Welcome to our NEW Live Life Well @ School newsletter!

This newsletter is put together by your Live Life Well@ School (LLW@S) team to let you know about any new ideas and programs for healthy eating and physical activity for your school community. We will mail a copy each term to all teachers who have attended workshops, and to Principals of all participating LLW@S schools. We would also love to share some of your successes, so please get in touch, our contact details are below.

Jane,
LLW@S Area Co-ordinator

In Northern Sydney Central Coast Area Health Service, we now have 56 DET schools participating in LLW@S. Last term we had new rounds of workshops in Ryde and Ourimbah, plus a Sharing workshop in Ourimbah. This term there is another Sharing workshop in the Northern Beaches (August 19) and Ourimbah (August 20). Congratulations to all our schools who have been so proactive by being part of this program!

LLW@S has been running for 3 years now, and has recently been reviewed. The good news is that it will continue to be offered to DET schools. There will be a new format in 2011, which includes offering 2 days of face to face workshops, and some online modules. Some of these will be available for your continuing education.

Don’t forget our LLW@S website with lots of resources and information - eg if you need some new newsletter snippets for your school newsletter, or where to order free classroom posters or handouts for parents…

Central Coast PDHPE Network

Offers popular after-school workshops in terms 1 to 3. Workshops are designed to provide teachers with practical skills they can use in leading and promoting physical activity and nutrition. Individual consultancy is also available.

Term 3 Network meeting is on Tuesday 17 August at Wyoming PS on Active Playground Ideas. All welcome.

For more information, contact Jeff Smith ph 4349 4817

Central Coast

These fun filled packs based on the 12 Fundamental Movement Skills will be available for all Central Coast schools to order for year 1 families in Term 3. Order forms will be sent to your Principal early Term 3.

GET HEALTHY is a FREE telephone counselling service for adults who want to eat healthier, be more physically active and lose some weight. You can develop your own goals, and be supported with resources mailed to you plus telephone calls with a health coach over a 6 month period. Telephone 1300 806 258 or visit the Get Healthy Website www.gethealthynsw.com.au

Parents Jury is an online advocacy group for parents interested in nutrition and physical activity. They provide useful information and media on many issues such as food marketing to kids and healthy schools.

To join Parents Jury, visit: http://www.parentsjury.org.au/
Don’t forget that this activity is available to all schools for Stage 3 only. This popular 2 week activity encourages students to look at healthy lifestyle factors such as fruit and vegetable intake, physical activity, eating breakfast and watching less TV.

FREE resources include a passport and certificate for each student, plus a teacher resource booklet.

To order directly from the Resource Distribution Unit, Ph: 9879 0443, Email: tobinfo@doh.health.nsw.gov.au

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**Did you know?**

There is a substantial decline in milk intake through childhood, and replacement with sweetened beverages. Older girls (12-16 years) are most at risk of not meeting their dietary requirements for calcium. Water and reduced fat milks are the best drink choices!

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**Canteen Network**

Canteen Network meetings are offered each term to support and update canteen workers to implement the Fresh Tastes at school healthy canteen strategy. Individual consultancy is also available. Meetings for term 3 are:

**Central Coast**
Tuesday 10 August 2010, 10.30 am - 2.30 pm
Kariong Mountains High School
Justine Gowland-Ella: 4349 4815
Lesley Marshall: 4320 3362

**Northern Beaches**
Wednesday 11 August, 7.30 pm
Wheeler Heights Public School
Eve Clark: 9976 9826

**Hornsby Ku-ring-gai**
Tuesday 20th July, 2010, 10 am – 11.30 am
Epping West Primary School
Barbara Humphrey: 8877-5184

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**‘From Farm To Plate’**

Sydney Markets is offering FREE school presentations on fresh fruit and vegetables, from how produce is grown through to how it gets on the plate. Contact 9325 6295 or for more information go to: www.freshforkids.com.au

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**Q4:H2O Activity**

The Q4:H2O Activity is a new stage 2 one week school/family based project to promote healthy drinks to children and their parents/carers, and to support teachers getting healthy drink messages to families. It was offered to all Northern Sydney Central Coast Area Health Service schools in term 1 2010, with almost 10,000 students in 77 primary schools participating.

On the Central Coast 33 schools also conducted a canteen promotion.

The evaluation of this activity and resources has been completed. Feedback was very positive, and we will be offering this again to Stage 2 in 2011. A short report will be sent to all participating schools this term. Thank you to all schools who participated and for your valuable feedback! An invitation to participate in the Q4:H20 activity in 2011 will be sent to all schools later this year.

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**Fruit ‘n’ Veg Month**

In 2010 Fruit ‘n’ Veg Month will run from 30th August to 24th September (week 7 – 10 Term 3). You should have registered for Fruit ‘n’ Veg Month resources by now - School Resource Packs were available to the first 650 schools to register. The resources will also be posted on the website for teachers to download so that even those who miss out on the hardcopy resource packs can still participate.


For more information regarding the Fruit ‘n’ Veg Month campaign, call the Fruit ‘n’ Veg Month Co-ordinator on (02) 9876 1300.

This year the very successful Sydney Markets Canteen Campaign runs at the same time as the classroom promotion, so students are encouraged to make healthy choices at the canteen while learning about healthy eating during lessons.

Your canteen manager can register for this promotion by calling Sydney Markets on (02) 9325 6295 or (02) 9325 6830.

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**Interactive Whiteboard Resources**

Check out this DET website for resources for all KLAs, including PDHPE.