

# eat well be active

## Primary Schools Newsletter



Term 2, May 2012



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

### A Snack from the Project Team

We have had a busy start to the term with current *eat well be active* - Primary Schools presenting at the ACHPER (SA) Health & PE Conference showcasing the excellent work schools have done over the past 3 years. In this newsletter we are focusing on a few of those schools & sharing the highlights from the conference presentations.

We are also currently welcoming our new phase 4 schools into the project and have just started our first site visits with those schools. Thank you to all the phase 1,2 & 3 schools that have updated their school plans and contact details & we look forward to receiving more in the future.

Have a great term! - **Rick and Cheryl**

### Welcome to our New Schools

Edithburgh Primary School  
Gilles Plains Primary School  
Gumeracha Primary School  
Keller Road Primary School  
Kimba Area School  
Koolunga Primary School  
Lake Windermere  
Owen Primary School  
Paradise Primary School  
Seaton Park Primary School  
St Raphael's School  
Vineyard Lutheran  
Whyalla Stuart Campus  
Poonindie Community Learning Centre  
Pt Neill Primary School

### 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).

To add ACHPER (SA) on Facebook, search ACHPER South Australia. You can follow also follow us on Twitter @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.

### Cluster Workshops for Term 2

We have set the dates and venues for Term 2 Cluster Workshops. We are attempting to service all our regions with varied topics! You and any member of your school staff are welcome to attend any of these workshops. They are as follows:

#### Week 5

**Fundamental Movement Skills**, Morphettvale Primary School, 21st May at 4pm – 5.30pm

**School Gardens at Botanic Gardens**, 24th May at 4pm – 5.30pm

#### Week 7

**Sedentary Behaviour**, St Augustines Parish School, Salisbury 4th June at 4pm – 5.30pm

#### Week 8

**Crunch & Sip**, EDC, 14th June at 4.30–6pm. Contact Leanne Rayna on 8222 9115 to register.

#### Week 9

**Jean Blaydes Workshop**, **\*\*New date & Venue\*\*** Friday 22nd June, 9.30am – 3.30pm, West Lakes Resort, 141 Brebner Drive. To register contact Barb Hickling, Barbara.Hickling@sa.gov.au

#### Week 10

**Jean Blaydes Workshop**, Thursday 28th June, 9am-3.30pm, Pt Lincoln - Contact Rick to register.

To register for the week 5 & 7 workshops please email Emily on emily@achpersa.com.au & state the workshop name, staff attending & your school.



**SAVE THE DATE: *be active* Physical Education Week, 5th - 9th November 2012**

Register your interest now! Email info@achpersa.com.au to be added to the event database.



Government of South Australia

## Elizabeth Downs Primary School 'How to make your Groovy Garden Grow!'

One of the projects to complement the *eat well be active* Primary Project is the Stephanie Alexander Kitchen Garden Project. Both projects have a focus on healthy eating. Below is the story of how one school garden has grown with such support.

Elizabeth Downs Primary School has seen nothing but positive benefits for its students and community with its venture into the Stephanie Alexander Kitchen Garden Project. The old saying 'It takes a village to raise a child' is certainly accurate when thinking about the bringing together of all who helped establish this wonderful program at the school.



Organisations such as The Rotary Club of Playford, Bunnings, The Lions Club of Elizabeth, The Smith Family, Minter Ellison, school staff, parents, students and volunteers from the community have helped establish a garden and kitchen where students spend time each week planting, nurturing, harvesting, preparing, cooking and eating a wonderful array of food. Skills of the past, lost by busy and complex lives are coming back to life for these lucky students.

The students in the school community are learning about:

- seasonal eating - preserving, freezing and making jams with food for use later in the year
- sustainability – nothing is wasted scraps

are divided up between the worms, chooks and compost

- propagating seeds – not only do we harvest fruit, vegetables and eggs but seeds as well



The garden is also a wonderful resource for many curriculum areas such as literacy, maths, science and art, with the students being able to connect classroom learning with hands on activities in a beautiful outside environment full of nature's aromatic smells and colours.



Some students have been so excited by the program they have started their own gardens at home!

I'm sure we will see the health benefits of this program in the near future with students being more knowledgeable about food and gardens and more confident to make healthier choices about fresh good food.

