

# NUPA School Staffroom Reading

## Nutrition & Physical Activity in Primary Schools

TERM 1, 2021

For an e-copy of this newsletter go to: <https://nswlhd.health.nsw.gov.au/health-promotion/portfolio/nupa-newsletters/>

### What's coming up?

**Clean Up Australia Day** 07/03 (Week 7) – Inspire children to learn about waste and the environmental impact

**World Salt Awareness Week** 08/03-14/03 (Week 7) – This year's theme is 'More Flavour, Less Salt'!

**Ride to School Day** 19/03 (Week 8) – Organise a walk or ride to school day this week

**Vegetable Week** 15/03-19/03 (Week 8) – Get students excited about vegetables! See below for more information.

**The Big Veggie Crunch** 18/03 (Week 8) – Join thousands of students NSW wide and crunch on veg together.

**Harmony Week** 15/03-21/03 (Week 8-9) – Celebrate multiculturalism and cultural diversity by cooking foods from other countries or exploring sport and movement that children from other cultures participate in

**Nature Play Week** 14/04-25/04 – Nature play is about taking children into nature and allowing them to explore, discover and find wonder in the natural world

### Upcoming Events

Vegetable Week is on during Week 8 of Term 1 – from **Monday 15 March to Friday 19 March 2021** – with The Big Veggie Crunch on at **10am on Thursday 18 March**.

In 2020, over 32,000 primary school students across NSW munched on veg simultaneously. Help us to 'beet' this in 2021! Vegetable Week & the Big Veggie Crunch is a FREE school-based health promotion event that brings the excitement to munching on vegetables.

For more details and to register, visit the [Vegetable Week & The Big Veggie Crunch webpage](#)



### Virtual Parent Sessions



**Save the date!**

#### **For Parents**

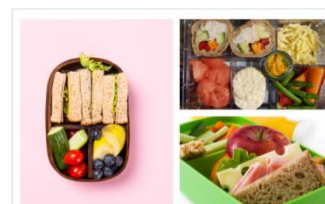
**Balancing the Lunchbox** (virtual session)

Parents are invited to join a 20-30min Zoom session to provide inspiration and tips on packing a balanced lunchbox. Sessions will be held on

- Tuesday 16<sup>th</sup> February at 5pm
- Thursday 18<sup>th</sup> February at 9:30am
- Wednesday 24<sup>th</sup> February at 12:30pm

Register here: <http://bit.ly/balancinglunchbox>

Contact your local support officer for more information.



BALANCING THE LUNCHBOX



**HEALTHYEATING  
ACTIVE LIVING**

## The impact of classroom-based physical activity breaks on children's learning and wellbeing

Did you know, only 14% of Australian children meet the recommended 60 minutes of physical activity and are sedentary for 70% of the day (1-2). Regular physical activity is linked to improvements in physical and mental wellbeing. Additionally, regular physical activity has been shown to enhance student's cognitive and academic performance and improve engagement in school.

A 2018 study 'Thinking while Moving in English' integrated physical activity into the primary school curriculum, specifically English lessons. Children in grade 3-4 participated in the study which ran for 6 weeks and showed an improvement in student engagement and enjoyment as well as better spelling and reading (3). Similarly, a literature review completed in 2019 suggested physical activity in math lessons improves academic performance as well as student engagement and attitude (4).



### How to integrate active breaks in your own classroom

The goal is simple: Get kids out of their seats to be physically active throughout the school day

#### Tips for classroom physical activity breaks:

- Keep physical activity breaks short and manageable = approximately 5mins 2-3 times per day
- Use physical activity to learn academic concepts. E.g. Using arms or bodies to create shapes
- Make sure the activity is inclusive for all abilities
- Lead by example and join in with your students!
- Get the kids involved by asking them to share and lead their own physical activity break ideas

#### Teaching and learning resources:

The Department of Education have provided short videos and lesson plans for 'Thinking while Moving English' and 'Thinking while Moving Maths' that can be adapted for different stages in K-6.

<https://app.education.nsw.gov.au/sport/psc/Resources>

Also go to [Transform-Us!](#), [Bluearth Foundation](#) or [GoNoodle](#) for resources and more information to help your school adopt teaching strategies that get students moving more and sitting less across the school day.

#### References:

1. Clemes S, Barber S, Bingham D, Ridgers N, Fletcher E, Pearson N et al. Reducing children's classroom sitting time using sit-to-stand desks: findings from pilot studies in UK and Australian primary schools. *Journal of Public Health*. 2015;38(3):526-533.
2. Cooper A, Goodman A, Page A, Sherar L, Eslinger D, van Sluijs E et al. Objectively measured physical activity and sedentary time in youth: the International children's accelerometry database (ICAD). *International Journal of Behavioral Nutrition and Physical Activity*. 2015;12(1).
3. Mavilidi M, Lubans D, Morgan P, Miller A, Eather N, Karayanidis F et al. Integrating physical activity into the primary school curriculum: rationale and study protocol for the "Thinking while Moving in English" cluster randomized controlled trial. *BMC Public Health*. 2019;19(1).
4. Sneek S, Viholainen H, Syväoja H, Kankaapää A, Hakonen H, Poikkeus A et al. Effects of school-based physical activity on mathematics performance in children: a systematic review. *International Journal of Behavioral Nutrition and Physical Activity*. 2019;16(1).

