



A SNACK FROM THE PROJECT TEAM

Welcome to the 16th newsletter of the ACHPER (SA) *eat well be active* – Primary Schools Project.

Our Focus for Semester 1 2013

As outlined in cluster based workshops and site visits, the Project is working with your school to build its capacity to develop a sustainable culture that supports physical activity and healthy eating and minimises sedentary behaviours.

In particular this semester we are requesting you to focus on:

- Renewing your school's plan if you have not already done so
- Re-establishing your school team for 2013 and beyond
- Build sustainable programs and ways of working to improve healthy eating and physical activity and
- Providing appropriate professional learning support for staff at your school during the fifth phase of the Project.

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

FEBRUARY IS FRUIT & VEG MONTH!

This is great time to promote the eating of vegetables and fruit in your school and with your community and in your workplace!

Why promote fruit and vegetable consumption?

Increasing fruit and vegetable intake is a priority for Australians and may be the single most important dietary change to promote health and reduce the risk of diet-related disease.

Key points about the month

- Fruit & Veg Month has a state-wide focus
- Raise the level of importance of the need to eat more fruit and vegetables
- Part of the Eat Well Be Active Strategy
- Build the Go for 2 & 5 messages into your work
- All agencies encouraged to promote the month
- HELPP will provide support to encourage participation

Key messages for the month

- Eat more fruit and vegetables
- Choose fruit and vegetables in season
- The more you eat the more they eat
- Encourage people to take a healthy lunch to work (lunchbox challenge)
- Replace sugary drinks with tap water



For more information see the Fruit & Veg Month Event Toolkit on the ACHPER (SA) *eat well be active* – Primary School Project web page at: www.achpersa.com.au
The log-in is: ewba and Password: 5948



IMMANUEL LUTHERAN SCHOOL, GAWLER - Simon Wundersitz

eat well be active - Primary School Project

Immanuel Lutheran School Gawler is an IB school in Gawler. We have a growing enrolment with currently just over 350 students from Reception to year 7. Immanuel has been involved in the **eat well be active** – Primary School Project for approximately 4 years.

Eating well

Initially the **eat well be active** – Primary School Project (EWBA) committee wanted to delve into what students were putting into their lunch boxes. We had an inkling that a large number of students were eating red foods, foods with high fat, sugar and/or salt levels (energy dense, nutrient poor (EDNP)). This was an assumption that had no proof. The objective was to gather data. Along with the help of the Yr 6/7 students we completed a whole school lunch box audit. The results were as we suspected; many students had packaged processed foods for recess. We were surprised to learn that student's lunches were reasonably healthy.

As a result of the data findings we decided to focus on what the students were eating at recess. Previously the school had been offering a canteen service once a week at lunchtime. After discussions with various stakeholders, parents, teachers and a local dietician we decided to focus our attention on recess and not lunch. Friendly Food Friday was then created. Based on recommendations that evolved from becoming a right bite policy school, healthy and nutritious homemade recess foods became available for purchase.



While the Friendly Food Friday was in its infancy the school vegetable garden had developed and was producing enough produce to be used in the canteen recipes. What was not used in the cooking was sold at a Friday market which was available to parents.

Education was a key aspect of getting the healthy food message through to the students. The education came through the Peer Leaders program. In this program, identified year 6/7 students became trained experts to teach a variety of health lessons to the younger students. We also held a variety of education sessions run by health professionals for parents. We found many of the people who came were mums. We wanted to get the message through to dads and held a specific Father Son evening that gave the opportunity for dads and their sons to create a healthy meal and learn about nutritious foods as well as spending quality time together (something lost in today's hectic society).

A goal of the project is to create change which is sustainable. The year 2/3 teachers are currently doing an inquiry unit with a central idea "A balance between nutrition and exercise contributes to human health". During this unit they will be conducting another lunch box audit. Once this is completed the results will be compared with those from 4 years ago. This will enable us to measure the success of the above mentioned programs and initiatives.

Immanuel Lutheran School Gawler has also made many changes in the way we implement and encourage physical activity throughout the school. Some of these have included; whole school health hustle, a variety of staff professional learning, new playground and lines in the playground, fitness program, and documentation of a PE program which is sequential and skills based.

As the EWBA coordinator at Immanuel I have had the pleasure of regular meetings with Rick Baldock our ACHPER (SA) project coordinator. We have many discussions, shared ideas and encouraged us to fulfil our school goals and my passions in Health and PE. Rick's experience and knowledge of current trends has helped clarify and create an innovative PE curriculum.