**Karen McKenzie**  
Teacher Elizabeth Downs Primary School

## Activity: Builders and Bulldozers

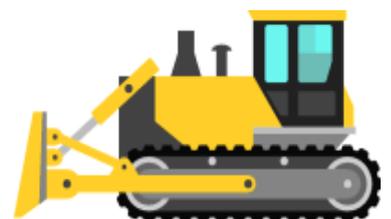
**Equipment:** 20 Cones

**Method:**

- Divide the class into two teams, "builders" who build cones (turn them the right way up) and "bull dozers" who knock cones over (turn the cones the right way up).
- On the whistle or signal, students have 2-3 minutes to build and bulldoze (depending on their team) as many cones as they can.
- Finally, count the cones to see who the winner is. Swap over roles.

**Rules:**

- You are not allowed to carry a cone around, you must turn it over on site.
- You are not allowed to guard cones.



Reference: Amber Heaft, Prospect North Primary School, State Conference handout



## Watervale Primary School 'Old and Healthy'

Watervale Primary School celebrated its 150th birthday last year – and is still sprightly, fit and healthy! It was fascinating to pore over past records prior to celebrations, and to recognise the immense changes that have taken place.

One of the treasures uncovered was a lunch order list for the local shop. Being situated in the main street alongside the general store, it makes sense for lunches to be provided by the shop. The old lunch list proudly boasts huge variety – six types of pie, four types of sausage roll, four types of hot dog, seven choices of hot chips, and five in the cake range. There are only three entries under 'sandwiches' and one under 'fruit'.



While often we think change is slow and subtle, it is only when we look back that we begin to see how embedded the changes have become.

Whole school research and exploration is achievable and effective in a smaller school, and with commitment to weekly sessions around the topic of healthy foods, our students developed a strong voice around creating change in their school food choices. The lunch foods available from the local shop now comfortably meet the tastes of the children and offer a variety of healthy and appealing choices, that also happen to meet the requirements of the Right Bite policy.

We are fortunate to have a strong culture of parent involvement, and with two Community Foodies in our current parent body, the children have been guided through the expansion and development of an existing garden bed, plus the establishment of four raised beds, seed raising and compost. The students witnessed the building of beds using perforated pipes under gravel, facilitating consistent watering to the soil. Further upright pipes have been added to house some of our school worms (grown in junior science), allowing them to work their magic through each bed.

Exemplary student behaviour leads to the reward of whole school Fun Days. It is a significant reflection of the value of our food and garden work that students have often chosen to run Fun Days around food preparation. The next Fun Day is currently being planned. The children have collected a heap of sticks for a campfire. Our generous Community Foodies will help us make damper incorporating the green leafy vegies from the garden, along with a delicious pasta stir fry.

We want our school community to cherish a long and healthy future, well beyond its 150 years.

**Wendy Burge, Principal, Watervale Primary School**

## Prospect North Primary School '7 Tips to Whole School Programs'

1. Create a sustained curriculum approach for a life long participation in physical activity e.g. specialist N.I.T program with support from classroom teachers or a whole school, classroom physical activity curriculum policy/scope and sequence.
2. Survey classroom teachers on what the current Physical Activity Programs are that they run in their classroom and how you could assist them. Act on their responses.
3. Ask your principle if you could run a session in staff meetings on how to include daily fitness/physical activity in the classroom. Include structure of a physical activity session and some practical games that have maximum participation and an increase in heart rate for JP, MP, and UP.
4. Make sure all classrooms have access to a daily borrowing system and have general sports equipment in their classroom that they can use for simple games during class time and playtime borrowing for students.
5. Set up some activity boxes for classrooms that include 2-3 games and rotate these on fortnightly/term roster. Boxes should include laminated instructions on how to play the games and contain the necessary sports equipment (if not already in the classroom). Train up some older students to run these sessions within your class and other classes (cross age tutoring).
6. Make playtimes active. Make your yard duty time a physical activity duty time. Monitor a student action team to run lunchtime session 1-3 times throughout the week.
7. Goal setting in PE. This is not only a great assessment tool but it also empowers and motivates students with their personal health and fitness, setting them up for life long health and wellbeing. MP UP students undergo fitness testing three to four times a year and set personal goals related to their outcome. JP and MP students also set goals specific to FMS (Fundamental Movement Skills) and modified games.

**Amber Heaft, Teacher, Prospect North Primary School**