

Deadline for submitting information for next newsletter is 21 September 2018

- articles can be emailed directly to:

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The WAVE newsletter is published quarterly

Community & Public Health

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## VOICE YOUTH ART PROJECT 2018 - THE BEST YET!

**MORE ARTWORK ENTERED AND SOLD, MORE SCHOOLS PARTICIPATING, A COMPLETELY YOUTH RUN OPENING NIGHT AND A FRUITFUL NEW WORKSHOP PARTNERSHIP WITH THE ARA ART & DESIGN DEPARTMENT WERE FEATURES OF THIS YEAR'S VOICE YOUTH ART PROJECT - MAKING IT THE MOST SUCCESSFUL YEAR YET!**

The VOICE project is a WAVE and YMCA partnership that supports out of school young people to be creative through art workshops and also provides an opportunity for any South Canterbury 12-24 year old to showcase their talents at the VOICE Exhibition, held annually at the Timaru District Council Chambers.

The Exhibition opening and awards night was a true celebration of youth, beginning with a karakia by Hemi Anglem and welcoming performance by Te Roopu Kapahaka o Tarahoua from Arowhenua. This was followed by a dance performance from Rekage Crew and song from Kirsty McCulloch. The whole event was managed by talented young MC's Pippa Davis and Katie Low from Craighead Diocesan School and catered for by a team of hospitality students from Community College South Canterbury.

*"The workshops were fun and the tutors were great and explained things we didn't know. I really liked it"* - Participating student

*"We had great buy-in from our students who were eager to attend the workshops each week. The resulting art work was spectacular"* - Participating education provider

For a list of Award Winners, see page 11 in this newsletter.



Students participating in a sculpture workshop at Ara



Drawing/Printmaking section & SC Arts Society Award: Angel Best from Community College



Te Rito Award Winner - Jilly James with her entry titled "You're Red Your Red"



Te Roopu Kapahaka o Tarahoua performing at the Opening of VOICE



## KIA ORA KOUTOU - GREETINGS TO YOU ALL

E hara taku toa i te toa takitahi,  
he toa takitini

*My strength is not as an individual, but as a collective*

This whakataukī about collaboration is very apt for WAVE as we work together with education settings with a shared focus on health and wellbeing, recognising that healthy students learn more effectively.

This term we will be collaborating with all education settings as we undertake our WAVE evaluation, seeking your feedback which is a crucial part of WAVE. This year we will have an online survey which we will send to all education settings.

Another collaboration this term is FLAVA and Korohi o Te Pēpi. Both events are being organised by members of Ka Toi Māori O Aoraki Incorporated Society and we are looking forward to seeing you there.

Noho ora mai (stay well)

Rose Orr  
Team Leader



Ka Toi Māori O Aoraki Incorporated Society members

## KA TOI MĀORI O AORAKI FLAVA FESTIVAL 2018



Friday 17 August, 2018  
Theatre Royal, Stafford Street, Timaru  
8.30 am Mihi Whakatau

The Mid & South Canterbury Schools  
Annual Cultural Competition Showcasing  
Visual Arts, Performing Arts  
and Kapahaka



Event Organised by:  
Ka Toi Māori o Aoraki Incorporated Society



## KOROHĪ O TE PĒPI Singing of the Babies

Early Childhood Education cultural event showcasing  
Visual Arts, Performing Arts and Kapahaka

Friday 7th September 9.30am – 1pm  
Caroline Bay Hall, Timaru



Event Organised by:  
Ka Toi Māori o Aoraki Incorporated Society

Keep encouraging your  
community to like the WAVE  
South Canterbury Facebook page  
for regular updates, competitions,  
links and other useful information.



