



WELL-BEING AND VITALITY IN EDUCATION

# Newsletter

October 2020 | Issue 54

## KO NGA PAE NGA WHITI KO NGA PAE TATA WHAKAMUA KIA TINA

*The potential for tomorrow depends on what we do today*

### 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](https://facebook.com/wavesouthcanterbury)



### HE MANU HOU AND AROWHENUA MĀORI SCHOOL PILOT THE NEW TOOTHBRUSHING PROGRAMME

Arowhenua Māori School and He Manu Hou have partnered with South Canterbury DHB, Arowhenua Whānau Services, Community and Public Health and the Community Dental Service to participate in a 12-month Pilot Toothbrushing Programme.

This kaupapa has come about in recognition of the importance of oral health in tamariki, and that toothbrushing programmes in New Zealand and overseas education settings have been shown to make a real positive difference.

All project partners have been part of the collaborative to tautoko and manaaki the kaupapa. At this point in the project

there has been a hui with kaiako at both He Manu Hou and Arowhenua Māori School, along with a whānau hui at the kura. They have been well attended and a great opportunity for whānau and kaiako to come together learn more about the programme and ask questions. It was also valuable to have project team members Joseph Tyro, Māori Director of Health and Dr Aravind Parachuru, Paediatric Dentist to join the hui.

The aim of the 12-month pilot is to establish a model for a sustainable supervised toothbrushing programme that can be replicated in other South Canterbury education settings.



Arowhenua Māori School kaiako hui: Joseph Tyro, Whaea Bronwyn, Whaea Lisa, Matau Joe, and Matau Tipene



Information sharing evening with He Manu Hou Kaiako and Te Aitarakihī Trust members

BETTER HEALTH

| GREATER LEARNING

| BRIGHTER FUTURES

#### Key Partners:

- Cancer Society
- Te Runanga o Arowhenua

## Nau mai haere mai Donna

We are very pleased to welcome Donna McPherson to the WAVE team. Many in the Early Childhood sector will know Donna from her time as kaiako working in ECE in South Canterbury. Donna also brings experience of community work and it is great to have her as part of the team.

Donna joined Community & Public Health in July and is covering a parental leave position. Since starting, it has been a busy time for Donna particularly with her involvement in the pilot toothbrushing programme that was put on hold during lockdown.

Along with becoming familiar with the Child Nutrition & Oral Health Promoter work, Donna has also undertaken training, along with all of the WAVE team, for her role as part of the COVID-19 response.

Here Donna talks a bit more about her background and what she enjoys doing outside of work.

*I support Early Childhood settings with nutrition and oral health and I am part of the oral health pilot 'Toothbrushing Programme'.*

*I have a Bachelor of Teaching and Learning Early Childhood and have been working in different Early Childhood settings in South Canterbury and North Otago for the last 12 years. I also have a Certificate in Environmental management.*

*I spend quality time ki waho- outside with my animal whānau, exploring the uniqueness of Aotearoa and out on the water on my paddleboard.*



## TE PUNA KŌHUNGAHUNGA / EARLY CHILDHOOD EDUCATION

### Rhona Day Kindergarten is now a SILVER Enviroschool!

The kaiako at Rhona Day have been working alongside tamariki and whānau as we support each other learning and exploring the ethos of what it is to be an Enviroschool.

Rhona Day became a Bronze Enviroschool in 2014, and have been working to deepen, sustain and learn new practices, knowledge and vision for all kaiako, tamariki and whānau at the kindergarten, over the past six years. Rhona Day Kindergarten has welcomed some new kaiako during this time, which has enabled our knowledge to be shared, new practices to be explored and moving forward with a strong vision for our environment.

At the end of August, tamariki welcomed our manuhiri (Enviroschools facilitators) to the kindergarten, and shared with them their learning and their environment and how we, at Rhona Day, act, think, and plan for our learning journey together.

Kaiako were very proud of the tamariki and of our whole community as we shared our learning with the facilitators during a reflective Hui. As a collective, we all came to the conclusion that the practices and knowledge that underpin everything that is Rhona Day kindergarten, encompassed that of a Silver Enviroschool.

