



# *eat well be active* — Primary Schools Newsletter

June, 2009

## From the ACHPER (SA) Office

### Welcome

Welcome to the first newsletter of the ACHPER (SA) *eat well be active* – Primary Schools Project. The ACHPER (SA) led Consortium is excited about the potential of this project to make a real and lasting difference to the lives of young South Australians and their families.

We look forward to working with you to implement this project and think that this Project provides a wonderful opportunity for schools to undertake innovative and challenging work with their school community.

### Special Announcement

As reported in a recent email the ACHPER (SA) managed Consortium has recently accepted an offer to significantly expand its role with schools in the *eat well be active* – Primary Schools Project. To assist in the implementation of the expanded project we are in the process of employing the services of a highly skilled Project Officer with recent experience working with schools as well as a background in healthy eating and physical activity.

The ACHPER (SA) *eat well be active* Project Officer will work with school communities

(staff, parents and students) to implement the project and foster local school community partnerships that support increases in participation in physical activity and improved healthy eating.

### What's Been Happening?

#### Phase 1 Central Metro & Whyalla/Pt Augusta Schools

As outlined in conference sessions and site visits the Project is working with schools to build their 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 and
- Decrease consumption of energy-dense, nutrient-poor foods and drinks

Since the beginning of term 2, 2009 the Project Coordinator, Rick Baldock, has visited 21 schools and provided three generative conferences for schools to enable the planning a range of work to achieve the Project outcomes. This work includes the:

- Forming of a school team to lead the project
- Mapping of current programs and initiatives
- Examining evidence arising from a range of research to inform school plans and
- Active consideration of the:
  - **Health Promoting Schools** approach
  - **Practitioner inquiry** led improvement practices in schools with multiple entry points for the leadership team in each school through professional learning
  - Foregrounding **democratic decision making that involves children and students** in providing a supportive environment for healthy eating and physical activity
  - Collection of data to provide **evidence informed approaches** leading to school improvements
  - **Qualities of a Healthy and Active School** to drive planning, implementation and evaluation of the effects of the Project in Schools

During this time Rick has travelled to each school in the metropolitan area as well as schools in Whyalla and Pt Augusta.

Cont...

## Schools Involved in the Project

During Phase 1 of the Project we have been working with 20 schools. These schools will be joined by a further 19 schools in term 3. This will bring us to a total of 39 schools that are involved with the ACHPER (SA) *eat well be active*-Primary Schools Project. We have provided a list of the schools below and encourage you to contact other schools in the Project to share information, successes and learning to support your improvement processes.

### The schools currently participating in the Project:

#### COUNTRY

##### Whyalla/Pt Augusta

Fisk St Primary School  
Long St Primary School  
Memorial Oval Primary School  
Nicolson Ave Junior Primary School  
Nicolson Ave Primary School  
Pt Augusta West Primary School  
Samaritan College  
Whyalla Town Primary School

##### Clare/Yorke Peninsula

Auburn Primary School  
Blyth Primary School  
Bute Primary School  
Clare Primary School  
Farrell Flat Primary School  
Maitland Area School  
Nuriootpa Primary School  
Pt Wakefield Primary School  
Saddleworth Primary School  
Snowtown Primary School  
Walleroo Mines Primary School  
Watervale Primary School  
Yorketown Primary School

Teacher at the Grove Education Centre discussing plans for their school as part of the *eat well be active* - Primary Schools Project [right]

#### METROPOLITAN

##### Central

Blair Athol Primary School  
Brompton Primary School  
Campbelltown Primary School  
Cowandilla Primary School  
Edwardstown Primary School  
Flinders Park Primary School  
Fulham North Primary School  
Hendon Primary School  
Hillcrest Primary School  
The Grove Education Centre  
Torrensville Primary School  
Wandana Preschool-7

##### Northern

Burton Primary School  
Davoren Park Primary School  
Elizabeth Downs Primary School  
Gawler East Primary School  
Salisbury Downs Primary School  
The Pines Schools



Teachers at The Grove Education Centre participating in an activity as part of the *eat well be active* - Primary Schools Project [above]



Phase 1 Metro Course Group at Flinders park Primary School [above]

## Thank You

Rick thanks each of the schools that have hosted conference 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 conference sessions. The provision of healthy morning/afternoon teas is also greatly valued and a number of teachers attending the sessions have told me how much they have appreciated the work of the host school and the ACHPER (SA) staff.

