

Live Life Well @ School

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

Term 4 WSLHD Newsletter 2016

Edition includes:

- *CASE STUDY – St Margaret Mary’s Merrylands*
- *2016 LLW@S Wrap Up – And planning for 2017*
- *PDHPE Network Term 4 – Gymnastics with Minimal Equipment*
- *PDHPE Network Videos – Central Coast LHD*
- *BOSTES Article – Physical Activity and Academic Performance*
- *Making Cooking Easy at School – Cook in a Box*

CASE STUDY – ST MARGARET MARY’S

LINKING FRUIT & VEG MONTH TO CRUNCH&SIP®

St Margaret Mary’s Merrylands participated in Fruit & Veg Month (held in August/ September each year). This health event has nice links to Crunch&Sip® and can encourage students to try new fruits and vegetables. Mikayla Issac and Theara Santos (Year 6) said, “On Monday the 22nd of August, each student in Year 6 brought in a piece of fruit so that we could participate in Fruit and vegetable Month. All the fruits were put together and Mrs Antonucci our teacher cut each of the fruit so that we could enjoy our Crunch&Sip® as a fruit platter. We all ate together during Crunch&Sip® time and enjoyed it with the company of our wonderful principal Mr Mills.” The school also had a colouring and drawing competition of fruit characters during Fruit & Veg Month. Prizes were hula hoops, balls and skipping ropes, encouraging active play during lunch.

Some other ideas for linking health events to school programs include:

- Crunch&Sip® and Kitchen Garden Programs
- Active Transport (Encouraging children to walk to school) during Walktober (a health event in October)
- Healthy Canteen projects and a Kitchen Garden



FOCUS FOR 2017

CELEBRATING ANOTHER YEAR OF LLW@S IN YOUR SCHOOL

Now is also a great time to implement simple strategies to help sustain Live Life Well @ School (LLW@S) within your school for a healthy 2017.

- **Staff development/training:**

Now is a great time to upskill and refresh staff LLW@S. We have a ready-to-go presentation to fit easily into a staff development day or professional development afternoon. Contact our team for more details. AND DON'T FORGET that early 2017 the Online Training for LLW@S will be available for teachers, and will contribute to BOSTES professional development hours.

- **Building or strengthening your team:**

Following a staff in-service is an ideal time to engage some enthusiastic teachers to start or strengthen your LLW@S/PDHPE team, however informal or formal you would like the team to be. It's also good to set these teams up at the end of the year so members have time to consider how they would like to contribute.

- **Spread the word:**

Reflect, celebrate and share the LLW@S successes you have had this year. Maybe your school started Crunch&Sip®, grew a vegetable garden or enhanced fundamental movement skill lessons in your school. Share and celebrate these achievements, through the school annual plan, at P&C/P&F meetings, with the principal, school board or other school community networks.

- **Reviewing and updating action plans:**

Dust off your school LLW@S/PDHPE action plan and update it for 2017. For those schools who have had a school visit this year, you would have received an updated USB which has a new action plan template. For those who would like access to this template, please contact our team.

Plans shouldn't be thought of as overwhelming, but rather something to guide you through the year. And remember to keep your plan SMART (specific, measurable, achievable, relevant, timed).

Most schools are now aware of the 10 Desirable Practices developed to help sustain healthy eating and physical activity strategies within schools. Schools are encouraged to meet as many Desirable Practices as possible. Contact your support officer for advice to help implementing the LLW@S program.



TERM 4 PDHPE NETWORK

GYMNASTICS WITH MINIMAL EQUIPMENT

What: learn practical ways to teach a successful gymnastics session for K-6 Students, while connecting and sharing ideas with colleagues

When: Thursday 10th November, 2016

Where: Hilltop Road Public School, Hilltop Road, Merrylands. [VIEW MAP](#)

Time: 3.45pm Registration and refreshments, 4pm - 5.30pm PDHPE Practical Session

Cost: FREE BOSTES Accredited Professional Development

Wear: comfortable clothing and shoes for light physical activity and bring a bottle of water

Registration: 3 teachers per school can register, with additional teachers being placed on a waitlist

RSVP: by Thursday 3rd November to:

- Jenny Plaskett; Fax: 9840 3608; Email: Jennifer.Plaskett@health.nsw.gov.au



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.

