

Health Promoting Primary Schools

A resource for primary school Parents & Citizens and Parents & Friends associations



Artwork: 'Heart of a child' by
Lara Went Worimi Artist

Good for kids
good for life



**Hunter New England
Local Health District**

Contact: HNELHD-GoodForKids@health.nsw.gov.au

Website: www.goodforkids.nsw.gov.au

Social Media: [X](#) | [Facebook](#) | [Instagram](#)



Artwork: 'Heart of a child' by Lara Went Worimi Artist

We acknowledge the traditional owners and custodians of the land that we live and work on, as the first people of this country. We pay our respects to the Elders past, present and future for they hold the memories, the traditions, the culture and hopes of Aboriginal Australia.

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INTRODUCTION

Promoting children's health and wellbeing requires teamwork from everyone—school staff, canteen workers, parents, carers, and the wider community—all working together to encourage healthy eating and physical activity.

Creating a supportive environment is crucial for children to make informed health choices, and schools are an ideal setting, given the significant amount of time children spend there.

Parents, carers, and the local community play an essential role in school life and can significantly contribute to the health and wellbeing of both students and the school community.

To improve student health and wellbeing, this resource has been developed for Parents and Citizens (P&C) or Parents and Friends (P&F) Associations to promote a healthy school environment through health and physical activity practices.

This resource will:

- Provide information on healthy eating and physical activity in schools.
- Offer templates and resources to help P&C/P&F support health promotion in your school.

ABBREVIATIONS

P&C- Parents and Citizens Association

P&F- Parents and Friends Association

HEAL- Healthy Eating Active Living

LLW@S- Live Life Well @ School

HNELHD- Hunter New England Local Health District

PDHPE- Personal Development Health Physical Education



ACKNOWLEDGEMENTS

Permission granted to include key ideas and text from: Nepean Blue Mountains Local Health District

Good for Kids and HNELHD acknowledge their continued collaboration with:

- NSW Centre for Population Health, HEAL
- NSW Department of Education
- Catholic Schools Office, Newcastle-Maitland and Armidale Dioceses
- Association of Independent Schools of NSW (AISNSW)
- The University of Newcastle
- Hunter Medical Research Institute (HMRI)
- National Centre of Implementation Science (NCOIS)

HEALTHY EATING ACTIVE LIVING-PROGRAMS FOR SCHOOLS

Healthy Eating Active Living (HEAL) offers free programs through the NSW Centre for Population Health to help support students with healthy lifestyle habits.

One of these programs, Live Life Well @ School (LLW@S), is a collaboration between the NSW Ministry of Health and various school sectors, including the NSW Department of Education, the Association of Independent Schools, and Catholic Schools NSW. They provide resources and professional development to support schools in implementing LLW@S.

The goal of LLW@S is to increase student physical activity and improve healthy eating habits. It follows an evidence-based framework focusing on Curriculum, Culture, and Community. Schools should adopt strategies in all three areas for effective and sustainable health practices.

The P&C/P&F can contribute to your health-promoting school, especially in the Community and Culture areas.



Source: NSW Centre for Population Health

**Scan the QR code or click
for more information**



SUPPORTING YOUR SCHOOL

The Good for Kids team has been active in the Hunter New England region since 2005 and is based at the Population Health Unit in Wallsend, NSW. They support the NSW Ministry of Health's LLW@S initiative.

A Good for Kids Health Promotion Officer (HPO) helps your school implement key practices in healthy eating, physical activity, and sustainability.

Our team, with diverse health and education backgrounds, is dedicated to improving healthy lifestyle habits for all children in the region.

Cultural Consultation

The program includes consultations with Aboriginal communities to ensure effective health messaging for Aboriginal families. If you're an Aboriginal staff or community member, please share your thoughts on our programs with your schools' Good for Kids HPO or to HNELHD-GoodForKidsCulturalReview@health.nsw.gov.au - we always value feedback.



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PHYSICAL ACTIVITY

- Curriculum learning experiences
- Fundamental Movement Skills
- Outdoor environment and equipment
- Active travel



HEALTHY EATING

- Supportive healthy eating environments
- Healthy fundraising
- Healthy Canteen
- Crunch&Sip



SUSTAINABILITY

- School planning & reporting
- Messages and resources for families
- Professional learning for teachers





PLANNING ACTIVITY

Write down how your P&C/P&F can incorporate **healthy eating** and **physical activity practices** into the three key areas using the table provided, see the examples listed below.

