



WELL-BEING AND VITALITY IN EDUCATION

Newsletter

October 2019 | Issue 51

TĒNĀ KOUTOU KATOĀ

Community & Public Health

18 Woollcombe Street
P O Box 510, TIMARU
Phone: 03 687 2600
Fax: 03 688 6091
www.wavesouthcanterbury.co.nz

FACEBOOK

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

facebook.com/wavesouthcanterbury



KAPA HAKA FESTIVAL CELEBRATE TE AO MĀORI

Kapa haka, performing arts and visual arts were celebrated at the FLAVA Festival and Korohi o Te Pēpi (Early Childhood Education – ECE) festival in September and October 2019.

It was fantastic to see so many tamariki and rangatahi celebrating Te Ao Māori through kapa haka, waiata, performing and visual arts.

FLAVA, open to all schools in South and Mid Canterbury, celebrated its 12th year, while Korohi o Te Pēpi, now in its 5th year, had its highest number of participating ECE yet with 19 early childhood centres taking part.

Both FLAVA and Korohi o Te Pēpi are organised by Ka Toi Māori o Aoraki Incorporated Society which involves representatives from Te Rūnanga o Arowhenua, Arowhenua Whānau Services, WAVE, ECE Leaders Group, South Canterbury Primary Principals' Association, and He Manu Hou.

Back in 2006 rangatahi identified an interest in developing a local schools' competition to promote pride in their identity, and to showcase their talents and express their creativity. After several hui, the concept of an annual schools cultural festival was born. It was rolled out to South Canterbury schools, with the aim to build resilience in Māori youth, supporting whānau and community connections.



Supporters of FLAVA and Korohi o Te Pēpi receiving their acknowledgement from Ka Toi Māori o Aoraki Incorporated Society



Te Kura Māori o Arowhenua

BETTER HEALTH | GREATER LEARNING | BRIGHTER FUTURES

Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

KAPA HAKA FESTIVAL CELEBRATE TE AO MĀORI

When FLAVA was first introduced in South Canterbury, ECE also took part. "The continued increase in participation by ECE and the great support from whānau attending on the day resulted in the development of Korohi o Te Pēpi specifically for ECE. This was initiated in 2015 and continues to strengthen each year" said Kathy Campbell, Chairperson of Ka Toi Māori o Aoraki Incorporated Society.

FLAVA has non-competitive and competitive options for kapa haka to encourage all schools to take part at the level that suits them. The competitive kapa haka and performing arts sections are judged by up to six judges with expertise in their field.

"We are privileged to have such prestigious and experienced judges involved with FLAVA" notes Kathy. "Each year we are so grateful for the input from judges who willingly give of their time to support this important kaupapa. We are really fortunate to have the input from these experienced and generous judges" she said.



Bluestone School



Gleniti Senior School

"One question that we asked at FLAVA this year is 'what does Kapa Haka mean to you?' We were overwhelmed with the response" said Kathy. Many students took the opportunity to share their thoughts, with themes including kapa haka bringing a school or group together, and the importance of kapa haka to participants. Other feedback included:

“

"Kapa haka is an extension of our tipuna. It connects us to Ngā Atua, tipuna and whakapapa. In doing this it also connects the living world. Mauri ora".

"Kapa haka to me means love, respect, equality and honour".

"It makes me feel happy, excited and proud".

"I like expressing myself, being Māori, it's important to me," said Mia.

"Kapa haka is culture – it's a real sharing of the culture," said Mercedes

"Kapa haka means my life – it is expressing the fact that I am Māori in a unique Māori way," said Calaie.

While Hunter said, "for people who aren't Māori, it is a chance to experience the Māori culture. A time to celebrate Māori in NZ and that it is here to stay".

South Canterbury Primary Principals' Association representative Jonathan Young said, "The school groups were really excited about this event for tamariki and rangatahi to celebrate Te Ao Māori (the world of Māori). It's a prestigious occasion for performers to stand proud of the culture and their group's efforts".

”

The festivals have been sponsored by Te Puni Kōkiri, Creative Communities NZ, Te Rūnanga o Arowhenua, Te Rūnanga o Waihao, Te Aitakihi Trust, Mid & South Canterbury Community Trust, Arowhenua Whānau Services, He Manu Hou Trust, Alpine Energy and Te Rito.

