

# eat well be active

## Primary Schools Newsletter



Term 4, November 2010



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

### A Snack From the Project Team

What an exciting & inspiring term it has been for all *eat well be active* – Primary Schools Project Schools! Cluster workshops are being held throughout the state covering new topics such as 'How to be a food detective?' & 'Active games for all.' One highlight was the 'Garden Cluster Workshop' at Kilkenny Primary School. Over 30 teachers attended from all metro areas & were privileged to gain insights to the workings of several fantastic garden projects across the state. We would like to thank Kilkenny Primary for their hospitality & all the teachers that took time out from their busy schedules. *Cheers from Rick, Cheryl and Kirsty*

### Outstanding Café Program



The following is a collaborative report from staff at Lincoln Gardens Primary School (LGPS) in appreciation and recognition of Jenny Ambrose's dedication to excellence in learning.

"Tell me and I forget  
Show me and I remember  
Involve me and I understand."

Anon

At Lincoln Gardens Primary School there is a different approach to learning in Term 4 each year. Jenny Ambrose transforms the library area from a studious space to a Café based on a different country each year. France, Italy, Thailand and Mexico have all had their turn in draping the Library in their respective cultures. This term the Library has been transformed into an Indian Café in connection with the Commonwealth Games. Gauzy lamp shades dripping with crystals float delicately from the ceiling, a replica Taj Mahal soars majestically heavenwards and a sari-draped mannequin stands in regal splendour watching over all. The Café has been running for 5 years and has proved to be extremely dynamic in engaging and exciting students in all facets of the hospitality industry.



So why does a busy Librarian bother with all the extra hours of hard work when there is no financial reward? Our school is a Low SES Category 1 Disadvantaged School. The students here have limited options to travel and experience other foods and cultures. For some students even going to a normal café is not an option and food at times is not plentiful. Jenny decided that because of these reasons and others, if the children couldn't get out to the world, she would bring the world to them.

The café runs for 9 weeks in Term 4 every year. Upper Primary students apply for the advertised

waiting positions and are then rostered to work in the Café. One of the remarkable things about this is that the students working in the Café give up their lunch play to work.

Junior students get an opportunity to wait on their class during their RBL lessons once a week, offering light refreshments.



About 100 meals are served twice a week in the Library Café. The waiting queue is filled with such excitement and anticipation that a yard duty teacher inevitably ends up monitoring the line as all students wait to enter the Café. It's a non-profit café. The cost is minimal, a mere fifty cents to make it accessible for all students. Free café vouchers are discreetly handed out to those students who are unable to provide money so that nobody misses out, and others are offered vouchers at their teacher's discretion for co-operative behaviour and excellence in their learning.

Local café owners are invited in to come and talk to the students about pursuing career pathways in the hospitality industry. Two former students, after working in the Library café, found their callings and are now fulfilling apprenticeships in local restaurants. Another student, who was disengaged and disenchanted with school for six years, suddenly came to life when he donned the apron. He discovered he had a flair for customer service and is now following his dream.

The Library Café has been a life changing experience for some of our students, and it has instilled skills and knowledge in all of them. It continues to be a unique and proud tradition in this school, and will hopefully continue for many years to come.



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Government of South Australia

## School Yard Designs to Enhance Physical Activity - *Prospect North Primary School*

Prospect North Primary has recently undergone a major redevelopment which included the redesigning of the school yard which meant that the yard was out of action for sometime.

When we were able to use the yard again it was bigger and more open. This gave us an opportunity to see the new yard as a blank canvas and to establish new ways of involving students in active play.

I asked myself 'How can I create a safe and active yard and increase the capacity to involve others in fitness and being active?'

To answer this question I surveyed all classes, supplied them with a map of the new schoolyard, and asked students to colour the area in which they play. They identified problem areas in the yard and let me know where they would like to play in the future.

Along with the surveys I took a series of photos of the yard during playtime. From the data we could see where the problems were occurring and with what types of activity. We next began to put in place interventions to engage students in safe play that included setting up defined yard playing spaces, specific rules for the football and cricket games on the oval, a red card system for soccer games and supplying more sports equipment for playtimes.

While students were getting involved in safe activity in the yard teachers were improving their knowledge and skills by attending a Fundamental Movement Skills session (FMS) offered off site.

I also ran a staff meeting session aimed at building confidence in teachers to run a successful 'fitness' program in their classroom.

This was further supported by our participation in the Premier's *be active* Challenge with every class completing the challenge and even some teachers! The hype is now evident in the high activity levels in the yard.

After being inspired at the Annual ACHPER (SA) Conference in April, I assembled a student leadership team to focus on students facilitating play during lunchtime sessions. After receiving many applications we selected four House Captains and Vice Captains who now help manage our schools 'be active' program'. Some of their responsibilities include monitoring classroom borrowing for teachers' class fitness programs, providing sports equipment for yard play, monitoring our school's sport equipment, planning and running lunchtime activity programs, monitoring and delivering our be active classroom activity boxes, contributing to special sporting events in the school like PE Week, running our school's Sports Day Health Hustle and individual stationed events, and leading their teams proudly on Sports Day.

