

Bodywise Programme
(For managing weight issues in children 5-12 yrs)



Bodywise is a family based programme held in Hamilton aimed at managing weight issues in children of primary and intermediate school age.

Each group runs initially for 6 weeks, with twice weekly meetings, after which time children and their families are followed up with support for a period of 12 months.

Label reading for healthy food choices, food preparation, family goal setting, introducing new foods and backyard games are just a few of the things included in the group activities.

If you would like further information have a chat to your school public health nurse, or phone Helen or Soroya for an information leaflet or follow the link: www.waikatodhb.govt.nz/page/pageid/2145848362/Bodywise

Bodywise Programme is a District Health Board/ Sport Waikato initiative.

Bodywise Programme contacts:

Helen Stockman Bodywise Dietitian - 07 8383565 ext 22142 helen.stockman@waikatodhb.health.nz

Soroya McGall–Bodywise Active Families Co-ordinator Sport Waikato 07 8585388 so-royam@sportwaikato.org.nz

Assembly Awards 10 Feb 2012

Room 1: Rose Seavill & Charlotte Mitchell

Room 2: Emily Ryan & Cooper Van Dijk

Room 3: Aoife Kerr & Levi Waller

Room 4: Tom Rutter & Joel Runciman

Leaders' Award: Santina Capstick &
Ava McCullough

Principal's Award:
Chad Cameron

MINIBALL: Our miniballers excelled last Friday night by coming home from a week at camp to win one game and to miss taking out the other game by only one point.

Hot Shots won 30-8 with Rose Seavill being awarded Player of the Night.

The All Stars lost 21-22 and Santina Capstick was the Player of the Night.

Draw for this Friday 24 Feb 2012;

Hot Shots Court 2 5.30pm

All Stars Court 1 7.30pm (Please remain behind to sweep the floor and put away forms. Thanks.)

**3x Twilight Courses for Parents
Hamilton Based**

13 March 7-9pm: Raising Girls \$20

7 May 7-9pm: Boy, Oh, Boy: Educating my son. \$20

28 August 7-9pm: Positive Parenting \$20

To register or for more information contact Sharon Smith 07 838 4655 or sharons@waikato.ac.nz