

MAY-JUNE 2019

Growing Update

The latest *Growing Up in New Zealand* news and information for study families

**Holiday photo competition
– your photos**

Jumping the Ditch

Piccies and Poems



A word from the Research Director

Kia Ora Koutou What a year! What a decade!

A belated welcome to 2019. This year, significant and exciting milestones await – for us all to celebrate.

Firstly, we will be collating all the pieces of information shared by our participants over the last two years during their eight-year interviews.

The last interview was on the 31st January. We're excited to see what new insights will emerge!



In particular, for the first time, during the eight year data collection the children themselves shared their own views about *Growing Up in New Zealand*. Since their voices are the voices of the future, this will provide us with a forecast for Aotearoa and for all our futures.

Our participant children are overwhelmingly digital natives. They have the capacity to connect with each other and with society differently from any generation before. Their view of the world may be entirely dissimilar from previous generations. Their future is increasingly global, linked, as well as being impacted by the unique vantage point and identity of our own small islands.

For the first time, our participants have been our scientists too. They have worn accelerometers. They've measured home and school environments. This will help us understand how their context impacts on development and wellbeing. They speak in an undiluted, direct way about themselves, their country, their town, their household, themselves.

For a researcher (and for the country) that's really exciting. Using their information, and parents' information, we are gradually understanding what shapes young New Zealanders' lives. We are helping to understand how to improve opportunities for all New Zealand children.

Secondly, (although we are collating and reporting information from eight to nine year olds over the next year), our cohort of young New Zealanders is already starting to turn ten.

Between March this year (2019) and October next year (2020), the children in our study will reach the end of their first decade and begin the next.

If the first decade is one of exploration, the second is the decade of emerging identity and independence. Our children will blossom as the individuals they promised to be, and that their parents dreamed they would become – even before they were born.

I'm excited to hear the stories from the children and their parents as they make this transition. The promise of their voices making a real difference to a better start for all New Zealand children, is becoming a reality!

Ngā mihi

A handwritten signature in black ink, appearing to read 'Susan Morton'.

Professor Susan Morton

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Changed address, phone number or have a question for us?

Email: contact@growingup.co.nz or Phone: 0508 476 946

Cover photo: Jesse scooters on the halfpipe his dad built for him in the front yard. Wow to this action shot!

Kelly and co jumped the ditch

The weather's better. The house is huge. The lifestyle's great.

If it sounds like an ad for Australia, it is. These are three reasons that Kelly's mum and dad and her brother jumped the ditch, went to Australia in 2013 and have stayed there ever since.

Starting first in Perth in 2013, where Kelly's mum Helen was moved (through her employer), the family have lapped up life in Australia.

After Perth, they moved to Melbourne and joined a community near the city. The community is in a newer area and has a lot of new housing. Regarded as a growth corridor, it's an affordable place for families to settle.

The family's home is 375 square metres, on a small (440 square metre) section, and the parks and amenities nearby are excellent.

"On an average day you do have to get up earlier," says Helen.

"You spend a lot of time travelling because Melbourne's a big city. You soon learn that to go anywhere will take you an hour. If there's a problem on the motorway, instead of being 25 minutes to get to Melbourne it can take you two or three hours."

She is philosophical, though, and shrugs commuting off – because balancing the commuting issues is a great lifestyle.

"The cost of living is cheaper here. Food is a lot cheaper, housing is cheaper. And it's a social place," she says. "Specialists are subsidised and we don't think twice about taking kids to the dentist."

Daughter Kelly (participant in *Growing Up in New Zealand*) is a keen gymnastics fan and weekends are taken up with sport for the family.

The family might go down to the beach for a surf or boogie board. It's a lifestyle that has improved her health. Kelly was diagnosed with asthma as a child in New Zealand but now has far fewer problems.

"Here it's a drier, less humid environment," says Helen. "In summer, the suburb dries out. It's often 40 degrees plus. We haven't got the big trees that are in New Zealand, nor the grass."

Despite the climate differences, Kelly's life is better. She's exposed to many different cultures: Melbourne is a melting pot of ethnicities. Her previous school, which had 2500 children (Years 0 to 9), taught at least one extra language to everyone. There were specialist teachers for different subjects, rather than generalists. This year, Kelly started at a new, smaller school (500). At both schools, she's been following the IB (international baccalaureate) syllabus, and has excelled in this internationally acclaimed framework.

All in, all a very nice way to live! Thanks for sharing!

Kelly's three favourite things about Melbourne

1
The sunshine
and warm
weather

2
Exploring the
city

3
Having fun; going
to gymnastics;
visiting parks and
beaches and
surfing



So what do you know about Melbourne?

Answer this quiz – and rate yourself.