Culture:

- Access to playground markings and play areas.
- Teachers and community members are positive and active role models.
- A shared health vision among staff, students and the community.
- School policies support health initiatives like Nutrition in Schools policy, physical activity policy, lunchbox guidelines, Crunch&Sip.
- School canteens comply with the NSW Healthy School Canteen Strategy.
- Healthy food options are provided at school events.
- Drinking water is easily available.
- Healthy fundraising provided and promoted.
- Information on lunchboxes and Crunch&Sip is provided at kindergarten orientation.
- School food gardens utilised, maintained by family and community volunteers.

Curriculum- primarily the Principal and teaching staff:

- PDHPE syllabus, scope and sequence, whole school timetable.
- Active lifestyle- units of work.
- Fundamental movement skills.
- 150 minutes of mandatory physical activity per week (Department of Education).
- Nutrition and nutritional needs.
- Healthy food choices.
- Decision making.
- Health services and products.
- Lifestyle risk factors related to physical activity and nutrition.
- Sun protection.
- Road safety and active travel.
- Environmental health initiatives like recycling and gardening programs.
- Participation in campaigns like Walk or Ride to School Day, Fruit and Veg Month.

Community

- Parents and carers receive regular information about school health practices through newsletters, social media, and communication apps.
- Active travel options include bike and scooter racks, walking buses, park and walk schemes, safe crossings, and volunteering at ride/walk to school days.
- Parents and carers are encouraged to be involved in healthy education at home like packing healthy lunchboxes, active homework ideas, and cooking.
- Parents and carers with skills and coaching qualifications assisting with physical activity, sports programs and events, and school sporting teams.
- Parent information evenings, kindergarten orientation.
- Healthy fundraising.
- Community agencies and grants for gardens, physical activity programs, fruit and vegetable box donations.
- Engaging with the Local Health Promotion officer.



Culture

Curriculum

Community



THE IMPORTANCE OF PHYSICAL ACTIVITY

The importance of regular physical activity in reducing the risk of disease and in promoting a healthy lifestyle is well recognised by health experts worldwide.

Schools have a unique opportunity to promote and encourage physical activity among students through Physical Education, daily energisers, lunchtime physical activity, organised sport, and by embedding movement into other learning areas.

According to the Australian National Physical Activity guidelines for children and young people (ages 5-17), a healthy 24 hours should include **at least 60 minutes** of moderate to vigorous physical activity each day primarily through aerobic activities.

Mandatory Sport and Physical Activity Policy:



150 minutes

per week of planned physical activity

NSW public schools are required to include a **mandatory 150mins per week for planned physical activity**, including a **minimum of one hour for sport** in Years 3-6 ([Department of Education, Sport and Physical Activity Policy K-12 Updated 26/2/2020](#)).

Planned physical activity can include: Physical Education (PE), School Sport, Energisers (active lesson breaks), Cross Curricular lessons (e.g. active maths lesson).

SUPPORTING PHYSICAL ACTIVITY IN YOUR SCHOOL

The school environment can help kids stay active. The Good for Kids Team offers free playground marking stencils and smoothie blender bikes to schools in the Hunter New England Region to boost playground fun and encourage physical activity and healthy eating. Stencils can be borrowed for up to two weeks at a time, while smoothie bikes can be hired for part, full days or a week. To borrow equipment, scan or click the QR code below.

The P&C/P&F can also help fund active spaces and playgrounds, as well as replace sports equipment to support physical activity at your school.



In your yearly budget try to include money to replenish sports equipment in your school.

EQUIPMENT FOR HIRE:

SMOOTHIE BLENDER BIKES



Smoothie blender bikes are stationary bikes that generate energy to power a blender to make nutritious smoothies. Schools can hire these bikes for **FREE**, and the hire includes instructions, utensils and recipe ideas. Schools will need to purchase smoothie ingredients, and then all it takes is some pedal power! The children will enjoy it!

This is a fantastic option for fundraisers, Crunch&Sip launches, canteen specials, class rewards, school fete stalls, and much more!

PLAYGROUND STENCILS



ALPHABET TREE
1.735m (w) x 1.65m (h)



SNAIL HOPSCOTCH
1.79m (w) x 1.7m (h)



MAP OF AUSTRALIA
2.21m (w) x 1.895m (h)



FOUR SQUARES
3.96m (w) x 4.0m (h)



HOPSCOTCH
0.84m (w) x 2.68m (h)



NUMBER SNAKE
7.0m (w) x 0.77m (h)



CLOCK
2.15m (w) x 2.15m (h)

Does your playground need a refresh? Good for Kids have playground marking stencils for schools to **hire for FREE**. All you need is some paint and a team of volunteers!