The WAVE Newsletter is now printed on 100% recycled paper.
After all, you cannot have healthy people without a healthy planet!





FLAVA Award Winners 2019

VISUAL ARTS Junior Individual	Most outstanding visual arts entry by an individual	1 st Hana-Kororia Reihana, Te Kura Māori O Arowhenua 2 nd Penelope Hutt, Highfield School 3 rd Ailyn Houlahan, Te Kura Māori O Arowhenua
VISUAL ARTS JUNIOR SCHOOL	Most outstanding visual arts display by a school	1 st Te Kura Māori O Arowhenua 2 nd Gleniti Primary 3 rd Highfield School / Grantlea Downs School
VISUAL ARTS SENIOR SCHOOL	Most outstanding visual arts display by a school	1 st Timaru Girls' High School
TE RITO JUNIOR SCHOOL	Best visual representation of "Healthy Relationships promoting a Healthy Environment"	1 st Highfield School
TE RITO SENIOR SCHOOL	Best visual representation of "Healthy Relationships promoting a Healthy Environment"	1 st Timaru Girls' High School
PERFORMING ARTS JUNIOR	Most outstanding performance by a junior group or individual	1 st Te Kura Māori O Arowhenua 2 nd Timaru South School 3 rd Highfield School
PERFORMING ARTS SENIOR	Most outstanding performance by a senior group or individual	1 st Timaru Girls' High School
KAKAHU	Most functional & visually pleasing costume	1 st = Ashburton Netherby = Ashburton Intermediate = Nga Pou o Rokohuia, Te Kura Māori O Arowhenua
TE REO RANGITIRA	Awarded for best language & pronunciation overall	1 st Nga Manukura, Timaru Girls' High School 2 nd Nga Pou o Rokohuia, Te Kura Māori O Arowhenua 3 rd = Te Waka Kotahi, Highfield School = Ashburton College
KAEA TEINA WAHINE	Most outstanding female lead in junior section	1 st Ngahuia Waa, Te Kura Māori O Arowhenua 2 nd Emily Heke, Highfield School 3 rd Tamzyn Elder, Bluestone School
KAEA TEINA TANE	Most outstanding male lead in junior section	1 st Horowai Unahi, Te Kura Māori O Arowhenua 2 nd = Te Koha Henry, Bluestone School = Joshua Shaw, Ashburton Borough
KAEA TUAKANA WAHINE	Most outstanding female lead in senior section	1 st = Sonia-Leigh Stephens-Tahuri, Ashburton College = Reremaia Unahi, Timaru Girls' High School 3 rd = Atawhai Woolridge, Craighead Diocesan = Jelia Mooney, Waimate High School
KAEA TUAKANA TANE	Most outstanding male lead in senior section	1 st = Jaden Meynell, Waimate High School = Kaiwhaiki Peeti-Tūmango, Ashburton College
KAPAHAKA JUNIOR	Most points in compulsory kapahaka disciplines in junior section	1 st Nga Pou o Rokohuia, Te Kura Māori O Arowhenua 2 nd Te Waka Kotahi, Highfield School 3 rd Bluestone School
KAPAHAKA SENIOR	Most points in compulsory kapahaka disciplines in senior section	1 st Nga Manukura, Timaru Girls' High School 2 nd Ashburton College 3 rd Waimate High School
FLAVA 2019 KA TOI AGGREGATE CHAMPIONS	Awarded to the school with the highest combined score over all three COMPETITIVE sections	1 st = Te Kura Māori o Arowhenua = Timaru Girls' High School 3 rd Highfield Primary

Mental Wellbeing with Yoga

In The Cove nursery at BestStart Marchwiell we have begun implementing a new ritual into our daily routine, and that is yoga! This comes after the busy morning and the rush of energy that we have, and again right before our lunch time ritual begins. We gather as a group and encourage who wants to try to give it a go, demonstrating different poses. This has turned into a wonderful calm time together becoming aware of slowing down, calming our heart rate and being mindful of our voice and body language all while testing our bodies to see how they can stretch, bend and move. Yoga is a gentle way of reconnecting to the present moment and resting the mind, it allows us to make smooth transitions into our kai time and then into our sleep.

Check out two of our beautiful girls enjoying their time together as they explore their body and how they can move.



