



***eat well be active*— Primary Schools Newsletter**

October 2009

Welcome

Welcome to the second newsletter of the ACHPER (SA) ***eat well be active*** – Primary Schools Project.

Project Officer Appointment

The ACHPER (SA) managed Consortium has recently appointed Kirsty Crouch as the ACHPER (SA) ***eat well be active*** Project Officer. Kirsty joins with Rick Baldock, the ***eat well be active*** Project Coordinator, to support school communities (staff, parents and students) to implement the project and foster local school community partnerships.

Our Key Focus:

As outlined in cluster based workshops, site visits and initial meetings the Project is working with your school to build its capacity to develop policies and practices that support physical activity and healthy eating in order to:

- Increase children’s physical activity levels
- Decrease children’s sedentary leisure time behaviours
- Increase consumption of water, fruit and vegetables
- Decrease consumption of energy-dense, nutrient-poor foods and drinks



Project Update

Metropolitan and Whyalla Phase 1 schools have undertaken workshops in Healthy Eating and Physical Activity this term. These sessions provided ***eat well be active*** school teams with information regarding the Healthy Eating Guidelines and Physical Activity recommendations for all Australians. Teams were able to explore a plethora of resources and programs and review their usefulness for their site.

Teams also enjoyed the opportunity to share what was working well in their schools in a sharing time during both sessions. We have collated these list of successful strategies and these will be emailed to all ACHPER (SA) ***eat well be active*** schools. Individual schools have been working on their ***eat well be active*** school plans and many have been emailed to Rick by the end of term 3.

Phase 1 schools are to be congratulated on the scope and innovation of their plans. These plans will form an excellent basis for actions in the future years.

Reminder

A reminder to all Metropolitan and Whyalla Phase 1 schools that your ***eat well be active*** school plans are now due.

Phase 1 Metro schools are meeting to share their plans on Monday 2nd November at a soon to be announced venue.

Phase 1 Whyalla schools will meet to share their plans during week 5 of term 4. Further information will be sent to Whyalla in the near future.

Acknowledging the immense workload of schools and the delay in starting the project, Phase 1 Northern

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schools have chosen to delay their beginning to the project until early 2010. Starting in the new year will no doubt provide a fresh start for these schools’ ***eat well be active*** teams, with bundles of energy, enthusiasm and commitment.

Kirsty has met with all her Phase 1 schools during the third term. These initial meetings gave Kirsty the opportunity to outline the project and hear an amazing array of healthy eating and physical activity initiatives successfully running in schools.

Clare Valley Schools

Clare Valley schools will meet on Monday 19th October at Farrell Flat from 4pm-7pm for their initial information workshop.

York Peninsula Schools

Yorke Peninsula schools will meet on consecutive weeks (weeks 2 and 3) for their information workshops in either Kadina on Wednesday 21 and 28th October (Kadina, Wallaroo Mines, Pt Wakefield and Bute Schools) or Maitland on Thursdays 22nd and 29th October (Maitland and Yorketown Area Schools).

Kirsty is looking forward to working with the ***eat well be active*** teams from these schools and establishing links within these clusters for teams to share their ideas and initiatives.

CONTACT US

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Welcome to our Phase 2 Schools

Welcome to our phase 2 schools who are joining our phase 1 metropolitan and country schools. We have provided a list of all the ACHPER *eat well be active* – Primary Schools below

Promoting Active and Healthy Living

Thank you

The schools currently participating in the Project are:

COUNTRY

Auburn Primary School
 Blyth Primary School
 Bute Primary School
 Clare Primary School
 Farrell Flat Primary School
 Fisk St Primary School
 Long St Primary School
 Maitland Area School
 Memorial Oval Primary School
 Nicolson Ave Junior Primary School
 Nicolson Ave Primary School
 Nuriootpa Primary School
 Pt Augusta West Primary School
 Pt Wakefield Primary School
 Saddleworth Primary School
 Samaritan College
 Snowtown Primary School
 Wallaroo Mines Primary School
 Watervale Primary School
 Whyalla Town Primary School
 Yorketown Primary School

