

Health Promoting Schools

A RESOURCE FOR PRIMARY SCHOOL
PARENTS AND CITIZENS/FRIENDS
ASSOCIATIONS



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

Good for kids
good for life



Hunter New England Local Health District



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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



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

INTRODUCTION

To promote the health and wellbeing of children, it takes a collaborative effort from everyone. This includes school staff, canteen staff, parents, carers, and the wider school community, all working together to encourage healthy eating and physical activity.

Creating a supportive environment is crucial for children to make informed decisions about their health, and schools offer an ideal opportunity for this since children spend a significant portion of their day 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, a resource has been developed to encourage Parents and Citizens (P&C) or Parents and Friends (P&F) Associations to adopt whole school health and physical activity practices, promoting a healthy school environment.

This resource will:

- Provide information for the P&C/P&F on healthy eating and physical activity in schools.
- Provide resources and templates for the P&C/P&F to increase and 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

This resource was developed by:

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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
- AISNSW Association of Independent Schools of NSW
- The University of Newcastle
- HMRI Hunter Medical Research Institute
- NCOIS National Centre of Implementation Science

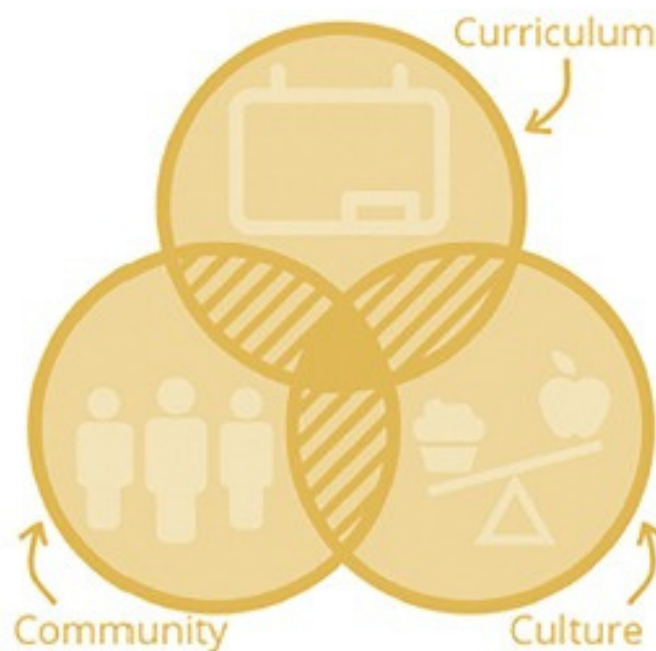
HEALTHY EATING ACTIVE LIVING- PROGRAMS FOR SCHOLS

Healthy Eating Active Living (HEAL) through the NSW Centre for Population Health provides free NSW government programs which encourage students to increase their physical activity and fruit and vegetable intake.

Live Life Well @ School (LLW@S) is one of these programs and is a collaborative initiative between NSW Ministry of Health and the school sectors in NSW. The NSW Department of Education, the Association of Independent Schools of NSW and the Catholic Schools NSW all support schools to engage with LLW@S, through a variety of resources and professional learning opportunities.

LLW@S aims to get more students, more active, more often and improve healthy eating habits.

LLW@S is based on the health promoting school framework which is evidence based and categorised into: Curriculum, Culture and Community. It is important schools implement strategies across all three categories to ensure positive outcomes and sustainability of health practices.



Source: NSW Centre for Population Health

The P&C/P&F have a part to play in all areas of your health promoting school but the two key areas are Community and Culture.

Scan the QR code or click for more information



SUPPORTING YOUR SCHOOL

The Good for Kids team has worked in the Hunter New England health area since 2005 and are based at the population health unit, Wallsend NSW. Good for Kids supports the NSW Ministry of Health's LLW@S initiative.

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

Our experienced team are from a range of health and education related backgrounds and are passionate about, and dedicated to, improve the healthy lifestyle habits of all children across the region.

Cultural consultation

The program includes consultation with Aboriginal communities across the region to determine the best and most culturally appropriate ways of reaching Aboriginal families with health messages. We also welcome ongoing feedback. If you are an Aboriginal school staff or school community member and would like to provide feedback on the cultural appropriateness of our programs, please notify your schools Good for Kids Health Promotion Officer.



ACTIVITY

See the examples listed below and 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.



Culture

- Access to playground markings and play areas
- Teachers and community members are positive and active role models
- Promoting a health vision shared by all staff, students and the community
- School policy and practices that support health initiatives e.g., Nutrition in schools policy, physical activity policy, lunchbox guidelines, Crunch&Sip®, etc.
- School canteens are compliant 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
- Lunchbox and Crunch&Sip® information provided at kindergarten orientation
- School food garden utilised, family and community volunteers to tend to and maintain gardens

Curriculum- primarily the Principal and teaching staff

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

Community

- Parents and carers receive regular information about school health practices (newsletters/social media/communication apps)
- Active travel options (bike and scooter racks, walking-bus, park and walk, safe crossings, supporting and volunteering at ride/walk to school days)
- Parents and carers encouraged to be involved in healthy education at home (healthy lunchboxes, active homework ideas, cooking, etc.)
- Parents and carers with skills and coaching qualifications assisting with physical activity, sports programs/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



NUTRITION IN SCHOOLS



NUTRITION IN SCHOOLS POLICY

Did you know that the Department of Education (DoE) released the Nutrition in Schools Policy in February 2017?

