



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 are excited about the term ahead and look forward to working with you and your school to achieve the four **eat well be active** – Primary Schools Project outcomes.

If you have not already done so can you please book a school meeting and a staff meeting for this term or term 4 with Rick or Cheryl.

Look out for the array of professional learning this term and next term from the **eat well be active** – Primary Schools Project and ACHPER (SA) that we've advertised in this newsletter. We hope to see you at one of these sessions in the near future.

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

### CLUSTER WORKSHOPS FOR TERM 3

We have set the dates and venues for Term 3 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:

#### **ADELAIDE METROPOLITAN AREA**

Monday 30th July 4-6pm, **Introduction to Healthy Eating Cluster Workshop**,

Education Development Centre, Hindmarsh

NB *This session for Phase 4 schools and anyone that has not attended the initial Healthy Eating Workshops*

Monday 13th August 4.00 – 5.45pm, **Paralympics Cluster Workshop with Katrina Webb-Denis**

Annesley College, 28 Rose Terrace, Wayville

Monday 27th August 4 – 6pm. **Introduction to Physical Activity Cluster Workshop**, venue TBA.

NB *This session for Phase 4 schools and anyone that has not attended the initial Physical Activity Workshops*

#### **BAROSSA VALLEY**

Thursday 16th August 4:00 – 5:30 p.m. **Play with Purpose Cluster Workshop**, Gawler East Primary School - A free *Play with Purpose* resource worth \$50 for each school attending

#### **CLARE VALLEY**

Wednesday 5th September 4:00 - 5:30 p.m. **Fuelling a Champion Learner**, Clare Primary School

#### **LOWER EYRE PENINSULA**

Monday 6th August – 4:00 – 5:45 p.m. **Movement, Healthy Eating & Learning Cluster Workshop**, Lincoln Gardens PS, Pt Lincoln

#### **YORKE PENINSULA**

Thursday 26th July 18, **Introduction to Healthy Eating Workshop**, Edithburgh Primary School

NB *This session for Phase 4 schools and anyone that has not attended the initial Healthy Eating Workshops*

#### **WHYALLA**

Monday 20th August 3:30 – 5:00 p.m. **Introduction to Healthy Eating Cluster Workshop**,

Whyalla Stuart PS

NB *This session for Phase 4 schools and anyone that has not attended the initial Healthy Eating Workshops*

Tuesday 21st August 3:30 - 4:30 p.m. **Food Detectives Cluster Workshop**,

Whyalla Town PS

Thursday 23rd August 3:30 - 5:00 p.m. **Introduction to Physical Activity Cluster Workshop**,

Whyalla Stuart Primary School

NB *This session for Phase 4 schools and anyone that has not attended the initial Physical Activity Workshops*

**To book into any Term 3 workshops, please email Emily on [emily@achpersa.com.au](mailto:emily@achpersa.com.au) and state the workshop name, staff attending & your school or call (08) 8363 5700**

### SPORTS DAY WITH AN OLYMPIC THEME

Many schools hold events for students with an Olympic theme during the time of the Olympic Games. One school with a long standing tradition for such an event is Nicolson Avenue Junior Primary School. This school holds an Olympic Sports Day every year of the summer Olympics to enthuse and engage students in the Olympics and to increase children's participation in physical activity.

With the kind agreement of Nicolson Avenue Junior Primary School we have posted their Olympic Sports Day program for you to download, just **CLICK HERE!**



## WELCOME TO NEW PHASE 4 SCHOOLS

- Edithburgh Primary School
- Gilles Plains Primary School
- Gumeracha Primary School
- Keller Road Primary School
- Kimba Area School
- Koolunga Primary School
- Lake Windermere
- Open Access College
- O'Sullivan Beach Primary School
- Owen Primary School
- Paradise Primary School
- Poonindie Community Learning
- Port Neil Primary School
- St Raphael's School
- Seaton Park Primary School
- Star of the Sea
- The Hills Montessori Middle School
- Vineyard Lutheran
- Warradale Primary School
- Woodville Primary School
- Whyalla Stuart Campus

## PHASE 5 SCHOOLS

We look forward to welcoming our new Phase 5 schools in term 4 this year. If you know of any schools in your local cluster that may be interested in participating in the Project please contact Rick or Cheryl to let us know.