Join us on  
**Facebook**



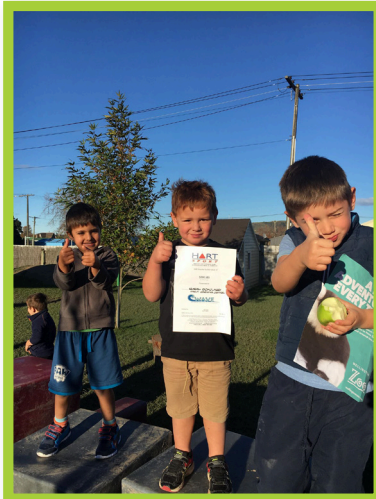


## TE PUNA AKORANGA RATONGA / EARLY LEARNING SERVICES

### Rural Scholars Early Learning Centre - Thanks WAVE!

The tamariki and kaiako at Rural Scholars Early Learning Centre were very excited to receive the Hart Sport voucher from WAVE South Canterbury as a result of winning a WAVE smokefree facebook competition.

As active movement is a large part of our program, being able to purchase new resources has supported us in further extending learning opportunities for our children. The children in each of our three classroom settings have been able to enjoy the different colour hula hoops and bean bags, for numerous activities and experiences.



### Rata Kindergarten Supports Sustainable Practices

Rata Kindergarten have brought in a new innovative way to support sustainable practices. The tamariki and kaiako have been exploring ways to look after our environment. A new practice at kindergarten is tamariki will now use a reusable waterproof bag to take home any wet clothing from their day of learning and play. The clothing used to go home in a plastic supermarket bag.



Donna (Head teacher) contacted Vanessa Mulvihill from Craighead Diocesan School and a project was created where the students from the sewing class would make the bags so there would be enough for each child.

Harley makes sure his wet socks are safely in the bag

### Fruit and Vegetables at Kowhai Kindergarten

For the past 18 months volunteers from the Timaru Presbyterian Church have been cooking with the children at Kowhai Kindergarten. This began when a WAVE facilitator was approached by the kindergarten to see if anyone in the community was available to cook with the children, using fruit and vegetables. WAVE were aware of the Eat Well fruit and vegetable co-op and contacted us. And so it all began!

When we first went to cook, the children were so excited. In the rush to get a spot at the table they forgot to wash their hands. They were scared to leave their spot at the table in case there was no room to come back and all wanted first look.

There were a lot of fresh fruit and vegetables that were new to the children but over time we introduced them to all sorts of yummy produce. Once one of the children tried a new food the others would give it a go, sometimes taking several cooking sessions to try something out. We have followed the children's progress from not wanting to taste anything new, to now eagerly trying them and eating them confidently.

We have made corn fritters, potato fritters, spinach, mint and pea fritters, fruit kebabs and fruit 'ice cream' made from banana. There have been tacos with chilli, kiwifruit and lime salsa, pizza with cabbage, onion, carrot and tomatoes just to name a few, but the one cooking session that was truly amazing was when they had raw broccoli, carrots, tomato, onion and capsicum peppers, on kebab sticks dipped into purees of cauliflower and cheese, curried pumpkin, and pea with mint. They ate it all and really enjoyed it.

During this time we have seen the children grow in confidence, being able to engage in conversation about fruits and vegetables; how they grow, taste and feel, and all the sorts of ways and places they have eaten them. We have seen the value of encouraging the children, talking and listening to them. We never make them join in or eat any food, it is up to them. And through this we have seen huge changes in their attitudes towards fresh fruit and vegetables. It has

unexpectedly affected other areas like hygiene, confidence and trust, for what at face value is sitting at the table once a month cooking with fruit and vegetables.

Sharon Gutsell – Eat Well





# TE PUNA AKORANGA RATONGA / EARLY LEARNING SERVICES

## Our Oral Health Focus at Tī Kouka Kindergarten

The tamariki at Tī Kouka have been very busy learning about how to keep their smile bright.

Our kindergarten has been working alongside WAVE to support us in sharing information and ideas with our community so that together we can support the well-being of our children!

We have celebrated tooth brushing by bringing pictures of us brushing our teeth at home and we can see that the tamariki are learning the importance of keeping their teeth clean and healthy.



