



WELL-BEING AND VITALITY IN EDUCATION

Newsletter

August 2019 | Issue 50

TĒNĀ KOUTOU KATOĀ

Community & Public Health

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FACEBOOK

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

facebook.com/wavesouthcanterbury



VOICE Youth Art Project 2019 – Bigger & Better!

Organised by WAVE and the YMCA, and presented by the young people of South Canterbury, the VOICE Youth Art Exhibition is the beacon of the VOICE Youth Art Project, a project designed to encourage more young people to become involved in the arts. In the lead up to the exhibition, the project organises and funds access to quality art tuition and art making equipment for youth outside mainstream education. Participation in the arts develops a different way of thinking and engaging with the world and is a catalyst for increasing creative problem solving abilities.

Young people are responsible for all aspects of the Exhibition Opening and Awards night with students from Community College catering, Nga Manu Kura (Timaru Girls' High School) providing a stunning kapahaka performance including a beautiful, soulful original waiata and young MC's from Craighead Diocesan who managed the evening superbly.

The opportunity to exhibit is open to all South Canterbury 12-24 year olds and ensures our youth have the opportunity to be seen and heard and that our community has the opportunity to see, hear and value the VOICE of our young people.



Supreme Award Painting/Drawing:
Yixuan Li



Te Rito Award: 9H Roncalli College



A moving performance by Nga Manu Kura

BETTER HEALTH

| GREATER LEARNING

| BRIGHTER FUTURES

Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

VOICE YOUTH ART PROJECT 2019 – BIGGER & BETTER!

PAINTING/DRAWING

Supreme Award: Yixuan Li

Merit Awards: Tyson Cunningham, Racheal Brownlie, Cassie Kirkcaldie, Prue Scott, Alexi Cook, Grace McHaffie, Rebecca Roddick, Victoria Nelmes

PRINT/MIXED MEDIA

Supreme Award: Payge Ovenstone

Merit Awards: Ariana McCabe-Anderson, Nadia Te Au, Year 10 Timaru Boys' High School, Sam Kinsella, Kearna Perrin

DIGITAL MEDIA

Supreme Award: Ruby Hurtig

Merit Awards: Hunter Voice, Hayden Timmings, Karl Omotoy, Bam Na Ranong

3D WORKS

Supreme Award: Abigail Kempf

Merit Awards: Ashley Griffiths, Nare Hemara, Hayden Timmings, Year 9 & 10 Opihi College

TE RITO AWARD

Supreme Award: 9H Roncalli College

Merit Awards: Abigail Kempf, Amber Willis

SC ART SOCIETY AWARD

Annika Roper

PEOPLES CHOICE

Hayden Timmings



Supreme Award Digital: Ruby Hurtig



Supreme Award 3D: Abigail Kempf



Supreme Award Print/Mixed Media: Payge Ovenstone



South Canterbury Art Society Award: Annika Roper



Three Supreme Award Winners: Abigail Kempf (3D), Ruby Hurtig (Digital) and Yixuan Li (Painting/Drawing)]



Supreme Award Peoples' Choice: Hayden Timmings

HE WHAKAMAHARA IN REMEMBRANCE



We are very sorry to share the sad news that our team member, Hazel Guyan died in June. Hazel worked with us for a year as a Smokefree Health Promoter and was a wonderful member of our team. She was conscientious and quickly familiarised herself with her role, and was simply brilliant at her job.

Hazel worked with ECE leading Little Lungs workshops and readily supported staff with implementing their smokefree activities. She has led the smokefree 'Fresh Air' project currently being piloted in the Mackenzie District, and also worked with some schools on their smokefree policies. She had exceptional writing skills, putting together project plans, media releases and newsletter articles quickly and to a very high standard.

There are some of us who have been involved in public health work a long time, and we can honestly say that even after just one year we were already talking about her as a role model.