Ranui Kindergarten complete Kai Kōrero

Ranui Kindergarten celebrated their completion of the 4-week Kai Kōrero (healthy eating and oral health) programme by hosting a Healthy Breakfast Celebration for whānau and tamariki on the last day of Term 3. Tamariki enjoyed weetbix, a colourful fruit salad, banana bran muffins which tamariki made the day before, and bread cases. Tamariki were naming all the different fruit in their fruit salad and proudly eating the muffins they made.

The parents at Ranui were well engaged with the programme - here are some of the feedback from parents on what they learned through Kai Kōrero:

"Different food choices"

"How much sugar is in certain bars and got some great snack ideas"

"Different sandwich ideas that my child likes, and coming up with fun names for food"



Ka Pai to the team at Ranui Kindergarten for doing a great job promoting healthy kai and good oral health to tamariki and whānau!

Ka pai Kai for tinana ora!

BestStart Marchwiell are currently taking part in Kai Kōrero, a programme that involves education around healthy eating and making good choices so we can fuel our bodies. We are working with WAVE to implement this programme and they have been coming into BestStart Marchwiell to share information and kai with our whānau. We have enjoyed exploring the provided resources with the children and this has led to lots of discussions around what it takes to have a healthy body.



Sustainable Water – Reduce, Reuse, Recycle

In our last WAVE newsletter we asked what ECE, school or tertiary settings are doing to be sustainable, or do you already participate in a recycling/sustainable programme?

Timaru Christian Preschool got back to us and here is what they are doing to be sustainable:

A broken downpipe beside the playground provided an opportunity to change to a rain collection barrel, and save rainwater for the nearby vegetable garden. With support from Debbie at WAVE and the owner's handyman skills it was soon set up.

"The tamariki at Timaru Christian Preschool are enjoying using our new rainwater collection barrel to water their vegetables and other plants at preschool. Because the tamariki can independently get the water themselves they can water the plants as they choose throughout the day. The tamariki are learning where water comes from, and that when the barrel runs out of water that we have to wait for it to rain before there is any more water in the barrel again."
Bronwyn Davies, centre manager.

**Ka Pai
Timaru
Christian
Preschool!**

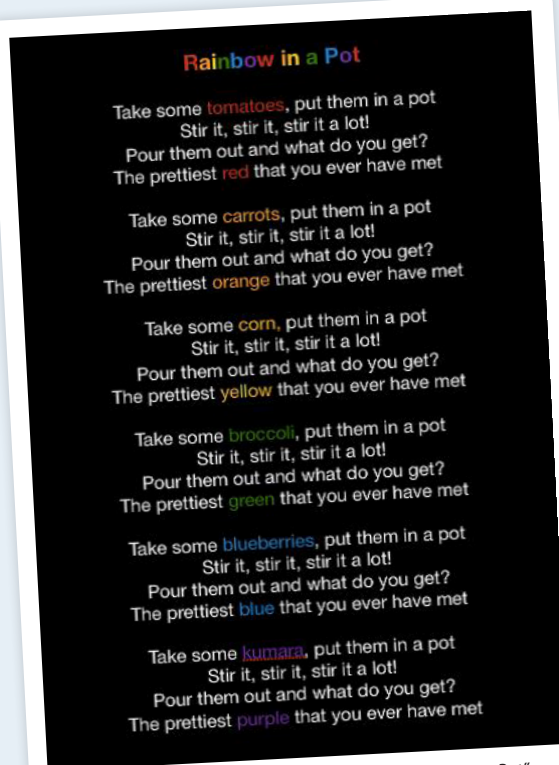


5+ A Day Challenge – Term 3 – Have a rainbow of vegetables and fruits

Having a Rainbow of Vegetables and Fruit was the theme for Term 3's ECE 5+ A Day Challenge. There were a total of eight entries from ECE and we were impressed with the high quality of the entries. Due to the number of entries, we just cannot fit them all into our WAVE Newsletter, so here is a snap shot of them all:



BestStart Opihi have been enjoying learning about a rainbow of healthy kai – with the help of Rupert the Rabbit. The tamariki helped choose healthy kai for Rupert to eat and also what they could choose for themselves.



The Pukeko Room at Rural Scholars used the "Rainbow in a Pot" song and created a story board to help visualise the colours, and then cooked up their own 'rainbow in a pot' with delicious vegetables.



Karaka Learning Centre in Temuka have been discussing different fruit and vegetables – focussing on a different colour of the rainbow each week. They also made a display of their favourite fruit and vegetables.