We are currently planning a small tamariki celebration, as due to COVID-19 restrictions, we are unable to celebrate with our whole community as we would have liked, at this time. We are looking forward to hosting a celebration of all the mahi that Rhona Day Kindergarten has been undertaking with our wider community later in the year.



Kaiako at Rhona Day Kindergarten receiving their Silver Enviroschool Award

## Rural Scholars ELC celebrate Tongan Language Week

Each term our faiaiko look forward to incorporating and promoting healthy eating and living, inspired by the WAVE 5+ A Day Wero (challenge). With Tongan Language Week approaching the faiaiko had been busy planning learning opportunities to combine this, but COVID-19 has unfortunately had other plans for many situations this year and the option of preparing and sharing of food at Rural Scholars was off the table.

Despite the hindrance of this, the celebration of Tongan Language Week has still had many rich and valuable learning experiences for our Tongan fanau and all of our other ākonga (learners), with our faiaiko recognising the importance of cultural identity in fostering a healthy mental, emotional and physical wellbeing. We acknowledge a balanced and healthy diet is important for healthy growth and development, but it is also just one element that needs to be nurtured and interwoven for a flourishing hauora.

Acknowledging the theme of WAVE's wero 'cultures from around the world', our Tongan Language Week was planned with the Pasifika values identified in the Pasifika Education Plan 2013-2017 of love, service and respect, including our famili in the talanoa and establishing what was important to their fanau. This guided our planning and the learning we offered for all of our learners to be meaningful and respectful of the beautiful Tongan culture.

Throughout the week, fanau were offered learning experiences enhancing their knowledge of lea faka-Tonga and the Tongan culture through play, including hiva (songs), art forming ngatu (tapa) patterns, identifying the colours in Tongan and shape memory. On Tuesday 8 September we came together for our Tongan fanau to teach and share their culture, supporting their sense of wellbeing and building their confidence and pride in

their culture through our Fiefia Tusite. Our five Tongan learners came dressed in Tongan attire, and one ta'ahine (girl) performed a tau'olunga in traditional dress – teunga.

The sense of pride in these children's face, and in their families emphasises why this is so important for their hauora, and fostering confident and competent learners in all that they do with the knowledge that they are respected as individuals and their culture is a part of them.



Tongan Language Week celebrations taking place at Rural Scholars' very own Fale

## FIVE WAYS TO WELLBEING



**TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED**



**Your time,  
your words,  
your presence**



**REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY**



**EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF**



**DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD**

**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](http://www.mentalhealth.org.nz)

## Daffodil Day – 30th Anniversary

COVID didn't stop the Cancer Society's 30th Anniversary celebrations of Daffodil Day taking place on Friday 28 August with many of our WAVE schools getting in behind and supporting this local charity.

The Cancer Society are thrilled with the efforts that the South Canterbury schools go to with monies raised going directly back to assist local people with their cancer journey.



Students from Geraldine High School out collecting



Staff at Geraldine Primary



Geraldine Primary's Daffodil Art



Oceanview Heights School



Waituna Creek School

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



## Geraldine Primary – Getting Ready for Pink Shirt Day



The student WAVE team together with their WAVE lead teacher have been preparing for Pink Shirt Day at Geraldine Primary. Pink Shirt Day works to create schools, workplaces, communities and whānau where everyone feels safe, valued and respected.

Pink Shirt Day is officially celebrated on 16 October here in Aotearoa.

The Geraldine Primary WAVE students have made posters of anti-bullying messages that will be put up around the school so students are aware of Pink Shirt Day and the anti-bullying message.

The WAVE students have also come up with a series of short skits again around anti bullying that they were going to present at their school assembly. However, due to the COVID-19 lockdown rules the students made videos which the school accessed via Zoom.

As a PB4L (Positive Behaviour for Learning) school the Pink Shirt Day messages are in line with PB4L messages and the WAVE students felt it would be great to have a photo of them with their Pink Shirt Day posters in front of the PB4L school wall.



