

February 2016 | Issue 36

Deadline for submitting information for next newsletter is 8th April 2016 - articles can be emailed directly to:

[Ally.Pieromaldi@cdhb.health.nz](mailto:Ally.Pieromaldi@cdhb.health.nz)

The WAVE newsletter is published quarterly

Community & Public Health

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## Kia ora koutou, Greetings to you all.

*He aha te mea nui o te ao?  
He tangata, he tangata, he tangata.  
What is the most important thing in the world?  
It is people, it is people, it is people.*

I hope that you had an opportunity to spend time with whānau and friends during the summer break. We look forward to reconnecting with you in Term 1.

WAVE is providing a range of professional development opportunities this year. Term 1 begins with oral health workshops for ECE and primary schools offered across the district, Traditional Māori Games for all education settings hosted in Timaru, and Waimate ECE will have the opportunity to participate in Smokefree workshops with their staff.

Your WAVE facilitator can provide more information. We also have information on the WAVE website [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz) or see more details in this edition of the WAVE newsletter.

Last year we piloted the WAVE Award, which is a way of recognising and celebrating the whole of setting approach taken to address a health and wellbeing priority area. Four settings took part in the pilot: Lake Tekapo School, Makikihi School, Ranui Kindergarten, and Winchester Rural School. This involved working with their WAVE facilitator to develop a whole setting plan for their selected health priority area.

Once the agreed actions are completed, settings receive a WAVE Award (a WAVE sign with a WAVE logo, noticeboard section to let the setting community know about your current WAVE activities, and a section for 'icons' acknowledging progress on your chosen priority health area). In this newsletter Makikihi School share their WAVE Award.

If you would like to know more about the WAVE Award and take part, please feel welcome to speak with your WAVE facilitator.

Noho ora mai (stay well)

*Rose Orr - Team Leader*

## Sunsmart

In Term 1 and 4 it's important to remind staff, students and your school community to be SunSmart.

- That means wear a wide-brimmed or bucket hat, sunscreen and seek shade.
- When Ultraviolet Radiation (UVR) level is 3+ you can burn easily.

**Sunburn = skin damage!**

For more information on SunSmart schools, visit <http://www.sunsmartschools.org.nz/>

**SUNSMART FACT**

**Cover-up 10 until 4**

Protect yourself from the sun between 10am and 4pm during school terms one and four.



**SUNSMART FACT**

**Brimming with protection**

Our school requires children to wear a bucket or wide-brimmed sun-hat when outside at morning tea and lunch times when UV rays are strongest.



## Sneezesafe

Once again South Canterbury Community and Public Health and the South Canterbury District Health Board will be working together to promote the flu hygiene programme to a number of settings in 2016. SneezeSafe®, which utilises simple and interactive ways to reinforce flu hygiene skills, will take place during Term 2.

Schools will also have the opportunity to undertake an 'environment visit' with your WAVE facilitator and Health Protection Officer. Last year schools also involved their students who then shared their findings with the Principal and Board of Trustees. It was a great way to reinforce the SneezeSafe® messages and for students to highlight any opportunities to further support SneezeSafe® actions in their school.

Look out for more information from your WAVE facilitator and Public Health Nurse.



## Early Childhood Education

### Esk Valley Kindergarten

#### Our Garden

Thank you to WAVE for our funding to purchase tools, plants, planter boxes and seeds for our new vegetable gardens. The children loved helping putting them together, filling, planting and watering them. The children decided last term what they would like planted in their garden and were very excited to see their chosen plants go in. There are lettuces, celery, peas, strawberries, broccoli, and carrots. We also planted our spuds in buckets which were ready for Christmas - yum! A big thank you to Abby for collecting the soil for us and helping in putting it on the garden – we appreciated your help!

This will be a wonderful learning experience for the children as they nurture and harvest their very own garden.