Lake Tekapo Kindergarten asked tamariki "where did chips come from?". No one knew so they decided to make their own chips using a range of vegetables and made "rainbow chips".

5+ A Day Challenge – Term 3 – Have a rainbow of vegetables and fruits



Geraldine Kindergarten have been making fresh juice from oranges and apples and have also been making banana pikelets with just two simple ingredients – bananas and eggs.



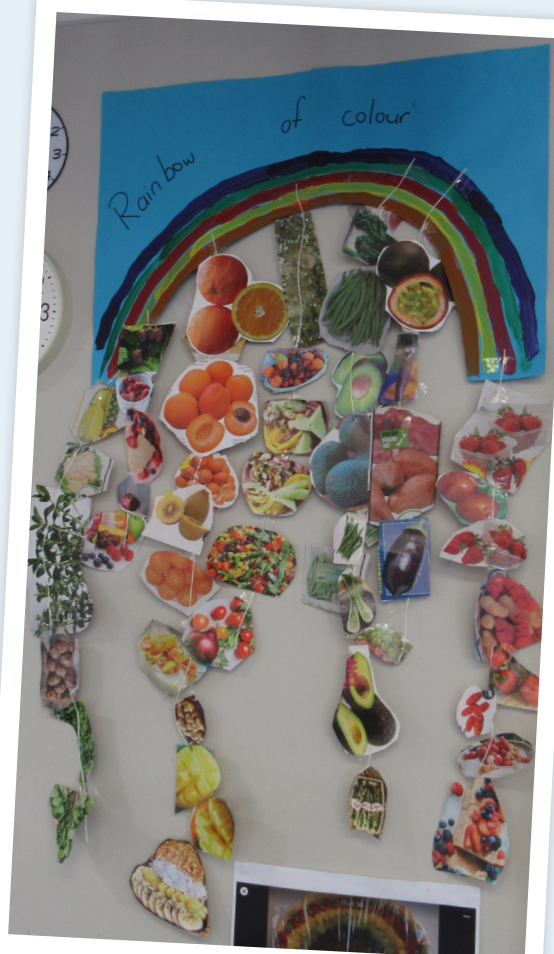
The Preschool Room at Rural Scholars have been taking photos of the different coloured fruit in their lunchboxes and finding out what colour they are eating the most of.



John Street Kindergarten celebrated Spring with a rainbow of fruit and veggies by cutting the fruit and veggies up and making a colourful display before eating it all at kai time!

Due to the high quality of all the entries, we have four winners this term (instead of three). Congratulations to the following ECE who have been selected as the winners of the Term 3 5+A Day Challenge

- Waimate Childcare Centre
- Geraldine Kindergarten
- Karaka Learning Centre Temuka
- BestStart Opihi



Waimate Childcare Centre encouraged tamariki in trying new foods by conducting a blindfolded food tasting, creating a peacock fruit display and a 'Rainbow of colour' display.

Oceanview Heights School vege garden shed gets a new makeover with seasonal murals

To celebrate the retirement of Grant Hambleton in 2018/19 (Teacher/Deputy Principal) after 33 years at Oceanview Heights School, Craig Buchannan, the school Caretaker has designed four murals on our garden shed depicting the four seasons of our Vege Tec Gardens, with Grant in each one.

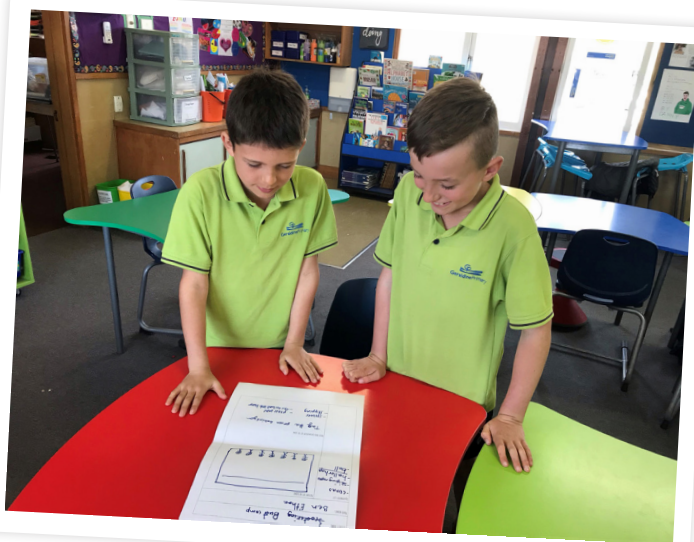


Geraldine Primary physical activity day

The Geraldine Primary School WAVE Team, including WAVE lead teacher Sarah Strowger, are planning a whole school physical activity wellbeing day in Term 4. The WAVE team members are working in pairs to come up with an activity so all students can participate, which includes skill and age modifications for each activity.

