

**BETTER HEALTH,
BETTER LEARNING,
BRIGHTER FUTURES**



**ME ORANGA TONU,
ME AKO TONU,
ME WHAKATIKA HAERE**

OVER 16 YEARS SUPPORTING HEALTH IN EDUCATION

SOUTH CANTERBURY CHILD & YOUTH HEALTH PROJECT

Project initiated (May 2006)
Supporting health at an early age
for **long-term health benefits**
and a **positive** impact
on the health of
children, friends and whānau

2006



WAVE GOALS:

Better health and education
through partnership

Early Childhood, Primary,
Secondary and Tertiary
settings provide healthy
environments

Everyone is involved:
students, whānau, staff and
the wider community

Reduced health inequities
and improved Māori health
outcomes

WAVE regularly evaluated

WAVE BEGINS IN SOUTH CANTERBURY

Well-being and Vitality in Education (WAVE)
name and project launch June 2007

2007

WAVE health promoters
reaching out to **all**
Early Childhood Education,
Primary Schools,
Secondary Schools
and Tertiary institutions
throughout **South Canterbury**

2009



Early Childhood Education Primary Secondary & Tertiary

86%

95%

100%

involved in WAVE 2011

THE FIRST 5-YEARS' tells us:

Link: [Health Promotion International paper 2017](#)

"The overall outcome
of WAVE has been a **culture
change in South Canterbury**,
where promoting the **health of
students, staff and families** is
becoming **part of normal business
for education.**"

2011



"Robust partnership between
health and education provides a
basis for **significant changes in
practice** across all levels of
education"

KEY FINDINGS 2006-2011:

Link: [WAVE evaluation report 2007-2011](#)

Diverse initiatives
happening through WAVE

Increased attention to the
needs of Māori students
and to mental health

Nutrition & Physical Activity
regularly promoted in ECE
and Primary

WAVE Youth Forum
supporting Tertiary settings
and community



WAVE is a catalyst for HEALTH & EDUCATION working TOGETHER:

FLAVA
Festival

VOICE
Youth Art
Project

5+ADay
Wero

Waimate
Matariki
Festival

Ki o rahi
tournaments

Korohi o
te Pepi

Kōrero Kai -
Let's talk about
our food

Te Hā o Aoraki -
Toothbrushing
programme

WHAT'S MAKING WAVE A SUCCESS 2012-2014?

Relationship
of the WAVE facilitator
with education
- robust partnership
- one stop shop

Training in Māori **cultural responsiveness** in teaching

Changes in practice
eg Breakfast clubs, student
health teams, **policies in action**

Increase in cultural initiatives
across all settings



EDUCATION PARTNERS CONSISTENTLY say WAVE is successful due to:

The WAVE facilitator
relationship
- regular, consistent &
proactive

WAVE's focus on Māori health
and **reducing inequity**

WAVE is **specific to South Canterbury** - match of **local knowledge** and **needs**

WAVE is a **credible source**
of **health resources**
and **links**



2012

94% of settings involved in WAVE

WAVE is "the trusted voice
of all things health"

2014

97% of settings involved in WAVE

"WAVE has enabled health
promotion to be embedded in
education settings"

WAVE is... making a
difference for students

2016

All education settings involved
in WAVE

PROFESSIONAL DEVELOPMENT Opportunities

Māori wellbeing

Minding Minds
Mental Wellbeing

Let's get going

Kōrero Kai -
Let's talk about our food

Oraka Niho - Healthy teeth

Gardening workshops

Nga Taonga Tākaro -
traditional Māori games

Pūkahukahu Iti -
Little Lungs

Relationships



2018

2022



Report links:

WAVE evaluation report 2014

WAVE Evaluation Report 2016

WAVE Evaluation Report 2018

**Community &
Public Health**

a division of
Canterbury District Health Board



www.wavesouthcanterbury.co.nz