We then sent all our Oral Health Plan and our mahi around oral health into the WAVE Term 1 ECE 5+ A Day Challenge, 'Fruit and Vegetables for Healthy Smiles' and we won!!! We got a visit from Dr Rabbit and \$100 worth of oral health resources.

To support our Healthy Eating we engaged with WAVE in the Kai Kōrero programme. Our tamariki and whānau were treated to lots of great ideas for healthy kai.

As a community we combined an evening around the conclusion of this with our Matariki celebrations. At these celebrations we also received our prizes from WAVE. What a fabulous night we had with our Tī Kouka whānau!

*Janine Donaldson, head teacher - Tī Kouka Kindergarten*

## West End Kindergarten's Kai Kōrero Celebration

The scene was set when the children arrived at West End Kindergarten dressed in their pyjamas to the formal dining area and the sound of a warm fire crackling in the background. Once everyone had arrived at kindergarten we got together to share a karakia and then be seated before the buffet began. Children enjoyed a range of healthy kai such as: scrambled eggs, toast, muesli, fresh fruit, plain Greek yoghurt, Weetbix. Many tamariki came back for seconds and thirds and it was great to see everyone enjoying healthy kai together.

Thank you to all the helpers on the day which helped make the breakfast run smoothly.

The 'Pyjama Breakfast' was held to celebrate the completion of the four week topic of our Kai Kōrero work with WAVE. During this time we have all explored and learnt many new facts and gained a range of ideas for healthy eating, oral health and general wellbeing. WAVE has been

visiting each week with a new display and topic as well as delicious, healthy and tasty treats to try.

As a result many of the community have taken home the recipe ideas and tried different food and we are seeing some amazing ideas in

lunch boxes arriving at kindergarten.

Over the four weeks ākonga, kaiako and the community have been involved in many learning conversations as we have all explored the displays and resources we have had including the large 'Food Pyramid' as well as having fun, kaiako included, with the brushing of the extra-large teeth.

Thank you to our community for being open to support this journey with us and to WAVE for supporting us to facilitate this programme.

*Rachel Pringle, head teacher - West End Kindergarten*





## JUMP JAM 2018

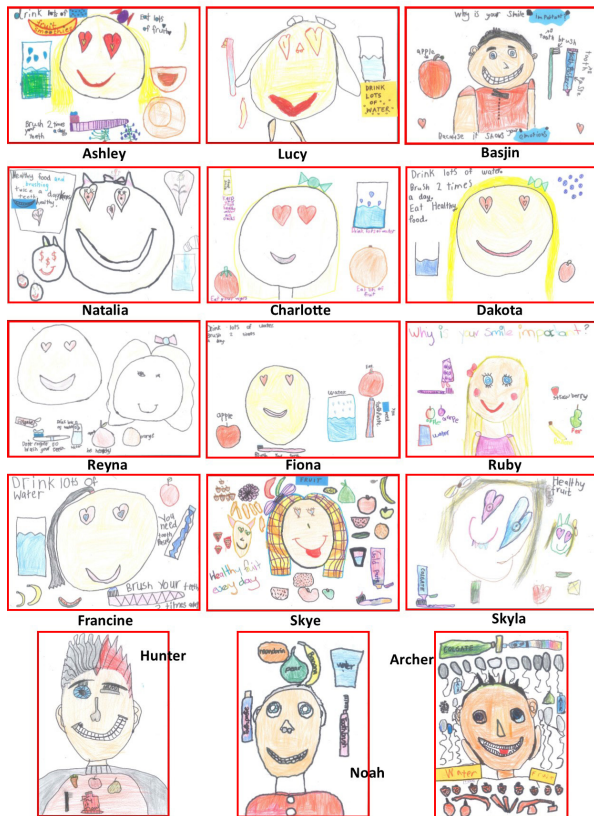
This year's Jump Jam competition, hosted by Sport Canterbury at the Theatre Royal in Timaru on 20 June 2018 saw 60 teams and over 700 children from across South Canterbury compete in various sections. The music, dancing and costumes were all amazing! Congratulations to all the winners of their sections and to everyone who took part – it was truly an amazing celebration of 10 years of Jump Jam!