### Waihao Downs Mobile Kindergarten

#### Building Relationships

The tamariki at Waihao Downs Mobile Kindergarten are benefiting from tuakana-teina relationships with their older peers at Waihao Downs School. During break time the school children and kindergarten children mingle - school children are excited to do some painting, carpentry or other special activities and kindergarten children are excited to share in their learning with siblings, friends and neighbours. This has also positively impacted on the children's successful transition to school and the teachers enjoy seeing kindergarten children progress through school.



### Twizel Kindergarten

#### Our first Trike-a-thon

Asplendid time was had for Twizel Kindergarten's First Trike-a-thon.

We were really pleased to see such an amazing turnout of children, parents, whānau and the wider community who supported us. Our goal was to have an annual event in which the focus was children having fun. Since cycling is a huge part of the culture of Twizel, we planned this event to involve and increase children's understanding of cycling, to have fun and keep safe. Our safety talk was more about awareness of pedestrians and looking out for hazards - in this circumstance the hazards came in the form of toddlers and young children crossing the cycle track totally unaware of anything other than their destination ahead.

The trikes, bikes and scooters all looked amazing. You could see the combined effort of children and parents in the wonderful decorations on the bikes and the costumes that children were wearing. Jan and Sue were the judges for "Best Presented Bike" and felt it was a very difficult decision to make. In the end they had to acknowledge Rugby as the winner that weekend and chose the French Flags on Noah and Emily Ward's bikes as being very courageous and proud.



The races went very well with some children joining in the next race and still going around the circuit right till the end and beyond. The support of parents and whānau was endless as parents supported their children physically and verbally.

The sausage sizzle and the bouncy castle provided great distraction and an opportunity to refuel after the trike-a-thon. The bouncy castle was supplied by the Twizel Promotions and Development Association and is a wonderful asset to have in the community. It was great entertainment for the children and allowed adults the chance to relax and catch up with others in the community. We appreciate the support we had from Twizel Promotions and Development Association, Twizel Area School, Twizel Early Learning Centre, the Update, Jakes Hardware, WAVE, Twizel Four Square, Omarama Hot Tubs, Glentanner Station, Shawtys', and Glacier Explorers.

Adrienne and I would also like to thank our amazing teaching team and our small, dedicated, hard working Committee who without their commitment these opportunities would not happen. Having our children able to be involved in events within our safe and secure unique community enables them to make connections with children, adults and familiar places.





## Visiting A Farm Or Petting Zoo?

Farm and Petting zoo visits can be educational and fun, especially where they give children the opportunity to touch animals they may not usually see. But animals (even healthy ones) carry a range of micro-organisms (bugs). Some of these can be passed on to humans and may cause illness. Bugs can be transmitted from animals to humans:

- Through contact with droppings or urine.
- In contaminated food, water or milk, especially raw milk.

Infections transmitted from animals to humans include stomach infections (that cause vomiting and diarrhoea), and some of these infections can be very serious, but they can be prevented.

**Hand washing and good supervision are essential to prevent these illnesses**

It is natural that children will touch animals and this will mean that they will come into contact with animal droppings. Before the trip, ensure that there are adequate hand washing facilities on site, and that there is a designated eating area that is **away from the animals** but near to hand washing facilities.

Agree with the hosts that children will not be offered **raw milk** or other high risk products. On the day of the visit, remind children about rules for the visit, especially hand washing and safety messages, and familiarise yourself with the location of hand washing/drying facilities.

**Make sure that each child washes their hands:**

- after handling animals
- before eating
- after handling anything with droppings on them (e.g. shoes)
- after using the toilet
- when they leave the farm.

Remind the children not to kiss the animals, suck fingers and thumbs, put anything in their mouths. Do not allow children to drink raw milk.

After the visit, if any of the children show signs of any illness (e.g. sickness or diarrhoea), advise their caregivers to visit the doctor and explain that they have had recent contact with animals.

Remember these tips and have a fun, educational and successful trip!



## Primary Education

### Jump Jam New Zealand Nationals

Two Timaru Schools came away from the New Zealand Jump Jam Nationals with some positive results.

Highfield School had two teams at the nationals, their Year 5&6 team placed 4th and their Year 7&8 team placed 2nd in the country, which was a positive result for them.

