



Rotary Club of Christchurch South Inc.

P O Box 12-243, Christchurch 8023, NZ.

SERVICE ABOVE SELF



Bulletin

#40 for 29 April 2026

Rotary Speaker Report 29 April 2026

Our Club Forum night was focussed on the Healthy Heroes Programme which has been running, largely under the radar, for many years. The programme is offered to primary schools to encourage children to develop healthy eating and living habits. It was initially set up by Wellington North Rotarian Laury Sinclair who was concerned about increasing obesity and type 2 diabetes in children. The pilot programme ran between 2004 and 2006 and then was



launched through Rotary Clubs nationally. It received significant endorsement such as by the Parliamentary Health Select Committee. The headquarters of the programme eventually moved to Christchurch under the chairmanship of our own David Buist. Susan Haye, also from Christchurch South Rotary, later took over as chair, well supported by David, our former club president Kim Moss and Rotary Community Leader/District Administrator Marg Lyons. All those people were at tonight's meeting. Also present was Jan Thompson the Acting Principal of Pareawa (Banks Avenue) School – a long time user of the Healthy Heroes programme

Jan spoke at length, painting a somewhat depressing picture of the challenges faced by those working in education as they struggle to deal with significant groups of children who don't seem able to socialise and show no respect for their

peers or their teachers. Sadly, the behaviour of some parents is no better. The causes of these problems are varied but include the lack of socialisation during covid, poverty, social media and drugs (in the case of some parents).

Jan is a strong advocate for the Healthy Heroes programme as one tool that teachers and families can use to help combat these problems. The programme is now all internet based with a very appealing web site (<https://www.healthyheroes.org.nz/>) which is accessible free of charge. The web site is well aligned to the current school curriculum although Jan says it requires a few tweaks to reflect recent changes. The site is managed under a contract with Digital Journey who also make minor changes when requested. The Rotary District is covering the cost of this for the 2025/2026 Rotary year.

So what's the issue? Well, quite simply, having put years of work into Healthy Heroes, David and Susan wish to step down. They would very much like to see continued management of the programme undertaken by members of Christchurch South Rotary. The tasks are not arduous:

- Giving a standard response to "connect with us" emails
- Contacting Digital Journey to make sure the links on the web site are still correct.
- Sending out group emails to schools to remind them of the programme (Kim currently does this and is prepared to continue)
- Reporting web site statistics
- Checking with advisory teachers regarding updates or changes needed

So there's the challenge for Christchurch South Rotary. It would be tragic if this highly regarded programme fell away because we are not able to find people to take over these roles

Thanks to Alan McK. for the report and Diane for the photo.

Upcoming meetings:

6/05/2026	Community Awards Evening	Social Committee/ Sarita
13/05/2026	Rachel Haydon	New Chief Executive Rachel Haydon – <u>Orana</u> Park
20/05/2026	Simon Gray	The White Room Creative Space - A
		charity and creative studio space that removes barriers to making art for people with learning disabilities



- **Cashmere Stream Esplanade Reserve**

It was maintenance day at Cashmere Stream Reserve on Saturday morning which included clearing grass from around the native plants as well as spreading mulch.

Thanks goes to: Viv, Diane, Alan McK, Mike O, Geoff and Alan S.

The BBQ table looks great – thanks to Sara. I'm sure it proved a great place for the shared lunch after all the hard work.

- **UPCOMING ROTARY COMMUNITY SERVICE PROJECTS**

1. John Taylor Walkway

Saturday 13th June '26

10-12 for maintenance Followed by a BBQ.

2. Cashmere Stream Esplanade

WINTER PLANTING DAY

Saturday 18th July

10-12 with a shared lunch to follow.

Notices:

- **River Clean Up (Mother of all Clean Up's)**

Date: Saturday 9 May

Start time: 10am by the Scout Den, Centaurus Road next to The Brickworks

It would be great to support this again this year, as we have over the last many years.

- **Go The Crusaders!**



Duties:

Duty	6-May-26	13-May-26	20-May-26
Cash Desk	A McKinnon	A Airay	G Dockrill
Cash Desk	#N/A	M Bruce	A McCully
Reception	#N/A	H Garlick	A Airay
Speaker's Host	#N/A	S Mackenzie	M Osselton
Grace	A McCully	S Mackenzie	M Osselton
International Toast	#N/A	H Garlick	A Airay
Thanks to Speaker	#N/A	M Bruce	A McCully
Quote for the Week	#N/A	A Airay	G Dockrill
Speaker Reporter	D Peterson	M Opie	V Ellis
Sergeant	#N/A	G Bailey	D Peterson

MEM

Leave:

	from	to
S Haye	11/08/2020	TBA
E Bermingham	01/01/2023	TBA
SMcLean	20/03/2024	TBA
A Kim	30/06/2025	TBA

The link for the club web pages is

www.christchurchsouthrotary.org.nz

The link to club Facebook pages is

<https://www.facebook.com/ChristchurchSouthRotary>

Reminders:

**Record your apology at the Reception Desk at a prior meeting,
OR email: chchsouthrotary@gmail.com before
11.00am Wednesday.**

**You will get a reminder a couple of days before the meeting re
apologising and to advise if bringing a guest.**

Emergency apologies to Alan McKinnon (021 142 7668)

OR, Club Secretary Viv Ellis (027 490 3161)

**DUTIES If you are unable to carry out your allocated duty, it
is YOUR responsibility to arrange a substitute.**

LEAVE OF ABSENCE

**Please advise all leave of absence of 3 or more weeks to the
Secretary, by email or in writing.**