## Waimate Main School - Bright Smile Colgate Art Competition

Waimate Main School created their own posters for the 'Bright Smile Colgate Art Competition'. The artwork only had to show what their bright smile meant to them. Some great art work!



## Geraldine Primary School supported Pink Shirt Day

In May Geraldine Primary School took part in Bullying-Free NZ Week. As part of this our students dressed up for Pink Shirt Day. This was promoted by our school WAVE Team at assembly. Children also took part in various activities in their classes relating to bullying-free behaviour.



## Temuka Primary School's recent activities

### TREE PLANTING

We were very lucky to be granted some funding from WAVE for us to buy fruit trees to add to our school gardens. We already had four trees in the garden but were pleased that Tania our School Caretaker was able to buy 15 more. One Friday lunchtime we got together with our spades and gardening gloves to plant them. The trees we planted were peach, feijoa, cherry, and apple and we scattered them around our garden. Tania sprayed the ground with purple paint and then we dug the square hole for each of them. We had to carefully remove the trees from their containers because we didn't want to break the roots. We watered the hole and placed them carefully in the ground. We need to remember to look after them by watering them until at least autumn next year. We also had some blueberry trees but we won't plant these until the air and ground temperature is warmer. We are really proud of our work and the trees look stunning. We look forward to eating some of the fruit that they will produce maybe next summer.



This article was written together by Ollie Wells, Sorayah Henwood, Lauren Blackmore and Harris Bagrie

### PUMPKIN SOUP MAKING

Last year Temuka Primary's WAVE team grew some pumpkins and this year the team picked them. A couple of weeks later we met in the MP room to chop them up, lots of people cut themselves with the knife on accident! The next day we started to make pumpkin soup and the ingredients we used are pumpkins, parsley, onion and chicken stock. Ollie had to ring his mum to bring the stick blender so we could mix the soup up. When it was ready we got a plastic cup and a spoon from the staff room and we got to taste the soup - it was delicious!! After that we put the soup into large containers and gave it to a family in need. We loved making pumpkin soup, it was fun delicious and amazingly yummy.

This article was written by Keira Shannon Year 5 and Ella Swete Year 6





## KURA TUATAHI / PRIMARY EDUCATION

### Cannington School's Trip to Waitangi!

This trip was all about the students discovering our history. That all these places and events that we have studied are able to be visited. Standing in the place where the Treaty was signed, visiting one of Hone Heke's Pa, climbing in the trenches at Rua Pekapeka, seeing Tane Mahuta, and climbing the hill to see the famous flagstaff on Russell, all helped to make the New Zealand history real to our students. When asked what was the top three things that you did on the trip it was the visit to Ngawha Springs that was in everyone's list as well as the guided trip through Waitangi and Rua Pekapeka. The themes for this term are Active and Learning. From the Cross Country training to discovering the history of these sites, I think we have continued to meet our CLANG five ways to well-being.

Our trip started off with a visit to Waitangi and then catch a ferry over to Russell to climb to the Flagstaff. The next day we drove from one coast to the other, Rainbow Falls to Opononi, before visiting Tane Mahuta. Then it was the Hot Springs at Ngawha before Rua Pekapeka. The Bat's nest was the site of the last Northern Land War. On the final day we went to visit the Stone Store, Hone Heke's Pa and the historic railway in Kawakawa. All this was thanks to Air New Zealand who give schools the chance to win these trips. I encourage others to enter this competition!

