Coorara’s Healthy Lifestyles Story
Overview of our Story

- Introductions
- Beginnings in 2006 with $1200 grant
- Built in stages-
  - Crunch and Sip
  - Healthy Lifestyles Week
  - Garden
  - Lots more- Active after school, circuits, Play is the Way
- Worked with 3 groups- parents, staff, students
Crunch and Sip
Small beginnings to Crunch and Sip

- 2006 - Foodie begins shared fruit and vege platters
- Water, fruit and vege break every day
- Crunch and Sip policy
- Every week parents in 2 classes sent a note to help with cutting up
- Pamphlets and notes sent out as reminders and mentioned at transition
- 2007 – 3 formal “Healthy” groups formed - parents, staff, teachers
Healthy Lifestyles Week
Healthy Eating Week-Healthy Lifestyles Week

- 2006 1\textsuperscript{st} Healthy Eating Week – cooked every day
- 2007 Focus on recess foods and snacks
- Healthy Lifestyle Week- focus on activity and taste testing
- Week Includes (planned by 3 groups)
  - special assembly
  - activity every day
  - food tasting and passport to take home
Coorara Community Garden
Coorara Community Garden and Kaurna Trail

- Garden planned and established in stages
- NRM to help children choose fruit trees
- Vegetables used in shared fruit and vege platters
- Gardener takes two classes each week
- Grow a Great School grants to begin Kaurna trail
- NRM Achiever grant to prepare resources
- NRM Foodies pilot project to begin next year
Keys to Success

• A dedicated passionate community
• Teachers, parent, students working together in 3 committees
• Working with ewba and other agencies and applying for grants
• Leadership team member in groups
• Strategic planning - site learning plan, budget, data
• Building on success every year

Having fun!