With the support from our school leadership we have been able to design and support a range of innovative strategies to improve healthy eating and physical activity. Working with our staff, students and parents has led to a deeper understanding of what is happening in our community regarding healthy eating, physical activity and sedentary behaviours. Armed with a range of evidence about what was happening and with the active support of staff, students, parents and the **eat well be active – Primary School Project** we have begun to make a real and sustainable difference to our children's lives.

PROSPECT NORTH PRIMARY SCHOOL- Amber Heaft *eat well be active - Primary School Project*

In welcoming another active and healthy year at Prospect North Primary School, a lot of our focus is on maintaining what we have implemented so far. As a school that has had an active involvement in the **eat well be active – Primary School project** since 2009 sustaining our work while implementing a couple of new and exciting projects will provide a continued challenge for staff, students and parents at our school.

This year we have a big focus on reinventing our yard yet again to cater for growing numbers in our school. Part of my role as the Health and PE teacher will be to work with students on a whole school Playground Project. I will be working with students across all year levels in developing our new fun, active and safe yard. This project will be based around student voice using the IVAC Approach (Investigations, Visions, Actions, and Changes). Students will be involved in the process the whole way through, investigating the yard and playground theme, developing a vision, and action change, whilst working with the eight dimensions aimed at developing students' action competence. Our **eat well be active** Action Team will be heavily involved in this project too.

Personalised learning is another focus area across our school this year and will be a powerful tool within the PE curriculum. Students will be given opportunities in units of work to monitor their own learning. Students will be guided to discover what they need to know based on the SACS Achievement Outcomes. We will begin with students assessing their current levels of attainment within unit outcomes. This will include recognising their strengths and any areas needing improvement. Students will set individual learning goals that they will be in charge of monitoring and recording their learning through a variety of mediums including technology, voice recording, filming, a learning diary and formative assessment check lists as a record of achievement. Personalised learning sessions will run once per week with skill stations and activities set up to support each child to reach these personalized learning goals. All of this will occur with regular peer and teacher feedback.

We are also happy to welcome a new member to PNPS staff and our **eat well be active** team, Justine Veitch. She is with us for the year as our Physical Education, dance and drama specialist teacher. We will be working together trialing a team teaching approach with a focus on our personalized learning program where we aim to develop, integrate and offer a Fundamental Movement Skill and PE Intervention Program.

As you can see it is a busy year ahead as is the case in most schools, but also a year with very exciting projects. Lots of great **eat well be active** programs continuing to run on a day to day basis with a big focus on student action teams, mentoring programs and student voice, interschool competitions at lunch times and out of school involvement in soccer and netball, SAPSASA clinics, and our edible and sensory garden will have all working overtime. Have a happy and healthy **eat well be active** 2013 and I look forward to seeing you all at the ACHPER (SA) Conference.

2013 ACHPER (SA) HEALTH & PE CONFERENCE 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.

Teachers from ACHPER (SA) **eat well be active – Primary School Project** are encouraged to attend the 2013 ACHPER South Australia Health & Physical Education Conference - (Incorporating the Outdoor Education Association Conference - OEASA). A draft Program is soon to be released. Visit the ACHPER (SA) website at www.achpersa.com.au to find out more information.

As an educator this conference will be of special interest to you with over 60 sessions great hands on presentations and workshops with numerous options during each session.

Come along and meet new colleagues, catch up with old friends. The 2013 conference will be held at Prince Alfred College, Adelaide on Monday April 15th and Tuesday April 16th (Week 1 of Term 1 holidays).

If you have any queries, please do not hesitate to call the friendly staff at the ACHPER (SA) office on 8363 5700 or email info@achpersa.com.au.



CLUSTER WORKSHOPS FOR TERM 1

We encourage you to attend these workshops, where we will share best practice, allow a chance to access new information, and enjoy each others company.

Cluster Workshops

Metro Central Cluster Intro to Healthy Eating & Physical Activity

Thursday, 21 February 4.00 - 6.00 pm
Venue: Adelaide Airport Stadium Function Room, 1a Meyer St, Torrensville

Southern Healthy Eating Curriculum Kit Workshop

Thursday, 28 February 4.00 - 5.30 pm
Venue: St Francis Winery, 14 Bridge St, Old Reynella

Metro Central Healthy Eating Curriculum Kit Workshop

Thursday, 7 March 4.00 - 5.30 pm
Venue: Charles Sturt Civic Centre, 72 Woodville Road, Woodville

Northern Metro Healthy Eating Curriculum Kit Workshop

Thursday, 14 March
Venue: Playford Civic Centre, 10 Playford Blvd, Elizabeth

Crunch & Sip Training

Wednesday, 20th March 2013 4.15pm for a 4.30pm start
Space 2, Burnside Community Centre, Corner Greenhill and Portrush Roads, Tasmore, enter carpark from Fisher Street

To book into any workshops, please email Anna at anna@achpersa.com.au & state the workshop name, staff attending & your school or call (08) 8363 5700

RECENT TWEETS

The Agility Loop - The Talent Code

So, where does agility come from? How do you build it? This short article provides some interesting insights that you can adapt for your children and students.