*Dean Power, Principal of Cannington School*



### Makikihi School "Making a Difference"

In the recent South Canterbury District Health Board's Gala Awards for 2018, Makikihi School's "Garden to Plate" programme was nominated in the "Making a Difference" category. Out of around 20 applicants, they were named in the top three finalists. Well done Makikihi School and great job Mr Facer who supports the school with this programme.



*Murray Facer with other finalists and winner*

### Oceanview Heights School - Go, Grow & Glow

Oceanview Heights School students presented their "Go, Grow, and Glow" healthy lunchbox boards to parents and whānau at their healthy lunch day.





## KURA TUATAHI / PRIMARY EDUCATION

### Waimataitai School has been Adopted by a Dentist

Waimataitai School were adopted by local dentist Dan Jahnke as part of an NZDA initiative where each student received a free toothbrush and toothpaste. As part of the initiative students have been learning all about oral health.

Brushing your teeth is important because it cleans all the bacteria away so you don't get cavities. In classes, we learnt that brushing your teeth every day is important and that a lot of our drinks contain lots of sugar, so water

and unflavoured milk is best for you. We should drink water and milk only because they contain no sugars, they are healthy for you and are better for you than other drinks. Something new we learnt about respecting our teeth and drinking water is that our teeth have three layers (enamel, dentin, pulp) and we need to protect the enamel by drinking water and milk.

By Nashoba Mehlhopt & Raiden Pairama-Obbeek (Year 6)



*We take care of our teeth*



**We are respectful**



*Kei te whakakoha matou*



## KURA TUARUA / SECONDARY EDUCATION

### Waimate High School visits Waihao Marae

Waimate High School's year 7 students visited Waihao Marae. After they had been welcomed on with a Pōwhiri, they then went on to enjoy a day full of learning. Debbie from ECAN talked to them about pests that European settlers introduced to New Zealand and the impact these had on Māori. Ruth from the South Canterbury Museum showed them tools Māori had used and they were able to try some of these out, while Greg from WAVE taught them some of the Traditional Māori Games played. The students, along with whānau and teachers, enjoyed the day and learnt heaps according to the great feedback given.



### Geraldine High School talks Alcohol

Recently Shayne Broughton (Alcohol Health Promoter) and Josh South (WAVE Facilitator) visited Geraldine High School and spoke to Year 12 and 13 students about alcohol. In the evening they returned and spoke with staff and parents about the same subject.

These three sessions were directed at the different groups and related to general information about alcohol for Year 12 and New Zealand's drinking culture. The focus for Year 13 was the importance of planning for the future and how to be aware of the fact that alcohol can impede or derail your plans. The evening talk focused on the law of supply and parent responsibility.

*'Loved it! Props to explain the meaning and point got across nicely'*  
Jasmine - Year 13

*'He talked in a way that made us want to listen'* Amanda - Year 13

*'Great engagement with all Year 13 students'* Josh - Year 13





# 6 Training TIPS for a MENTAL MARATHON



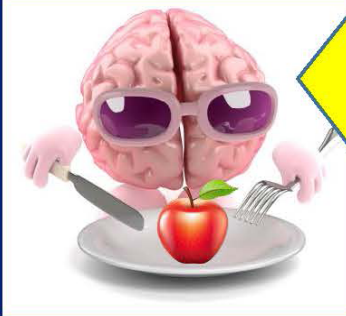
Heather Allington Nutrition  
Anna Reihana Mental Wellbeing



Preparing for exams is like running a mental marathon and **NOW** is the time to start training. Our brain needs exercise, nutrition, hydration, sleep, relaxation and oxygen to **ACHIEVE PEAK MENTAL PERFORMANCE**, just like our body. Building brain Stamina and Fitness can help increase mental sharpness, mental resilience and academic achievement.

## 1: BRAIN FOOD

Oily fish, eggs, nuts and seeds may help memory and mood. Lean meats, lentils, beans and dairy help send messages around the brain. Veg and fruit repair damaged cells. Wholegrains release energy slowly keeping us alert longer. Great study snacks: yoghurt and fruit or banana and peanut butter on toast.



