

Live Life Well @ School

A joint initiative between NSW Health and the Department of Education

Term 2 WSLHD Newsletter 2016

Edition includes:

- *NEW RESOURCE – Jack’s Funtastic Day*
- *CASE STUDY – Crunch&Sip® Promotion at Parramatta North Public School*
- *PDHPE NETWORK TERM 2 – “Shake it till you make it”*
- *NEW STAFF TRAINING OPTIONS*
- *ACHER CONFERENCE – our favourite links*
- *FOOD REVOLUTION DAY – May 20th, 2016*

NEW RESOURCE AVAILABLE: JACK’S FUNTASTIC DAY

Jack’s Funtastic Day is a great new resource available for schools for early stage 1. The book tells the story of Jack turning off the screen and going on a “fun-finding expedition” with his friend Ruby.

This promotes 2 of the Live Life Well @ School key messages:

- [Turn off the TV or computer and Get active](#)
- [Get Active Each Day](#)

The resource pack includes:

- A big book
- Educator guide
- Activity cards

Contact your support officer to receive a hard-copy of the resources (we have one copy available per school) and to learn more visit this website:

<http://www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school/resources-for-teachers/jacks-funtastic-day-resources.aspx>

The educator resource guide can be downloaded from this website:

<http://www.healthykids.nsw.gov.au/downloads/file/campaignsprogram/CC11339BTeacherResource.pdf>



CRUNCHY THE CARROT PROMOTES CRUNCH&SIP® AT PARRAMATTA NORTH PUBLIC SCHOOL



*Crunchy sitting with the weekly record sheet, completed by teachers.
March 2016*

Crunch&Sip® at Parramatta North Public School is much more than just an opportunity to eat healthy fresh fruit and vegetables and drink water during class time. It has become a great learning experience, with a bite of healthy competition across the school, thanks to Crunchy.

Crunchy the Carrot is an award presented at the weekly Friday assemblies, to the class who has the most children bringing Crunch&Sip® to school for the week. Crunchy is presented to K-2 classes and an Apple Trophy is awarded to Years 3-6.

Classes participate in Crunch & Sip every day, and each day teachers record the number of students in their class who have brought produce, and those who have water. All figures are collated on an excel spreadsheet, developed by one of the teaching staff. Crunch&Sip® classroom figures are then built into practical maths lessons.

Ms Lance, whose class proudly won the trophy recently, tells us the competition is pretty tough, “You almost have to have 100% participation to get the trophy”.

The award has also been a great way for children to support their peers in reaching team targets, while encouraging them to implement healthy lifestyle choices. Sometimes children may have forgotten they have Crunch&Sip® in their bags, or have brought produce that they were not too excited about eating. The classroom support and enthusiasm for the award has encouraged children to want to eat their produce more.

Crunch&Sip® is widely promoted at Parramatta North Public School through newsletters (where Crunch&Sip® winners are also posted weekly), at Kindergarten Orientations, parent sessions and reported annually through the School Report.

PDHPE NETWORK TERM 2 – DANCE

“SHAKE IT TILL YOU MAKE IT”



This PDHPE network on dance will simplify the dance syllabus and increase your confidence in teaching this unit. It will be presented by Joy Le Couteur, an experienced dance and classroom teacher in mainstream and special schools.

When: Thursday 2nd June, 2016

Where: [Hambledon Public School](#), Bali Drive, Quakers Hill

Time: 3.45 (registration + afternoon tea), 4-5.30pm PDHPE Network Session

Cost: FREE!!

How: Complete this [form](#) and/ or email your registration to: Jennifer.Plaskett@health.nsw.gov.au. Feel free to share this event with staff in your school, we accept 2 teachers per school and additional teachers will be placed on the waitlist.

STAFF TRAINING

Staff training in the Live Life Well @ School program is critical for implementing sustainable strategies with the program in your schools. Training will ensure all staff are aware of the reasons why healthy eating and physical activity are important components of your school curriculum and culture, while reinvigorating the program at your school!

To be a 'trained' Live Life Well School, the majority of staff should be trained in healthy eating and physical activity (fundamental movement skills). So it is important that your training involves both of these components, whether they are completed at the same time or at separate staff meetings/ professional development afternoons.

Here are some training options:

- Present the existing Live Life Well @ School modules
- Complete the [fundamental movement skills activity](#)
- Create your own presentation or Prezi like Samuel Gilbert Public School: refer to 2 links here <https://prezi.com/2jrg1-b5l2e0/live-life-well-school/>;
<https://prezi.com/i1vatlyshmyi/fundamental-movement-skills/>

Contact your Live Life Well @ School support officer – we are happy to come out and help present these modules!

Live Life Well @ School online accredited training is coming – watch this space!!

To all those attendees of the ACHPER conference, we hope you enjoyed your workshops and have some new ideas that can be shared with other teachers and implemented at your schools.

Unable to attend the ACHPER conference? Here are our top 4 favourite links to share from the day:

1. [Thinking While Moving lesson plans](#) (incorporating movement into maths lessons)
2. [Resources Supporting Quality Sport and Physical Activity Programs](#)
3. [Sample plans for weekly planned physical activity for each stage](#)
4. [The Revised Sport and Physical Activity Policy for DOE Schools \(2015\)](#)

For more information refer to the book of handouts provided to participants (if your school attended).

FOOD REVOLUTION DAY – THE POWER OF COOKING

When: May 20th, 2016

Where: in your schools/ classrooms!

What: the Jamie Oliver Food Revolution is a movement pushing Governments to include food education in the curriculum. Revolution Day is about spreading this message and encouraging children to learn and enjoy cooking!

How: link to your kitchen garden program, participate in cooking experiences with the children, promote healthy lunchboxes in the school community, host a package-free lunchbox day. Find out more and sign up here: <http://www.jamiesfoodrevolution.org/>



Want more information?

- *Check your inbox for our termly newsletter in week 2*
- *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*
- *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*
- *Attend our PDHPE network sessions*