

# eat well be active

## Primary Schools Newsletter



Term 4, October 2012



The *eat well be active* - Primary Schools Project is a joint SA Health & Department for Education & Child Development initiative

### A SNACK FROM THE PROJECT TEAM

As we approach the final year of the project we would like to congratulate phase 1 – 3 schools for updating their plans & continuing their hard work in the project. Phase 4 schools are currently writing their plans and they have been able to draw on the experience of the continuing schools for ideas & examples. Once they have submitted their plan they will receive the \$500 grant.

Some exciting news this term with the release of the second edition of the Healthy Eating Curriculum Kit for South Australian Primary Schools. We would like to thank Sam Konnis (The Pines School) for his hard work as Curriculum Writer and the editors, Geoff James and Nadia Mastersson and all the **eat well, be active** Primary Schools and teachers who contributed to the kit. It is a great reflection of the high quality work our schools have put into the project which they can now share with all schools across the state.

The other exciting news is the acceptance of 24 new schools in the final phase of the project. We welcome these schools & look forward to sharing our experiences & knowledge with you.

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

### be active PHYSICAL EDUCATION WEEK - NOVEMBER 5-9TH, 2012

Wow - over 150 schools and 35,000 students have already registered for Physical Education Week. This is your last chance to join in this free activity that is set to attract over 60 000 participants across SA to celebrate the importance of active and healthy living in the lives of SA children, parents and local school communities.

If your school has not registered - **CLICK HERE** and register today for FREE stickers. The resource booklet is in schools now and has many ideas for physical activity and healthy eating.

**We would love all eat well be active schools to participate and fly the flag for Health & PE.**

**W: [www.achpersa.com.au](http://www.achpersa.com.au)**



**Have you checked our ewba page of the website lately?**

**Exciting new additions to support your work are – ewba Accounts & Tools**

- Hillcrest PS Community Garden
- Prospect North PS – Increasing Physical Activity

#### Resources

- Quick starts to lessons – Games to begin lessons without equipment
- Developing FMS Resource – New Zealand Movement & Language – Including words lists of movement terms

**Cluster Workshop Presentations**  
Food Detectives

### WELCOME TO NEW PHASE 5 SCHOOLS

Salisbury Primary  
Riverdale Primary  
Ceduna Area school  
Georgetown Primary  
Auburn Primary  
Lyndoch Primary  
Birdwood Primary  
St Mary Magdalene

Elizabeth Grove Primary  
East Adelaide Primary  
Good Shepherd Para Vista  
St Gabrielle's School  
St Brigid's Kilburn  
Plympton Primary  
Henley Beach Primary  
Goodwood Primary

Linden Park Primary  
Lockleys North Primary  
Thiele Primary  
Noarlunga Downs primary  
Woodcroft Primary  
Braeview Primary  
Flaxmill Primary  
Reynella Primary



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## CLUSTER WORKSHOPS FOR TERM 4

*We encourage you to attend these celebrations, where we will share best practice, allow a chance to access new information, and enjoy a celebratory drink and nibbles.*

### **Adelaide Metropolitan Area**

Monday 12th November 4.00 – 5.30,  
The Pines School, 42 Andrew Smith Drive,  
Parafield Gardens, A Taste for Healthy Eating  
Celebration (Northern Cluster)

Wednesday 13th November 4.00 – 5.30,  
Education Development Centre, Hindmarsh,  
G 16 – 17, A Taste for Healthy Eating  
Celebration (Metro Central/South West Cluster)

Thursday 14th November 4.00 – 5.30,  
Woodcroft Neighbourhood Centre, 175 – 183  
Bains Road, Morphett Vale, A Taste for Healthy  
Eating Celebration (Southern Cluster)

### **Fleurieu Peninsula**

Monday 19th November 4.00 – 5.30, Southern  
Fleurieu Health Service, Harbour View Tce,  
Victor Harbor, A Taste for Healthy Eating  
Celebration

### **Barossa Valley**

Thursday 22nd November 4:00-5:30 p.m.  
at Nuriootpa PS A taste for Healthy Eating,  
Cluster Launch - Reply to: david.murray@  
nurips.sa.edu.au

### **Clare Valley**

Thursday 29th November 4:00 – 5:30 p.m.  
at Clare Primary School A taste for Healthy  
Eating, Cluster Launch

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

## HEALTHY EATING CURRICULUM KIT - FOR SOUTH AUSTRALIAN PRIMARY SCHOOLS, SECOND EDITION

The Department for Health and Ageing (SA Health) and the Department for Education and Child Development (DECD) have collaborated to develop the Healthy Eating Curriculum Kit for South Australian Primary Schools, second edition. Teachers, SA Health and DECD personnel have supported the production of this document.

The Healthy Eating Curriculum Kit for South Australian Primary Schools, second edition will be distributed on CD with edition 8 of Right Bite News. It can also be found on the Right Bite website for downloading. All lessons have suggested year levels, although they can often be adapted for other age groups.

## FORBES PRIMARY 'HEALTHY SMOOTHIE DAY'

In Term 2 this year, our Eat Well Peer Leaders decided that we would focus on a particular theme to promote to the school. The theme we decided to focus on was "healthy drinks" as we have found that many of the students in the school drink soft drinks and energy drinks after school. We wanted to show them the effect of these types of drinks on their health, wellbeing and learning and also offer some more healthy alternatives and so we decided to hold a whole school "Healthy Smoothie Day"!

We held Healthy Smoothie Day in the last week of Term 2. All students had to send in an order form (signed by a family member) with their smoothie preference ticked. We gave families a list of the ingredients that would be in the smoothies (banana, strawberry or honey) to enable them to indicate if their child had any allergies/intolerances. We also offered juice or water as an alternative, so that no student had to miss out on a drink.

On the day, the Eat Well Peer Leaders all worked on a smoothie station: one group made banana, one group made strawberry, one group made honey and one group made the special orders (lactose free, juice etc). We had trays to take the smoothies to each class. Class by class we filled all orders.

It was a VERY busy day for the Eat Well Peer Leaders but they all enjoyed themselves and every student loved their smoothie!

Suzanne Ierace, School Counsellor, Forbes Primary School



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## LIGHT PASS PRIMARY SCHOOL PROJECT ARTICLE

Light Pass Primary School's involvement in the *eat well be active* – Primary School Project gave us the incentive to review our physical education offering to our students.

French research undertaken many years before had remained in a corner of my brain. This study reported the positive effect of exercise on the brain. Present day research has also confirmed the French findings that exercise does increase brain activity.

Also around this time Tarooma Primary School (Tasmanian) offered a DVD of their Daily Fitness programme which sparked interest amongst the staff and provided a way in which we could organise our program.

These three factors became the driving force to reform our physical education program.

Light Pass Primary is a small school in the grape vine area of the Barossa Valley South Australia. We certainly have a delightful backdrop of vineyards.

The first big innovation was to employ a physical education teacher for one day a week. Her brief was to introduce the skills of sports other than the traditional Australian Rules football, netball and tennis. She was also allocated the task to improve team spirit and a variety of activities that children could play in their breaks. Over the past two years students have been exposed to basketball, hockey with ball and puck, badminton and modified rugby.

The next innovation was the introduction of a daily 'fitness' program for 30 mins each morning. The older students at our school ran the Tarooma School concepts of the activities. This concept was discussed with the older class and the most of the students were very keen to come on board.

They were shown the Tarooma DVD and given the task to adapt it to this school. Several meetings were held and it was decided to conduct the fitness sessions 4 mornings a week as Tuesday had already provided physical education lessons for students.

The programme begins and ends with a 5 minute warm up and cool down session to which younger students are invited as presenters of a stretching movement.

Mondays: Circuit Training: (1).Big Run (2)Skipping (3) Line jumping (4) ball skill eg soccer dribble (5) ) target practice

Wednesdays: Games:(1) Octopus (2) Dodge Ball (3) Chain tag (4 ) chasing partners shadows. (5)

Thursdays: Pentathlon; (1) long jump (2) Chest and bounce along line (3) Dribbling around markers (4)line jumping (5) Shuttle run

Fridays: Health Hustle

Swimming lessons for Receptions to Year 5 have been put back into the curriculum and aquatics for the 6 & 7s.