Gleniti School also had two teams at the Nationals. Their Year 5&6 team placed in the top 6 and their Year 7&8 team made the top 11.

All the hard work by the parents and teachers involved truly paid off for all four teams.

"It is great to see those teams that perform so well in the South Canterbury competition continuing on the Jump Jam pathway and competing in this national event. Their results are fantastic and is a credit to all the hard work they have put in", Shaun Campbell Regional Manager – South Canterbury said.



Gleniti Year 7&8



Highfield Year 5&6



Gleniti Year 5&6



Highfield Year 7&8



## Sacred Heart - Worm Farm by Ainemaria Burrell

On Thursday morning, my principal (Mr A) and I went into his office and started to put together our worm farm with help from Josh South (WAVE Facilitator) who supplied all the worms (from his work mate) and the farm structure (from the Timaru District Council).

First we put together the structure and laid down the twigs I had collected that morning. Then we put a bit of garden dirt on top of the twigs to have some of the normal environment around them.

After we had put down the dirt and twigs we put a brick of compost into a bucket of water to let it soak and soften. Ten minutes later it was just about ready to put in the farm and the bits that were too dry we dipped them in water until they were a bit softer then placed it on top of the twigs and dirt along with some shredded paper.

Then it just got dirty! Mr A arrived in with the dry, aged cow pat, when he told me I had to break it up and put it in I was thinking 'what have I gotten myself into'. He gave me a small clump of cow poo, it felt rough and dry and did not smell as much as I thought it would. Once I got over the fact that it was cow poop I broke it up and put it in as if it were hard Weet-Bix and put it in the worm farm. As it was dry we also put it in the bucket of water to soften it up.

Finally it was time to release the worms. Josh opened a blue container filled with compost baby worms and adult worms. We released them into the farm, and then we poured a little bit of water on the farm to make it nice and moist for the little worms.

Many thanks to Josh from WAVE who helped us put together our awesome school worm farm.



Ainemaria Burrell (Student), Mr Armstrong (Principal), Ms Oliver (Senior Teacher)

## Out and About!



Students from Makikihi School figuring out how to make a fishing net, one of the many activities they took part in as part of their visit to Waihao Marae.



Congratulations Makikihi School on achieving a WAVE Award for Māori Health. This was a result of a year's hard work by the students and staff which included all students researching information and being able to recite their Mihi, plus a visit to the Waihao Marae where Mr Palmer took the male lead for the school in Te Reo.



Pareora Students enjoying the radishes from their school garden. Harley is really enjoying them as he has the job of handing them out.



Pareora parent bottling jam made from rhubarb grown in the school's garden.



Children at Oceanview Heights enjoying a delicious Christmas lunch donated by a number of wonderful community patrons and prepared by the Wednesday Lunch Programme volunteers.



St Andrew's Room 4 students with their teacher Mr Skea tending the school's edible gardens.



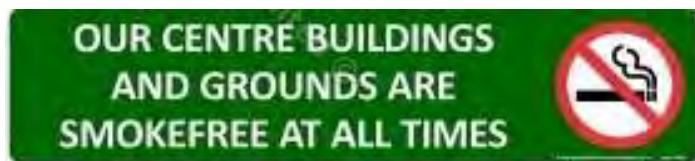
## Are You Meeting Your Smokefree Legal Requirements?

In recent months a study by the University of Otago on Smokefree signage of Early Childhood Centres, Primary and Secondary Schools was completed in the North Island. The results suggested that only 32% of settings had the appropriate signage at entrances that were sufficient in meeting the obligations of the Smokefree Environments Act 2004.

This is a great reminder going into a new year that signs must be prominently displayed at all site entrances (grounds and gates) and signage (stickers) at all building entrances (i.e. external doors) that make it clear that your premises are "Smokefree at all times". It is also a good reminder that settings have an exemplar role in building healthy communities as do parents and caregivers whilst waiting for children at ECE and school gates.

Given it has been sometime since the law change in 2004 and recognising that signs fade, get vandalised or stolen, here at WAVE we are happy to provide you with up to two free signs for your entrances and as many stickers as required to meet your legislative requirements. We can also loan you our stencil saying "Our school is Smokefree at all times" which can be utilised for fences and pathways or steps.

