



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

A snack from the project team

As we prepare to enter the next stage of the eat well be active Primary School Project the team has undergone a few changes with Kirsty Crouch leaving the project to return to her school, and Cheryl Peat increasing her load to full time. Cheryl & Rick have picked up the schools previously looked after by Kirsty and look forward to meeting with you to enhance your plans and outcomes. On behalf of us all we thank Kirsty for her dedicated efforts and commitment to the Project.

A highlight this past term has been the increase in parent workshops on 'Becoming Food Detectives' and the roll out of new teacher workshops on:

- **Movement healthy eating and learning**
- **Sedentary behavior**
- **Action-Based learning**
- **Dance**

In this edition of the newsletter we showcase 3 schools that have looked at a whole school approach to healthy eating and physical activity. This has included work with parent groups, the canteen, children and students as well as groups in the community. Outcomes of this work have included active involvement in decision making as well as resource development.

Have a great term,

Rick and Cheryl

Lockleys Primary School - Creating a Healthy Alternative Breakfast Cereal

This newsletter article was compiled by Lockleys Primary School students Gerard and Leonard from Mr. Barber's year 6/7 class who undertook a unit of work on healthy eating that was presented by Kirsty Crouch- ACHPER (SA)

Better Breakfast - Here are some quotes of what the children thought.

"It was really fun making and designing the box"- Brittany

"Choosing the name for our cereal was hard. We changed it three times"- Beth

"In my opinion, it was the best technology subject"- Alex

"I enjoyed all of the brain breaks"- Ryan

"Doing health with Kirsty was fun. We learnt how to read nutritional guides." - Sophie

"I enjoyed making the back cover"- Ricardo

"I had fun working with my 'partner'" - Alfred

"I liked creating the title and the front cover"- Liam



Mr. B's Evaluation

Shaun Barber, 6/7 Teacher at Lockleys Primary School

"The project was both interesting and engaging for the students from the beginning.

Each activity throughout the unit of work contained educationally rich and relevant information.

I, along with my class benefited greatly from Kirsty Crouch's expertise and enthusiasm.

A great way to learn about the topic of Nutrition!"

Cluster Workshops for term 3

The following dates and venues for term 3 Cluster Workshops have now been set. You and a member of school staff are welcome to attend any of these workshops.

Week 4	Developing your School's Dance Program - Fulham North Primary - 17 th August Healthy Eating & Community Foodies working with schools - St Joseph's School, Pt Lincoln - 18 th August
Week 5	Decreasing Sedentary Behaviours - Gawler East Primary School, Gawler - 25 th August
Week 6	Movement, Healthy Eating and Learning - Long Street Primary School, Whyalla - 29 th August Developing your School's Dance Program Yankalilla Area School - 31 st August
Week 7	Decreasing Sedentary Behaviour - Central Adelaide venue tba - 8 th September
Week 8	Revamping your Sports Day - Watervale Primary School - 14 th September

To register for any of the workshops email Emily on emily@achpersa.com.au & state the workshop name & your school.

Coorara's Healthy Lifestyle Week

This tradition has evolved at Coorara over the past 5 years and is now a greatly anticipated event which staff students and the community look forward to. Each year we have refined the processes to include input from three groups, the parents Healthy Lifestyle committee, staff Health Lifestyle committee and student Healthy Lifestyle forum. Each day of our week, usually held in week 5 of term 2, sees each child involved in physical activities as well as taste testing of healthy snacks.

To select snacks we have the support of Sonya Stanley, a dietician. Since we are aiming to change recess eating habits to healthy options we have Sonya go shopping with parents to select a number of options - muesli bars, cheese, cracker biscuits, yoghurt and dips that are low in fat, sugar and salt. These are brought back to the forum members to taste test so they can choose the ones they think children would prefer. After selecting the food we make up a menu for the week to contain at least two fruits and two vegetables.

The foods the children are trying are listed on a passport which each child receives. They fill in the passport every day to indicate which foods they like and take this home to parents at the end of the week. This year we also took home a list of foods they would like their parents to buy for their lunch boxes.

Every year we have a budget line for the week. We need lots of parent helpers and the parent committee is invaluable in organising each day's food as well as the volunteers. This year we had 50 parents help out over the week. We attribute this success to the personalised request for helpers which each child wrote to their families.



Coorara students and parents preparing healthy food

Here is an outline of the week

The week was launched on Friday 20th May 2011 with a special assembly in the hall. Todd Goudie from Surfing SA & Channel 10 was our special guest. He spoke to the students about the importance of keeping yourself fit and healthy, by eating a wide range of foods, drinking water during the day, getting regular exercise and adequate sleep each night. The children enjoyed listening to Todd, who was an engaging speaker.

