

WAVE (Wellbeing and Vitality in Education)

Strategic Plan 2020 - 2023

Vision

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

Background

WAVE (Wellbeing and Vitality in Education) began in 2006, as a result of a commitment by South Canterbury District Health Board (SCDHB), Community and Public Health (CPH) and Sport Canterbury (SC) to develop a co-ordinated approach to health promotion for children and young people in South Canterbury. After an initial literature review and consultation with education partners, an enhanced Health Promoting Schools model was developed and offered progressively to all education settings, from early childhood to tertiary.

WAVE's 2018 evaluation report showed very high levels of engagement and satisfaction with WAVE, as well as 88% of respondents agreeing that working with WAVE contributes to increased learning for students and 84% agreed that working with WAVE contributes to improved health for students. Formal evaluation is now undertaken biennially; however in 2020 this will be reviewed in light of the impact of COVID-19.

The Ministry of Health launched the Healthy Active Learning (HAL) initiative in 2019. The purpose of this is to support schools, kura and early learning services to improve child and youth wellbeing through healthy eating and quality physical activity. The 2019 SCDHB WAVE contract with CPH was reoriented to be in line with this initiative and has focused on nutrition and physical activity in ECE and primary school settings.

This has consequently been reflected in the ongoing work of WAVE, and reporting on the progress regarding nutrition and water-and-milk only policies as required by the Ministry.

WAVE is overseen by a Steering Group representing SCDHB, CPH, Sport Canterbury (South Canterbury office), the Ministry of Education and local rūnanga.

WAVE remains consistent with these organisations' visions, and all have expressed their ongoing support for WAVE. For example:

The Te Waipounamu South Island Regional Health Services Plan 2018-21 outcomes include *'Improved environments to support health and wellbeing'*

The Ministry of Education's stated vision in the Four Year Plan 2016-2020 is *'to see all children and students succeed personally and achieve educational success.'*

SCDHB Health Promotion and Prevention Strategy which includes the goal:

The places we work, live, learn and play promote and support our community's health and wellbeing

Sport Canterbury's vision is: *More People, More Active, More Often.*

Organisations involved in WAVE delivery are represented on the WAVE Working Group, which meets three times each year to manage WAVE operational issues.

Key challenges for the next five years include building on WAVE's successes including connecting more effectively with families/whānau and settings' communities, focusing clearly on WAVE outcomes, ensuring sustainability of WAVE initiatives, and managing WAVE resources in an efficient and accountable way.

WAVE principles

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

WAVE objectives 2020-2023

1. 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
2. Priority education settings are effectively supported to develop environments that support health and wellbeing need
3. WAVE effectively engaged with tangata whenua
4. Effectively support education settings with needs identified across South Canterbury
5. Update/develop WAVE as a programme.

Strategic Plan implementation and reporting

The WAVE Team will develop Annual Plans, based on this Strategic Plan, for approval by the Steering Group, and will provide Annual Reports and tri-annual progress and financial reports to the Steering Group.

Strategic Plan date and review date

This Strategic Plan was approved by the WAVE Steering Group on 23rd September 2020 and will be reviewed by the Steering Group annually.