It was our privilege to work with Hazel. A talented, intelligent, quirky, and creative young woman, with a ready smile, always respectful in her interactions with others, and with so much skill and experience to offer, and she achieved a lot in her year with us. She touched our hearts, she will be missed, and she will be long-remembered. Our deepest sympathies are with Hazel's whānau.

Tangi ana te mapu ki te tuawahine

Haere atu rā

Haere ki tua o te ārai

Te puna aroha

E kore e mimiti

Our hearts lament our special sister

Go forth

Journey beyond the veil

The pool of our love

Will never cease

Neil Brosnahan Regional Manager

Rose Orr Team Leader

TE PUNA KŌHUNGAHUNGA EARLY CHILDHOOD EDUCATION

BestStart Pleasant Point keep themselves healthy with Kai Kōrero

The team at BestStart Pleasant Point celebrated their WAVE Kai Kōrero programme recently by hosting a Whānau Breakfast. Parents and whānau were all invited to come and share in a delicious breakfast, celebrating our healthy eating and oral health learning and awareness. "It was such a lovely way to start the day," noted Bronwyn Jeromson centre manager, "Tamariki enjoyed making their own fruit kebabs, trying banana and berry Weetbix smoothies, toast, and egg and baked beans bread pockets." Yum!!

The 4 week programme was well received by parents, with many appreciating the advice, ideas and information on offer. And the children and team made good use of the resources available through WAVE, with the food pyramid and model teeth and toothbrush a couple of the favourites. Thank you Andrea and Hacer for their support and guidance throughout.



John Street Kindergarten receives 3 WAVE Awards!

On 31 May, John Street Kindergarten celebrated World Smokefree Day and were awarded with three WAVE awards for Smokefree, Oral Health and Nutrition. There was a morning kai and a special mat time where Hazel and Hacer presented them with their WAVE awards and two apple trees to acknowledge the hard work of kaiako, tamariki and whānau.

John Street Kindergarten were the first ECE to participate in the Kai Kōrero programme in 2017, and they “regularly revisit the information from Kai Kōrero due to new whānau”. In Term 2, with support from WAVE, they organised an extra Kai Kōrero session focussing on lunchbox ideas and oral health for whānau. They have since adopted healthy eating and oral health guidelines for their centre, and updated lunchbox guidelines for enrolment packs. Head teacher Kristy McKenzie said “we have found it really useful to have written healthy eating and oral health guidelines for us at John Street Kindergarten, particularly with a teacher going on maternity leave and subsequent staff changes”.



Aoraki Explorers receives a Healthy Heart Award

Congratulations to Aoraki Explorers who achieved the Whānau level of the Healthy Heart Award.

“Even though the Whānau level was a step up this year, we found it much easier to achieve,” Fiona Gray, centre manager at Aoraki Explorers says. “Since doing the Rito award it has become much more of our practice to promote healthy eating and physical activity in our centre”.

Aoraki Explorers also celebrated Matariki: We held a whānau disco in the evening to celebrate Matariki with bring-your-own dinner. Te Ana Rock Art Centre came the next morning to show us the story of Rakaitauheke and Matamata the whale, and led a craft project with our tamariki.



WAVE ECE 5+ A Day Challenge 2019

Early childhood is a time when eating preferences and habits are set. The 5+ A Day challenge is a great opportunity for kaiako to involve tamariki and whānau further with fruits and vegetables, to support eating more fruit and vegetables, both at ECE and at home.

Term 2's challenge was vegetables and fruit from around the world – how do you celebrate cultural dishes featuring fruit and vegetables? Here are some of their stories:

Hanan Kindergarten

Gabriel came into Kindy holding a Samoan cultural dish of pani popo (coconut buns) that he helped make at home. We could see by the smile on his face how proud he was to show and share the coconut buns with his peers and teachers.

Victor and Austin were so excited when Fina came into Kindy holding a pot and container in her hands. They both grabbed the container and ran up into the classroom with it to show everyone. Fina



explained one dish was panikeke which are like banana pancakes, and the other dish is koko alaisa, cocoa rice. We could see by the smiles on Victor and Austin how proud they were to share their Samoan cultural food.