The student WAVE Team have been promoting and supporting this initiative for a number of years and feel this is a great way to promote physical activity and wellbeing, as well as promoting WAVE and the work they do during the school year.

The WAVE Team look forward to another successful physical activity day with prizes on the day that reinforce the school's values of teamwork, respectfulness, responsibility, and caring.



Bluestone School visit Recovery Resource Centre

As part of our Reduce, Reuse, Recycle topic, the Year 3 and 4 syndicate, Team Explorer had a visit to the Redruth Recovery Resource Centre to find out what happens to the rubbish in our bins after it is picked up by the trucks outside our homes.

We started off at the drop off area and had a look at the different types of recycled items that can be left there. Then we went to the Materials Recovery Facility, where our yellow bins are sorted out. Briony Woodnorth (Timaru District Council) explained what happens when it is sorted. We saw the paper blowing out of a conveyer belt onto a giant pile and lots of big bales of compressed card, paper, aluminium and plastic.

We drove past the pyrolysis plant and saw where the waste wood is turned into charcoal for sale. We had a quick look at the landfill and where scrap metal is dropped off.

Finally we visited the Crow's Nest and had a look at all the items for sale. We all spotted things that we liked! We learnt lots about being responsible about where we put our rubbish and what we can do to help the planet by reducing the amount of plastic that we use in our everyday lives.

A big thanks to Briony Woodnorth from the Timaru District Council and Josh South from WAVE for helping us to organise our trip.



Glenavy School's Market Day

In Term 3 Glenavy School students held a Market Day as a fundraiser for a new sunshade over their deck area. The purpose of the Market Day was the end of a unit of work that the whole school were participating in around sustainability and technology.

The children had to design and make products using recycled or sustainable packaging. They had to market the product and also test the product in the community to see if people would buy the product and for how much.

Prior to the production of their prototype the children had to visit the 'Dragons Den' to ask for financial backing where they had to discuss how much they wanted, how much they would sell the product for and how much profit they would be making from the product.

The day was a huge success, and the children and the community raised \$2,400 towards the new sunshade.



SPORT CANTERBURY

Ki O Rahi

Sport Canterbury have been working with local primary and secondary school teachers to help grow the game of Ki O Rahi in our region. Ki O Rahi has been a fast-growing sport around New Zealand, it is a mixture of multiple sports requiring throwing, agility and strategy skills.

The importance of Te Reo Māori being highlighted in the recent Māori Language week, this game is a great way for teachers to incorporate Te Reo Māori into the classroom in an alternative and fun way. There have been two specific teacher training workshops in collaboration with Lawrence Tau from Sport Canterbury Christchurch. Alongside this, a local Sport Canterbury facilitator has been running in-schools training for teachers and students.

With the momentum of these workshops Sport Canterbury will be hosting a Ki O Rahi Tournament with WAVE on Friday 22 November at Caroline Bay. This is targeted at students' in Years 5 to 10, a great chance for schools to get active and involved.

For further information and to register, contact Kate Ormsby at Sport Canterbury by email kate.ormsby@sportcanterbury.org.nz



HEALTHY EVENTS & FUNDRAISERS GUIDE:

A guide for ECE, school and community event organisers

Gives information, sample policies and tips for running healthy events, fundraising and school canteens.

Download a copy from our WAVE website:

<https://www.wavesouthcanterbury.co.nz/health-priority-areas/nutrition>



Project Zebra launched at Highfield School

It was all stripes as Project Zebra, a new and innovative promotion was launched in Timaru during September at Highfield School. The aim of Project Zebra was to increase the awareness of how to use the zebra crossing for students, to make it a fun way to learn safe crossing behaviour, and moreover to heighten the awareness of the crossings to drivers near Highfield School and on Wai-iti Road.