Our next step is to review what we have implemented and work out 'Where to next?' With the excitement of our new Gymnasium opening soon, there is a whole new area for our school to explore ways of engaging students, staff and the school community in the ***eat well be active*** – Primary Schools Project. - Amber Heaft

## Healthy Food Choices - Master Chef - *Whitefriars Primary School*

Last term Whitefriars Primary School held their own Healthy Master Chef competition. It involved the Year 4/5 students being asked to research a healthy meal option that they could present to their classmates as an oral language exercise.

To launch the competition I took on the role as Master Chef in the school kitchen and demonstrated how to cook my "Healthy Potato Wedges" to the class. The students loved observing the cooking process and of course tasting them.

We encouraged the children to choose healthy meals that were easy to prepare and that could be used as a recess or lunch option.



The children were given two options of how they could present their meal. 1. Video taping themselves at home, preparing and cooking the food (we provided a camera for them to use) or 2. bringing in the finished product to show the class and allow the students to sample the food.

Children were asked to hand out a recipe of their selected food after their oral presentation so that all children could go home and make it. Some students collected all the recipe handouts that they received and turned it into their own healthy meal cookbook.

This was a great exercise which empowered the children and excited them about healthy eating. I felt great satisfaction when children came to school telling me that they had made a fellow classmates meal for their family and that they were pressuring their parents to choose healthier options.

That's great news because parents listen to their children and let's hope more activities like this can reverse the uphill trend of childhood obesity.

- Chris Slattery



## Edible Kitchen Garden - Yankalilla Area School



As part of our links to the local community, the school runs an Agricultural Science program on 7 hectares of land attached to the school. Students experience a wide range of agricultural activities from animal husbandry (poultry, sheep and cattle) to olive, fruit and vegetable growing.

The Edible Kitchen Garden, with its focus on organic methods, recycling, sustainability, nutrition, Indigenous foods and community involvement is now an integral part of our curriculum and our community connections. It focuses on creating a sustainable, healthy environment with an emphasis on working together to grow, harvest and prepare produce, and to cook and share healthy meals.

The EKG aims to provide more than an 'environmental curriculum linked to mandated learning outcomes.' It is about creating a learning environment that changes student, educator and community approaches to water, waste, energy, biodiversity, sustainability and individual and community health.

The garden area consists of an outdoor classroom and 10 garden beds of varying sizes. A developing indigenous garden area heralds the entrance of the kitchen garden. Tuesdays are our EKG focus days. Each R-9 class spends three consecutive Tuesday in the EKG harvesting and cooking the produce that they have grown. There are always plenty of other garden tasks like planting, weeding and watering.

Parents and local 'keen gardeners' are invited to come and share their skills and mentor students in developing these life skills. This year's cooking component of the day has allowed students to prepare a healthy breakfast, lunch and dinner over the three weeks.

To complement our garden teacher, we have a cooking teacher who works with the garden teacher to ensure fresh garden produce is harvested and cooked by students in the school's kitchen.

The EKG project is an R-12 interdisciplinary learning program.

Students engage in learning in the Arts, Science, SOSE, Design and Technology, English, Mathematic, LOTE (Indonesian) and Health and PE. Literacy, Numeracy and Information and Communication Technologies (ICT's) are embedded in all curriculum areas. This R-12 curriculum engages students in the concepts of sustainability and biodiversity.

Outstanding community events like the EKG Garden Dinners and sales of produce from the garden help us make the EKG self sufficient in its operation.

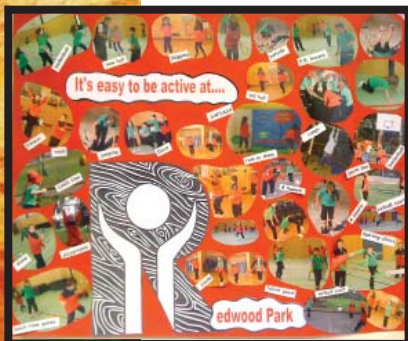
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[www.yankas.sa.edu.au](http://www.yankas.sa.edu.au)



## We need your registration for *be active* Physical Education Week 2010

Remember to REGISTER for *be active* Physical Education Week and great support material. Over 50,000 students from more than 200 schools are involved across the state from 8th – 12th November 2010. Schools are celebrating the importance of active and healthy living in the lives of South Australian children, parents and local school communities. It is not too late to register. For more information contact: [info@achpersa.com.au](mailto:info@achpersa.com.au) Tel: 8232 7055. Further details on any ACHPER professional activities, membership or resources please call ACHPER (SA) on 8232 7055 or email: [info@achpersa.com.au](mailto:info@achpersa.com.au) or visit our website that features all information at [www.achpersa.com.au](http://www.achpersa.com.au)

## Schools Photo Poster Challenge



During term 3 we ran our first ever **eat well be active** – Primary Schools Project Photo Poster Challenge. We were overwhelmed by the fantastic standard of all the entries that we received as well as the diversity of ways to be active being showcased at our project schools. We would like to congratulate every school that submitted entries and each will go on display at the upcoming **eat well be active** – Primary Schools Celebrations.

**The overall winner** was Sharon McAskill's class from Redwood Park Primary School. They received an excursion for two classes to a day during PE week which included transport & activities provided by ACHPER (SA).

**Runners up** were – Room 1 Memorial Oval Primary School & Tate Simpson from Campbelltown Primary School. They both received \$100 vouchers from IDM provided by ACHPER (SA).

