

# Active Download



2019

Summer/Autumn



## 5 ways to improve student wellbeing

Includes activity ideas that help children connect, take notice, give, be active, and keep learning.

Page 6

## What do physical and food literacy have in common?

Page 9



# Kia Ora!

Welcome to the hard copy version of our Active Download newsletter. This term has been going by fast!

In this edition we have continued our theme around Taha Whānau- social wellbeing, so be sure to check out our articles on five ways to improve student wellbeing, bringing the fun back into families, and an activity that helps build trust between team mates.

We also highlight some of the work we have been doing around the region, including a workshop we recently ran and the work we have been doing with the programme leads of the Hutt City Council Fundamental Movement Skills project.

Have a great rest of the term and continue to look after your Taha Whānau.

Ka kite

*Community Sport Team*



## Inside this issue

- 5 Taha Whānau (Social Wellbeing)
- 6 Improve student wellbeing
- 7 Putting fun back into family life
- 9 What do physical literacy and food literacy have in common?
- 10 St Mark's Church School put their best feet forward
- 11 Events of interest

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*Supporting a healthy, active region.*

## SportStart Workshop



Sport Wellington has started the year with a bang, hosting 25 teachers from 10 different schools from across the region, as well as representatives from both Activation Upper Hutt and Halberg Disability Sport Foundation, to a full day SportStart Introductory Workshop. The purpose of the workshop was for teachers to become more familiar with the SportStart resource as a tool for teaching PE and to gain a deeper understanding of physical literacy and the Long Term Athlete Development model that SportStart is based on.

Research has shown that most people learn best by doing, so all teachers had the opportunity to explore the resources and team teach others a number of different activities. By the end of the workshop, all teachers had nine different activities that they were more familiar with.



While becoming more familiar with the SportStart resource was a key outcome for the workshop, a secondary benefit is the networking opportunities such a day allows. Schools from across the region had the opportunity to share ideas from their own school and question some practices based on their new learning.



Brandon Woolley, Wellington Advisor for the Halberg Disability Sport Foundation shared information about how to modify activities and how schools can access Inclusion Training courses, funding opportunities and grant criteria and processes. For more information visit [www.halbergallsports.co.nz](http://www.halbergallsports.co.nz) or contact Brandon – [brandon@halberg.co.nz](mailto:brandon@halberg.co.nz)

For more information about SportStart contact [georginad@sportwellington.org.nz](mailto:georginad@sportwellington.org.nz)

## Fundamental Movement Skills project



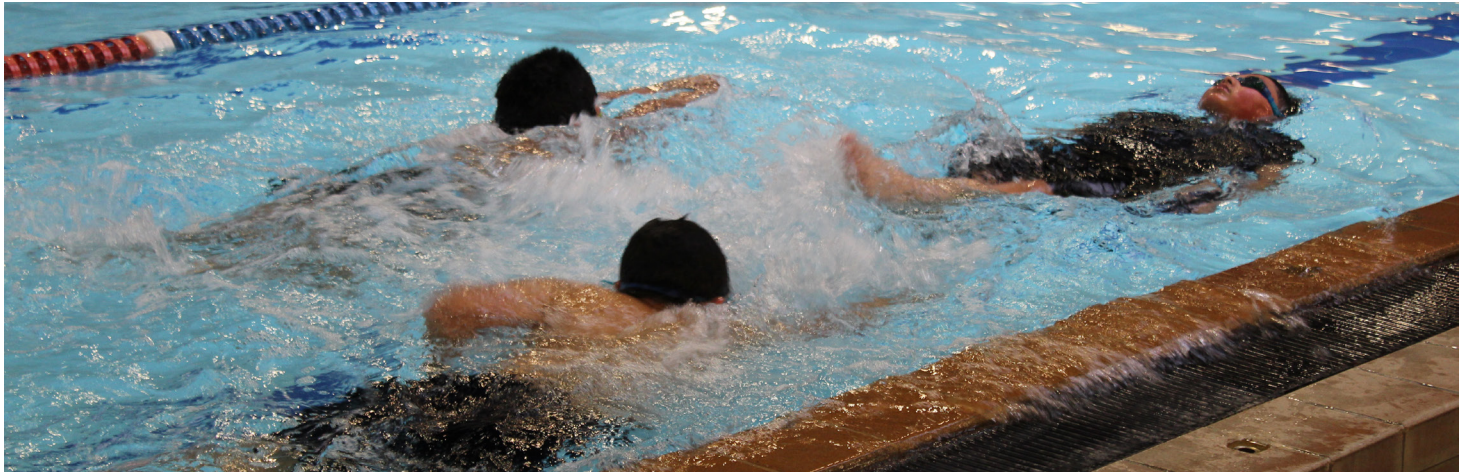
The Hutt City Council KiwiSport Fundamental Movement Skills Project (HCC KFMS) began in primary schools in 2010. It aims to develop fundamental movement skills in a fun and purposeful way to provide a skills base for children to lead an active and enjoyable lifestyle.

