

# ***eat well be active***— Primary Schools Newsletter

March 2010

## Welcome

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

## Project Officer Appointment

The ACHPER (SA) managed Consortium has recently appointed Cheryl Peat as ***eat well be active*** Project Officer. Cheryl joins with Kirsty Crouch and Rick Baldock to support school communities to implement the project and foster local school community partnerships.

## Our Key Focus:

As outlined in cluster based workshops, site visits and initial meetings the Project, is working with your school to build its capacity to develop policies and practices 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

## 2010 South Australian ACHPER (SA)HPE Conference

You are invited to attend the ACHPER (SA) Health & Physical Education Conference in Adelaide on 12th & 13th April, 2010 at Immanuel College. This conference, with over 220 delegates and 70 sessions is one of the largest professional learning opportunities of it's kind in South Australia. The program provides a range of sessions that are of importance to Health, Physical Education, Dance and Sport educators; as well as classroom teachers, recreation, sport and health professionals, coaches, school counselors and early childhood educators.

### **\*\*SPECIAL OFFER\*\***

ACHPER (SA) ***eat well be active***—Primary School Project delegates are offered a \$20 discount per day.

For the full program visit ACHPER (SA)'s newly redesigned website [www.achpersa.com.au](http://www.achpersa.com.au)



Key note speakers Don Elgin, Paralympian & Patrica Carter, Principal Advisor - Public Health Nutrition, South Australian Department of Health.

## Premier's *be active* Challenge

The Premier's *be active* Challenge is a perfect partner with the ***eat well be active*** - Primary School Project, providing a wonderful 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

The Premier's *be active* Challenge has given priority to ***eat well be active*** - Primary School Project schools for funding of \$500 per school when your school applies for a grant and completes 4 weeks of the Challenge. Please ***send your application for this funding immediately*** (see attached application form) before the funds for this year are allocated.

For further information about the Premier's *be active* Challenge or to request a school visit for further support then please contact **Lorna Fenech**, 8226 4308 or email [lorna.fenech@sa.gov.au](mailto:lorna.fenech@sa.gov.au)

## CONTACT US

### ***eat well be active***—Primary Schools Project

c/- ACHPER (SA) Office  
73 Wakefield Street  
Adelaide 5000  
Ph: 8232 7055  
Fax: 8232 7133

Email: [info@achpersa.com.au](mailto:info@achpersa.com.au)  
Website: [www.achpersa.com.au](http://www.achpersa.com.au)

## Updating School Contact Details for 2010

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.



[www.quakeroats.com](http://www.quakeroats.com)

## A Great Idea

As a way of appropriately rewarding their students at Roseworthy Primary School three innovative teachers, Lynne Randall, Tammy Mann and Kathy Sandercock have developed a list of rewards from which their students can choose. The concept is based on some reading they did from the book, "Different Kids, Same Classroom" (McGrath & Noble). The teachers discussed the ideas with students in class meetings & the students decided that 30 points had to be achieved in order to select a reward. Points are awarded for all the usual things in class and include students using the key virtues of Roseworthy Primary School—Respect, Excellence, Honesty and Responsibility.

There are 30 'rewards' that students can select from. These include:

- Teacher's Chair - where the student is allowed to use the teacher's chair for 1 hour
- Guest Escort - student will escort & introduce the next guest to the classroom
- Games with a Friend - 15 mins of games time with a friend
- Game with a teacher - play a game with the teacher for 15 mins
- Next Door Buddy - student can work with someone from the class next door during a lesson
- 1st Choice - student gets 1st choice of class jobs
- Pen Rental - allows student to 'rent' a special pen from the teacher for 1hr
- Lunch with the principal - take a friend and have lunch with the principal

This last idea is a wonderful on many levels as the principal, Trevor Manuel reports that:

- The children take this seriously and have always brought a healthy lunch which has obviously been a discussion point between the parents and their child and aligns with the Healthy Eating Guidelines
- The principal can model healthy eating and appropriate table etiquette and manners
- It enables children to eat their lunch in a positive social environment
- The children get to interact with the principal in a very small group which enables both the principal and the students to get to know each other in a different way than usual at school
- Both the children and the principal can raise issues about learning, school life, healthy eating and physical activity and
- Set goals for learning and life in a more relaxed social environment

Trevor notes that these ideas are working well with the classes involved and that to date this term he has had 4 'lunch dates' with students. To recognise this he takes a photograph and the students receive a certificate from him with the photo of the event.

Rick saw a similar innovative approach involving a principal while working with a school in a Doha, Qatar (Al Wakra Secondary School for Boys).

At this school the principal provided active support for physical activity by leading a walking group with inactive students each day. Through this approach the principal modelled the importance of physical activity across the life span for himself each day with these highly impressionable young men.

This approach was leading to sustainable change through their regular participation in physical activity.

## Promoting Active and Healthy Living

Rick, Kirsty and Cheryl would like to thank each of the schools that have hosted workshop sessions in the past term. Your assistance and support is highly valued by the project. It is fantastic to walk into a school and have the learning spaces prepared and ready for the workshop sessions.

## Thank you



[www.headstartsports.com.uk](http://www.headstartsports.com.uk)

## Featured Resource — "ACTIVE CHILDREN"

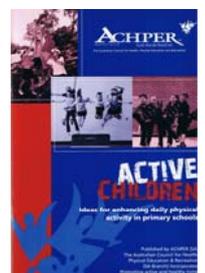
ACHPER (SA) offers a comprehensive and imaginative guide full of activity ideas to enhance daily physical activity in primary schools. See below for an example.

