



WAVE 5+ A Day Wero/Challenge 2022

Early Childhood and Kura/Primary Schools

To enter let WAVE know what your ECE or Kura is doing around any of the following areas:

promoting huawhenua me huarākau/vegetables and fruit,
māra kai/edible garden,
drinking plain water and healthy teeth/oranga niho.

Submit an entry each term during 2022 to increase your chances of being selected. One entry from ECE and Kura is chosen each term to receive a fruit tree of your choice.

Email your entry, e.g. lesson plans, blurb with photo, article, poster, video etc. to your WAVE Facilitator.

Early Childhood: debbie.johnstone@cdhb.health.nz or elti.sannyasi@cdhb.health.nz

Kura/School: janet.quigley@cdhb.health.nz or greg.newton@cdhb.health.nz or
gwen.anglem-bower@cdhb.health.nz

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

Please note entries may be included in the WAVE newsletter, website or Facebook page