This policy states that any activities (this includes fetes, discos and fundraisers), should promote healthy eating and good nutrition to students.

The policy specifically says the following:

1.1

Healthy eating and good nutrition should be promoted in all school activities and programs which involve food and drinks.

1.5

All sugar sweetened drinks as outlined in the Sugary Drinks Fact Sheet of the Healthy School Canteen Strategy are not to be sold to students.

1.6

Where school activities involve the provision of food and drink to the wider school community, consideration should be given to promoting healthy eating.

1.9

School activities that involve the provision of food will address the requirements of the Anaphylaxis Procedures for Schools.

The full Nutrition in Schools Policy can be found at the following website (Scan QR code) or see appendix 1:

<https://education.nsw.gov.au/policy-library/policies/nutrition-in-schools-policy>



HEALTHY CANTEENS



Good for Kids provide resources, training and support to help your canteen meet the current NSW Healthy School Canteen Strategy. Being compliant with the strategy will ensure your school is making healthy options available for students. Your school will also receive a certificate and badge to display proudly. 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' (see the Australian Guide to Healthy Eating on the following page) must form at least $\frac{3}{4}$ of the canteen menu and should be actively promoted. Occasional foods 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.



The Healthy School Canteen Information Service is a one stop shop dedicated to supporting schools to implement The NSW Healthy School Canteen Strategy. The Service operates Monday - Friday, 9:00am - 3:00pm. Canteen managers, staff and volunteers can contact the service on 1800 930 966 or email: healthyfood@health.nsw.gov.au.










Tip:

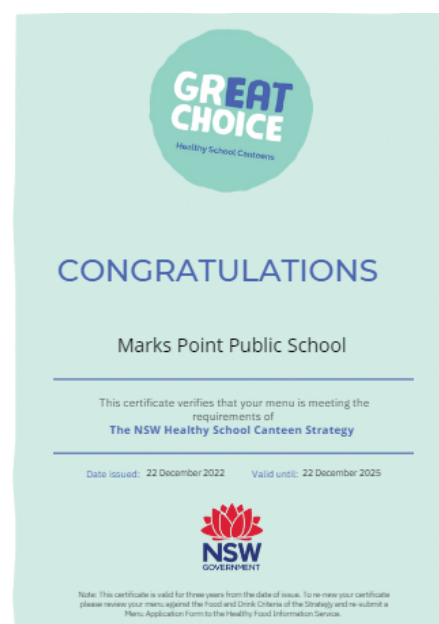
When making changes to your canteen menu, you could use a survey to gather feedback. Ask parents, teachers and students what they think. An information session is another way to share ideas and learn more about the canteen strategy. (See appendix 2)

HEALTHY CANTEENS

MINIMUM FOOD AND DRINK BENCHMARK FOR NSW SCHOOL CANTEENS AND VENDING MACHINES

	EVERYDAY FOODS AND DRINKS	OCCASIONAL FOODS AND DRINKS
	<p>¾ of the menu</p> <p>3/4</p> 	<p>¼ of the menu</p> <p>1/4</p> 
	No Health Star Rating to be applied to Everyday foods and drinks	A Health Star Rating of 3.5 Stars and above to be applied to all Occasional foods
	Portion limits for flavoured milk, juices and hot meals	Portion limits for all Occasional foods and drinks
	Display, price favourably, promote and advertise Everyday choices	Occasional foods and drinks are not promoted, advertised or displayed in prominent positions
	Sugary drinks should not be sold in NSW school canteens and vending machines	

Copyright: NSW Ministry of Health 2017



HEALTHY EATING PROGRAMS

Good for Kids can support your school with a wide range of programs, initiatives and resources to promote healthy eating and good nutrition.



SWAP IT is a healthy lunchbox program developed by dietitians from the Good for Kids Team. SWAP IT aims to support parents and carers to swap what is packed in the lunchbox from sometimes foods to everyday foods. By improving lunchboxes, we can make a huge difference to a child's daily food intake. By swapping a sometimes food for an everyday food we are setting children up for the best possible mental and behavioural performance at school and at home.

The SWAP IT team will help your school to develop lunchbox guidelines to send home to families, provide a resource booklet for every family, and teaching resources for classrooms. Messages are also sent home to families ([see appendix 3](#)).

To find out more information check out the website or speak with your principal.
<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/>

Crunch&Sip®



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.

Scan the QR code above for more information.



Fruit & Veg Month is a health promotion event that aims to encourage increased fruit and vegetable consumption amongst NSW primary school children through engaging classroom, whole school and family based activities. The event is funded by NSW Health and is held at the end of August through September each year.

Schools who register receive free resources for teachers, students and families. Scan the QR code above for more information.