Rural Scholars Early Learning Centre

We made rēwena parāoa - this is a traditional Māori sourdough potato bread and pumpkin soup for Matariki. One of our family also brought in the traditional dish of pani popo for the tamariki to try. This is a dish from Samoa. The children enjoyed the taste and the texture.

John Street Kindergarten

Here at John Street Kindergarten, we are so lucky to have such involved parents! As part of the WAVE challenge of "fruit and vegetables from around the world", we invited parents to share some special recipes. Luciano's mum Susanna, from Chile supported the tamariki in making a delicious fruit cake. Anubhav's mum, Chiri, from Nepal made dumplings, and Vinuli's mum, Nadeeka, from Sri Lanka made cocies. The tamariki and kaiako really appreciated the support and letting the children be a part of making and tasting these delicious foods! Our tamariki also worked together to make our vegetable soup for our whānau Matariki evening.



Term 3's challenge runs from Monday 29 July to Friday 27 September 2019. How do you increase opportunities for children to eat a variety of fruit and vegetables? Ideas, tips, prizes and how to enter are below.



WAVE ECE 5+ A Day Challenge 2019

Early childhood is a time when eating preferences and habits are set. The 5+ A Day challenge is a great opportunity for kaiako to involve tamariki and whānau further with fruit and vegetables, to support eating more fruit and vegetables, both at ECE and at home.

There are four challenges (one per term) and prizes for the top 3 ECE for each challenge. This term:

Challenge #3: Mon 29 July – Fri 27 September 2019

Have a RAINBOW of vegetables & fruit

How do you increase opportunities for children to eat a variety of fruit and vegetables?

Tips • Do mindful eating (i.e. use all 5 senses) with fruit/vegetables • Do activities, arts, crafts, or sing songs about fruit/vegetables • Read the children's e-books at www.5adayeducation.org.nz

Due date: Fri 27 September

Prizes for the top 3 ECE: Kiddikutters; Spiralizer; or Fruit tree

To enter the Challenge email your entry (e.g. learning story, blurb with photo, article, video etc.) to your WAVE Facilitator (Debbie or Andrea):

debbie.johnstone@cdhb.health.nz or andrea.grant@cdhb.health.nz



Temuka Primary visits Redruth Refuse Station

In May, the Temuka Primary Student WAVE Team travelled to the recycling centre in Timaru. It was an amazing experience. Who would have thought that the rubbish dump could be so organised and interesting? We learnt so much like the covers that go over the compost cost \$70,000.

They cook waste wood in big ovens to make charcoal which they sell at the Crow's Net. Have you been to the Crow's Nest? Wow, it has so many treasures!

The glass mountain which is made out of the recycled glass looks amazing as it shimmers in the sun.

We really enjoyed our trip to the recycling centre, our tour guide was very informative and answered all our questions. Now we all know what happens to our rubbish, and where it goes.

Article written by Keira Shannon, Temuka Primary School



Catholic Schools Young Leaders Day

Each year the Year 7 & 8s from South Canterbury Catholic Schools gather together for "Young Leaders Day". This year they gathered together at St Joseph's Temuka and the theme was "String of Faith".

During the day they prayed and reflected on what it is to be a leader. The day started this year with the Roncalli Head Students sharing their leadership stories and challenges.

The students then took part in a range of workshops together including creative prayers, music, Māori games and Ki O Rahi (run by Greg Newton from WAVE).

Students then had a keynote speech from Josh South (WAVE facilitator) sharing his leadership story. Josh was able to challenge them to put the hard work in and do their best.

After lunch they had a panel of Roncalli student leaders work with them answering prepared questions with each year level having their own panel.



Geraldine Primary celebrated Pink Shirt Day

The Geraldine Primary student WAVE team and WAVE lead teacher ordered Pink Shirt Day resources from the Mental Health Foundation to help promote Pink Shirt Day.

