

# Live Life Well NEWSLETTER

Live Life Well @ School is a collaborative initiative between NSW Ministry of Health and Education sectors in NSW.

TEACHERS - PRINCIPALS - CANTEENS

## Welcome to Term 1

Happy New Year teachers, principals and canteen staff!  
With the new year we'd like to take a minute to re-introduce ourselves and explain how we can help your school.

Chelsea, Steffi, Eve, Jane and Kylie make up the Northern Sydney Health Promotion LLW@S team. Our team is a resource for you to tap into! We can assist with your wellbeing strategies to create a healthy school environment, professional learning in children's nutrition and physical activity, or give feedback on your canteen menus. Get in touch, we'd love to help!

As usual, this year you will receive information about new resources, training and workshops. You will also receive our quarterly LLW@S Newsletter. This term we showcase the More Green Less Screen challenge for schools, and mark the calendar for upcoming healthy events and free online training (NESA hours).

We're looking forward to seeing you all again soon!

- Your Northern Sydney Live Life Well @ School team

## NEWS AND HEALTH EVENTS



### National Ride2School Day – Friday 22<sup>nd</sup> March 2019

Today only 2 out of 10 students ride or walk to school, compared to 8 out of 10 students in the 1970's. Active commuting to school contributes to children being more focused in class and more likely to meet physical activity guidelines of 60 minutes per day.

**National Ride2School Day** is on **Friday 22<sup>nd</sup> March** and is an opportunity for parents, teachers and students to get physically active on their journey to school. Schools who register for the event receive posters and resources to help in the celebrations!

For more details and to register, visit the Ride2School webpage:

[www.bicyclenetwork.com.au/rides-and-events/ride2school](http://www.bicyclenetwork.com.au/rides-and-events/ride2school)



**Win 2 bike racks!**  
Email your Health Promotion Officer a short story & photo/s of how your school celebrated Ride2School Day by April 12<sup>th</sup> to go in the draw to win!



### Join us to break a veg-eating record!

**The Big Veggie Crunch** is on again at **10am on Thursday 4<sup>th</sup> April**. In 2018, 50,260 primary school students across NSW joined forces to simultaneously crunch on vegetables. Join in to help smash this *avocado* (record) in 2019!

**The Big Veggie Crunch** is part of **Vegetable Week** (run during Week 10 of Term 1 - from **Monday 1<sup>st</sup> April to Friday 5<sup>th</sup> April 2019**). It's a quick, easy and FREE school-based event that aims to increase students' knowledge, exposure and positive attitudes towards vegetables. Lettuce crunch together!

For more details and to register, visit the Vegetable Week webpage:

[www.healthy-kids.com.au/vegetable-week-the-big-vegie-crunch](http://www.healthy-kids.com.au/vegetable-week-the-big-vegie-crunch)

# SHARING SUCCESS: More Green Less Screen challenge

## Swap some SCREEN time | for some GREEN time

Teacher resources and prizes are provided

### Thanks to Gladesville Public School for sharing their MGLS experience:

During Term 4, 2018 Gladesville Public School participated in the *More Green Less Screen* challenge to encourage their Stage 2-3 students be more physically active and balance their screen time. A total of 70 students across Years 3 & 4 participated in the challenge and achieved great results; students reduced their screen time by 26% per day and increased their physical activity by 22.8%.

"I think MGLS was a really good idea because it got me to exercise more." - Year 4 student.

**Well done Gladesville Public School!**

### Links to PDHPE syllabus

With links to the current and new PDHPE syllabus coming in 2020, it is a great program to run with your classes.

#### Links to the current [PDHPE K-6 Syllabus](#):

Active Lifestyle Outcomes and Indicators:

\*[ALS2.6](#) Discuss the relationship between regular and varied physical activity and health.

\*[ALS3.6](#) Shows how to maintain and improve the quality of an active lifestyle.

\*Problem solving skill outcomes of [PSS2.5](#) and [PSS3.5](#) are also addressed.

Now is a great time to run the FREE *More Green Less Screen (MGLS) Challenge* at your school!

- ✓ Easy to run at school or at home.
- ✓ It works best during the warmer months (Term 1 and Term 4) but can be run any time.
- ✓ Suits Stage 2-3 better because there are time calculations required; but seeing the older students participate in this is a great influence for younger students.



### How the challenge works:

- Week 1:** Students record their normal green and screen time, on the card provided, each day in class with guidance from their teacher or at home with parental assistance.
- Week 2:** Teachers educate students in the classroom on balanced use of screens.
- Week 3:** Students take their challenge card home to complete and try to increase their physical activity and reduce screen time.
- Week 4:** Students bring the card back and the class results are collated. They then go in a draw to win great prizes.

