

Healthy School Communities Support Network RESOURCES

NUTRITION

Policy:

Smart Choices – Qld Food & Drink Supply Strategy

www.education.qld.gov.au/schools/healthy

Healthy Eating Policy: A Guide for Schools

www.health.qld.gov.au/phs/documents/cphun/27301.pdf

A guide to provide schools with practical strategies for developing a healthy eating policy drawing on experience of a number of schools in Qld.

Hardcopy from Sunshine Coast Population Health Unit (07) 5409 6600



Eating Patterns of Australians – Children and Adolescents

http://gheps.health.qld.gov.au/phs/Everything/OA_PA_Quality/sup/Nutrition.htm

School Nutrition Action Coalition (SNAC)

www.nutritionaustralia.org/SNAC

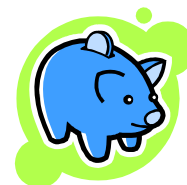
Funding:

Smart & Healthy Schools Grant (for school clusters)

www.education.qld.gov.au/schools/healthy/index.html

Healthy School Communities – Resource Kit & Grant (\$1500)

www.healthyactive.gov.au



Active After School Communities (Outside School Hours Care)

www.healthyactive.gov.au

The Active After-school Communities (AASC) program is a structured physical activity program delivered nationally to children enrolled in Australian primary schools and Childcare Benefit (CCB) approved Out of School Hours Care Services (OSHCS) during the 3pm to 5:30pm timeslot. The program will provide increased opportunities for children to be physically active, improve motor skill development and provide opportunities for participation in safe, fun and supervised activities during the latchkey hours. Australian primary schools and CCB approved OSHCS are eligible to apply for funding to assist with the delivery of the program.

Curriculum/Parent Information:

5 Fun Ways to Health and Fitness

<http://www.kidshealthandfitness.org.au>

The '5 Ways to Health and Fitness' is a set of guidelines that presents a holistic and fun approach to balance nutrition and physical activity to achieve health & fitness. The '5 Ways Wheel' communicates 5 themes that provide a different approach to how to include food and activity in people's lifestyle. The website includes learning quests, lesson ideas, games, activities and links.

Active-Ate (in the classroom; hints on the home front, teachers tools, library links)

www.education.qld.gov.au/schools/healthy/active-ate/index.html

Active-Ate is a healthy eating and physical activity program being trailed with primary schools in Northern Zone. It is designed for use by either the whole school or individual classes. Key areas of the program include: units of work for each year level, teacher background material, student work sheets, information and hardcopy resources for school wide programs, parent information sheets about a range of nutrition issues and links to other websites for teachers and students.

Active for Life (Victorian Government Health Information)

<http://www.health.vic.gov.au/activeforlife/> or <http://www.goforlife.voc.gov.au/>

Link to 'Go for Your Life' website. The website contains general information on physical activity, healthy eating and promoting stronger communities. Includes general information for curriculum and newsletters, quizzes, ideas on things to do, tip sheets, healthy lunchbox ideas, etc.

Australian Guide to Healthy Eating

www.health.gov.au/pubhlth/strateg/food/guide

Is the Australian government's official food selection guide and can be used to support nutrition education in the classroom or parent information. The guide provides information about the amount of food and type of food that needs to be eaten each day for good health. Full colour materials include: A4 pamphlet, 22-page booklet, 40-page booklet containing background information for use by nutrition educators, and A1 and A4 full colour posters showing food guide graphics only.

Or email: phd.publications@health.gov.au or Ph: 1800 020 103 (ext 8654)

Food for Health

www.nhmrc.gov.au/publications/nhome.htm

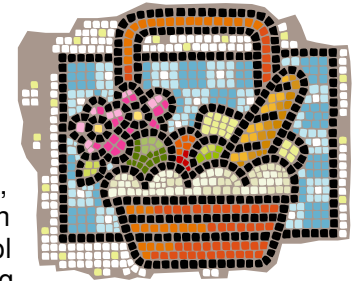
These resources outline the new Dietary Guidelines for Australian Adults and Dietary Guidelines for Children and adolescents and can be used to support education about healthy eating. Materials available include: brochure on adult guidelines, brochure on child and adolescent guidelines, large colour poster containing both adult and child/adolescent guidelines, and 25-page A4 booklet containing background information about each of the dietary guidelines.