## St Joseph's Timaru Enviro-Kura Team

St Joseph's Timaru Enviro-Kura Team have been busy splitting up strawberry plants from the school's edible garden and potting them. The team are giving these strawberry plants away as an acknowledgement of the creative ways their fellow students are using active transport to arrive and get home from school.

Maevi and Hannah from the Enviro-Kura team designed active transport tickets for a lucky draw, which they have been handing out at the school gate this term along with other Enviro-Kura kids.

Classrooms have also been keeping a tally chart of active journeys.

Keep up the good work everyone and we hope students will continue to come to school actively.

### Poipoia te kakano kia puawai

*Nuture the seed and it will blossom.*

This means that we need to look after our environment. Then our environment will be a healthier and safer place for everyone to live in, for many years to come.



*Using active transport to and from school*



*Busy in the veggie patch*

## KURA TUATAHI / PRIMARY EDUCATION

### Makikihi School – Packet Free Lunchboxes

Makikihi School took up the challenge to be 'packet free' in their lunchboxes by the end of Term 3. Well done Makikihi School – some healthy lunchboxes too!



### Timaru South School celebrate their Tongan culture

Timaru South School were so proud of their Tongan fanau and they shared the Tongan culture during Tongan Language Week. A big mālō 'aupito to our Tongan families for being such strong supporters of our school.

Check out their Facebook page for some video posts of the ways they celebrated the week:

[www.facebook.com/Timaru-South-School-150104168385497/](https://www.facebook.com/Timaru-South-School-150104168385497/)



## KURA TUARUA/ SECONDARY EDUCATION

### Timaru Girls' High School reviews their healthy eating environment

Timaru Girls' High School are reviewing their healthy eating environment. The school's Home Economics teacher and some Year 13 students have completed a stocktake of the school's cafeteria as part of an assignment earlier this year. The students have come up with some recommendations in line with Ministry of Health nutrition guidelines and feel this is a great starting point to improve the school's healthy eating environment.

Earlier this year the national Healthy Active Learning initiative was introduced, a new collaborative project between the Ministries of Education, Health and Sport NZ. This aligns with existing work undertaken by WAVE, particularly with the focus on creating supportive environments for healthy eating. What we see and what is available influences how we eat. Talk to your WAVE facilitator for support and guidance regarding enhancing your ECE, school or tertiary provider's food and drink environments, policies and practices.

#### Useful websites:

[www.heartfoundation.org.nz/educators](http://www.heartfoundation.org.nz/educators)

[www.healtheducation.org.nz](http://www.healtheducation.org.nz)

[www.tki.org.nz](http://www.tki.org.nz)



Timaru Girls' Year 13 students

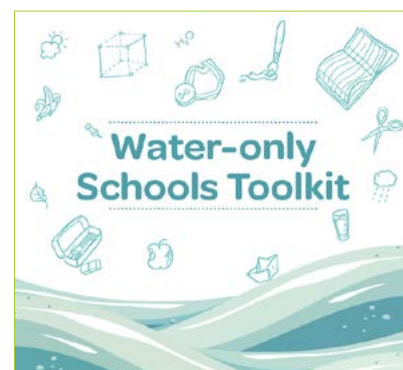
## Water-Only School Toolkit (Water and Plain Milk Only)

Want to have a Water-only policy in your ECE or School?

The Water-only School Toolkit has been developed for schools and early childhood to use as a quick and easy guide on how to become water-only. The toolkit contains information and resources to support your school or ECE along the way.

By adopting a water-only policy, whereby water and low-fat plain milk are the only drinks available at your school or ECE, you are taking a positive step towards improving the health and behaviour of your students.

Contact your WAVE Facilitator for more information or download a copy from our website:  
[www.wavesouthcanterbury.co.nz/links-downloads/nutrition/](http://www.wavesouthcanterbury.co.nz/links-downloads/nutrition/)



## WAKA POU TIKANGA / ACTIVE TRAVEL

### Safe Cycling Programme takes to the road

Year 5 and 6 students at Geraldine Primary got to experience riding on the local streets around school with the support of Maire Froud, Police School Community Officer and Jane Sullivan, WAVE School Travel Plan Coordinator. Here's an account from two students who took part.

