

Kidz First Child & Youth Health Resource and Information Service provides information and support for anyone interested in the healthy development and wellbeing of children and youth.

The service is provided by Counties Manukau District Health Board.

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Humans of South Auckland

Photographer and Papatoetoe High School teacher Jasmine Maclean uses photography to celebrate the lives of the people of South Auckland.



On her Facebook page 'Humans of South Auckland OFFICIAL' Jasmine Maclean shares photographs and stories from many people in South Auckland. The subjects range from a 69 year old Zumba fanatic, a Papatoetoe High School artist and a young wheelchair user learning to drive a car. The Facebook page now has more than 11,000 likes and a wealth of publicity in local and national media.



Inspired by [Humans of New York](#), this project aims to smash the negative stereotypes of South Auckland. Jasmine believes the popularity of this project shows that South Aucklanders are hungry for positive depictions of themselves. "They are hurting over what has been said about them for so many years. They've been wanting this - they want to hear the good stuff."

For more information visit the Facebook page, and look out for Humans of South Auckland in the Thursday edition of Manukau Courier (coming soon).

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Dyslexia has Potential

A New Zealand website promoting awareness of dyslexia and resources for children and families has been developed, by a 15-year-old.

Matthew Strawbridge started [Dyslexia Potential](#), a free website that teaches children with dyslexia to manage and master school. The website includes video tutorials, learning exercises and confidence-boosting content.



Alongside other resources like [Dyslexia Foundation of New Zealand](#) and [SPELD NZ](#), this website's strength is that it talks directly to young people. Matthew emphasises the many strengths, as well as challenges dyslexia can bring. [He says](#) "When I work with kids I tell them the positives of dyslexia, like how there are so many famous people with dyslexia and having it too gets us that little bit closer to them."

Just some of the information and advice shared on this site includes; information on dyslexia, advice on accommodations that can be made in the classroom, training exercises and games, and software programmes designed to provide additional support to dyslexics.

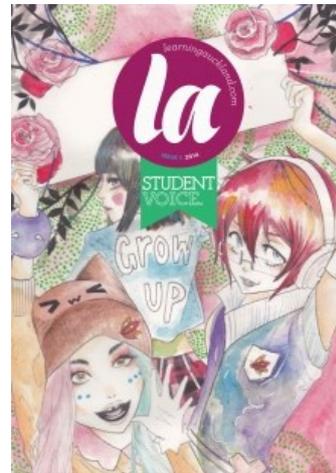
Dyslexia Potential was launched in 2012 and has a following of more than 2000 dyslexic children and families.

Project Wild Thing

Project Wild Thing aims to reconnect kids with nature, encouraging kids to "swap screen time for wild time".

What started as film-led campaign has now grown into an international movement where communities share ways to encourage children to play, explore nature and get outdoors. The project demonstrates ways to get kids to love nature as much as they love TV, debunking myths that nature is dirty, dangerous and dull.

More than 300 charities (both UK based and international) have joined this online community where adults can share ideas and discuss the issues which effect children playing outdoors. Just a few of the ideas include [Wildtime Vouchers](#) where adults can pledge to spend time with children outdoors and the [Wildtime Ideas](#) which includes hundreds of outdoor activities to engage with children. From fishing, to tree bark rubbings, to creating a 'hotel' of all the bugs that are hiding in rotting bark, this page is full of ideas to engage with children outdoors.



Share Your Stories in Learning Auckland Magazine

Learning Auckland Magazine, a magazine created by Auckland students, is taking nominations for the 2015 student editor group.

Learning Auckland is looking for student editors with strong opinions who want to be heard. The editors help decide the magazine's focus and research/write stories. They work as part of an editorial group, helping each other with stories and writing collaboratively. Editors attend two three hour meetings per term as well as creating their own articles or content. Any student in an Auckland learning institution can put their name forward, ages 8 to 88.

Nominations for editing positions can be sent to [Susan Warren](#) (closing early December).

Students, educators and education stakeholders are also welcome to submit articles and photos for publishing in the magazine and website.

For further information and to read the latest Learning Auckland issue please visit the [website](#).

New Mental Health Foundation Website

The Mental Health Foundation has recently launched an upgraded and redesigned website.



This website contains a number of new features supporting Mental Health.

New features include:

- Online chat with an information officer in real time.
- An [A to Z of mental health conditions](#) complete with links to support groups, tips on how to look after yourself, friends and whanau, and other useful resources.
- A new [Events Calendar](#), allowing visitors to submit their own events mental health related events.
- Personal stories and information on staying well.



National Not-For-profit Sector Conference

24 & 25 February 2015

Venue: Rydges Hotel, Auckland

Price: One person: \$550 + gst

Every subsequent person: \$475 + gst

**For early bird discounts book and pay before
20 December 2014**

Centre for Youth Health Education & Training 2014

The Youth Health Workshops provide practical programmes to enhance professional skills when working with young people in clinical and community settings.

The HEeADSSS Assessment 05 Mar 21 Apr 29 Jun 04 Aug

A one day introduction to clinical practice in youth health including: communication and engagement in youth health and using the HEeADSSS assessment model. **Fee:** \$75 (Free for CMDHB and ADHB Staff).

Who should attend? Anyone working with young people.

What Comes After HEeADSSS? 26 May 24 Sep

This one day course gives an introduction to intervention skills when working with young people such as problem solving, motivational interviewing and discussing principles of behaviour change in young people. **Fee:** \$75 (Free for CMDHB and ADHB Staff).

Who should attend? Those who have completed the HEeADSSS Assessment training.

