

NUPA School Staffroom Reading

Nutrition & Physical Activity in Primary Schools

TERM 3, 2021

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

Calendar Dates

Week 3	30 July	Schools Tree Day
Week 4	2-8 Aug	Dental Health Week
	9 Aug	International Day of the World's Indigenous People
Week 6	14-22 Aug	National Science Week
	17 – 23 August	Healthy Bones Action Week
Week 7	23 Aug-17 Sep	Fruit & Veg Month



Upcoming Events



Fruit & Veg Month

2021 has been declared the [International Year of Fruits and Vegetables](#) by the United Nations.

Get your students enjoying and celebrating fruits and vegetables. Growing, cooking, science experiments, tasting and art are some of the activities children will love to explore.

Incorporate fun activities into Crunch & Sip time such as eating all the colours of the rainbow.

Register at [Fruit & Veg Month - Healthy Kids \(healthy-kids.com.au\)](https://www.healthykids.com.au) to receive free resources.

Dental Health Week 2 - 8 August

Dental Health Week 2021 focuses on caring for your teeth and gums to help keep your teeth for life.

Promoting the importance of these key messages to children from an early age helps improve oral hygiene and reduces the risk of tooth decay and associated problems.

- ❖ Cleaning and brushing teeth regularly with fluoride toothpaste
- ❖ Eating a healthy, balanced diet and limiting sugary drinks and foods
- ❖ Visiting the dentist regularly for check-ups

Healthy Bones Week in August further supports dental health week by promoting the benefits of calcium rich foods, including the importance of dairy foods for healthy bones and teeth.

For more Information and resources go to: www.dentalhealthweek.com.au

<https://www.coolaustralia.org/event/dental-health-week/> also has some great resources



Choose water as a drink



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Celebrating Fruits and Vegetables

In 2017, 3.9 million deaths worldwide were attributable to not eating enough fruit and vegetables. The causes of these deaths include gastro-intestinal cancer, heart disease and stroke. To highlight this issue, the United Nations has declared 2021 the International Year of Fruits and Vegetables. The aim is to increase awareness of the contribution of fruit and vegetables to a healthy diet and lifestyle and to increase their consumption.

The focus this year is on fresh or minimally processed produce including sliced fruit, bagged fruit, vegetable salads, and frozen and dried fruit and vegetables. Minimally processed fruits and vegetables have a longer shelf life than their fresh counterparts and offer a nutritious alternative.

Fast Facts (Australia)

- Only 7.5% of adults and 6.3% of children met the guidelines for vegetables serves in 2017-2018
- 51% of adults and 73% of children ate the recommended serves of fruit in 2017-2018

Recommended Serves of Fruit and Veg

- The Australian Government recommends 5 or more serves of vegetables and 2 serves of fruit per day for those aged 9 years and over.
- 4 ½ serves of vegetables and 1 ½ serves of fruit are recommended for 4-8 year olds.
- More vegetable serves than fruit are recommended as vegetables offer a much wider variety of nutrients and contain less sugar overall. For information on what constitutes a serve, go to <https://www.eatforhealth.gov.au/>.

Availability

In Australia during winter, you will find a range of seasonal fruits and vegetables including root vegetables, broccoli, cabbage, Brussels sprouts and citrus fruit. See the Sydney markets website for a full list of what's in season. Buying and eating seasonal produce supports local farmers and ensures greater availability, cheaper prices and fresher more nutritious produce.

Eat a rainbow of fruits and vegetables

as each colour provides a unique set of vitamins, minerals and phytochemicals which help protect us from disease. Red fruits and vegetables contain the antioxidant lycopene which has been linked to health benefits ranging from heart health to protection against sunburn and certain types of cancers. Blue and purple coloured fruits and vegetables contain anthocyanins which protect cells from damage, and have been linked with improved memory function and healthy ageing.



RED
Reduces risk of some cancers & diabetes
Improves skin
Decreases risk of heart disease & stroke

PURPLE / BLUE
Promotes longevity
Increases memory
Protects cells
Fights inflammation

ORANGE / YELLOW
Protects skin
Improves immunity
Promotes eye & joint health

GREEN
Increases tissue healing & immunity
Restores energy
Helps digestion

BROWN / WHITE
Keeps bones strong
Lowers cholesterol
Reduces inflammation

How can schools celebrate Fruit & Vegetables?