The project originally only involved schools in the Hutt region. Since then it has expanded to cover the wider Wellington region. Covering aquatics and dry activities (with sub programmes; moveMprove, Get Set Go, Kiwi Hoops and Football in Schools), the focus is centered on non-sport specific skills which can be used in any setting.

Throughout 2018, Sport Wellington was involved in conversations with the lead providers of the different programmes around what support they needed as part of the HCC KFMS. Workshops were then tailored around those needs and covered topics such as having and using consistent fundamental movement skill language, putting together a consistent assessment sheet for all dry sport programmes, and increasing teacher engagement.



With the aquatics' providers focusing on how to increase teacher engagement, a workshop was run to look at a consistent approach on how they can best work with schools. A joint document was then created that outlined what the expectations were when working with a school. Such discussions have clarified that active teacher involvement looks like: taking notes/assessing for their own programme, and taking an interest in what the students are learning. This will be supported by the swimming providers prior to the aquatics programme starting. Aquatics providers will aid teachers in planning classes/syndicates learning objectives for the unit and how the swimming component can be part of a bigger in-class unit.



Since the initial meetings and workshops throughout the year, excitement stemmed around the possibility of new ideas and growth. Wellington City Council are currently reviewing their Swim Well programme and as one of the key deliverers in the aquatics' component of the HCC KFMS they, along with Water Safety NZ, came along to some of the meetings.

This has resulted in a close partnership between Water Safety NZ, Wellington City Council and Sport Wellington to look at how best to implement change in the Swim Well schools programme and how to best advocate for the Water Skills for Life programme. The group has used the knowledge from what other councils have done, such as Porirua City Council, to inform their change process.

These discussions will continue as a basis to fine tune any positive and negative outcomes within each region, to provide an opportunity to share any new ideas, and will facilitate an overall strengthening of the programme across the regions as a unified whole.



# Taha Whānau (Social Wellbeing)

## -Blindfold Navigate

Taha Whānau is about family relationships, friendships, and other interpersonal relationships; feelings of belonging, compassion and caring; and social support. The focus for this activity in relation to Taha Whānau is trusting our team mates and we have chosen a game called Blindfold Navigate to help practise this.

### Blindfold Navigate

**Level:** All ages (modify to suit)

**Equipment:** Blindfolds (1 per pair), objects to navigate around; chairs, tables, benches, cones etc

**Taha Whānau Outcome:** To be able to trust our team mates

**Formation:** Divide the class into pairs. Within each pair one is blindfolded and the other is the leader.

#### Directions to play the game

1. Have a start and end point. Set obstacles around the area in a course like pattern.
2. Each pair begins at the start line. The leaders can either hold their partner's arm or just use their voice to guide their partner around the course.
3. Aim is for the leader to get their partner safely around the course.

#### Questions you could ask

- What were your responsibilities as the leader?
- As the leader, how did you make your partner feel safe?
- As the leader, did you have to adapt the way you communicated to meet the needs of your partner?
- How did you communicate with each other? What worked/didn't work?
- As the partner that was blindfolded, what made you trust your partner?
- What builds trust in a team?

#### Modifications to make the game easier

- Less obstacles (or no obstacles)
- Leader holds partners arm to guide them
- Don't use blindfolds- just have eyes closed
- Make the course pathway straight

#### Modifications to make the game harder

- More obstacles
- Have obstacles that they have to go over, under, and through
- Leader can only use their voice to guide
- Have to pick up obstacles on their way round and throw, kick, or bounce
- Could try different locomotor skills as they move through the course
- Create different course pathways



#### Links to fundamental movement skills

##### Locomotor skills

Walk

##### Stability skills

Turn

Twist

Bend

##### Manipulative skills (optional)

Throw

Kick

Dribble



# Five ways to improve student wellbeing

We recently came across this website in which The Mental Health Foundation is encouraging teachers to plan activities throughout the year to improve students' wellbeing. It includes activity ideas that help children connect, take notice, give, be active, and keep learning, which have been identified as a set of five simple, evidence-based actions which can improve wellbeing in everyday life.