### NATIONAL HEALTH & PE DAY

Celebrate your commitment to Health and Physical Education in your school on National Health & PE Day on September 5th 2012.

Click here or visit <http://www.achper.org.au/programs-activities/national-health-pe-day> for more information.



## WINTER SUNSMART TIPS FOR STAFF AND STUDENTS IN THE SOUTHERN PARTS OF AUSTRALIA

- Did you know that your school can download SunSmart's free UV Alert widget to your school website so everyone knows when the UV drops below 3 or when it reaches 3 and above. The widget can be found at: [http://www.sunsmart.com.au/ultraviolet\\_radiation/sunsmart\\_uv\\_alert/uvwidget.html](http://www.sunsmart.com.au/ultraviolet_radiation/sunsmart_uv_alert/uvwidget.html) or [CLICK HERE](#)
- When the UV is below 3, encourage students to get outside during lunch.

Physical activity assists the body's synthesis of vitamin D, so schedule activity which gets students outside and active in the middle of the day. Walk briskly on yard duty and take off the scarf and roll up the sleeves to expose your skin to the sunshine.

- Remember that UV levels are higher in alpine regions and the snow, sea and lakes can reflect up to 90% of the sun's harmful UV rays therefore sun protection is still required.

**eat well be active**—Primary Schools Project  
ACHPER (SA)  
105 King William Street  
Kent Town, SA, 5067

## be active PHYSICAL EDUCATION WEEK - NOVEMBER 5-9TH, 2012

2012 is set to attract over 60,000 participants across SA to celebrate the importance of active and healthy living in the lives of SA children, parents and local school communities. Schools are encouraged to coordinate activities in their own school to raise the profile of be active Physical Education Week.

### REGISTER YOUR SCHOOL!

We look forward to your participation and encourage you to register your school's interest for involvement in 2012. Official registrations will be open in mid term 3.



Free Stickers will once again be available to all schools who register for be active Physical Education Week.

**We invite your participation - lock this date into your calendar now!** [CLICK HERE](#) to visit the ACHPER (SA) website for regular updates!



## AUSTRALIAN CURRICULUM UPDATE

The consultation on the Draft Shape Paper for HPE closed on 3 June and ACARA are now revising the draft Shape Paper. ACHPER National's response to ACARA for feedback on the Australian Curriculum: Health and Physical Education Shape Paper is available [click here](#) (see attached). ACHPER has played a crucial role in lobbying the place of Health & PE in the Australian Curriculum.

Revisions to the Shape Paper and consultation report go to the ACARA Board for approval for publication at their 26 July Board meeting. When approved the two documents will be published on the ACARA website at [www.acara.edu.au/hpe.html](http://www.acara.edu.au/hpe.html) or [CLICK HERE](#).

If all goes well it is expected to have a draft curriculum for HPE available for consultation at the start of the 2013 school year.

## MOANA PRIMARY'S BIGGEST MORNING TEA EVENT

The month of May was an extremely busy time for our SRC executives at Moana Primary School. We held two market days and as well as a create/decorate competition to raise money for the Biggest Morning Tea. These events were all first time experiences for us and boy did we have fun!

The market days created great excitement around the school. Class stalls included crafts, games, homemade baking and healthy recess ideas. Older Students worked with younger students making fruit kebabs and yoghurt cups topped with muesli. The SRC executives made bags and bags of air popped popcorn and fruit kebabs as well. We were overwhelmed with customers and sold out of all our goodies!



Our last event was the create/decorate competition.

In the weeks leading up to the event we displayed posters with ideas to create a creature made from fruit and vegetables or to decorate a healthy cupcake. On the morning of the event 87 creations were displayed. To enter the event

students made a small donation. Cheryl Peat from the "eat well, be active" program helped the SRC executives judge the entries. It was a hard decision

but luckily Cheryl had bought lots of prizes with her and everyone received a reward as well as a short congratulations note from the SRC. What creative families we had. We had an eggplant penguin, an orange and banana squirrel, a nashi pear echidna and the famous veggie man face, to name but a few!

A big thank you to all the families who supported our event, as we raised an amazing \$853 for the Cancer Council of SA.

Jenny Jupe

SRC co-ordinator Moana Primary



## ACHPER (SA) CONFERENCES & WORKSHOPS

### ACHPER (SA) / SACPSSA Primary Years Conference

**Monday 17th September (Week 10, Term 3)  
9am - 3.30pm; Flinders University**

This one day conference offers best practice strategies and programs to help to effectively engage students in Physical Education within Primary Schools. A day full of innovative and practical tips to support and develop the ongoing important work of Primary teachers.