Or email: phd.publications@health.gov.au

Food For Life

This resource is a peer education program which aims to promote healthy eating and food preparation skills. Senior Home Economics students teach year seven students healthy eating through group work, cooking and food tasting. Encourages links between primary and high schools and links with the Year 1-10 HPE syllabus. Primary school teacher or home economics teacher manuals are available containing background notes and blackline masters.

For an order form contact: Nutrition Australia, ph: 3257 4393. Cost \$19.25 (inc. GST & P&H)



Healthy Jarjums Make Healthy Food Choices

A resource to support nutrition and Aboriginal and Torres Strait Islander cultural learning for pre-school to grade three. Includes teacher manual and 11-page flip chart, lesson plans and activities covering healthy food choices, importance of food and eating, values, customs and language, food preparation, food hygiene and safety.

For an order form contact Indigenous Health Program, Inala Community Health, ph 32755440. Cost \$180 (inc GST and P&H)

Queensland Kids Fresh Net

Is a comprehensive program that aims to encourage children to eat more fruit and vegetables. Registration is free, and once schools are registered for the program, they are eligible to get access to a range of different resources such as Fruit and Vegetable Guides, Healthy Kids and Growing Bones brochures, posters, merchandise, tuckshop promotions, school visits, market tours, and other resources.

To register, or for more information: www.brisbanemarkets.com.au and www.freshforkids.com.au or call Brisbane Markets 3379 1062.

Tooty Fruity Veggie

www.nrahs.nsw.gov.au/population/promotion/tooty_fruity/

Victorian Fruit & Veg Program

www.health.vic.gov.au/nutrition/child_nutrition/fv.htm

Which is Better Food – at Preschool

This folder contains information to assist staff with nutrition related issues for pre-school aged children. Includes information about nutrition guidelines, food safety, allergy and intolerance, snacks, fussy eating, healthy food choices, handouts for parents, short nutrition articles (available on floppy disc for inserting into newsletters) and ideas for food activities and food displays.

For order form contact Mt Gravatt Community Health, ph. 3275 6735. Cost \$12 (inc. GST & P&H)

Cooking Programs:

Victorian Fruit & Veg Program (www.health.vic.gov.au/nutrition/child_nutrition/fv.htm)

Kids in the Kitchen (from Children's Health Development Foundation) (www.chdf.org.au)

Breakfast Programs:

Active Ate – “Breakfast Boost”

Available from: Qld Health Tropical Public Health Unit, Public Health Nutrition Ph. 4750 4052.

Qld Assoc of School Tuckshops (www.qast.org.au)

Gardening Programs:

Active-Ate – “Dig In”

Available from: Qld Health Tropical Public Health Unit, Public Health Nutrition Ph. 4750 4052.

Tooty Fruity Veggie website (www.nrahs.nsw.gov.au/population/promotion/tooty_fruity/)

Fruit & Veg Breaks:

Active-Ate – “H2O, fruit & veg to go”

Available from: Qld Health Tropical Public Health Unit, Public Health Nutrition Ph. 4750 4052.

Tooty Fruity Veggie website (www.nrahs.nsw.gov.au/population/promotion/tooty_fruity/)

Lunchboxes:

Active- Ate website (www.education.qld.gov.au/schools/healthy/active-ate/index.html)
The Lunchbox Book (from: Nutrition Australia) (www.nutritionaustralia.org)

Healthy Fundraising:

QAST Fresh Ideas for Fundraising – QLD
www.qast.org.au

Fruitful Fundraising (CD Rom) - Tasmania
<http://www.dhhs.tas.gov.au/healthyliving/nutrition/>

PGR Fundraising Ideas – WA
www.cancerwa.asn.au

NSW Canteen Association - NSW
www.schoolcanteens.org.au



Outside School Hours Care (OSHC):

PANOSH (Physical Activity & Nutrition Outside School Hours)
http://qheps.health.qld.gov.au/phs/Everything/OA_PA_Quality/sup/Nutrition.htm