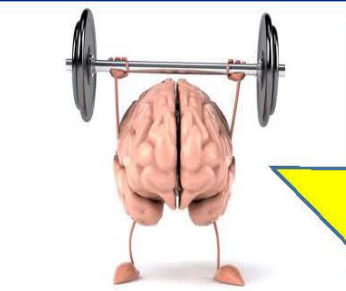
## 2: OXYGEN

Deep breathing supports brain clarity and helps us to keep calm. Try 478 Breathing: Breathe IN for 4 seconds, HOLD for 7 seconds and OUT for 8 seconds.



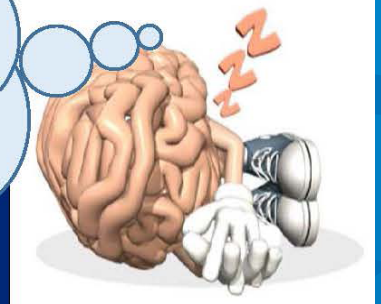
## 3: EXERCISE

Regular aerobic exercise, the kind that gets your heart pumping, appears to boost the size of the hippocampus, the area involved in verbal memory and learning.



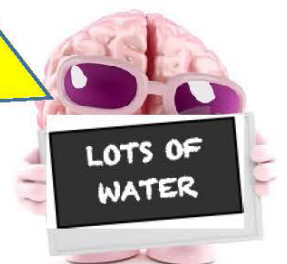
## 4: SLEEP

When sleeping our brain sifts through the day's events consolidating memories and mentally practising skills. Develop and maintain a regular healthy sleep pattern.



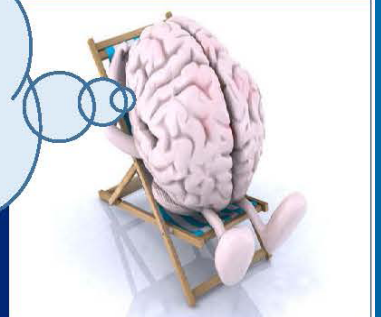
## 5: HYDRATION

Water aids concentration. Water is crucial for our brain to function efficiently, for memory, for clarity and to maintain concentration. Drink WATER when you wake up and 6-8 cups over the day.



## 6: TIME OUT

Timeout from study helps brain rest and recovery. Schedule regular short breaks during your study and regular days off for fun activities.



Better Health  
Greater Learning  
Brighter Futures



## KURA MAHERE WHAKAMAHINGA / SCHOOL TRAVEL PLANS

### Gleniti School Committed to a School Travel Plan

School Travel Plans (STPs) are a useful tool to help identify and manage the issues generated by car travel to schools. Gleniti School has recently committed to the process of developing a STP as school staff had noticed that more and more children were being dropped off and collected from the school gate causing car congestion near the school and raising safety concerns for its students.

Gleniti School have been working with WAVE facilitator Josh South and Jane Sullivan, School Travel Plan Coordinator. At the start of Term 2, the school surveyed their families about how they currently travel to school and what some of the factors were that influenced their travel mode choice. The students also participated in a hands up survey during Week 3 about how they travelled to and from school each day and how they would prefer to travel.



An incentive of a scooter and helmet prize from the Bike Barn was offered to families to take part in the survey. This major spot prize was drawn at the school assembly on Friday 25 May. Charlie Williamson (6) was the lucky winner.

The next step is to form a working group of key stakeholders, including relevant Timaru District Council staff, NZ Police School Community Officer, Gleniti School staff and community reps, and the STP Coordinator. The Working Group will use the data collected to develop some key objectives and identify actions to support students and families to utilise other forms of transport such as walking, scootering, biking and ride sharing.

There are many benefits of a school travel plan which supports active transport options such as:

- cost savings for parents and teachers
- physical activity before school improves readiness to learn
- walking and scootering to school is social for children and parents and provides an opportunity to connect
- active travel to school promotes independence and self-confidence
- it helps build community relationships, and
- improved safety and reduced car congestion near school which ultimately improves our environment.

