

Introducing Insights To... Moving Waikato 2020



Matthew Cooper

Sport Waikato is well into the swing of things for 2015. With summer sport over, most sports are well into the start of the winter season, as the days become not only shorter but colder!

Sport Waikato has been very busy recently, juggling a number of different balls in the air. One of our biggest projects at the moment is the development of Moving Waikato 2020.

We have embarked on a journey, by developing an insights document that we believe will be very

useful to the Waikato region going forward. This is an opportunity for us to provide leadership to those in the sector, so that we are more focused and targeted from delivery through to outcomes.

Moving Waikato 2020 allows us all to not only be better informed but also to develop regional insight and understanding. This educational resource will guide the strategic priorities for the region over the next five years and is Waikato's strategy, not just Sport Waikato's strategy.

Sport Waikato are dedicated to fostering and brokering strong partnerships that inspire and enable the people of the Waikato to be active and healthy for life. Moving Waikato 2020 will be used to lead, inform and support decisions related to sport, recreation and physical activity over the next five years – and we invite everyone in the

Waikato to join us on this journey. Together, we can plan and contribute to achieve an active, regional community.

We have attached a copy of Moving Waikato 2020 for you to have a look at and we invite you to comment and provide feedback to us – we want to hear what you think! We will be using this document over the coming months to develop a draft strategy, at which point we will be engaging with the wider community in the process, and seeking their input on where we are headed.

Our future is looking very exciting – and this is a great piece of work that we are really proud of and wanted to share with you.




sportwaikato
out there and active

SOME OF OUR KEY SUCCESSSES



In response to our Under Five Energize Toddler Movement Workshop, one of our Early Childhood Centres has started their own 'Active Movement Focus'.

This centre is focusing on a different fundamental movement skill every two-four weeks. This centre has enjoyed watching the children take these activities and adapt and modify them to increase the challenges. Balancing on a surfboard placed on top of cushions is just one example of an activity! They have developed colourful wall displays to enable parents to see what they are doing and give them ideas of activities they can do at home. Well done!



KiwiSport Officers are well underway with their projects for 2015. Over 300

hours of delivery and 8,000 student interactions with a variety of sports, occur monthly. We are currently reviewing the results from the KiwiSport Consultation Survey - brainstorming ideas regarding possible KiwiSport models going forward. Watch this space!



At Pirongia School the PTA sells lunches every Friday to help raise money. Last year, one of the Year 7-8 classes ran a survey to find out on what might happen if healthier food options were offered for

the Friday lunches. The survey asked students questions such as "what would kids have for lunch if they could choose?" In the end, the students made some great choices and the results were presented back to the PTA, who have now decided to offer healthier lunch options. Everything from soup and rewa bread to wraps and low fat, veggie filled macaroni cheese. The students in Year 5-6 are even helping out with the preparation and learning how to make the food. The school has now seen an increase in students who want to buy the Friday lunches, resulting in a great little fundraiser for the school!

Active & Well

Currently our 17 Active & Well staff are servicing 1,411 Green

Prescription clients throughout our region, with a total of 580 clients being referred or renewed in February and March. One of our 75 year old female clients has achieved some really good results! She has made some excellent healthy lifestyle changes, resulting in a 13kg weight loss. She has made changes to her diet and has been able to stick to them. She tries to keep active on her property, has noticed her knee pain improving and she is now coping better with stressful situations. We would like to commend this client on her perseverance and motivation. She feels she will be able to continue with these changes in the long term and is motivated to keep making nutritious food choices, continue with smaller portion sizes and staying more active.

THE ORANGA POUTAMA

Earlier this year Ki-o-Rahi workshops were undertaken with over 40 Piopio College Year 7-8 students. As a result there has been further engagement with senior students to develop and implement the activity to the senior leadership class over a six week period. We are also assisting the Ngā Taonga Taakaro o Tainui group with the planning for the Regional Secondary School Ki-o-Rahi Tournament, with a proposal developed to host the national tournament in 2016.



Secondary School events have been the major focus for the early part of 2015 with the

Secondary School Sports Directors leading the zonal athletics and swimming events. The inaugural involvement of Ngaruawahia High School and Nga Taiatea Wharekura in the King Country event has been pleasing to see with 24 students from Ngaruawahia representing their school and 15 students from Nga Taiatea attending. These schools have not previously participated in this capacity but now have students who have qualified for the North Island Secondary School Athletics Championships!