Nutrition Ready to Go @ OSH Services
http://qheps.health.qld.gov.au/phs/Everything/OA_PA_Quality/sup/Nutrition.htm

Qld Food Legislation – Information for OSHC providers
http://qheps.health.qld.gov.au/phs/Everything/OA_PA_Quality/sup/Nutrition.htm

Eat Smart – Play Smart: A Manual for OSHC
www.heartfoundation.com

National OSH Services Association
www.noshsa.org.au

Tuckshops

Children’s Health Development Foundation
www.chdf.org.au

- Virtually Healthy newsletter
- School Canteen Manual (for SA schools) (\$38.50)
- CREATE – Healthy Eating in Schools program

NSW Canteen Association
www.schoolcanteens.org.au

- Fresh Tastes @ Schools (NSW Tuckshop Policy)
- Canteen surveys
- Fresh Taste newsletter

Nutrition Australia
www.nutritionaustralia.org

- NISAS (Nutrition in schools advisory service)



QLD Association of Tuckshops (QAST)

www.qast.org.au

Qld Kids Fresh Net (Brisbane markets) (QKFN)

www.brisbanemarkets.com.au

- Fresh Net Tuckshop Competition

Smart Choices – Qld Food & Drink Supply Strategy

www.education.qld.gov.au/schools/healthy

Tuckshop Shortcuts

A handbook to support the development of healthy and profitable school tuckshops. Contains checklists and information about promoting a healthy school environment, writing a tuckshop policy, basic bookkeeping and management, providing and promoting healthy options, planning menus, food safety and hygiene and recipe ideas.

Available from: Qld Health Tropical Public Health Unit, Public Health Nutrition Ph. 4750 4052.

PHYSICAL ACTIVITY



Curriculum and Physical Activity information

10,000 Steps

<http://www.10000steps.org.au>

10,000 Steps is Australia's first "whole of community" health promotion physical activity project funded by Queensland Health. The aim of this program is to increase participation in physical activity through the state and nation, with a particular focus on sedentary people from socially and economically disadvantaged groups.

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Active Minds Active Bodies

www.choices4health.org

Booklist containing titles of books with positive physical activity messages for children in grades K-8 (for principals, teachers, early childhood carers, parents, etc)

Australian Bicycle Council

<http://www.dotars.gov.au/abc/>

The Australian Bicycle Council is a national body that manages and coordinates implementation of the Australian National Cycling Strategy 2005-2010. Includes background on the strategy, the ABC Bicycle Resource Pack, and links to general cycling website addresses.



Australian Council for Health, Physical Education and Recreation (ACHPER)

This site promotes health and physical education, sport, recreation and dance. It conducts teacher professional development programs nationally, on a state and territory basis and regionally. Resources include 'Fit to lead' and Physical education: Primary (PEP) resources.

<http://www.achper.org.au>

Australian Institute of Sport (AIS)

The AIS leads the development of elite sport and is widely acknowledged in Australia and internationally as a world best practice model for elite athlete development. This site gives users the opportunity to learn more about the AIS, its structure and history, achievements, and their alumni, awards, coaches, sponsors and the latest AIS news.
<http://www.ais.org.au/>

Australian Sports Commission

<http://www.ausport.gov.au/>

Information on Australian and International sport and sporting organisations, information on a large range of sporting topics including athlete profiles, clothing and equipment, history, Olympics, etc. The Australian Sports Commission has incorporated 'Active Australia' into the mainstream activities. Also an opportunity to also join the Active Australia Schools Network to assist schools to conduct a quality sport and physical education program, encourage and support sports initiatives and create a supportive school environment that supports and encourages sport and physical activity.



Brisbane – Active and Healthy Lifestyle

Predominantly Brisbane information, but does include information that can be used in the school curriculum and newsletters, and ideas for families, children, etc.

Finding Thirty

<http://www.findthirty.com.au/>

'Find Thirty' is the Western Australian Department of Health's physical activity campaign. Website includes commercials that can be downloaded to use in classroom lessons, as well as links to resources such as posters, brochures and fact sheets.

