

Message from the team

Welcome to our Term 4 2022 newsletter.

It has been great to work again with many local schools in term 3. We are looking forward to working with more schools in term 4, including supporting Kindy Orientation at your request. Please feel free to reach out to your local support officer or me for assistance.

Avigdor Zask

Acting Program Coordinator
Healthy Eating Active Living Team

0437 761 842



What's coming up?

<u>National Recycling Week</u>	3 October-11 November: The Schools 'Recycle Right Challenge' offers a wide range of recycling themed activities, lesson plans and event ideas that have been developed specifically for Australian schools. This is a great opportunity to look at packaged waste from lunchboxes and to promote nude food.
<u>National Nutrition Week</u>	16-22 October: 'Try for 5' is an annual awareness campaign by Nutrition Australia during National Nutrition Week. It celebrates vegetables and the important role they can play in our health and wellbeing. Can you integrate a vegetable theme into some class activities?
<u>National Water Week</u>	17 – 23 October: The theme for 2022 is 'Our Water Stories'. Communities and individuals are invited to explore their own stories and imagination looking to the past, present and future. Create opportunities for students to explore the importance of water in their lives and share their stories.
<u>Outdoor Classroom Day</u>	3 November: Outdoor Classroom Day is a global movement to make time outdoors for play and learning a part of every child's day. Can you schedule extra time to take students outdoors to learn?

Bushwalking and bowls in schools: do we need to teach kids activities they'll go on to enjoy?

Physical education is popular for most children in their early school years. Yet by secondary school there are less favourable attitudes towards Health and Physical Education (HPE).

By adulthood, the mention of HPE brings on either pleasant (for those who enjoyed HPE at school) or unpleasant memories (those who suffered embarrassment, bullying or injuries).

These attitudes towards HPE are important as early life experiences can be linked to our health later on. Adults with positive memories of HPE are more likely to be physically active throughout their lives. That's why we need to get students hooked on a range of activities they can enjoy doing for many years after they leave school.

One of the major focus areas of any HPE program in schools is to develop movement skills and physical activity in young people. Research shows physical activity is vital to improve mental, social and physical health, as well as preventing obesity, cancer, diabetes and heart disease.

For this reason, it is important to offer high-quality HPE programs early on at school that provide opportunities for students to experience a range of activities they can engage in later in life.

Our activities and preferences change as we age and there are obvious differences in activities between age groups.

School-aged students participate in more team-based activities which often involve physical contact and/or require speed and agility. The top 10 activities for students include: swimming, football, gymnastics, dancing, tennis, netball, basketball, running, cricket and AFL. However participation rates in these activities decrease substantially after the age of 35.

Australians aged 35 and over mainly participate in less intense aerobic and less team based activities including walking, golf, cycling, bowls, yoga, bush walking and Pilates. These activities do not even make the top 10 for school-aged students.

Giving students increased access to these activities might assist schools to help young people develop lifelong participation in physical activity.

Some school HPE programs are likely to include a few of the activities listed for the adult age groups. However, the crowded curriculum and HPE time allocations can make it difficult for teachers to include other options, especially if they are off-site.

There is scope however to consider integrating outdoor aerobic activities into other subject areas. For example, an excursion to a local park or reserve for bushwalking could be linked with geography and science. Outdoor excursions like this could also help inspire writing in literacy or measurement in numeracy.

Short yoga sessions may be encouraged for class brain breaks. Yoga or Pilates could be offered at lunchtime or after school. Being aware of local recreational clubs and the opportunities they offer (e.g. barefoot bowls sessions) might provide new and exciting activities. Schools could invite club staff or volunteers to come to talk to the students and run practical sessions.

Increasing exposure to some of these activities challenges students within HPE programs to develop new skills and enjoy new experiences. Evidence suggests that offering a range of activities and opportunities to develop new skills in school HPE can help students feel competent in their physical abilities. This assists with individual motivations to be physically active, especially with

exercise they are likely to carry into adulthood.