If your setting would like to investigate further please either talk with your WAVE Facilitator or contact Leola Ryder, WAVE Smokefree Health Promoter, 687-2610 or [leola.ryder@cdhb.health.nz](mailto:leola.ryder@cdhb.health.nz)

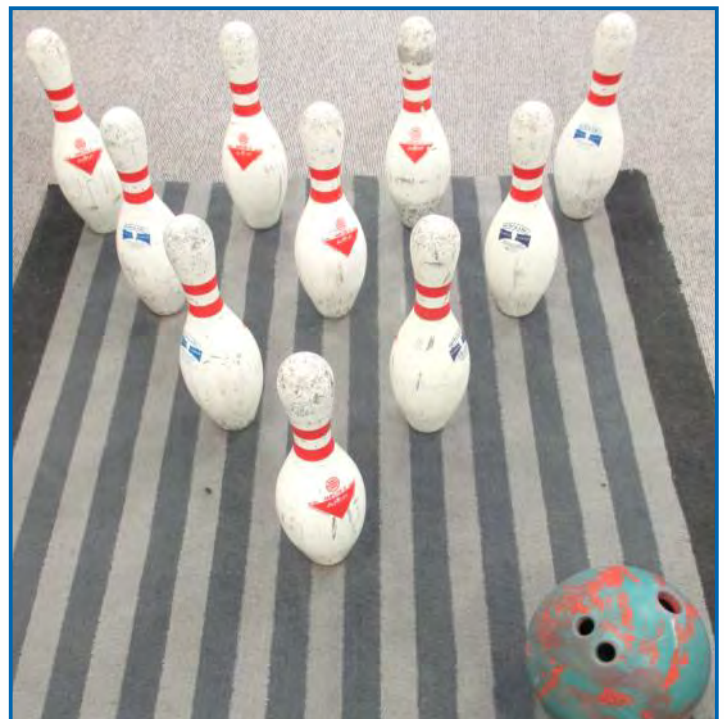


## Resources

### What's New? - Ten Pin Bowling

We now have a Ten Pin Bowling set. Set includes a full size bowling alley mat, ten pins and a bowling ball. A great activity for developing coordination and balance for all ages.

**To book the Ten Pin Bowling set or other WAVE resources, simply go to <http://wavesouthcanterbury.co.nz>, under 'Resource Categories' on the left-hand panel, click on a category, and choose the resource you want to book with your setting login details.**





## SECONDARY

### Ki O Rahi Secondary Schools Tournament

On November 2015, the annual Ki O Rahi Secondary Schools Tournament took place at Caroline Bay. There was an increase of teams from previous years with over 120 students competing for the secondary schools Ki O Rahi trophy. Ki O Rahi is a traditional Māori game played on a circular field with a Ki (ball) and Pou (posts). There are two different ways of scoring and teams swap around every quarter to score either from the Pou (posts) or the Tapu (drum). This year Roncalli College took out the mixed grade and Waitaki Boys' High took out the boys section. Thanks must go to all the students, teachers and Sport Canterbury for making this day a great success.

If you would like any information regarding Ki O Rahi, or would like to increase physical activity at your school, please contact Greg Newton, WAVE Physical Activity Health Promoter, 687-2607 or [greg.newton@cdhb.health.nz](mailto:greg.newton@cdhb.health.nz)



## TERTIARY

### Marae Noho

In October 2015, staff from the tertiary sector participated in a two day Marae Noho on Arowhenua Marae. The aim was to give participants a better understanding of important features underpinning the lives and identities of Māori students so they, as tutors and mentors, are able to engage and support in a more meaningful way. Day One began with a pōwhiri (welcome) and whakawhanaungatanga (establishing relationships) followed by some local history. After lunch participants made and practiced poi and harakeke and participated in some traditional Māori games. The day ended with pakiwaitara (traditional stories) from Tewera and Suzy before bed.