**BOOK
HERE**



HEALTHY EATING IN SCHOOLS

Healthy Eating Procedures

Procedure requirements state that healthy eating and good nutrition are promoted in the school community, and in all school activities and programs that involve food and drinks.

These procedures ***relate to the student health and wellbeing policy***.

What needs to be done:

① Promote access to healthy foods and drinks

Schools:

- Promote healthy eating, as well as healthy food and drink choices, at school and across the wider school community
- Implement the NSW Healthy School Canteens Strategy (refer to Healthy school canteens) and encourage school canteens to complete a free Menu Check every 3 years
- Make healthy food and drink options available in school canteens as described by The Food and Drink Criteria
- Ensure sugar sweetened drinks are not sold in school canteens.

② Monitor healthy eating practices

Principals must review healthy eating practices annually as a part of the whole school planning and reporting cycle

For the full Student health and wellbeing policy, scan the QR code or see appendix 1.



KITCHEN GARDENS

School kitchen gardens are an excellent way to encourage healthy eating and environmental sustainability. They offer learning opportunities for children, staff, and the school community. The produce can be used in classroom cooking activities, in the school canteen, or sold to students and families at a market during drop-off or pick-up times. Gardening and cooking often require additional support from volunteers, including the P&C/P&F. Many resources and grants are also available to help support kitchen gardens in schools. Check out the websites below for more information:



Visit the Sustainable Schools website for teaching resources, student activities, planning resources and grant opportunities: <https://www.sustainableschoolsnsw.org.au/teach/food-gardens>



For more information about **Sustainable Schools Grants**, scan the QR code or visit the website: <https://education.nsw.gov.au/teaching-and-learning/curriculum/sustainability/sustainable-schools-grants>



Kitchen gardens enable schools to promote environmental and sustainability learning. The NSW Department of Education has **sustainability action process learning resources** that support curriculum outcomes. For more information visit: [Kitchen gardens.nsw.gov.au](https://www.kitchengardens.nsw.gov.au)



Contact your local council for grant opportunities.



Office of Local Government



HEALTHY CANTEENS

Good for Kids provide resources, training, and support to help your canteen meet the current **NSW Healthy School Canteen Strategy**. Complying with this strategy will ensure your school is making healthy food and drink options available for students. This revised strategy acknowledges input from the NSW Department of Education, the Association of Independent Schools of NSW and the Catholic Schools NSW.



Under the strategy '**everyday foods and drinks**' must form **at least $\frac{3}{4}$** of the menu and should be actively promoted and favourably displayed.

'**Occasional foods and drinks**' should be **limited to a $\frac{1}{4}$** of your menu and must have a Health Star Rating (HSR) of **3.5 stars or more** and portion limits are applicable to some occasional and everyday products. Occasional foods can not be marketed or actively promoted.

Food and Drink Criteria for NSW school canteens and vending machines



Sugar-sweetened drinks are not for sale in your school canteen or vending machines.

Everyday foods and drinks

Occasional foods and drinks



Everyday foods and drinks make up at least $\frac{3}{4}$ (75%) of the menu.

Occasional foods and drinks make up no more than $\frac{1}{4}$ (25%) of the menu.

$\frac{3}{4}$



$\frac{1}{4}$



Portion limits apply to some **Everyday** foods and drinks including flavoured milks, ≥99% juices and hot foods.

Portion limits apply for **all Occasional** foods and drinks.



No Health Star Rating required on **Everyday** foods and drinks (except breakfast cereals).

A Health Star Rating of 3.5 stars and above required on all packaged **Occasional** foods and drinks (except diet drinks).



Display, price favourably, promote and advertise **Everyday** choices only.

Occasional foods and drinks are not promoted, advertised or displayed in prominent positions.

HEALTHY CANTEENS

The **Healthy Food Information Service (HFIS)** is a one stop shop dedicated to supporting schools to implement **The NSW Healthy School Canteen Strategy**. Canteen managers, staff and volunteers can contact the HFIS for a menu check, help with menu changes, answer questions about the food & drink criteria etc. Contact HFIS on **1800 930 966** or email **healthyfood@health.nsw.gov.au**.



Your school will also **receive a certificate and badge** to display proudly.



TIP: When updating your canteen menu, consider using a survey to collect feedback from parents, teachers, and students. Hosting an information session is another great way to share ideas and gain insights about the canteen strategy.