The impetus for Project Zebra came from the Highfield School Travel Plan survey results which identified zebra crossings as a safety issue for students. Some drivers are not stopping for pedestrians at zebra crossings and this appears to be a community-wide issue with several schools reporting this.

Jane Sullivan, School Travel Plan Coordinator based within the WAVE team facilitated this collaborative project with key stakeholders: Daniel Naude (SC Road Safety Coordinator) and Deb Quested (Timaru Police – School Community Officer) and Robyn Cooper (Lead WAVE Teacher at Highfield School).

Robyn said, "Project Zebra certainly got the school community talking. We also noticed a larger number of children using the crossing to get Project Zebra Gotcha's (reward system). With regards to improving driver behaviour on Wai-iti Road traffic was certainly going slower

and more aware during the focus week."

Students were involved as ambassadors, and a number of resources were created to support the project (e.g. placards with messages, a banner for the school fence, zebra cut-outs for students) and the zebra mascot was in attendance to support the students crossing on the zebra.

"We are grateful to Auckland Transport who have shared their Safe Crossing Promotion resources with us," Jane said. "We adapted these for our local promotion".

A postcard resource containing key messages about safer crossing points, where it is 'not as safe' to cross and a message to drivers about their responsibilities at zebra crossings went home to every family at Highfield School.

Leading into Project Zebra, Highfield school staff attended a Professional Development session, which included a review of the standard operating procedures for the crossings; and a presentation about the project was delivered to a full school hui.

Timaru Police committed to monitoring the zebra crossings on Wai-iti Road and Rimu Street to educate and enforce driver responsibility the week following

the promotion of Project Zebra. The key points the police reiterated were for drivers who are approaching a crossing to be prepared to stop for pedestrians who are waiting to cross, who have stepped onto the crossing or who are already crossing. Drivers must stop and give way to pedestrians.



Walking, scootering and cycling to school should be an easy choice for students and their families, whether it is for the whole journey or part of the journey to school. However, the school run is creating higher volumes of traffic on roads around local schools and has an effect on perceptions about safety.

If you would like to know more about Project Zebra and how to get your school involved, please contact: Jane Sullivan, School Travel Plan Coordinator:
email: Jane.Sullivan@cdhb.health.nz

Switch to Water

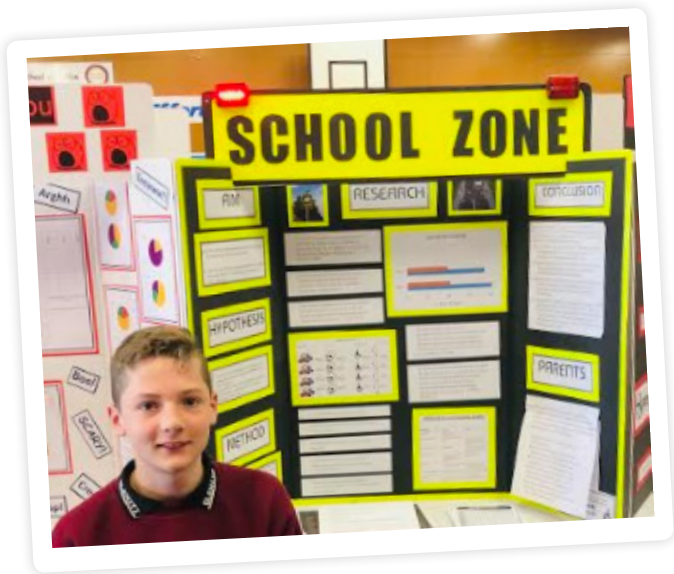
8 NOVEMBER 2019
National Oral Health Day

TAKE THE CHALLENGE!
JOIN ELIZA AS SHE
SWITCHES TO WATER
FOR 30 DAYS!

Eliza McCartney, Pole Vault Athlete

New Zealand Dental Assoc.
NZDA.org.nz/switchtowater

WAVE School Zone



My school has recently held a science fair and for my topic I decided to look into the traffic problem on Spring Road.

Spring Road is the back entrance to our school so it doesn't have signs or a gate, just a small alleyway entrance/exit so it is not very noticeable to drivers.

Due to the increase of our school roll, huge increase in housing in the area and also the fact that the road used to be a dead end and has now opened up creating cars to be able to travel at higher speeds this has become a dangerous situation.

