



Canterbury District Health Board

Health Promoting Schools

Ma te tautoko a te iwi ka puawai te kura

MAY 2007 ISSUE 14

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Ma pango, ma whero ka oti te mahi – Working together to achieve healthy outcomes

World Smokefree Day (WSFD) is coming!

31 May 2007

This term's magazine focus is Smokefree. Inside you'll find lots of great examples of what other schools are doing to celebrate World Smokefree Day (WSFD), what you can do in your school to promote a Smokefree environment and to address smoking issues. It also includes other useful information for your newsletters.

The focus for World Smokefree Day 2007 on 31 May is on creating a smokefree/auahi kore future for the young people of Aotearoa New Zealand. The theme is:

"Smokefree... it's about us / Kia Auahi Kore mo tatou te kaupapa."

'Us' are the young people of Aotearoa New Zealand. We are working towards a smokefree/auahi kore future for them and with them. As in previous years, this theme has been designed so that it can be adapted to complement the tobacco control priorities of different communities,

for example,

- Youth advocacy
- Extending smokefree environments such as playgrounds and public places
- Auahi Kore whare/waka
- Auahi Kore marae
- Smokefree schools/Auahi Kore kura
- Banning point of sale advertising
- Anti-industry activities
- Cessation
- Smokefree families/Whanau Auahi Kore
- Political lobbying e.g. for higher taxes on tobacco.
- All of these activities can contribute to reducing smoking initiation by young people.

You can find out more about World Smokefree Day at:

www.worldsmokefreeschools.org.nz

Other useful websites include:

- www.hsc.org.nz – Smokefree information, evidence and merchandise.
- www.notourfuture.co.nz – New Smokefree youth campaign.
- www.lungfish.co.nz – great site for students, teachers and parents.
- www.smokefreeschools.co.nz
- www.moh.govt.nz/tobacco



Schools Encouraged to Contact Local Retailers

Research shows that a large proportion of school age smokers buy cigarettes from retail outlets such as dairies.

Schools can play an important role in supporting and encouraging their local retailers to adhere to the law, which prohibits the sale of cigarettes to anyone under the age of 18. If you haven't done so already, you may wish to develop a relationship with cigarette retailers in your community and encourage them to work with you in addressing this problem.

This sample letter from your Principal, Board of Trustees or Parent Teacher Association could be one way to engage with your local retailers.

Dear Retailer,

We are writing to ask you to support our school's efforts to promote Smokefree environments and educate our students about the serious health risks associated with smoking. Nearly 5000 New Zealanders die each year from smoking related illnesses and we want to ensure that our students are not part of this alarming statistic.

We are aware that young people obtain their cigarettes from retail outlets, despite the law prohibiting the sale of cigarettes to anyone under the age of 18.

We know that young people can, at times, be very persuasive and even intimidating in their efforts to buy cigarettes and if you are finding this to be a problem, please contact us so that we can address the issue with our students.

Please ensure that your shop does not sell cigarettes to anyone under 18 years of age. This applies to most of our students. It is important to remember that if you sell cigarettes to young people under 18, you may be prosecuted and liable to a fine of up to \$2,000.00.

Thank you for supporting us on this very important matter.

For your newsletter

Conversation starters for parents

"It's your choice, but I think..."

"I read 90% of NZ teenagers don't smoke daily, does this sound right?"

"What do you think I would say about smoking?"

Ask about risks of smoking for them (trouble, addiction, smell, cost health)

Say your family rules, for example smokefree home and car

Conversation starters... for parents who smoke

Smoking is very hard to quit, I wish I could..."

"When I started smoking we didn't know as much about the harms, maybe I wouldn't have started..."

"Even though I smoke I hope you don't..."

