

Many of the things we need can wait.

The child cannot.

Right now is the time his bones are  
being formed, his blood is being made,  
and his senses are being developed.

To him we cannot answer

‘Tomorrow,’ his name is today.”

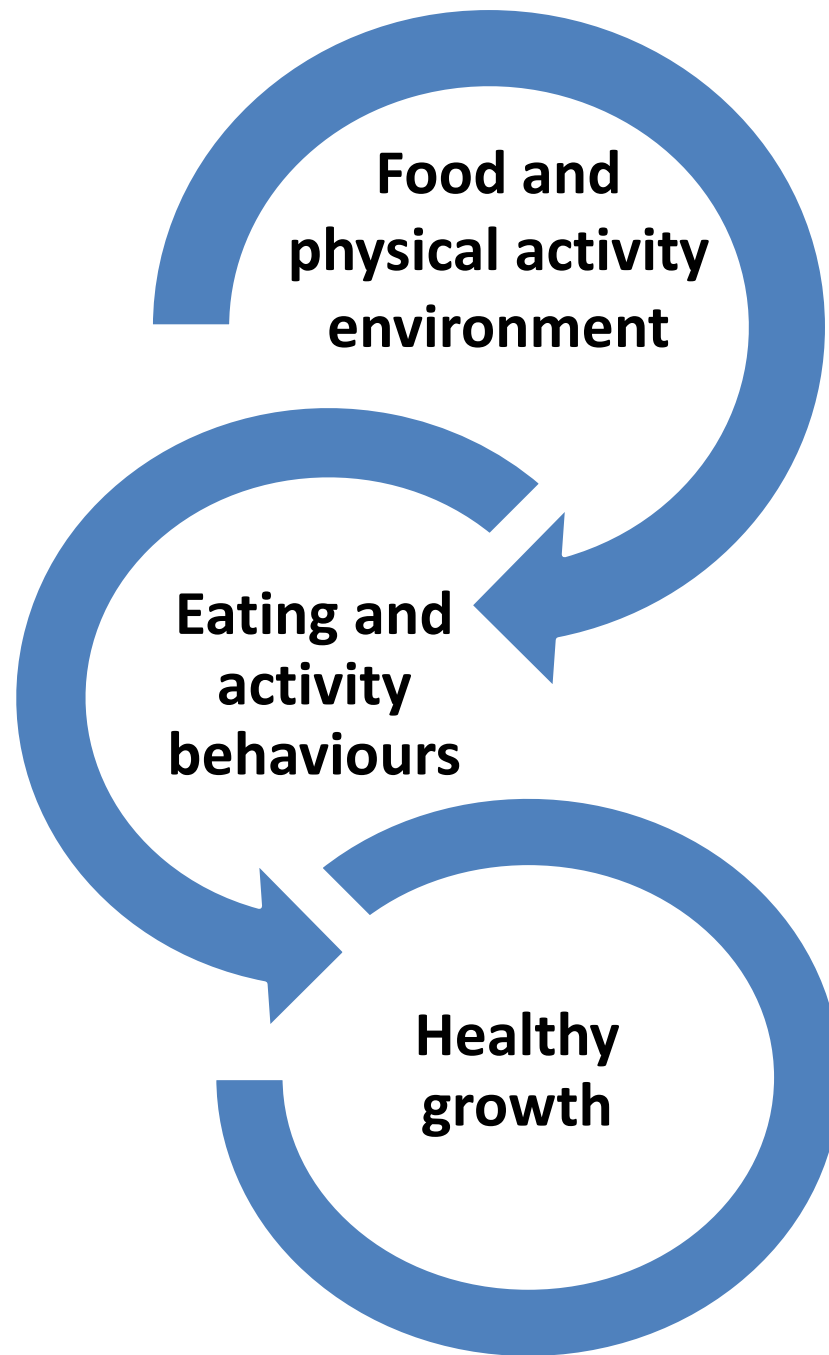
Gabriel Mistral

# Connecting: Under 5 Energize and the Healthy Heart Award

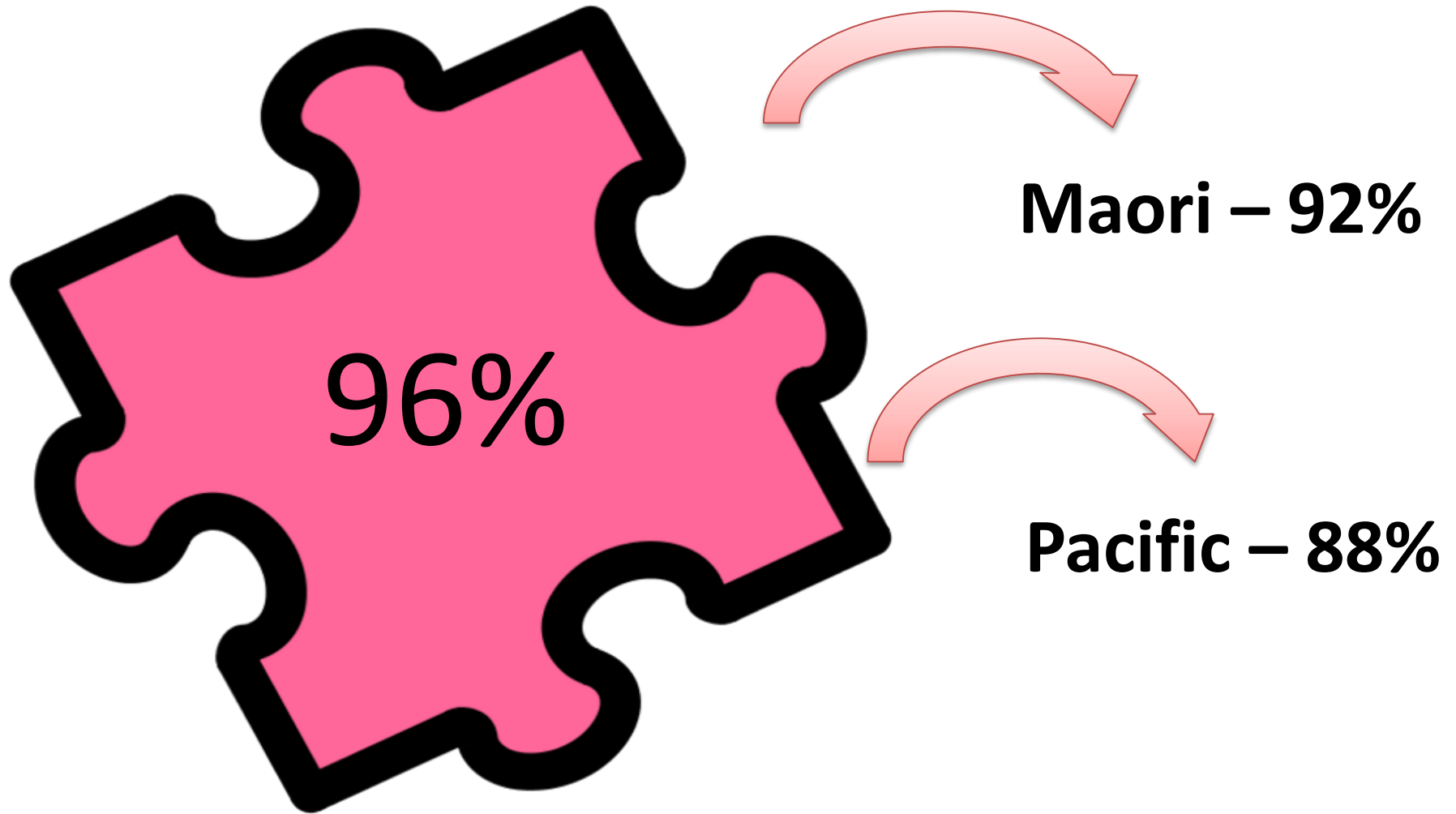
Leanne Young, Stephanie McLennan,  
Madeleine Kirk, Justine Munro,  
Elaine Rush