I wanted to see if something could be done to avoid serious injuries happening. The first thing I did was find out all the different ways to slow down the traffic this includes:

- **Pedestrian crossings** - it was obvious from research that pedestrian crossings don't work effectively because for most of the time they are not being used and drivers get used to driving through them without checking.
- **Speed bumps** - Speed bumps wouldn't be the best because they affect the traffic all day every day when there are only children for a short time slot.
- **KEA crossing** - it is good because it is very noticeable and it gives the children one clear safe place to cross without much help from adults.
- **Flashing School Zone sign** - this would be effective because you can program it to run at the times you need it to and it is also very noticeable.
- **Passive sign** - we already have one and it's not very noticeable at all.
- **Adult at crossing everyday** - very difficult for teachers to get away from their classroom at the time that they are needed.

- **Flashing 40kmph sign** -This was the solution I originally thought would be best but once I found the information on the crashes from the World Health Organisation I realised 40kmph was too fast anyway.

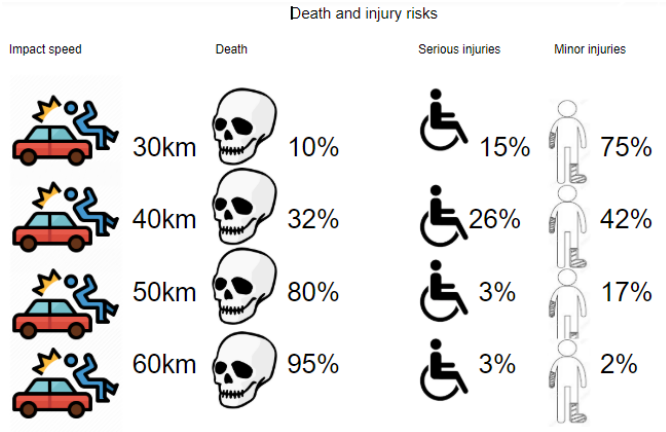
I counted the cars that drove past the school or parked on the side of the road between 2.50pm and 3.15pm on school days. The average was 93.

I also counted the pedestrians who crossed the road or got into or out of parked cars and the average was 196. We have 380 students at our school so that means this exit is equally as important as the main entrance.

I went to the Timaru Police Station to talk with the Police about the problem. They were very supportive of the project and said that they would help me collect the speed data of cars in the area. They told me the school zone is actually a 250m circumference around the school and they issue tickets to people driving 54km or more in this area.

I had a meeting at the Timaru District Council with Simon Davenport the Transportation Team Leader. I took my data regarding traffic and pedestrians using Spring Road and the information I had researched about the different school crossing options and told him about the situation. I was using the data to prove that the children using the road was enough to warrant a flashing 40kmph sign and a Kea crossing to be installed. Mr Davenport said he did not like to use the 40kmph sign as the crash statistics show that it is still far too fast.

Here is a graph that I made using the data that Mr Davenport gave me from the World Health Organisation:



We then agreed that the best solution for our situation would be the combination of a flashing SCHOOL ZONE sign in conjunction with a Kea crossing.

The sign would make it obvious that there is a school in the area and slow traffic. The Kea crossing would give the children one clear safe place to cross without taking too much support from

WAKA POU TIKANGA ACTIVE TRAVEL

adults. It is also much clearer to the drivers of vehicles where the crossing is and what is expected of them.

I was invited to a traffic committee meeting at our school which included the School Travel Coordinator, TDC Road Safety Coordinator, NZ Police, Principal, WAVE Leaders, TDC Transportation Team Leader and parents. I talked to them about

my research and they were all in favour of us going ahead with both the Kea crossing and the active (flashing) School Zone sign.

The request for the flashing light sign and the KEA crossing is now at the council awaiting approval. I'm hoping to see it installed later this year so it can make the school safer for years to come.

By Odin Tonks Yr8 at Gleniti School.