On Day Two, Hana O'Regan and Nathan Mikaere Wallis delivered a very informative and inspiring full day presentation and workshop called Tai timu, tai pari Whakatūria te tumu o Taiohi. They took participants on a journey that looked at who our Taiohi (young people) are, what they need,

how to be engaging and effective teachers and how to provide an environment that supports their learning. Both Hana and Nathan provided valuable information and gave some concrete ideas on how to better serve taiohi who come to learn. A key message is to change the negative stories our taiohi hear on a daily basis through the media and within their communities to positive ones. We can all redress this imbalance by simply changing our stories and those in the curriculum to reflect the many positive examples of Māori achievements and inspirational role models. A small change with the potential for a significant impact! Day Two ended with a Poroporoaki (farewell).

Participants thoroughly enjoyed the experience and many have already followed up with changes in their teaching practice, curriculum content and learning environments.





# Professional Development Workshops



**Oral Health Workshop**  
for ECE and Primary School (staff and parents)

This workshop will cover:

- Importance of oral hygiene
- Key oral health messages
- Oral health in the curriculum and policy
- Tooth brushing
- The Community Dental Service
- WAVE support for promoting oral health

Workshops will be held 4.00pm – 6.00pm in March 2016 and offered at the following locations:

- Timaru – Wed 2 March, venue TBC
- Waimate – Wed 9 March, at Waimate Kindergarten
- Geraldine – Mon 14 March, venue TBC
- Fairlie – Wed 16 March, venue TBC

Light snacks will be provided

Join us at a day of celebrating World Oral Health Day

To register your interest or discuss further contact either:  
hacer.tekinkaya@cdhb.health.nz (03 687 2621)  
or your WAVE facilitator

**WAVE COMMUNITY dental service**

## Oral Health

2 March 2016 in Timaru

9 March 2016 at Waimate Kindergarten

14 March 2016 in Geraldine

16 March 2016 in Fairlie

Each workshop will take place from 4pm – 6pm

This workshop is ideal for ECE and primary school staff, and parents who are interested, and will cover:

- The importance of oral hygiene
- Key oral health messages
- Oral health in the curriculum and policy
- Tooth brushing
- Community Dental Service
- WAVE support for promoting oral health

Contact [hacer.tekinkaya@cdhb.health.nz](mailto:hacer.tekinkaya@cdhb.health.nz)  
or (03) 6872621 or your WAVE facilitator to register.



**Traditional Maori Games**

Date: 24 March 2016  
Time: 9.30am-2.30pm  
Venue: Southern Trust Events Centre  
Morning tea provided

WAVE sponsored Professional Development WORKSHOP for Physical Education and Health Teachers, Physical Activity and Family Teachers in all education sectors including: Tertiary, Secondary, Primary and Early Childhood Centres.

What will the Professional Development provide?

- Develop Māori Physical Activity programmes.
- Support Māori provider capacity.
- Support to providers to develop programmes.
- Remove barriers and promote participation of physical activity through Traditional Māori Games.

For enquiries or registration please contact:  
Greg Newton: [greg.newton@cdhb.health.nz](mailto:greg.newton@cdhb.health.nz)  
Ph: (03) 687 2607

**WAVE sponsored Professional Development WORKSHOP for Teachers**

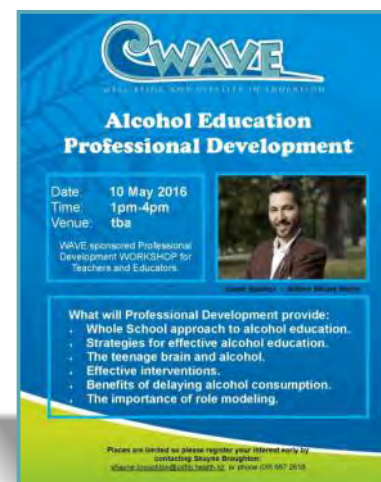
## Traditional Māori Games

Friday 24 March 2016, 9.30am-2.30pm,  
Southern Trust Events Centre, Timaru.

