



MAKIKIHI SCHOOL HEALTHY EATING

July 2016

Makikihi is a small rural school with a role of 33 students who mostly come from families working on farms and businesses contributing to the community. Over the last five years, WAVE has supported Makikihi School with their gardens and cooking skills programme as well as working with them to achieve a 2015 WAVE award in Te Ao Māori. The current goal is to continue to build strength into Makikihi Schools' healthy eating culture throughout 2016.

Currently Makikihi School is building on their healthy eating practices and sharing these with their local community as described for each initiative below:

Garden to plate:

For the past four years, the school has run a Garden to Plate initiative. This has been supported by parents, a local retired teacher who helps to coordinate and maintain the garden and a teacher aide who runs the cooking skills classes each week. Students have benefited by learning how to plant and pick their own produce, prepare and cook vegetables in different ways and taste new vegetables. To ensure the sustainability of the garden the school will be looking at ways to get more people involved to help keep this great initiative going.



In cooking skills classes students learn why they use certain methods to prepare and cook foods. The cooking teacher explains to them "this will help you to remember what to do when you cook at home with your parents". At WAVE we think this will be especially motivating when whānau get to take extra vegetables home from the garden! In 2016, the Makikihi School lunch banquet was a perfect way to showcase the programme and the importance of healthy eating to whānau. More parents turned up this year than ever before!



Fundraisers:

The school was donated two crates of apples from a local farmer this year. With the school knowing the importance of role modelling in their environment, these were bagged by parents and sold for a fundraiser, raising around \$300 per crate. The spare apples were stewed in cooking skills classes and some of this was made into muffins (above picture).



Promoting healthy eating through art:

The junior students at Makikihi School made some fantastic papier-mâché fruit bowls to take home for Mothers Day. These were filled with an apple, orange, pear and banana to take home. The students also made fruit kebabs as a fun activity and these were shared with their senior class buddies.



Newsletters:

The school administrator takes pictures of many health promoting activities to send home in the school newsletters. This encourages parents to stay engaged with what's happening in the school and to see what's coming up. They also keep our WAVE Newsletter supplied with regular articles.

Food and drink guidelines:

WAVE will also encourage John the school principal to implement food and drink guidelines as an opportunity to extend on what they're already doing. Makikihi School will be a step ahead when it comes to developing these!