KITCHEN GARDENS

School kitchen gardens are a great way to promote healthy eating and environmental sustainability. The garden provides a learning opportunity for children, staff and the school community. The garden produce can be used in classroom cooking experiences, in the school canteen, or sold to students and families at a market during school drop offs or pick ups. Gardening and cooking are areas that always need extra support from volunteers including the P&C/P&F. There are also lots of resources and grants available to support kitchen gardens in schools. Check out some of the websites below:



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



Sustainable Schools Grants

<https://education.nsw.gov.au/teaching-and-learning/curriculum/sustainability/sustainable-schools-grants>



The NSW Department of Education has sustainability action process teaching and learning resources that support curriculum outcomes.

Visit: Kitchen gardens (nsw.gov.au)



Contact your local council for grant opportunities



Office of
Local Government

THE IMPORTANCE OF PHYSICAL ACTIVITY

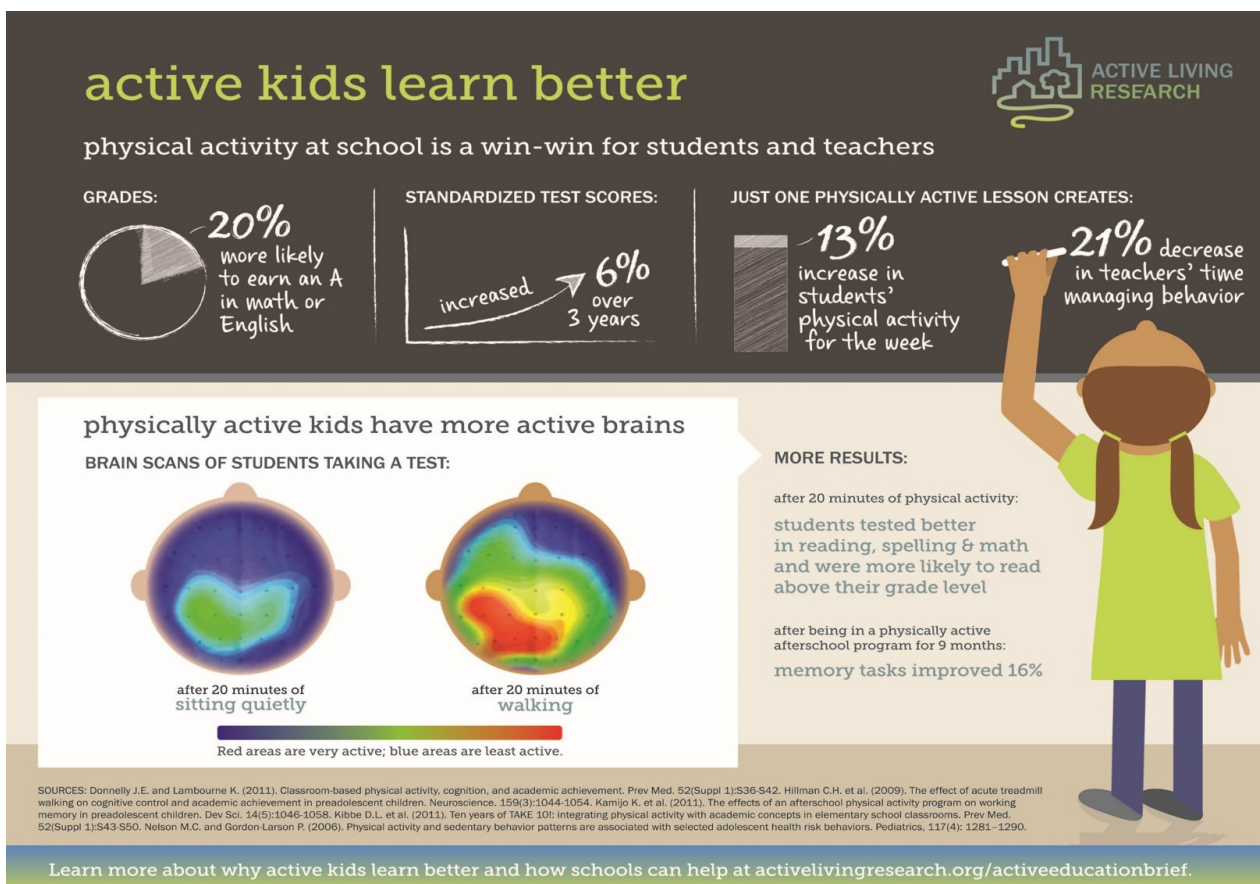
The importance of regular physical activity in reducing the risk of disease and in promoting a healthy lifestyle is well recognised.



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.

The Australian National Physical Activity guidelines for children and young people (5-17years) state that a healthy 24 hours includes:

- Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities.



PHYSICAL ACTIVITY REQUIREMENTS IN SCHOOLS

Did you know?

Children do not automatically know how to catch, throw, kick, run and jump. These are known as fundamental movement skills (FMS). In the same way kids need to learn the alphabet in order to read, they need to learn basic movement skills in order to lead a physically active, healthy life. As part of the PDHPE curriculum schools teach and assess a wide range of FMS.

Mandatory Sport and Physical Activity Policy:

**150mins
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)
- This policy is supported by the AIS and Catholic Schools Office with a minimum of 120mins.

PACE PROGRAM

Physically Active Children in Education



What is PACE?

PACE has been developed and trialled by the Good for Kids team and is a multi-component implementation strategy supporting primary schools. PACE has been shown to effectively increase your school's implementation of physical activity policies, supporting children to be more physically active throughout the school day. PACE supports classroom teachers with the scheduling and delivery of physical activity through active PE, sport, cross curricular links and daily classroom energisers. Every school is supported with free training, resources, equipment and ongoing support from a PACE school support officer to increase the physical activity levels of all students at your school.

PACE training includes face to face workshops and self-paced online modules, both NESA accredited for your teaching staff. The program has had outstanding success, positive feedback and results, and has received both local and state research awards.

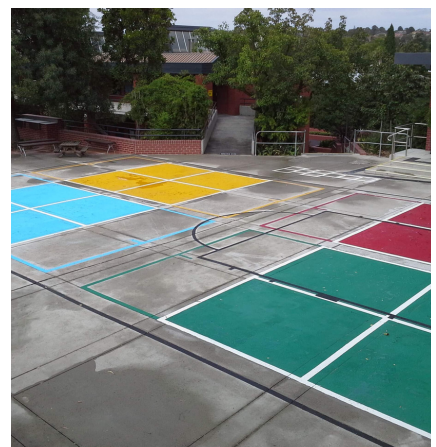
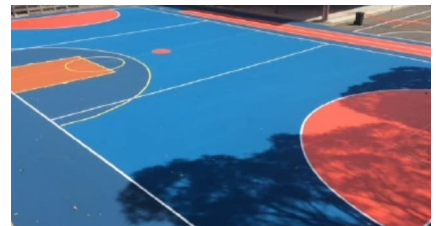
Contact us at: HNELHD-GoodForKids@health.nsw.gov.au

Find out more here:



SUPPORTING PHYSICAL ACTIVITY IN YOUR SCHOOL

We know the school physical environment can encourage children to be physically active. The Good for Kids Team provide playground marking stencils free of charge to schools in the Hunter New England Region to boost playground fun and activity. Stencils can be borrowed for up to two weeks at a time. If you would like to borrow the stencils, please fill in the order form ([see appendix 4](#)). The P&C/P&F can contribute to the funding of active spaces and playgrounds, and to the replenishing of sports equipment to ensure physical activity requirements are a focus at your school.



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 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 Good for Kids Smoothie Blender Bike- see [appendix 4](#))
- 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



MAKE YOUR NEXT
FUNDRAISER
A TOOTH SAVER

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 you monitor fundraising at your school, list the types and frequency of fundraising (in an average year) in the table below. Ideas are listed on the next page.

TYPE e.g. chocolate drive	FREQUENCY e.g. once per year	HEALTHIER ALTERNATIVE See examples

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.

The Nutrition in Schools Policy (see [appendix 1](#)) states:

1.1 Healthy eating and good nutrition should be promoted in all school activities and programs which involve food and drinks.

1.5 All sugar sweetened drinks as outlined in the Sugary Drinks Fact Sheet of the Healthy School Canteen Strategy are not to be sold to students.

1.6 Where school activities involve the provision of food and drink to the wider school community, consideration should be given to promoting healthy eating.



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 e.g. School disco	Food & DRINK PROVIDED e.g. pizza, chips, popper	HEALTHIER ALTERNATIVE e.g. sandwich, popcorn, water

CASE STUDIES

LLW@S in Practice

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

The videos below show 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 on the QR code below to view each video and for more information.



CASE STUDIES

PLAYGROUND MARKINGS

St Joseph's Merriwa borrowed the playground marking stencils from the Good for Kids team at Hunter New England Health. The local paint shop donated the paint and during a weekend working bee a team of volunteers completed the markings.

The students are now more active on the concrete areas and are using these games to interact more freely. Teachers are also using these games to teach counting for Kinder and Stage 1, as well as integrating physical education into other lessons.

*The Staff of St Joseph's Primary School
Merriwa*



Manning Gardens PS have been implementing SWAP IT since 2018. The healthy lunchbox messages are short and simple and help give families ideas to swap occasional for everyday foods in their lunchbox.

Each class has access to the free online flip chart and teaching resources to support the curriculum. Messages are delivered to families through the school's communication app and every family receives a booklet to hang on the fridge.

There are now healthier options in lunchboxes as a result of the messages. Each year the SWAP IT booklets are provided for our kinder orientation packs.

Mr Paul Sortwell Principal- Manning Gardens PS



CASE STUDIES

MANGO FUNDRAISER

The mango fundraiser is an easy and healthy fundraiser that has been popular with the Tighes Hill community every year.

On average, we raise just over \$800 each year by selling about 150 boxes to parents and staff. The Mango Fundraiser is easy to run with our online order and payment. We select the week for delivery and the families come and collect on the delivery day.