*"A few weeks ago some of the people in my class went on the road to learn some road rules. Every child that was in my group had a turn to lead around the block. When it was my turn I didn't know what to do but eventually I got it. I learnt to keep my bike in the middle of the road when you are coming up to an intersection so a car won't block you off when you are trying to go that way (right). I also learnt that it is very hard to cross the road because you have to put your hand out, look, put your hand back, then go across the road". - Hailee Cookson*

*"... we did a lot of stuff and a work sheet. We had these cones set up all around to make types of tracks. But the most important thing we learnt was right hand turns out on the road. To do a right hand turn you first have to look behind you to see if there are cars*

*behind you. After that you stick your right hand out pointing in the direction you're going, (right obviously if you're doing a right hand turn). Then when you're coming up to the turn you look behind you again to see if there are cars and where they are. If the coast is clear that's when you make your move and go out in the middle of the road. You wait until the coast is clear then you cross the road going onto the left hand side, and there you go. That is how you do a right hand turn". - Anthony Baker*



Student Evie Grant Yr 6, practicing the right-hand signal before heading out onto the road

### Friday Footpath Frenzy



Every year in Term 3, Gleniti School has a walking school bus on Friday. We have it so more people at Gleniti will choose active transport (walking/biking/scooting) to school.

Our Principal Mr Zonneville always gives us a surprise by getting the mayor to walk with us. The mayor is Nigel Bowen.

On Friday 28 August, some people wore a paper chain and if they didn't have one they wore gold/yellow. This is because the mayor wore his gold chains. We walked from Hunter Hills Drive to Gleniti School.

Everyone was interested to meet the mayor. They had an awesome time walking to school with the mayor and 120 people took part.

Written by Mackenzie Tait - a Year 4 student

### What's new in the school travel space!

A new way of working has resulted from the school travel plan work over the past 12 months relating to school movements in the Timaru district. Key stakeholders in school road safety and active travel have come together to form the South Canterbury School Travel (SCST) Focus Group. Members include:

- Deb Quested and Maire Froud (Timaru Police School Community Officers)
- Daniel Naude (South Canterbury Road Safety Coordinator)
- Simon Davenport (Timaru District Council Transportation Team Leader)
- Jane Sullivan (School Travel Plan Coordinator - WAVE)
- Amy Logavatu (Deputy Principal, Timaru South)
- A NZTA rep - invited if state highways are involved.
- A school rep - invited if the school has an agenda item.

#### The group's purpose is to:

- ✓ Advocate for safer and supportive environments for students and whānau using active travel modes to/from school
- ✓ Promote and facilitate coordination between group members and other key stakeholders
- ✓ Identify common issues in school travel across the district (big picture lens)
- ✓ Share information and resources for collective good

The principles of the SCST Focus Group are: Collaboration (mahi tahī); Evidence-based; Best practice approach; Flexible and responsive.

The group is meeting once per term. The current work being undertaken by this group and led by the Timaru District Council is the review and management of school crossing points in the Timaru District.

#### The Timaru District Council have installed new or enhanced kea crossings with new style 'stayput' signs at:

- Winchester School, Rise Road
- Pleasant Point Primary, Halstead Road
- Gleniti School, Spring Road
- Highfield School, Rimu Street
- St Joseph's School, Temuka – Wilkin Street
- St Joseph's School, Timaru – Kelvin Street
- Waimataitai School – Trafalgar Street and White Street

The SCST Focus Group is also advocating for improved safety of pedestrians crossing State Highway One between Arthur Street and King Street in Timaru. Some initial work has been undertaken around Timaru South School, including Project Zebra and the installation of a camera for four weeks to capture vehicle and pedestrian movements at the Craigie Avenue/Queen Street/College Road intersection.

If your school has an issue relating to school travel, contact: Jane Sullivan, WAVE School Travel Plan Coordinator: [Jane.Sullivan@cdhb.health.nz](mailto:Jane.Sullivan@cdhb.health.nz) or discuss with your School Community Officer.