Here are some simple activity ideas you could try:

## **Connect - others to nature**

Make cards, posters or art from natural materials such as sand, pressed flowers or leaves. The final product could be given to people in the local community who might not have much contact with nature, such as a local rest home. Bring nature to them!

## **Notice - colouring competition**

Join a colouring competition. Head outdoors and encourage students to draw what they see, smell, and hear.

## **Give - back to nature**

Gardening and planting is a great way to get students connecting with Papatūānuku/Mother Earth and give back to their environment and community.

- Plant seedlings and watch them grow. Who can grow the tallest sunflower?
- Volunteer to help at a local community planting day or beach clean-up.
- Design and build a bird feeder.

## **Be active - let's fly**

Working in small groups, students can create their own manu tukutuku using materials they have found outside, including raupō/bullrush, harakeke/flax and toetoe/tussock.

## **Keep learning - class challenge**

Have a brainstorming session as a class and set a nature challenge. This could be learning about the Māori tradition of weaving and making flax baskets. You could create a classroom korowai/cloak or, set a class or interschool 'Five Ways in Five Days' challenge.

Source: [www.education.govt.nz/news/five-ways-to-improve-student-wellbeing/](http://www.education.govt.nz/news/five-ways-to-improve-student-wellbeing/)

# Putting fun back into family life

Sometimes it seems we're just so busy! Busy shopping, busy working, busy cleaning the house, busy taking kids to daycare and lessons.

Have we become too busy to have a little fun with our families and to take time out to create some special memories?

An early childhood teacher shares her ideas and ways to help you put some fun back into family life.

## Creating memories

Looking back to my early childhood I couldn't tell you how many times a week my Mum vacuumed the house or cleaned the shower, I don't know if I went to swimming lessons and I don't remember if we had expensive furniture.

What I can tell you is that we had a lot of fun! Creating memories that we can now look fondly back on. It was not just okay to be a little silly – it was encouraged.

I have memories of making mud pies, water fights and a slippery water slide made with a ute cover. We have home movies of my sister and I with our faces painted like the band 'Kiss'.



One of my favourite messages from the SKIP parenting initiative is 'the housework can wait, your children need you now'.

While my own mother may joke that I can sometimes take this too literally, it's about sometimes, forgoing the vacuuming for spending time together, but that's something I am proud of.

Often in my role as a visiting teacher people say 'excuse the mess' when I come to visit. I always reassure them that with under fives in the house, this is the way it should look if you are learning and having fun.

Maybe there is a little finger-paint smudge on the wall, or flour on the floor from over enthusiastic 'helpers' for baking. Perhaps the children are still in their pyjamas cuddled up having a story. These are the signs of a happy home.



## 14 ways to put fun back into family life

Have a go at some of these activities and put some fun back into your family life.

### 1. Make play dough

Make a batch of play dough together from scratch and spend a morning making dinosaurs, cupcakes or shaping the letters in their name.

### 2. Make some slime

Get really messy with some sensory play and make your own slime.

### 3. Play with shaving foam

If your little one has grown out of the stage of putting things in their mouth and has no allergies, you can use shaving foam sprayed on an outdoor table or large tray for messy play. Why not add some food colouring too?



### 4. Do some home baking together

If you're not a 'baker' make some fairy bread or decorate some pre-made cupcakes or painted biscuits. It's the process of having fun together not the end product.

### 5. Have a pyjama and movie day

Even better if you have some of your own home movies to watch.

### 6. Have a dress up or face painting day

Adults need to dress up too! And don't forget to take some silly photos.

### 7. Have a picnic

Surprise your child and go for a picnic at the beach or park.

### 8. Try something new

Try something as a family that you have never done before like have a pretend power cut and decorate the house with candles.



### 9. Organise a home disco

Find your favourite songs old and new, and play them out loud and dance away in the lounge.

### 10. Water fights

If it's not too cold outside have a water fight with water guns, water balloons or cups of water. It will have the kids squealing with laughter.

### 11. Go camping

Camp outside in a tent or sleep in a hut inside and tell stories by torch light.