## Be a Veg Explorer

With Veg Week coming up use this resource to explore vegetables with all 5 senses.

Designed by a teacher for teachers, this resource provides teachers across all primary stages with lesson plans and further suggestions to integrate vegetables into their classrooms in a cross-curricular manner. The resource is available at <https://nswlhd.health.nsw.gov.au/health-promotion/portfolio/nutrition-resources/>

Encouraging children of any age to eat vegetables can be challenging, but sensory-based food education may be the answer. Research shows us that we can support children to eat more vegetables through structured activities that use all the senses to explore vegetables. This includes looking, listening, feeling, smelling and tasting all sorts of vegetables regularly. Being familiar with vegetables, learning about them and exposure to vegetables in learning and play can lead to increased chances of tastings at mealtimes.

# BE A VEG EXPLORER



## Easter Recipes

**Easter Pizza** - An easy and fun way to put an Easter twist on traditional pizza. It can also be used to teach fractions.

Also try our Homemade Hot Cross Buns. These fruity buns are great all year round.

Recipe can be found at:

<https://nswlhd.health.nsw.gov.au/health-promotion/portfolio/homemade-hot-cross-buns/>



### Ingredients:

- Pita bread / wraps / pizza base
- Cheese (grated)
- Tomato paste or pasta sauce
- Green beans
- Carrot and/or pumpkin (grated)



### Method:

1. Preheat oven to 180 degrees.
2. Spread paste or sauce thinly across the entire base
3. Add grated carrot / pumpkin and cheese on top of the pizza.
4. Bake in oven for 10-20 min or until cheese has melted on top. Timing will depend on the type of base you use as well. You can also cook on an open sandwich toaster
5. Serve with green beans to create your carrot-inspired pizza.

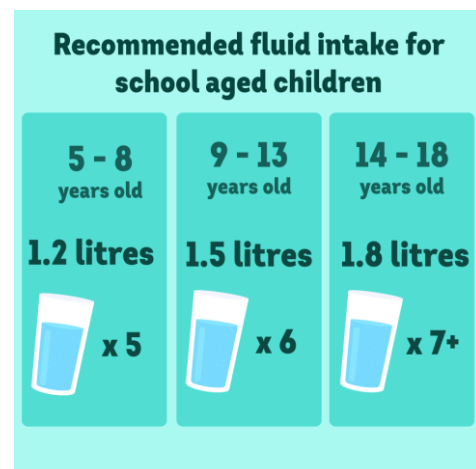
## Keeping hydrated this summer!

Keeping hydrated is important, especially in warmer weather.

**How much fluid do children need?** "For children under 8 years of age, at least 4-6 glasses of water is recommended. For children older than 8 years of age a minimum of 6-8 glasses is recommended." (Healthy Kids Association). However, if it's very hot or children are highly active they may need more water per day.

### How to get students to drink more water?

- Include a drink bottle in your school book packs
- Remind your class about the "sip" part of Crunch & Sip
- Have water bottles on desks and encourage students to sip regularly



Common symptoms of dehydration can be headaches, poor concentration, dry mouth and dark urine. Use this hydration chart to see 'What is my PEE telling me?'

Found here: [https://nswlhd.health.nsw.gov.au/health-promotion/files/2018/01/hydration\\_a4.pdf](https://nswlhd.health.nsw.gov.au/health-promotion/files/2018/01/hydration_a4.pdf)



**GO 4 FUN**  
HEALTHY ACTIVE HAPPY KIDS

Registrations for Go4Fun Online for Term 1 close on 5<sup>th</sup> February 2021. To register click [here](#) or go to <http://go4fun.com.au/about/go4fun-online/>

For more information contact Phoebe Nicholls on [phoebe.nicholls@health.nsw.gov.au](mailto:phoebe.nicholls@health.nsw.gov.au) or (02) 6621 1932

## Contact Us – we are here to help!

### Contacting your local support officer

Remember to contact us if your service needs any support or queries relating to this newsletter or LLW@School

Area	Support Officer	Phone	Email
Clarence Valley	Kate Collins	6640 0154	<a href="mailto:kate.collins@health.nsw.gov.au">kate.collins@health.nsw.gov.au</a>
Ballina/Byron	Maxine Molyneux	6639 9142	<a href="mailto:Maxine.molyneux@health.nsw.gov.au">Maxine.molyneux@health.nsw.gov.au</a>
Richmond Valley	Martina Pattinson Britney McMullen Rachel Adam	6620 7668 6620 7201 6620 7455	<a href="mailto:martina.pattinson@health.nsw.gov.au">martina.pattinson@health.nsw.gov.au</a> <a href="mailto:britney.mcmullen@health.nsw.gov.au">britney.mcmullen@health.nsw.gov.au</a> <a href="mailto:rachel.adam@health.nsw.gov.au">rachel.adam@health.nsw.gov.au</a>
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**HEALTHYEATING  
ACTIVE LIVING**