### E hara taku toa, I te toa takitahi, He toa taketini

*My strength is not as an individual, but as a collective*

### Step Up for Safe Streets

This Road Safety Week (9-15 November) we want everyone to 'Step up for Safe Streets' and learn about, shout about and celebrate the amazing design-led solutions that will allow us all to get around in safe and healthy ways, every day.

To register: [www.roadsafetyweek.org.nz/](http://www.roadsafetyweek.org.nz/)



# GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

Sparklers  
At Home

When you were sitting in the sun during the last summer holidays and thinking about the year ahead, chances are you didn't factor in a global pandemic which would see you living in lockdown for weeks.

While times have been tough, we've shown that by staying connected and looking after ourselves, we can get through. This is what the Getting Through Together campaign is all about.

Getting Through Together is a social marketing campaign created to support New Zealanders get through the COVID-19 outbreak – together. The campaign, developed by All Right? and the Mental Health Foundation of New Zealand, shares what people are doing to feel good, what we're finding tough, and how people can look after each other. Ultimately it's about encouraging people to think about how they're feeling, and what they can do right now to look after themselves and each other. It's the simple things – like a moment stargazing, talking to a mate, or having a dance round the lounge, that can make an oversized difference to our mental health.

Sparklers at Home is an important part of the Getting Through Together campaign. Sparklers at Home has been created so parents can do easy and fun Sparklers activities with their children, at home. Activities include the energy rollercoaster where children run around at full speed (level 5) and then reduce over time to a level one where children are lying down and peaceful – it's a great way to understand emotional regulation.

There's also activities promoting kindness, gratitude and mindfulness. For these and other activities you can do online visit the Sparklers website: [www.sparklers.org.nz/parenting](http://www.sparklers.org.nz/parenting)



When it comes to wellbeing, it's definitely all right to ask for help, and free help and support is available.

**Free call or text 1737  
any time, 24 hours a day**

**You can also call Lifeline on  
0800 543 354 or text HELP to 4357**

Visit the Getting Through Together website at [www.allright.org.nz](http://www.allright.org.nz) for messages that you could share in your ECE, school or tertiary sector, or in your newsletters to whānau. You can also sign up to the Getting Through Together weekly e-newsletter. For social media channels, 'like' AllRight and Sparklers on Facebook. Sparklers includes a range of activities for teachers to use with students too.

all  
right?

Here are a range of helpful teaching resources and information for parents and whānau on alcohol and other drugs.

### Teaching Resources

#### Alcohol and other drugs – teaching resources and information for parents & whānau

The New Zealand Health Education Association resource 'Alcohol and other drugs: A resource of teaching and learning activities for teachers of students in Years 9-13' is available online for teachers to freely access.

[www.healtheducation.org.nz/resources/](http://www.healtheducation.org.nz/resources/)



#### Tūturu

Tūturu have developed a wide range of programmes and resources which were established through a whole-school approach. These are all evidence based to ensure effectiveness and sustainability, and is overseen by a governance group that includes representatives from the Ministries of Education and Health, the Health Promotion Agency and NZ Police. Tūturu have developed resources to help you as a school to engage with parents and the local community when introducing or restructuring an alcohol harm reduction approach.

[www.tuturu.org.nz](http://www.tuturu.org.nz)

tūturu.

#### School Alcohol Policy

This guide provides information for developing an alcohol policy for your school or educational facility. Having an alcohol policy means everyone is clear about the use of alcohol on your premises or at school events.

[www.wavesouthcanterbury.co.nz/links-downloads/alcohol-harm-reduction/](http://www.wavesouthcanterbury.co.nz/links-downloads/alcohol-harm-reduction/)



### Information for parents & whānau

There are some useful resources for parents which could be helpful to share via your newsletter or usual updates to parents and caregivers:

#### Alcohol and your teenager

This is a resource from WAVE which provides parents and caregivers with clear information regarding alcohol and young people. It also outlines responsibilities of parents and caregivers under the Sale and Supply of Alcohol Act 2012.