BOSTES ARTICLE

PDHPE LINKED TO IMPROVED ACADEMIC PERFORMANCE

NSW BOSTES have just released an article that highlights the research that, *“children and young people who are more physically active are better able to focus their attention on tasks, have improved working memory, are quicker to perform simple tasks, and have better problem solving skills than those who are less active.”*

The article lists a range of **websites** that highlight the positive link between physical activity and improved academic performance. It also contains a list of **Apps** that can be used in the classroom or promoted to families to download, to help increase the activity levels of your school students.

Infographic (right) from:

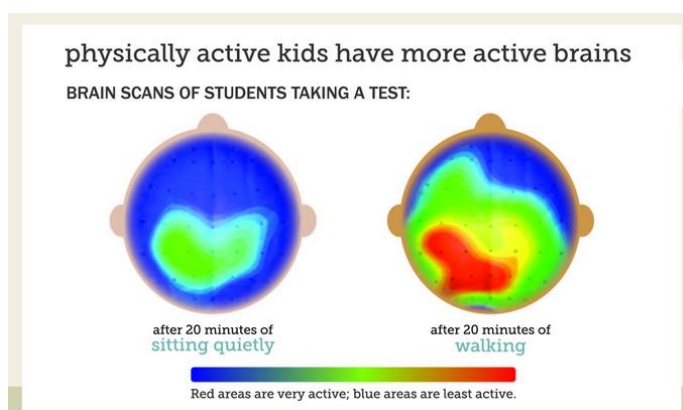
<http://activelivingresearch.org/activeeducationbrief>

Access Energiser ideas here:

<http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>

Read the full BOSTES article here:

<http://news.bostes.nsw.edu.au/blog/2016/9/15/pdhpe-linking-physical-activity-to-improved-academic-performance>



MAKING COOKING EASY AT SCHOOL

COOK IN A BOX

Providing cooking skills and education in primary school is great way to create healthy food habits and improve food choices in students. Cook In A Box are cooking lessons for all primary school stages that link to the National Curriculum. It is an affordable way to implement a cooking program without building a kitchen.

To find out more:

- Visit the [Website](#)
- Watch the [YouTube](#)
- Read the [School Email Flyer](#) and/ or [School Brochure](#)



CENTRAL COAST PDHPE NETWORK VIDEOS

VIDEOS, LESSON PLANS AND SESSION RECAPS ONLINE

Haven't attended a PDHPE Network session and want to know what all of the fuss is about? Or have you attended all of our sessions and want to see what happens in the Central Coast LHD? These videos posted by Central Coast LHD have some great ideas and games that you can apply to your PDHPE lessons. Watch the videos here:

- "Using the Games Sense Approach" http://www.healthpromotion.com.au/HPS/Game_Sense.htm
- "Reinforcing Numeracy and Literacy with Physical Activity" http://www.healthpromotion.com.au/PDHPE_Network/NumeracyLiteracyWorkshop.htm
- "Get Active with Music and Dance" http://www.healthpromotion.com.au/PDHPE_Network/Get_Active_Music_Dance.htm
- "Maximising Participation in Fitness Activities" http://www.healthpromotion.com.au/PDHPE_Network/Maximising_Participation_Fitness_Activities.htm
- "FISH (Fun, Inclusive, Safe, high Involvement) Physical Activities" http://www.healthpromotion.com.au/PDHPE_Network/FISH_Activities.htm

Read a range of lesson plans and recaps here:

- http://www.healthpromotion.com.au/PDHPE_Network/PrimaryPDHPENetwork.htm

Want more information?

- *Check your inbox for our termly Newsletter in week 2, Newsletter Snippets, Twitter and Facebook Posts in week 4, and our Email Update 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*
- *Contact our team on: Jennifer.Plaskett@health.nsw.gov.au*