To celebrate the last official day of summer on Thursday 28th February our school held a Healthy fruit break. With the assistance of our local Barossa Foodland and a generous $100 cheque from ACHPER as part of our eat well be active project we were able to get enough fruit for the whole school to enjoy. Our crunch and sip program at school had been off to a great start to 2013 with all eleven classes regularly enjoying a healthy snack break before recess. To maintain the enthusiasm and reward the great effort I met discussed the idea of doing a school wide event with Principal, Jill Hess and other members of the Eat well be active team. From there it was down to visit the team at the Barossa Co-op Foodland were I met with store manager Ken Hodges. I explained that the aim was to hopefully provide at least one piece of fruit for each of our 290 students. Ken thought that he could do better than that and thought that he could provide a tasty range of fruit for the students. Canteen staff were generous enough to come in on their day off to help cut the fruit that was delivered fresh on the morning of the 28th. With other helpers coming in as well the fruit was ready to be delivered at 10am. A group of Year 6/7 students acted as servers for what turned out to be a platter for 11 classes and two platters for a parent meeting as well as the staff for their own healthy snack at recess. The platters were laden with apples, grapes, nectarines and oranges with many junior primary classes taking time to discuss the different types of fruit. Many classes were still munching happily on the fruit even after recess, such was the quantity of fruit we had.

Our Year 5 class was so appreciative that letters of thanks were written and sent to the store which have been displayed prominently in the fruit and vegetable section.

Dave Murray (EWBA Coordinator), Canteen staff Chris & Donna, Ken Hodges (Manager Barossa Coop Foodland) and students, Joel and Jay.

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eat well be active - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.