[www.wavesouthcanterbury.co.nz/links-downloads/alcohol-harm-reduction/](http://www.wavesouthcanterbury.co.nz/links-downloads/alcohol-harm-reduction/)

Or for hard copies, contact your WAVE Facilitator.

#### Advice on Alcohol for parents and caregivers

Find practical information for parents and caregivers about:

- Delaying introducing alcohol and being a good role model
- Factors that influence young people's drinking
- What the law says about supplying to young people
- What to do when things go wrong

[www.alcohol.org.nz/help-advice/advice-on-alcohol/for-parents-and-caregivers](http://www.alcohol.org.nz/help-advice/advice-on-alcohol/for-parents-and-caregivers)



#### Ensure your School Ball is a success

Information from this website notes that "School balls are managed by school staff and students and are generally very well run and are successful events. Any problems lie almost exclusively with the pre and after school ball functions.

This advice sheet has been compiled from a range of suggestions from both educators and the New Zealand Police. It is not a definitive list, but a guide to assist you in your school ball preparations".



[www.police.govt.nz/advice-services/personal-and-community-safety/school-portal/information-and-guidelines/alcohol-and](http://www.police.govt.nz/advice-services/personal-and-community-safety/school-portal/information-and-guidelines/alcohol-and)

**Have you seen our Links & Downloads section on our website?** WAVE has gathered various online guides, toolkits, websites and programmes for kaiako to access to assist your ECE and school in promoting healthy choices and lifestyles and to enable you to incorporate these programmes into your curriculum – including all the resources mentioned on this page. [www.wavesouthcanterbury.co.nz/links-downloads/](http://www.wavesouthcanterbury.co.nz/links-downloads/)

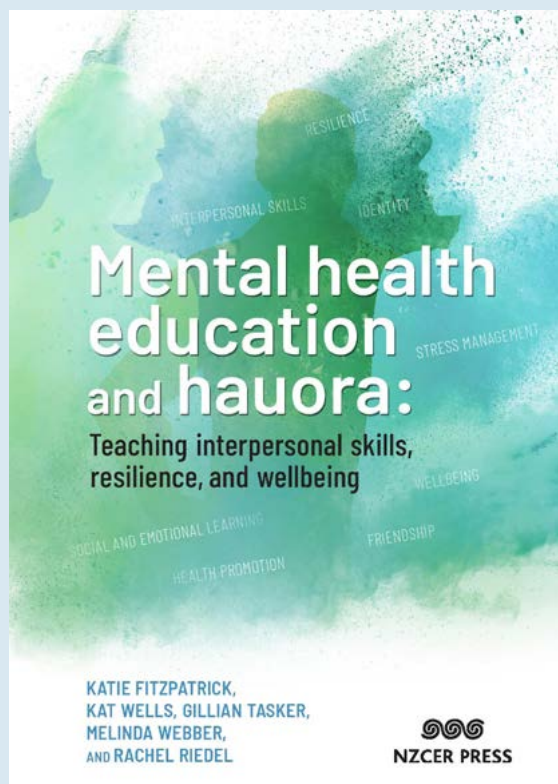
If you need further assistance or more information on these toolkits and programmes, please contact your WAVE Facilitator.



## New on-line resources available on our WAVE website

### Mental health education and hauora – teaching interpersonal skills, resilience, and wellbeing

This resource from the Ministry of Education who partnered with the New Zealand Health Education Association (NZHEA), includes lesson ideas and activities on mental health and hauora. There is also a supporting document which gives teaching and learning guidance for two themes derived from activities in the resource.



### Relationships and Sexuality Education – Years 1-8 and 9-13

The updated 'Relationships and Sexuality Education: A guide for teachers, leaders, and boards of trustees' focuses on healthy and respectful relationships as being essential to student wellbeing. This resource is a revision of Sexuality Education: A guide for principals, boards of trustees, and teachers (2015). They have been refreshed in response to the 2018 Education Review Office report into sexuality education in schools, Promoting Wellbeing through Sexuality Education.