(See appendix 2)

HEALTHY FUNDRAISING

As the P&C/P&F, you're responsible for a great deal of fundraising that takes place at your school. A health promoting school creates a culture of wellness that encourages healthy choices in every aspect of schooling life – this includes fundraising events.

Australia is facing an epidemic of obese and overweight children, which has more than doubled in the last twenty years. One way school communities can play a part in tackling this problem is by making the choice to fundraise in a healthy way. Instead of selling boxes of chocolates, pie drives, cake stalls, ice cream days or lollies to raise money, choose an activity that encourages health and wellbeing.

7 reasons for healthy fundraising:

1. Make money for your school while promoting health and wellbeing.
2. Provide the personal satisfaction of being a positive role model.
3. Show your school community that you care about children's health rather than profit alone.
4. Reinforce the health messages that children hear in the classroom.
5. Involve the whole school community (students, parents, teachers and other staff).
6. Support the NSW Healthy School Canteen Strategy.
7. Run it as often as you like.

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HEALTHY FUNDRAISING

There needs to be consistent messaging to children and families in order to support a healthy lifestyle. As a P&C/P&F, fundraising options should support healthy and active living, and limitations should be placed on fundraising using foods high in sugar, salt and fat.

ACTIVITY

To help monitor fundraising at your school, list the types and frequency of fundraising (average per year) and brainstorm a healthier alternative in the table below. Ideas are listed on the next page.

TYPE <i>e.g., chocolate drive</i>	FREQUENCY <i>e.g., once per year</i>	HEALTHIER ALTERNATIVE <i>See examples on next page</i>





HEALTHY FUNDRAISING IDEAS



Active Ideas

- Discos/ silent discos
- Colour Run
- Fun Run
- Walk, Run, Cycle, Swim, Scooter, Skate or Dance- a-thon
- Lunchtime sporting challenges: targets, shooting hoops, skipping, handball tournaments
- Jump Rope for Heart
- Sponsored Kilometer Club- daily jogging challenge to complete a set distance e.g. Whole school around Australia
- Lunchtime discos: music in the playground e.g. \$1 per song request.
- Exercise challenges e.g. push-ups, burpees, sit ups etc.
- Obstacle course

Healthy Food Ideas

- Mango boxes
- Fruit and Vegetable boxes
- Meat trays
- Smoothies (borrow our Smoothie blender bike- see page 7 to book)
- Sushi Day
- Soups
- Cooking lessons
- Hot Cross Buns
- Vege Seedlings
- Healthy BBQ
- Growing kits, seedling cards
- Cookbooks
- Kitchen Garden produce stall, bush tucker

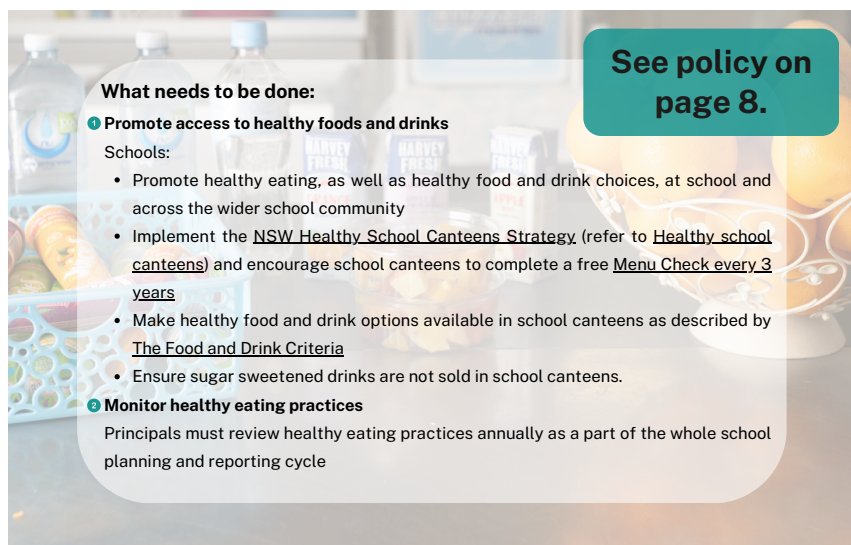
Others

- Crazy hair day
- Pyjama day
- Out of uniform days: Favourite sporting team colours or jersey
- Dress up days
- Tree planting
- Customised products including tea towels, aprons, stationary, lunchboxes, drink bottle, labels etc.
- Talent quest
- Student art shows and auctions
- Crazy sock day
- Second-hand book stall
- Student made wrapping paper/cards
- Raffles
- Trivia/Quiz nights
- Movie nights
- Entertainment books
- Sunscreen
- Photo guessing competitions
- Read-a-thon
- Christmas decorations

SCHOOL AND COMMUNITY EVENTS

Who doesn't love a school event? From the athletics carnival, sports days, reward days, end of year activities, discos, concerts and fetes to NAIDOC Week, Harmony day, multicultural days, Grandparents day, or Mother's day and Father's day events. When you add up all of the events that your school hosts or is involved in over a school year, you may be surprised at just how many there are!