This workshop is ideal for Physical Education and Health Teachers, and Physical Activity and Sport Teachers in all education sectors, and will cover:

- Develop Māori Physical Activity programmes
- Support Māori provider capacity
- Support to providers to develop programmes
- Remove barriers and promote participation of physical activity through Traditional Māori Games.

Contact [greg.newton@cdhb.health.nz](mailto:greg.newton@cdhb.health.nz)  
or (03) 687 2607 to register.



**Alcohol Education Professional Development**

Date: 10 May 2016  
Time: 1pm-4pm  
Venue: tba

WAVE sponsored Professional Development WORKSHOP for Teachers and Educators.

What will Professional Development provide:

- Whole School approach to alcohol education.
- Strategies for effective alcohol education.
- The teenage brain and alcohol.
- Effective interventions.
- Benefits of delaying alcohol consumption.
- The importance of role modelling.

Places are limited so please register your interest early by contacting Shayne Broughton:  
[shayne.broughton@cdhb.health.nz](mailto:shayne.broughton@cdhb.health.nz) or phone (03) 687 2618

## Alcohol Education

Wednesday 10 May 2016, 1pm-4pm, Venue to be confirmed.

This workshop is ideal for teachers and educators and will cover:

- Whole school approach to alcohol education
- Strategies for effective alcohol education
- The teenage brain and alcohol
- Effective interventions
- Benefits of delaying alcohol consumption
- The importance of role modelling.

Contact [shayne.broughton@cdhb.health.nz](mailto:shayne.broughton@cdhb.health.nz)  
or (03) 687 2618 to register.



**Cooking for Families: Achievement Standard**

Date: 17 May 2016  
Time: 4.00pm-5.30pm  
Where: Timaru  
Venue: TBC

Light snack will be provided

For Home Economics teachers - Years 10 & 11

- Activities and practical ideas that can be used for achievement standard: 90957 (Demonstrate understanding of societal influences on an individual's food choices and well-being).
- Discussion and questions: Healthy eating for healthy teenagers; healthy eating in your school.

For enquiries or registration please contact:  
Heather Allington: [heather.allington@cdhb.health.nz](mailto:heather.allington@cdhb.health.nz)  
or your WAVE facilitator

**WAVE sponsored Professional Development WORKSHOP for Teachers**

## Cooking for Families

Wednesday 17 May 2016, 4pm-5.30pm, Venue to be confirmed.

This workshop is ideal for Home Economic Teachers - Years 10 & 11 and will cover:

- Activities and practical ideas that can be used for achievement standard 90957 (demonstrate understanding of societal influences on individual's food choices and wellbeing)
- Discussion and questions: Healthy eating for healthy teenagers; healthy eating in your school.

Contact [heather.allington@cdhb.health.nz](mailto:heather.allington@cdhb.health.nz)  
or (03) 687 2608 to register.



**Tools for Learning: Gardening, mental wellbeing, and healthy eating in your curriculum**

Dates: 21 June 2016 - Timaru  
23 June 2016 - Fairlie  
Time: 4.30pm - 6.30pm  
Venues: TBC

Light snack will be provided

For teachers and educators in all settings

- Using the garden as a tool for mental wellbeing and healthy eating.
- Understanding the "5 Ways to Wellbeing" and how this links with healthy eating.
- Links with your curriculum – "The Curriculum" and "Te Whāriki"
- Practical examples
- Sharing ideas and key note speakers.

To register and find out more, please contact:  
Heather Allington: [heather.allington@cdhb.health.nz](mailto:heather.allington@cdhb.health.nz)  
or your WAVE facilitator

**WAVE sponsored Professional Development WORKSHOP for Teachers and Educators**

## Tools for Learning – Gardening, mental wellbeing, and healthy eating

Wednesday 21 June 2016, 4.30pm-6.30pm, Timaru

Friday 23 June 2016, 4.30pm-6.30pm, Fairlie

This workshop is ideal for teachers and educators in all settings, and will cover:

- How to use the garden as a tool for mental wellbeing and healthy eating
- Understanding the "5 Ways to Wellbeing" and how this links with healthy eating
- Links with your curriculum – "The Curriculum" and "Te Whāriki"
- Practical examples
- Sharing ideas and key note speakers.

