

# WAVE Project Plan 2020-21

<b>Project Title</b>	WAVE 2020-2021
<b>Short Description</b>	WAVE is a collaborative programme that supports South Canterbury early childhood centres, primary and secondary schools and tertiary institutions to have environments that promote student health and wellbeing in order to help them achieve their full potential
<b>Commencement Date</b>	1 July 2020
<b>Completion Date</b>	30 June 2021
<b>Project Report Date</b>	July 31 2021 to Steering Group
<b>Project District</b>	South Canterbury
<b>Manager</b>	Neil Brosnahan (CPH)
<b>Team</b>	WAVE Team
<b>Team Leader</b>	Rose Orr
<b>Public Health Physician</b>	Lynley Cook
<b>Project Team Details</b>	(at August 2020)

<b>Name</b>	<b>Title / home team</b>	<b>Project role/ tasks</b>	<b>Hours per week</b>
Ally Pieromaldi	Administrator, CPH	Administration	24
Gwen Anglem-Bower	Health promoter, CPH	Māori Health	16
Anna Reihana	Health promoter, CPH	Facilitator Mental/sexual health/smokefree	12 4
Debbie Johnstone	Health promoter, CPH	ECE facilitator	32
Andrea Grant	Health promoter, CPH	ECE	20
Greg Newton	Health promoter, CPH	Facilitator	36
Janet Quigley	Health promoter, CPH	Facilitator	24
Jane Sullivan	Health promoter, CPH	School Travel Plan (funded by Timaru DC)	20
Donna McPherson	Health promoter, CPH	Child Nutrition & Oral Health	40
Neil Brosnahan	Manager, CPH		8
Lynley Cook	Public Health Physician, CPH		8
Rose Orr	Team Leader, CPH		30
	Community Sports Advisor, Sport Canterbury	Active Schools/Kiwisport	28

## **A. Project Description**

### **1. Vision**

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

### **2. WAVE Principles**

- Working in partnership to achieve improved outcomes for health and education
- Addressing key lifestyle issues by focusing on the environment (“making the healthy choice the easy choice”)
- Involving children, parents and the community
- Targeting settings and communities with the high needs using an equity lens<sup>1</sup>
- Evidence based delivery, adaptive to needs, with ongoing evaluation.<sup>2</sup>

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<sup>1</sup> See Section B. Rationale

<sup>2</sup> See Section D. Project Review

### 3. Objectives, Activities and Evaluation 2020-21

Strategic Objectives	2020-2021 Activities	WAVE Team reporting including settings feedback and other sources
All ECE, primary and secondary schools have and are actively applying milk/water-only and healthy food policies that are in line with the Healthy Active Learning Initiative	Establish a database of education settings and document all education settings' milk/water-only and healthy food policies status and wider environmental support for healthy eating by November 2020	Metric: number and % of education settings with milk/water-only and healthy food policy  Qualitative evaluation of pilot project
	As a WAVE team, further enhance the approach (including tools, methods, ways of working, tool-kit, templates) to support healthy eating in education settings	
	Promote and support the development of environments that support healthy eating in all education settings, including water-only and healthy food policies	
	Re-survey education settings May 2021	
	In collaboration with partners (education settings and SCDHB, CDHB dental services) develop, coordinate and implement a pilot Tooth-Brushing Programme	
Priority education settings are effectively supported to develop environments that support health and wellbeing need	Priority settings have needs identified	Metrics designed for each priority setting that is relevant to the plan
	A settings plan is developed and implemented for each priority setting	
	Progress of the settings plan is reported quarterly via Individual Work Plans.	
WAVE effectively engaged with tangata whenua	WAVE team work with Māori organisations, including Arowhenua Whānau Services, Te Rūnanga O Arowhenua, Te Rūnanga O Waihao, Ka Toi Māori o Aoraki Incorporated Society to support engagement with education settings	Description of feedback re WAVE's effectiveness at engaging with whānau and meeting Māori needs.
	Support and guide settings with their engagement of Māori students to engage in health initiatives.	Settings' report of their success in supporting Māori students to engage in health initiatives.
	As a WAVE team, further enhance the approach to support settings' engagement of Māori students (including workforce development, methods, and tools)	Settings' assessment of their own degree of engagement with wider whānau, marae and other iwi, and Māori health providers on health issues.