### FOUR GOAL HOCKEY (with Pool Noodles)

Resources needed: 4 pool noodle stick, 1 gator-skin ball  
Location: Indoors or outdoors. Instructions:

1. Divide group into 4 equal teams of no more than 4 students
2. Each team sits along one side of the square—the team acts as a border to keep the ball in play
3. Each member of each team is given a number (1-4)
4. Teacher calls out a number
5. The 4 students (1 from each team) get up, collect their pool noodle and dash to the ball
6. Each team member tries to get the ball through their goals by hitting it with their 'baton'
7. Once a goal is scored the challenge finishes and children return to the team and the teacher calls another number.

The booklet includes indoor games, physical activity, field/invasion games, target games, court games and more. These sixty activity ideas found in the booklet are available to ACHPER (SA) - **eat well be active** — Primary School Project schools for only \$30.



## Welcome to our Phase 2 Schools

Welcome to our phase 2 schools who are joining our phase 1 metropolitan and country schools. We have provided a list of all the ACHPER **eat well be active** – Primary Schools below

### The schools currently participating in the Project are:

#### Cheryl

Elizabeth Downs Primary  
Burton Primary School  
Davoren Park Primary School  
The Pines School  
St Augustine's Parish  
Our Lady of Hope  
Swallowcliffe Schools  
Elizabeth Special School  
Bute Primary School  
Kadina Primary School  
Maitland Area School  
Yorke town Area School  
Walleroo Mines Primary  
St Columbia's Memorial School  
Victor Harbor R-7  
Yankalilla Area School

#### Kirsty

Hamley Bridge Primary School  
Pt Wakefield Primary School  
Snowtown Primary School  
Balaklava Primary School  
The Hills Montessori  
Mt Barker South Primary  
Forbes Primary School  
Covelly Park Primary School  
Whitefriars School  
Christ the King School  
John the Baptist School  
Kilkenny Primary School  
Lockleys Primary School  
Annesley College  
St Joseph's Primary School  
Fulham North Primary School

#### Rick

Long St Primary School  
Memorial Oval Primary  
Nicolson Ave Junior Primary  
Nicolson Ave Primary School  
Fisk St Primary School  
Whyalla Town Primary School  
Samaritan College  
Sunrise Christian College  
Prospect North Primary School  
Brompton Primary School  
Cowandilla Primary School  
Campbelltown Primary School  
Edwardstown Primary School  
Flinders Park Primary School  
Hillcrest Primary School  
Nailsworth Primary School  
Islamic College of SA  
The Grove Education  
Torrensville Primary School  
Wandana Primary School  
Clare Primary School  
Watervale Primary School  
Saddleworth Primary School  
Farrell Flat Primary School  
Blyth Primary School  
St Jakobi Lutheran Lyndoch  
Tanunda Primary School  
Immanuel Lutheran College  
Mt Pleasant Primary School  
Wasleys Primary School  
Roseworthy Primary School  
Light Pass Primary School  
Nuriootpa Primary School  
Gawler East Primary School  
Swan Reach Area School

## Stretching: The Truth by Gretchen Reynolds

WHEN DUANE KNUDSON, a professor of kinesiology at California State University, Chico, looks around campus at athletes warming up before practice, he sees one dangerous mistake after another. "They're stretching, touching their toes. . . ." He sighs. "It's discouraging."

If you're like most of us, you were taught the importance of warm-up exercises back in primary school, and you're likely to have continued with much the same routine ever since. However, researchers now believe that some of the more entrenched elements of many athletes' warm-up regimens are actually bad for you.

THE RIGHT WARM-UP should do two things: loosen muscles and tendons to increase the range of motion of various joints, and literally warm up the body. When you're at rest, there's less blood flow to muscles and tendons, and they stiffen. To read the full article click on the link below.

[http://www.nytimes.com/2008/11/02/sports/playmagazine/112pewarm.html?\\_r=3](http://www.nytimes.com/2008/11/02/sports/playmagazine/112pewarm.html?_r=3)

## Why Exercise Makes You Less Anxious

by Gretchen Reynolds

Scientists have known for some time that exercise stimulates the creation of new brain cells but not how these neurons might be different from other brain cells. Researchers at Princeton University recently made a discovery about the brains of rats that exercise. Some of their neurons respond differently to stress than the neurons of slothful rats.

In the experiment scientists allowed one group of rats to run, another set of rodents was not allowed to exercise, then all of the rats swam in cold water, which they don't like to do. Afterward, the scientists examined the animals' brains. They found that the stress of the swimming activated neurons in all of the brains.

The "cells born from running," appeared to have been "specifically buffered from exposure to a stressful experience." The rats had created, through running, a brain that seemed biochemically, molecularly, calm.

The lesson, scientists concluded, is "don't quit." Keep running or cycling or swimming. You may not feel a magical reduction of stress after your first jog but eventually, he says, they become "profound." For the full article please click on the link below.

<http://well.blogs.nytimes.com/2009/11/18/phys-ed-why-exercise-makes-you-less-anxious/?em>



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



The ACHPER (SA) **eat well be active**-Primary Schools Project comprises support from the following consortium partners:

