

# Live Life Well @ School

Live Life Well @ School is a joint initiative between NSW Health and the NSW Department of Education

## Term 1 WSLHD Newsletter 2017

### **Edition includes:**

- *BOSTES Accredited PDHPE Network Term 1 – Fundamental Movement Skills*
- *NEW WSLHD SUPPORT OFFICERS – meet Stephen and Stacey*
- *CASE STUDY – School canteen at Merrylands East Public School*
- *CANTEENS – How can you change your school canteen?*
- *NEW RESOURCES – Crunch&Sip®*
- *SAVE THE DATE – New NSW School Canteen Strategy Information afternoon*
- *EARLY REGISTRATION – FRUIT AND VEGETABLE MONTH*

## TERM 1 PDHPE NETWORK

### **Fundamental Movement Skills in Action**

Improve Fundamental Movement Skills in your class and school, by learning fun and engaging ways to teach the skills to K-6 students. Join Matt Ryan, an experienced PDHPE and classroom teacher from Granville Public School and the new WSLHD LLW@S team at our FREE, Term 1, PDHPE Network.

#### **Event Details**

**Cost:** FREE

**Date:** Tuesday 14<sup>th</sup> March

**Time:** 3.45pm – registration and afternoon tea  
4-5.30pm – practical session

**Location:** The Meadows Public School,  
Fuller Street, Seven Hills

**Registration:** email or fax Bonny Keevers:  
[WSLHD-LLWats@health.nsw.gov.au](mailto:WSLHD-LLWats@health.nsw.gov.au); 9840 3608

*3 teachers per school can register for this PDHPE Network Workshop, with additional teachers being placed on a waitlist for a position.*

Completing the PDHPE Network: Fundamental Movement Skills in Action course will contribute 1 hour and 30 minutes of QTC Registered PD addressing Standards 6.2.2 and 6.3.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.



## MEET THE NEW WSLHD LLW@S SUPPORT OFFICERS

This year, we are excited to introduce 2 new staff members at WSLHD. Stephen and Stacey will work with Jenny to be your school support officers, to help you implement Live Life Well in your school.

### **Stacey Hopkins**

*Favourite food:* Mexican

*Past experience working with schools:* I worked as a co-ordinator for Sports in Schools for 3 years, and I was an assistant director at an OOSCH for 6 years. I have also been a Go4Fun physical activity group leader.

*Hobbies:* Netball, or anything sport related.

*Best Holiday:* Backpacking in Eastern Europe

*Next Holiday:* India



### **Stephen Gammack**

*Favourite food:* Broccoli

*Hobbies:* Swimming

*Past experience working with schools:* I worked on the Scottish Active Schools Program in Angus, Scotland as a coordinator of primary school physical activity programming. I also worked on the Eat Well Play Well Program in Scotland (an early years food and play program), was a health and wellbeing advisor on the Green Prescription GP referral program in Auckland New Zealand and was the Sport Development Officer for Dundee University Sport working with University Sports Clubs to develop their sporting reach. I am also a qualified swim teacher and fitness instructor.

*Best Holiday:* Boulder, Colorado

*Next Holiday:* Vietnam

## 2017 NSW CANTEEN STRATEGY – SAVE THE DATE

From Term 1, 2017, schools are invited to work towards the new NSW Healthy School Canteen Strategy for primary and secondary schools. This is a joint strategy between NSW Health and Education.

### **What's new?**

- A new food and drink criteria
- Utilises the concept of 'everyday' and 'occasional' foods
- Uses the Health Star Rating to help identify healthier choices

### **How can you learn more?**

An information afternoon will be held for principals, canteen managers, canteen staff and volunteers to learn about the new criteria, share support and resources and make the transition to the new strategy easy.

*Date:* Wednesday 8 March,

*Time:* 4-6pm

*Location:* Walters Road Public School, Blacktown

*RSVP:* [www.healthy-kids.com.au/info](http://www.healthy-kids.com.au/info)

Throughout 2017, your support officer will assist your school to introduce this new strategy in your canteen.

# CASE STUDY – MERRYLANDS EAST PUBLIC SCHOOL

## How to positively change the school canteen

The canteen at Merrylands East Public School (MEPS) used to sell a lot of high sugar, processed foods. We became concerned about how this was affecting our student's health and concentration in class.

### What did we do?

We decided to overhaul our menu by:

- Selling only ONE nutritious meal each day (with a serve of vegetables)
- Remove juice and flavoured drinks
- Only sell water and homemade fruit smoothies

We believe the school, including the tuckshop and fundraisers, should always promote healthy eating. Our nutritious tuckshop menu provides nutritious food to fuel students for learning and play and acts as positive food role modelling within the school community.

### What do the students think about the food?

We have had a very positive response from students, staff and parents towards our new menu.

*"We love the new menu!" (Year 5 student)*

Wonderful parent volunteers help make and serve healthy, homemade foods at the canteen such as:

- Stir fry containing chicken, vegetables and noodles (Mondays)
- Tuna or chicken and salad wraps on Lebanese bread (Tuesdays)
- Lavosh, salad and kofta (Thursdays)

*"Our dishes regularly include produce from the school vegetable garden as well as eggs from our school chickens. The students are learning about and tasting new foods."*

*(Tuckshop Committee member and teacher, Karlene Hindmarsh)*

### What changes have there been in the students learning?

Reducing the amount of sugar and processed ingredients students consume at the canteen, really improves their concentration in class and helps fight the obesity crisis. Schools should be role models for healthy eating habits for life.

We are so proud to be beacons of healthy eating for our school community. We hope the delicious meals and habits learnt at MEPS are ones our students carry through into their future.



## HOW CAN YOU INFLUENCE THE SCHOOL CANTEEN?

### Who is Responsible for healthy food in the canteen?

#### ***Ultimately ... the principal***

Regardless of who runs the school canteen (the P&C, a private operator/lease, or school) the school principal is responsible for ensuring that the canteen complies with policy and that canteen operations are regularly reviewed.

In 2017 the NSW Department of Education will reveal a new Nutrition in Schools Policy for NSW Government schools. This will include the new *NSW Healthy School Canteen Strategy*. The strategy is supported by the Association of Independent Schools of NSW and the Catholic Education Commission NSW.

### Opportunities for Action

#### ***Open dialogue***

Ensure that your canteen staff and P&C or P&F are aware of the new *NSW Healthy School Canteen Strategy* and are supported to comply with the strategy. Encourage open dialogue and information sharing.

#### ***The leased canteen***

When leasing out the canteen, schools have the ability to set contract conditions they want tenderers to meet. The principal can request that additional requirements be included. For example around:

- Pricing
- The menu and specific foods (to be included or excluded)
- Regular menu reviews by independent nutritionists to ensure compliance
- The communication between the school and the lease (eg. a process for raising and resolving queries/concerns).

Ensure the lease agreement details the aspects of the canteen that are important to the school to avoid misunderstanding of expectations. Refer to the Healthy Kids Association for more details <http://healthy-kids.com.au/school-canteens/>

#### ***Negotiating changes***

The standard NSW Education contract for a leased canteen includes a clause (4.2) that enables the principal to approach the lease in place and ask them to make changes.

*“The principal may, in the absolute discretion of the principal, direct that certain foods not be sold as School Canteen Services. The licensee must withdraw from sale any foods directed by the principal to be not sold and must endeavour to sell foods as may be requested by the principal.”*

\* Information sourced from Healthy Kids Association <http://healthy-kids.com.au/school-canteens/>

## NEW 2017 CRUNCH&SIP® RESOURCES

The School Crunch&Sip® resource folder can now also be accessed online from this website - <https://www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx>.

The folder is full of:

- Classroom activities (split into stages)
- Resources
- Nutritional information and
- Quick brain breaks

Additional Crunch&Sip® resources that can be accessed on the website include:

- A Sample Crunch&Sip® policy
- Newsletter snippets to inform new families about Crunch&Sip® in your school
- Crunch&Sip® staff and parent presentations

If you would like to know more about Crunch&Sip®, additional information can be accessed here: <http://healthy-kids.com.au/teachers/crunch-sip/>

## 2017 FRUIT & VEGETABLE MONTH

### Get Loud for Fruit & Veg

Register your school now to be a part of the 2017 Fruit & Vegetable month. This month encourages families and students to eat more fruits and vegetables.

Schools that register receive a range of free classroom resources and posters to promote and implement this event. More information about will be released closer to the date.

Date: 28 August – 22<sup>nd</sup> September.

Register Here: <http://www.fruitandvegmonth.com.au/>



### Want more information?

- Check your inbox for our termly newsletter snippets, twitter and Facebook snippets in week 4
- Check your inbox for our email updates in week 7
- Attend our PDHPE network sessions
- Get in contact with us and organise a visit with your support officer
- Complete our [self-assessment survey](#) to see how your school is going with the program practices
- Email: [WSLHD-LiveLifeWellAtSchool@health.nsw.gov.au](mailto:WSLHD-LiveLifeWellAtSchool@health.nsw.gov.au)