Contact [heather.allington@cdhb.health.nz](mailto:heather.allington@cdhb.health.nz)  
or (03) 687 2608 to register.



**Little Lungs—Pūkahu Iti**  
A Smokefree Programme for ECE

Supporting and advocating smokefree environments for tamariki

Why take part:

- Understand the smokefree puzzle (health promotion, quitting and tobacco control)
- Practical activities to promote and celebrate smokefree
- Role model a positive smokefree environment
- Confidently communicate your smokefree message to others
- Practical ways to achieve New Zealand's Smokefree 2025 goal
- Ongoing WAVE support to implement your smokefree plan

**WAVE Professional Development Term 1 2016**

Register your interest/discuss this further contact:  
Debbie Johnstone: [debbie.johnstone@cdhb.health.nz](mailto:debbie.johnstone@cdhb.health.nz) (03 687 2622)  
Leola Ryder: [leola.ryder@cdhb.health.nz](mailto:leola.ryder@cdhb.health.nz) (03 687 2610)

(This is for Waimate ECE Services only)

## Little Lungs (for Waimate ECE Services Only) Term 1

This workshop supports and advocates for smokefree environments for tamariki, and will cover:

- Understanding the smokefree puzzle (health promotion, quitting and tobacco control)
- Practical activities to promote and celebrate smokefree
- Role model a positive smokefree environment
- Confidently communicate your smokefree message to others
- Practice ways to achieve New Zealand's Smokefree 2025 goal
- Ongoing WAVE support to implement your smokefree plan

Contact [leola.ryder@cdhb.health.nz](mailto:leola.ryder@cdhb.health.nz)  
or [debbie.johnstone@cdhb.health.nz](mailto:debbie.johnstone@cdhb.health.nz)  
(03) 687 2610 for more information

## Bikewise Explorer

### Inspiring people to get on their bikes

This summer, people are being encouraged to discover some of the Timaru district tracks as part of BikeWise Explorer. The Explorer is a clue trail on wheels that aims to get family and friends exploring the gems of the Timaru district by bicycle using the various cycle routes and trails. It is an ideal holiday or weekend activity which is all about having fun and keeping fit.

The South Canterbury's BikeWise Explorer will be taking place until the end of February 2016. It involves people cycling from checkpoint to checkpoint, recording answers on their entry form as they go. Once finished, participants return their completed entries to go into a prize draw.



Pick up entry forms at The Cyclery, Bike Barn, Community and Public Health, 18 Woollcombe Street OR print off your own copy from [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)

For further information on other BikeWise events in South Canterbury contact Stacey Day, South Canterbury BikeWise Co-ordinator, (03) 687 2626 or [stacey.day@cdhb.health.nz](mailto:stacey.day@cdhb.health.nz)



## WAVE Support Funding 2016

The following settings were successful in obtaining WAVE funding for their Health and Wellbeing 2016 initiatives.

### Māori Health

- Makikihi School

### Pasifika Health

- Rata Kindergarten

### Physical Activity

- Sacred Heart School
- Twizel Area School

### Nutrition

- Clandeboye Preschool
- Oceanview Heights School
- Rhona Day Kindergarten
- St. Patricks School Waimate
- Timaru Girls' High School
- Timaru South Pareora
- Waimate Main School

### Environment

- Mountainview High School
- St. Josephs School Temuka
- Temuka Primary
- Winchester Rural School

### Sunsmart

- Waihao Downs School
- Waimate Centennial School

### Healthy Lifestyles

- Waimate Mobile Kindergarten

## Thanks and best wishes

### WAVE thanks Lynne Bruce

For her support of WAVE  
since it started in 2006.



As the Early Childhood South Canterbury Free Kindergarten Association representative on the WAVE Working Group, Lynne's experience and insights have been a valuable contribution. We wish Lynne all the very best for the future.



facebook

Keep encouraging your settings community to like the WAVE Facebook page for regular updates, competitions, links and other useful information.