. For vegetables, two cupped hands is one serving."

Sustainability has been taken into consideration for the new guidelines, which encourage people to eat more plant-based protein.

"Legumes (beans and lentils) are a good source of vegetable-based protein. They also contribute carbohydrate, are a fabulous source of fibre and a good economical extender of food. This is why we're trying to encourage people adding them to their daily intake."

While it's important to expose kids to all types of protein, red meat remains a useful source of iron for growth. You'd need to eat 2 kgs of spinach to get the same amount of iron you get in a 100gm steak. To enhance the absorption of iron, you can combine it with vitamin C, and/or combine non-haem iron (found in spinach and other vegetables) and haem iron (found in red meat).

Nikki says it is better that we expose children to some dairy than no dairy, but some forms can be high in sugar. It can be helpful to put it in context e.g. having chocolate milk with a piece of fruit after sport and a plain yogurt with breakfast. If selecting plant-based milks it's important that a serving of 100ml milk provides at least 100mg calcium.

On sugar, Nikki says it is important we access sweetness as naturally as we can, which is why we promote eating fruit and yogurt (lactose is a milk sugar). Sugar is highly processed and damages teeth.

Processed foods - The new nutrition guidelines emphasise wholefoods, but processed foods are not necessarily unhealthy. For example, frozen vegetables are lightly processed, but as they are flash frozen within minutes of being picked they contain more vitamins and minerals than fresh peas you might buy. They are also often more economical.

"We want you to be able to identify your food. If you turn the label around and can't pronounce the ingredients, that might be an alarm bell that you shouldn't be having too much of it."

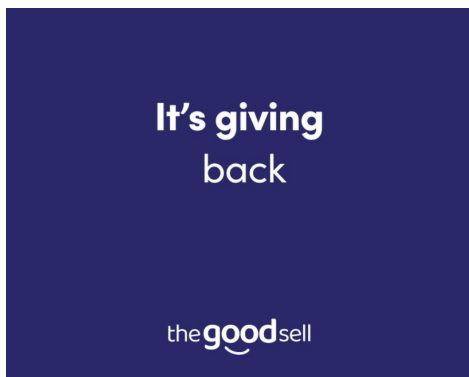


OUT AND ABOUT WITH LIFE EDUCATION - THE HIGHLIGHTS



LOCKDOWN TEACHING

COVID-19 restrictions limited our ability to visit schools across the country in Term 3 and continue to disrupt plans in Auckland and Waikato in Term 4. Affected Educators have created videos of the Healthy Harold programme for primary schools and offered online classes.



THE GOOD SELL FUNDRAISER

Until 5 December, our Trusts are fundraising on the online platform The Good Sell, selling donated experiences and items to support their work in their communities. Visit: www.thegoodsell.co.nz



MENTAL HEALTH AWARENESS WEEK

We promoted Mental Health Awareness week and the theme 'take time to kōrero' with friends and whānau, sharing resources and videos to encourage fostering relationships to supporting our wellbeing.



CHINESE LANGUAGE WEEK

In September, we supported Chinese Language Week, promoting the importance of connecting with our identity and embracing the many cultures and languages NZ.



BLUE OVAL ROADSHOW

Our West Coast Trust benefited from Ford's roadshow of new cars when it visited Grey Ford in Greymouth. For every car taken for a test drive, \$50 was donated to the Trust.



COMMUNITY AWARD WINNERS

Our Marlborough Trust won the Child and Youth Development category in the 2021 Community Awards. Congratulations to the team!

MONEY MOJO FOR TEACHERS

For many of us, talking about money is hard. But for our rangatahi to make positive financial choices, they need to be having valuable conversations about money.

Research shows impulse spending is a problem in young New Zealanders and that only 30% of them consider long term planning beyond 5 years. This research also shows most young people rely on their parents for information about financial matters, although many doubt the knowledge their parents are imparting.

Teachers play an important role in shaping young people's attitudes, so it's important to equip them with knowledge and skills to support students to become smart with money.

Next year, Life Education Trust intends to provide Money Mojo professional development workshops for secondary school teachers.

Wairarapa secondary school teachers will be the first in the country to experience the workshop in a pilot in November.

The professional development complements our financial literacy programme SMART\$, which is performed for Year 10 students. Like SMART\$, the workshop will cover debt, savings, Kiwisaver, credit cards and deferred payment plans.



Money Mojo



FIGHTING FOR FAIR IN THE FAR NORTH

For Diane Henderson, making sure kids in the Far North get the same opportunities as other New Zealand children is a constant motivation.

Diane has been Chair of the Far North Life Education Trust for 13 years and was recently made a life member of the organisation.

The Trust's area stretches across 200km and has a lot of smaller, remote schools.

"It's special that Life Ed makes the effort to visit those schools, because nobody else will. I know it has an impact in the schools. We can't let the kids in the Far North miss out on what other kids in New Zealand have - it's not fair."

Sadly, the Far North features on the wrong side of many of the country's social and health statistics. Diane says Life Education's Healthy Harold programme is comprehensive, covering both physical



and mental health and has plenty of important messages for kids in the area to take on board.

The Trustees' primary role is finding funding for the region's Life Education mobile classroom, Educator and resource materials.

"It's really challenging," says Diane. "There isn't a big city in our region, so there aren't big businesses we can reach out to."

This year, after a television interview, the trust's Give-a-little page drew in hundreds of donations to get them over the line for a long overdue technology upgrade to the mobile classroom.

"We are the last Trust in the country to get our upgrade, so we are very grateful. The technology will help bring the lessons to life," says Diane.

Diane recommends anyone thinking of becoming a Trustee should get on board.

"The rewards are so great. You only have to sit in a mobile classroom for one session and you're hooked. It's hard work, but you meet some great people. It becomes a passion."

FEEDBACK FROM OUR HEALTHY HAROLD PROGRAMME

School teachers are asked to provide their feedback after their lessons with Life Education. This continuous evaluation process measures the quality of our teaching and how we meet teacher's and children's learning needs. This is managed independently through Research NZ.

FEEDBACK
AND
OUTCOMES

"I have always found all your educators to be so enthusiastic and engaging. The kids love going, they remember Harold and are excited when the mobile arrives. In all my experiences all children are engaged and eager to participate - this doesn't happen with all visitors. Lessons are interactive. - Bucklands Beach Primary School

"The age of the children I teach love Harold and take on board what he says. They enjoyed and recalled information they learned about their bodies. It was also pleasing that they recalled information learned in past years and were able to talk about this in the initial introduction for the first lesson. - Mid South Canterbury School

THANK YOU TO ALL OUR SPONSORS FOR YOUR CONTINUED
SUPPORT DURING THIS CHALLENGING YEAR!

Our national partners:



the warehouse



bakertilly
STAPLES RODWAY



Reserve Bank
of New Zealand
Te Pūtea Matua

booster
making sense of money



pmg
Charitable
Trust

Apparelmaster
WORKPLACE RENTAL & LAUNDRY SOLUTIONS



HERBALIFE
NUTRITION

Pub
Charity



Lottery Grants Board
FUNDS FOR YOUR
COMMUNITY



the Southern
trust



THE LION
FOUNDATION

LIFE
EDUCATION
TRUST NZ

Inspired Learning. Inspiring Lives.