

NUPA School Staffroom Reading

Nutrition & Physical Activity in Primary Schools

TERM 2, 2021

What's coming up?

Screen Free Week

3-9 May: Turn off the screens and get active! Host a screen free day and enjoy more active learning and play.

Mother's Day

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

Walk Safely to School Day

14 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

4-11 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.

Upcoming Events

Fresh For Kids!

Fresh for Kids has one major goal – to get kids eating more fresh fruit and vegetables! Once again the 'Eat Fresh and Win' Canteen Campaign will be held with some awesome prizes up for grabs.

It's easy for schools to register but note that all registrations must be completed online with [Registrations](#) closing on Friday 25th June 2021.

Teacher Sessions – Save the Date!

Be Well Teach Well Webinar

When: 26th May 2021 from 3:30pm-5:00pm
Where: Online via Zoom

Northern NSW Health Promotion will be hosting a FREE online wellbeing webinar. The webinar will be hosted by Dr Darren Morton and will focus on looking after your own wellbeing and how to incorporate wellbeing practices in the classroom. Dr Darren Morton, a former teacher, is an Associate Professor and lead researcher in the Lifestyle Research Centre at Avondale University College.



Grant Opportunity

Eco-Schools Australia Litter Legends Campaign!

Aussie Eco-Schools are eligible to receive seed grants of \$500 to implement a project to reduce litter and/or improve recycling in their school and community.

To register your interest visit [2021 Litter Legends Campaign](#)



ECO-SCHOOLS

BE WELL TEACH WELL WEBINAR

Hosted by Dr Darren Morton



Wednesday 26th May 2021



3:30pm - 5:00pm

Register here:

<https://www.surveymonkey.com/r/7NSN3D6>



HEALTHYEATING
ACTIVE LIVING

A new initiative to reduce food waste in schools – *Lunchbox Leftovers*



Did you know that globally one third of food produced for human consumption is lost or wasted, equaling a total of 1.3 billion tonnes of food waste per year (1). OzHarvest reported that the top three wasted ingredients in Australia are: bread, bananas and bagged lettuce/salad (2). MidWaste Regional Waste Forum and Behavioural Works Australia collaborated to deliver *Lunchbox Leftovers*, a small pilot project that aims to reduce food waste within schools (3). Nine schools in the NSW Mid-coast region participated in the study which consisted of three trials:

1. A new school policy that required students to take any leftover food home
2. A school based program that promoted greater student involvement in making food for school
3. A school-based timetabling switch that involves students playing before eating at lunchtime

Outcomes included:

- Six of nine schools reported a noticeable reduction in food waste from audits and teacher interviews
- Students were more involved in choosing and making food for lunch
- Students were eating more food from home
- Packaging waste was reduced and healthier food was packed in school lunches



Strengths:

- Active student buy-in to implement the intervention and communication with parents. Teachers from one school commented that they had previously tried to tackle food waste and healthy eating without much luck! They outlined that the Lunchbox Leftovers intervention was effective because it targeted students and fostered healthy eating and less waste
- Teachers found the educational material provided very important and useful



How to get involved?

[North East Waste](#) are running the *Love your Lunch Program* across Northern NSW that engages primary school students to empower them to reduce lunchbox waste. The program will take place over four weeks, however student involvement will be over a two week period - Weeks 2 and 3 of the program.

Week 1: Audit 1 will be performed by NEWaste Education Officers

Week 2: Cooking workshop run by the Love Food Hate Waste Chef to teach students how to make simple lunchbox items with sample recipe cards that can be sent home to parents.

Week 3: Beeswax wrapper workshop for students to create and take home their own wraps

Week 4: Audit 2 performed by NEWaste and results provided as part of the end of program report.

For more information on how to get involved contact the NEWaste contact:

Sascha Piotrkowski sascha@newaste.org.au Ph: 0417 706 839

Find more resources on how to reduce food waste in the classroom at [Cool Australia](#)

References:

1. FAO - News Article: Food wastage: Key facts and figures [Internet]. Fao.org. 2021 [cited 23 March 2021]. Available from: <http://www.fao.org/news/story/en/item/196402/icode/#:-:text=The%20global%20volume%20of%20food,into%20the%20atmosphere%20per%20year.>
2. Food Waste and Hunger Facts | OzHarvest [Internet]. OzHarvest. 2021 [cited 12 April 2021]. Available from: <https://www.ozharvest.org/sustainability/food-waste-facts/>
3. Grant, W. & Boulet, M. Lunchbox Leftovers: Piloting an innovative project to reduce food waste in schools. MidWaste Regional Waste Group & BehaviourWorks Australia, October, 2020

Nude Food

In light of the Lunchbox Leftovers findings, a great way to reduce waste at your school is through Nude Food. Nude Food is simply food without excess packaging. It reduces the amount of waste that goes into bins to be sent to landfill. Creating waste free days reduces the consumption of packaged and often highly processed food and encourages the intake of fresh, whole foods.

