

NUPA Staffroom Reading Term 2 2022

Nutrition & Physical Activity Ideas for Primary School Teachers

Previous copies of this newsletter can be found at: <https://healthupnorth.info/nupanews>

Message from the team

Welcome to our Term 2 2022 newsletter.

Firstly, we want to recognise the impact of the recent devastating flooding events. We are here to help your school and communities on the journey to recovery.

Please feel free to reach out to your local support officer or me for assistance.

Best wishes

Gavin Dart

Program Coordinator

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What's coming up?

Screen Free Week

2-8 May: Turn off the screens and get active! Host a screen free day and enjoy more active learning and play.

Mother's Day

8 May: Celebrate Mother's Day by getting children involved in preparing healthy snacks and gifts.

Walk Safely to School Day

20 May: Encourage children and parents to walk or commute safely to school.

Reconciliation Week

27 May – 3 June: Learn about Australia's shared histories, cultures and achievements and how we can all contribute to achieving reconciliation in Australia.

NAIDOC Week

3-10 July: This is an opportunity to celebrate the rich history and culture of Aboriginal and Torres Strait Islander peoples. See page 3 for more information.

Fresh for kids 'Eat Fresh and Win' is back!

Fresh for Kids is a program fully funded by Sydney Markets Limited. It has one major goal – to get kids eating more fresh fruit and vegetables to kick-start lifelong healthy habits. It has been developed for school canteen managers and staff, primary school teachers and primary school aged children.

The **Eat Fresh and Win** campaign is simple and fun! Each time a student makes a 'healthy' selection from the school canteen or brings a piece of fruit or vegetable from home (if your school doesn't have a canteen) they receive a stamp to add to their entry form. There are major and minor prizes for canteens and individual students.



Schools must register online via the [Fresh for Kids website](#) by **Friday 1st July 2022**. The campaign runs in term 3 from 1st August to 16th September. Once registered, the school will be sent accompanying resources.

The campaign empowers canteen managers with fresh ideas, tips and tools to help make fresh options easy, affordable and desirable to young palates. Remember even if there is no canteen at your school you can still take part by rewarding students for bringing fresh fruit and vegetables from home.

Does breakfast impact a school day?

Breakfast is often described as the most important meal of the day. A lot of research has been conducted to explore if breakfast habits have short-term effects on school attendance, academic achievement and general health in children. A recent systematic review of the literature showed that eating breakfast leads to short term improvements in cognitive performance, academic achievement, memory and mood, and long term improvements in overall well-being, quality of life and reduced risk factors for disease.

Eating breakfast is one of the healthiest morning routines you can have - it helps to jumpstart your metabolism and provides energy needed to get on with the day. Breakfast is fuel for the body. Without breakfast, you are effectively running on empty.

Despite this knowledge, many young people often skip breakfast. The prevalence of children skipping breakfast is increasing in Australia, with up to one in five not fuelling their bodies each morning. This can be even higher amongst children of lower socioeconomic status. There may be a range of reasons why breakfast is skipped. It can be due to a lack of time, money, a child refusing to eat before school or a poor understanding of the benefits of eating breakfast each morning.

School Breakfast Programs

FoodBank implement supported breakfast programs and have identified significant impacts on student learning in the following ways:

- 95% of teachers noted an improvement in concentration
- 90% observed greater levels of engagement and focus for students who attended breakfast club
- 88% reported improvements in student's social skills
- 85% noted a positive impact on the academic outcomes of students who attended breakfast club.



Teachers also indicated that the combined improvement in concentration, engagement, social skills and other educational factors had a positive effect on students' capacity to learn and educational attainment. They observed an improvement in students' attitudes toward school and their readiness to learn at the start of the day.

Breakfast clubs also create opportunities for schools to teach children about the benefits of eating breakfast and impacts of healthy nutrition on their learning and overall development. An impressive 92% of teachers involved in the FoodBank program reported that breakfast clubs have had a positive impact on the health-promoting environment of their school.

What can your school do?