These events are a great way to engage with the school community and at times raise funds for the school. It is also an opportunity to rethink the sausage sizzle, soft drinks/ poppers, slices and cakes. We need to use this opportunity to provide healthy options and role model healthy eating.



See policy on page 8.

What needs to be done:

- **Promote access to healthy foods and drinks**

Schools:

- Promote healthy eating, as well as healthy food and drink choices, at school and across the wider school community
- Implement the [NSW Healthy School Canteens Strategy](#) (refer to [Healthy school canteens](#)) and encourage school canteens to complete a free [Menu Check](#) every [3 years](#)
- Make healthy food and drink options available in school canteens as described by [The Food and Drink Criteria](#)
- Ensure sugar sweetened drinks are not sold in school canteens.

- **Monitor healthy eating practices**

Principals must review healthy eating practices annually as a part of the whole school planning and reporting cycle



SUGGESTIONS

- Use wholemeal bread and lean sausages/chicken sausages for a sausage sizzle and provide salad options such as lettuce and tomato.
- If holding stalls or fun days, opt for non-food-based activities and limit the types of foods and drinks that can be brought in and/or sold.
- Try using the table below as a guide to create a healthier alternative menu for your school and community events

EVENT <i>e.g., School disco</i>	FOOD & DRINK PROVIDED <i>e.g., pizza, chips, popper</i>	HEALTHIER ALTERNATIVE <i>e.g., sandwich, popcorn, water</i>

HEALTH PROMOTION PROGRAMS

The Good for Kids, Good for Life team support primary schools to promote healthy eating and physical activity through a range of free programs and resources.



824
schools have joined SWAP IT



196,838
students are on their way to healthier lunchboxes

Data last updated 8 November 2024

SWAP IT is a **free, evidence-based healthy lunchbox program** for schools which supports parents and carers to swap what is packed in their child's lunchbox from sometimes foods to everyday foods. The award-winning program, developed in collaboration with schools and parents, has been shown to improve the foods packed in children's lunchboxes, which can make a huge difference to a child's nutrition and provides them with the best possible opportunity to play, grow and learn!

The benefits of SWAP IT include:



66% of parents reported a **change in their children's eating habits**

55% of parents reported that SWAP IT **changed what was packed** in the lunchbox

When your school registers for SWAP IT, you will receive brief messages to your parent community (see appendix 3), a resource booklet for every family and teaching resources for classrooms.

To find out more and to register your school for SWAP IT, scan the QR code or head to www.swapit.net.au.



TESTIMONIALS

“Was useful for giving me ideas about what to pack for lunch. My child usually eats healthy food, but I have found the daily lunch packing monotonous!”
- Parent

“We really like the classroom resources, including the flip chart and have found them useful and complementary to other activities they are doing”
- School Principal

“I enjoyed being a part of it. There was definitely a change seen whilst out on the playground. The students are much more aware of what constitutes a healthy lunchbox”
- School Teacher

HEALTH PROMOTION PROGRAMS



Scan the QR code
for more information.



Crunch&Sip is a time in class when children can eat a piece of vegetable or fruit that they have brought from home and sip on some water. Giving students this opportunity to “refuel” has been linked to improved physical and mental performance and concentration in the classroom.

Resources are available to send home to all families.



To find out more or to register your school to
become an ‘Energiser School’, click or scan the
QR code.



PACE is an award-winning, evidence-based program that supports schools to implement physical activity for all children across the school week. The PACE program offers **FREE** training modules, an online portal to access resources, and ongoing support from a health promotion officer to **help classroom teachers to schedule and deliver 150 minutes of physical activity each week** through active PE, sport, cross curricular links and daily classroom energisers.



CASE STUDIES

LLW@S in Practice

A Good for Kids HPO supports your school to meet the LLW@S key practices in the areas of healthy eating, physical activity and sustainability.

Scan the QR code below to view the following videos on what LLW@S looks like, why it's important, how it can be done, and the positive change it has made to learning and the school community, in a variety of school settings.