During the week each class took part in daily activities relating to being caring and respectful which relates to the school's values. They used the Bullying-free NZ Week 2019 resource: www.bullyingfree.nz

They also had prizes for the best pink costumes. Everyone was encouraged to practice kindness and wear pink to symbolize that the school does not tolerate bullying. All proceeds raised went to the Mental Health Foundation New Zealand.

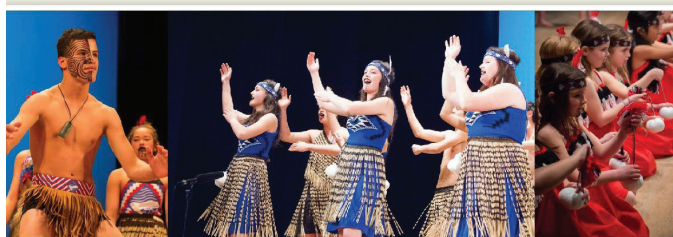


KA TOI MĀORI O AORAKI FLAVA FESTIVAL 2019



Friday 20 September, 2019
Theatre Royal, Stafford Street, Timaru
8.30 am Mihi Whakatau

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



Event Organised by:
Ka Toi Māori o Aoraki Incorporated Society

FLAVA & Korohi o Te Pēpi 2019

By now you will have received information about FLAVA and Korohi o Te Pēpi 2019; both events are organised by Ka Toi Māori o Aoraki Incorporated Society (which was established to oversee the continuation of these festivals).

Both FLAVA and Korohi o Te Pēpi provide an opportunity for tamariki and rangatahi to showcase their creativity, artistic and performing skills whilst representing their kura in these annual events.

The Incorporated Society has agreed not to set a theme for 2019, and instead encourages kura to celebrate Te Ao Māori through the creativity, artistic and performing skills of your tamariki.

Key information:

FLAVA

Date: Friday 20th September 2019
Venue: Theatre Royal, Timaru
Time: Mihiwhakatau will start at 8.30am.
Performances start at 9.00am.

Once all entries are received, you will receive a timetable with your performance time.

Registrations due: Friday 9th August

Korohi o Te Pēpi

Date: Friday 18th October 2019
Venue: Caroline Bay Hall
Time: 9.30am-1.30pm. Korohi o Te Pēpi will be held in two session times between 9.30am-1.30pm.

After registrations have closed we will be in contact to confirm the session time you will be participating in.

Registrations due: Friday 6th September

Audience members are welcome to give a voluntary coin donation at the door.

Ka Toi Māori o Aoraki Incorporated Society is grateful for the funding support to date for the 2019 events from Te Puni Kōkiri, Creative Communities NZ, Mid and South Canterbury Community Trust and Alpine Energy. In addition, the Society appreciates the sponsorship from Te Rito for the Te Rito Visual Arts Award.

WAVE team members are part of the Incorporated Society so please contact your facilitator if you would like more information about FLAVA and Korohi o Te Pēpi 2019. We look forward to seeing you there.

KOROHİ O TE PĒPI Singing of the Babies

Early Childhood Education cultural event
showcasing kapa haka, waiata and art

Friday 18th October 2019, 9.30am – 1.30pm
Caroline Bay Hall, Timaru



Event Organised by:
Ka Toi Māori o Aoraki Incorporated Society

Jump Jam Extravaganza 2019!

Sport Canterbury's dynamic and highly respected Jump Jam Extravaganza has become a highlight on the school's calendar as teams of up to 14 children compete for bragging rights and age group trophies. Jump Jam is a pre-choreographed primary school aerobics programme and this event encourages children to form teams, choose their favourite routine and fine tune their skills. The result is a highly charged and entertaining competition for children from Year 1 up to Year 8.

