

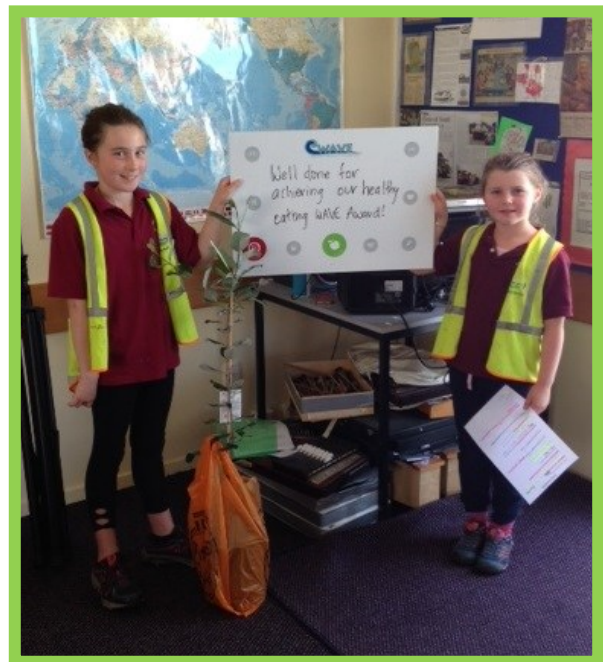
# WAVE Award

## Makikihi School Healthy Eating 2017

Makikihi School achieved their WAVE Award for Healthy Eating because they have made healthy eating a part of what they do at school every day. Over the last five years, this has included running edible gardens and healthy cooking skills classes, which have now become a usual part of their curriculum.

In 2017, Makikihi School students made further efforts to plan and plant their edible gardens using companion planting methods, as well as harvesting and using the produce for cooking. The school have achieved much more over the last couple of years too; including healthy fundraisers such as bagging and selling apples donated from the local orchard, being a water and milk only school, and using part of lunch time to sit down and appreciate the kai that fuels learning and wellbeing.

One of the reasons Makikihi School has gained a great rapport with whānau is because each year they connect over an annual banquet. Makikihi School includes their whole school community, and this is a special part of why they have achieved their WAVE Award. Put on by the students, staff and whānau helpers each year, produce from the garden is gathered, meat from a local farmer is sought, and everyone gets together to chop, slice and cook everything up together. All of the students, whānau and staff get to share the nutritious kai and connect with each other over kai. Two years ago when WAVE came to the banquet, there were more whānau turn up than ever before! And this year was also a great success! Well done Makikihi School!



*Bella and Charlotte receiving the WAVE Award for Healthy Eating at their final assembly for 2017.*



WELL-BEING AND VITALITY IN EDUCATION

2017

