

eat well be active

Primary Schools Newsletter



Term 2, May 2011



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

We were thrilled to be involved in the 2011 ACHPER International Conference, (Moving, Learning and Achieving) in the April School Holidays. It was great to see so many ewba teachers attending this ground breaking event. One of the key note speakers Jean Blaydes Madigan amazed us with the latest information regarding how our brains benefit from exercise. Her message was simple,

Movement, Physical Activity and Exercise prepare the brain for learning and boosts brain function, so for a smarter, healthier, happier brain Move, Move, Move!

She presented contemporary information linking brain based learning theory and how this can be applied to teaching practice to promote quality learning. Our team is developing a number of presentations based on the work of the key note speakers and other innovative presenters from the conference. Watch this space.....

Once again this ewba newsletter edition showcases good news stories from project schools, and the latest news, resources and information to support you and your school in improving the lives of your school community through a Healthy Eating and Physical Activity focus.

Have a great term - Rick, Cheryl and Kirsty

Burton Primary's Parent Workshop

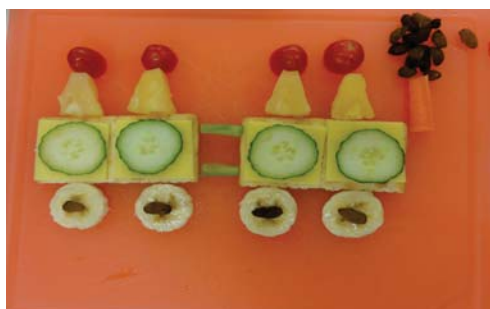
In April, Burton Primary School ran an innovative Parent Workshop introducing practical ideas and information for parents to make healthier choices for their children's lunchboxes. Cheryl, Kirsty and Bron Honey (Community Liaison teacher) developed a fun, interactive and non threatening session. The success of the day spoke for itself with an excellent turnout and fabulous lunches prepared utilizing a range of healthy food combined with interesting recipes and great presentation. Participants enjoyed and learned from the label reading sessions about the 'traps' associated with processed food.



One parent commented;

"The best thing I found was the label reading session. When I looked at the contents of the foods I was giving my kids for recess and lunch, I realized that what I'd been buying wasn't good for them! It was a real eye opener and now when I go to the shops I read the labels and check out the grams of salt and sugar and the fat content too. If the sugar content is over 10, I don't buy it for them. My mum had been telling me for ages that what I was buying wasn't good for our family, but now I know myself what is healthy and what isn't. We are all feeling better and the children are losing weight. They just seem happier. I'm happier too. I'm feeling so much better!"

After such fabulous feedback, we would love to run this workshop or a similar program at your school. Please contact us for more information!



Government of South Australia

Mount Pleasant Primary School's Garden Story

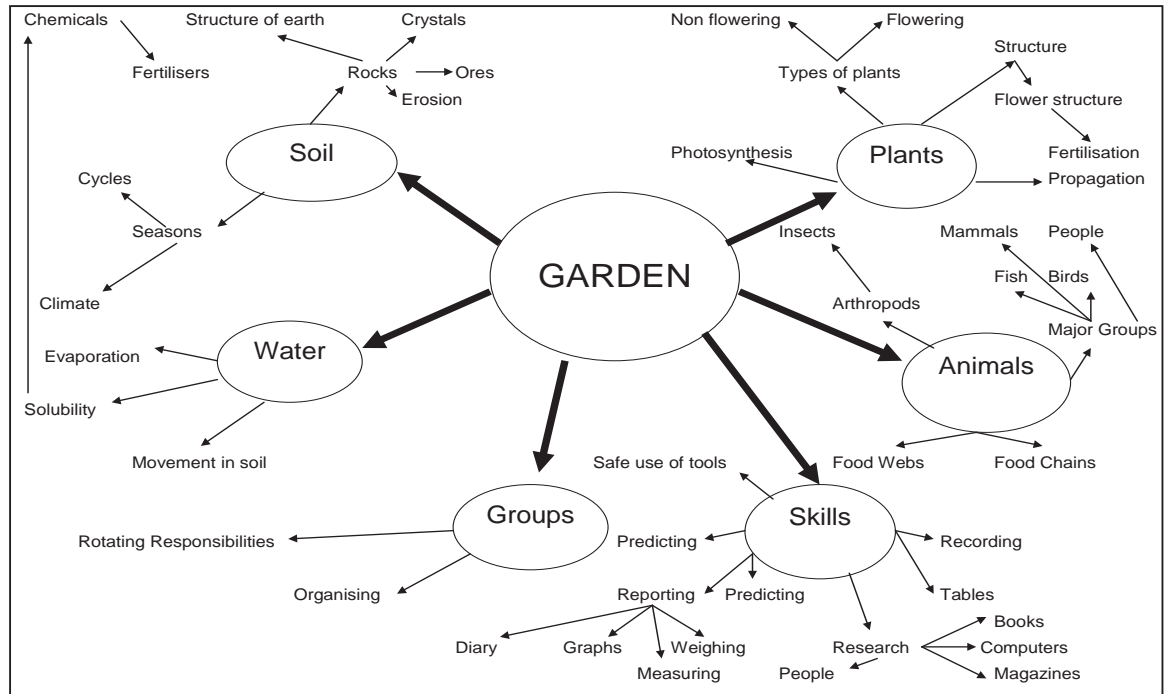
Mount Pleasant Primary School is a small school of approx 60 students. Whilst there are many excellent examples of school and community gardens we needed something that a small school with limited students and staff could develop and maintain.

