**eat well be active** - Primary Schools project

The **eat well be active** - Primary Schools project (ewba) operated in schools from 2009-2013. SA Health funded the project and worked in collaboration with DECD. The service providers ACHPER and Bluearth Foundation were contracted to assist staff and community in schools to further the project’s aims of eating well and being active. Over the course of the 5 years 206 schools participated in the project.

The project aims were:

- developing teachers' professional learning, skills and confidence to incorporate best practice healthy eating and physical activity within curriculum planning
- developing and delivering curriculum activities that support students’ understanding and action competencies in relation to healthy eating and physical activity
- increasing children’s physical activity levels, fruit and vegetable and water consumption
- decreasing screen based leisure activities (e.g. television, computer game usage)
- decreasing consumption of soft drink / juice beverages and energy dense, nutrient poor foods
- promoting current research findings which link physical activity to improved learning outcomes

Throughout the project Australian Curriculum, TfeL and DIAF were promoted as in community were engaged in healthy eating and physical activity.

Many case studies relating to healthy eating and physical activity were recorded and published in DECD, ACHPER and Bluearth Foundation’s Updates to schools. These and many others have been posted onto this website along with others from schools not in the project.

Thank you to all the personnel from DECD, SA Health, ACHPER and Bluearth Foundation who contributed to this exciting and successful project. We also thank collaborators from OPAL, Crunch&Sip, NRM, Kitchen Garden Foundation and Botanic Gardens for assisting us with promoting the wellbeing of students and communities in our sites.