Tighes Hill P&C President



COLOUR RUN

Tighes Hill PS Student Representative Council (SRC) organised a fabulous Colour Run for the whole school at Islington Park. It was a huge fundraising success that enabled us to create a sensory garden quiet area in a previously unused part of our school. This welcome addition to our playground provides a calm and relaxing area for all students to read, draw, sit and have a chat. A big thank you to our P&C for their efforts designing and managing this project.

Mr Tony Selwood Principal- Tighes Hill PS



GARDEN CLUB

Our wonderful school/community garden is lovingly cared for and maintained by a parent volunteer, Dale. Dale visits at least twice a week and works with students and class groups to grow a variety of fresh seasonal herbs and vegetables. Produce is harvested and sold to our school community, with all proceeds donated back to support the continued growth of the garden.

Mr Tony Selwood Principal- Tighes Hill PS



CASE STUDIES

SMOOTHIE BIKE/ CRUNCH&SIP RELAUNCH

The Good for Kids team visited Ellalong PS during Fruit and Veg Month to re-launch Crunch&Sip and deliver the smoothie blender bike for the week. They entertained the students, dressed as carrots and beans. The students were also dressed in their favourite fruit or veg colours. We energised, updated the Crunch&Sip gate sign and sent home flyers with all the students. The blender bike was a hit and ensured all students tried a wide range of fruit and veg smoothies throughout the week.

We are very keen to book the smoothie bike in for a fundraiser next year.



CANTEEN MENU

Students at St Paul's Primary School Gateshead are enjoying a new and improved menu after being the first Catholic School in the HNELHD to successfully meet the NSW Healthy School Canteen Strategy in 2018.

School canteen volunteers, the P&F and Good for Kids worked together to make changes to the menu such as adding more everyday hot meals, reducing the number of flavours of some items and removing items that did not meet the strategy.

"Being able to contact the Good for kids team was probably the most helpful support"

Mary Milevski, P&F Canteen Representative 2018
Greg Cummings Principal- St Paul's Primary School
Gateshead



CASE STUDIES



VALENTINE PUBLIC SCHOOL ENVIRONMENTAL PROGRAMS

Our school garden and chicken coop provide students with a significant opportunity to connect with the process of growing food, sustainability and biodiversity. To achieve this goal we first went about establishing our gardens with seasonal produce. The gardens are looked after by our students who deliver fresh produce to our P&C run canteen as well as to our Valentine PS community. Our Market Stall allows the community to regularly purchase freshly grown vegetables and eggs from our chickens.

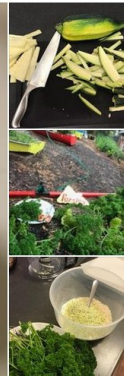


GARDEN TO CANTEEN

Today our students were able to purchase some deliciously fresh zucchini chips from the canteen.

The best thing about them? Both the zucchini and parsley that were used to make them came from our own VPS gardens.

Thank you to Tanya for whipping these up, they were very tasty!



GARDEN PRODUCE FOR SALE

This afternoon from 3.15 we are selling some produce that our Garden Club have grown so bring some coins along. We are selling cherry tomatoes, parsley, carrots and chives.



GARDEN CLUB

Yesterday we picked some of the ripe produce from our garden. These students took it to the canteen and were very excited to do so.



COOKING

Yesterday we collected fresh eggs from our chickens at school and then made yummy scrambled eggs.



We have partnered with Lake Macquarie City Council to facilitate student workshops for composting and recycling. Waste Warriors and gardening club students attended these workshops so they could share their knowledge and skills with their peers.



VEGGIE SALE

This afternoon at 3.15 we are having a Veggie Sale in our garden near the boats. We have a small selection of lettuce, carrots and parsley so please bring your gold coins and purchase some fresh produce grown by our Environmental group.

As the selection is limited, it's first in best dressed!



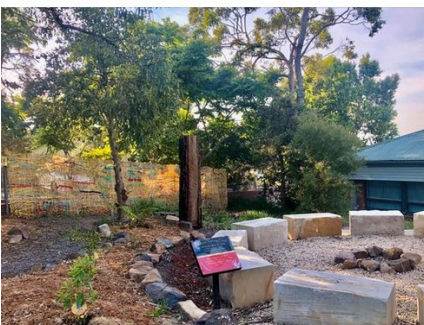
We started the Aboriginal Bush Tucker garden with a dream of bringing this land's unique flavours back, so future generations can remain connected to a rich and vibrant history.



YARNING CIRCLE AND BUSH TUCKER GARDEN

Our garden is coming alive and our Bush Tucker plants are growing steadily.

A new addition to our area are the weave mats completed by our K-6 students from NAIDOC DAY proudly on display.



SUNNY DAYS

Our students are enjoying the sun and Garden Club today. We are watering, weeding and feeding the chickens.



Valentine Public School

Daily Chicken Keeping Tasks that students engage in include egg collection and recording, chicken behaviour observation and recording, refill the feeders and drinkers, top-up the coop bedding, rake and clean out the chicken run, remove and replace all bedding, clean the coop and run.