A 'sporting news' section has also been included in all assemblies which encourage alternate forms of physical activity eg gymnastics, taekwondo.

Local sporting clubs have also been encouraged to conduct clinics and provide a link for children and their families to participate in local clubs. The school also heavily subsidises a dance group and a local tennis coach to run 5 weeks of lessons.

We are working towards older students organising special activities during breaks. Teacher enthusiasm and leadership is necessary to support flagging student interest. Some students are natural born leaders while others need ongoing training and support.

Alongside increasing physical activity we are trying to improve the nutritional value of lunch boxes. A regular newsletter item, the chaplain running cooking lessons and the school vegetable plots are working towards this aim. A variety of fruit trees that grow on the school grounds also supplement students' healthy food intake when in season.

A peer training course for the upper primary students in healthy eating through the Gawler Health Services provided the incentive for change as the students spoke to their parents and ran a series of lessons across the school for all other years. From this beginning the school chaplain takes cooking lessons with the focus of creating healthy snacks. The recipes are then included in newsletters.

Staff enthusiasm remains high after attending the after school 'eat well be active' workshops and the support of Rick Baldock the very active and zealous coordinator.



Left and below are photos of Light Pass Primary School students



## FULHAM NORTH PRIMARY'S GIANT SOUP DAY

This year we decided our ewba focus would be to develop a whole school approach to using our school's vegetable garden. The garden was developed in 2011 and classes were left to their own devices to use their own plot in whichever way they wanted. We observed a variety of levels of enthusiasm, effort and success! With this in mind we launched the FNPS Giant Soup Day initiative.

Our environment committee developed a proposal early in term 1, in which the staff voted to support. Each class was given a pack containing:

- A pack of vegetable seeds
- Planting guide for their specific vegetable
- Information about their vegetable (Stephanie Alexander and various websites)
- Recipes for their vegetable
- Vegetable fun worksheets including vegetable identification pages
- Useful websites and resources page

Towards the end of term 2, our student environment committee (Enviro Kids) ran a whole school poster competition and the day was promoted in our school newsletter. The day before our soup day, each class harvested and prepared their vegetables ready for the soup. With support from local retailers and parents we planned to cook 4 soups. The Enviro kids supported by our committee and 2 amazing parents cooked 4 delicious soups including Minestrone, Bacon and Corn Chowder, Pumpkin and Zucchini. Class by class the students filed outside to choose a cup of soup and a fresh bread roll for lunch. The Enviro kids served and promoted their soups, which were a huge success. The whole school sat together enjoying their soup. We observed many students trying the soup that contained their veggie, while a few tried soup for the very first time. The lunch was a great success and many students shared their thoughts and with their parents. We even had a few recipe requests from parents excited their child enjoyed a vegetable soup.

We decided to repeat the process in the second half of the year with each class choosing to grow salad vegetables. We hope our variety of salad plants will grow and we can provide our students with another healthy lunch made up of produce from our garden.

Kirsty Crouch, Classroom Teacher, Fulham North Primary School



### STEPHANIE ALEXANDER KITCHEN GARDEN FOUNDATION

Visit the Stephanie Alexander Kitchen garden website for all the information about the new more flexible model of kitchen garden foundation

<http://www.kitchengardenfoundation.org.au/our-schools-program/join-our-program>

On line applications have been open since September 4. There are a small number of grants available to low SES schools with a primary enrolment.

However all schools with a primary enrolment can apply to join the foundation.

Membership will enable your school to access:

- all resources
- training and development which is heavily subsidized by Federal government funding
- National curriculum lesson plans
- On line communities



### FACEBOOK & TWITTER

If you want to keep up with the latest information about healthy eating & physical activity, then become a Facebook friend with ACHPER (SA).

To add ACHPER (SA) on Facebook, search ACHPER South Australia. You can follow also follow us on Twitter @achpersa.

We send a number of updates each week & try to provide information about the latest news in healthy eating and physical activity as well as providing great lesson ideas and activities.



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