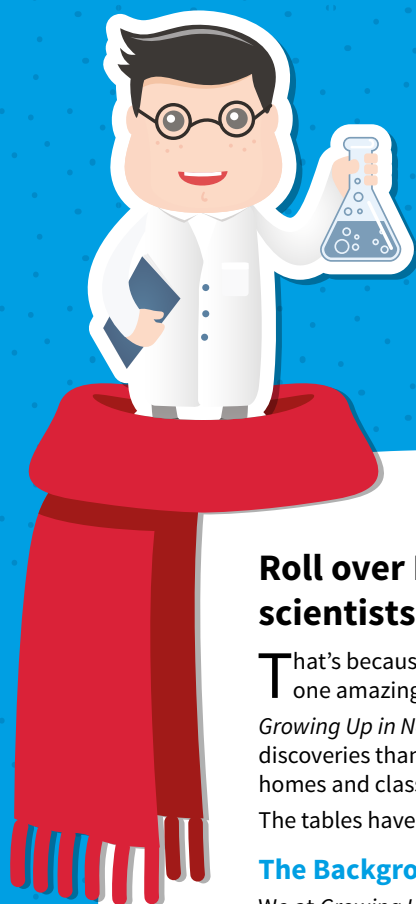
1. Melbourne is in which state of Australia?
2. Approximately how many people live in Melbourne? 2.3 million? 3.3 million? 4.3 million?
3. Is Melbourne mainly North, South, East or West of Sydney?
4. What is the name of the river that flows through Melbourne?

And here's a fun fact:

Melbourne was originally going to be named Batmania, after a founder – John Batman!

Quiz answers

1: Victoria 2: 4.3 million
3: South 4: The Yarra



KID SCIENTISTS:

Uncovering the facts about warm and dry in New Zealand

Roll over Einstein! Here comes the next generation of scientists, and they're starting young.

That's because kids like you are working as scientists to help make vital new discoveries in one amazing project.

Growing Up in New Zealand has asked more kids to participate as scientists in scientific discoveries than ever before in this country – by asking you about warmth and dryness in homes and classrooms.

The tables have turned. You have literally been our researchers!

The Background

We at *Growing Up in New Zealand* asked more than 6,500 of our participants (just like you) to capture temperature and humidity information in homes and classrooms. We trained you in using portable digital devices and in being our 'recorders of information'. We asked you to put the information you gathered into your time-use diaries.

The project was undertaken by *Growing Up in New Zealand* for BRANZ which is an independent New Zealand organisation that provides information to Government and industry about construction methods.

Why did BRANZ ask for this?

Well, the indoor quality of our homes and classrooms in New Zealand is not really very well known or understood. We don't fully know whether these buildings, which we spend so much time in, are warm or cold, dry or wet, comfortable or uncomfortable to be in.

The things that make these places comfortable – or not – include: heating, insulation, ventilation and architectural design.

If our buildings are not comfortable, if kids like you are cold (or hot), wet (or even too dry), your health can be affected. That's not good.

What Now?

So we've got most of the information in, thanks to you, as part of our 'eight year data collection'. Now we have to analyse what you have found out. Congratulations young Einsteins! You could be breaking new scientific ground in New Zealand.

PS: If you haven't got your time-use diaries in yet, please, please submit them!
(P.O. Box 18288, Glen Innes, Auckland 1743).





RINA PRASAD

Data wrangler and cleanser

Rina is renowned for scrubbing data clean. Very clean. That doesn't mean she takes to it with a brush and bubbles. Instead, one part of Rina Prasad's role is to put the massive amount of data generated by *Growing Up in New Zealand* into sensible, justifiable categories.

"If there's data that is unexpected, or outlying, I make sense of it; I make it robust and logical," she says.

Rina is a very experienced data manager with an international background spanning 25 years.

Before joining the team five years ago, and armed with degrees in sociology and political science, she worked as Data Operations Manager for the Clinical Trials Research Group at the University of Auckland, and then as Technical Director at the renowned Kaiser Permanente Centre for Health Research in Portland, Oregon (USA).

"Americans are likeable and friendly," she says. "They were interested in where I was from."

Tempted back to New Zealand much later, she came to *Growing Up in New Zealand* because of the challenges of a longitudinal study.

"I enjoy making sense of the stories I read," she says. "The voices of *Growing Up in New Zealand* are going to contribute to better outcomes in New Zealand. That's the real reason I'm here – this study will effect change, and change for the better. I like the altruistic nature of it. It has tangible meaning."

Rina looks at all data in a great deal of detail. Her role is to delve into the state and quality of the data delivered, ensuring it is gold standard.

