



HEALTHY EATING AT TIMARU GIRLS HIGH SCHOOL

August 2016

The Timaru Girls High School student WAVE team is making changes to their healthy eating culture in the school. Last year 15 students joined forces to look at their canteen, edible gardening and promotional initiatives (breaking into three sub teams). The students identified these three areas because they were tangible things to start with and could work in together over time. The student WAVE team has a long term vision to create a school culture where what is learnt about healthy eating is reflected and role modeled throughout their school environment so their plans will continue to evolve. The Assistant Principal is the lead teacher for the WAVE team, supported by the Home Economics teacher and the school gardener who joined the WAVE team in 2016.

Canteen Update:

The canteen team are looking at ways to help make 'the healthy choice the easy choice' for students who buy from their school canteen. With help from the Home Economics teacher and Canteen Manager, this will include looking at the placement of options in the canteen, marketing of the existing healthy options and trialing and monitoring any new or modified products with students over time. The students have so far used feedback about canteen food options from the 2015 student surveys, Fuelled 4 Life recipe ideas and the Hastings Girls' High School canteen case study for their planning. "The school canteen has already done some good things since we started, including making salads which staff have noticed more teachers buying – this sort of thing can act as a good role model to students" said Heather, Nutrition Health Promoter. The student surveys and sales monitoring in 2016 and 2017 will contribute to the evidence that the student WAVE team can use to submit canteen guidelines to their Board of Trustees.

Edible Gardens Update:

The edible gardens team are about to build their garden in Term 3. With support from their school gardener, they sought quotes from various local wood and garden sellers, planned their location and watering system, and are now looking at who can help to build it and what they'll need to plant. The team will be planting vegetables that can be used by the Home Economics teachers for their classes in 2017 and beyond. Information and tips about growing vegetables was also sought from Timaru's Down to Earth gardening club in 2015. The Timaru District Council will be donating compost for the garden area (before shot shown below).



Promotions Update:

The promotions team has recently updated the school about the WAVE gardening and promotions work through their Term 2 assembly. In 2015 they ran a healthy food stall focusing on the importance of fueling bodies with healthy foods for sports, which was really popular. In 2016 the promotions team built on their learnings to put on a student breakfast - 100 students turned up to the breakfast which provided hot baked beans and spaghetti on toast, Weetbix and milk, fruit, yoghurt, water, tea and coffee. In 2016/17 the team aims to build on these initiatives to engage the student body with healthy eating.



Final Comments:

“It is great to see how much the student WAVE team has achieved over the last 18 months” said Greg Newton, WAVE facilitator. “They have a really good structure in place and great support from staff to implement their initiatives” he said.

The nutrition health promoter and WAVE facilitator are supporting the school with evidence based advice for these initiatives. “Students have approximately $\frac{1}{3}$ of their daily food intake while they’re at school so working towards creating a healthier eating culture at the school is one way that we can support them with healthy eating. We know that what and when students eat and drink can have quite an impact on their learning and activity achievements so these initiatives aim to support that” said Heather, Nutrition Health Promoter.