- Consider registering for a breakfast program through an organisation such as FoodBank
- Consider the canteen having food available before school
- Consider P&C funding a small supply of simple, nonperishable, breakfast foods to be available for children who present having not eaten e.g. UHT milk drink, breakfast bar
- Incorporate lessons on the importance of breakfast
- If doing hands on cooking learning experiences, consider selecting simple and economical breakfast foods that children can learn to prepare themselves.

Celebrate NAIDOC week with a traditional Indigenous game event

Playing traditional Indigenous games is a wonderful way to celebrate NAIDOC week and have fun with your class. The [Yulunga Traditional Indigenous Games](#) resource is freely available on the SPORTAUS or NSW Office of Sport website.

These games are suitable for children of all ages, abilities and backgrounds. Yulunga can be used in schools as an educational resource and as a guide to inclusive, structured sport. They can help students develop a greater understanding and appreciation of Aboriginal and Torres Strait Islander cultures, beliefs, and ways of knowing and being.



Try [Gorri](#), which is a throwing game for 20 students.

Bowling-ball or disc games were played by Aboriginal boys and men in all parts of Australia. A piece of rounded bark (disc) was rolled by one of the players for the other boys to use as a target for their short spears. A version of this activity is still played in the Kimberley area and Northern Territory (and perhaps elsewhere) using flattened tin lids as targets and stones or other missiles.

Full details on how to play this game can be found on the Traditional Indigenous Games website.

Classroom Rewards

Teachers commonly use incentives and rewards in class. Whilst rewards are a great way to motivate students, it is still important that students learn to make good choices simply for the sake of doing the right thing, without expecting a reward. Do you use rewards in your classroom? If so, what rewards do you offer?

If you do choose to use rewards, it can be beneficial to consider non-food rewards. This is because children can learn to associate food with good feelings which can create an unhealthy and emotional connection to food. A familiar example is comfort eating: where food is eaten in an attempt to feel better. Being praised for achievement feels good, but when praise is coupled with being rewarded with tasty food, the positive feeling can become linked with the food - instead of the praise or achievement itself. Even using healthier foods as a reward may have negative consequences.

Try some non-food reward ideas such as: free time e.g. to relax and explore their creativity or play with blocks/puzzles; special time e.g. time spent with a teacher, principal or other adult role model; free choice e.g. giving a student the power of choice like selecting a book, brain break or a special science experiment.

CLASS REWARDS...

have a free choice of time

no homework' pass

earn tokens for privileges

to take a break or have extra time at recess

have a classroom party with games and activities

classroom free time

make the morning announcements

make volcanoes

Literacy and numeracy through physical activity

We know teaching literacy and numeracy through physical activity has many benefits from both an academic and a health point of view, and it's fun!

Find inspiration in this recently recorded webinar for teachers. It is presented by experienced education consultant Janice Atkin from ACHPER (Australian Council for Health, Physical Education and Recreation).

Two birds, one stone is the best analogy for this session. Research tells us that moving while learning is the best way to retain that learning for many children. This session provides great practical ideas about how to teach literacy and numeracy concepts while also getting your students active.

A massive range of lesson ideas and resources that are freely available via the NSW Department of Education PDHPE website was shared and can be found via this [Padlet link](#).

The 60 minute webinar recording 'PDHPE network: Literacy and Numeracy through physical activity' can be found on YouTube [here](#).



Superhero Foods HQ!

[Superhero Foods](#) is an online resource for teachers and educators. This fun and fresh approach to nutrition education and cooking aims to empower children to make healthy lifestyle choices.

You can find free, hands-on interactive nutrition resources for use in your classroom. They are linked to the Australian National Curriculum.



GO4FUN
ONLINE

Go4Fun is for children aged 7-13 who are above a healthy weight and their families. It's an awesome way to help kids eat better and move more!

To register: healthupnorth.info/go4funonline

Registrations close 29th April, 2022

*Due to Covid-19, there are no face to face programs.

Contact Us – we are here to help!

Contacting your local support officer

Contact us if your school needs support or have queries relating to this newsletter.

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