Click here to read more.

The Global search for Education: What is the Fourth Way?

This short article talks about Andy Hargreaves and Dennis Shirley's Fourth Way which they describe as a powerful new vision to bring about effective educational reform.

Click here to read more.

Deliberate Practice: What it is & Why you need it

To learn any new skill or gain expertise you need to practice, practice, practice. Recent scientific research shows that the quality of your practice is just as important as the quantity. **Click here** to read the article.

8 Things to look for in Today's classroom

...we need teachers who are masters at developing kids as learners who are adept at sense making around their own goals. Teachers who are focused on helping students develop the dispositions and literacies required to succeed regardless of subject or content or curriculum **Click here** to read more.

Study Suggests Best Way for Schools to Promote Physical Activity

Mandatory physical education, classroom activity breaks, and active commuting to school are the most effective ways schools can promote physical activity in students, according to a study published online in the American Journal of Preventative Medicine earlier this month. **Click here** to read more.

Australian Dietary Guidelines

Click here to read more.

FACEBOOK & TWITTER

If you want to keep up with the latest information like the articles above then become 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.



ALL SAINTS CATHOLIC PRIMARY SCHOOL - Simon Lovett A Unit of Work Integrating Maths and PE

This unit of work initially came about with Simon Lovett (classroom teacher) attending a workshop at the ACHPER (SA) Primary Years Health & PE Conference where he came back to school enthused and motivated to doing something about changing current practices in our school regarding PE. Simon and Sue, the Numeracy coach, discussed a way that we could improve the level of physical activity our children are involved in at school. Whilst we had limited power over what happens when children go home, we wanted to capitalise on the positive effect we could have with students whilst at school.

Initially the aim was to encourage teachers at All Saints to do more PE with their students. However, we realised we would need some data and statistics to back up this proposal. With the introduction of the Australian Curriculum and the soon to be introduced HPE coming about, this was a good time to begin. As the Numeracy coach, Sue felt we could easily integrate PE with Maths in a meaningful and informative way for students.

Simon organised for Cheryl from ACHPER (SA) to come out and present at a staff meeting and our job was to support Cheryl's ideas and information by presenting this unit the following week. We decided that as we wanted to get the children involved, they should do the presentation. There was also a bit of strategy here as we didn't want teachers to feel like we were telling them they weren't doing enough; rather we wanted the data to speak for us.

We found plenty of research to show the positive effects of regular physical activity but we wanted to make it more purposeful and relevant to the All Saints community. This was where the Math became crucial to the investigation. The children created questionnaires surveying students on how much PE they did at school, what they did when they got home and the different sports they played. They collected this data and created graphs to represent the information clearly and effectively. We then wanted them to compare this information with that of their parents/grandparents as to what activities they did at school and after school. Students then created comparison graphs to clearly reflect the significant differences. They then made inferences from the comparisons and drew hypothesis as to why children 40 years ago were fitter and healthier than today.

The next step was to convey this information to the teachers at All Saints. Simon got permission from parents for four representatives to present the findings at the staff meeting. The students worked hard to practice their parts and were enthusiastic and committed to getting the message across. The four students were very nervous but did a brilliant job explaining the process they used and the graphs they created. It was a powerful presentation which engaged all staff and got PE on the agenda! Teachers began talking about ways in which they could integrate PE into other subject areas, how to develop programs to get kids and their parents more active, and what sorts of things we could offer here during lunch and recess breaks.

Cheryl presented our four budding presenters with some gifts and they received positive comments from all teachers and the Principal of All Saints. Simon then took the staff over to the hall to share some of the games he uses with his class. The combination of practical suggestions together with evidence based theory created a powerful Profession Learning session that supported the work Cheryl has been doing here over the last 3 years as part of the **eat well, be active – Primary Schools Project**.

UPDATING YOUR SCHOOL CONTACT DETAILS? NEW EMAIL ADDRESS?

Should you have new team members or your contact details have changed since 2012 then please contact the ACHPER (SA) office to update your details.



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of South Australia