



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

Term 4 marks the conclusion of the initial stage and the possible beginning of an exciting new phase of the *eat well be active* - Primary Schools Project.

Your school Principal was recently sent a newsletter from the DECS Project Manager Healthy Eating and Physical Activity, Leah Cassidy seeking schools preliminary registration for the possible extension of the *eat well be active* - Primary Schools Project (subject to final approval from SA Health) into 2012 and 2013.

We encourage all of our Project schools to register interest with Leah as soon as possible to continue your great work with us to improve healthy eating, physical activity and sedentary behaviour outcomes for your students.

Should you have any queries about this please contact Cheryl or Rick as soon as possible to discuss your concerns.

For those of you that have not seen the newsletter we have attached it with this email.

In this edition of our newsletter we showcase three schools work with the Project. Congratulations to all of these schools on the wonderful work that they are undertaking. We hope you are inspired by their work and that this encourages you to adapt the initiatives in this newsletter to your school's context.

This term the focus of our cluster workshops is on sharing something that has worked well at your school as part of the Project. We have been impressed by the scope and innovative initiatives that have been shared in the early workshops.

Have a great term,

Rick and Cheryl

ACHPER (SA) 2011 Activities

***be active* Physical Education Week**

14 - 18 November

We seek your support this year in our aim to have **100% involvement** from all of our school's involved in the *eat well be active* - Primary Schools Project. This is your chance to showcase and use what you have learnt throughout the project to facilitate a week full of fun activities and healthy eating initiatives! While the Australian Curriculum for Health and PE begins to develop, research continues to suggest declining involvement in physical activity and associated health concerns. As such there has never been a more important time to register and support this week.

It's easy to get involved - Simply visit www.achpersa.com.au to access the comprehensive resource booklet, and register online for your students' involvement in the week and receive your **FREE stickers!**

If your school/centre, teacher, staff member or school volunteer coordinates successful and positive physical activity and healthy living opportunities, they can be nominated to receive a prestigious **PE Week Award** (see page 16 of the PE Week booklet). These awards provide an opportunity to recognise fabulous work, and share examples with the SA Health and Physical Education community.

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Blyth Primary School Healthy Breakfast Unit of Work

In 2010 at Blyth Primary School, staff identified that there were several students who regularly came to school without having eaten breakfast. It was clear that this impacted upon these students in a range of ways, including having lower levels of concentration and emotional resilience than their peers.

As a result, the theme for Term 1 2011 in the Middle Primary Class was Breakfast. We began by discussing the origin of the term (that is 'breaking a fast'), and using that etymology to discuss why it might be important to eat breakfast each morning. Although the students were able to identify a wide range of breakfast foods, it was enlightening to discover some of the food that they chose to eat each morning (ranging from cereal and toast to pancakes and ice cream to hamburgers!). We used this information to reflect upon which were the most nutritious options, if breakfast really was the most important meal of the day.



- dehydrating fruit for the groups' cereals, (considering 'quality control' and proportion of fruits/nuts/grains)
- examining the elements present on cereal boxes, and discussing the tools that are used to try and differentiate one product from another and to attract attention
- discussions of the implications of the phrase 99% fat free (as well as the fact that, without regular exercise, sugar becomes fat anyway)
- designing and constructing cereal boxes, containing a product name, logo, slogan, mascot, special offer and nutrition panel; and
- designing and constructing advertisements for these cereals.

The children were extremely engaged in this Unit, and began to take a special interest in reading the nutrition panels on their own breakfast foods. They felt that some marketing 'tricks of the trade' amounted to trying to prevent parents, and children too, from making the best decisions for their own health.



There was a range of Breakfast-themed learning activities for the term, including:

- brainstorming, classifying and sorting breakfast foods
- procedural writing of a breakfast recipe
- use of 'breakfast/kitchen-related' words in spelling (ie 'ow' in bowl, 'oa' in toast etc)
- predicting, measuring and comparing the amount of sugar per 100 grams in a range of breakfast cereals, with surprising results
- inventing and making a cereal product (that had to contain a grain, a protein, and a fruit) in small groups

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

Snowtown Area School Students Leading Health Hustles

At the beginning of week 8, Term 2, four girls from Snowtown Area School, Sharna Kotz, Cassie Wakefield, Sharna Wakefield and Tatum Greig, from the 8/9/10 class decided to start a 'Health Hustle' group as part of the *eat well be active* - Primary Schools Project.

It was something new to all of us and has worked really well so far. We all enjoyed working with the primary school students, teaching and being leaders.