# Participation in ECE

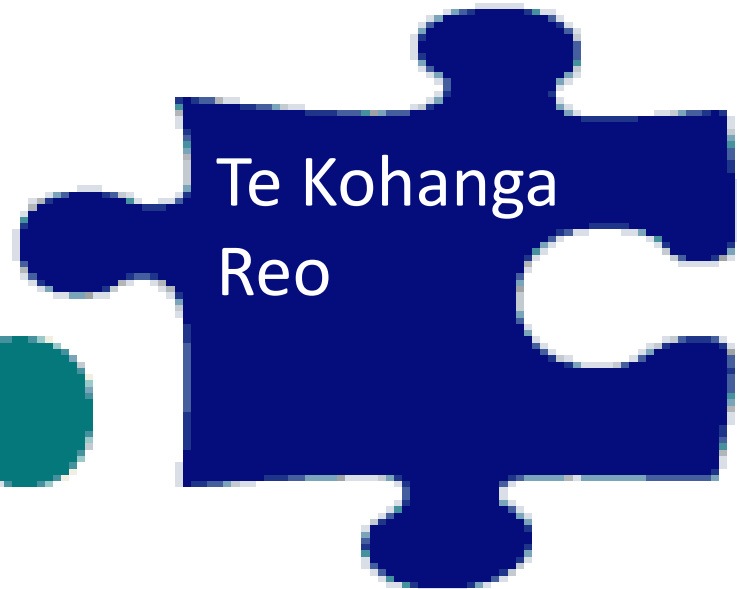


# Hours in ECE



# Types of centres

- 46% **privately** owned



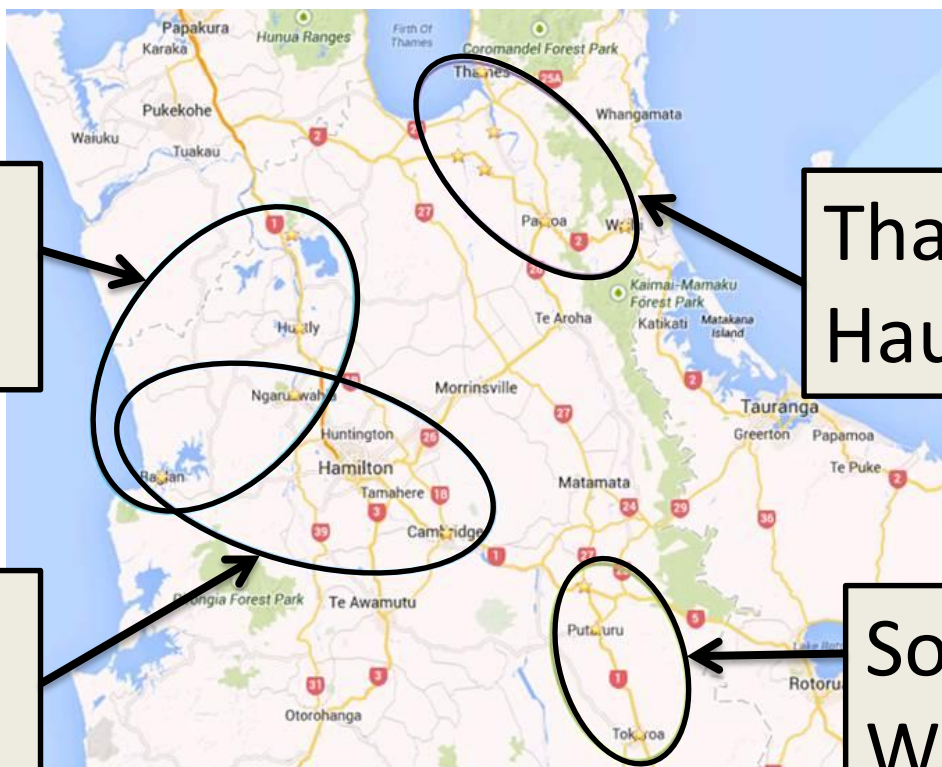






# Reach

121 centres, 5000 children



North  
Waikato

Thames-  
Hauraki

Hamilton  
City

South  
Waikato



# Under 5 Energize **GOALS**



- 🏃 **More active play every day**
- 💧 **Water and milk as the best choice**
- 🍷 **Less sweet drinks**
- 🥦 **Daily fruit and vegetables**
- 🍪 **Less energy dense snacks**
- 📺 **Less screen time**