During 2010 the Year 2/3/4 class assisted by donations from the school community and with extra help from members of the school Parents and Friends Association established a 'no dig garden'.

The actual garden was marked out with bales of hay in a circular fashion. Over the weeks the students placed newspaper and compost in layers. The garden was planted out and the vegetables grew. Parents assisted with the weeding and watering over weekends and holidays. The students have had much success selling their surplus items at our Markets Gates (which encourage all members of our community to sell surplus produce) using the items in cooking and to simply take home and enjoy.

In 2011 the garden became part of an integrated theme approach in the class. A mind map of the curriculum links is displayed below.

Mount Pleasant Primary School Gardening Mind Map;



Here is what two students said;

It was hard work getting everything organised. We planted potato, spring onions, silver beet, lettuce celery, parsley and beetroot.

It was fun planting the vegetables because I got my hands dirty (Lexie).

Lexie, Mrs Hentschke and I picked all the vegies and we bundled them up and sold them at the Market Gate and made some money from them. It was lots of fun working in the garden.

Healthy Eating "Celebrations" Competition!



Congratulations to the 4/5 classes from Redwood Park Primary School for winning the Healthy Eating Celebrations Competition. They presented an amazing movie including songs and fun cooking segments for a Healthy Birthday celebration. They have won a scrumptious healthy celebration lunch worth \$200!

Runner up prizes went to Fulham North Primary School's room 17 year 4/5 class and Nailsworth Primary School's year 3 class who have won themselves a morning tea platter worth \$100 each.



"Eat well, be active" at Hamley Bridge Primary School

Our 5/6/7 class has been working with Kirsty from ACHPER to design a fitness circuit that uses facilities and equipment that already exist in the school. The main focus of the circuit is around the COLA and the playground. The 5/6/7 students will be teaching the elements of the circuit to other students. Local families are invited to come to the school on the weekend and participate in some elements of the circuit. This is a community wellbeing activity.

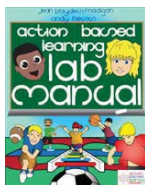


Kirsty also visited and taught all students a range of games that can be played during "Daily Physical Activity" time. Some of our favourites are "Criss Cross", "It's the Wooolf!" and "Grab a Granny." We have all had a great time playing these new games and getting fit at the same time.



Resources to support your work

The ACHPER National Healthy Lifestyles Bookshop (8340 3388) have available a number of Jean Blaydes-Madigan's resources, including;

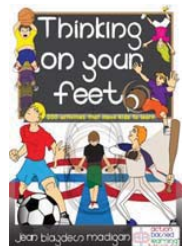


Action Based Learning™ Lab Manual \$99.00

The Lab Manual is a 78 page comprehensive description of the Lab components, the brain theory that supports the Lab concepts and pictures and directions for each progression of each station.

Thinking on Your Feet \$45.00

Thinking on Your Feet has over 200 lesson plans using kinesthetic teaching strategies to teach academic concepts in reading, writing, math, social studies, and science. The lessons are organised according to Gardner's Multiple Intelligences, basic brain concepts, and national standards in each of the major subject areas. The advocacy information included supports the need for daily quality physical education in our schools. Brain research information and brain game activities give the teacher the basis how to put learning into action in the gymnasium or classroom with students thinking on their feet!



Energizing Brain Breaks with DVD by David Sladkey \$25.00

Brain Breaks are quick 1-2 minute activities which will help you get re-focused and energized. Each of the 50 activities will challenge your brain while at the same time get you to move your body. Energizing Brain Breaks can be used at home, in the office, in a classroom or while traveling. The DVD is a collection of 50 quick activities that you can see in action. The DVD has videos that match the book "and are 1-2 minute brain and body challenges that are fun and help you regain your efficiency. The videos include all age ranges including elementary students, junior high students and high school students.

Cluster Workshops for Term 2 - We welcome your involvement!

We have set the dates and venues for Term 2 Cluster Workshops. We are attempting to service all our regions with varied topics! They are as follows;

Week 4 *Food detectives* at EDC, Hindmarsh, Wednesday 25th May

Week 4 *Sharing Plans* Workshop, Pt Lincoln Junior Primary School, Thursday 30th May

Week 5 *Sedentary Behaviour* at Moana Primary School, Wednesday 1st June

Week 6 *Dance Workshop* at Immanuel Lutheran School, Wednesday 8th June

Week 6 *Gymnastics Workshop* at Whyalla Leisure Centre, Wednesday 8th June

Week 7 *Dance Workshop* at The Pines Primary School, Wednesday 15th June

Week 8 *Sedentary Behaviour* at Watervale Primary School, Thursday 23rd June

Please contact the ACHPER (SA) office on 8363 5700 or email lauren@achpersa.com.au to register your interest.