

# *eat well be active*

## Primary Schools Newsletter



### A Snack From the Project Team

Welcome to the new and improved *eat well be active* - Primary Schools Project Schools newsletter. We hope you like the new format and find the articles and stories useful and inspiring.

We have had a busy start to the term here in the *eat well be active* - Primary Schools Project Schools office. We have welcomed our new phase 3 schools and have been working hard to support and maintain our strong connections with our phase 1 and 2 schools.

This *eat well be active* newsletter edition showcases an amazing cluster workshop held recently in the metropolitan area, 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.

By now you would have received the promotional flyer on the ACHPER (SA) *eat well be active* - Primary Schools Project Schools Photo Poster Challenge. We are looking forward to seeing how your students capture what it is that makes it easy for them to "be active" in your school. Some schools have chosen to send us their entries electronically while others are sending the posters in. Either way is fine just remember the deadline is week 9!

Cheers

*Rick, Cheryl and Kirsty*

### Student Leadership at Balaklava Primary school.

Kirsty recently met with the *eat well be active* student committee at Balaklava Primary School. She was thrilled to hear of the work they are undertaking in providing opportunities to promote healthy eating and being physically active in their school.

Last term they held a whole school colouring in competition. The students were asked to colour in a 'veggie man' picture they found on the DECS Right Bite website. Selected winners (a girl and boy from each class) were rewarded with a Healthy Eating special cooking experience.

JP students created their own 'veggie man' with fresh fruit and vegetables, MP students enjoyed banana and strawberry smoothies while the SP students cooked and gobbled up an easy veggie slice!

This term they are working on the following initiatives.

- creating a healthy recipe book for the school community
- collecting data by surveying students on what they eat at school and in particular the types and variety of fruit and veg
- teaching sports skills to R-3 students class by class



Kirsty was inspired by the committee's motivation and enthusiasm. She wishes the committee and their mentor Alison Jenkins all the success and recognition they deserve.

***eat well be active***—Primary Schools Project  
ACHPER (SA)  
73 Wakefield Street  
Adelaide 5000 SA  
Ph: 8232 7055 Fax: 8232 7133  
[www.achpersa.com.au](http://www.achpersa.com.au)

[cheryl@achpersa.com.au](mailto:cheryl@achpersa.com.au)  
[kirsty@achpersa.com.au](mailto:kirsty@achpersa.com.au)  
[rick@achpersa.com.au](mailto:rick@achpersa.com.au)

**Soup'er Fruit Day - by Bronwyn Honey - Community Liaison Teacher, Burton PS**

Student voice groups at Burton School are, for the first time, working in a three way collaborative venture to provide a whole school 'Soup'er Fruit Day. The Parents And Student, Teachers Association (PASTA Group – comprising staff, parents, SSOs and students) has worked for over five years to promote healthy nutrition through a wide variety of fun and enjoyable initiatives.

One of their projects in 2010 involves cooking the 'World's Biggest Pot of Soup.' From this idea, a Green Thumb Group was born at the commencement of 2010 to grow vegetable seeds in the school garden. Adults, including staff and parent volunteers, meet with two Green Thumb Representatives from each class, once a week to nurture the rapidly growing vegetables.



The produce, now ready for harvest in two weeks has enthused the school's SRC to be involved. They have suggested students bring fruit along during the week the 'Veggie Soup' is cooked. Together, the PASTA Group, the Green Thumb Garden Group and the SRC have come up with 'Soup'er Fruit Day. Green Thumbs will pick the produce on Monday, while the PASTA Group, dressed in aprons and chef hats, will work with a mystery, local chef to prepare and cook the soup on Wednesday in the school's canteen. The local bakery will donate bread rolls. Community members and families will donate fruit throughout the week, and the SRC will prepare it in a delicious and attractive way on big platters.

Come Thursday the whole school will enjoy nutritious vegetable soup with produce grown by the students, dip a fresh bread roll in their soup and finish up with some attractively prepared fruit platters. Six months in the making and planning, the project is now coming to an exciting conclusion where students of the school have determined the journey in order to promote healthy eating across the school community.



**Improving the Quality of Daily PE, by Nick Warren, Nicolson Avenue Primary School**

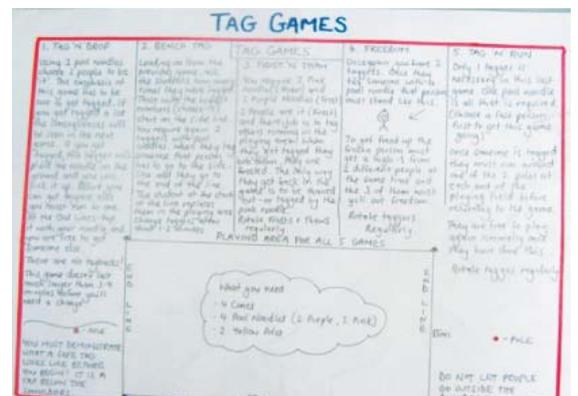


At the beginning of 2010 Nicolson Avenue Primary School in Whyalla set out to increase children's physical activity levels at school by improving the Daily Physical Education program activities. The NIT PE teacher, Nick Warren, wanted to increase children's physical activity levels by introducing a series of games and activities that were of a higher intensity, more inclusive and kept students engaged for the full 25 minutes, without adding to the workload of the already busy classroom teacher.