**EAT HEALTHY BE ACTIVE HAVE FUN!**  
**[www.sportwaikato.org.nz](http://www.sportwaikato.org.nz)**





Tohu Manawa Ora – Kōhungahunga

**HealthyHeart™**  
Award

Early Childhood Education

# HHA levels



Pā-Harakeke



Whānau



Rito



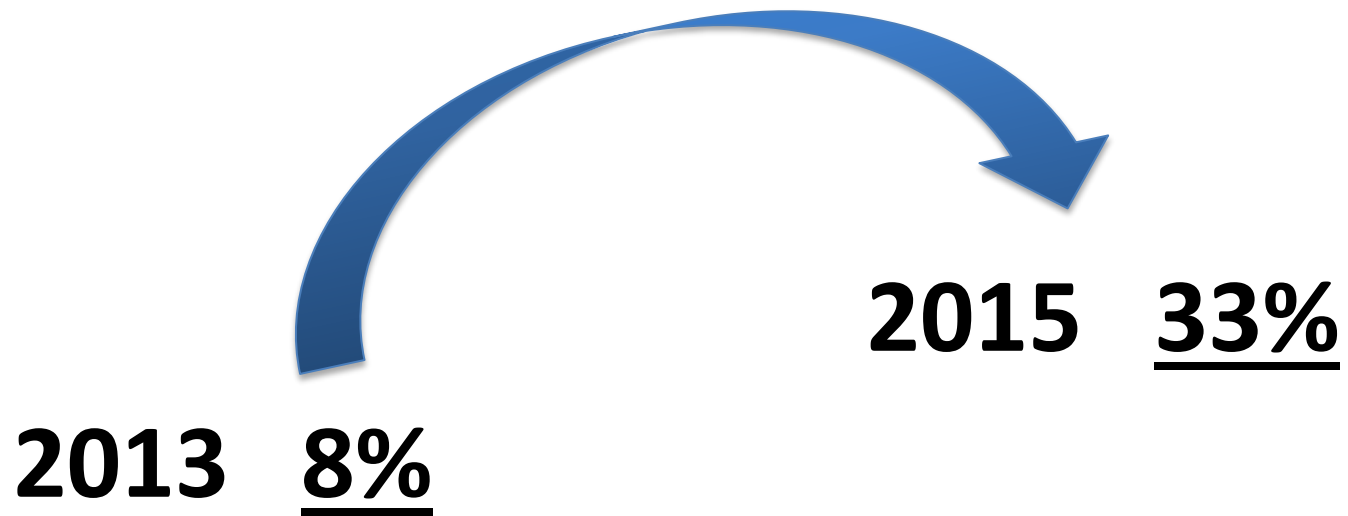
Activation

# Strands

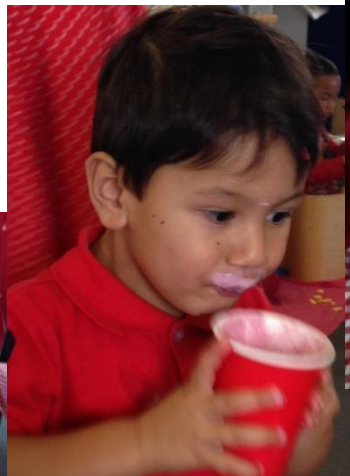
- Governance & management
- Learning & teaching
- Collaboration
- Professional development



# Results



# Wear Red for Healthy Hearts



# Acknowledgements



Early childhood

Children (and  
families)

environment