**KEYNOTE SPEAKER:** Dr. Ian Renshaw, QUT University  
"Come on Teach: Play the Game."

Ian's presentation will be based around the ideas of play, games and the need to meet the motivational needs of young children by designing activities that enable children to demonstrate autonomy, competence and to build relatedness between each other.

**Special offer:** First 20 ewba registrations will receive \$50 off\* your registration fee!

*\*not to be used with any other offers*

**An exciting program for the Primary Years Conference will be released mid Term 3, please register your interest now, simply email [info@achpersa.com.au](mailto:info@achpersa.com.au).**

### Invasion Games Seminar

**Friday 10th August (Week 4, Term 3):  
9am - 3pm; MARS Sporting Complex**

This seminar provides an opportunity for both Primary and Secondary teachers to gain an understanding of the concept of Invasion Games through an introduction to 4 different Invasion based sports including Handball, Touch Football, Hockey and Ultimate Frisbee. The seminar will feature an introduction session led by Wendy Piltz - Uni SA, that will offer an excellent introduction and set the scene for the day. All sessions will be practical based and consist of various skills, drills and modified games that you can use with your class the following day!

**Special offer:** First 10 ewba registrations will receive \$50 off\* your registration fee!

*\*not to be used with any other offers*

**To register, visit [www.achpersa.com.au](http://www.achpersa.com.au) or **CLICK HERE!****



## 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.



Government  
of South Australia

## LONDON 2012 OLYMPIC GAMES

With the London 2012 Olympic Games just around the corner this event provides an ideal opportunity to engage students in learning across a range of curriculum areas.

Over 10,000 athletes will take to part in 26 sports at the London Olympics.

The Olympic movement has looked to embrace a series of values that define 'Olympism' and are brought to life on the sporting field once every four years but are an essential part of everyday life. These values are highlighted by the Australian Olympic Committee (AOC) in their a.s.p.i.r.e. school network education program.

For more information and support materials [CLICK HERE](http://london2012.olympics.com.au/education) or go to: <http://london2012.olympics.com.au/education>

At this website the AOC has set up support resources for the London 2012 Olympics for both primary and secondary educators that provide teachers with materials that support learning. Key elements of the AOC program for Primary Schools include:

- **Downloadable Lesson Plans** that are themed around the London Olympic Games and have a major focus on the United Kingdom and England including its history, geography, culture and customs.
- **'Chat to a Champ' and 'Talk to a Champ' sessions** give students throughout the country the opportunity to speak to past and present Olympians.

We encourage you to utilise these resources.

Watch out for the next edition of the ACHPER Active & Healthy magazine where members will be able to access interviews with 2 Olympians and 1 Paralympian.

In this newsletter we have also provided some resources and activities developed by other schools to celebrate the Olympics.



## ROSIE'S OLYMPIC CHALLENGE

At Yankallila Area School it all began with the question, "How many days until the Opening Ceremony for the Olympic Games?"

"52", was the immediate answer because, by chance, we had been checking out the Olympic Games website and observing changes in the countdown clock.

It was then that Rosie Harden our Principal issued the challenge to the staff to form teams of 3 and walk (or the equivalent) 1,000km before the Opening Ceremony.

Upon reflection the staff have certainly embraced the Challenge as the following comments attest:

- "With the onset of winter, it was so easy to come up with an excuse not to do my regular walk. The "challenge" motivated me to think of other ways of being active around the school and at home. The competitive spirit really helped."
- "Couldn't help but get caught up with everyone's enthusiasm."
- "Good to lead by example, make and reflect on personal challenges and incorporate our school values for staff."

Teams were entered on the whiteboard in the staff room and record sheets pinned up. Pedometers were dusted off and batteries replaced.

It was agreed that 4 kms of cycling equaled 1 km of walking / running and that 1 km of swimming equaled 4 kms of walking / running.

The holidays provided a great opportunity for even more physical activity which meant that this infectious staff program has had an impact even when we weren't at school.

We are now keenly awaiting the beginning of the Olympics to see how many groups have been able to achieve Rosie's challenge.

Stephanie McPharlin, Yankallila Area School



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