Thursday 27 June 2019 saw 58 teams and 688 children from across South Canterbury compete in various sections. This year proved to be just as spectacular, teams were well drilled and looked amazing as they finally had the chance to showcase their routines on the big stage!

Congratulations to all the winners of their sections and to everyone who took part including the incredible support from teaching staff and parents to help make this happen – it was truly an amazing show!

A question was asked of teachers – “How did participation in this event impact on your students?”. Here is their feedback:

“We had several students who had not been on stage before, so it was a huge learning curve for them to perform in front of others. Satisfying seeing students who were not an obvious choice for the team, eventually learn steps/moves. We focussed on all students in Year 7-8 being able to be in a team rather than cutting those who were not at the required standard at start of term. This may have been at the detriment of having only ‘top’ performers’ participating but was worth it when they stepped on stage and improved so immensely from their starting point. Fitness and fun were definitely high points and having younger students watching performances when we were practicing at school, eager to join in.” - Keri Brown, Timaru South

“Amazing!!! The place from where four of our team members came from (we selected them as they had not been in a team before) and their skill set at the beginning, to what they achieved at the end, was phenomenal. The social aspect and sportsmanship is amazing, it's all covered through this great programme.” - Tanya Matheson, Waimate Centennial



Barton Rural Shakers, Year 7-8 Open – 1st place winners



Bluestone Dancing Queens, year 7-8 Open



Waimataitai Hairspray Ladies, Year 7-8 Open – 2nd place winners



Gleniti Bollyjammers, Year 7-8 Open

Cycle Skills for Young Children

Last term the John Street Kindergarten team took part in the "Let's Get Going" workshop with Jane Sullivan and Debbie Johnstone from WAVE, and delivered the modules over five consecutive weeks in Term 2.



This programme has given the tamariki at John Street the opportunity to practice their bike skills with their peers and whānau, and develop confidence and skill. The more experienced tamariki have been able to set challenges for themselves and become a role model for their younger peers.

Because this programme involves whānau it is an opportunity for bike/wheel safety, and skills to be shared and continued at home. We have appreciated the parent/whānau support and those who have attended most sessions to help out.

We have a health and safety rule that helmets must be worn on bikes and scooters at kindergarten and our tamariki are very competent at articulating why. The tamariki are also great at reminding their peers when they haven't put one on and it is great to see them looking out for each other.



The weekly sessions are revisited and reinforced throughout the week with plenty of opportunities to practise the activities. These activities will be revisited during bike days during the term.

If you would like to find out more about the Let's Get Going Programme please contact your WAVE facilitator or check it out here on the WAVE website: www.wavesouthcanterbury.co.nz/health-priority-areas/active-travel/

Swap the school run for a school walk – even a short one!

Have you noticed more and more cars arriving at the school gate all vying for the limited parking space? Car congestion at the school gate leads to an environment which is difficult to navigate for those students who are walking and biking to school.

So why are we seeing this decline in children walking and biking to school and more students being driven in cars and dropped off at the school gate? The main reasons given by parents and caregivers in the recent school travel plan surveys of several Timaru schools suggest that it strongly relates to time, convenience, and distance.

One initiative that has been shown to support families to walk at least part of the way to school is to set up a 'Park and Stride Zone' or a 'Drop Off and Pick Up Zone' within a 5-15 minute walking range. The set-up of such zones can support those students who live too far away to walk from home or when the parent is already in the

car and the school run is part of another trip (i.e. to work or taking a younger or older child to a different location).

Like many of the schools in South Canterbury, Highfield School has identified an issue with traffic around the school both before school and at the end of the day. Robyn Cooper (WAVE Lead Teacher at Highfield) has instigated Footpath Fridays which are held on the first Friday of every month. The WAVE group, supported by staff meet at New World on Wai-iti Road to walk to school. Themes are sometimes linked in, such as Gumboot Day, Ocean Day and for July – Woolly hats.

Robyn said "Footpath Friday is a great way to contribute to the 5 Ways of Wellbeing: connecting with other children, noticing things in their local environment, practicing safe walking skills and coming to school happy and ready to learn for the day".