COUNTRY Phase 2

Balaklava Primary school
 Hamley Bridge Primary School
 Immanuel Lutheran School
 Kadina Primary School
 Light Pass Primary School
 Mt Pleasant Primary School
 Roseworthy Primary School
 Sunrise Christian School
 St Jakobi Lutheran School
 Swan Reach Primary School
 Tanunda Primary School
 Victor Harbor R-7
 Wasley's Primary School
 Yankalilla Area School

METROPOLITAN

Blair Athol Primary School
 Brompton Primary School
 Burton Primary School
 Campbelltown Primary School
 Cowandilla Primary School
 Davoren Park Primary School
 Edwardstown Primary School
 Elizabeth Downs Primary School
 Flinders Park Primary School
 Fulham North Primary School
 Gawler East Primary School
 Hendon Primary School
 Hillcrest Primary School
 The Grove Education Centre
 Salisbury Downs Primary School
 The Pines School
 Torrensville Primary School
 Wandana Preschool-7

METROPOLITAN Phase 2

Christ the King School
 Forbes Primary School
 Islamic College of SA'
 Kilkenny Primary School
 Lockleys Primary School
 Mt Barker South Primary School
 Nailsworth Primary School
 Our Lady of Hope School
 The Hills Montessori
 St Augustine's Parish School
 St John the Baptist School
 Swallowcliffe Schools
 WhiteFriars School

Rick and Kirsty would like to thank each of the schools that have hosted workshop sessions in the past term. Your assistance and support is highly valued by the project. It is fantastic to walk into a school and have the learning spaces prepared and ready for the workshop sessions.



Featured Website

Right Bite Strategy: <http://www.decs.sa.gov.au/eatwellsa/pages/eatwell/rightbite/?reFlag=1>

This website provides a wonderful range of resources to assist schools and preschools in successfully implementing the *Right Bite* strategy and *Healthy Eating Guidelines* including:

- *Right Bite Strategy (2007)* - Easy Guide, information for canteen staff, school and preschool leaders, healthy food ideas for parents, children and students, frequently asked questions (FAQ)
- *Right Bite Document (2008)*- An explicit manual detailing all elements of the Right Bite strategy
- *Healthy Eating Guidelines (2004)* - Healthy Eating Guidelines document, Pamphlet, Implementation Tool, information sheets related to each section, FAQ
- *Right Bite Information for Parents (2008)* - Pamphlet information designed especially for school parents and communities
- *Right Bite Training PowerPoint (2008)*- This presentation is designed for use in schools with staff and parents
- *Right Bite Newsletter (2008)*- Up to date information about the Right Bite strategy
- *Right Bite Fact Sheet (2008)* - Information for canteen managers about the use of Buyers Guides in South Australia



Recommended Websites:

10 Steps for Healthy Families

<http://www.csiro.au/science/10-steps-for-healthy-families.html>

This initiative has been developed by the CSIRO to help parents make healthy eating and physical activity a higher priority for families. With many schools focusing on how to best support families about healthy eating and physical activity this web site may provide a useful starting point for many schools.

10 Steps for Healthy Families

- Give thirsty kids water
- Help young bones grow strong
- Veggies add vitality
- Grains are great
- Think healthy snacks
- Start with breakfast
- Recreational screen time
- Help kids be active
- Be a healthy role model
- Shop smartly

Other useful websites

Playground marking websites

With the current development of school buildings through the Building Education Revolution many schools have been seeking to enhance children's participation in physical activity by providing new yard markings. The following web sites may support you to provide or renew playground activities.

Playline Design Limited - A list of possible designs for school playgrounds.

<http://www.playlinedesign.co.uk/playground-markings.php>

Peaceful Playgrounds – A useful web sites with ideas for playground markings. Of particular interest are the stencil sets.

