

eat well be active

Primary Schools Newsletter



Term 1, March 2012



The *eat well be active* - Primary Schools Project is a joint SA Health and Department of Education and Child Development initiative

Welcome to 2012

Welcome to the 12th newsletter of the ACHPER (SA) *eat well be active* – Primary Schools Project.

Our Focus for Semester 1 2012

As outlined in cluster based workshops and site visits, the Project is working with your school to build its capacity to develop an environment 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

In particular this semester we are requesting you to focus on:

- Renewing your school's plan
- Re-establishing your school team for 2012
- Building sustainable programs and approaches to healthy eating and physical activity and
- Providing appropriate professional learning support for staff at your school during the fourth phase of the Project that has been extended until the end of 2013.

Have a great term! - Rick and Cheryl

Game: Collaborative Square Hit

Time: 10 mins

Area: Asphalt area

Equipment:

1 x 21-23 inch racquet per child

1 Red ball per 4 children

5 hoops per 4 children

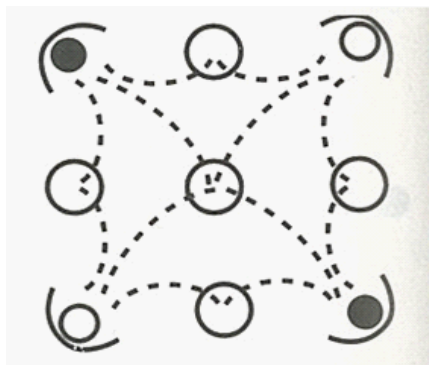
Formation: Children form groups of 4

One child stands in each corner to form a square. A child begins the game by bouncing the ball and hitting towards another child, first bouncing it into a hoop. The game continues with children hitting and bouncing the ball for other members of the group to hit.

Variations:

Stop the ball with the racquet and pat it up a few times to control it and then hit to another child.

Reference: Sportsfun : resource manual (Lesson plans for sport leaders, Ace Tennis), Australian Sports Commission, 1991-92



Updating your School Details

To enable us to more easily contact all team members at your school can you please fill out the attached form and return by email or fax as soon as possible?

Please email your completed form to the following: lauren@achpersa.com.au or fax to 8362 9800.

Thank you

Facebook & Twitter



If you want to keep up with the latest information about healthy eating & physical activity, then become a Facebook friend with ACHPER (SA) or Rick Baldock. You can follow Rick on Twitter @Baldyr55 or ACHPER (SA) @achpersa.

We send a number of updates each week & try to provide information about the latest news in healthy eating and physical activity as well as providing great lesson ideas and activities. All you need is a web enabled phone to access these two networks.

Check out the Members Page!

Have you checked the EWBA members page lately? If you are looking for support materials including presentations then don't forget to explore the ACHPER (SA) *eat well be active* Primary School members page. A link to the web site can be found at: [Click Here](#).

If you have forgotten your log in details then please call the ACHPER (SA) office on 8363 5700.

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Government
of South Australia

2012 ACHPER (SA) Health & Physical Education Conference

SPECIAL OFFER TO ACHPER (SA) eat well be active Primary Schools

The first 20 people that register for 2 days from ACHPER (SA) eat well be active Primary School Project will receive a \$100 reduction in their conference costs. Book early to avoid disappointment. Please fax your registration form to 8362 9800 and mark EWBA on the form if you would like to receive this deal. (please note: this deal is valid for a maximum of 2 teachers, per school)

Teachers from the ACHPER (SA) eat well be active – Primary School Project are encouraged to attend the 2012 ACHPER South Australia Health & Physical Education Conference - (Incorporating the Outdoor Education Association Conference - OEASA).

Conference Program

The program has just been released: Click Here to download the exciting and comprehensive program or visit the ACHPER (SA) website at www.achpersa.com.au to find out more information.

As an educator this conference will be of special interest to you with over 66 sessions great hands on presentations and workshops with numerous options during each session.

Come along and meet new colleagues, catch up with old friends.

The 2012 conference will be held at Prince Alfred College, Adelaide on Thursday April 19th and Friday April 20th (Week 2 of Term 1 holidays).

If you have any queries, please do not hesitate to call the friendly staff at the ACHPER (SA) office on 8363 5700 or email info@achpersa.com.au.



Thank You

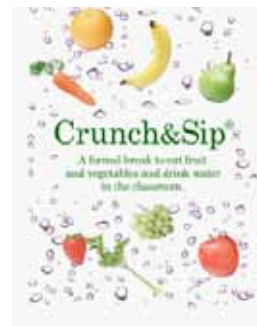
A big thank you to teachers from the following schools who have volunteered to present at the upcoming ACHPER (SA) Health & Physical Education Conference.

Thank you to the teachers from Coorara PS, Elizabeth Downs PS, Yankalilla AS, Redwood Park PS, Prospect North PS, Nicolson Avenue JPS, Watervale PS and Farrell Flat PS. It is great to have our ewba schools passing on their experiences to other schools in SA.

Crunch&Sip®

The Crunch&Sip® program is a perfect partner with the ACHPER (SA) eat well be active Primary School Project, providing a great opportunity for your school to improve the consumption of fruit, vegetables and water and decrease consumption of energy dense and nutrient poor food.

Crunch&Sip® supports the Go for 2&5® campaign and the Right Bite food and drink supply strategy and is being implemented across Department of Education and Child Development, Catholic Education and Independent primary school sectors. Crunch&Sip® is free for schools to participate in, and can provide a range of curriculum resources in line with the SACS framework, and incentives for students at no cost to schools. Schools can register for the program via a registration form and will be given support to implement Crunch&Sip® strategies.



For further information, contact the Project Officer: Leanne Rana, Nutritionist Crunch&Sip®
Phone: (08) 8222 9115 Email: leanne.rana@health.sa.gov.au

Cluster Workshops for Term 1

To register for any of the workshops email Emily on emily@achpersa.com.au or phone 8363 5700 & state the workshop name & your school, please RSVP for catering purposes. We encourage your school to be represented at these sessions!

Week 8 -Central/Northern Cluster
Renewing your Schools Plan - 21st March 2012
4pm - 5.30pm, Prospect Nth Primary School

Week 8 - South/South West Cluster
Renewing your Schools Plan - 22nd March 2012
4pm - 5.30pm, Holdfast Bay Community Centre

Cluster Workshops for Term 2 - Advanced Notice

Week 2 -Barossa Valley Cluster
Renewing your Schools Plan - 30th April 2012
4pm - 5.30pm, Gawler East Primary School

Week 2 - Clare Valley Cluster
Renewing your Schools Plan - 3rd May 2012
4pm - 5.30pm, Clare Primary School

