

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 2

Active kids are healthy kids. To help integrate physical activity into the classroom we are providing free Move & Improve Workshops in St Ives and Wheeler Heights for K-6 teachers in June (read on for more information and link to register).

There is also Walk Safely to School Day coming up, as well as Sporting Schools funding available. Check out the great energising brain break ideas to assist schools in getting kids moving and help them to meet physical activity guidelines of 60 minutes per day.

Each term, the LLW@S newsletter you receive will feature school champions sharing practical ways to integrate health into the school day. This term Elanora Heights Public School showcase their "Make My Own Lunch Day" and Harbord Public School share their top tips for a healthy canteen.

Remember, our LLW@S team are here to help and completely FREE! Contact us to book in your next school support visit.

- Your Northern Sydney Live Life Well @ School team

NEWS AND HEALTH EVENTS



Walk Safely to School Day

Friday the 17th of May is national **Walk Safely to School Day**! Students learn about road safety behaviours and are encouraged to walk safely to school. Participating in the event encourages parents, carers and students to build walking into their daily routine whilst aiming to reduce vehicle congestion and carbon emissions.

To access a number of resources for your school visit:

www.walk.com.au/wstsd/



Workshop: Physically Active Classrooms

Presented by Cindy Waldock from Wheeler Heights Public School

FREE workshop for Northern Sydney K-6 teachers:

- Fun practical ideas for integrating physical activity into the KLA of English
- Opportunity to network and share ideas with like-minded teachers
- Differentiated activities to cater for students across K-6

Choose your Workshop:

- ▶ Tues 4th June (Week 6), Wheeler Heights Public School
- ▶ Tues 18th June (Week 8), St Ives Park Public School

Starts: Promptly at 4.00pm (3:45pm afternoon tea)

Ends: 5.30pm

BOOK NOW! Schools may register up to a maximum of four teachers

Book online: nshp.com.au/LLWS-Workshops

Enquiries: Steffi Meagher, Phone: 8877 5326, Email: Steffi.Meagher@health.nsw.gov.au

School champion | Elanora Heights Public School

Make My Own Lunch Day



On Wednesday 20th March 2019, year 3-6 students at Elanora Heights Public School celebrated the annual Make My Own Lunch Day.

The day involved a team of dedicated parents leading students in lessons on how to make their own healthy lunch. Students then got to fill lunch jars and wraps with all sorts of colourful vegetables, many they wouldn't dare consider eating at home.

Over the following two weeks, students were encouraged to take on the Make My Own Lunch Home Challenge where they made their own lunch, recorded how they went and presented their achievements at the Show Off Your Lunch sessions.

"There's such a buzz of excitement amongst the students every time we run this program," said Rebecca New, Teacher.

"Who would believe lunch jars and wraps filled with salad and other dazzling ingredients could bring such joy to our students?" commented Jenny Cullen, Teacher.

Make My Own Lunch Day has proven to be so successful that the school was chosen by the Department of Education to feature as a case study in a video on providing a healthy school culture.

"It's great to see such a dedicated school and parent community coming together to support students develop healthy habits for life," said Eve Clark, Health Promotion Officer, with Northern Sydney Local Health District.

The case study will soon be available to watch at healthykids.nsw.gov.au. Our LLW@S team will let you know when it's released.



Schools interested in healthy eating and physical activity program support at their school or who would like to run a similar event can email: NSLHD-LiveLifeWellatSchool@health.nsw.gov.au

Fruit and Veg costumes available for loan. Email us to drop them to your school

RESOURCES AND QUICK LINKS

Sporting Schools funding

Sporting Schools aims to help schools increase children's participation in sport and connect them with community sporting opportunities. Australian primary schools can apply for funding to deliver Sporting School activities before, during or after school hours.

