



WAVE 5+ A Day Wero/Challenge 2021

Early Childhood and Kura/Primary Schools

GO Kai that gives energy to move and have fun

GROW Kai that fuels bodies and brains for growth and development

GLOW Kai that helps develop skin, hair, nails and body organs

Tamariki require **hua whenua me hua rākau/vegetables and fruit** as part of a balanced diet. Being part of the 5+ A Day Wero is a great opportunity to provide experiences for tamariki to develop a positive relationship with kai. Entries go into a draw to win a fruit tree.

Check out WAVE's website - Links and Downloads for useful online resources
www.wavesouthcanterbury.co.nz & www.5adayeducation.org.nz



Wero tua wha: Rāhina 25 Whiringa-ā-nuku – Rāmere 26 Whiringa-ā-rangi 2021
(4th Challenge: Monday 25 October – Friday 26 November 2021)

Hua whenua me hua rākau for STRONG TEETH

How do you support tamariki to keep their smiles healthy?

Tips • Celebrate National Oral Health Day/Switch to Water Challenge in November • Do an investigation on niho/teeth • Create artwork about niho/teeth • Make an oral health wall display • Get whānau to send photos of them brushing their child's niho/teeth • Order a Colgate Education Kit



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

Early Childhood: debbie.johnstone@cdhb.health.nz or andrea.grant@cdhb.health.nz

Kura/School: janet.quigley@cdhb.health.nz or greg.newton@cdhb.health.nz

