Monday 8th April was an exciting learning day at St Mary’s Memorial School, Glenelg with 16 different interactive stations promoting healthy eating and being physically active. (a list to follow) The day began with a whole school assembly where Johan Linde, London Olympian Boxer spoke to us about being the importance of a healthy lifestyle to be a great athlete. This was followed by Cynthia Moir, a parent from our school talking about being a Taekwondo Olympian.

Aaron and Leah from Blueearth led a whole school chasing game as a warm up for the physical activities. The students were divided into their sport house colours with Reception to Year 5 students in each small group of 16. They began their rotations, moving from station to station, which included: vegetable juicing, reading food labels, Taekwondo, creating rap songs about eating healthy food, two different Blueearth activities, netball, dodge ball, making healthy wraps for lunch, making a healthy trail mix for recess, creating recess ideas, making fruit and vegetable masks, eating a rainbow of fruit and vegetables poster, blind food tasting, gardening and making fruit skewers.
Prior to the day the students were invited to be involved in a home competition, whereby they produced fruit and vegetable creations that were photographed, judged and awarded prizes. They all looked amazing and it was fabulous to have the parents involved in such an activity promoting healthy eating in the school.

Sarah from the Marion Bunnings store and worked with students weeding, preparing soil, planting herbs and vegetables, and established a worm farm. The students were equipped with skills that have allowed them to independently maintain the existing vegetable garden. The garden has provided the school with vegetables to support our Healthy Food Program (Cooking Program) for the remainder of the year; and with enough produce to sell herbs and vegetables to the parents. A source of income to buy more seedlings!

Students from the organising Year 3 /4 class wrote letters to a variety of different organisations requesting donations and support for our day as part of a persuasive writing task. They also designed, organised and implemented the different interactive stations on the day with the teachers acting as supervisors.

The parents were also invited to participate in all the interactive activities of the day as one of the goals of educating parents along with the students.

The success of the day was seen in the excitement and feedback from the students over the following days and weeks. Teachers, students and parents have requested that this could be an annual event at the school with the educational benefits in promoting a healthy active lifestyle of high importance at St Mary’s Memorial School.
Eat Well Be Active Stations

The stations were all organised and run by 3/4 TP students. Teachers supervise.

Station 1 – Juicing (near 3/4 TP) - Anne & Helen
Station 2 – Label Reading (veranda under sails) - Jodie
Station 3 – Blueearth (Asphalt) - Aaron
Station 4 – Eating a rainbow (near 3S) - Tracey
Station 5 – Wrap making (Community Room) – Helen & Claudia
Station 6 – Netball skills (Asphalt) - Kate
Station 7 – Recess trail mix (undercroft) - Tammy
Station 8 – Recess ideas (undercroft) - Raelene
Station 9 – Food tasting (marquee) – Noreen
Station 10 – Blueearth activity (Robert Rice) - Leah
Station 11 - Mask making (Robert Rice) - Nat
Station 12 - Taekwondo (Robert Rice) - Nat
Station 13 - Gardening (Garden) – Julie
Station 14 - Fruit skewers (OSHC) - Carolyn
Station 15 - Rap songs (Library) - Luke
Station 16 - Hall games – Vicki
**Students’ comments**

I loved making the juice with Tina. I also loved making the wraps as they were yummy. My favourite station was eating a rainbow and I really loved the fruit skewers. We did great exercises with Aaron and Leah from Blueearth. By Lucy 3S

My favourite part was when we made our wraps. They were awesome and yummy. I also liked Blueearth but most of all I enjoyed Taekwondo. It was fun because we learnt heaps of things. I loved my juice of pineapple and watermelon. By Ellie 3S

I think the day we organised worked well and all the stations were great. Our class were the leaders and everyone knew what they were doing. We loved being the teachers. By Rylee 3/4TP

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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.