### 12. Play board games

Play a board game such as Snakes and Ladders or a card game such as Go Fish. Children don't need expensive toys, they want your time.

### 13. Share memories from your own childhood

Share a fun activity from your childhood like 'elastics' or Knucklebones or hunt down your own favourite childhood book or movie and relive the fun with your little one.

### 14. Make an ideas jar

If you find yourself caught up in the routines of the week place some ideas in a jar and let your child choose an activity for you all to do each week.

## What do physical literacy and food literacy have in common?

### Physical literacy

Physical activity is movement using the body that requires energy, increases heart rate, and speeds the rate of breathing. Physical literacy is having the movement vocabulary (fundamental movement skills) and motivation, confidence and competence to move for a lifetime! Skills such as hopping, running, jumping, throwing and catching are key building blocks for being physically active.



### Food literacy

Food literacy is the knowledge, attitudes and skills that people have about food. It is also about developing a positive relationship with food. Food literacy includes an understanding that cultural foods and traditional foods of indigenous peoples are important and that food is connected with mental health and wellbeing.



Both of these add to our overall social wellbeing and are particularly important in the early years. To find out more go to [www.appetitetoplay.com/about/introducing-food-and-physical-literacy](http://www.appetitetoplay.com/about/introducing-food-and-physical-literacy)

# St Mark's Church School put their best feet forward

2019 has started with a couple of firsts for St Mark's Church School. The school has made regular fitness a priority this year by introducing a daily school wide one kilometre walk/run. They have named it the 'Daily K'. This is also the first time St Mark's had a staff team entered into the Brendan Foot Supersite Round the Bays.



This is what the school had to say about their experience:

"This is the first time St Mark's has had a staff team in the RTB's event and certainly won't be the last as everyone had a fabulous time.

Although it wasn't directly linked to our 'Daily K' we thought it would be a great item to add to our staff social calendar.

We had a great attendance of 23 staff- 2 buggy walkers, 14 x 6.5km, 4 x 10km, and 3 x 21km.

Everyone enjoyed the atmosphere of the day, had a wonderful time walking around Wellington's stunning bays with their families and colleagues and are looking forward to doing it all again next year!"

"As proud organiser's of Wellington Round the Bays, a community event, we were delighted to see a team from St. Mark's school getting involved with the event and enjoying the experience. We will look forward to seeing them on the course again next year!" John Grieve, Event Director, Sport Wellington.

Thanks to St Mark's for sharing their Round the Bays experience and photos.

If your organisation has a story they would like to share about their engagement with this event please send to [georginad@sportwellington.org.nz](mailto:georginad@sportwellington.org.nz)



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# Sport Wellington Green Prescription and Shoe Clinic Porirua team up to tackle Round the Bays

It will not come as a surprise that barriers to leading a sustainable healthy and active lifestyle include financial pressures and lack of confidence. In late 2018, Active Families co-ordinator Amanda Rota approached Shoe Clinic Porirua in the hopes of forming a partnership to aid families and clients engaged in our suite of Green Prescription programmes to achieve their health and activity goals by facilitating access to high-quality footwear.

Community events make for a great goal setting platforms. Families and individuals set a target in mind, and with support, set small healthy steps towards the bigger goal (event day). One major goal for many of our families was to participate in the Brendan Foot Supersite Round the Bays in February 2019, but lacked the means to purchase suitable footwear to participate in the community-based walking groups and support programmes facilitated by Sport Wellington Healthy Lifestyles Coordinators.

Porirua Shoe Clinic jumped on board eager to support their local community by offering families shoes from previous seasons and next-to-new returns from their Wellington stores. Green Prescription (GRx) families who were offered shoes had previously shown their commitment to living a healthy lifestyle having made some incredible, sustainable changes for themselves and their families.

In total, 50 children and adults involved in the suite of GRx programmes received new shoes from Shoe Clinic. With a new-found level of motivation many families confidently registered for Round the Bays assured their new shoes from Shoe Clinic and ongoing support and encouragement from their Healthy Lifestyles Co-ordinators would see them through to the finish line. For many who registered it was the first event they have partaken in.

In the lead up to Round the Bays, families were out pounding the pavement without the worry of ongoing physical strains and pains from unsupportive footwear. Park runs were completed, unfamiliar trails trekked, and motivation levels climbed. Over and above the physical motivation the shoes provided families a sense of pride and value intrinsically encouraging their healthy lifestyle journey.