If you want to enquire about STPs, contact Jane Sullivan, School Travel Plan Coordinator Ph 687 2626 or email: [jane.sullivan@cdhb.health.nz](mailto:jane.sullivan@cdhb.health.nz)

## HAUORA NIHO NIHO / ORAL HEALTH

### Introducing Dr Rabbit!

Kia ora, Malo e lei lei, Talofa lava and hello. The Community Dental Service and WAVE would like to introduce you to Dr Rabbit!

Dr Rabbit is a fun and interactive resource that can be used to support oral health promotion in the classroom, or other Early Learning Service/school and community events. There is a male and a female Dr Rabbit.

Dr Rabbit is great at reminding tamariki to brush their teeth 2x a day with fluoride toothpaste, have a dental check each year, eat tooth-friendly food and snacks, and choose water and milk.

Dr Rabbit brings his/her own tooth brush to show tamariki how to brush their teeth – brush the top side, inside and outside of every tooth. Despite Dr Rabbit eating an abundance of carrots, his/her eyesight isn't that great. When you wear the costume, it's best to have someone guide you around.

Dr Rabbit lives at Colgate in Auckland. If you would like to borrow the costume, please allow a few days for its arrival. Dr Rabbit can be sent directly to your Early Learning Service/school or community centre and returned to Auckland via the postage paid courier ticket. There is NO cost for this service!



Dr Rabbit visiting the tamariki at Ti Kouka Kindergarten

To order Dr Rabbit, email Jo Christini: [jo\\_christini@colpal.com](mailto:jo_christini@colpal.com) (phone 09 583 1405). If you would like more information contact Hacer Tekinkaya (WAVE Child Nutrition and Oral Health Promoter), phone 03 687 2621 or email: [hacer.tekinkaya@cdhb.health.nz](mailto:hacer.tekinkaya@cdhb.health.nz)

### Free Resources from Colgate

The Colgate Bright Smiles, Bright Futures is a free programme designed to teach children the importance of good oral hygiene. They have education kits for Early Learning Services (ages 3-5) and Primary Schools (ages 5-9), with Te Reo Māori options available. The Primary School kit also includes 32 toothbrushes and toothpaste packs for children. Each Early Learning Service / School can order up to 8 kits per year.

To order a FREE education kit or get more information, visit [www.colgatebsbf.com.au/orderKit](http://www.colgatebsbf.com.au/orderKit) or call 0800 556 615.





# WAVE SUPPORT FUNDING 2018

The following settings were successful in obtaining WAVE funding for their Health and Wellbeing 2018 initiatives.

## Māori Health

- Clandeboye Preschool
- Karaka Learning Centre – Temuka and Timaru
- St Joseph's School Temuka
- Waimate Centennial School
- Waimate Kindergartens

## Mental Wellbeing

- Kowhai Kindergarten
- Rural Scholars Early Learning Centre
- Temuka Primary School
- Timaru Christian School
- Timaru South School

## Nutrition

- Glenavy School
- Highfield School
- Oceanview Heights School
- Ranui Kindergarten

- Timaru Christian Preschool
- Timaru South School Pareora
- Waimate Main School

## Physical Activity

- Arowhenua Māori School
- Creative Corner Preschool
- Mackenzie College
- Rhona Day Kindergarten
- St Patrick's School Waimate

## Sunsmart

- Fairlie Early Learners
- Garden Grove Montessori
- Makikihi School
- Rata Kindergarten

## Whānau Engagement and whanaungatanga

- Ti Kouka Kindergarten
- Waituna Creek School



Temuka Primary planting trees with the funding received from WAVE

## NGARU WHAKAIPURANGI / WAVE RESOURCE CENTRE



Tuvalu Language Kit R013588



Niue Language Kit R013586



Tokelau Language Kit R013587



Mana Ngu Kemu (Oral Health Board Game) R013590



First Readers in Māori R013589

Soon to be added will be Filipino/Tagalog Language resource. Keep an eye on our Facebook page for its release!

