

WAVE Award

John Street Kindergarten Nutrition & Oral Health

John Street Kindergarten was the first early childhood centre to participate in the Kai Kōrero; let's talk about our food nutrition and oral health programme offered by WAVE in 2017. With support from WAVE, kaiako were able to encourage whānau to be more aware of healthy eating choices for tamariki to keep their body and teeth strong. "We regularly revisit the information and resources from Kai Kōrero and continue to support whānau to make better choices for lunch boxes. We also provide lunch box ideas for lunchboxes in enrolment packs," says head teacher Kristy Mckenzie.

Kaiako have regularly participated in the WAVE 5+ A Day challenge, and have been acknowledged for their continued promotion of healthy food choices since the challenge's inception in 2017. Follow up sessions have ensured new whānau are able to experience the programme and receive the helpful resources.

Recent WAVE funding has enabled the kindergarten to expand edible gardens. "Manaakitanga and respect for Papatuanuku are central to our programme and we are committed to being sustainable. We have extended our gardens over the past couple of years, and with the WAVE funding we were able to purchase gardening tools; trowels, spades, wheelbarrows, gloves and buckets to support our tamariki to engage with the growing process and nurturing plants to harvest."

"We have a real commitment to promoting and role modelling nutritious choices within our kindergarten by providing a well-rounded programme that meets the health and wellbeing needs of all of our tamariki. We were also able to review written guidelines and update them with the best advice for everyone" says Kristy.

Congratulations kaiako, whānau and tamariki for completing and receiving the WAVE Nutrition and Oral Health Awards.



2019



WELL-BEING AND VITALITY IN EDUCATION