Strategic Objectives	2020-2021 Activities	WAVE Team reporting including settings feedback and other sources
Effectively support education settings with needs identified across South Canterbury	Develop and deliver across South Canterbury professional development on mental health and wellbeing	Workshop evaluation
	Develop and implement a communications plan that shares best practice health and wellbeing resources and programmes e.g. Sparklers, NZHEA resources, Tūturu	Communication Plan implemented and targets met.
	Identify other emergent needs for 2021-2022	Needs inform 21/22 WAVE Project Plan
Update/develop WAVE as a programme	Complete WAVE guide document and tool kits	Feedback from settings about use of resources
	Undertake survey for WAVE education settings for the purpose of continuous quality improvement and to identify emergency needs.	Survey completed December 2021

## **B. Project Rationale**

### **4. Background**

WAVE is based on the commitment of a number of organisations, including South Canterbury District Health Board (SCDHB), Community and Public Health (CPH), Ministry of Education, Sport Canterbury and Cancer Society, to creating environments that support healthy lifestyles for children and young people. In 2005, SCDHB and CPH jointly developed a proposal for building on work already being undertaken in this field, and both organisations have committed health promotion resources to the project.

A Steering Group (comprising the above organisations) and Working Group, comprising of a wide range of organisations that work in Education settings, including representatives from the Principals Association, were formed in July 2006. The tasks of the Working Group are captured in this Annual Plan, which is informed by the Strategic Plan developed and reviewed annually by the Steering Group. The vision, principles and objectives of the 2019 - 2022 Strategic Plan are reflected in this Annual Plan.

WAVE completed a 5 year evaluation in 2011 (Community and Public Health 2011) and follow-up evaluations in 2014, 2016 and 2018, plus the Tertiary sector evaluation in 2014. Ongoing evaluation is described in Sections 2-5 and of this Annual Plan.

While WAVE works with all education settings, a process of prioritisation is used to ensure the input from the WAVE team is focused on high priority settings. This is based on setting's profile including decile rating for schools, transient population, isolation, and the proportion of Māori and Pacific students. All high priority settings have tailored plans.

### **5. Research**

The background rationale and research to this project are set out in the document "South Canterbury Child and Youth Health Promotion – a Proposal", produced by CPH and SCDHB in May 2006 and updated in 2013. Background reports have also been completed on development of child and youth health indicators (2012, 2014), and on programmes for improving resilience and preventing suicide in education settings (2013). A review of health promotion literature was undertaken as part of WAVE's development in 2006, and was updated in 2014.

### **6. National, Regional and DHB plans**

WAVE has been identified as a "flagship" project by SCDHB. WAVE comes under the umbrella of the South Canterbury Health Promotion and Prevention Steering Group.

The following Ministry of Health strategies/documents inform the project:

- Achieving Equity in Health Outcomes: Summary of a discovery process. Wellington: Ministry of Health (2019)
- The New Zealand Health Strategy (2016)

The NZHS central statement is "all New Zealanders, live well, stay well, and get well". WAVE supports all South Canterbury children and young people to live well and stay well.

- He Korowai Oranga – the Māori Health Strategy Updated (2014)
- Child and Youth Wellbeing Strategy (2019)
- Healthy Active Learning (2020)
- Child Health Strategy (1998)
- Youth Health: A Guide to Action (2002)
- Cancer Control Strategy (2003)

- The New Zealand Disability Strategy (2001)

The New Zealand School Curriculum and Te Whariki are also key reference documents for WAVE.

## 7. Contractual agreements relevant to the WAVE project plan

### Ministry of Health – Healthy Active Learning contract:

- Work with education providers in early learning settings, primary, intermediate and secondary schools to support the adoption of water-only and healthy food policies in line with the Healthy Active Learning Initiative.
- Quarter 2:Quarter 4: Monitoring report on progress and adoption of policies by schools, kura and early learning services.

### SCDHB contract:

- Outcome: Increase the focus on physical activity and nutrition across high priority ECE
- Measure: Number of ECE with policies on water and milk only, healthy eating, oral health, physical activity
- Health Promoters with a scope of working in priority ECE and primary schools, focusing on promoting equity, healthy nutrition and increasing physical activity.

## 8. SCDHB’s Public Health Annual Plan and Health Promotion and Prevention Strategy

Work described in the plan and strategy comprises the major focus of health promotion work for CPH in South Canterbury.

