

eat well be active

Primary Schools Newsletter

June 2010



Welcome

Welcome to the fifth newsletter of the ACHPER (SA) *eat well be active* – Primary Schools Project. We trust that this newsletter will provide you with an update of all that's going on in the Project as well as a few useful tips.

Active & Healthy Living Rewards for schools - \$500 Grant

As a school participating in the ACHPER (SA) *eat well be active* – Primary Schools Project you are entitled to apply for an Active & Healthy Living Reward.

ACHPER (SA) is rewarding participating Project schools that have:

- submitted their *eat well be active* school plan and
- have at least one class completing the Premier's be active Challenge this year with \$500 to be used to encourage students to eat well and be more active, more often.

To find out more please fill out and return the application form attached to this newsletter. We welcome all applications and look forward to hearing from you in the near future. The closing date for 2010 applications is Friday 2nd July (**Final day of term 2**).

Event Highlight.....Primary Years Conference

Please join us at Flinders Uni at the ACHPER/SACPSSA Primary Years Conference, 16th August 2010. Take the opportunity to meet and network with a variety of Health, Physical Education and Recreation professionals around Adelaide. The conference theme is, "Putting the Education back into Physical Education." Be a part of this great conference supporting the work of all who share a passion for health and physical education. A program will shortly appear at www.achpersa.com.au

Great Resources to support Healthy Eating in your school

The order form for these and other resources is attached with this email. The order form includes the following CD ROM resource.

Lunch Boxes Teaching Resource – The Great Lunchbox Dilemma CD ROM / Display Kit Print out in colour, laminate and make your own display for your classroom or in the school reception area to promote healthy lunch boxes. Alternatively the information can be used as a PowerPoint presentation.

The Display Kit offers visual information:

- comparing healthy and unhealthy lunch boxes
- on great ways to improve kids lunch boxes
- providing cost comparisons of snacks and
- on healthy alternatives to chips

This resource is great for parent displays in schools and libraries. This is just one of the images available in the Display kit that you can print out and add to your display.



CONTACT US

eat well be active—Primary Schools Project

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Innovative Support for Your School

True Sport is a social movement organised by people who believe that sport can transform lives and communities - if we do it right. It's members stand together against cheating, bullying, aggressive parental behaviour and win-at-all-costs thinking.

Visit www.truesportpur.ca/en/home

Biological Farmers of Australia Organic School Gardens Program

The Biological Farmers of Australia (BFA) has just announced the release of their free Organic School Gardens program featuring practical and easy-to-use online resources and lesson plans.

Principals, teachers, parents and students across Australia are invited to visit the website to access the free lesson plans and support materials by using this link www.organicsschools.com.au

10 Alternatives to Chips & Crisps

The convenience of snack-size potato crisp packets makes them seem like a perfect option for the lunchbox. However, they are really high in fat and salt and low in other nutrients. Potato chips and crisps, corn chips and similar snack foods are best left as occasional treats.

Try these alternatives instead:

1. Rice cakes or crackers
2. Prawn crackers (cooked in the microwave)
3. Pretzels
4. Mini-toasts
5. Pappadums (cooked in the microwave)
6. Bread sticks
7. Pita chips



(Buy them in packets, or Make your own: cut pita bread into small triangles, spray with oil, season with some mixed herbs or parmesan cheese and cook in moderate oven until lightly browned and crispy)

8. Wholegrain crackers with cheese
9. Nibble pack with dried fruit and air-popped popcorn
10. Breakfast cereals e.g. Fruity bites, Fruity bix, or Mini-wheats

***Some of these also come in snack-size packs, so check out your supermarket shelves.**

Reference: Community Nutrition Unit, *The great Aussie lunchbox dilemma*, 2004

Available from Right Bite website www.decs.sa.gov.au/eatwellsa/files/links/SnackIdeas.doc

Active Games - 2 Great Games to Enhance Your Physical Education Program from ACHPER resource "PEP Fitness - Upper Primary"

Gaolhouse Catch - (Page 21)

- Equipment:** 1 Small ball per child, markers (gaol and boundary).
Location: Large rectangular boundary = hard play/grass area
Organisation: 2 Police Officers. All other players spread out within boundaries
Instructions: Police officers tag players and send them to gaol. To escape gaol, another player must throw you a ball to catch from the throw boundary. If you catch it, you go free.
Variation: *include a gaol warden within the throw boundary.
If warden catches the ball, the thrower goes to jail too.

Taking Eggs from the Basket - (Page 19)

- Equipment:** 1 hoop per group. At least 1 ball per child
Location: Large hard play area
Organisation: Pairs of children/small groups
Instructions: Balls are kept in a large pile in the middle of the circle of groups. Children in relay fashion come and get a ball, dribble it back to their group and put it in their basket. When all balls are gone, teacher calls *Take the Eggs!* Children run to other groups taking eggs (balls) and dribble back to their own basket. Players cannot protect eggs in their basket. Teacher stops activity to see who has the most eggs.
Variation: * vary the size of the balls



Updating Team Contact details

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. Please add mobile phone numbers where possible as we can often message you while you are teaching rather than disturb your teaching or meetings.

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Email: rick@achpersa.com.au



DECS Healthy Eating & Physical Activity Team

The DECS Healthy Eating and Physical Activity team is a resource that is available to support schools that are part of the **eat well be active** - Primary schools project.

You may be familiar with Geoff James, the Project Officer responsible for the **eat well be active** - Primary schools project. Geoff is always available to discuss aspects of the project on 8226 1545 or geoff.james@sa.gov.au. Other members of the team can provide support to your school around specific aspects of your programs.

In the area of healthy eating, Debra Bassett, the Project Officer for Healthy Food, is available to supply information about the Right Bite strategy and ideas for promoting learning, health and well-being in relation to food and nutrition within your curriculum. You can contact Debra on 8226 6727 or email her on debra.bassett@sa.gov.au

If you are looking for ways to celebrate physical activity in your school, the Premier's be active Challenge offers you a great opportunity!

The Premier's be active Challenge is a physical activity challenge designed to encourage

students to meet the national physical activity guidelines.

The 'challenge' to students in reception to year 9 is to undertake 60 minutes of daily activity for a minimum of 4 weeks.

If students complete four weeks of the Challenge they are rewarded with medals (Bronze in the first year, Silver in the second, Gold in the third, Champion in the fourth etc).

Schools that encourage students to complete 10 weeks of the Challenge are rewarded with a certificate and 50 high achieving schools each receive \$1000 of sports equipment at the annual Premier's reception held in November.

Lorna Fenech, the Project Officer for the Premier's be active Challenge can be contacted on 8226 4308 or

lorna.fenech@sa.gov.au.

The DECS Healthy Eating and Physical Activity Team is managed by Leah Cassidy who also has responsibility for managing the DECS involvement in the Stephanie Alexander Kitchen Gardens project.

...Support
for your
school...

Participating Schools:

Cheryl

Elizabeth Downs Primary School
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
Yorketown Area School
Wallaroo 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
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