The Daily PE program has been redesigned so that all of the equipment for the games and activities are in large storage containers with a game card, markers and whatever else is necessary for the games/activities to run smoothly. Nick set up 14 activity boxes (1 for each class) with the equipment and instruction cards needed by teachers to run an active session.

The first three weeks of Term 1, 2010 were spent with me setting up and playing the games/activities within lessons so that the students had a thorough understanding of the game before the Physical Activity program was officially launched in Week 4, 2010.

With this program our school is beginning to provide a more supportive environment where students have an excellent opportunity to be involved in daily physical activity, learn through participation the importance of regular physical activity for their health, and acquire knowledge, skills and understandings that support active and healthy living.



## Metro Central Cluster Workshop - Lifting the Lid of Healthy Lunch Boxes with Sonya Stanley



Sonya is the 'Healthy Weight Coordinator' at Adelaide Hills Community Health and was recently the Project Coordinator for **eat well be active** Morphett Vale. This project was one of two community demonstration projects that aimed to increase healthy eating and physical activity of children, young people and their families. Sonya's experience working with teachers in the Morphett Vale Project shone through as she provided a practical and 'hands on' session with lots of ideas that were based on evidence informed approaches.

This was a great session that was well received by all who attended with lots of practical strategies and activities for teachers to support healthy eating in the classroom. The session also reinforced information regarding the Healthy Eating Guidelines including S.A.'s Right Bite Strategy as well as the sharing of successful practices by teachers attending the session.

For further information about this and other sessions for your next Cluster Workshop please contact your Project Officer. We now have a great array of professional learning sessions that can be adapted to the needs of your Cluster.



## Schools Poster Competition

**WHAT:** Put into pictures what makes it easy to "be active" at your school.

**HOW:** Small groups of students (max 4) create photo posters of school life demonstrating what activities or initiatives makes it easy to "be active" at their school

**WHEN:** Start creating your posters now and choose 2 entries to be sent to the ACHPER (SA) office (73 Wakefield Street Adelaide 5000) by close of business Friday, 17th September 2010 (Week 9).

**1st Prize:** 1 school will win a class excursion to a *be active* Physical Education Week activity (transport and registration to be negotiated) if in the metropolitan area or country schools will win a Physical Activity excursion of their choice up to the value of \$300.

**Runner UP Prizes:** 2 x \$100 vouchers for winning classes to purchase Physical Activity equipment from our preferred supplier, IDM Sports.

**For further information please contact the ACHPER (SA) *eat well be active* - Primary Schools Project team on 8232 7055 or [info@achpersa.com.au](mailto:info@achpersa.com.au)**



## *be active* Physical Education Week

The highly anticipated *be active* Physical Education Week will be held this year from November 8th-12th (week 5, term 4). It is now time for schools to start arranging the coordination of in-school activities to raise the profile of *be active* Physical Education Week.

This event is set to attract over 50,000 participants across the state and will celebrate the importance of active and healthy living in the lives of South Australian children, parents and local school communities. The comprehensive booklet will soon be available and can be sent to you on request

from the ACHPER (SA) office. The booklet includes great ideas and school based activity suggestions. It features practical information, healthy eating activities, and showcases successful school based programs.

Free promotional material (posters and certificates) will be able to be ordered from the ACHPER (SA) office or website. ACHPER (SA) are encouraging schools to make linkages with their local communities (clubs, facilities, agencies, and infrastructure) to make visible the local physical activities opportunities available.

### Welcome to our Phase 3 Schools

Crafrers Primary School  
Loreto College  
Swallowcliffe JP School  
The Pines JP School  
Victor Harbor JP School  
Pt Lincoln Junior Primary School  
Pt Lincoln Primary School  
Lincoln Gardens Primary School  
St Joseph's School  
Ungarra Primary School  
Kirton Point Primary School  
Rapid Bay Primary School  
Galilee Learning Community  
Morphett Vale West Primary School  
Moana Primary School  
Southern Learning Centre

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c/o ACHPER (SA) Office  
73 Wakefield Street  
Adelaide 5000 SA  
[www.achpersa.com.au](http://www.achpersa.com.au)  
[rick@achpersa.com.au](mailto:rick@achpersa.com.au)  
[cheryl@achpersa.com.au](mailto:cheryl@achpersa.com.au)  
[kirsty@achpersa.com.au](mailto:kirsty@achpersa.com.au)

Ph: 8232 7055  
Fax: 8232 7133