

Message from the team

Welcome to our Term 1 2023 newsletter.

We hope all staff, parents/carers and children had a safe relaxing and fun holiday season. We are looking forward to working with more schools in 2023 to promote healthy eating and physical activity. Please feel free to reach out to your local support officer or me for assistance. Best wishes

Avigdor Zask

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Healthy Eating Active Living Team

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What's coming up?

Schools Clean Up Day

Week 5, 3 March



A School Clean Up is a great way to inspire students to learn about the impact of rubbish on their local environment. Students and teachers can work together to clean up an area within the school or outside like a local park. [Register online](#) to receive a free Schools Clean Up Kit. You can also register a School Clean Up event any day of the year!

Harmony Week

Week 8, 20 March to 24 March



Celebrate the cultural diversity and inclusion of all Australians through multicultural food, traditional dance and games. Why not involve parents and families in showcasing their own cultural traditions?

National Ride2School Day

Week 9, 24 March 2023:



National Ride2School Day is Australia's biggest celebration of active travel. It is a day full of fun and colour where students, teachers and parents discover the joy of riding. For ideas and resources, go to the official website.

Vegetable Week & the Big Veggie Crunch

Week 10, 27 - 31 March :



Sign up for Vegetable Week and the Big Veggie Crunch 2023. The free resources are full of ideas to celebrate the humble vegetable. The Big Veggie Crunch will be held on Thursday March 30, 10am and can be done in conjunction with your Crunch & Sip break. Why not encourage students to bring vegetables to Crunch&Sip for the whole of Vegetable Week?

Linking Vegetable Week and the Big Vegie Crunch to the PDHPE (2018) syllabus

Vegetable Week fits best under the PDHPE content strand Healthy, Safe and Active Lifestyles, specifically outcomes 6 and 7.

Vegetable Week is an opportunity to build children's ability to navigate the large amount of information and mis-information that surrounds healthy eating. The activities below fit within the propositions "develop health literacy" and "include a critical enquiry approach":

ES1-S3 Reference for Health Literacy is PDHPE syllabus K-6 (p25)

Health Literacy - Functional dimension (ES1/S1) Investigate a variety of vegetables from the 'rainbow'. How does eating vegetables help to make me the best I can be? E.g. eating carrots helps to protect me from sickness (assists immune system function).

Health Literacy – Interactive dimension (S2) Using your understanding of the benefits of eating vegetables, encourage your friends to eat more vegetables. For example, through a music rap, video clip, design a digital poster, etc. Your medium should provide reasons why vegetables help you to be the best version of yourself and where your friends can find out more reliable information or support.

Health Literacy – Critical dimension (S3) Provide students with links to reliable information on the benefits of eating vegetables e.g. eatforhealth.gov.au. Students select one of the links and identify the source of information. What information does it provide about the benefits of eating vegetables? What evidence is there that the information is reliable? (e.g. research studies or scientific evidence). Does it provide further information and services to inform students about the benefits of eating vegetables?

It is important to provide students with learning opportunities which

promote the three dimensions of health literacy in all stages of learning where possible.

Quick activities

Regrowing vegetables

Learning: That vegetables can grow from offcuts to reduce waste

Activity: Students bring in vegetable offcuts from home to regrow in jars or plastic containers filled with water. Choose a sunny spot in the classroom to place the jars/containers. Once the vegetable scraps grow roots, they can be planted in the school vegetable garden or taken home to plant. Examples of vegetables that can be used include potatoes, carrots, leeks, shallots and bok choy.

Vegetable Colour Wheel

Learning – students identify different vegetable colour families

Activity: Ask students to bring in vegetables for Crunch&Sip. Aim for a wide range of colours. The class then works together to make a vegetable colour wheel. Students can draw or photograph their vegetables to add to the colour wheel. Photos of the completed colour wheel can be used to create a promotional resource e.g a poster or social media post to encourage eating all the colours of the rainbow.

For more ideas on how to link Vegetable Week across the curriculum, go to <https://healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/> or sign up for Vegetable Week 2023 and receive an array of teaching resources and ideas.

Vegetable Trivia

Vegetable trivia is a great way to start the day in class during Vegetable Week or to use during Crunch and Sip. You could even involve your students in coming up with fun vegetable trivia questions.



Q: In America, an avocado is sometimes called

- a. Alligator pear
- b. Pink lady
- c. Lady finger

A: a. Alligator pear - the pear part of the name alligator pear came from the shape of the avocado being similar to a pear. The alligator part of the name was most likely based on the bumpy green skin of the avocado being similar to an alligator's skin

Q: Which native Australian green vegetable was used by Captain Cook to help ward off scurvy? Popeye would be proud!

- a. Northcote beets
- b. Warrigal spinach
- c. Fremantle asparagus
- d. Botany Bay lettuce

A: b. warrigal spinach, also commonly known as warrigal greens

Q: Kimchi is a Korean dish typically made with which fermented vegetable?