Scan or click the QR code to view each video or for more information.



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CASE STUDIES

Stroud Public School

Smoothie blender bike, SWAP IT & canteen support



As HPOs we love visiting schools in the Hunter New England area to promote all things healthy eating and physical activity.

During Term 2, 2024, project officers Jess and Elise visited Stroud Public School to talk to their students about the importance of eating a variety of fruits and vegetables. The students had a turn on our smoothie blender bike and made some super delicious, healthy smoothies.

Stroud Public School also completed the SWAP IT program in Term 1 and received their SWAP IT school certificate - congratulations on becoming a **SWAP IT school!**

Stroud Public School's P&C has also worked alongside Good for Kids to create a fresh canteen menu full of healthy options, in line with the Healthy School Canteen Strategy.



"At the end of Term 1 we had a visit from the 'Good for kids, Good for Life' team. During the visit we used a smoothie bike to make delicious and healthy smoothies with fresh, healthy ingredients. Our P&C have been working closely with the team in the SWAP IT program to bring some new fresh and exciting options in our Friday canteen menu. Keep an eye out for these in Term 2!"

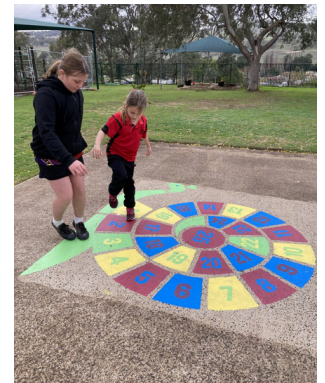
- Stroud Public School Facebook

CASE STUDIES

PLAYGROUND MARKINGS



Cassilis Public School borrowed our team's playground marking stencils to brighten up their playground, encouraging active, healthy lifestyles and bringing joy and movement to students' school days.



SMOOTHIE BIKE PBL DAY

Garden Suburb Public School invited the Good for Kids team to help celebrate their PBL rewards day by pedalling their way to making delicious smoothies with our smoothie blender bikes and learn about the importance of healthy eating.



KINDERGARTEN ORIENTATIONS

Kindergarten Orientation is the perfect time to provide information to new families on healthy eating and physical activity, so their child has the best start at school. Thank you to all the schools who ordered resources from us to provide in your Kindy O packs, our team have been busy making deliveries to you all, We have had the pleasure of attending many kindy expo's where our team can chat to parents about packing a healthy lunch box and the importance of healthy eating and physical activity during the school day.



CASE STUDIES

Crunch&Sip LAUNCH



St Pius X Primary School, Windale are a very proud Crunch&Sip school. Our team visited St Pius X Windale to re-launch Crunch&Sip and deliver the smoothie blender bike. They entertained students, dressed as peas and carrots teaching the students the importance of eating your 2 serves of fruit and 5 serves of vegetables everyday to grow and learn. The smoothie bike was a hit, allowing students to try a wide variety of fruit and vegetables as well as teaching them that smoothies are a great and easy way to add more into your day.



THE GOOD FOR KIDS TEAM

Meet the Good for Kids team! We are here to support schools with a wide range of FREE health promoting programs and resources to all 428 primary school across the Hunter New England area. In 2024 we were lucky enough to have visited 219 schools and have phone calls with an additional 104 schools to engage and check-in on your schools health promotion to understand what is working well and how we can provide support in the future, where the need is greatest. Please reach out if you would like us to visit your school soon.



CONTACT US



The Good for Kids, Good for Life program is designed to support Schools to promote healthy eating and physical activity to the children of our community.

Ask your Principal for the contact details of your schools LLW@S Program Officer for enquiries about this resource or additional support for your school P&C/P&F or contact Good for Kids at:



Email: HNELHD-GoodForKids@health.nsw.gov.au
Phone: 02 4924 6568
Address: Booth Building, Wallsend Health Services
Longworth Avenue
WALLSEND NSW 2287
Website: <http://www.goodforkids.nsw.gov.au/>

Scan the QR code to visit our website or find us on social media



@Good for Kids HNE Health.