Groovy Moves (Active-Ate)

www.education.qld.gov.au/schools/healthy/active-ate/index.html

Heart Foundation

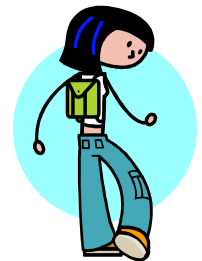
www.heartfoundation.com.au

Provides useful information on physical activity, exercise and fitness, and details physical activity programs and events. Information on their well known programs such as Jump Rope for Heart, Eat Smart Play Smart, Kids Stuff (fun games, amazing heart facts, tasty and healthy snack recipes and more) and teaching resources. Under the Kids Stuff drop down, has a range of physical activity ideas suitable for the classroom.

Indigenous Games booklets

www.ausport.gov.au/fulltext/2000/ascpub/traditional.asp

Indigenous Traditional Games booklet and Children's Indigenous Games booklet.



Just Walk it Program

<http://www.justwalkit.com.au/>

Kids and Buses

<http://www.transport.qld.gov.au/qt/ptinfo.nsf/index/kids.html>

A comprehensive bus safety program for primary students. The program has 5 sections: Teachers (curriculum, links, activities and resources), Students (identifying hazards), Parents and carers (safety checks), Bus Driver (checklist), and Gus at school (how to organise a bus safety session using a school bus and bus driver)

Physical Activity for Everyone

<http://www.cdc.gov/nccdphp/dnpa/>

Published by the National Centre for Chronic Disease Prevention and Health Promotion. Contains information for curriculum use and newsletters, resources, and selected sites. 'Verb' encourages tweens to be physically active on a continuous basis. 'Powerful Bones Powerful Girls' contains poetry, exciting food ideas and an informative and interactive section on reading food labels. 'BAM' is designed for kids 9-13 years old. BAM! Body and Mind gives them the information they need to make healthy lifestyle choices.

Physical Activity Patterns of Australians – Children and Adolescents

http://gheps.health.qld.gov.au/phs/Everything/OA_PA_Quality/sup/Nutrition.htm

PE Central lesson ideas

www.pecentral.org/lessonideas/searchlessonideas.asp

The premier web site for health and physical education teachers, parents and students. Includes curriculum and lesson ideas for all ages, as well as programs like 'Log It' and 'Get Active Stay active' where students

Queensland Studies Authority Sourcebook Modules

www.qsa.qld.edu.au

Sourcebook modules contain activities, resource materials and information regarding assessment strategies, background and reference materials and support the implementation of the syllabus. Modules include 'Bats, balls and body bits', 'Lets' be healthy', 'Lets' get wet', 'Body image', etc.

Qld Cancer Fund

www.qldcancer.com.au

National SunSmart Schools program, SunSmart Sport, also reference tools, policies, facts and news.

Queensland Transport Cycling Website

<http://www.transport.qld.gov.au/cycling>

Site includes information, links to other cycling sites, safety and road rules information, bike user guides, resources, and what's happening. Also includes bicycle education for parents and teachers, cycling in the curriculum, and challenges.

TravelSmart Australia

<http://www.travelsmart.gov.au/schools/index.html>

TravelSmart Australia – a better way to go

The TravelSmart Schools program encourages school communities to consider environmentally-friendly transport options as an alternative to motor vehicle use. TravelSmart Schools also has a role for school communities dealing with local traffic congestion, road safety and health issues. The TravelSmart program has 2 main elements; travel plans, and an education module. Also includes information on the Walking School Bus and Walk to School programs.



Outside School Hours Care (OSHC):

Do More Watch Less

<http://www.dhs.ca.gov/ps/cdic/copi/>

(California Obesity Prevention Initiative) Is a TV reduction tool targeted towards 10 to 14-year-olds in after school programs and other youth-serving organizations. The sessions aim to help youth incorporate more screen-free activities into their day while reducing the time they spend on screen-based activities such as watching TV, surfing the internet, and playing video games (based on max 2 hours sedentary activity)

Eat Smart – Play Smart: A Manual for OSHC

www.heartfoundation.com

PANOSH (Physical Activity & Nutrition Outside School Hours)

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Sport and Recreation Queensland Resources

Active Choices Checklist

http://www.srq.qld.gov.au/community_programs/choosing_suitable_clubs.cfm

There are many things parents and carers look for and consider when choosing a local sport and recreation club for their children.