- a. Potato
- b. Turnip
- c. Cabbage
- d. Broccoli

A: c. cabbage - it often contains radishes, shallots, carrots, garlic, ginger, chilli flakes, and other flavourings. Kimchi has a sour, salty, savoury, and often fiery taste.

Reignite Crunch&Sip in 2023

Over 87% of primary schools on the North Coast have a vegetable or fruit break like Crunch&Sip®. Do most of the classrooms in your school have one? The start of the year can be a great time to refresh Crunch&Sip® and remind parents to pack a vegetable or fruit snack each day. Crunch&Sip® is a set time for students to 'refuel' on vegetables and fruit and 'rehydrate' with water. This helps them to concentrate in class and remain on task. Crunch&Sip® is also a great way to instil healthy eating habits from a young age which children will carry forward into adulthood.

Access some great classroom cross-curricular activities at www.crunchandsip.com.au with vegetable and fruit themes to use during Vegetable Week or throughout the year. Encourage a vegetable snack to be packed at least twice a week for Crunch & Sip instead of just fruit.

The CSIRO's Veg Kit also has a useful [checklist](#) of simple ideas for schools to encourage students to eat more vegetables.

Contact your local support officer for further ideas and support with Crunch&Sip®.



Harmony Week 2023

Orange is the colour chosen to represent Harmony Week. This colour signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Australians can choose to wear something orange during Harmony Week to show their support for cultural diversity and an inclusive Australia. Why not have an orange day at your school during Harmony Week or encourage students to wear traditional dress from their chosen country.

Healthier international recipes to prepare in class for Harmony Day, can be found at

<https://health-promotion.nswlhd.health.nsw.gov.au/healthy-recipes>

Try any of the following:

[Enchiladas](#) or [quesadillas](#) from Mexico

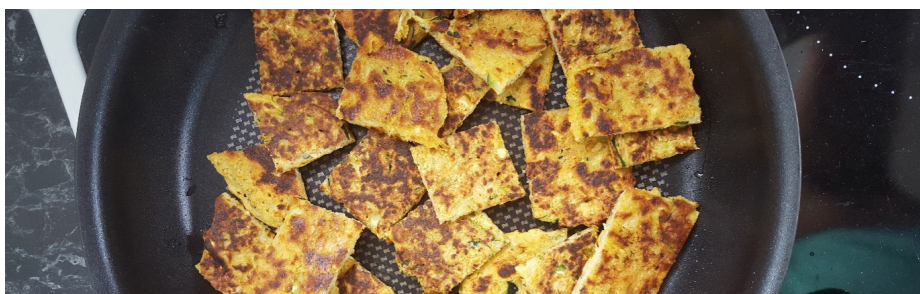
[Sushi](#), [Sushi balls](#) or [okonomiyaki](#) from Japan

[Chicken dumplings](#) from China

[Bread based quiche](#) or [Socca \(chickpea flatbread\)](#) from France

[Rice paper rolls](#) from Vietnam

Consider teaching your students a traditional dance from another country such as the Hula from Hawaii, an Aboriginal or Torres Strait Islander dance or salsa from Latin America. Enjoy the different tastes and delights that come with learning about other cultures with your students.



Resources for Active Classrooms

Numerous studies show how staying active throughout the school day can enhance student learning, concentration and behaviour in the classroom. Exercise also improves mental health and can reduce stress, anxiety and increase confidence and social wellbeing.

When planning lessons, consider incorporating some 3-5 minute energisers between lessons. You could also consider some active lessons e.g during Maths and English. This will keep your whole class ready for learning.

The following websites are full of FREE resources, strategies and tips to keep your students energised and focused.

Go Noodle is a great interactive website to add to your electronic whiteboard for a full audio-visual experience.

Get your students involved in fun energisers involving dance, songs and movement. Choose a few different students each day to select their favourite energiser.

HOPSports uses an innovative digital platform to combine physical activity with education

Blue Earth has a teacher resource centre full of physical activity challenges and games

Action for Healthy Kids includes a range of active learning resources

The Good for Kids website has some great resources

Thinking While Moving supports teachers to embed physical activity into Maths and English



Grants

Keep your eye out for the following grants in Term 1, 2023

- Small grants program for Regional NSW Supports the recovery and wellbeing of children and young people living in regional NSW within declared flood affected communities in 2021. Open until 31 Mar 2023.

- Woolworths Junior Landcare Grants | Junior Landcare These grants usually open in February/ March. Sign up to Landcare Australia's newsletter to receive grant notifications and resources.

- Active Australia Innovation Challenge Grants - Heart Foundation These grants are funded by the Australian Government, Department of Health and usually open in March.



Active Australia Innovation Challenge



Contacting your local support officer

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

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Northern NSW Local Health District