We know that even a short walk can support good health and wellbeing, support independence, and help students arrive to school ready to learn.

If your school would like to help parents swap the school run for a school walk then these type of initiatives could be part of the solution. To find out more about setting up such zones or developing a school travel plan please contact: Jane Sullivan, School Travel Plan Coordinator: email: Jane.Sullivan@cdhb.health.nz



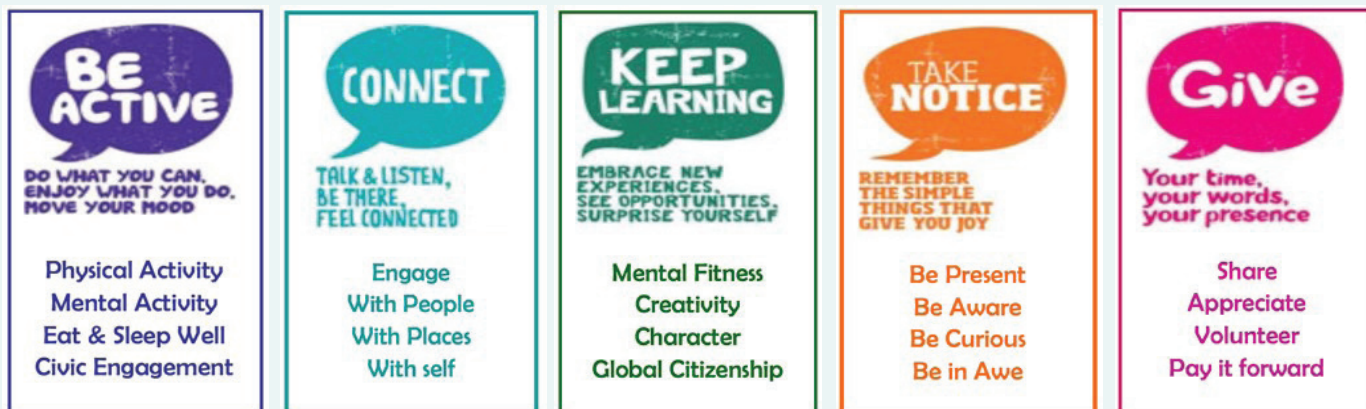
Highfield School - Gumboot Day

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

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 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND
www.mentalhealth.org.nz



Wellbeing is simply feeling good and functioning well

Happiness, contentment, enjoyment, curiosity and engagement are all characteristic of feeling good. Equally important is our ability to function well, with positive relationships, autonomy and purpose in our work and ability/opportunity to contribute also vital to our wellbeing.

A whole range of factors determine our level of wellbeing, but evidence indicates that the way we think and the things we do have the greatest impact of all. Research also confirms that incorporating elements of the 5 Ways to Wellbeing into our daily lives has a positive impact on our sense of wellbeing.

Great Effort:

South Canterbury Kindergartens keeping it simple with the 5 WAYS, 5 DAYS, 5 WEEKS challenge.

South Canterbury Kindergartens participated in a 5 ways, 5 days, 5 weeks challenge recently. Over 5 weeks kindergarten staff explored each of the 5 Ways to Wellbeing through activities. They developed a good understanding of the many ways this framework can support their wellbeing and that of their tamariki and community.



Check out our facebook page [wavesouthcanterbury/](https://www.facebook.com/wavesouthcanterbury/) under Photos/Albums and Videos/Playlist "South Canterbury Kindergartens – 5 Ways to Wellbeing" for more of South Canterbury Kindergartens' 5 Ways to Wellbeing stories and great ideas.

Useful links:

Visit www.mentalhealth.org.nz for a New Zealand adaptation of this wellbeing tool and some good ideas on how it can be utilised in your home, kura and community.