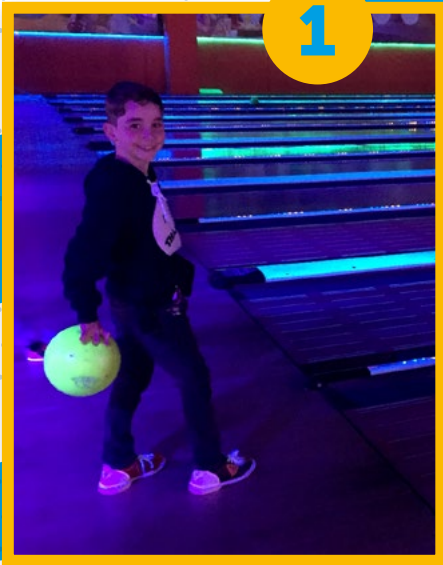
She says that the voices that come through are moving. "They're the hopes and dreams of parents and children. Parents just want the same things that anyone wants – for their children to be happy. As for the children, I feel like I'm revisiting my childhood when I listen to their voices."

Rina says that one of the surprises in the data for her was finding out that men can get depressed after a child is born or with a major change in their lives. "That's not talked about," she says.

Overall, the study has revealed itself over time to be very insightful.

"*Growing Up in New Zealand* is a body of work that's continuing to contribute to the social sciences, government policy and medicine," she says. "What people want for themselves and their future hasn't changed. Technology has changed; but people haven't."

"The voices of *Growing Up in New Zealand* are going to contribute to better outcomes in New Zealand."



1



3



4



2

We asked. You provided stunning pictures!

Late last year, we ran a competition and draw, seeking your holiday photos.

Later, in our office, your photos built a wall which we look at every day. This is not a wall that divides, but one that unites everyone in *Growing Up in New Zealand* and everyone visiting us.

It's a spectacular view each day for anyone walking by our wall – positive and exuberant, a reminder to all New Zealanders of who we are.

We were struck by how diverse everyone's experience was on holiday: some people went overseas; some live overseas and came back to their New Zealand roots; some learnt new skills; some painted pictures; some went on hikes or kayaks or bike rides.

In school holidays EVERYONE'S a winner. So if you sent us a photo a BIG thank you. We're grateful, and humbled, by what you're doing.

5



7



6



8



- 1 Tenpin Bowlin' Champ.
- 2 Playing rugby in Fiji with the locals, after distributing ten balls there on behalf of Counties Rugby.
- 3 There's mud in your eye! Mudsliding – the results speak for themselves.
- 4 Learning about the temperature gauge – part of the equipment of the *Growing Up in New Zealand* study.
- 5 Lamb (Spirit) in fun training for the school Agricultural Day.
- 6 Learning to ski, making snowmen and having snowfights.
- 7 Always paddle your own canoe! Chillin' out after a kayak adventure round Paihia way.
- 8 This team won an under 9 girls' knockout football competition.

ACTION KIDS

Here's the kinds of things you kids got up to:

- Beating your sister in mini golf
- Riding the Karangahake Gorge – that's 35km Paeroa to Waihi on a trail bike.
- Climbing a ladder on a climbing wall, just for the thrill of the challenge.
- Having a date with Nana, and swinging on a swing over Omaru Bay (Coromandel)
- Turning yourself into a sand sculpture merman on Waihi beach.
- Camping and fishing at Mangawhai.
- Skateboarding – whizzing along, free as a bird.

And much, much more...



Domestic fires can affect more than just children's breathing

New analysis of data gathered by *Growing Up in New Zealand* has shown that children living in neighbourhoods where there are more wood or coal fire-heated houses may be at greater risk of not just respiratory diseases, but skin diseases also.

Researcher Dr Hakkan Lai examined data from nearly 3,500 of the more than 6,500 study children and led the analysis with guidance from Professor Cameron Grant, Head of the Department of Paediatrics: Child & Youth Health at the University of Auckland's Faculty of Medical and Health Sciences.

The investigators found that children were more likely to be prescribed respiratory and skin medications if they lived in areas with a larger number of wood or coal fire-heated homes.

And the study suggested that it could be smoke emitted from neighbouring chimneys, rather than from the chimney in the child's own home, that posed the greatest risk – contributing more to the pollution of air to which a child is exposed.

"While it's been known that respiratory diseases may be triggered by wood smoke, the concept that neighbourhoods with high

emissions of wood or coal smoke might trigger skin diseases is relatively new to science," says Dr Lai. "There have been limited studies about this internationally – around four – and their focus was on indoor wood or coal heating in the child's own home, rather than their neighbourhood.

"But what we know is that the concentration of smoke tends to be very low below the chimney the smoke has come from, increasing the further you move away from that chimney. If you multiply the height of the chimney by ten and then move that distance horizontally, that's where the smoke will actually be the most concentrated."

This study found that, in their first four years of life, 40% of the children received respiratory medication prescriptions, 71% received skin medication prescriptions and 79% received respiratory and/or skin medication prescriptions during the cooler season. Most of the skin medication prescriptions were for the treatment of atopic dermatitis, or eczema.