Hopefully we can continue this throughout this year and maybe even next year if possible. We have worked with the year 4/5's, 2/3's and will be working with the R/1's in the coming weeks. It's very challenging for us all but we love doing it and teaching the students new things. It is very good of the teachers to let us come out of our normal lessons to work towards perfecting our Health Hustle routines.



We began the program by creating our own dance and sharing it with the rest of the school. We then moved on to working with the year 4/5's to create a Health Hustle to share. We taught 5 peer leaders from that year level to lead the routine with us. Every Monday morning at 10:15am, all the primary school students come together and do the dance that is being hosted that week.

At the end of the year the primary school students will be performing the Health Hustle dances at the Christmas concert, so then the wider community can see what we have been doing and what we can achieve. We hope that all the other schools that are also doing 'Heath Hustle' are enjoying it just as much as we have been. We would like to thank Cheryl Peat, *eat well be active* – Primary Schools Project Officer for coming in and watching and supporting us.

Thanks

"Health Hustle" Girls from Snowtown Area School

Cluster Workshops for term 4

The following dates and venues for term 4 Cluster Workshops have now been set. A number of workshops have been run successfully and we encourage your involvement. You and any member of your school staff are welcome to attend any of these workshops.

Week 4

Yorke & Mid North Cluster Celebration

Rising Sun Hotel, Pt Wakefield - Monday 7 November

Lower Eyre Cluster

Kirton Point Primary School - Thursday 10 November

Week 5

Barossa Valley Cluster

Immanuel Lutheran School - Wednesday 16 November

Metro Central Cluster

Brompton Primary School - Thursday 17 November

Week 6

Fleurieu Cluster

The Grosvenor Hotel, Victor Harbor
- Monday 21 November

Whyalla Cluster

Nicolson Avenue Primary School
- Thursday 24 November

Week 7

Barossa Cluster Young Leaders Workshop

Gawler Sports & Recreation Centre
- Monday 5 December

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

ACHPER (SA) 2011 Activities

ACHPER (SA) Leadership Seminar

Monday 7 November

Venue: Santos Stadium

Time: 9am - 3.30pm

Cost: Members - \$70 / Non Members - \$100

The next two years are important times for H&PE as the Australian Curriculum for H&PE is developed. This popular one day seminar provides an opportunity for Health and PE, Sport Coordinators and those aspiring to Health and Physical Education leadership positions to come together and discuss a range of critical issues. The seminar will also offer issues and solutions – time to workshop and discuss ideas, thoughts and strategies, and provides an opportunity to hear from other schools.

Guest speaker is Australian netballer Erin Bell.

A program and registration form is available at www.achpersa.com.au For further details please email the ACHPER (SA) office on info@achpersa.com.au or phone 8363 5700.

Wandana Primary School

eat well be active - Playtime Sport

BASKETBALL COMPETITION

The Student Wellbeing committee consists of 11 students who have volunteered their time to promote healthy eating and being active for the whole school. Meetings are held each week to discuss ideas and plan events and activities.

Some of the activities they have promoted include regular Healthy lunchbox days, Fresh fruit platters on Fridays, whole school health hustle, sporting clinics and games run by the students themselves, a school Walkathon, equipment for recess and lunchtime play and more recently, organised



sport competition at recess and lunchtime play.

The idea was raised at a meeting and two students were responsible for visiting classes and explaining what the competition would look like, depending on the amount of interest generated from students and the number of team nominations.

The response was fantastic. There were fourteen teams nominated. There were four Reception to Year 2 teams, six teams from Years 3 to 5 and four teams from Years 6 and 7.

Students organised their own teams with class mates and/or friends from other classes. They even made up their own names for the competition. Teams had to complete a nomination form that included names of players and their class/year level.

A draw was made up where all teams played each other once. Points were awarded for a win, draw or loss. Points for and against were calculated should there be even points at the end of the draw. The top two teams played each other in a final game play off.

Wellbeing members were responsible for scoring each game and time keeping. One student from the committee with basketball skills and playing experience assisted with umpiring games.



It was a committee decision to have teachers supervise and be responsible for umpiring to eliminate any bias.



Not only did this organised basketball competition prove to be very popular with the students, it was also popular with spectator students who would come into the gym to support friends and classmates when they were playing. It was also an opportunity for teams to observe opposition teams and discuss game tactics.

The winning teams for each group were announced at assembly.

So popular was this organised sport that the Wellbeing Committee are organising another sport for term 4.

Feedback from students and teachers has been very positive. It was an opportunity to introduce limited competition with fair team rules and to encourage getting along with others.