

# Rotary Club of Christchurch South



## Healthy Heroes Launch

### What's the Healthy Heroes Challenge?

On Wednesday 15 February Christchurch South Rotary Club members were outnumbered by visitors all in the name of the new website launch for the Healthy Heroes programme 'What's the Healthy Heroes Challenge?'. There were representatives from Pareawa Bank Avenue School, New Horizons Rotary, Ferrymead Rotary, Hornby Rotary and Digital Journey.

Healthy Heroes is a healthy living programme that challenges Primary School students to complete daily tasks empowering them to make good choices related to their health and wellbeing. The challenges relate to eating well, exercising and being active, adequate sleep, stretching your mind and helping others. The aim is to build healthy habits that will last a lifetime. Challenges are set for 5 days a week for 5-9 weeks. Achievements are recorded and individual awards are celebrated.

The programme stems from an initiative by the Rotary Club of Wellington North and was initially trialed in 4 Wellington Schools after which each student, teacher and parents were contacted for feedback. In 2010 the programme was introduced into District 9970.

Marg from Christchurch New Horizons Rotary introduced all the speakers.

Jan Thompson, Deputy Principal from Pareawa Banks Avenue School, spoke very positively about the way the programme is working in her school. She outlined the many social and family fundamentals that have changed over the years and are continuing to change. Jan emphasised that programmes such as Healthy Heroes are needed and wanted. She said that, 'this programme teaches students to go beyond themselves'. She finished her talk with: 'Aroha mai Aroha atu, love received, love returned'.

Two students Hazel and Marcus also spoke about the programme and how it had helped them at a personal level. Their mother Jen sang the praises of the programme saying that her children quickly became very engaged in the challenges and she spoke about the learning that took place.

Messages written by Laury Sinclair, Rotary Club of Wellington North, creator of the programme as well as Jan Boustead were also shared.

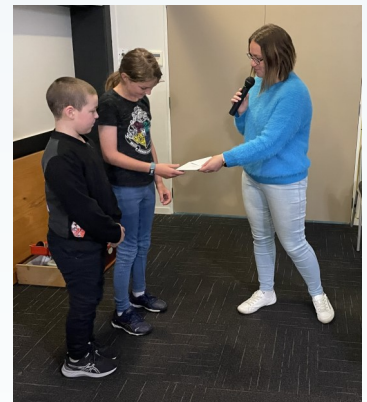
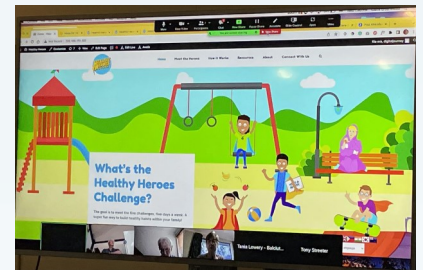
Wendy Creurer who is the Chair of The Trust and from Invercargill North Club spoke via Zoom. She set a challenge that Healthy Heroes be introduced into every school in New Zealand.

Claire from Digital Journey walked us through the new Healthy Heroes website. I encourage you to take a look as it really is very easy to use for teachers, students and parents and it contains a wealth of information. It has been updated and the characters relating to the various aspects of the programme have been updated too. We thank Digital Journey for their amazing work as well as Claire for presenting the website [www.healthyheroes.org.nz](http://www.healthyheroes.org.nz).

The programme can be read and used in many languages. There is a dropdown box where the preferred language can be selected. This I found truly amazing as it means the programme can be accessed by many more students and their families.

A huge thanks to the Healthy Heroes team for all their time and hard work. A special thanks goes to David Buist for his organisation of a very informative evening.

*Thank you to Viv for the report and photos*



## Upcoming Meetings

### 22 February (partners night)

Ian Thomas

Athletics Canterbury

### 1 March

Sue Martin

Home & Family—Protecting Childhood since 1898

### 8 March

Club Assembly

## Upcoming Events

### 8 March

Club Assembly

### 16 March

Walking Group

## Notices

**Our Club's Youth Service focuses on Pride of Workmanship and Young Totara Awards, this half year: Members are asked for nominations**

Pride of Workmanship Award: acknowledges persons who display outstanding qualities of approach, attitude, dedication & commitment to their job or the community. No restrictions of age nor number of Awards.

Young Totara Award: made to people under the age of 21 years who demonstrate strength of character, courage of conviction, care of the community, and pursuit of excellence to provide sound role models for other young people. Normally, one Award per club.

### Healthy Heroes

The new website for Healthy Heroes is now live at:

<https://healthyheroes.org.nz/>

### Mud Kitchens

Beckenham School are looking for skilled individuals, or a group, that may want to take on the challenge of building three wooden mud kitchens, for outdoor use at their school. They also have one existing smaller mud kitchen that needs some TLC.

They are a full primary school and are in the process of redeveloping their outdoor spaces. Mud kitchens have been highlighted as much-desired and fun outdoor toys for our tamariki.

The school is currently looking to source some treated timber for this project from donations in the community.

Measurements (approximately) 940mm(h) x 1300(w) x 420(d)

2x stainless steel bowls, 2x taps (basic, not a swivel/mixer)

Please contact Gayle—[gayle.mcnaughton@beckenham.school.nz](mailto:gayle.mcnaughton@beckenham.school.nz)



### An Edwardian Garden Party – Friends of the Botanic Gardens Fundraiser

3-6pm Sunday 12 March 2023

at Mona Vale Homestead

Tickets available here <https://friendschchbotanicgardens.org.nz/>

We invite you to enjoy bubbles, canapés, music and croquet on the lawn. Proceeds to help restore the historic Bathhouse to its former glory. Dress for the occasion. Edwardian-inspired fashion encouraged. \$120 per person

## Duties

Duty	22 Feb	1 March
Cash Desk	H Garlick	G Bailey
Cash Desk	A McCully	N/A
Reception	M Bruce	A Kim
Speaker Host	P Mears	A McKinnon
Grace	P Mears	A McKinnon
International Toast	M Bruce	A Kim
Thanks to Speaker	H Garlick	N/A
Quote	A McCully	G Bailey
Speaker Reporter	L Brown	G Fowler
Sergeant	V Ellis	A Stewart

## Leave

Who	From	To
M Whitehead	09/09/15	TBA
J Wylie		TBA
S Haye	11/08/20	TBA
R McKinney	28/09/22	14/04/23

Don't forget to follow us on our [Facebook](#) and [Website](#)

## Reminders

Record your apology by:

- Notifying the Reception Desk
- Email [chchsouthrotary@gmail.com](mailto:chchsouthrotary@gmail.com) before 11am on that Wednesday
- Emergency apologies to Shirley Harris on 021 198 2234 or Viv Ellis on 027 490 3161
- You will receive an email reminder a couple of days before the meeting re apologising or bringing a guest
- If you are unable to do your allocated duty, it is your responsibility to arrange a substitute and advise the President
- Leave of absence requests (three weeks or more) must be in writing to the Secretary