- On Monday during Healthy Lifestyles Week the students participated in a forty five minute physical education workshop with ACHPER SA staff. This was a new addition to our program as we are now an *eat well be active* - Primary School Project school. ACHPER SA staff mentored teachers & taught the students a number of fun, energetic games, which kept them on the move.
- On Tuesday the children came to school dressed as their favourite fruit or vegetable. The children had fun dressing in their casual clothes and parading on the oval. The children also completed laps of the oval, which will be tallied for a whole school trip to and from Melbourne. This is similar to the walk to China the students completed in 2008.
- On Wednesday the children played Padder Golf on the oval. In this activity, the children moved around the course hitting tennis balls in to hoops. They had lots of fun and laughs, as they moved around the golf course.
- On Thursday we had Wheels Day. The students brought their scooters, bikes, skateboards, roller blades, roller skates and remote control cars to school. They had enormous fun travelling around the courtyard and basketball court.
- On Friday the children walked to the reserve and enjoyed playing a variety of games in the park. For lunch the students all tried yummy pasta.

Throughout our Healthy Lifestyles Week children had the opportunity to taste a large range of fruits, vegetables, rice crackers, low fat cheese and yoghurt, hommous and tzadziki dips, veggie muffins, muesli bars, trail mix and pasta. The children reflected on the foods they tasted and recorded their thoughts in a Healthy Food Tasting Passport. The students took their passports home at the end of the week to share with their parents.

The keys to our success have been working with the *eat well be active* - Primary School Project, hearing the voices of parents, staff and students and enabling these groups to work together with the active leadership of one person in each group.
Barb Hickling, Deputy Principal



Coorara P.S 'Wheels Day'

ACHPER (SA) 2011 Activities

We encourage you to consider and participate in these outstanding professional activities.

Net Sports Seminar – Friday 2nd September 2011

Mars Sporting Complex, Marden- A practical program for teachers and coaches of students in middle years which is aimed at skills involved in sports requiring a net to play!

ACHPER (SA) Primary Years Conference – Monday 26th September 2011

Flinders University- The conference designed specifically for Primary teachers will feature a choice of sessions, innovative ideas, sharing of best practice, programs and practical tips to help you to effectively engage your students in Physical Education/ Physical Activity.

be active Physical Education Week - 14th -18th November 2011

We encourage your school to join over 200 schools in SA and celebrate active and healthy living. Some excellent opportunities for active school excursions in central Adelaide.

Some discounts will be offered for EWBA schools - for further details please email the ACHPER (SA) office on info@achpersa.com.au or phone 8363 5700.

Reminder!

Have you checked the ***eat well be active*** Primary School Project's member page lately?

All workshop power points, hand outs, school examples are able to be accessed from this site. Check with your school contact person or project officer for the login & password.

www.achpersa.com.au

Healthy Eating at the Islamic College of South Australia

Written by Islamic College SRC Students

At the Islamic College of South Australia our canteen offers an array of healthy, delicious and halal foods, such as, stir fry noodles, baked potatoes, a wide range of freshly made burgers and sandwiches, curries, yiros and homemade pizzas.

Our canteen has only recently adopted a healthier, fresher menu due to the leadership of the new Canteen Manager and the *eat well be active* Primary School team. Since the introduction of new menu there has not only been a marked improvement in student's diet but also their attitude towards healthy food. Liza Mina, the school canteen manager, says, "The students are actually choosing the healthier options over the unhealthy options. The students love the different varieties of burgers and biryani the most."

As our school is an independent school and not part of DECS we have had the freedom to introduce and test what we sell in the canteen. Liza decided that, "Every food offered in the canteen should have at least some fresh vegetables and some source of protein to offer the students a more balanced diet."

Another great feature of our canteen is that a majority of the food is homemade which makes sure that the students aren't consuming processed, chemical filled foods and are instead eating fresh healthier foods.

When Liza first started becoming involved in the canteen this year she decided to phase out the old menu and bring in a new, fresher menu, "Of course the students didn't like the fact that the junk food was gone at first but after a while they started to like the new menu even more than the last."

Not only do the students like the new menu more, but the staff members love the new, delicious, greener menus in the canteen such as the fruit and yoghurt combos.

When asked if having a healthier menu is easier to cater for than the previous menu, Liza says, "It takes time to phase out the old menu but it makes it easier for the students to eat more healthily because instead of the students buying lollies they buy a piece of fruit which costs only 20 cents making it affordable and popular with the students."

An unexpected side effect of the changes is the financial improvement in the canteen's 'bottom line'. Whereas previously the canteen operated at a loss, the new menu has allowed the canteen to return a profit each week.

Everyone, the staff, parents and most importantly the students, are enjoying the new and improved canteen menu and are reaping the benefit of having healthier, delicious food available.



Asian Feast Day, healthy fundraising day



Serving food in the Islamic College canteen