The 3 Point Ongoing Plan!

1. To provide a supportive environment for all members of the school and its community to undertake healthy eating and physical activity.

2. To have our school’s curriculum practices reflect the importance and benefit of healthy eating and physical activity and to promote participation in an active and healthy life.

3. To continue promoting and providing opportunities for healthy eating and physical activity in partnership with the local community.
So What Have We Done Since Last Year?

We have been dedicated to continue providing our school community with:

• The continuation of the Healthy Eating Policies and procedures through our school’s ‘treats Trolley’ system which operates daily and is designed to allow students the chance to purchase a healthy treat under the healthy snack guidelines with foods available in the amber and green category.

• The ongoing commitment to the *Crunch and Sip* program since 2009 headed by the key teacher- Jane Bray, which has seen an average 82% student participation rate across the school.

• The continuation of the recess ‘fruit platter’ and Subway Super Lunch deal at our School Sports Day, instead of the traditional ‘sausage sizzle’ and ‘cake stall’ approach. With the major emphasis being on promoting local business and healthy food options.

• Our Whole school End of Year Picnic activity continues to replace end of year class parties as the preferred celebration.
Physical Activity and Daily Fitness

The school has continued on with the N.I.T P.E. program and has expanded it to cover two days and half of the teacher entitlement!

The program continues to be ‘hands on’ and energetic with full participant involvement.

It also promotes cross-age peer tutoring and leadership development amongst the senior students.

Each staff member is extremely active and supportive of daily fitness with each class receiving their minimum standard of 20 minutes per day. Many staff regularly go beyond this time allocation.

And yes, the attendance is still at an all-time high on Wednesdays and Thursdays!!!!
Friday Afternoon Sport and Community Links

- The school continues to have a fantastic participation record and involvement in Friday Afternoon Sport programs within the local district.
- As our school only has 150 students we do exceptionally well to fill an A and B grade girls and boys teams in each of the sports on offer - Softball, Netball, Soccer and now Volleyball. Many of the school’s year 5 students fill the gap and are bred into the program early.
- Our participation in sports clinics such as Milo Cricket, Auskick Football and SAPSASA based events is very strong.
- Our parents do exceptionally well to provide regular transport for each away game, coach Friday Afternoon Sports and out of school activities such as Beach Volleyball. They play a huge part in our success!
Lunch time Activities

• The Thursday Lunch time activities for students in years 3-7 proved to be a hit last year and is back this year offering the students a chance to participate in a Burry Cup and Indoor Soccer tournament, complete with mixed teams in two age groupings - 3/45 and 5/6/7, round robin format and finals.

• The children's participation and active involvement has been fantastic. With many proud of their efforts as the results are published with game summaries and photos in the School Newsletter.

• This is due largely to the Federal Funding allowing us the building of a full-sized gymnasium!

Burry Cup

Indoor Soccer
Our Involvement in Community Initiatives

• Our senior students continue to be actively involved in the Premier’s Be Active Challenge

• The program has once again benefited our students both physically and financially with the money obtained from the program going towards buying new sports tops for our Friday Afternoon Sports Program.
So What about Kirsty Crouch?

- Despite many things going well at our school we do face many ongoing dilemmas.
- Our major issue comes with Healthy Eating and educating our school community about the importance of a healthy lunch box!
- Kristy came to our school and shared with us her expertise in the area of Nutrition and Physical Exercise.
- A well balanced and ‘hands on’ program was delivered with a series of lessons dealing with a variety of topics which lead towards the students developing their own Cereal Boxes!
Lessons 1 and 2

- The students were asked the question ‘What does being healthy mean to you?’ and asked to discuss with a small group. Each group were given butchers paper and markers and asked to record their thoughts and ideas under the following headings:
  - Eating well
  - Drinking Water
  - Sleeping Enough
  - Say no to drugs
  - Being active
  - Good Hygiene
  - Sharing your thoughts and emotions
- As a follow up task they were asked to form groups and choose 1 aspect they could research further and design an advertising poster explaining it.
- Lesson 2 saw the students given a copy of an Australian Healthy Eating Guidelines brochure to read and discuss. Particular focus was given to the recommendations of serving sizes for their particular age.
- In pairs the students looked at each food group and discussed the type of foods they eat. The students were given a food diary to record what they had eating over the past 24 hours and then eventually over the course of a week.
Lessons 3 and 4

• During this section of the program students were taken through the journey of identifying what they were eating at recess time. After collecting a week’s worth of packaged foods the students were introduced to the Right Bite Food Spectrum and were then shown a nutritional guide and explained that all food products in Australia have to show the ingredient lists and breakdown of nutritional information.

• The Label Reading activity was introduced where students were asked to choose one label and check if it met the guidelines of sugar, fat, sodium and fibre guidelines. Each time they met a guideline they achieved a tick. If the product scored 4 ticks it was deemed green, 3 ticks amber, 2 ticks low amber and 1 tick or less definitely red. Using the cue cards provided the students were then asked to repeat the same activity with their own labels and reflect on what they have learned at its conclusion.

• A ‘whole School’ approach will be adopted in 2012 with a term long Food Detectives’ program engrained where the students from the Upper Primary classes will promote what they have learned and monitor the food intake of Lockleys students across the school in a small period of time. Incentives such as show bags will be offered to students who show improvements in achieving a regular ‘3-4 ticks lunch box’.

• A program will be written by Upper Primary teacher’s to assist the students and make it sustainable in making minor changes to the student’s daily food intake at school.

• The students were asked to revisit the food labeling and share what they found out at home. They were then given a cereal box to work through the process of does it meet the guidelines. A class discussion was undertaken looking at the cereal boxes for marketing ploys including persuasive language, popular characters, entertainment, prizes and giveaways etc.

• The heart foundation tick was also explained.
Mission- A Better Breakfast

• The project was interesting and engaging for the students from the beginning.
• The students were given the task to create their own healthy breakfast cereal and become world famous! A judging panel of prestigious, Healthy Breakfast eating people were selected to assess their final product on its healthiness and market appeal using the following criteria:
  • An original name
  • A well constructed cereal box using glue guns and cardboard
  • Nutritional panel
  • Ingredients listing in descending order
  • Weight
  • Slogan/jingle
  • Best before date
  • Bar code
  • Recycling logo
  • Any other interesting marketing strategies
  • The Heart Foundation Tick
Some Great Examples

- The results and student feedback have been published in the August edition of the Eat Well Be Active Newsletter as well as this year’s ACHPER P.E. Week Booklet and now here today at the Eat Well Be Active Conference.
- This has been great exposure for our school and recognises the excellent efforts our students have undertaken.
Lets Not forget the Brain Breaks!

- During each lesson Kirsty introduced a series of short activities to promote the importance and benefits from exercise where she incorporated movement, physical activity and fun to assist in boosting brain function for a smarter, healthier, happier brain.
- These methodologies were implemented during the NAPLAN for students and were well received during times of high angst.
- Some of the games we played during the unit of work included:
  - Gotcha
  - Soul Man (Video Here!)
  - Pretend Pencil
  - My Bonnie Lies over the Ocean
  - Hand Swap
  - The Inch Worm
  - Knuckles and Finger
  - And our self devised Pencil Aerobics!
- And know it’s over to our two student experts to get us all moving Leonard and Ade!
2011 and Beyond

• It has been a busy start to the project with all of us at Lockleys reflecting on where our school lies with promoting and implementing healthy lifestyle options for our students.

• We are moving in the right direction with the most important questions being addressed in the best way possible. Action!!!!!