[Nude Food steps for schools](#) provides 7 steps to implement Nude Food days at your school. It includes suggested activities for students and tips for gaining parent involvement.

[Nude Food info for families](#) can be shared with parents and explains how parents can help pack waste free lunches. For more information search [Nude Food](#)



Fruit & Veg Month 2021

It's time to celery-brate ... Fruit & Veg Month is back!

Register for Fruit & Veg Month, the *free, flexible* and *fun* primary school event that encourages kids to eat more fruit and veg.

The event will be held during the last 4 weeks of Term 3, **Monday 23 August to Friday 17 September.**

The event provides resources including curriculum materials, class posters, student reward stickers, parent resources and a student competition. Fruit & Veg Month is funded by NSW Health.

For more details on Fruit & Veg Month, and to fill out the quick and easy online registration form, go to: www.healthy-kids.com.au/teachers/fruit-veg-month/



Yulunga Traditional Indigenous Games & NAIDOC Week Activities

Yulunga means 'playing' in the language of the Kamilaroi (Gamori) people of Northern-Western NSW. Get involved with NAIDOC week and use the Yulunga Traditional Indigenous Games to educate students and celebrate Aboriginal and Torres Strait Islander culture.

Try *koolchee* - a ball-throwing game where the aim of the activity is to roll a ball and hit a skittle. All you'll need is a skittle/pin or any other target object that can easily be knocked over and a tennis *koolchee* (ball) or a larger ball.

For more information and to access the teacher resource click [here](#) or visit [Yulunga Traditional Indigenous Games | Sport Australia](#)



Another way to celebrate Indigenous culture is through food! Food, cooking and eating habits play a central role in every culture. Preparing and eating food involves more than just providing nutrition and fuelling our bodies. For thousands of years, Indigenous Australian's have been thriving on bush tucker and foods provided by the lands and waters. Explore the varieties of edible bush plants and native animal foods with your students. For other NAIDOC week activities search NADIOC week teaching guides or click [here](#).



Fast Starts – Physical Activity Resource

[Fast Starts](#) is a physical activity resource developed as a joint initiative between the NSW Department of Education and NSW Health. Fast Starts provide physical activity plans for Early Stage 1, Stage 1 and Stage 2 upwards. It gives children the opportunity to huff n' puff within 2 minutes and explore and practise movement skills. This resource is an update of the Playing for Life resource.

Evidence shows that physical activity is beneficial for children's health and wellbeing and also assists with cognitive development and academic performance. Take advantage of opportunities to incorporate movement and reduce sitting throughout the school day! Check out the example of the [Fast Start activity 'Alarm'](#) for early stage 1.

Fast starts

<p>Alarm Stage: Early stage 1 upwards</p> <p>Activity set-up</p> <ul style="list-style-type: none"> Set out the playing area (25 students = approximately 25m x 25m). Select three students to be taggers. <p>How to play</p> <ul style="list-style-type: none"> Students stand at one end of the playing area. Students are numbered 1,2,3 or 4. The three taggers stand in the centre of the playing area. The taggers call out 'Number 1 alarm', signaling the students numbered 1 to skip to the opposite end of the playing area. The taggers attempt to tag the students skipping. If tagged, these students join the taggers. Taggers call out another number for example, Number 4 alarm'. The last three students who are not tagged, become the next taggers. 	<p>Category: Tag game</p> <p>Equipment</p> <ul style="list-style-type: none"> 8 markers (to set out playing area). 1 braid or similar for each tagger. <p>Increase/decrease challenge</p> <ul style="list-style-type: none"> Vary the size of the playing area. Tagged players can perform movements to return to play. (for example, jumping jacks, tuck jumps, high knees running in place). <p>Additional variations</p> <ul style="list-style-type: none"> Incorporate themes (for example, animal movements, letters of the alphabet, numbers). Vary the locomotor movements used. <p>Sample questions</p> <ul style="list-style-type: none"> How did you move your body to participate effectively? How can you use and adapt different skills in the game to improve success? How can you refine your strategy to be successful in the game? What would you do differently next time?
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Fast starts is a physical activity resource developed as a joint initiative between the NSW Department of Education and NSW Health.

KIDS EAT, MOVE & PLAY

An initiative of Northern NSW Local Health District Health Promotion

Like and follow our [Kids Eat Move Play](#) Facebook page to stay up to date with events and information on nutrition and physical activity for your school.

GO 4 FUN[®]

HEALTHY ACTIVE HAPPY KIDS

[Go4Fun](#) - Fun & fitness for kids above a healthy weight. For information contact Rachel Adam on (02) 6620 7455 or rachel.adam@health.nsw.gov.au

Contact Us – we are here to help!

Contacting your local support officer			
Contact us if your service needs support or have queries relating to this newsletter or LLW@School			
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