

Message from the team

Welcome to our Term 3 2022 newsletter.

I'm happy to share that our team is back working on our schools programs after supporting the local response to COVID-19.

Please feel free to reach out to your local support officer or me for assistance. We look forward to seeing you again soon!

Best wishes.

Gavin Dart

Program Coordinator Healthy Eating Active Living Team

0427 299 335

Gavin.Dart@health.nsw.gov.au

What's coming up?

National Tree Day

29 July (for schools): Encourage children to get their hands dirty by planting a tree at school. Encourage families to plant trees at home or in their community on Sunday **31 July**.

Dental Health Week

1 – 7 August: Promote teeth cleaning, drinking water and the importance of calcium. Consider exploring how much sugar is in some foods and drinks. There are many ways to explore dental health with kids and families.

Fruit and Veg Month

29 August – 23 September: Celebrate Fruit & Veg Month across the whole school. Set a challenge for families to include at least one vegetable in lunchboxes each day or have a taste testing session! Encourage children to eat a rainbow of fruit and vegetables.

Did you know....Cool Australia resources are curriculum aligned?

Cool Australia have a fabulous range of teaching resources. They are evidence-based and curriculum-aligned to help teachers and parents weave real-world issues through the theory students need to know. The website is filled to the brim with ideas that are quick and easy to incorporate in planning.

These resources are mapped to relevant year levels, learning areas, general capabilities and cross-curriculum priorities of the Australian Curriculum. They have a unique action-based approach, are free to access for teachers, available online via the Cool Australia website

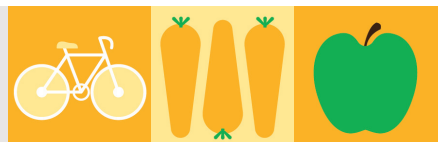
and are endorsed by leading education bodies.

Explore some of the resources while planning for National Tree Day. Cool Australia offer a range of lesson plans and activities for all stages. Simply search 'Tree Day' on the Cool Australia website.

Take the opportunity to incorporate learning about sugar added to foods and drinks in Dental Health Week. Again you will find curriculum aligned lessons ready to go. Search 'sugar' on the Cool Australia website.



coolaustralia.org
Learn for life



The Link between food, mood and learning outcomes

All students deserve the opportunity to be successful, happy, healthy and resilient. Providing and promoting nutritious foods plays an important role in the academic outcomes of students.

We know that fuelling children with appropriate foods supports their growth and development. But there is a growing body of research showing that what children eat can affect not only their physical health but also their mood, mental health and learning.

Research suggests that eating a healthy and nutritious diet can improve mental health, improve cognitive skills like concentration and memory and improve academic performance.

Children (and adults) should be eating plenty of nutritious, minimally processed foods from the five food groups:

- fruit
- vegetables and legumes/beans
- grains (cereal foods)
- lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

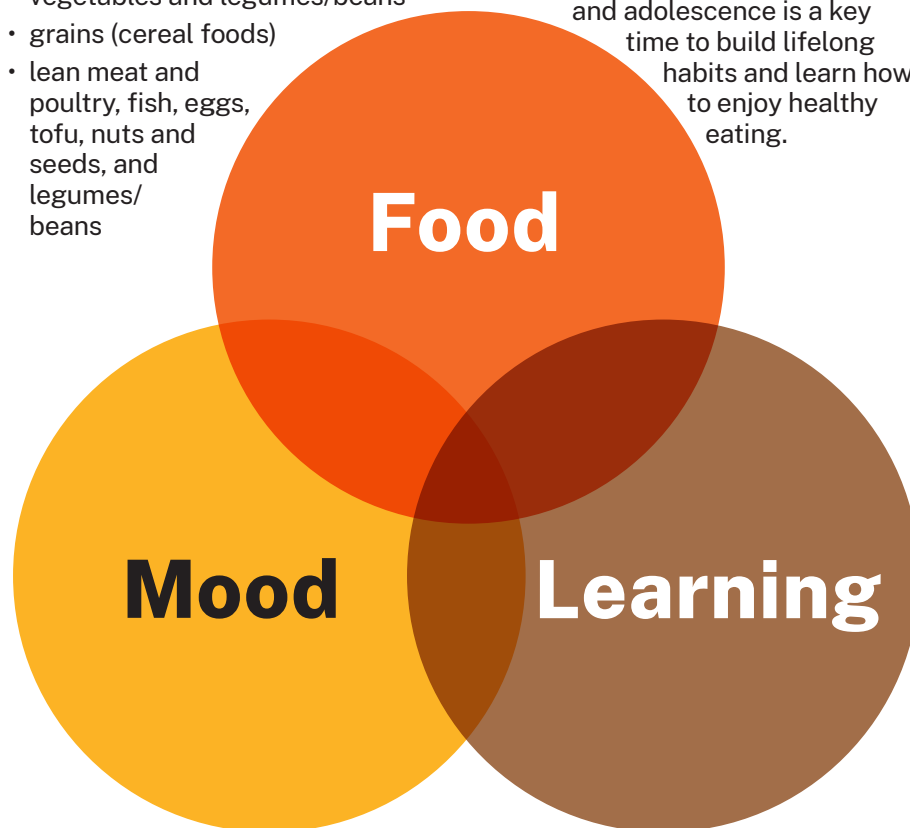
- milk, yoghurt, cheese and/or their alternatives

Eating too many nutritionally-poor foods and drinks that are high in added fats, sugars and salt, such as lollies, chips and fried foods has been connected to emotional and behavioural problems in children and adolescents. In fact, young people that have the unhealthiest diets are nearly 80% more likely to have depression than those with the healthiest diets.

