

How WAVE can engage and support South Canterbury Kāhui Ako

This is how WAVE can support

- Health and wellbeing professional development opportunities for teaching staff
- WAVE presentations that inform education communities how health and wellbeing initiatives promote achievement outcomes
- WAVE staff are available to attend Kāhui Ako meetings as an ongoing health and wellbeing resource
- Provide relevant health literature reviews and reports that specifically target education outcomes relating to health and wellbeing
- Share case studies highlighting where education and health have worked together to achieve positive learning outcomes for children and young people in South Canterbury
- The WAVE team works with the education community to support teaching practices as outlined in Standards for the Teaching Profession.



This is why we can support

WAVE stands for 'Well-being and Vitality in Education' and was initiated in 2006 by the South Canterbury District Health Board and Community and Public Health. WAVE works across all education settings, from early childhood to tertiary in South Canterbury, using a partnership approach that includes health, education and the community.

WAVE focuses on the settings' environment, responding to health priorities as identified by students, whānau and staff. Our team have specialised knowledge in mental wellbeing, nutrition, physical activity, Māori health, active travel, oral health, smokefree, and sexual health. Together we work with the education sector to identify health priorities unique to that setting and provide support including plan development, access to resources, and professional development.

Our work is evaluated every two years to ensure we are constantly reviewing what we do. The 2016 WAVE Evaluation identified success factors of WAVE which included:

- WAVE is seen as making a difference for students in all areas of health including physical and mental health and wellbeing
- WAVE has strong partnerships with education settings and their communities
- WAVE targets and works to reduce inequalities in health, with a particular focus on improving Māori health, and
- WAVE has been tailored to South Canterbury needs¹.

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