To book these and other WAVE Resources simply go to our website [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz), login using your setting login details, click on a category under 'Resource Categories' on the left-hand panel and choose the resource you want to book.

Remember, all WAVE Resources are free to book and use!

**AND Just a reminder about our terms and conditions for borrowing WAVE Resources. These can be found on our website:**

[www.wavesouthcanterbury.co.nz/resources/terms-and-conditions/](http://www.wavesouthcanterbury.co.nz/resources/terms-and-conditions/)

## VOICE YOUTH ART PROJECT 2018

### LIST OF AWARD WINNERS

DIGITAL MEDIA	
SUPREME AWARD	Nutchita Resksawade – Craighead Diocesan
Runner-up	Zoe Sturm
3rd Place	Hayden Timmings – Ara Institute
3D SCULPTURE	
SUPREME AWARD	Quinn Watson – Ara Institute
Runner-up	Ashleigh Griffith – Opihi College
3rd Place	Zane Fearn – Opihi College
DRAWING/PRINTMAKING	
SUPREME AWARD	Angel Best – SC Community College
Runner-up	Alexi Cook
3rd Place	CC Wallis – SC Community College
PAINTING	
SUPREME AWARD	Kotchapan NaRanona – Craighead Diocesan
Runner-up	Than Bulakul – Craighead Diocesan
3rd Place	Yixuan Li – Craighead Diocesan
TE RITO AWARD	
SUPREME AWARD	Jilly James – Ara Institute
Runner-up	Hemi & whānau
3rd Place	Nicolas Rumore – SC Community College
MERIT AWARDS	
Kotchapan NaRanona – Craighead	Angel Best – SC Community College
Payge Ovenstone – Craighead Diocesan	PEOPLES CHOICE
Rosie Learnihan – Community College	Crystal Morland – YMCA
Crystal Morland – YMCA	
Damian Timmings – Ara Institute	
Charlotte Potter – Ara Institute	





## WAVE ECE 5+ A Day Challenge 2018

This year there are four 5+ A Day Challenges spread throughout the year. Each challenge has a different theme. There will only be 1 winner selected by the WAVE team for each challenge.



### Challenge #3: Mon 9 July – Fri 28 September

#### Eat a Rainbow of fruit & vegetables

*Tell us how you increase opportunities for children to eat a variety of fruit and vegetables*

**Tips** • Have a colour themed fruit or vegetable each day of the week • Keep a sticker chart for fruit and vegetables that each child tastes • Create a rainbow of fruit and vegetables

**Due date:** Fri 28 September

**Prize for the best entry:** Voucher for kitchen utensils/cooking equipment



Even on a cloudy day Ultra Violet radiation (UVR) can cause sunburn and increases the risk of skin cancer later on in life

At NZ ski fields UV radiation can be 20-30% higher than at sea level

## Protect your students at the snow!

Make sure they protect their skin by wearing long sleeves or applying sunscreen with an SPF of at least 30

Encourage use of a lip balm with SPF

Ensure they bring sunglasses or snow goggles to protect their eyes

The reflection from fresh snow almost doubles the amount of UVR you are exposed to

SOUTH CANTERBURY CANCER SOCIETY'S

## DAFFODIL DAY

FRIDAY 31st AUGUST

We would love your School/ECE to help support the Cancer Society's annual fundraiser by:

- holding a onesie day
- having a coin trail
- dressing in yellow
- holding a staff 'yellow' morning tea

Get your students and staff on board for a gold coin donation and flick us an email at the Centre on [southcanty@cancercwc.org.nz](mailto:southcanty@cancercwc.org.nz) - we would love to get you on our Facebook page. For further information call Belinda on 688 0124.

WELL-BEING AND VITALITY IN EDUCATION