

ACHPER (SA) *eat well be active* - Primary Schools Newsletter



Term 1, March 2011

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

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

OUR KEY FOCUS



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 year we are requesting you to focus on:

- Re-establishing your school team for 2011
- Building sustainable programs and approaches to healthy eating and physical activity and
- Providing appropriate professional learning for staff at your school before the first stage of the Project concludes in 2011.

Updating School Contact Details

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

ACHPER (SA) *eat well be active* project extended.

SA Health has confirmed that the *eat well be active* – Primary Schools project will be extended in its current format until the end of 2011. This means that your school will have the opportunity to maintain its project involvement with ACHPER (SA) until the end of term 4, 2011.

Negotiations with SA Health regarding a possible continuation of *eat well be active* – Primary Schools have begun with the view to developing a model that maximises outcomes for schools. ACHPER (SA) is providing input about possible future Project directions.

The Australian Council for Health, Physical Education and Recreation

27th ACHPER INTERNATIONAL CONFERENCE

Moving, Learning & Achieving

Prince Alfred College, Adelaide, South Australia 18 - 20 April 2011



27th Australian Council for Health, Physical Education and Recreation International Conference – Moving, Learning & Achieving - Adelaide April 18-20, 2011

Teachers from *eat well be active* – Primary School Project are encouraged to participate in the 27th ACHPER International-National Conference. This is combined with the annual popular ACHPER (SA) HPE conference. A draft Program outline has just been released: - [Click Here](#)

As an educator this conference will be of special interest to you with an array of great hands on presentations and workshops. There are over 135 sessions that have been accepted for the conference with at least 11 options at each session and 6 sessions being active. Come along and meet new colleagues, catch up with old friends and explore the conference theme of 'Moving, Learning and Achieving'. Register online for the Conference - [Click Here](#)

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

The first 20, 2 day registrations by ACHPER (SA) *eat well be active*— Primary School Project participants will receive a \$100 reduction in their conference costs. Book early to avoid disappointment.

Contact Details for ACHPER (SA) *eat well be active*—Primary Schools Project

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Government
of South Australia

Redwood Park Students Take Steps in the Right Direction

Adapted from Advertiser article Tuesday May 4th 2010



As part of the curriculum at Redwood Park Primary School senior students have their own version of Dancing with the Stars in the form of an annual ballroom competition that has 90 students kicking up their heels to win a championships trophy. This has helped compliment the work the school has been doing in relation to the *eat well be active*- Primary Schools Project.

The competition is part of a social dancing program that teaches students the steps to the Military Two Step, Barn Dance, Progressive Jive as well as Latin styles, the Cha Cha, Rumba, Samba and Jive. Teacher Rhoda Emerson developed the program for all year 6 and 7 students with her secret weapon being the use of modern music to gain the students' interest. It has taken her a few years to win over the boys but they are now enjoying the dancing sessions and dance is part of the curriculum like maths and English.



Later in the year, students will be taught more complicated steps in preparation for the big dance off in term 4.

The competition reflects professional ballroom competition with boys wearing a number on their back, couples competing against each other in two heats and contestants working their way through semi-finals to the grand final.

What started as a small evening event held in the school hall now attracts 500 people, including parents and ex-students and has become a showcase with a cabaret atmosphere including social dancing, guest performers and floor shows.

The ticket sales assist the school fundraising program, with the event a highlight of the school calendar for senior students and their families.



How attainment rises, given a sporting chance

By: David Rogers

Playing sport helps children improve their learning in core subjects including English and Maths, a new survey claims.

Children who regularly play sport achieved grades that were 14 per cent higher than national averages in English, while the figures for maths were 4 per cent higher, according to the study.

The findings come from research into an initiative run by broadcaster Sky and the Youth Sport Trust to encourage pupils to be more active. The Living for Sport scheme has been taken up by more than 1,000 schools since it was set up seven years ago, with around 27,000 pupils participating.

Researchers also found that playing sport boosts children's self-confidence and improves their attitudes to learning.

Nearly one-third of those in the survey, which involved more than 2,000 pupils, teachers and pupils from 22 schools across the UK, said sport inspired them to go on to study further.

"There are so many success stories being delivered through the partnerships," said Youth Sport Trust chief executive Steve Grainger. "PE and school sport can make a major contribution to improving our society, raising achievement and attainment in schools."