## Advocacy at Your School

During site visits and conferences participants have been provided with a range of evidence and information that can be used to advocate for improved healthy eating and physical activity practices at school and in the broader community. Key documents provided during Conference one and reinforced in subsequent site visits have included:

- Children's Nutrition and Physical Activity Survey: Summary (South Australian Findings) and
- Building Solutions for Preventing Childhood Obesity, Hattersley L, Hector D. Building solutions for preventing childhood obesity. NSW Centre for Overweight and Obesity. Sydney: 2008.

During each Newsletter we'll provide a few quotes from a range of significant research projects. You may choose to use these in discussions with staff and the broader school community or add them to newsletters to parents or add them to your school's web site. Some teachers in other projects have been known to stick various quotes on the back of doors in staff toilets to educate a captive audience.

## Media Report

From the New York Times online, <http://mail.ccie.com/go/eed/3380>  
"The 3 R's? A Fourth Is Crucial, Too: Recess"

The article states that, "A study published ... in the journal *Pediatrics* studied the links between recess and classroom behavior among about 11,000 children age 8 and 9. Those who had more than 15 minutes of recess a day showed better behavior in class than those who had little or none. ... The association between better behavior and recess time held up even after researchers controlled for a number of variables, including sex, ethnicity, public or private school, and class size. The lead researcher, Dr. Romina M. Barros, a pediatrician and an assistant clinical professor at the Albert Einstein College of Medicine, said the findings were important because many schools did not view recess as essential to education...." "And many children are not getting that break. In the *Pediatrics* study, 30 percent were found to have little or no daily recess. Another report, from a children's advocacy group, found that 40 percent of schools in the USA surveyed had cut back at least one daily recess period. Also, teachers often punish children by taking away recess privileges...."

## Recommended Website

**Right Bite Strategy:** <http://www.decs.sa.gov.au/eatwellsa/pages/eatwell/rightbite/?reFlag=1>

Rating: \*\*\*\*\*

This is a great web site packed with a lot useful information for schools and not just about canteens and healthy food choices. A highlight of this web site is the range of great support for teachers including:

- Healthy Eating Guidelines
- Newsletter Inserts
- Healthy Recipes
- Case Studies & Stories and
- A Powerpoint Presentation about Right Bite and Useful

## Consortium Resource Highlight

### Active Children: Ideas for enhancing daily physical activity in primary schools

This innovative resource is a collection of games - indoor, outdoor, field, target, and court games, and other ideas for physical activity.

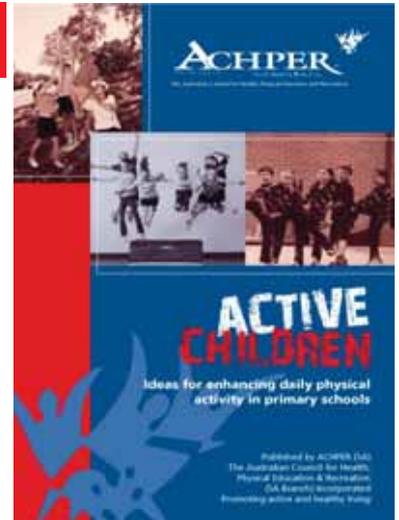
The games and activities offer diverse and dynamic experiences that will supplement school physical education programs and maximise participation and learning.

Contact the ACHPER (SA) office on: 8232 7055 or email: [info@achpersa.com.au](mailto:info@achpersa.com.au)

**Cost: Normal Price \$35, *eat well be active* schools \$25**

### Active Game

Try this game from the **Active Children** resource.



## Frost and Thaw



2-10

**RESOURCES:** 4 markers to define area, 4 colour bands (2 of each colour)

**LOCATION:** Gym or Oval

### USE:

Warm-up, Locomotion

### INSTRUCTIONS:

- Choose two class members to be 'Frost'. These students wear a designated colour band
- Choose two class members to be 'Thaw' and to wear the other colour band
- The rest of the class spreads themselves out in the set area and run around to avoid 'Frost'
- If touched by 'Frost' the student is frozen instantly and cannot move
- To be set free they must be touched by 'Thaw'. They are then free to run around the area again
- The 'Frost' is trying to tag the group before 'Thaw' can unfreeze all the victims.

### VARIATIONS:

- Increase or decrease the playing area
- Increase the number of students allocated as 'Frost' and 'Thaw'
- Change the method of locomotion.

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

