Yankalilla Area School

Healthy sausage sizzle

An eat well be active - Primary Schools project school

Yankalilla Area School, which services the surrounding community, is nestled in an idyllic setting 75 km south of Adelaide on the Fleurieu Peninsula. The 350 children from R-12 in this rural setting have diverse needs and this is equally true when it comes to eating! Since they began their healthy eating journey 11 years ago, they have gradually shifted towards a whole school healthy eating policy based on right bite. They are the first to admit that it has been a gradual but rewarding one.

The school has have instigated many initiatives in their drive to eat well and be active. Most recently a student eat well be active forum was formed, comprising two children from each class. This forum will advise and assist the school in their whole
school and community approach. Stephanie Mc Pharlin (Reception/1 teacher) leads this fantastic initiative in the school.

In 2011 the traditional Sports Day fundraiser – the ever-popular sausage sizzle – provided a challenge to this whole-school philosophy. The governing council chairperson approached the principal with the suggestion that they approach the local butcher to make sausages that met the right bite nutrition guide requirements. The butcher was willing to oblige! The sausage sizzle was a great success and the school has committed to using them for future events. Parents commented favourably to the local butcher and Charlotte, a Year 2 student said, ‘They were yummy. I had two.’

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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.