Reflecting on the last few months the achievements that many individuals and families made through their journey on Green Prescription and with the support of Shoe Clinic Porirua have been vast and impressive. For most these changes will be lifelong, after the completion of Round the Bays, who knows where else those shoes will take them.



Sport Wellington Healthy Lifestyles Co-ordinators with Jeremy (left) and Hannah (second from right) from Shoe Clinic Porirua.



# Destiny's Active Families Journey

From shy and run down, to active and proud, Destiny (age 12) used the strength-based Active Families sessions to try new activities, play with her peers, grow in confidence, and integrate into a new sport. You won't believe her growing fruit and vegetable 'like-list', too!

Destiny used to just sit on the couch watching TV after school, a regular routine of hers. She did not enjoy school and was frequently the centre of bullies comments. Destiny was often unwell resulting in many missed activities. Her confidence, self-esteem and feeling of belonging was devastatingly lacking for someone with such a bright smile.

During a visit to their family's GP, Destiny's mother, Helen, was referred to Green Prescription and with her, so too was Destiny to Active Families. Helen was determined to get involved with what Green Prescription and Active Families had to offer, much to her daughters begrudgment. She dragged Destiny and her Father Peter along to one of the weekly after school sessions. Destiny, in her own words, "looked in the door and saw people playing and laughing and decided that it didn't look too bad".

Joining in on her first session, Destiny at first shy and stand-offish, was within the hour immersed in the games being played and even had a smile on her face. From then on she attended every weekly session she could get to, growing in her confidence and smile. Shortly she became involved in boxing, attending two trainings a week, making new friends and even received a trophy for 'The Most Improved Fundamentals'. Destiny was stoked. The activity and community involvement didnt stop there, events were the next item on Destiny's hit list, she entered and completed the Magic Mile, Park run, Jennian Mother's Day Walk and continued to find new ways to be active during the weekends.

Destiny's family have made many changes towards achieving a healthier lifestyle, Helen stopped smoking seven months ago and is still going strong and smokefree. As a family, their approach to nutrition has changed, now looking for more healthy and nutritious options to fuel their active lifestyle. Destiny's fruit and vegetable 'likes list' has grown substantially now encompassing peas, silverbeet, leeks, broccoli, carrots, grapes, mandarins, strawberries, apples and many more.

Peter, Destiny's father states "[Destiny now] has the confidence to try new things and is almost unrecognisable", she is "a lot more confident" and "takes control of things".

Destiny now boasts a whopping 85 second plank hold, her week consists of swimming, boxing, park runs and family walks, and the smile on her face now truly reflects her outgoing, joyous personality. The best thing about her new active and healthy lifestyle Destiny said is "not being sick".

For more information on the Sport Wellington Green Prescription programmes; Maternal, Preschool, Active Families, and Adults, go to: [www.sportwellington.org.nz/active-health-and-wellness/](http://www.sportwellington.org.nz/active-health-and-wellness/)



Destiny (right) getting stuck into swimming lessons at Cannon's Creek pool.



# Skilful conversations with Brendan Spillane

On the 11th of March, Sport Wellington Performance Hub hosted a breakfast presentation with world acclaimed speaker, mentor and educator, Brendan Spillane. It was great to see some of our principals and teachers attending and representing the education sector.

Brendan bases his teachings on the idea that when we speak with clarity and openness, we can invite connection and engagement, challenge unhelpful assumptions and behaviours, and build on the social fabric of our teams and organisations.



Covering eight propositions, Brendan started his presentation with a slide, “Find smart people, with good intentions, who get stuff done – together”. In today’s environment, even though we are highly connected digitally, doing stuff ‘together’ is under pressure.

A conversation is a ritual for building connectedness – talking to each other, in a meaningful way, makes a difference. Like sitting round the campfire talking, a group (or meeting) is only as strong as its talk.

## **The fundamentals of skilful conversations.**

Remember, nothing is personal. Shift your energy so that you don’t take things personally.

‘Everyone is fighting a battle you know nothing about. Be kind. Always.’

# The link between storytelling and volunteer recruitment



We often talk about the role of storytelling in volunteer acknowledgement and recruitment. Volunteers do so to make a difference and there is no better way to acknowledge their work than by telling a story about that difference. School sport volunteers are no different, which is why we encourage frequent story telling about parent help, coaches, officials and administrators.