Smoking Cessation Options for Students and Their Families

Aukati Kaipaipa (AKP)

Free 12-month programme for Māori Women and their Whānau over 18 yrs
Kaupapa Māori Service.
Personalised programmes.
Face to face support.
Free nicotine patches and gum.
Your own quit coach for help and support for 12 months.
Referral to other services like nutrition & exercise.
Mobile service.
Contact Christine or Elsa at Hauora Mātauraka on 3740 490

PEGS programme

P Preparation
E Education
G Giving up
S Staying Smokefree
Costs to clients are dependent on the Pegasus Health practice and the GP

consultation.
Clients may incur costs if they are a new patient to the practice.
Nicotine Replacement Therapy (NRT) patches and gum are at a cost of \$5.00 per month per item.
Contact your local Pegasus Health Practice or other GP provider.

198 Youth Health Centre

Free service
One on one counselling, including Nicotine Replacement Therapy.
Nicotine Replacement Therapy costs \$5.00 per month.
Open to clients registered with the youth health centre.
Younger clients must be extremely keen and motivated to quit.
Contact Renee on 379 4800

Quitline – 0800 778778

Nicotine patches & gum at a reduced cost.
\$5.00/month/item Quitline send a Quit card to exchange at pharmacies for patches or gum.
Additional items may incur additional costs.
Support while quitting.
www.quit.org.nz

Smokechange

Personalised education and support during pregnancy.
Home visits & telephone support offered over six months or more.
Nicotine replacement offered through Quit card - \$5.00 per month per item.
smokechangesouth@efc.co.nz
(03) 379 9947

Understanding Why Youth Smoke

Knowledge is not the problem

The health effects of smoking are widely publicised. It would be hard, if not impossible, especially for students who are exposed to Smokefree messages in the school/kura curriculum, to be unaware that smoking harms and kills. Most students, if not all, are aware that smoking causes disease and death.

There is more to teaching Smokefree than just the health risks and teachers can help prevent smoking uptake among students.

The problem is complex

Smoking among youth is largely to do with emotional, not rational, decision-making. Like piercing an ear or dyeing hair, smoking is used as a tool of self-expression and control, independence and rebellion. Youth often smoke to show that they have made a decision for themselves, that they are conforming with their peer group. Sometimes, what makes smoking so alluring to teenagers is that it

is forbidden.

Youth appear to be particularly vulnerable to the effects of nicotine on the brain. This may be because the brain continues to develop during adolescence, making the impact of nicotine even greater for adolescents than it is for adults.

Youth are More Likely to Smoke if:

- their parents smoke
- their peers smoke, or if it is considered acceptable by their peers
- other people of influence smoke ie teachers, favourite celebrities etc
- they have access to cigarettes
- they have a disposable income
- they do not feel a strong sense of connection to their parents
- they do not feel a strong sense of connection with their school and community
- they do not engage in extra-curricular activity
- they are not high academic achievers

- they think smoking is more prevalent than it is ie they think it is a 'normal' behaviour because it seems to be a normal part of their environment
- they have a risk-taking personality

How smoking affects youth

Tobacco smoking causes many diseases and can affect nearly every organ in the body, reducing the general health of the smoker, regardless of their age. For young smokers, the physical damage that results from smoking begins during adolescence.

Around one-third of 18-year-old smokers report adverse health effects from smoking. Youth who smoke have an increased risk of respiratory problems and lower levels of overall fitness.

Adult smokers usually started smoking when they were adolescents. Once smoking is established, most smokers will smoke for around 40 years. Half of those youth who continue to smoke will die from a tobacco-related disease.

Hampstead School Students Get Their Wish For a Smokefree Park



Faliesha Pound and Nicole Adams enjoying the smokefree air at Friedlander Park in Ashburton

On World Smokefree Day, Ashburton students Nicole Adams and Faliesha Pound will see their push to get the park across the road from their school made smokefree come to fruition.

Last year, the Hampstead School students went to a young persons' forum held by the Ashburton District Council, armed with facts about the harmful effects of smoking and inhaling second hand smoke, to ask the Council to

make Friedlander Park smokefree. They pointed out that a smokefree Friedlander Park could become a model for other smokefree parks in Ashburton, including the Domain.