Visit sparklers.org.nz a free wellbeing toolkit full of fun and simple activities to help teachers and whānau support tamariki to learn about their mental health and wellbeing.



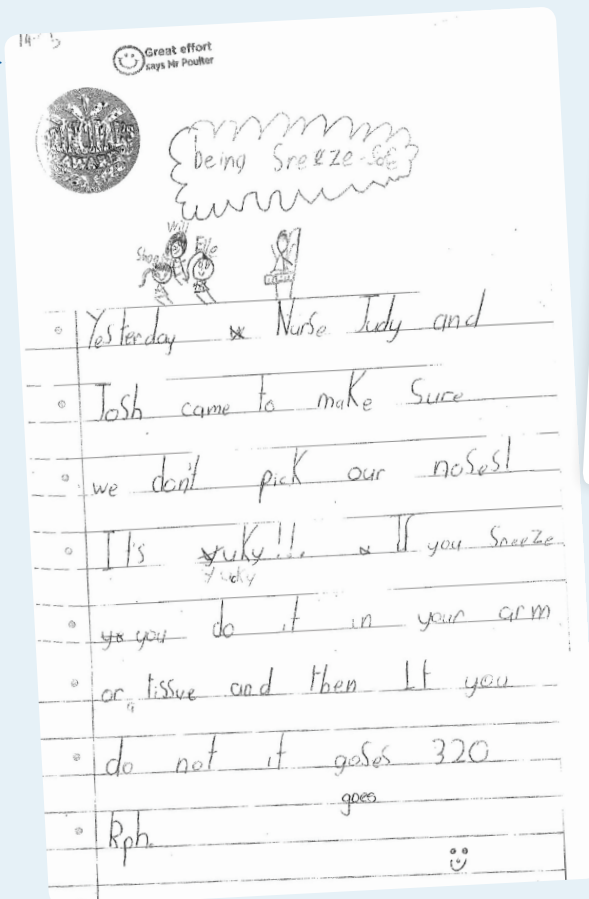
Sneezesafe

Public Health Nurses and WAVE have been visiting all primary schools and ECE in South Canterbury to talk about Sneezesafe. Angela (pictured) who is in Year 1 at Bluestone School is busy showing Public Health Nurse, Judy, how to trap a sneeze using a tissue.

They learnt the four simple messages around good hygiene:

- 1 Trap it - always use a tissue when you cough or sneeze
- 2 Bin it - Throw the tissue away immediately after use (in the green bin)
- 3 Wash it - always wash your hands
- 4 Don't eat it - Don't pick your nose and eat it.

One of the junior students at Bluestone School wrote a story on what they learnt from the Sneezesafe visit – it got the Principal's Award.



Angela demonstrating how to trap a sneeze using a tissue

Check out www.sneezesafe.co.nz to find out more about SneezeSafe and their education programme developed for NZ ECE and schools



Protecting our community from coughs, colds and flu

Medical Officer of Health, Dr Ramon Pink says people need to stay away from ECE or school if they are unwell.

"While it can be tempting to 'soldier on' when you feel unwell, the reality is that flu is extremely contagious and tamariki and kaiako can put those around them at real risk if they come to ECE / school when they should be staying at home."

Classrooms are great places for promoting flu-fighting and basic hygiene messages. Visit www.flufree.co.nz for a range of resources for ECE / schools to help you spread the message about how to avoid the flu, plus educational materials about good hygiene practices and posters. There's also a Kids' Corner where kids (and grown-ups) can learn more about the flu and even build their own flu germ and share it online!

As well as getting a flu shot, you can protect your whānau and the ECE / school community from the spread of disease by encouraging tamariki to:

- Wash and dry hands often
- Cover coughs and sneezes
- Stay away from ECE, school, social and sporting events if they're unwell
- Not share drinks



Check out www.flufree.co.nz to find out more about flu immunisation or call 0800 IMMUNE 0800 466 863.

WAVE Resources in Action!