The findings suggest that high densities of residential fires could be creating significant health problems for children, particularly as housing density increases.

"It's crucial for the health of our most vulnerable New Zealanders that we use wood burners responsibly and continue adopting cleaner forms of home heating in New Zealand."

Read more on the growingup.co.nz website.

CALEB'S YUMMY RECIPE!

BACON & EGG PIE

We are busy creating the *Great Growing Up in New Zealand Kids' Collection of Favourite Recipes*.

We're licking our lips at the delectable scrumptiousness of the food you kids prepare. Yum.

You won't have to wait too long before the recipe book is winging its way to you. There'll be a range of ideas and meal types you can make for your family.

Take a look at Caleb's bacon and egg pie... and lick your lips!



WHAT TO DO

- Heat oven to 180 degrees Celsius
- Lay one sheet of pastry in an oiled pie dish
- Crack six eggs into dish.
- Pour in the milk and add the chopped onion, bacon and peas
- Place second sheet of pastry on top
- Crimp the edges with a fork
- With a pastry brush, brush the top with milk
- Put in the oven for about 40 minutes.
- Eat with lots of tomato sauce. Yum!

WHAT YOU'LL NEED

- Puff pastry
- 6 eggs
- 1 onion, chopped
- 250g bacon
- 2 tablespoons of milk
- 1 cup of peas

"MY MUM
MAKES THIS"



BY ALEX



You were hot on the button with summer's seasonal greeting card photos and poems. Wow! What a selection. In the end the winners were Zoe with her Christmas poem and Jasmine with her great picture.

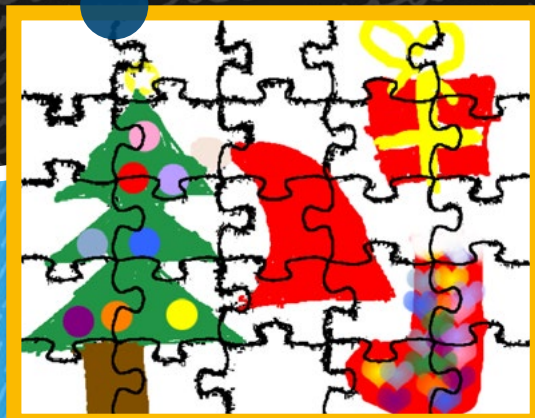
But in our hearts, lots of others were winners too. Here's a big celebration of just some of the amazing artwork and perfect poems we received.

A few pictures will be in each newsletter – keep looking yours may be next!

Piccies and Poems in honour of holidays



BY ZANDER



BY FINN

BY HOUW



BY JACOB

ISABEL'S POEM:

The Monster of land, sea and air
I found a monster under the seas,
While I was aqua diving for fossil peas.
He was a good guardian of the sea land and airs,
Then he said we could be pairs.
We saved the world again and again,
Even though I had to use my brain.

"But" I complained (on the very last time),
"It's pouring with rain and we'll have to climb."
We went into a jungle,
The ground started to rumble.
We went into the air,
We shouted in the deepest despair.
As all the bears went here and there and everywhere,
As they started to repair.

The very big crack,
That happened on the track.
We met a cat,
And we had a cat chat.
The cat saw an angry evil bat,
With a big "hench mouse" rat.
While we ran away,
We forgot about the big bay.

We ran straight into the wailing waters,
We found a mutant merman's daughter.
She threw us up to the turny top,
Which made a very big pop.
That makes it the end of the sassy story,
Of which was made in a laughing laboratory.

ROMAN'S POEM:

Summertime
The river is rushing
The sun is ashine
The water is glistening
The waterfall is splashing
It's summertime!



BY NOVA

In kids' own words:

What makes a good life in Aotearoa New Zealand?

What makes for a good life according to kids in New Zealand? What makes for wellbeing? The Government wanted to know and understand – in kids' own words.

The reason? Government is developing a strategy to help improve kids' wellbeing here in Aotearoa New Zealand.

So Oranga Tamariki (Ministry for Children) and the Office of the Children's Commission got together and asked 5631 kids in an online survey, and 423 young people face to face.

They reported on this in February: www.occ.org.nz/publications/reports/what-makes-a-good-life

Top choices from a list of “most important” (by theme):

They also said:

Kids said:

Parents or caregivers should have enough money for basics like food, clothes and a good house to live in was important.

Having good relationships with family and friends.

Valued and respected for who they are.

Kept safe from bullying, violence and accidents.

What do you think?

Suggestions? Ideas?

If there's something you'd like to see in the next issue of *Growing Update*, let us know! You might have a photo of your *Growing Up* child doing something amazing, or a burning question for our team. We'd love to hear from you! Email us: contact@growingup.co.nz.