<http://www.peacefulplaygrounds.com/index.htm>

Playground Markings – This web page provides a download of three games for yard markings. Following these is a brief but useful article about yard markings.

<http://www.planet-science.com/under11s/playground/Final%20Playground%20markings.pdf>

List of Traditional Games – Wikipedia provides a useful list of traditional games for children.

http://en.wikipedia.org/wiki/list_of_traditional_children's_games

Playground Markings & Other Traditional Games - This web page includes a variety of playground markings with instructions on how to put down the markings and games using these markings.

http://www.sportwaikato.org.nz/viewobj.cfm?playground_markings_trad_games.pdf
file_name=playground_markings_trad_games.pdf&objID=49

Newsletter article idea, from the right bite strategy

<http://www.decs.sa.gov.au/eatwellsa/files/links/VeggieIdeas>

HELP! MY CHILD WON'T EAT VEGIES!

Vegetables are full of nutrients and fibre. An easy rule to remember is the more colourful the vegie, the better it is for your child!

An important first step if you want your child to eat their vegies is to make sure they see YOU enjoying your vegies on a regular basis at home. Children are quick to pick up if you don't like something or are avoiding eating some-thing, and may often imitate your eating habits!



Tips to help get more vegies and goodness into kids:

- Offer vegies in a positive, casual way and believe your child will enjoy them. They may not of course, but it's best to start out by thinking positively!
- Children's food preferences can change very quickly. Keep offering small amounts of disliked vegies, as the more familiar it is, it may lead to them accepting it. Serve bigger quantities of their favourite vegies
- Cook vegies just until tender or crisp by steaming, microwaving or stir-frying them. Don't overcook them so they're soggy. Over-cooking can make vegies' taste, texture and smell unpleasant, and makes them lose their goodness.
- Raw vegies like capsicum strips, peas in the pod, cucumber, bean sprouts and tomato wedges are often the most popular with kids as they make great finger foods.
- Mini muffins with grated vegies are a yummy way of getting some vegies into kids!



The **eat well be active**—Primary Schools Project is a joint SA Health and Department of Education and Children's Services initiative



The ACHPER (SA) **eat well be active**-Primary Schools Project comprises support from the following consortium partners:



Invitation to participate in
be active. Physical Education Week
to celebrate our 25th anniversary!

As an *eat well be active* – Primary School Project member we are inviting your school to participate in the 25th anniversary ‘of *be active* Physical Education Week’ for 2009. This week, which runs from the 9th to 13th November 2009, provides a special time for your school to share and celebrate the work that you have been undertaking as part of the Project.

FREE participation certificates are available from the ACHPER (SA) office!
Please call 8232 7055 or email info@achpersa.com.au to place an order.

How can your school community get actively involved? [Ideas from the PE Week booklet]

- *be active* Physical Education Week State-wide Launch ‘working together to *be active* and healthy’
- Popular activities and games from across the decades
- 2009 IDM Sports *be active* Physical Education Week Dinner
- Promoting *be active* Physical Education Week at your school
- 5 Ways to improve your schools sport and HPE program
- PE Week awards – why not nominate an educator or your school for an award
- Ideas for Healthy Eating activities and informative websites
- Physical Activity suggestions from participating schools
- Premier’s *be active* Challenge Information
- Healthy Eating Suggestions from participating schools
- Right Bite Information-for schools and preschools
- A range of come and try activities including a march through Adelaide CBD are available
- *be active* Physical Education Week 2009 Poster Competition

We are encouraging *eat well be active* Primary Schools to get involved in this exciting week with the aim to increase physical activity levels, while also stressing the importance of healthy eating to your students.

Have you checked out our comprehensive PE Week resource booklet? For additional copies of the *be active* Physical Education resource booklet, please contact the ACHPER office 8232 7055 or email info@achpersa.com.au or check out www.achpersa.com.au