Nicole and Faliesha's request went all the way to the Council's Services and Operations Committee, which agreed to trial their idea of a smokefree park, with a view to making all playgrounds in the Ashburton District smokefree. The

students were supported by the Cancer Society and Community and Public Health, who wrote letters of support to the council.

The school, council and the community will launch the Smokefree park together on 31 May. The launch will feature old fashioned games such as egg and spoon races, three legged races and a meal, provided by the Hakatere Marae Komiti.

Hornby Leads The Way For WORLD SMOKEFREE DAY



Smokefree is sweet at Branston Intermediate.

Branston Intermediate students are planning to lobby the Christchurch City Council to ensure visitors to a local park cannot smoke there as part of the school's support of the Smokefree message.

Students in one of the school's syndicates are taking part in the push from Hornby locals to make Kyle Park smokefree. The students will lobby the Christchurch City Council via the local community board by sending in a petition and going to a Council meeting to speak about it. They plan to let the Council know why it should support the cause and the health of those who use Kyle Park by giving it a smoke free designation.

The school is also helping to spread the Smokefree message and will celebrate World Smokefree Day (WSFD) on 31 May. Students are talking to their class mates and encouraging them to participate in the WSFD competitions that are being run locally.

Deputy Principal Michaela Macdonald says it is great that students are getting behind the Smokefree message. "It's exciting to see students giving back to

their community in a positive way. We will continue to support our students to 'give back' and make a real difference for themselves and those in their community."

Students' participation in the Smokefree activities links into the core set values they have created after receiving a Health Promotion in Schools grant from Community and Public Health.

No Ifs or Butts: Smoking Makes Asthma Worse

One in four kids has asthma. Every one of us can probably think of a child with asthma at school that has had time off, not participated in sport, or been so tired from a disrupted night with their uncontrolled asthma that they find it hard to concentrate the next day. Asthma is responsible for more absenteeism from school than any other illness.

Secondhand smoke makes asthma even worse.

- In children secondhand smoke can:
- Trigger an asthma attack.
 - Make asthma attacks more frequent. Children living with smokers are more likely to have asthma all year than children with asthma in non-smoking homes.
 - Increase the severity of asthma attacks. Children in homes with smokers are more likely to attend the hospital emergency department with asthma and recover more slowly.

- Increase the need for asthma medication.
- Reduce lung function.
- Increase the chance of developing respiratory infections.

What can you do?

- Ensure schools are smokefree
- Make it clear to people through signage and newsletters that school is a smoke-free zone.

Driving children to school

The enclosed space of a car increases the level of exposure to secondhand smoke. The National Environmentals standard threshold for smoke particulates (smoke particles) is set at 50 mcg per cubic metre of air. Air in a car with an adult smoking with the window down has 199 mcg per cubic metre of air. Air in a car with adult smoking with the window up has 2926 mcg per cubic metre of air. Avoid smoking in the car at any time and

ask anyone travelling with you to do the same.

Be a positive role model and give up for the kids

It is hard to stop. But every cigarette is damaging children. It is the best thing for their health and well-being. And yours.

How can Asthma Canterbury help?

- Individual advice and assistance on with managing children's asthma at school
- Smoking Cessation and Nicotine Replacement Therapy Programme via our educators
- Telephone advice
- Written information

For more information, contact Asthma Canterbury on 366 5235 or see www.asthmacanty.org.nz

Hornby High School



Taking A Health Promoting Schools Approach to Smokefree

Student representative Anna Howley, Janette Williamson HOD Health and Sue Parkes HOD Home Economics (Heidi Lanauze the other student representative was absent)

Hornby High School is preparing to celebrate World Smokefree Day in a big way.

Activities planned include setting up a display in the library and organising a guest role model to speak to students. The school's student councillors will go around classes on the day with flyers informing students about being smoke free. The school will also run a quiz session for students and for those who want help to quit smoking.

