

Live Life Well @ School

LLW@S is a joint initiative between NSW Health and the NSW Department of Education

Term 1 WSLHD Newsletter 2016

Edition includes:

- *Playground Stencil Hire: free and available now!*
- *Case Study: Kitchen Garden at Kenthurst Public School*
- *Professional development: ACHPER & Thinking While Moving Workshops*
- *FREE PDHPE Network Term 2: Dance*
- *Crunch&Sip®: new package and processes*

FREE PLAYGROUND MARKING STENCILS

Mount Druitt Public School were the first school to use our playground marking stencils. These encourage fun physical activity in the playground in and an alternative/ supplement to sports equipment. They also promote the practice of fundamental movement skills outside of class time.

Here are some pictures of the Mount Druitt Public School quadrangles!



Want to borrow them? Contact your LLW@S support officer via email or phone.

KITCHEN GARDEN AT KENTHURST PUBLIC SCHOOL

During 2015, the first stage of the vegetable and herb garden was established using raised garden beds. This area of the garden has been used by Stage 2 and 3 students. Students have enjoyed planting and harvesting peas, beetroot, cos lettuce, potatoes, sweet potatoes, tomatoes, zucchini, basil, mint and parsley.

All Stage 1 students were involved in planting a rosemary hedge in the garden around the Learning Centre. The hedge is flourishing and has a special significance as it was planted with connection to the ANZAC units of work in the classroom. It commemorates the centenary of involvement in the First World War.

The orchard garden has been maintained by Stages 1 and 2. These students have enjoyed learning about the citrus fruit in the orchard and eating some of the fruit grown on the trees.



Compost

The compost program has run effectively with the SRC class representatives collecting the fruit and vegetable scraps from the classrooms on a weekly basis. We were able to expand the composting program thanks to a donation of more compost bins from Bunnings at Dural. The compost has been used in the vegetable garden and orchard.

Kitchen

In 2014 the canteen was renovated and has two commercial ovens and stainless steel bench tops. It operates as our school canteen two days a week and is available on the other three days for the teachers and students to cook in.

The kitchen area has been further established with the help of a parent and her family. The kitchen area has been painted and improved to create a café style cooking space for the students. The kitchen cooking equipment has been organised in a user friendly pantry which is fully stocked with all the cooking utensils needed for whole classes to be involved in cooking lessons.



The kitchen has been used to prepare and enjoy fresh seasonal produce grown by student in the vegetable gardens. Stage 2 have prepared and shared salads and using their fresh produce grown in the garden. Stage 3 made a potato bake using the potatoes which they grew in the garden. Stage 1 used the kitchen to prepare ANZAC cookies as part of their ANZAC unit of work in the classroom.

THINKING WHILE MOVING WORKSHOPS

These registered courses run by Sue Meade look at integrating movement into primary classroom maths, and the benefits of including physical activity in other KLA's.

Details for Workshops in Western Sydney:

16th June 2016, North Rocks OR 2nd November 2016, Minchinbury

Accreditation: Proficient

Registered Hours: 5 (8.30am – 3pm)

Cost: DEC Schools (\$165), Non-Gov Schools (\$231)

Visit: <http://www.sports.det.nsw.edu.au/tpl/2016/calendar.php> for more details and a calendar of 2016 School Sport Unit Teacher Professional Learning Activities.

PDHPE NETWORK MEETING – TERM 2 – DANCE

You won't want to miss out on this workshop! The highly sought after dance PDHPE network workshop is scheduled for mid-term 2, 2016. Date and venue details to be confirmed. Keep an eye out for further information!



ACHPER 2016 CONFERENCE



K-6 Physical Activity and Health Conference is a professional learning workshop (BOSTES accredited). There are still a few places available for Western Sydney schools to attend the 2016 ACHPER conference!

Cost: FREE! (1 teacher per school, including relief funding)

Location: Mercure Sydney International Airport, 22 Levey Street, Wolli Creek

Date/ Time: Thursday 7th April 2016, 8.15am – 3.45pm

Register: <http://www.achpernsw.com.au/professional-learning/conferences/k-6-physical-activity-conference/>

Workshops Available: attendees get to choose 4 of the following workshops to attend:

Fundamental movement skills in action

Physically active classrooms

Thinking While Moving

Get active with games

Incorporating technology into physical activity

Health in the classroom

Physical activity for everybody

Dance

Gymnastics

Student led physical activity

CRUNCH&SIP®

Crunch & Sip® has a new home. You will now find all the information and resources that you need on the HealthyKids Eat Well, Get Active website:

<http://www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx> .

Need some more parent information brochures? There is an updated order form on the (above) website. You can always include information in your school newsletters as well.

This term the new Crunch & Sip® School Resource Pack (fully revised and updated) was sent to all schools that are running Crunch & Sip®. It can also be downloaded:

<http://www.healthykids.nsw.gov.au/downloads/file/campaignsprogram/CrunchSip-SchoolResourcePack-2016.pdf>

Need some ideas to ensure that all students participate in Crunch & Sip®? Check out this tip sheet:

<http://www.healthykids.nsw.gov.au/downloads/file/campaignsprogram/10tipstoensureallstudentshavevegetablesorfruitforCrunchSip.pdf>

Are you the contact person for Crunch & Sip® at your school? If not please ask them to get in touch with us. The Live Life Well @ School team are happy to help.



Want more information?

- *Check your inbox for our monthly emails*
- *Check your inbox for our termly newsletter, twitter and Facebook snippets*
- *Get in contact with us and organise a visit with your support officer*
- *Attend our PDHPE network sessions*