CONTACT US

Good for kids
good for life



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. The Good for Kids team has worked in the Hunter New England health area since 2005 and are based at the population health unit. Good for Kids supports the NSW Ministry of Health's Live life Well @ School.

Your Health Promotion Officers

Our experienced team are from a range of health and education related backgrounds and are passionate and dedicated to improving the healthy lifestyle habits of children across the region.

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

ADDRESS: Booth Building, Longworth Avenue,
Wallsend NSW 2287

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

SOCIAL MEDIA: Good for Kids HNEHealth



Hunter New England Local Health District



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 \(nsw.gov.au\)](http://Healthy school canteens (nsw.gov.au))



HEALTHY KIDS ASSOCIATION

Canteen related, Crunch and Sip®, Fruit and Veg month, fundraising ideas, teaching resources: <http://healthy-kids.com.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

Nutrition in Schools Policy:

All schools should promote healthy eating and good nutrition. School canteens are required to implement the NSW Healthy School Canteen Strategy that includes food and drink criteria.

1. Policy statement

1. Healthy eating and good nutrition should be promoted in all school activities and programs which involve food and drinks.
2. The teaching of nutrition education is part of the Personal Development, Health and Physical Education (PDHPE) key learning area and is mandatory for all students from Kindergarten to Year 10. Teaching and learning and class activities in other key learning areas should reinforce healthy eating and good nutrition wherever possible.
3. School canteens are required to implement the Healthy School Canteen Strategy. This requires school canteen menus to comprise at least three-quarters 'Everyday' foods and no more than one-quarter 'Occasional' foods. Packaged occasional foods are required to have a Health Star Rating of 3.5 or above.
4. Schools transition to the revised Healthy School Canteen Strategy over a three-year period, 2017-2019. A school's transition will be responsive to varying canteen operating arrangements, product availability, rural and remote locations and community and cultural expectations.
5. All sugar sweetened drinks as outlined in the Sugary Drinks Fact Sheet of the Healthy School Canteen Strategy are not to be sold to students.
6. Where school activities involve the provision of food and drink to the wider school community, consideration should be given to promoting healthy eating.
7. All canteen operators are required to notify the local council of their food activity details. All canteens will provide a safe and hygienic food service and comply with the Australia New Zealand Food Standards Code, Food Act 2003 (NSW) and Food Regulation 2010 (NSW).
8. Schools with preschools are required to follow the protocols of the Education and Care Services National Regulations (Regulations 77-80) ensuring healthy eating practices are promoted.
9. School activities that involve the provision of food will address the requirements of the Anaphylaxis Procedures for Schools.

2. Audience and applicability

1. All NSW government schools and preschools, parents/caregivers, the wider school community.

3. Context

1. The health and wellbeing of students is relevant to their learning and is important to schools. The present and future health of students can be enhanced by quality learning and positive experiences at school.
2. This policy contributes to the Premier's Priority (2015) to reduce overweight and obesity rates of children by five percent over 10 years to 2025.
3. The Australian Dietary Guidelines (2013) give advice on eating for health and wellbeing.
4. Legislation
Australia New Zealand Food Standards Code
Food Act 2003 (NSW) and Food Regulation 2010 (NSW)
Education and Care Services National Regulations 2011
5. This policy should be read in conjunction with:
The Australian Dietary Guidelines 2013
Student Health in NSW Public Schools: A summary and consolidation of policy
Infection Control Guidelines
Sponsorship Policy and Guidelines
Student Welfare Policy
The Wellbeing Framework for Schools 2015.

4. Responsibilities and delegations

1. Principals oversee the implementation of school practices that are consistent with this policy and are responsive to local needs, including cultural diversity include their canteen operations in the school planning process enable canteen managers and canteen staff (including volunteers) to attend training opportunities relevant to implementation of the NSW Healthy School Canteen Strategy.
2. Directors, Public Schools NSW monitor the local implementation of this policy and report outcomes of local implementation to their Executive Directors, Public Schools NSW.

5. Monitoring and review

1. The Executive Director, Learning and Wellbeing is responsible for monitoring the implementation of this policy and reviewing its effectiveness every three 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 (<https://healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-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