Hornby High students are also part of the group actively lobbying the Christchurch City Council via their local community board to make Kyle Park

smokefree. Two year 11 students, Heidi Lanauze and Anna Howley, are the student representatives on the WSFD Community committee. The students are being fully supported by the school's student council and by Sue Parkes, the home economics head of department, and Janette Williamson, the health head of department.

The school has a strong commitment to student involvement, leadership and responsibility and has set up a student health council, which is focusing on issues such as smoke free, bullying, and physical activity and the related 'Mission On' initiative. Year 12 health and home

economic students will reinforce existing health promotion messages throughout their school and community, with their efforts going towards their NCEA achievement standards assessment.

The school guidance counsellors are willing to help students who want to give up smoking and have access to nicotine replacement therapy (NRT) gum to help them quit.

*The Health Promotion in Schools team congratulates Hornby High School on their participation in WSFD and for their enthusiasm in taking a whole school approach to all of their health promotion activities.

Smokefree Hornby Project In Action

Toni Hohua and Jason Nolan are Smokefree health promoters who are committed to reducing the number of people who take up smoking and spreading their message to the Hornby community.

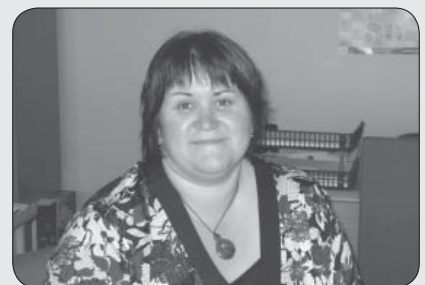
Toni is based in Hornby at the Heartland Service Centre. She has spent the last nine months meeting people and building relationships, an important stepping stone to promoting healthy lifestyles and environments.

At the moment, they are busy preparing for World Smokefree Day and want to get the whole community involved. There is a Smokefree colouring competition in every early childhood centre, primary and high school in Hornby with prizes of vouchers from Hornby Mall and Smokefree merchandise. There will be advertisements on local radio stations and TV coverage on CTV.

When they're not preparing for World Smokefree Day activities, Toni and Jason are out in the community participating in gala days, supporting the drive to make Hornby parks and playgrounds smokefree, contributing articles to the local paper, the Star Western and meeting with employers in the Hornby area.

The Hornby Project is a two year collaborative project funded by the Partnership Health Canterbury Primary Healthcare Organisation. The Cancer Society, the Health Sponsorship Council and Community and Public Health. Toni and Jason hope that after this, the project will be maintained by people in the community.

If you would like to know more about World Smokefree Day activities or the Hornby Project please contact Toni Hohua on 027 212 7404 or 3799 480 ext 760.



Toni Hohua and Jason Nolan



Students Benefit From New Physical Activity Programme

Jon Derry, Sport Canterbury's Active Schools Facilitator, looks at the benefits of the Physical Activity Leaders programme

The Physical Activity Leaders programme aims to provide a wide range of physical activities for all pupils to participate in during break times. By being trained as Physical Activity Leaders (PALs) senior students are able to deliver physically active initiatives to younger members of the school community, other than those programmes driven by teachers.

By encouraging regular quality physical activity during formative years, children will look at it as a positive habit for life. Physical activity can also have positive short-term benefits within the classroom by helping to direct excess energy and prevent attention and behavioral lapses. Providing children with more physical activity opportunities encourages students to participate in physical activity beyond physical education classes, enables them to consolidate the skills taught and helps their cognitive development.

To implement the PAL programme, schools should identify

senior students within their school to be given leadership skill training by lead teachers and the Active Schools Facilitator (Sport Canterbury). Once children have finished training they will be responsible for running physical activity initiatives during their school break times for children from five to 12 years old. The PALs will be role models for all children in their school and wider community.

The leaders also benefit from the programme by acquiring skills in communication, self-awareness, problem solving, goal setting, critical thinking, empathy, organisation and decision making.