<http://www.tes.co.uk/article.aspx?storycode=6065649>

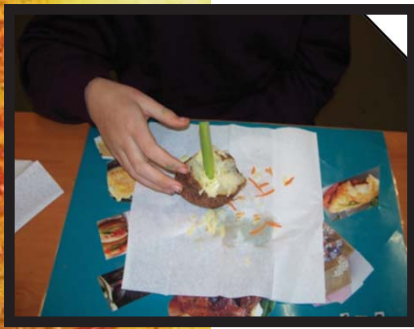
Facebook & Twitter



If you want to keep up with the latest information about healthy eating and physical activity then why not join Nick, Jess, Dianna and others by becoming a Facebook friend with ACHPER (SA) or Rick Baldock or follow Rick on Twitter @Baldyr55 or ACHPER (SA) @achpersa

Each day we 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.

The Grove Education Centre eat well be active Programme 2010



A student with a baked potato he prepared.

When planning for 2010 the *eat well be active* – Primary Schools project, the working party were keen to expose our students to healthy foods and at the same time have some fun. After much discussion about what we wanted to do and what it would look like, it was decided that each term we would cook or prepare the same recipe or food in every classroom across the school. The principal agreed to fund this "Recipe Adventure" from the school budget. It was also agreed that the Recipe Adventure would occur each term in Week Five and would provide the students with the opportunity to eat a healthy dish. The

different options for each term as follows:

- Term One - Fruit kebabs- with a range of fruit
- Term Two - Baked Potatoes- with lots of healthy toppings
- Term Three - Healthy Wraps with lots of vegetables used
- Term Four - Healthy Fruit Wraps with different low fat sweet toppings such as yoghurt and ricotta cheese.

The recipe adventure was recorded in the school newsletter including photos. The working party selected recipes/foods that could be made at home by the students. As we are a Reception to Post Compulsory school our senior students who run our school canteen assisted by preparing the foods and presenting them on a platter for each class to assemble and enjoy.

Students were excited at the arrival of the food in their classroom. Comments included "Why can't we do this every day" to "Can we have more!" Younger children found threading food on wooden kebab sticks challenging as well as a bit frightening. For some of our students to get them to touch the foods was a challenge due to their sensory and tactile preferences.

In Term Three at our Staff Training and Development Day for the *eat well be active* – Primary Schools project, staff had their own Recipe Adventure Master Chef style. With staff members in teams and with a time limit they were set the challenge to make a Healthy but attractive snack with just a selection of ingredients. The staff, were very eager as well as competitive which made Rick Baldock's task of selecting a winning team extremely difficult.

Platter for Joana and Tammy's class.



Premier's be active Challenge



The Premier's *be active* Challenge is a perfect partner with the ACHPER (SA) *eat well be active*- Primary School Project, providing a great opportunity for your school to:

- Focus children and students on the amount of physical activity in which they participate
- Reward children, students and the school for their participation in physical activity
- Gather data to inform your school's *eat well be active* - Primary School Project plans about children and students' participation in physical activity

Schools are rewarded with certificates for at least 10 weeks of participation, and 50 high achieving schools with a high number and percentage of students completing 10 weeks of the Challenge will receive \$1,000 towards physical activity resources for their school. If registration is a barrier to your school's involvement in the Challenge, the DECS team can assist schools to register their students.

For further assistance please contact Lorna Fenech or Leah Cassidy for support.

To find out more visit the Premier's be active Challenge website www.pbac.sa.edu.au or contact the Challenge staff:

Leah Cassidy - leah.cassidy@sa.gov.au Lorna Fenech - lorna.fenech@sa.gov.au Ph: 8226 4308

The Premier's *be active* Challenge website also contains some great curriculum support materials including, The Counting on Maths, Maths inclusion unit which is located on PbaC website at:

<http://www.pbac.sa.edu.au/Content/Resources/Counting%20on%20Maths.pdf>

Advanced Notice.....

The eat well be active - Primary Schools Project office is moving...

Our fantastic new venue will be 105 King William St, Kent Town but we will still be at Wakefield St until the 16th March. We will endeavour to make the transition as smooth as possible so that there will be no interruption of our delivery of service to our members. We look forward to welcoming you to the new premises when you come in to visit. ACHPER (SA) will remain as part of the State Association House so all tenants are moving to a new building. ACHPER (SA) wishes to acknowledge the support of the Office for Recreation and Sport, for their ongoing support of State Association House.