Funding for Term 3 opens on 27th May and closes on 7th June 2019

Arndell School's AFL highlights – Sporting Schools funding

Through the Sporting Schools grant we organised for the AFL to run Auskick with our students during Term 3, 2018. This was an amazing experience for our ED/BD students (emotional and behavioural disability) as they often find it hard to engage in sport due to their disabilities. When planning for our sessions the AFL took into account our needs and adapted the sessions. The coaching staff from the AFL were kind, patient and professional which led to great rapport with our students. Every week they worked on a skill like kicking, catching or hand passing. Then at the end of each session they played a game to help the students practice that week's skill. The students loved the kicking game the most. The AFL have been very helpful with our students and we often reach out to ask for help when planning AFL related activities.



For more information visit www.sportingschools.gov.au/about/primary-schools and for more ideas on how schools have used their Sporting Schools funding check out these case studies at www.sportingschools.gov.au/funding/case-studies

Upcoming courses - new PDHPE syllabus implementation

The new NSW PDHPE syllabus educationstandards.nsw.edu.au/wps/portal/nesa/k-10/learning-areas/pdhpe/pdhpe-k-10-2018 needs to be implemented in **all K-6 schools in 2020**. Each sector has PL opportunities available to their schools to support implementation.

Department of Education schools: education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/pdhpe/pdhpe-syllabus-implementation#Face-to-face1

Independent schools: www.aisnsw.edu.au/courses

Catholic schools (CSO Broken Bay): contact Amber McDonnell, Project Officer, amber.mcdonnell@dbb.catholic.edu.au

Sydney Catholic Schools: contact NSLHD-LiveLifeWellatSchool@health.nsw.gov.au

ACHPER NSW K-6 Physical Activity and Sport Conference – Sydney West

When: Friday 14th June 2019, Time: 8:15am – 3:45pm, **Venue:** Genea Netball Centre, 2 Olympic Boulevard, Sydney Olympic Park
Cost: Members \$286, Non-members \$363, **Benefits:** Relief (1 teacher per school). **Registrations close 7th June 2019.**

For more information and to register visit www.achpernsw.com.au/k-6-physical-activity-and-sport-conference-2019/

Brain Break Corner

Brain breaks are a quick and energising way of changing the physical and mental state of our students (and teachers) by activating, energising, stimulating or calming brains and bodies.

Try this Brain Break in your classroom: 'As if'

Formation: Standing at desks, **Equipment:** Not required, **Stage:** Early Stage 1 – Stage 2

1. Read the following sentences to the class. Have students act out each sentence for 10-15 seconds.



- Jog in place as if a big scary bear is chasing you.
- Jump in place as if you are popcorn popping.
- Reach up as if grabbing balloons out of the air (use one arm at a time).
- Paint as if the paint brush is attached to your head.
- Shake your body as if you are a wet dog.



Pictured: Harbord Public School canteen.

Congratulations to these healthy school canteens who recently completed a Menu Check.

- Berowra Public School
- Oakhill Drive Public School
- West Pennant Hills Public School
- Glenorie Public School
- Barrenjoey High School
- Normanhurst Public School
- Manly Vale Public School
- Ryde Secondary College
- Killara 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) - we are here to help you in passing Menu Check and happy to visit.

Canteen corner |

Harbord Public School canteen

Harbord Public School recently completed a Menu Check and are now meeting the Canteen Strategy. We asked Jan Baldwin, the canteen manager, to share her top tips.

Jan's top tips

- Encourage healthy choices by keeping everyday foods as close to cost price as possible and increase the price of occasional foods.
- Introduce a kindy orientation tour of the canteen to educate students and parents on the difference between everyday and occasional foods and the value of healthy eating.
- Gain support early in the process from the P & C.
- Drink choices should not contain added sugar in the ingredients list, except flavoured milk (to help kids get more calcium). Our canteen chose to find a low sugar flavoured milk product.
- Our latest is addressing sustainability by reducing single use packaging... a work in process but one which will impact the larger school community.

Northern Sydney Health Promotion Contacts

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