Physical Activity lead at Hoon Hay Desiree Cleaver said the programme benefited everyone. "The programme offers a unique win - win situation for schools by providing key life skills training for PALs, who in turn work to create an Active School environment by delivering more regular physical activity opportunities for younger students."

For further details about the PAL Programme please contact any of the Active Schools facilitators on (03) 373 5060.

Working to Raise Maori Achievement

Dean Te Hae is one of 23 pouwhakataki (community liaison officers) who have been appointed by the Ministry of Education to work with schools and parents to raise achievement among Maori.

Dean covers the area from Kaikoura, West Coast and down to Timaru and will work face-to-face with Maori and educators to help build relationships.

The main aims of his role are to:

- Help parents and whanau to be actively involved in their children's and in their own learning.
- Contribute significantly to the reduction of Maori leaving school.
- Contribute significantly to Maori achievement at school.
- Contribute to schools /community working together to ensure a vibrant, relevant learning environment to raise achievement levels of Maori
- Help schools to raise teacher awareness so that achievement levels for Maori are significantly improved.

Te Mana has information to assist parents, whanau, students and teachers to make the right educational choices.

Visit www.taiohi.co.nz or call 0800 80 MANA (0800 80 6262) or contact Dean on (03) 378 7381.



Sarah Ritchie

New Fruit in Schools Co-ordinator Appointed

Sarah Ritchie is the new Fruit in Schools Co-ordinator. Sarah has taken up her new role after working as a researcher for Community and Public Health and as an Active Families Advisor at Sport Canterbury.

Sarah is passionate about making a difference to the lives of others and says schools are an ideal setting to make positive lifestyle changes. Sarah is looking forward to the challenge of helping the schools involved in the Fruit in Schools programme achieve their nutrition, physical activity, Smokefree and

Sunsmart goals.

"Fruit in Schools is a fantastic programme that has encouraged schools to make positive and effective changes, particularly in nutrition and healthy eating, benefiting teachers, students and their families," Sarah says. "I am looking forward to adding momentum to the good work that has already been achieved by these schools."

For more information, contact Sarah at Community and Public Health – phone 03 3799 480 (ext 826) or email sarah.ritchie@cdhb.govt.nz.

Smoking is a Health Issue, Not Just a Discipline Issue

Ideas for Schools to Support a Smokefree Environment

- Review your Smokefree policy.
- Reassess your signage, to do this contact Tanya McCall on (03) 379 9480.
- Make every event Smokefree, for example sports days.
- To use the Smokefree schools website for guidelines to students found smoking.
- Develop Smokefree T-shirts with school & Smokefree logos.
- Promotion of activities during World Smokefree week.
- Quit support group using peers.
- Smokefree windbreakers for staff to show teachers as role models.
- Smokefree tabloids sports day.
- Smokefree adventure month involving all classes & parents .
- Awareness of Smokefree needs in the future for school and community.
- Purchase teaching, display and library resources.
- Smokefree competitions at lunch time.
- Purchase library books or CD rom.
- Promote Smokefree homes in school newsletter – purchase merchandise to use as rewards.
- Additional resources for Smokefree programme during Smokefree week.
- Buy resources to support the school comprehensive health programme.
- Simulation of what smoking does to your lungs.
- Purchase signs, umbrellas and, posters for competitions and presentation on school open days.
- Smokefree drink bottles for all children.
- Signage to re-enforce Smokefree message to wider community.
- Smokefree policy outlined in newsletters.

If you are interested in any of these ideas or would like to help, contact Olivia Papuni on (03) 379 9480 ext 823.

Kaikoura High School Backs Smokefree Message



Smokefree athletes Sarah Smith and Mackenzie Burrows of Kaikoura High School broke longstanding records at Kaikoura High School's recent swimming and athletics days.

Kaikoura High School students Sarah Smith and Mackenzie Burrows are shining examples of the benefits of being smokefree.

At the school's swimming sports and athletics days earlier this year, the pair broke records that had stood for more than 20 years. Mackenzie also broke a second record at the athletics day that had been in place for 11 years.