To register for the MGLS challenge, please contact your  
LLW@S Health Promotion Officer

# RESOURCES AND QUICK LINKS

Live Life Well  
@ School

Resources

[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

Go4FUN

Information

[www.go4fun.com.au](http://www.go4fun.com.au)



Health  
Northern Sydney  
Local Health District

Health Promotion

[www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)



[www.twitter.com](http://www.twitter.com)

[/nshealthprom](https://twitter.com/nshealthprom)

## Live Life Well @ School Online Training (NESA hours)

Take advantage of the opportunity to do this simple course designed to assist teachers in understanding a whole-school approach to health promotion, healthy eating and physical activity which informs teachers work and health initiatives within their school.

**DoE teachers:** The next *LLW@S Establishing a Health Promoting School* online course opens during Week 5 of Term 1.

**To enrol,** log onto MyPL on the staff portal and search 'Live Life Well @ School' in the browse learning section.

DoE teachers who complete the online training will receive a one-off \$2000 grant to support healthy school initiatives.

**Independent & Catholic teachers:** The *LLW@S: Starting the Journey* online module is available each term.

**To enrol,** visit the AIS Professional Learning Courses and Events Registration Portal and search 'Live Life Well @ School'.

[Student Wellbeing/PDHPE Funding opportunities](#) (up to \$3000) are being offered for independent schools. Applications close 22 March 2019.

## Jump Rope for Heart

A fun physical activity and fundraising program that keeps kids healthy and active while raising funds to fight heart disease. Visit Jump Rope for Heart online for more information and to watch Middle Harbour Public School's experience of running the program.

**Jump to it and sign up today:** [www.heartfoundation.org.au/jump-rope-for-heart/teachers](http://www.heartfoundation.org.au/jump-rope-for-heart/teachers)

## NSW Premier's Sporting Challenge

Registrations are now open for public school students and staff to take part in the 10-week physical activity Challenge over Terms 2 & 3 to get more active, more often. Register your school online via the PSC Tracker. Grants are available to run the challenge.

**For more information, visit Premiers Sporting Challenge:** [app.education.nsw.gov.au/sport/PSC](http://app.education.nsw.gov.au/sport/PSC)

## Brain Break Corner

Brain Breaks are a quick and effective way of changing the physical and mental state of our students (and teachers) by activating, energising and stimulating their brains and bodies. They only take 1-3 minutes and can make a big difference to our classrooms.

### Try this Brain Break in your classroom: 'Calm Down'

**Formation:** At desks, **Equipment:** Not required



1. Stand or sit with the right leg crossed over the left at the ankles.
2. Take your right wrist and cross it over the left wrist.
3. Link your fingers so that the right wrist is on top.
4. Bend the elbow out and gently turn the fingers in toward the body until they rest on the centre of your chest. Stay in this position.
5. Breathe slowly and deeply for 2 minutes.



## Inspiring Canteens

Congratulations to these healthy school canteens that recently completed a Menu Check, made a few simple swaps to their menu and are now meeting the Healthy School Canteen Strategy.

- John Purchase Public School
- Cammeray Public School
- Curl Curl North Public School
- Balgowlah North Public School
- Middle Harbour Public School
- Anzac Park Public School
- Roselea Public School
- Pennant Hills High School
- Northbridge Public School
- Artarmon Public School
- St Mary's Primary School
- Manly West Public School



**The clock's ticking...** Schools still have time to transition to a Healthy School Canteen but it's advisable to start now to meet the December 2019 deadline.

**Help is here:** Contact your local Health Promotion Officer (below) for help with the Strategy, recommended changes and passing Menu Check - we are here to help you and happy to visit.

## What is Menu Check?

**Helpful for menu planning**  
The NSW Menu Check Service sends canteens a feedback report, listing item by item what is Everyday and what is Occasional (including helpful suggestions if any products need swapping).

**Download the application form** from the Healthy School Canteens website, search 'Menu Check' at: [healthyschoolcanteens.nsw.gov.au](http://healthyschoolcanteens.nsw.gov.au)

**School Canteen Certificate**  
All schools meeting the Strategy (by the end of 2019) will receive a certificate from Menu Check to celebrate your awesome achievement and official recognition as a '*Great Choice Healthy School Canteen*'.

**Good news - You can submit twice to Menu Check**

1. Submit your menu to Menu Check and get feedback on changes to make.
2. After making recommended changes to your menu, submit to Menu Check for accreditation.

## Northern Sydney Health Promotion Contacts

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