

# WAVE (Wellbeing and Vitality in Education)

## Strategic Plan 2018-20

### Vision

Supporting our children and young people to learn well and be well

### Background

WAVE (Wellbeing and Vitality in Education) began in 2006, as a result of a commitment by South Canterbury District Health Board (SCDHB), Community and Public Health (CPH) and Sport Canterbury (SC) to develop a co-ordinated approach to health promotion for children and young people in South Canterbury. After an initial literature review and consultation with education partners, an enhanced Health Promoting Schools model was developed and offered progressively to all education settings, from early childhood to tertiary. WAVE's 2016 evaluation report showed very high levels of engagement and satisfaction with WAVE, as well as a wide range of improvements to the way education settings promote health. Formal evaluation is now being undertaken biennially

The Ministry of Health's 2012 review of Health Promoting Schools has been reflected in the ongoing work of WAVE, including incorporating the Cognition Settings Plan templates, and reporting on high-priority settings as required by the Ministry.

WAVE is overseen by a Steering Group representing SCDHB, CPH, SC (South Canterbury office), the Ministry of Education and local rūnanga. WAVE remains consistent with these organisations' visions, and all have expressed their ongoing support for WAVE. For example, the South Island Regional Health Services Plan 2014-17 outcomes include:

#### ***People are healthier and take greater responsibility for their own health***

and the Ministry of Education's stated current focus is:

*building a world-leading education system that equips all New Zealanders with the knowledge, skills and values to be successful citizens in the 21st century.*

Organisations involved in WAVE delivery are represented on the WAVE Working Group, which meets three times each year to manage WAVE operational issues.

Key challenges for the next five years include building on WAVE's successes including connecting more effectively with families/whānau and settings' communities, focusing clearly on WAVE outcomes, ensuring sustainability of WAVE initiatives, and managing WAVE resources in an efficient and accountable way.

### WAVE principles

1. Working in partnership to achieve improved outcomes for health and education
2. Addressing key lifestyle issues by focusing on the environment ("making the healthy choice the easy choice")
3. Involving children, parents and the community
4. Targeting settings and communities with the high needs
5. Evidence based delivery, adaptive to needs, with ongoing evaluation

## **WAVE objectives 2018-2020**

1. WAVE effectively engaged with all education settings
2. WAVE effectively engaged with the Tangata Whenua
3. Increasing opportunities and support in education settings for healthy choices by students, families and staff
4. Students, families and communities involved in and supported by WAVE
5. Teachers supported with appropriate professional development and resources
6. Robust evaluation of WAVE

## **Strategic Plan implementation and reporting**

The WAVE Team will develop Annual Plans, based on this Strategic Plan, for approval by the Steering Group, and will provide Annual Reports and tri-annually progress and financial reports to the Steering Group.

## **Strategic Plan date and review date**

This Strategic Plan was approved by the WAVE Steering Group on 11 April 2018 and will be reviewed by the Steering Group each year at the April meeting.