Adapted from article by Cruickshank V, Hyndman B, Pill S 2019, 'Bushwalking and bowls in schools: we need to teach kids activities they'll go on to enjoy', The Conversation [Bushwalking and bowls in schools: we need to teach kids activities they'll go on to enjoy](https://theconversation.com/bushwalking-and-bowls-in-schools-we-need-to-teach-kids-activities-theyll-go-on-to-enjoy) (theconversation.com)



How can school celebrations be healthier?

The NSW Department of Education Nutrition in Schools Policy guides schools to promote healthy eating and good nutrition. This includes both the school environment and also all school activities and programs that involve food and drinks.

For some, this can be a dilemma when it comes to school celebrations. Schools and families commonly provide traditional 'party' options such as cakes, lollies, chips and pastry foods for special events. However these options don't support the healthy eating messages being taught in the classroom.

The good news is there are endless options to ensure class or school events are enjoyable for children, while complementing the curriculum and supporting the Nutrition in Schools Policy.

Celebration tips for schools

- Organise celebrations that focus on activities, rather than food, such as a scavenger hunt.
- Discuss reasons for healthier celebrations with students.
- Provide healthier celebration ideas to families through school newsletters, notices and websites.
- Involve students in choosing healthier celebration options they will enjoy.
- Offer occasional foods in smaller portions.

Foods Ideas

- Air popped popcorn
- Platter of salad-based sandwich triangles, wraps or pinwheels
- Mini pizzas made on English muffin bases
- Toasted sandwich triangles
- Bean quesadillas or burritos made with wholemeal tortilla bread

- Oven baked wholemeal pita pieces with salsa and reduced fat Greek yoghurt
- Roast potatoes with toppings
- Corn on the cob
- Vegetable or meat BBQ kebabs.
- Fruit smoothies
- Fruit kebabs, melon ball salad, platters or canned fruit (in natural juice)
- Watermelon or rockmelon 'smiles'
- Orange quarters - try frozen in summer!
- Dried fruit without added sugars or coatings
- Yoghurt parfaits (layer reduced fat yoghurt and fruit with whole grain cereal on top)
- Snack mixes - muesli, dried fruits, nuts or popcorn. (Check school policy regarding nuts)
- English muffins, pancakes or raisin bread (with a thin spread of margarine, honey or 100% fruit jam)
- Date scones
- Un-iced fruit bun, scrolls, sweet or savoury muffins or cakes
- A 'nibble platter' with: reduced fat cheese, hummus, tzatziki or salsa, wholegrain or wholemeal crackers, cherry tomatoes, snow peas, carrot, cucumber, and/or capsicum sticks and green beans

You may like to try some of these ideas for your own celebrations too!

Water is always the best choice of drink.



Kindergarten Orientation Support

It is 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, if you haven't already done so, please let us know as soon as possible if you would like to book us to attend a parent session and/or receive lunchbox information packs.

Email NNSWLHD-eatmoveplay@health.nsw.gov.au or call Maxine on 6639 9142.



Staying hydrated now that summer is on the way

Our bodies are approximately 60% water. Water is lost each day through breathing, sweating and going to the bathroom. This needs to be replaced, especially in hot weather. Not drinking enough can quickly lead to dehydration. Studies have shown that when children are even mildly dehydrated they can become irritable and their concentration and mental performance levels can be significantly reduced. Water is the best drink of choice for hydration.

As a teacher, it is important to allow students to have a water bottle they can easily access and to remind them to sip regularly.

With the warmer months approaching, it is a great time to consider a class activity that focusses on and promotes the importance of drinking water.



Have you heard of the Q4:H2O activity? This is a one-week school/family-based project that encourages students to choose water (or reduced fat milk) and record what they drink for the week. The activity was developed for Stage 2 students, but could be adapted for other age groups. It offers a range of resources that are available free to download [here](#) (or search for Q4:H2O in your browser).

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
Richmond Valley	Britney McMullen	6620 7201	Britney.McMullen@health.nsw.gov.au
Tweed Valley	Corinne Martin	6620 7447	corinne.martin@health.nsw.gov.au