Sarah Smith broke Tania Wade's 1988 133m Individual Medley Swimming Record of 2:09.50 with a time of 2:08.41. Mackenzie Burrows broke two athletic records, Lynette McGregor's 1996 discus record of 18.75m with a throw of 19.07m, and Megan Percy's 1986 shot put record of 7.30m with a put of 7.70m.

The Smokefree message was well promoted at both the school's athletics and swimming sports days, with competitors who broke school records being rewarded with Smokefree merchandise for their efforts.

The Kaikoura High School Physical Education and Health Department has entered into a positive Smokefree partnership with Angela McCormick, a Health Promoter with Community and Public Health.

Last month, the Smokefree Enforcement Officer from Christchurch, Tanya McCall updated the Smokefree signage around the school. The school will also rewrite its Smokefree policy to ensure it complies with current government regulations. The use of the Smokefree logo in school newsletters and on departmental notices keeps the Smokefree message visible to the wider school community. The PE and Health Department are also planning an event to help promote World Smokefree Day.

Mairehau High School Hip Hop Group Pledges To Be Smokefree

If members of Mairehau High School's hip hop crew smoke while they're wearing their new Smokefree t-shirts or at an event, their fellow dancers will ban them from taking part in the group's next performance.

If any of the group are caught smoking a second time, they'll be asked to leave the Prophetic Soulz group for the rest of the year.

The students came up with the Smokefree Prophetic Soulz Contract themselves in a bid to ensure they reduce their smoking habits or quit altogether.

The group, who came second in last year's national school hip hop competition Bounce after only forming last year, have new outfits courtesy of a Health Promoting Schools grant given to the school this year to wear at events and competitions.

Year 13 student Junior Oti believes the contract will help him and his friends to

start reducing the number of cigarettes they smoke or to quit smoking because they will not want to miss out on hip hop events and performances.

Mairehau High School has also set up a smokefree committee, which includes both smokers and non smokers and is working on events to celebrate World Smokefree Day this month. Events planned include lunchtime performances by Prophetic Soulz

Wellbeing Co-ordinator Anna Cron says the school is also taking a less strict approach when students are caught smoking. "It's not so punitive, it's more about helping them to give up."

Smokefree Prophetic Soulz Contract

By signing this contract and receiving the smokefree grant I agree to:

- Refrain from smoking during events/competitions
- Refrain from smoking whilst in Prophetic Soulz smokefree gears
- Co-operate with all requirements set out by the Health Board such as data collection and questionnaires.

If I do not meet the expectations of this contract, the consequence for the first smoking incident is:

- I will not be able to participate with the group in the next Prophetic Soulz performance.

If I do not meet the expectations for a second time, the consequence will be,

- I will be asked to leave the group for the remainder of the school year.

This contract has been created by the Prophetic Soulz group, and by signing this contract I individually agree to the above. However, I also have a commitment to the group to be/remain smokefree and participate within the group to my fullest potential.

Date _____ Signature _____



Awareness Calendar

May 2007

15	International Day of Families
20–26	Heart Children Awareness Week
21–27	Youth Week
31	World Smokefree Day
31–4 June	Infant Gastric Awareness Week

June 2007

1–8	Meningitis Trust Awareness Week
2–9	Autism NZ Appeal Week
4	Queens Birthday
5	World Environment Day
5–12	Head Injury Awareness Week
11–17	International Men's Health Week
17–24	St Johns Appeal Week
16	Matariki
20	World Refugee Day
25–1	July SIDS NZ Appeal
29	Term Two Ends

July 2007

2–8	NZCCS Appeal Week
8–14	Neurological Foundation Appeal Week
16	Term Three Begins
16–22	Women's Refuge Appeal
22–28	Alzheimer's "Forget Me Not" Week
23–29	Maori Language Week
30–5	August Amnesty International Freedom Week



Stories of Us

Made with Students, For Students

These are easy to use, classroom-based resources for primary and secondary students and are available at the Community Health Information Centre, 76 Chester St East, Christchurch. Schools are able to hire the resources for free.

