



Mid North Coast Health Promoting Schools Newsletter

Term 2
2021
edition

Welcome to the second Live Life Well @ School (LLW@S) Health Promoting Schools Newsletter for 2021.

Our look may have changed, but this newsletter still aims to keep you up-to-date with news, events and professional development opportunities as well as showcasing practical ways to increase physical activity and healthy eating within your school.

LLW@S has now recommenced face-to-face follow up visits. We are available to help with physical activity and healthy eating initiatives within your school.

Please reach out to your local Health Promotion Officer if you have any questions or would like resources or support.

Regards,
Alison and Gavin



NEWS AND EVENTS

FRUIT & VEG MONTH

It's time to celery-brate ... Fruit & Veg Month is back! Get involved in this flexible and fun primary school event that encourages kids to eat more fruit and vegetables.

If you register you will receive curriculum materials, class posters, student reward stickers, parent resources and a student competition.

WHEN:

23 August to 17 September
(the last four weeks of Term 3).

TO REGISTER

www.healthy-kids.com.au/teachers/fruit-veg-month/





Free one-hour workshop on Kilometre Club (KM Club)

The workshop will be delivered by the Mid North Coast Local Health District's Health Promotion team.

Workshop will include:

- Information about KM Club
- Benefits of KM Club
- Barriers and enablers to successful implementation
- Q&A session with KM Club experts.

Guest speaker:

Lachlan Milne (Kendall Public School teacher) will provide his experiences on implementing KM Club over the past three years.

For more information:

EMAIL: alison.walton@health.nsw.gov.au

PHONE: 6561 2975

WHEN:

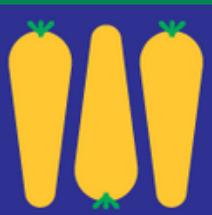
Monday 17 May 2021
4-5pm

WHERE:

Online via Zoom

RSVP BY 13 MAY

[Click here](#) or scan the QR code below:



THE LUNCH MAKERS

Did you know that on average each student wastes 300kg of food every year? In Australia, students throw away 3.5 million uneaten sandwiches, 3 million pieces of fruit and 1.3 million items of packaged foods.

Students at 14 Mid North Coast primary schools will be empowered to make their own lunches during a pilot program - "The Lunch Makers".

This program aims to reduce food waste, help families save money, and have a positive impact on the environment.



The program includes:

- In-class activities such as lunch making, bees wax wraps and composting workshops.
- Resources for families including recipes and tips for creating a healthy, balanced lunchbox.

The Lunch Makers program is a great opportunity for schools to trial an innovative sustainability action while also helping families save money. By cutting the amount of food wasted at school and at home, families could save up to \$4,000 a year. It is supported by the NSW Environment Protection Authority as part of the Waste Less Recycle More initiative, funded from the waste levy.

Families can learn how to reduce food waste at home by signing up for the free online Food Smart program at www.midwaste.com.au/food-smart.

Food smart includes easy, step-by-step guides to help you reduce your food waste and keep more money in your pocket.

TO REGISTER FOR TERM 3, visit:

<https://www.surveymonkey.com/r/T3LunchMakers>



Live Life Well @ School

Online Professional Learning

Using the Health Promoting Schools Framework, this professional learning course supports the development of whole school strategies that foster healthy eating and physical activity to improve the health and wellbeing of students and the school community.

Module 1 (2 hours) - MyPL course code RG13809
Physical activity, healthy eating, learning and wellbeing

Module 2 & 3 (6 hours) - MyPL course code RG13811
*Identifying and prioritising school needs
Planning for quality implementation*

All modules are NESA registered

Key features:

- Self-paced
- On-demand, access any time via MyPL
- Local Health Promotion Officers to support you on your *Live Life Well @ School* Journey
- Schools are encouraged to enrol two or more teachers; however, individual teachers are most welcome



For more information contact, LLWS@det.nsw.edu.au

A joint initiative between the NSW Ministry of Health and the three NSW education sectors



SHPN (DPH) 200564

ACTIVE KIDS VOUCHER

- The Active Kids voucher aims to increase participation of school-enrolled children in sport and physical activity.
- The vouchers are provided to parents and carers to help cover the cost of registration and membership fees.
- Active Kids is funded until June 2023 so there's still plenty of opportunity to be a part of the program.
- Families can now access two \$100 vouchers for each school-enrolled child every year.

FIND AN APPROVED PROVIDER

Active Kids provider.



**NSW Health
Mobile Dental Program**

Mid North Coast
Local Health District

Brush your teeth
morning and night

Eat more
fruit and vegies

Choose water
as a drink

Have a regular
dental check-up

Bringing the Dental Clinic to the Playground

NSW Health Primary School Mobile Dental Program (PSMDP) is a NSW Government initiative providing free dental care to students at participating NSW Primary Schools. The program is delivered by experienced NSW Health staff, using fully equipped dental vans set up on school grounds.

Our program introduces children to dental treatment in a comfortable and familiar environment, as well as helping to educate and establish lifelong healthy oral health habits. As our team also work in the local public dental clinics, we are able to provide continuity of care for students even after the school van visit.

No fees are charged for children seen by the public dental services including the mobile school dental program. Some children may be eligible for the Child Dental Benefits Schedule (CDBS).

MNCLHD PSMDP Project Contact Details

Email:	MNCLHD-MobileDentalService@health.nsw.gov.au
Phone:	6589 2174 Project Administration 6589 2184 Project Manager
Address:	MNCLHD PSMDP Po Box 126 Port Macquarie 2444

ABORIGINAL HEALTH PROGRAMS

**HEALTHYEATING
ACTIVELIVING**

Health programs on the Mid North Coast

Kids and families

GO4FUN Supporting kids to become fitter, healthier and happier, while having fun. go4fun.com.au

BANPU Nutrition and feeding information to parents and carers of Aboriginal 0-2 year olds in Kempsey. mnclhd-hp@health.nsw.gov.au

ACTIVE KIDS Claim two \$100 vouchers per school-enrolled child a year for sporting costs. sport.nsw.gov.au/sectordevelopment/activekids

SHAKE A TAG Primary school-based program with an Indigenous focus. mnclhd-hp@health.nsw.gov.au

We would like to acknowledge the traditional custodians of the Gumbaynggirr, Nganyaywana, Dughutti and Birpai lands, and pay our respects to Elders past, present and emerging.





GO	GROW	GLOW 1	GLOW 2	FIBRE
				
Choose grain	Choose protein	Choose green veggies	Choose coloured veggies	Choose fruit
Select... ▾	Select... ▾	Select... ▾	Select... ▾	Select... ▾

RESOURCES AND CURRICULUM

HEALTHY SCHOOL LUNCHBOX PLANNER

A healthy, balanced school lunchbox should contain water and a variety of everyday foods from the core food groups for recess and lunch.

Check out Healthy Eating Active Living's interactive visual Menu Planner for students and parents that include:

- Grain foods to Go
- Protein-rich foods to Grow
- Vegetables to Glow
- Fruit for Fibre

FIND OUT MORE at:
[Healthy Eating Active Living](#)

WEEKLY PLANNER

Healthy Eating Active Living also has a weekly menu planner, making it easier for families to eat a healthy, balanced diet.

FIND OUT MORE at:
[Healthy Eating Active Living](#)

Breakfast

MON	TUE	WED	THU	FRI	SAT
					
Fruit, yoghurt and muesli topping	Wholegrain toast with ricotta and banana	Wholegrain flake-style cereal with light milk	Bircher muesli with apple	Porridge with banana, maple syrup and chopped nuts	Sardines, tomatoes, rocket and lemon



Activity set-up

- Set out the playing area (25 students = approximately 25m x 25m).
- Provide each student with a ball.
- Five students are selected as 'taggers' and given a braid each.

How to play

- All students start dribbling their ball around the area using the inside, outside and soles of their feet.
- On the teacher's signal, the five taggers then attempt to tag the other students, while still dribbling their ball.
- If a student is tagged, they then swap roles and become the tagger.



Equipment

- 8 markers (to set out playing area).
- 1 ball per student.
- 1 braid or similar per tagger.

Increase/decrease challenge

- Vary the size of the playing area.
- Vary the number of taggers.
- Taggers try to kick each student's ball out of the playing area instead of tagging

Additional variations

- If a student is tagged or their ball is kicked out, they must perform a movement or activity to return to play. For example, 10 sole taps or jumping jacks.
- Students dribble the ball with their hands.

Sample questions

- How did you move your body to participate effectively?
- How can you use and adapt different skills in the game to improve success?
- How can you refine your strategy to be successful in the game?
What would you do differently next time?

Department of Education and NSW Health.



BRAIN BREAKS AND PHYSICAL ACTIVITY

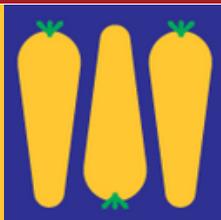
Fast Starts is a physical activity resource developed by the NSW Department of Education and NSW Health.

