

# WAVE Award

## Timaru Christian Preschool Healthy Eating 2018

Timaru Christian Preschool took part in Kai Kōrero sessions with Hacer Tekinkaya, Child Nutrition and Oral Health Promoter from WAVE. WAVE's interactive displays gave whānau and teachers further skills to put healthy food into everyday habits at preschool and at home. This healthy eating ethos and environment in the preschool has a positive impact on children's learning. The teaching team use healthy eating in learning stories through gardening and cooking with tamariki, and tamariki take home garden results and recipes for whānau, and the team developed lunchbox guidelines to share with whānau.

"We are very blessed here in South Canterbury to have WAVE to draw on. We've all got our own little knowledge and if we combine that, I really believe we can grow," says Paula Page, teacher.

"This has really shown with WAVE coming and supporting us with Kai Kōrero. It has got a lot bigger than what we anticipated, more work, but it has been so worth it to see the looks on the children's faces and with the school children and parents commenting on the sample meals that WAVE had shown us" she said.



*Teachers and tamariki at Timaru Christian Preschool with their WAVE Award.*