For bookings or further information please contact the Centre for Youth Health

Phone: (09) 261 2272 **Fax:** (09) 261 2273

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Food in Schools

A new Feed the Kids Bill providing Government-funded breakfast and lunch in all Decile 1 and 2 schools has been inherited by Green Party Co-leader [Metiria Turei](#).

This Feed the Kids Bill follows the recent Unicef report [Children of the Recession](#) which found that three of the four well-being indicators in New Zealand - food insecurity, overall satisfaction with life, and opinions on whether children have an opportunity to learn and grow - had worsened between 2007 and 2013.

However, some schools have [questioned the need for this legislation](#), saying families, schools and community groups already provide food for the children in school. Hora Hora Primary Principal Pat Newman suggested a better use of resources would be a discretionary fund that could be put towards food, clothing or other resources that children might be missing out on. Mrs Turei [responded](#) that there are many possible solutions to this issue and if the Bill goes to Select Committee the most effective ways to deliver support to schools and children will be discussed.

The Feed the Kidz Bill is currently part way through its first reading.

Scholarships 2015

Manurewa Rangatahi Youth Scholarship

The Manurewa Local Board will award scholarships of up to \$2000 to young people, up to the age of 24, who have shown leadership potential or have contributed meaningful leadership or volunteer activities during the past year. This scholarship aims to assist youth leaders to move into further education, training or attend events.

Applications close at 5pm on Friday 12 December 2014. Visit [Manurewa Grants and Scholarships](#) for more information.

Aniva Scholarships 2015

Aniva Scholarships (formerly known as the Pacific Health Workforce Awards) provide financial assistance to Pacific students, who are New Zealand citizens or permanent residents, to undertake a course in health or disability-related studies.

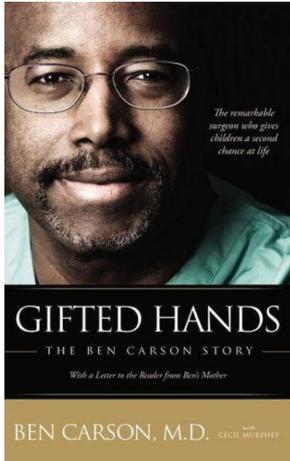
Applications are now open until 4 January 2015. For more information visit [Ministry of Health](#).

Le Va mental health and addiction scholarships

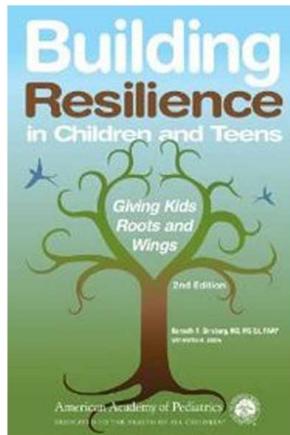
Le Va are pleased to announce that applications for 2015 are now open. The purpose of the scholarships is to grow and up-skill the Pacific mental health and addiction workforce. Applications are open to New Zealand residents enrolled in a mental health and/or addiction related course qualification.

Applications close on Friday 20 February 2015. Visit the [Le Va website](#).

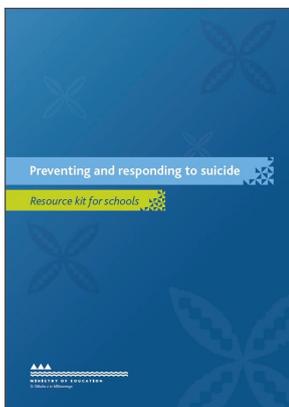
New Books



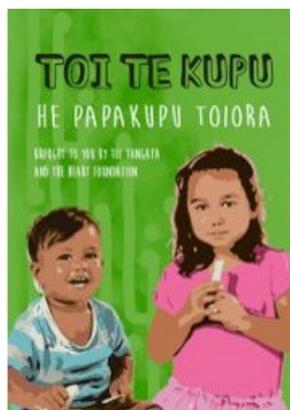
Gifted Hands: The Ben Carson Story.
by Ben Carson



Building Resilience in Children and Teens: Giving Kids Roots and Wings.
by Kenneth R. Ginsburg & Martha Jablow



Preventing and Responding to Suicide: Resource Kit for Schools.
by Ministry of Education Professional Practice Unit



Toi Te Kupu: He Papakupu Toiora.
by Toi Tangata & National Heart Foundation of New Zealand

For information on these and additional resources please contact
Healthinfo@middlemore.co.nz

Getting Help: Healthy Eating for Young People

Many young people and their families/whanau have concerns about healthy eating. The following information and resources are a great starting point for young people wanting to improve their health.

Information for Teenagers and Young People

[Healthy Eating for Young People](#) by the Ministry of Health is one of the best places to start. A simple and colourful brochure, it provides easy and practical advice on steps young people can take to improve their diet.

Information for Parents and Whanau

The [NZ Nutrition Foundation](#) provides an overview of the nutritional needs of teenagers, as well as links to a number of useful resources.

Information for Health Professionals

[Food and Nutrition Guidelines for Healthy Children and Young People](#) provides a comprehensive overview of the food and nutrition needs of New Zealand children and young people. As well as discussing food this report also provides advice on physical activities and the needs of New Zealand population groups, including Māori, Pacific and Asian children and young people.

Cookbooks and Other Resources

For young people wanting to improve their diet one of the best places to start is a good cookbook. A number of New Zealand organisations provide free cookbooks:

- [Heart Foundation](#)—includes four cookbooks and a database of free online recipes
- [Everyday Meal and Snack Ideas](#)
- [Kai Lelei: Recipes for Large Families](#)
- Cookbooks and nutritional resources can also be accessed from your public library

For more recipes and information on healthy options, visit:

- [Healthy Food Guide](#)
- [5+ A Day](#)
- [Sport New Zealand](#)

**Merry Christmas and a Happy New Year.
See you in 2015!**