Why are schools an important place to make changes?

Schools can play a key role in influencing healthy eating habits, as students can eat on average 37% of their energy intake for the day during school hours alone!

A New South Wales survey found that up to 72% of primary school students buy foods and drinks from the canteen at least once a week. It's never too late to encourage healthier eating habits - childhood and adolescence is a key time to build lifelong habits and learn how to enjoy healthy eating.



What can schools do to support children to learn how to enjoy healthy eating?

There are many opportunities to support students' learning outcomes and mental wellbeing by promoting healthy eating throughout the whole school environment. Here are some ideas:

- Encourage the canteen to have their menu checked against the NSW Healthy School Canteen Strategy.
- Make sure water is freely available across the whole school, and allow students to have a water bottle with them in class.
- Plant a vegetable garden and use the produce grown in cooking activities and at the canteen. Check out the Stephanie Alexander Kitchen Garden Foundation program for more ideas.
- Schedule a Crunch & Sip break each day to encourage students to eat fruit and vegetables in class.
- Engage all school staff to become positive role models by eating healthy foods and drinks at school.
- Use non-food rewards in the classroom to help students develop healthy relationships between food and behaviour.
- Encourage parents to provide healthier lunches.

Contact one of our local support officers if you would like to discuss ways to support healthy eating at your school.

Fruit & Veg Month Register now!

This year's theme 'Building Fruit & Veg Communities' creates a fantastic opportunity to get the whole school community to think, act and shop local for their fruit and vegetables.

With the current price of fruits and vegetables, there has never been a better time to start a school vegie garden or to support local farmers markets. Establish a garden club and get a vegie patch on the move. Spring is a wonderful time for it! Produce could be used in the canteen, sold to parents or for classroom cooking sessions.

Is your school ready to think local?

Register now to receive free resources and idea. (Google Fruit & Veg Month)

Remember to also have fun with it. Consider incorporating fruit & veg jokes into literacy. Here's a few to get you started.

Q: *What kind of apple isn't an apple?*
A: A pineapple!

Q: *What's worse than biting into an apple and finding a worm?*
A: Biting into an apple and finding half a worm.

Q: *How do you fix a broken tomato?*
A: With tomato paste.



GO 4 FUN[®] HEALTHY ACTIVE HAPPY KIDS

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 22 July, 2022

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

Kindergarten Orientation Support

It's that time of the year when schools welcome new families in preparation for children starting Kindergarten in 2023. To support your school's orientation program, we offer brief healthy lunchbox information sessions and/or information packs for parents.

As these sessions are very popular, please let us know as soon as possible if you would like to book a parent session and/or receive lunchbox information packs. Email: NNSWLHD-eatmoveplay@health.nsw.gov.au or call Maxine on 6639 9142.



Father's Day Fun

Schools often acknowledge Father's Day and schedule events to get families and students engaged together.

Try a healthy spin on this year's celebrations. Consider:

- Breakfast – fresh fruit salad, yoghurt, muesli, eggs, fruit toast or pizza muffins. Ask the canteen or P&C to be involved.
- Treasure hunt – get everyone active and having fun while they hunt for treasure. Hide small bouncy balls!



Vegetable Gardening in the Classroom



With Spring just around the corner, now is a perfect time to excite students about growing vegetables. The good news is that you don't need a vegetable garden! There are many ways they can be grown in the classroom. These experiences can also be integrated across most KLAs including literacy and numeracy.

Try bean sprouts, hairy grass heads or mushroom kits!

Why grow vegetables?

By giving children hands on experiences to grow vegetables they are more likely to have:

- Positive attitudes towards vegetables with higher consumption levels
- Exposure to vegetables they may have not been exposed to previously
- Improved willingness to taste and identify new vegetables.

Contact us if you would like a copy of our Vegetable Gardening in the Classroom resource or [click here](#) for a digital copy.

Contacting your local support officer

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

Clarence Valley	Kate Collins	6640 0154	kate.collins@health.nsw.gov.au
Ballina/Byron	Maxine Molyneux	6639 9142	maxine.molyneux@health.nsw.gov.au
Richmond Valley	Martina Pattinson	6620 7668	martina.pattinson@health.nsw.gov.au
Tweed Valley	Corinne Martin	6620 7447	corinne.martin@health.nsw.gov.au

