

Geraldine Kindergarden

This term we have been exploring huarākau and huawhenua, talking about healthy foods that are good for our teeth. We have utilised the great resources from WAVE to provoke discussions with our tamariki including bingo games, learning lots of new waiata, and sharing healthy lunch box ideas with our whānau. We even made a giant toothbrush with the children!

We are continuing to foster conversations about what drinks are best for our teeth such as water or milk, and fruits and vegetables that grow strong teeth and healthy smiles. We have started our spring garden, planting vegetables and herbs, and whānau have shared seedlings from home too.

We were so thankful to receive very generous fruit and vegetable donations from Arowhenua Whānau Services to share with our families, this really supported our programme, fostering health and well-being within our community.

We see the huge benefits with promoting oral health discussions with children to grow their own awareness of how to keep themselves healthy.