WEBSITES AND RESOURCES



GOOD FOR KIDS GOOD FOR LIFE

<http://www.goodforkids.nsw.gov.au/>



HEALTHY SCHOOL CANTEENS

Canteen information and resources to meet the healthy canteen strategy
Healthy school canteens (nsw.gov.au)



NSW DEPARTMENT OF EDUCATION PDHPE Curriculum Support:

<https://education.nsw.gov.au/teaching-and-learning/curriculum/pdhpe>



HEALTHY EATING ACTIVE LIVING (HEAL)

Healthy lifestyle programs for primary schools (nsw.gov.au)



NESTLE HEALTHIER KIDS/AIS

The Good Village has been developed by teachers in partnership with the Australian Institute of Sport (AIS). <https://www.n4hk.com.au/>



SUSTAINABLE SCHOOLS NSW

<https://www.sustainableschoolsnsw.org.au/teach/food-gardens>



TRANSPORT FOR NSW- CENTRE FOR ROAD SAFETY

<https://roadsafety.transport.nsw.gov.au/stayingsafe/schools/index.html>



APPENDIX 1:

Healthy eating procedures

Direction and guidance on providing environments that support and model healthy eating options for students and school communities. These procedures support students, staff and visitors to make healthier choices by promoting, and increasing access to, affordable and nutritious food and drinks.

What needs to be done

1. Promote access to healthy foods and drinks

Schools:

- promote healthy eating, as well as healthy food and drink choices, at school and across the wider school community
- implement the NSW Healthy School Canteens Strategy (refer to Healthy school canteens) and encourage school canteens to complete a free Menu Check every 3 years
- make healthy food and drink options available in school canteens as described by The Food and Drink Criteria
- ensure sugar sweetened drinks are not sold in school canteens.

2. Monitor healthy eating practices

- Principals must review healthy eating practices annually as a part of the whole school planning and reporting cycle.

3. Record-keeping requirements

- Schools need to keep the Menu Check certificate as it is valid for 3 years.

APPENDIX 2:

Canteen menu survey sample:

(Insert School Name P&C/P&F)

Canteen Menu Parent Survey

Our school community cares about the health and wellbeing of our students. As well as needing to meet the guidelines set out by the **NSW Healthy Canteen Strategy**. It is our responsibility to provide a canteen menu that promotes healthy options for our children and staff at our health promoting school.

Our canteen menu is under review and we would like to provide yummy, nutritious and popular alternatives for the children but to do this we need your input!

Please complete the survey and return to the school office by (insert date).

1. How many days does your child/ren use the canteen? (please tick)

- ☐ More than 1 day/week
- ☐ 1 day/ week
- ☐ 1 day/ month
- ☐ 1 day/ term
- ☐ Other: _____

2. What would be your top 5 choices from each of the lists below: (please number 1-5 in order of preference)

- | | |
|-----------------------------------|----------------------------------|
| ____ Canteen made mini pizza | ____ Nachos |
| ____ Fruit salad | ____ Crumpets |
| ____ Lasagne | ____ Corn on the Cob |
| ____ Whole fruit | ____ Frozen orange slices |
| ____ Pasta | ____ Salad/ Meat Wraps |
| ____ Vegetable Sticks | ____ Dry Cereal Bites |
| ____ Soup | ____ Toasted/ Regular sandwiches |
| ____ Cheese and rice crackers | ____ Canteen made smoothie |
| ____ Sushi Rolls | ____ Frittata |
| ____ Yoghurt | ____ Grilled Chicken Burger |
| ____ Fried Rice | ____ Beef Burger |
| ____ Pikelets | ____ Curry and Rice |
| ____ Fritters | Other: _____ |
| ____ Plain popcorn | |
| ____ Baked Potatoes with toppings | |
| ____ Fruit toast | |



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods,
mostly wholegrain
and/or high cereal
fibre varieties



Vegetables and
legumes/beans



Lean meats and
poultry, fish, eggs,
tofu, nuts and seeds
and legumes/beans



Milk, yoghurt, cheese and/or
alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



Please note this picture is for the general population and includes alcohol which is not applicable or acceptable in school canteens.



Australian Government
National Health and Medical Research Council
Department of Health

www.eatforhealth.gov.au

Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types
of foods from the five
food groups every day.



Drink plenty
of water.