Active School Leaders

<http://www.srq.qld.gov.au/members/resources.cfm?item=21>

The Get Active Queensland Active School Leaders (ASL) Program is a student-centred leadership program for primary and secondary school students. It is designed to encourage and develop leadership skills in older students, while providing younger students with the opportunity to learn and develop physical activity skills.

Challenge, Achievement and Pathways in Sport (CAPS) program

http://www.srq.qld.gov.au/community_programs/caps_program.cfm

The Challenge, Achievement and Pathways in Sport (CAPS) program has been designed to increase the number of, and participation by, young volunteers within sporting organisations.

Daily Physical Activity Guide

<http://www.srq.qld.gov.au/members/resources.cfm?item=22&CFID=5531861&CFTOKEN=48656542>

The *Daily Physical Activity Guide for Schools* is a "how to" manual for primary and secondary teachers that focuses on getting school children active and instilling positive attitudes towards an active lifestyle.

Early Childhood Resources

http://www.srq.qld.gov.au/community_programs/early_childhood_programs.cfm

Anyone caring for children (parents, carers, child care professionals) has an important role in nurturing their growth and development. Physical activity is a great way to do this. The following resources will give you ideas on how to include activity into a child's day.

- [Move Baby Move](#) - a booklet for parents that includes appropriate activities for babies as they develop; and
- [Active Alphabet](#) - consists of two booklets - one for parents and carers; and one for toddlers; and
- [Let's Get Moving](#) - a resource designed to help preschool children learn basic movement skills and how to get active while parents, carers or teachers learn about the importance of movement in early childhood

Early Childhood Workshops

<http://www.srq.qld.gov.au/calendar.cfm?item=321>

The [Moving with Young Children](#) workshop has been designed to extend early childhood practitioners' knowledge and practices of the importance of purposeful physical activity for young children.



Fair Go Program

http://www.srq.qld.gov.au/community_programs/fair_go_program.cfm

The Get Active Queensland Fair Go program aims to help sporting organisations promote fair play to their members and reduce inappropriate behaviour both on and off the field at junior sporting events.

Get Active Queensland Accreditation Program

http://www.srq.qld.gov.au/community_programs/get_active_queensland_accreditation_program.cfm

The Get Active Queensland Accreditation Program provides teachers, teacher aids, school sport volunteers and tertiary/senior school students throughout the Education Queensland regions with free training that can lead to coaching, officiating, disability education, sports trainer and first aid accreditation.

Get Active Queensland School Program

http://www.srq.qld.gov.au/community_programs/get_active_queensland_schools_program/get_active_queensland_schools_program.cfm

The Get Active Queensland Schools Program is a Queensland Government initiative to motivate Queensland school students to get active by giving them new ideas about why, how and where to be physically active.

Model for Developing a Junior Sport Policy

http://www.srq.qld.gov.au/industry_information/junior_sport/developing_a_policy.cfm

If you don't already have a Junior Sport Policy, this downloadable document may help your organisation develop one.

Professional Development Workshop

http://www.srq.qld.gov.au/whats_new.cfm?item=230

Sport and Recreation Queensland has developed a series of Professional Development Workshops to provide teachers with a hands-on introduction to delivering fundamental physical activity skills in schools. They aim to increase teachers' understanding of what constitutes good quality physical activity in a variety of settings.

Model for Developing a School Physical Activity Policy

<http://www.srq.qld.gov.au/members/resources.cfm?item=10>

The *Model for Developing a School Physical Activity Policy* is a generic set of guidelines that help schools prepare their own sport and physical activity policies.

Schools Out Keep Active

http://www.srq.qld.gov.au/community_programs/schools_out_keep_active.cfm

School's Out, Keep Active! gives staff in before-school, after-school and vacation care centres the opportunity to improve their skills in delivering physical activity sessions.

The program provides funding for selected Queensland state sporting organisations to train and support outside school hours care (OSHC) staff in the delivery of entry-level sporting activities for primary school children.

Support and Active Learner

<http://www.srq.qld.gov.au/>

Support an Active Learner is a kit to help teachers run workshops in their schools for parents and volunteers who are interested in delivering basic physical activity skills sessions.