____ Fruit salad

____ Lasagne

____ Whole fruit

____ Pasta

____ Vegetable Sticks

____ Soup

____ Cheese and rice crackers

____ Sushi Rolls

____ Yoghurt

____ Fried Rice

____ Pikelets

____ Fritters

____ Plain popcorn

____ Baked Potatoes with toppings

____ Fruit toast

____ Nachos

____ Crumpets

____ Corn on the Cob

____ Frozen orange slices

____ Salad/ Meat Wraps

____ Dry Cereal Bites

____ Toasted/ Regular sandwiches

____ Canteen made smoothie

____ Frittata

____ Grilled Chicken Burger

____ Beef Burger

____ Curry and Rice

Other: _____

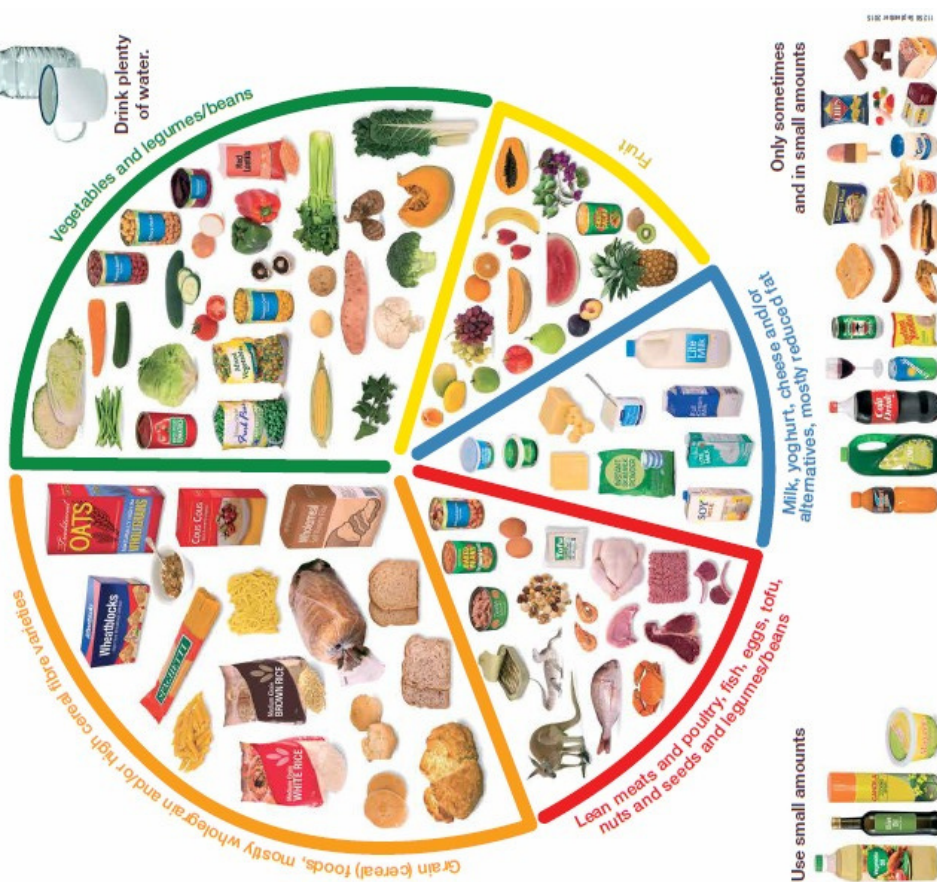
Australian Guide to Healthy Eating

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



Aboriginal and Torres Strait Islander Guide to Healthy Eating

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




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:



Preparing lunchboxes with help from the kids

Children are more likely to eat what's packed in their lunchbox when they're involved in the planning and preparation.

- Use the [SWAP IT everyday lunchbox planner](#) to plan lunchboxes for the week.
- Involve your child with washing, peeling and chopping of fruits and vegetables.
- Try a new recipe with your child. What about [Japanese vegetable pancakes](#), or [pumpkin & sweet potato scones](#)? This is a great way to use vegetables that are in season!







Grab & Go Snacks

Everyday snacks are an important part of the lunchbox.

Keep snacks bite size and easy to eat so your kids can have lots of time to play! Here's a few ideas:

- Choose snack sized vegetables like baby cucumbers, snow peas and cherry tomatoes
- Pack other everyday snacks that are easy to eat like mini hot cross buns, wholegrain crackers, popcorn, yoghurt cups or cut-up fruit
- Some kids may be put off by foods that have been squashed. Store easily squished items like cherry tomatoes or grapes in containers. Remember to make sure the lids are easy to open!



goodforkids.nsw.gov.au/primary-schools/swap-it/swap-it-sweet





WOW (Walk/wheel once a week)

Being active getting to places can improve children's independence, confidence, road and personal safety skills, as well as general health and wellbeing.

You or your school can set aside one day each week, where children and parents/carers walk or ride to school. Not everybody is able to walk or ride the whole way, so why not try parking a little further away and walking a block or two to school.


Not only does this get your children physically active, but parent's/carers get some extra exercise too!

To find out more visit:
<https://www.health.nsw.gov.au/health/schools/Documents/crunch-and-sip/Walk-and-wheelOnceaWeek.pdf>



Developed by Hunter New England LHD






Switch off the screen & get active!

Screen time watching TV, playing electronic or computer games or going online can be fun and educational, but spending too much time sitting still in front of the screen can be bad for health.

Limit children to **2 hours a day** of sitting in front of a small screen, including the computer, TV, phone or tablet.

Effects of too much screen time:


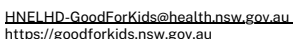

- Poor posture
- Poor eyesight
- Strains of the thumb, wrist and elbow
- Sleep problems
- Delayed ability to make social connections
- Becoming overweight



Physical activity makes kids stronger and fitter, they can also concentrate and learn better at school, as well as sleep better at night.

Get the kids to turn off the screen and opt for at least **60 minutes** of daily physical activity instead. Get them to play games, ride a bike, go to the park or even go for a walk!

