



1. Tipene and Kahurangi -Te Kuiti's Rugby Park.

<https://www.facebook.com/468412426573094/photos/a.858469074234092.1073741843.468412426573094/858469100900756/?type=1> Published on the ClubCHAMPS facebook page.

Information for schools



Last winter the Te Kuiti Taumarunui Otorohanga Smokefree Action Team or TOAST and the Health Promotion team from the Waikato DHB promoted "Smokefree that's me!" with students playing netball and mini-ball.

This year the King Country Rugby Football Union has given the go ahead for smokefree banners to be put up at Te Kuiti's Rugby Park during the junior rugby matches. As a result we are focusing more on the rugby this winter. Hopefully the banners will encourage parents who smoke to smoke away from the sports fields and players and will help to normalise non-smoking for our children and youth.

All students who are playing sport are welcome to enter the Smokefree That's me prize draws which will be drawn early in June.

Reasons to be smokefree - Te Kuiti and Pukenui primary school children

I will be smokefree because It is very bad for your health and it is bad for your lungs and the smoke stinks and it is a waste of money.
If you smoke once you start smoking a lot then you get addicted to smoking and I want to live longer and have great health so I'm going to be smokefree for my whole life.
Smokes are a waste of money it shortens your (life) and it is very bad for your health.
I don't want to die early and I don't want to waste my money on smokes and your breath would stink.
Smokes cost a lot of money so it is a waste of money. It is very bad because your life shortens.
Smoking is very bad and it makes your breath smell bad. Smokes are waste of money you will be a poor role model.
It is bad for health and it's addictive and it shortens life. It is also a waste of money and stinks.
I don't want to be an outcast. I don't want to get addicted.
I want to live longer I want to be a great role model I want to save my money and not be poor and smoking is stinky
I want to live a lovely life without me going to the hospital because I was smoking Hopefully that will never happen to me.
Smoking is very addictive and it makes your clothes smell disgusting. Smoking is bad for you and others around you. Smoking near others is bad for them because they're second hand smoking. Smoking shortens your life, makes you a poor role model and is just wasting money.
I will have a short life (if I smoke) it is also a waste of money and very bad role model.
I don't want to smoke because I don't want to die early and it's a waste of money. I want to have friends in my life.
I want to live long and it's bad for your lungs and it's a waste of money. It is stink if you smoke you're a bad role model.

I don't want to waste my money. It's bad for your health. Shortens life.
I would like a job in life. It (smoking) will shorten my life. It costs too much money. I don't want to be addicted to smokes.
It is very addictive it shortens life. It is a waste of money, very bad for health.
I don't want to waste my money. I don't want to die early. I don't want to become and become an outcast.
Smoking is very addictive; it could shorten your life and causes very bad health. It is a waste of money and stinks and stays on your clothes.
It is very bad for health. Waste of money. Stinks stays on clothes.
It is very bad for my health and it stinks and it's a waste of money.
You can get sick and die and it is naughty to smoke and you can get cancer.
It is bad for your body and could give you cancer.
It kills your lungs.
You can get cancer, it's very naughty, you can get very ill, you can die, it might affect you in life and it can affect you on sport. Your children could think that smoking is cool and copy you.
Because my lungs will get stuffed up and I won't be able to play sports and it will make me look ugly.
I'm little. It's bad for you and you might die.

2. Otorohanga Community House newsletter



For anyone wanting to quit, support is available from:

- Ngati Maniapoto Marae Pact Trust: Aukati Kai Paipa (this is a free service) 07 878 0028
- Unichem Te Kuiti Pharmacy
- Your GP service
- Phne 0800 Kick the Habit (0800 542 584) for Waikato Region smoke free providers
- Quitline 0800 778 778
- OR from the Quitline online support on www.quit.org.nz

Te Kuiti Community House newsletter



World Smoke free Day is celebrated on 31 May each year.

World Smoke free Day aims to raise awareness of the Smoke free kaupapa with the underlying objectives of reducing exposure to second-hand smoke increasing quit attempts.

Whānau is a driving force for many people wishing to protect others from the harms of second-hand smoke. This is a common cause for all people, cultures, communities and whānau. The call to action is for smokers and non-smokers to take control and stop exposing others to second-hand smoke, especially children.

World Smoke free Day also provides an opportunity to encourage and help those who want to quit smoking and support friends and whānau on their quit journey.

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3.1 Te Kuiti Primary School posters

1st place - Jovelle De Borja

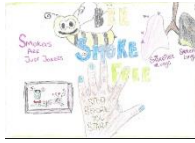
2nd place - Awhina Tainui

3rd place - Michaela Whatarangi

Runner up - Reannon Brown, Simone Dave and Keziah Puletaha (joint poster)



1st place



2nd place



3rd place



Left to right – Michaela Whatarangi (3rd), Jovelle De Borja (1st), Awhina Tainui (2nd)



with runner up poster creators - - Reannon Brown, Simone Dave and Keziah Puletaha (joint poster)

Photos are also available on the Te Kuiti Primary School facebook page.

<https://www.facebook.com/pages/Te-Kuiti-Primary-School/819461531457654?fref=ts>

3.2 Te Kuiti Family Health Centre pamper day – photo to follow

3.1 Ngāti Maniapoto Marae Pact Trust



Promotion and quizzes during May