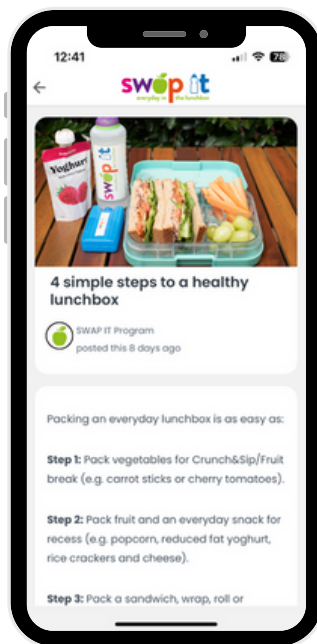
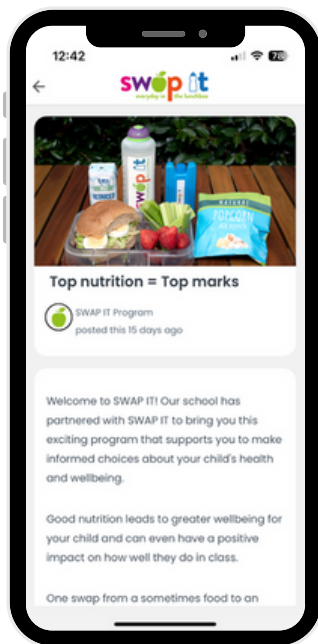
Please note this picture is for the general population and includes alcohol which is not applicable or acceptable in school canteens.

APPENDIX 3:

Communication with families:

Newsletter Snippets and SWAP IT messages

Your school receive Good for Kids newsletter snippets each term to share with the school community. Some examples include:



Good for kids
good for life

Summer lunchboxes

Summer is just around the corner! Ensuring lunchboxes stay cold helps keep your child safe and the food fresh.

Always include an ice brick in the lunchbox, and try these ideas:

- Freeze plain milk poppers or reduced fat yoghurt pouch- this will keep the lunchbox cold and make a healthy treat once defrosted
- Add frozen berries to reduced fat yoghurt
- Freeze sandwiches- fillings such as cheese, vegemite or roast meat are great for freezing. A frozen sandwich will defrost by lunchtime and help keep the lunchbox cool.
- Freeze snacks such as banana pikelets or zucchini slice
- Cut fruits into pieces and freeze for a delicious cold snack

NSW
Hunter New England
Local Health District

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<https://goodforkids.nsw.gov.au>

Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

Good for kids
good for life

Term 3 2024 Staff E-Newsletter

Welcome to the Good for Kids Term 3 2024 e-Newsletter

Please share this newsletter with all school staff including teachers, Aboriginal liaison/education officers, school admin and canteen managers. You could also print a copy to put up on your staff noticeboard.

© Lara Went - "The heart of a child"

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IN THIS ISSUE

- Kindergarten Orientation
- New SWAP IT lesson plans
- Energiser of the term
- Healthy Bones Action Week
- Multicultural Week 2024
- National Health and Physical Education Day
- Funding opportunities
- Canteen recipe
- Meet the team

Kindergarten Orientation

Order free resources for your school now!

Kindergarten Orientation is the perfect time to provide information to new families on healthy eating and physical activity so their child has the best start at school.

Good for Kids has a range of resources available! If your school hasn't already, you can click the link to order hard-copy resources for our Term 4 deliveries.

You can also show [this video](#) presentation at parent information sessions or make it available to your new families.

New SWAP IT lesson plans

The SWAP IT team have developed **two NEW lessons** to complement the SWAP IT healthy lunchbox program. The lessons align to the NSW PHDPE Syllabus (with cross-curriculum links) and the Australian Curriculum.

All SWAP IT schools can access them through the [SWAP IT website](#), or register your school to run the SWAP IT Healthy Lunchbox program [here](#)!

Developed by Hunter New England LHD

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Local Health District

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<https://goodforkids.nsw.gov.au>

APPENDIX 4:



Health Promoting Primary Schools



'Heart of a child' by
Lara Went Worimi Artist

Contact: HNELHD-GoodForKids@health.nsw.gov.au

Website: www.goodforkids.nsw.gov.au

Social Media: [X](#) | [Facebook](#) | [Instagram](#)

The Good for Kids, Good for Life team at Hunter New England Population Health support primary schools to promote healthy eating and physical activity through a range of free programs and resources.

Our team helps schools promote health through:

- PDHPE curriculum, fundamental movement skills & daily energisers
- Active playgrounds
- Crunch&Sip
- Healthy lunchboxes & canteens
- Family info & support
- Active school travel



SWAP IT is a healthy lunchbox program helping families swap sometimes foods for everyday foods. To get SWAP IT resources for your school, visit our website to register.



The PACE program offers FREE online portal and modules (NESA accredited provider) resources, and support to help teachers deliver 150 minutes of physical activity weekly. Register on the PACE portal and become an 'Energiser School'!



Hunter New England
Local Health District



Visit the GFK website
to find out more.



Artwork: 'Heart of a child' by Lara Went Worimi Artist



Hunter New England
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