

NUPA School Staffroom Reading

Nutrition & Physical Activity in Primary Schools

TERM 4, 2021

Find an e-copy of this newsletter at: <https://healthupnorth.info/nupanews>

Events



National Nutrition Week 10th - 16th October

**Nutrition Week's theme is Try for 5
which encourages Australians to eat more vegetables.**



Below is a list of resources with ideas to include vegetables in a range of classroom activities:

- ❖ [Crunch&Sip®](https://www.crunchandsip.com.au/teachers/whole-school-activities/classroom-activities) has some creative ideas for classroom activities based on different learning areas. <https://www.crunchandsip.com.au/teachers/whole-school-activities/classroom-activities>
- ❖ [Refresh.ED](https://www.refreshedschools.health.wa.gov.au/) has an extensive collection of food and nutrition curriculum materials according to year level. <https://www.refreshedschools.health.wa.gov.au/>
- ❖ [Phenomenom](https://phenomenom.com.au/) has a free digital toolkit for teachers of curriculum-aligned lesson plans. <https://phenomenom.com.au/>
- ❖ CSIRO's [Taste & Learn](https://research.csiro.au/taste-and-learn/) program includes classroom materials that focus on sensory education. <https://research.csiro.au/taste-and-learn/>
- ❖ SA Health's [Eat a Rainbow](http://www.SAhealth.sa.gov.au) includes teachers' guides, posters, flashcards, games, recipes and more. Search 'Eat a rainbow resources' on www.SAhealth.sa.gov.au.
- ❖ The Heart Foundation's [Eat Smart Play Smart manual](#) for Out of School Hours Care has some great cooking and food activities for kids
- ❖ Canteens can offer a variety of appealing vegetable options. Vegetable preparation ideas and recipes for canteens can be found at: [Crunch&Sip®](#), [Eat Smart Play Smart](#), [Healthy Eating Advisory Service - Nutrition Aus VIC](#)
- ❖ VegKIT www.vegkit.com.au have a range of resources for schools and Out of School Hours Care (OSHC) that can be found [here](#).

**OUTDOOR
CLASSROOM
DAY**

4th November 2021

A global movement to inspire outdoor play and learning

Over 10 million children have been involved in Outdoor Classroom day over the last few years! The Outdoor Classroom Day website is full of lesson plans, resources, ideas and webinars to support you in moving learning opportunities beyond the classroom walls.

Register your class via <https://outdoorclassroomday.com/>

The *Thinking While Moving (Maths and English)* resources also have some great curriculum linked lesson plans and student resources that support learning outdoors. These are available for all NSW DoE, Catholic and Independent Primary Schools to download on the [School Sport Unit Premier's Sporting Challenge](#) website.



**HEALTHYEATING
ACTIVE LIVING**

Staying healthy and well during a global pandemic is important for both teachers, parents and students. It is easy to forget about looking after yourself in times of stress, constant change and upheaval. Consider the following in your daily routine in order to boost your energy levels and be there for your students and families.

Healthy Sleep

Getting enough sleep is important for physical and mental health. Having a consistent sleep routine (sometimes known as good sleep hygiene) can improve the quality of your sleep. Here are some tips:

- ❖ Plan to go to bed and wake up the same time each day (even on weekends)
- ❖ Turn off screens and television at least half an hour before bedtime
- ❖ Keep your bedroom dark whilst sleeping
- ❖ Avoid eating large meals close to bedtime
- ❖ Try activities to relax and unwind before bed such as reading a book, having a bath or listening to some relaxing music or a meditation.

Children	Young People	Adults	Elderly
Children between 5-13 years should aim to sleep for	Young people between 14-17 years should aim to sleep for	Adults between 18-64 years should aim to sleep for	Those over 65 years should aim to sleep for
9-11 hours per night	8-10 hours per night	7-9 hours per night	7-8 hours per night



Ref: <https://hw.qld.gov.au/blog/how-to-sleep-well-when-youre-feeling-stressed/>

Stay Active

Regular exercise is important both for physical and mental health. Aim to be active for at least 30 minutes per day. This may be one 30 minute session like a walk or bike ride, or several shorter 10-15 min sessions each day. Try not to do strenuous exercise right before bedtime as this may make you alert and you may find it difficult to sleep. Staying active is important in the classroom too so consider using brain breaks or energisers for both yourself and your students if you find you are sitting for long periods of time. [Go Noodle](https://www.gonoodle.com/) (gonoodle.com) has some great active brain break ideas

Maintain a Healthy and Balanced Diet

Food and mood are closely linked. What we eat can impact our stress levels, sleep quality, concentration and overall mental wellbeing. Mood boosting foods include:

- ❖ Vegetables and fruit – provide us with fibre to support gut health. There is a lot of emerging research around gut health and brain function. These food groups are also rich in antioxidants, which may also play a role in regulating mood.
- ❖ Wholegrains – are a source of healthy fats (for brain function) and fibre to feed our good gut bacteria.
- ❖ Lean meats, fish, eggs, nuts, seeds and legumes – provide the building blocks for many brain chemicals that influence our mood. Oily fish, nuts, seeds and olive oil are also a great source of healthy fats which help support mental health.
- ❖ Dairy – many dairy foods like yoghurt contain probiotics that can boost our gut health, and improve our mood and mental wellbeing.
- ❖ Water – staying hydrated improves our ability to concentrate.