Sarah McDonald of Volunteering NZ (VNZ) has written a lovely article about how to create a ‘good story’:

## As told by Sarah:

Storytelling made me go from 'thinking' about volunteering to 'signing up' that day.

In VNZ's State of Volunteering Report 2017 we found 'not having enough volunteers' was one of the two most commonly selected issues facing volunteer-involving organisations (approximately one third of respondents). This is a serious issue for organisations that rely on volunteers to exist.

Never underestimate the power of storytelling in your volunteer recruitment strategy.

## How to create a good story – my top tips!

One of the biggest things I've learnt is people are interested in stories about people! It really is that simple. Even better if there's a specific topic or something unique about what they're saying. It helps build trust, approachability and connection. Stories are also a great way to recognise the work that your volunteers do and show your appreciation.

Be authentic. I've spoken to lots of organisations and volunteers in person and 9 out of 10 times they're fantastic at explaining what they do, their passion is reflected in their words. Unfortunately, when you look them up online their social media accounts or website can paint a different story – they lack that unique human voice, at times they lack clear communication about what their organisation actually does. If using photographs, they don't need to be the most highly stylised images– make them authentic and real.

Don't create content for the sake of it. All content should have a message or purpose behind it. It also needs to link to your strategic goals where possible. Don't pick up the camera or write a blog without knowing why you're doing it. You could attract unsuitable volunteers (it's all about the right fit!). Then remember that important call to action – make it easy for people to 'learn more', 'volunteer now' or 'contact us'.

Mix it up. I can't stress enough how important it is to use a variety of storytelling tools and topics. Mixing it up refreshes what you do and will appeal to more people as a result. Storytelling, marketing and communications is an ongoing process – it's never complete. That's part of the excitement about it. Mixing it up also allows your team to remain fresh and engaged in creating the content.

Get your stories out there! If the purpose of creating stories is to attract volunteers then you have to make sure these stories are on your website, social media, but equally important, share your content with relevant organisations. Get your content in external newsletters and in the media. This will grow your audience and increase the chances of reaching your potential volunteers.



# Check out Sport Wellington's new website!

[www.sportwellington.org.nz](http://www.sportwellington.org.nz)





# Learning through Sport: Events of interest

Sport has been proven to be an inspiring medium to teach through using an integrated approach. Often we look for the major events such as the Commonwealth Games and Olympics but there are many more interesting sports that you can engage your students using an inquiry model. Check out the ones coming up in the next few months and for a more detailed calendar go to: [www.topendsports.com/events/calendar-2019.htm](http://www.topendsports.com/events/calendar-2019.htm)

April 6	Horse Racing	Grand National	Aintree Racecourse, Liverpool
April 11-14	Golf	Masters	Augusta, USA
April 20-May 6	Snooker	World Snooker Championship	Crucible Theatre in Sheffield, England
April 21-28	Table Tennis	World Table Tennis Championships	Budapest, Hungary
April 27-May 4	Multi-sports	Arafura Games	Darwin, Australia
May 2	Horse Racing	Kentucky Derby	Louisville Kentucky, USA
May 10-26	Ice Hockey	IIHF World Championship	Bratislava and Košice, Slovakia
May 16-19	Golf	US PGA	Bethpage State Park, Black Course, Farmingdale, New York, USA
May 18	Football (Soccer)	FA Cup Final	Wembley Stadium, London
May 26	Auto Racing	Indianapolis 500	Indianapolis, USA
May 26-Jun 9	Tennis	French Open	Paris, France
May 30-Jul 15	Cricket	World Cup	England

## Wellington

### Everyone Out

A 2-hour searching and collecting family challenge.

Sunday 7 April – The Dell, Botanical Gardens [www.eventfinda.co.nz/2019/everyone-out/wellington](http://www.eventfinda.co.nz/2019/everyone-out/wellington)

Sunday 5 May – Otari-Wiltons Bush [www.eventfinda.co.nz/2019/everyone-out2/wellington](http://www.eventfinda.co.nz/2019/everyone-out2/wellington)

## Porirua

### Porirua Grand Traverse

A multisport event including; fun run/walks, duathlons, kayaking, mountain biking, and more.