These resources are available for download via our website in our Links & Downloads section – select either Mental Health or Sexual Health:

[www.wavesouthcanterbury.co.nz/links-downloads/](http://www.wavesouthcanterbury.co.nz/links-downloads/)

## Newsbites for your Newsletters

WAVE has put together some healthy messages which you can snip and paste into your ECE or school newsletter - bite sizes!

Topics include:

- 5 Ways to Wellbeing
- Active Travel
- Lunch & Snack ideas
- Oral Health messages
- Physical Activity messages
- Sunsmart messages
- Water is the best choice!



Just download them from our website: [www.wavesouthcanterbury.co.nz/links-downloads/](http://www.wavesouthcanterbury.co.nz/links-downloads/)

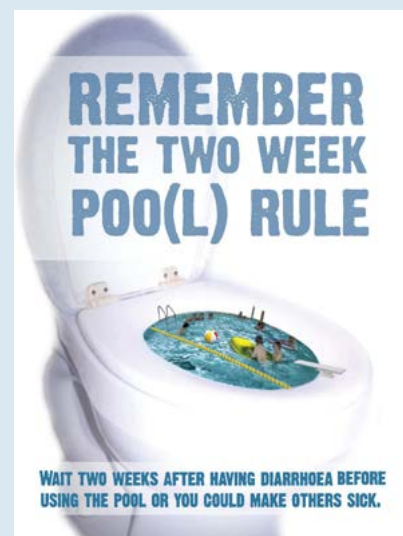
## Swimming and the Two Week Poo(l) Rule

The warmer weather in Term 4 and Term 1 mean we often have swimming classes or swim week activities. How do we manage the unwanted bugs that sometimes make it into the swimming pool?

There are two common water borne bugs, cryptosporidium and giardia in particular that can make life miserable if you are unfortunate to catch them. These two bugs form tough resistant cysts in the gut which are then shed from the body for several weeks after all the symptoms have gone. You only need to swallow 1-2 cysts to start an infection – usually 3-11 days after ingesting the cysts symptoms appear which include watery diarrhoea, vomiting, and cramps lasting several days.

Once in a pool the cysts are really difficult to eliminate, the normal level of chlorine in pools is totally ineffective in dealing with these two bugs and only high specification filters can remove them. Contamination in a pool may mean closing and draining the pool, massive clean down and refilling. Treat any pool “code brown” incidents quickly!

That’s why we want you to remember and apply the two week rule so any pupil or adult that has had diarrhoea in the two weeks prior to any swimming/pool activity must be excluded from the pool. This applies to all pools – your own school pool, or a community pool (council run), private swim school pools, even paddling pools.



Have a great summer swimming and keep it bug free!

## 5+ A DAY WERO / CHALLENGE

Term 2 and Term 3 challenges closed on 25 September, and unfortunately it was too late to showcase them in this newsletter. However, all entries are up on our website to view now – check them out here: [www.wavesouthcanterbury.co.nz/news-events/5plus-a-day-challenge/](http://www.wavesouthcanterbury.co.nz/news-events/5plus-a-day-challenge/)

To enter the Challenge, email your entry (e.g. lesson plans, blurb with photo, article, video etc.) to your WAVE Facilitator.

**Details for Term 4’s challenge are below.**



## WAVE 5+ A Day Challenge 2020

*Nau te rourou naku te rourou ka ora ai te iwi*  
With your food basket and my food basket the people will thrive

Childhood is a time when eating preferences and habits are formed. The 5+ A Day Challenge is a great opportunity for teachers to involve children and whānau further with vegetables and fruit, to support eating more vegetables and fruit, both at school and at home. There are four challenges (one per term), with an opportunity to **win a fruit tree of your choice** each term.

**4<sup>th</sup> Challenge: Mon 19 Oct – Fri 27 Nov**

### Vegetables & fruit for STRONG TEETH

*How do you support children to keep their smiles healthy?*

**Tips** • Celebrate National Oral Health Day/ Switch to Water Challenge (November) • Do an investigation on teeth and dentists • Create artwork about teeth • Make an oral health wall display • Become a water and milk only school • Order a Colgate Education Kit

**Due date:** Friday, 27 November