Image from NSW Cancer Council website
<https://www.cancercouncil.com.au/news/food-and-mood-what-we-eat-affects-our-mental-health/>

Christmas and other Multicultural Festivals

Australia is culturally diverse with many different religious festivals observed and celebrated. Although holidays in Australia centre around the Christian celebration of Christmas, many other religious celebrations take place around the same time. Below are a few examples you may like to explore with your students as well as some simple recipes to make.

National Geographic has put together a resource showing how Christmas is celebrated around the globe and how to say 'Happy Christmas' in different languages. The resource can be found here:

<https://www.natgeokids.com/au/primary-resource/christmas-traditions-around-world/>



DIWALI Festival of Lights - 4 November

Diwali is a major festival celebrated by Hindus, Jains, Sikhs and some Buddhists. It usually lasts five days and is celebrated between mid-October and November. Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance". The festival is widely associated with Lakshmi, goddess of prosperity. During Diwali people often decorate the entrance of their homes with a rangoli pattern to welcome guests. A rangoli is traditionally drawn using chalk and is filled in with coloured powder and sand. During Diwali, houses are also lit up with candles and clay lamps, both inside and out. There are prayers, rituals, gift-giving, food and fireworks to celebrate.

For lesson plans on making a Rangoli go to:

<https://www.crayola.com.au/lesson-plans/rangoli-designs-lesson-plan/>
or <https://www.tes.com/en-au/teaching-resource/rangoli-patterns-6151263>.



a rangoli

*Below is a recipe for **pumpkin halwa**, a simple Indian dessert, often served during Diwali*

Ingredients

- 2 cups grated pumpkin
- 1 Tablespn (15g) ghee or unsalted butter
- 2 Tablespn milk
- ¼ cup sugar
- ¼ teaspn ground cardamon

Method

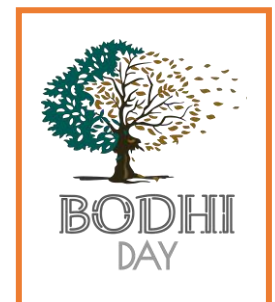
1. Peel pumpkin, remove seeds and grate coarsely.
2. Melt ghee or butter in a medium frypan over a medium. Add pumpkin and cook for a few minutes until it has softened.
3. Add the milk and stir until it is absorbed
4. Stir in sugar and cardamon and cook for a few minutes until glossy
5. Serve warm or chilled.

Note – for a smoother texture, add a little more milk, cover and steam a few minutes and then mash before adding sugar and cardamon.

BODHI DAY is celebrated by Buddhists on 8th December and celebrates the day Buddha achieved enlightenment under the Bodhi Tree. Bodhi Day is celebrated by eating cookies (preferable heart shaped – to resemble the leaves of a fig or Bodhi tree), rice and drinking milk. Some Buddhists eat a sweet milk Rice on Bodhi Day because it is the same meal the Buddha ate after he reached enlightenment. Buddhists also decorate trees with multi-coloured lights to represent the many different paths to achieve enlightenment. Below is a simple recipe for sweet milk rice.

Ingredients 4 Cups milk, ½ cup rice – Basmati, Jasmine, or Japanese Sticky rice, ½ cup sugar, 2 tsp cardamom powder (optional) or 1 tsp vanilla (optional).

Method 1. Wash and soak rice for 30 minutes 2. Bring milk to a boil 3. Add drained rice to milk and cook on medium heat until rice is well cooked 4. Add sugar and continue to cook & stir until mixture thickens. 5. Add cardamom powder or vanilla (optional) and cook for 5 more minutes. Eat warm or cold.



Resource in the Spotlight: Fundamental Movement Skills in Action

Fundamental Movement Skills in Action supports teachers in the explicit teaching of fundamental movement skills. These skills are an important step towards lifelong participation in physical activity. This resource contains 144 teaching cards - 12 cards for each of the 12 fundamental movement skills. For each skill, the teaching cards are numbered from 1 (easiest) to 12 (hardest). Each card provides activities for one PE lesson. Each card includes:

- A warm up or 'huff and puff' activity
- Ideas on how to teach the skill components
- Activities to practise and develop the skill
- A list of equipment needed for the session
- Images of a student performing the skill and a list of the skill components.

Download this resource from the Department of Education website or via <https://healthupnorth.info/FMSinaction>.



Want more information?

Kindergarten Orientation Packs

In Term 4 this year we are offering healthy lunchbox information packs for parents of kindergarten students starting next year.

Please let your local support officer know if your school would like to receive some information packs.



We also recommend the following YouTube healthy lunchbox presentation developed by Nepean Blue Mountains Local Health District <https://healthupnorth.info/kindyo>



Try Go4Fun Online in Term 4, it's an awesome way to help kids eat better and move more!

To register: healthupnorth.info/go4funonline
Term 4 registration closes Friday October 8th.

*Due to COVID-19, face to face programs are not running in Term 4.



Contacting your local support officer

Contact us for support or any queries relating to this newsletter or LLW@School

Area	Support Officer	Phone	Email
Clarence Valley	Kate Collins	6640 0154	kate.collins@health.nsw.gov.au
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