Sunday 7 April – Whitirea Polytechnic [www.eventfinda.co.nz/2019/porirua-grand-traverse/porirua-mana](http://www.eventfinda.co.nz/2019/porirua-grand-traverse/porirua-mana)

## Lower Hutt

### Loaded Tough Guy and Gal Challenge

An obstacle challenge with lots of obstacles and mud to traverse through.

Saturday 25 May – Camp Wainui (13+) [www.eventfinda.co.nz/2019/wellington-loaded-tough-guy-and-gal-challenge/lower-hutt](http://www.eventfinda.co.nz/2019/wellington-loaded-tough-guy-and-gal-challenge/lower-hutt)

## Upper Hutt

### The Wellington Plunket Fun Run

A fun run with races from 3km all the way to 24km.

Saturday 13 April – The Rimutaka Rail Trail – Upper Hutt [www.eventfinda.co.nz/2019/the-wellington-plunket-fun-run-2019/wellington-region](http://www.eventfinda.co.nz/2019/the-wellington-plunket-fun-run-2019/wellington-region)

## Martinborough

### Martinborough Skyline Challenge

A mountain biking challenge with a 8km and 16km rides and a 3km training course for kids.

Sunday 28 April – Martinborough [www.eventfinda.co.nz/2019/martinborough-skyline-challenge/wairarapa](http://www.eventfinda.co.nz/2019/martinborough-skyline-challenge/wairarapa)

# SCHOOL ZONE AND INTERZONE SPORT CALENDAR 2019

## TERM 2

Zone/Cluster	Sport / Event	Date	Postponement Date	Venue	Organiser (School)
ALL	Regional Cross Country	2 July	4 Jul	McKays Crossing	Regional Sports Committee
LHPSSA	Central & SW Meeting	8 May		Pelorus	LHPSSA
LHPSSA	North & SW Meeting	15 May		Pelorus	LHPSSA
LHPSSA	Y3-6 Basketball	22 May		Walter Nash	LHPSSA
LHPSSA	SW /SE Cross Country	28 May	30 May	Sladden	LHPSSA
LHPSSA	NZ/CZ Cross Country	5 June	6 June	TMP	LHPSSA
LHPSSA	Y7/8 Basketball	11 June		Walter Nash	LHPSSA
LHPSSA	INTERZONE Cross Country	18 June	20 June	TMP	LHPSSA
LHPSSA	Y5/6 Tapu Ae	25 June	27 June	Hutt Park / Walter Nash TBC	LHPSSA
Otaki-Kapiti	Mountain Biking	9 May	13 May	Waikanae Park	Otaki-Kapiti
Otaki-Kapiti	Volley Ball Comp (6weeks)	14 May		Paraparaumu College	Otaki-Kapiti
Otaki-Kapiti	Cross Country	12 June	14 June	Waikanae Park	Otaki-Kapiti
Otaki	Cross Country	28 May	29 May		Waitohu
Otaki	Netball	30 May - 4 Jul			Waitohu
Otaki	PCT Challenge	TBC			Otaki College
Otaki	Soccer	2 July	3 July		Te Horo School
Wainuiomata	Meeting	8 May		Pukeatua	Pukeatua
Wainuiomata	Futsal Year 3/4 & 5/6	31 May			WHS
Wainuiomata	Cross Country	18 June			Arakura
UVPSSA	Cross Country	19 May		Harcourt Park	Shane Ross (Better than TV)
UVPSSA	AFL	28 May	30 May	TMP	AFL NZ
UVPSSA	Swimming	11 June		H2O	Silverstream
UVPSSA	School Gym Festival	27 June		Rimutaka Gym Sports	Rimutaka Gym Sports
Masterton	Meeting	2 May		Wairarapa Sports House	Masterton Sports Co-ordinator / Chariperson
Masterton	Wairarapa Harriers	TBC		Solway Showgrounds	Harriers Club
Masterton	Cross Country	12 June	14 June	Solway Showgrounds	Masterton Sports Co-ordinator / Hadlow
Masterton	Intermediate Basketball	TBC			Keeley
PPSSA	Cross Country	22 May	29 May	Cannons Creek Park	Tairangi / Windley
PPSSA	Netball	20 June	27 June	Mungavin Netball Courts	Titahi Bay North / Holy Family
Parumoana	Cross Country	11 June	13/18 June	McKays Crossing	Papakowhai / Discovery

Please note: The information provided is limited to what has been sent through by Zone Convenors prior to being published. For events not in the calendar, please contact your local School Zone Convenor.



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