eat well be active – Primary Schools Project

Blueearth Foundation
Overview

The *eat well be active* - Primary Schools Project has been operating in South Australian schools since 2009, with the aim of building capacity of schools to provide supportive environments for healthy eating and physical activity. Program strategies focus on:

• 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
Joint initiative

Funding is through SA Health Department, working in partnership with DECD and 2 providers to deliver the project - Blueearth Foundation and ACHPER SA

Blueearth is currently working with 57 primary schools in country and metro SA
Blueearth Foundation

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www.blueearth.org

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Format for Project

• Blueearth visit to school – term 2 or 3

• Workshops – Friday June 7 – Adelaide Botanic Gardens

• Friday August 16 – Adelaide Crows Wespac Centre
Some interesting facts......

- This is the first generation where there is a choice to move or not to move

- The human body is a machine designed for movement - Jean Blaydes suggests that humans are meant to travel 30km a day, 10km of which is running!
Ewba Grant for the school

• $500 Grant Opportunity for the School
• To be eligible, the school is required to:

  – Complete a “Case Study” or Self audit of current healthy eating and physical activity practices at the school
  – Complete an ewba “Action Plan”
  – Have at least one class enrolled in the Premier’s Be Active Challenge for a minimum of 4 weeks

This process will be guided and supported by Blueearth Foundation throughout the year.

The Grant is due by September 27
School Visit

“Suite of Options”:

• Blueearth Approach demonstration sessions – teacher and class
• Strategic Planning time with Blueearth coach
• Staff meeting – teaching for healthy eating, how to make the classroom environment more active and less sedentary, Blueearth Approach session with staff
• Individual planning meetings with teachers
SA Health predicts that by 2032, 100% of the State budget will be spent on health with this escalating after this (currently 50% of budget is spent on health)

SA Health also predicts that for the first time in history, this generation of children will have a lower life expectancy than their parents
Physical Activity Guidelines for 5 to 12 year olds

“A combination of moderate and vigorous activity for at least 60mins a day is recommended”

Moderate= a brisk walk, a bike ride or any sort of active play

Vigorous= making kids “huff and puff” - eg, football, netball, ballet, running, swimming
P A Guidelines - cont -

- 75% of children are not achieving this!
- Children should not spend more than 2 hours a day using electronic media for entertainment (e.g., computer games, TV, internet), particularly during daylight hours.
Some useful resources to get you started .....
Some resources to start you off…

WELCOME TO THE TEACHER RESOURCE CENTRE

This resource centre is designed to support teacher training and development, and assist in the sustainability of the Bluearth program in schools.

You will find information, diagrams and video on the key elements of the program that will enhance your understanding and delivery. Each page has a drop down menu that contains information on the benefits of that particular activity, advice for beginners, suggestions to increase the challenge, and tips on what to look for from a coaching perspective. This information will assist you to choose appropriate activities to match the learning intention you have for each session.

In designing a session we need to pay attention to the spectrum of experience we would want for our group. Balancing high energy activity with some of the more subtle aspects, group activity contrasted with individual challenges and partner work, providing opportunities for free exploration alongside the development of a specific skill and so on. Our tendency is often to stick with the familiar and comfortable - it is important that we accept the challenge and be prepared to explore the unknown.

VIDEO: Welcome to the Teacher Resource Centre

This content requires Adobe Flash Player 9 or above.

Core Movement and the other subtle elements are significant in the facilitation of this self discovery - attention to balance, alignment and breath helps bring awareness within and allows self learning and discovery to emerge.

Using this resource as an adjunct to your coach visits, the Blueearth Manual and workshops will enable you to continually grow and develop your delivery.
Teachers

![Right Bite logo]

Other Information Groups: Canteen Managers  Parents  Students  Food Industry

About Right Bite

- Schools and preschools are encouraged to adopt healthy eating practices using a whole school approach.

- Right Bite policy has assisted South Australian schools and preschools since 2008 to select food and drinks that promote health and learning benefits for children.

- Right Bite was developed from Eat Well SA Healthy Eating Guidelines for Schools and Preschools (Healthy Eating Guidelines) and to ensure that healthy food and drink choices are provided in South Australian schools and preschools.

- Right Bite and Healthy Eating Guidelines are informed by Dietary Guidelines for Children and Adolescents and Australians 2013.

- The Right Bite Easy Guide and Right Bite Food and Drink Spectrum provide a summary of the Right Bite policy using a range of foods and drinks.

- The Ready Reckoner food guide makes selecting healthier food choices easier by providing a guide as to where types of food can be sourced.
eat well sa schools and preschools

healthy eating guidelines

Department of Education and Children's Services
Healthy Eating
Curriculum Kit for
South Australian Primary Schools
Second edition
From here......

• A Blueearth staff member will be in contact with you shortly to make arrangements for the year that will suit the school

• Can we meet the night prior to the Botanic Gardens Workshop?

• Please let all staff members know of the project and what we are setting out to achieve