Developed by Hunter New England LHD



APPENDIX 4



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

Good for kids
good for life



SMOOTHIE BLENDER BIKE



Smoothie blender bikes are stationary bikes that when pedalled, generate enough energy to power a blender. Your school can loan the bike from the Good for Kids Team at Hunter New England Local Health District, at **NO CHARGE**. This includes instructions, utensils and recipe ideas. You only need to buy your healthy ingredients. Then all you need is PEDAL LEG power. The children will love it! A great idea for a fundraiser, Crunch&Sip launch, canteen special, class reward, school fete stall, and so much more!

PLAYGROUND STENCILS

Give your playground a facelift and promote more physical activity with these stencils available for loan from the Good for Kids Team at Hunter New England Local Health District, at **NO CHARGE**. All you need is the paint and a team of volunteers!



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



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



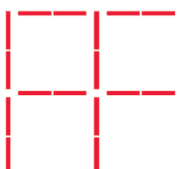
NUMBER SNAKE
7.0m (w) x 0.77m (h)



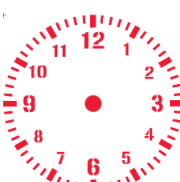
ALPHABET TREE
1.735m (w) x 1.85m (h)



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



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



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



Please scan the QR code or click on the code for further details and to book for your school:



Hunter New England Local Health District



TERM 1

Encourage students to have 2 servings of fruit and 5 servings of veges each day this term!

WEEK	MON	TUE	WED	THU	FRI
1	January 23	January 24	January 25	Australia Day	January 27
2	January 30	January 31	February 1	February 2	February 3
3	Nutrition Australia Healthy Lunchbox Week	February 6	February 7	February 8	February 9
4	February 13	February 14	February 15	February 16	February 17
5	February 20	February 21	February 22	February 23	February 24
6	February 27	February 28	March 1	March 2	March 3
7	March 6	March 7	March 8	March 9	March 10
8	March 13	March 14	March 15	March 16	March 17
9	World Oral Health Day	Harmony Day	March 21	March 22	National Ride2School Day
10	Vegetable Week	March 27	March 28	The BIG Veggie Crunch!	March 31
11	April 3	April 4	April 5	April 6	April 7



© Lara Went - "The heart of a child"

TERM 2

Encourage students to 'swap the screen' for more physical activity this term!

WEEK	MON	TUE	WED	THU	FRI
1	April 24	ANZAC Day	April 26	April 27	April 28
2	Screen Free Week	May 1	May 2	May 3	May 4
3	May 8	May 9	May 10	May 11	May 12
4	National Road Safety Week	May 15	May 16	May 17	Walk Safely To School Day
5	May 22	May 23	May 24	May 25	May 26
6	May 29	May 30	May 31	June 1	June 2
7	June 5	June 6	June 7	June 8	June 9
8	King's Birthday	June 12	June 13	June 14	June 15
9	June 19	June 20	June 21	June 22	June 23
10	June 26	June 27	June 28	June 29	June 30



See more ideas on the Good for Kids website:



Good for Kids

support primary schools to implement whole school strategies to get students more active more often and develop healthy eating habits. Everyone has a role to play - contact your Health Promotion Officer for more information: HNELHD-GoodForKids@health.nsw.gov.au

TERM 3

This term let's focus on drinking water. Encourage students to choose water as their drink of choice!

WEEK	MON	TUE	WED	THU	FRI
1	July 17	July 18	July 19	July 20	July 21
2	July 24	July 25	July 26	July 27	July 28
3	July 31	August 1	August 2	August 3	August 4
4	Dental Health Week	August 7	August 8	August 9	August 10
5	August 14	August 15	August 16	August 17	August 18
6	Healthy Bones Action Week	August 21	August 22	August 23	August 24
7	August 28	August 29	August 30	August 31	September 1
8	September 4	September 5	September 6	National Health and Physical Education Day	September 7
9	September 11	September 12	September 13	RUOK? Day	September 14
10	September 18	September 19	September 20	September 21	September 22



KEY DATES

28th August - 22nd September: Fruit and Veg month

October: Mental health month
Term 2 and 3: NSW Premiers Sporting Challenge!

NAIDOC week - starting JULY 2, 2023



TERM 4

The days are longer and warmer. Encourage students to get active and try new games or sports!

WEEK	MON	TUE	WED	THU	FRI
1	October 9	October 10	October 11	October 12	October 13
2	October 16	October 17	October 18	October 19	October 20
3	October 23	October 24	October 25	October 26	World Teachers' Day!
4	October 30	October 31	November 1	November 2	November 3
5	National Recycling Week	November 6	November 7	November 8	November 9
6	November 13	November 14	November 15	November 16	November 17
7	November 20	November 21	November 22	November 23	November 24
8	November 27	November 28	November 29	November 30	December 1
9	December 4	December 5	December 6	December 7	December 8
10	December 11	December 12	December 13	December 14	December 15
11	December 18	December 19	December 20	December 21	December 22



Hunter New England Local Health District





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