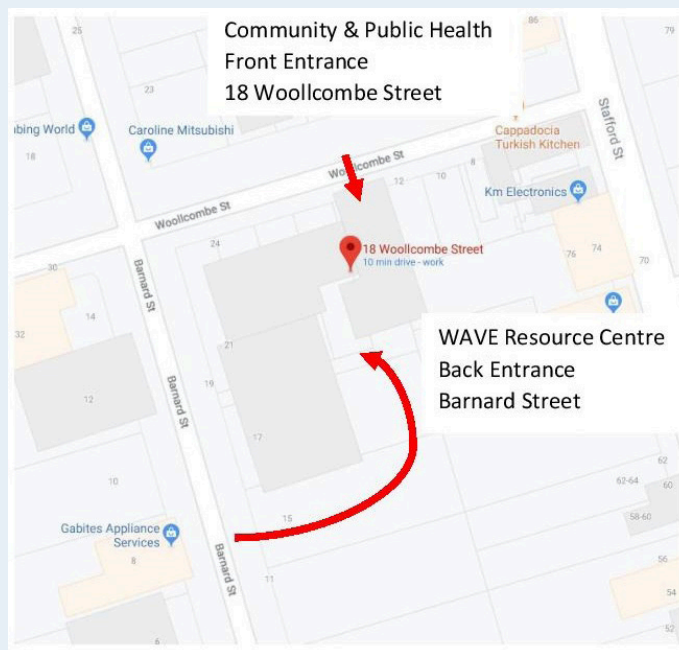
NGARU WHAKAIPURANGI WAVE RESOURCE CENTRE

WAVE Resource Centre has moved!

The WAVE Resource Centre has moved from our shed at 43 Woolcombe Street and is now located within our offices at Community & Public Health, Woolcombe House, 18 Woolcombe Street, Timaru. We do ask that you pick-up and return your resources via the back entrance which is accessed off Barnard Street – just drive around the back of the building through the car park and park near the exterior stairwell. An appointment time will still need to be arranged to open doors/gate to allow access.

To find out what we have and to book resources, go to our website www.wavesouthcanterbury.co.nz and login using your setting's login details. Click on the category you want under "WAVE Resource" on the left-hand side and choose the resource(s) you want and book!

If you have any problems or for pick-up/delivery times, contact the WAVE Administrator by phone on (03) 687 2606. And remember **ALL WAVE RESOURCES ARE FREE TO BOOK AND USE!**



1 2 3 4 5 6 7 8 9 10 11+

UV Index

Know what the UV level is today?
Download the UV2day app

Cancer Society
Te Kāhui Matepukupuku
o Aotearoa

Spring has sprung and now it's time to be SunSmart!

During Term 4 our thoughts turn to outdoor adventures and summer sports. With the days getting longer and the level of Ultraviolet rays (UVR) rising, it is important that children are protected from the harmful rays that can cause sunburn. Sunburn can increase the risk of developing skin cancer later in life.

New Zealand now has one of the highest incidence of melanoma in the world.

Levels of ultra violet radiation (UVR) are very high across the country during Terms 1 and 4. An active SunSmart policy that encourages children and staff to: **slip** into available shade, **slip** into sun protective clothing, **slop** on a broad spectrum sunscreen of at least SPF 30, **slap** on a wide brimmed hat, and **wrap** on some sunglasses is a great way to promote health and wellbeing and reduce the risk of developing skin cancer.

Geraldine Primary School has recently completed their SunSmart re-accreditation. For Principal Andrew Leverton, being a SunSmart accredited school is hugely beneficial.

Andrew and his team view being SunSmart as an integral part of supporting the health, safety and wellbeing of the children. "SunSmart has become the norm within our school culture," says Andrew.

School sports days feature on the calendar this term. The Cancer Society encourages schools to plan ahead for activities like Zone sports day, ensuring that the school 'travelling' team has

sunscreen, hats and shade protection throughout the day. Many schools have their own shade tents, this enables the students to be protected from the UV during the day. The WAVE shade tents can also be booked via the WAVE Resource Centre for ECE, schools and tertiary settings to borrow.

Geraldine Primary School teachers use the SunSmart curriculum resources to build awareness and encourage a lifelong habit of being SunSmart. "Being SunSmart accredited helps to provide assurance to parents and caregivers that their children are being protected from the sun during their school day," says Principal Andrew Leverton.



Geraldine Primary students and staff being Sunsmart



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 #4: Mon 21 October – Fri 29 November 2019

GROW vegetables & fruit

How do you encourage gardening skills for children and whānau?

Tips • Involve children in planting, growing, harvesting, and cooking vegetables/fruit • Share seedlings and produce with whānau • Get support from whānau or community groups to extend your garden • Grow a new plant/fruit • Plan a visit to a nursery • Write gardening learning stories

Due date: Fri 29 November

Prizes for top 3 ECE: Gardening equipment; Seeds & seedlings; or Water jugs

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