A fast start activity provides an opportunity to:

- Engage in moderate to vigorous physical activity (huff 'n' puff) with minimal rules within two minutes.
- Explore and practise movement skills (fundamental and specialised movement skills and concepts).
- Reinforce an inclusive learning environment that supports positive interactions and ongoing collaboration.
- Become familiar with equipment and space.
- Use age and stage appropriate language and concepts that act as a hook to engage students.
- Make planning adjustments based on observations of the physical preparedness of students and the group dynamic.

FIND OUT MORE at:

[Healthy Eating Active Living.](#)



GARDEN GURUS

Junior Landcare 'Just for Kids' has a bunch of free and fun activities to inspire curious Junior Landcare minds.

The Just for Kids activities have been developed to help children at home and at school explore Junior Landcare and create their own ideas.

The activity sheets are based on the activities in the Junior Landcare Learning Centre, focusing on four key areas:

- Food production
- Biodiversity
- Waste management
- Indigenous perspectives

FIND OUT MORE at:
['Junior Landcare Just for Kids'](#)



It is early in the growing season and Beth wants to plant some beans. She is using homemade seedling pots so she can move them around to catch the sun. When the weather warms up and the beans have sprouted, Beth will plant them in the ground.

INSTRUCTIONS

1. Print the labels and collect your empty toilet paper (tp) rolls. Make 4 cuts on one end of each roll ~3cm in height. Fold the cut flaps inwards to make a base for your DIY seedling pot.
2. Fill the tp rolls with potting mix (not garden soil), plant a seed in each roll.
3. On the labels identify your seedlings and record your planting date. Cut out and glue the labels onto the tp rolls.
4. Stand your tp roll seedling pots in a tray. To stabilise them tie a string around them to hold them all together.
5. Wet the soil with a little water. A spray bottle is useful to keep your seedlings moist daily.
6. When the seedling has sprouted you can plant the whole roll into the garden. The cardboard roll and paper label will break down in the garden soil and your seedling will thrive with your ongoing care.

MY SEEDLING...

I am:

I was planted on:

MY SEEDLING...

I am:

I was planted on:

MY SEEDLING...

I am:

I was planted on:

MY SEEDLING...

I am:

I was planted on:

MY SEEDLING...

I am:

I was planted on:

MY SEEDLING...

I am:

I was planted on:



K-12 School Basic Prep and Cook

BREAKFAST (Morning only)

- (C) English Muffin – Yeast Spread or Jam
- (C) Pikelets with Ricotta, Banana and Honey
- (C) Banana Breakfast Smoothie (300mL primary, 500mL secondary)

COLD LUNCHES

- (C) Sandwiches/Wraps/Pockets
 - Roasted Vegetables and Hommus
 - Tuna, Cucumber and Mayonnaise
 - Cheese and Salad
 - Falafel, Hommus and Salad
 - Chicken, Lettuce and Mayonnaise
- (C) Caesar Salad – Boiled Egg or Chicken
- (C) Garden Salad
- (P) Sushi – Tuna, Teriyaki Beef or Vegetarian

FROZEN SNACKS

- (C) Bite-sized Fruity Yoghurt Drops
- (C) Chocolate Frappe (300mL primary, 500mL secondary)
- (C) Icy Poles
- (P) Low Fat Vanilla Ice Cream

DRINKS

- (C) Fruit Smoothies – Berry or Mango (300mL primary, 500mL secondary)
- (P) Bottled Water
- (P) Flavoured Milk – Chocolate or Strawberry (300mL primary, 500mL secondary)
- (P) 99% Fruit Juice – Apple or Orange (250mL)
- (P) Sugar-free Lemonade (250mL primary, 500mL secondary)

CANTEEN CORNER

IS YOUR CANTEEN DUE FOR A TWO-YEAR MENU REVIEW?

If you're unsure please feel free to contact us and we will let you know when your canteen is due for a two-year menu review.

We are able to provide the following support:

- Review your menu including calculating the percentage of everyday items versus percentage of occasional items
- Suggest changes to your menu
- Support you to complete your Menu Check Application form.

FIND OUT MORE at:

[Healthy Kids Association Canteen Corner](#)

SNACKS

- (C) Garlic and Herb Torpedoes
 - (C) Baked Bean Jaffle
 - (C) Pizza Bites
 - (C) Jelly Cups – Chocolate or Strawberry
 - (C) Kids Survival Pack
- Tip: Great for the count during service!

CONTACT

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Nambucca Heads and Coffs Harbour regions:

E: gavin.jones1@health.nsw.gov.au