## C. Linkages and Resources

### 9. Linkages

ORGANISATION	OUTCOMES SOUGHT	PERSON RESPONSIBLE
Media	Community are well informed about WAVE and receive consistent messages on health issues	Team Leader
Steering Group	WAVE implementation and reporting complies with Steering Group requirements	Team Leader
WG member organisations	WAVE implementation and reporting complies with requirements and expectations of member organisations	Organisations’ representatives on Working Group
Education settings	Settings are well-informed about WAVE, supported by it, and able to influence its direction	Team Leader, directly and via WAVE team
Kāhui Ako (Communities of Learning)	Effective engagement with new governance arrangements for settings, so that health remains a priority.	Team Leader

<b>ORGANISATION</b>	<b>OUTCOMES SOUGHT</b>	<b>PERSON RESPONSIBLE</b>
Other settings, organisations and groups	Other settings, organisations and groups feel well-informed about WAVE, supported by it, and able to influence its direction. Wider health and education sector are informed about WAVE and have opportunity for participation	Team Leader, directly and via WG members and WAVE team
Community	Community are well informed about WAVE and receive consistent messages on health issues.	Team Leader, directly and via WG members

## 10. Resources

See front page for staff commitments.



## 11. Operational Budget

### BUDGET (1 July 2020 - 30 June 2021)

#### INCOME

CPH Project Funding	8,500	
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		<b>8,500</b>

#### ANTICIPATED EXPENDITURE

##### Resources

Purchases	200	
Repairs, maintenance	800	
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		1,000

##### Communication

Newsletters	3,050	
WAVE toolkits	500	
WAVE Award	300	
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		3,850

##### Admin and Promotion

5+A Day Challenge – ECE and schools	400	
General Administration	200	
Iwi representation	450	
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		1,050

##### Professional Development

(This includes workshops, forums and PD)		2,000
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##### Facilitators Settings Support

600

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**8,500**

## **D. Project Review**

### **12. Evaluation**

Evaluation is overseen by the WAVE Evaluation Group. As of February 2020, Evaluation Group members are:

Lynley Cook	Public Health Specialist
Annabel Begg	Public Health Specialist
Neil Brosnahan	Manager
Rose Orr	Team Leader South Canterbury CPH
Gwen Anglem-Bower	Māori Health Promoter
Janet Quigley	WAVE Facilitator
Kristi Calder	Public Health Analyst
Rachael Dixon	University of Canterbury

Ongoing evaluation of WAVE will assess progress against the objectives in the WAVE Strategic and Project Plans, using mixed methods design. Mixed methods research is defined as the combination of quantitative and qualitative approaches that provide a better understanding of research problems than either approach alone (Creswell and Plano Clark 2007; Pommier, Guevel et al. 2010). A formal evaluation using a questionnaire to each setting, is undertaken every second year; however this will be reviewed for the 20/21 year due to the impact of COVID-19.

WAVE evaluation will include ongoing reporting by the WAVE Team (including Sport Canterbury and Cancer Society members), information from a settings questionnaire, and additional sources such as case studies, hui, and reports on existing health and education indicators (reported in alternate years). The Evaluation Group will develop, document, oversee and report on the questionnaire and additional information sources, while the Team Leader will be responsible for the WAVE Team's gathering of data through the questionnaire and other sources.

### **13. Reports**

Tri-annual reports, including an end-of-year report will be submitted to the Steering Group by the Team Leader.

## E. References

- Community and Public Health (2019). WAVE Evaluation Report 2018. Christchurch, Canterbury District Health Board.
- Community and Public Health (2017). WAVE Evaluation Report 2016. Christchurch, Canterbury District Health Board.
- Community and Public Health (2015). WAVE Evaluation Report 2014. Christchurch, Canterbury District Health Board.
- Community and Public Health (2015). South Canterbury Child and Youth Health and Wellbeing Indicators 2015. Christchurch, Canterbury District Health Board.
- Community and Public Health (2013). Child and Youth Health Promotion Update of the evidence since 2006. Christchurch, Canterbury District Health Board.
- Community and Public Health (2012). Background to the South Canterbury Child and Youth Health and Wellbeing Indicators. Christchurch, Canterbury District Health Board.
- Community and Public Health (2011). WAVE - Final report of impact and process evaluations 2007-2011. Christchurch, Canterbury District Health Board.
- Creswell, J. and V. Plano Clark (2007). Designing and conducting mixed methods research. Thousand Oaks, Sage Publications.
- Li, J., E. Mattes, et al. (2009). "Social Determinants of child health and well-being." *Health Sociology Review* 18: 3-11.
- Pommier, J., M. Guevel, et al. (2010). "Evaluation of health promotion in schools: a realistic evaluation approach using mixed methods." *BMC Public Health* 10(43).
- St Leger, L., L. Kolbe, et al. (2007). "School Health Promotion: achievements, Challenges and Priorities." *Global perspectives on health promotion effectiveness*: 107-124.