- ❖ Sign up for Fruit & Veg Month (August to September) and use the resources to explore the many benefits and versatility of fruit and vegetables from farm to plate
- ❖ Try some of the ideas in the Crunch & Sip School Resource Pack <https://www.health.nsw.gov.au/health/schools/Pages/crunch-and-sip.aspx>
- ❖ Compost fruit and vegetable scraps for your school garden or start a worm farm. These can be used to fundraise for the school. You will find some useful teaching resources here <https://www.sustainableschoolsnsw.org.au/>
- ❖ Cook or preserve some winter produce from your school garden or other local source e.g. pumpkin soup or damper, zucchini fritters, vegetable pickles or chutney.

School Uniform Trial

Northern NSW Primary schools are invited to participate in a study to examine the impact of school uniforms on student's physical activity levels.

The study is being facilitated by Hunter New England Population Health in conjunction with the University of Newcastle.

Students in grades 4 and 5 only will be asked to change their traditional uniform to a sports uniform each day. No additional cost to parents will be incurred as students will be provided with additional sports uniforms.



For further information or to participate please contact Nicole McCarthy, Hunter New England Population Health on (02) 4924 6669 or nicole.mccarthy@health.nsw.gov.au

Kilometre Clubs

Kilometre clubs are a fun way to encourage children to be physically active. Students can walk or run (or even skip) around a track and are rewarded with certificates or other incentives at designated intervals.

Choose your own Km club model, track distance and theme and the number of days per week you'd like to run it. You can run your program during, before or after school.

Students can benefit by gaining:-

- ❖ Improved fitness
- ❖ Improved concentration in the classroom
- ❖ Enjoyment
- ❖ A sense of achievement

For more information or resources contact your local Support Officer (See page 4)



Physical Activity for Healthy Bones

Regular physical activity can improve bone health and creates good habits to keep children healthy as they grow. Including some weight bearing exercise as part of a daily routine is also important for bone health. This includes walking, running, dancing, golf and tennis.

Primary school aged students should be involved in several periods of moderate to vigorous physical activity throughout the school day. In growing children, different sports stress growth plates differently, and variety helps ensure healthy overall development.

A whole of school approach to physical activity will ensure that students have a variety of opportunities to be active throughout the day. Strategies may include:-

- ❖ Active after school and before school programs
- ❖ Lunchtime games/sport programs
- ❖ Activity equipment available for students to use during recess and lunch
- ❖ Lunchtime walk and talk club for students and staff
- ❖ Line markings in the playground; motivating playground equipment
- ❖ Programs that encourage active transport to and from school (e.g. Walking Bus, Ride 2 School, Walktober)
- ❖ Links to local community sports and activity organisations e.g. visits by State Sporting Associations and local sporting clubs to assist with physical activity programs. Sporting schools funding may be used for this or other programs.
- ❖ Providing physical activity opportunities during lesson time (for example: practise measurement skills in the playground; take a two minute activity break between lessons.
- ❖ Opportunities for staff to be physically active and role models for students.
- ❖ Strategies to involve family members in school physical activity programs e.g. family challenges, parents undertaking accredited coaching courses to assist with coaching teams.



Kindergarten Orientation Parent Information Sessions

In Terms 3 & 4 this year we are offering healthy lunchbox information sessions and packs for parents of 2022 kindergarten students.

Please let your local support officer know if your school would like to book a parent session and/ or receive information packs.



Be Well Teach Well Webinar

If you missed out on participating in Dr Darren Morton's (Lifestyle medicine expert) 'Be Well Teach Well' webinar, you can view the recording online via the link below. Darren covers the latest research on wellbeing, what you can do to improve your own wellbeing and how to implement wellbeing practices in the classroom.

<https://vimeo.com/555072914>



Want more information?



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.



Registrations for Go4Fun Online, Term 3 close 16th July 2021. To register go to <http://go4fun.com.au/about/go4fun-online/>

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

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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General enquiries			NNSWLHD-eatmoveplay@health.nsw.gov.au



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