"Viewing the Stories of Us videos and participation in the corresponding class work had a measurable, statistically significant, positive influence on student attitudes towards victims." **Evaluation** by Richard Stephens*

"The best, most realistic account of bullying in schools that I have come across. Compulsive viewing for both children and educators." **Dr Ken Rigby**, University of South Australia

"One of the best resources I have ever used." **Karen Box**, Student Counsellor, Streaky Bay Area School

"The impact on the kids was unbelievable. They recognised their own language, behaviour and culture. It blew them away." **Kate Pollock**, Teacher, Hillsmeade Primary School

Stories of Us is a unique series of classroom resources for primary and secondary students. This is the first time that students have collaborated in brainstorming the subjects, developing the scripts and performing in a series of video resources. Every word of dialogue is their own, and every detail approved by the students. The *Stories of Us* videos are compelling as they draw upon the collective experience of the students, holding a mirror to their reality with such authenticity that some students watching them are convinced they are real.

As a result these resources have proven uncommonly effective in the classroom. A pilot evaluation of the primary Bullying resource recorded a significant positive shift in student attitudes including, in the post-intervention quantitative findings, a 19.6% increase in those who disagreed with the statement: 'Kids who get picked on usually deserve it'.

Each resource presents the story of two 'students' as they deal, in their own way, with the given issue. The objective is to engage,

rather than tell. Then with the aid of the 40 page Teacher's Guides the class explore the issues in-depth through discussion and group activities. As well as step-by-step instructions for a number of classes, the Teacher's Guide provides extensive detailed support information for teachers throughout. Because of their realism the videos also form an excellent basis for extension activities in English or Drama.

The *Stories of Us* resources have been developed with Optima Psychologists & Mediators, specialists in child and youth psychology, in consultation with student counsellors and teachers from a range of schools, with the support of the Department of Education & Children's Services, MindMatters, beyondblue and the SA Primary School Counselling Association.

SECONDARY RESOURCES

- 1: Bullying (Secondary)
- 2: Relationships
- 3: Stress

PRIMARY RESOURCES

- 4: Bullying (Primary)
- 5: Belonging

For further information including online video previews, Teacher's Guide extracts, pricing and order forms visit www.storiesofus.com.au

Or contact **Readymade Productions**

Phone: (08) 8379 2126

Email: admin@readymade.com.au

Produced and Distributed by Readymade Productions. Produced in association with the South Australian Film Corporation and Optima Psychologists & Mediators.

*The University of South Australia awarded a 1st Class Distinction for Richard Stephens' Honours' Thesis on *Stories of Us* (with Dr. Barbara Spears as second author). The quantitative study involved 56 students from 3 classes (Years 4/5, 5/6 and 7).

To read Health Promoting Schools online go to <http://www.cdhb.govt.nz/communications/publications.htm> and go to H for Health Promoting Schools.

Community & Public Health
76 Chester Street East
PO Box 1475, Christchurch
Phone (03) 379-9480

Corporate Communications
Level 2,
The Princess Margaret Hospital
PO Box 1600, Christchurch
Phone (03) 364-4106

Community and Public Health
6B Sefton Street, Timaru
Phone (03) 688-6019

Community and Public Health
Lorraine Williams
3 Tarapuhi Street
PO Box 443, Greymouth
Phone (03) 768-1160

Community and Public Health
Elizabeth Street
PO Box 110, Ashburton
Phone (03) 307-8080

We welcome your contributions to this publication, particularly your success stories, as well as your ideas for articles and information you would like to see. Feel free to reproduce any of these articles in your own publications. The Health Promoting Schools magazine will be distributed once each term. Deadline for your material is July 2. Material can be sent to: **Olivia Papuni** Community & Public Health, 76 Chester St East, Christchurch, (03) 379 9480 Ext 823, olivia.papuni@cdhb.govt.nz

Canterbury
District Health Board
Te Poari Hauora o Waitaha