We just love hearing stories and seeing photos about how our WAVE Resources are being used in ECE and schools. Here are two stories on how Lake Tekapo Kindergarten use our popular soft shapes and what Twizel Early Learning Centre did with our Matariki resource.



Lake Tekapo Kindergarten

Lake Tekapo Kindergarten tamariki are really appreciating the WAVE resources. We have a strong philosophy of 'loose parts' play, where children can shape and re-shape their environment and make plans about their learning space. Having the moveable resources such as the soft gym shapes, extends children's opportunities to use their imagination. The shapes have been made into 'diggers', 'buses', 'playgrounds', 'planes', etc. Moving the shapes often involves a team effort with much organising and discussion! Once in place there is further discussion and social competence learning as children negotiate the 'rules' amongst themselves.

Thank-you for providing access to these resources, they are definitely being well used and well loved!

Alison, (Head Teacher) Lake Tekapo Kindergarten



Twizel Early Learning Centre

Just wanted to say a big thank you for the use of your Matariki resource book that we had to celebrate Matariki.

I thought you might like to see how we put your resource book to good use and how our tamariki really got involved through our Kaiako being invested in providing stimulating and exciting activities for all children to participate in and extend their learning through prior and current knowledge about what Matariki is and how it is celebrated.

Again thank you so much and we look forward to putting more resources from you to good use to extend children's learning through positive experiences.

Kaiako Jo (Curriculum leader) Kaiako, Barb and Kaiako Sofia.

It's our 50th Issue!

How do you like our new look newsletter?

Since this was our 50th issue, we decided we needed a new look and feel, so as well as the redesign, the WAVE Newsletter is now printed on 100% recycled paper. After all, you cannot have healthy people without a healthy planet!



Sustainability is key to reducing the health impacts of climate change. We can no longer ignore the sobering statistics and devastating impacts unfettered global warming will have. We are all the kaitiaki for our own ECE, school, tertiary settings and the wider environment; what we do individually and collectively matters for our planet's future. This issue can feel overwhelming, but there are simple changes everyone can make:

- **Energy:** Turn off what you're not using, turn your computer and other equipment off at the wall at night, unplug chargers when your equipment is charged.
- **Water and Air:** Plant trees, grow food, host beach/forest clean-up events, fix leaks, collect rain water for ECE/school gardens, don't burn waste, see Transport...

- **Transport:** Encourage and support students, whānau and staff to walk, cycle, take the bus, or car-pool.
- **Rubbish:** It's not about going without, it is about making conscious decisions on what we buy. [Recycle.co.nz](https://www.recycle.co.nz) encourage moving beyond the 3 "R's" (reduce, reuse, recycle) towards thinking about the 6 "R's" to live waste free, adding: Refuse what you don't need, Rehome what you no longer need or want, and Rot (i.e. compost) the rest.
- **Student Voice:** Make submissions! Central government and local councils consult on various environmental topics – make your unique voices heard!

Environmental actions are good for ECE, school and tertiary settings too. They affirm indigenous practices, promote a culture of caring, reduce litter, reduce rubbish removal and power costs, create safer and quieter traffic at the gate, create healthier lunches, students and staff engage with their wider community, and so on.

WAVE would love to know what more will your ECE, school or tertiary setting do to be sustainable? Or, do you already participate in a recycling/sustainability programme, eg, paper4trees? Tell us about it for the next edition of the WAVE newsletter!

Learn more at:

- Timaru District Council <https://www.oneplanet.org.nz/home> (local information on reducing waste)
- Environmental Education for Resource Sustainability Trust <https://www.paper4trees.co.nz/> (rewards schools and ECE with native trees and shrubs every year)
- Enviroschools <http://www.enviroschools.org.nz/> (National environmental school programme)
- Environment Canterbury <https://www.ecan.govt.nz/get-involved/youth-engagement-and-education/> (education programmes, youth engagement)
- Department of Conservation <https://www.doc.govt.nz/get-involved/> (education, activities)