

The Q4 contact person at my school is _____

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The name "Live Outside the Box" is adapted with permission from Alberta Sport, Recreation, Parks and Wildlife Foundation.

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INTRODUCTION

The *Q4: Live Outside the Box* Passport Activity is part of a local campaign to raise community awareness about childhood and adolescent overweight and obesity.

The campaign encourages local schools to involve students and their families in a competition to increase healthy eating and physical activity and to reduce sedentary activity.

This package has been developed for teachers to assist students participating in the competition. It provides background information on the issue of childhood and adolescent overweight and obesity, information on how the *Q4: Live Outside the Box* campaign came about, competition guidelines, judging criteria and prizes. It also includes activity sheets and newsletter articles that compliment the competition and encourage participation by parents and carers. You might like to use these activities in the lead up to, during or after the two-week challenge to support the campaign aims.

Your school might also take the opportunity to use this competition as a healthy fundraising event.

Have fun participating!

BACKGROUND

Raising Community Awareness

The issue of childhood and adolescent overweight and obesity is gaining more publicity, as the community begins to realise what a major health problem it is.

The increase in overweight and obesity levels in our children and young people represents a major public health issue.

There is no single strategy or setting that will have an immediate impact on the overweight and obesity levels of students. It is evident that key stakeholders such as industry, media, transport, health, local government, parents and care givers and schools need to work together to slow the increasing rate of overweight and obesity.

The *Q4: Live Outside the Box* Primary School competition is designed to encourage schools, students and their families to come up with ways for all of us to start to turn this health problem around. The *Q4: Live Outside the Box* Team is available to support any further action generated by schools and the local community during and after the major campaign event.

Q4 Awareness Raisers

In the lead up to the *Q4: Live Outside the Box* campaign, awareness raisers known as Q4s have been distributed to schools and various agencies. The Q4s are a series of questions and answers about childhood and adolescent overweight and obesity. They address issues such as television, computers, soft drinks and physical activity. The Q4s are used in newsletters, websites, bulletin boards and other publications relevant to families and people who work with children.

The Q4s are designed to get people to start discussing the factors that are affecting the obesity rate.

The Q4 logo used with the *Live Outside the Box* campaign has also been used with the Q4s so people can identify the link between the two.

Q4 awareness raisers distributed to schools and various agencies will also be printed in local newspapers and screened at local cinemas.

What do we know about the problem?

- “Obesity is the most common health issue facing our children today and the consequences are serious. Overweight and obese children are at risk of developing many health problems including diabetes, high blood pressure, high cholesterol and eventually cardiac disease. Problems that were traditionally only seen in adults are now being seen in children.” (Dr Adam Buckmaster, Staff Specialist Paediatrician for Northern Sydney Central Coast Health)
- Children who are obese see social discrimination as their most immediate problem. This can lead to reduced self-esteem and depression. Other immediate complications include orthopaedic, gastrointestinal, respiratory and cardiovascular problems.
- The 2004 NSW Schools Physical Activity and Nutrition (SPANS) document reports that ‘many more students were overweight or obese in 2004 than in 1985 or 1997, based on comparable surveys. For boys, the rate of overweight is speeding up, although among girls the rate of obesity is steady or slowing. Overall the prevalence of overweight and obesity combined among students aged 7-16 has risen from 11% in 1985 to 20% in 1997 to 25% in 2004’.
- More recent local surveys in primary and secondary schools suggest that over 30% of Northern Sydney Central Coast school children are overweight or obese.
- Obese children have a 25 – 50% chance of progression to adult obesity and this may be as high as 78% in older obese adolescents.
- Because of the high risk of obesity continuing into adulthood, the prevention and management of obesity in children is a priority.

Causes of overweight and obesity

Weight gain and obesity develops when the energy intake from food and drink exceeds energy output from physical activity and other metabolic processes. This does not imply that obesity is self-inflicted, resulting simply from overindulgence in food and laziness. Interaction between biological, behavioural, environmental and societal factors underlie the development of obesity.

Biological influences

- Biological factors known to influence excessive weight gain include:
 - age
 - sex
 - hormonal factors
 - genetic factors
- These factors are considered unchangeable.

Behavioural influences

- The average energy intake of Australian children aged 10 – 15 years increased by over 10% between 1985 and 1995.
- There has been an increase in total sugar intake brought about largely by significant increases in the consumption of confectionery, cereal –based foods, “health” bars and other sugar products including soft drinks.

- Physical activity levels declined between 1985 and 1995. The NSW Child Health Survey 2001 found 40% of children aged 5 – 12 years, reported watching on average, two hours or more of television or videos a day.
- 15% of children 5 – 12 years reported they play computer games for an hour or more a day on average.
- These sedentary leisure time activities are now widely available to children and are replacing more traditional energetic leisure activities.
- Sedentary behaviour is not merely the reverse of being physically active. For example, television viewing may also promote overweight/obesity through increased food intake, either accompanying television viewing or as a result of television advertising for high-energy foods.
- Evidence suggests that reducing television viewing can reduce the risk of obesity.
- Other key sedentary behaviours to consider include:
 - school work at home
 - reading
 - sitting in motor vehicles.
 - video and computer games
 - sedentary hobbies

Environmental / Societal Influences

- The environment in which we live has the capacity to inhibit or encourage appropriate dietary and physical activity patterns.
- Today we have access to a wide range of cheap, high fat/energy dense foods that are marketed powerfully. We are also encouraged, directly or indirectly, to avoid expending energy through physical activity in our daily lives.
- Some of the factors that influence our capacity and desire to be more physically active include:
 - the availability of open space
 - design of suburbs
 - perceived level of safety
 - access to public transport
 - access to buildings
 - provision of lighting
- Factors that influence our food selection include:
 - access to appropriate food outlets
 - school food policies
 - advertising pressures
 - nutrition information and labelling.
- It is clear that obesity is a population-wide problem that needs to be tackled at a population level with input from all sectors of society. The effective prevention of overweight and obesity will require a whole of community approach that deals with the societal and environmental factors that influence dietary patterns and physical activity.

For more information about childhood overweight and obesity go to www.health.nsw.gov.au/obesity

Information adapted from: NSW Childhood Obesity Secretariat (2002), *Childhood Obesity NSW Summit Background Paper*, NSW Health.

PASSPORT ACTIVITY

COMPETITION GUIDELINES

Primary schools are invited to involve the whole school or selected classes in a competition that will help raise awareness about the high levels of local childhood and adolescent overweight and obesity.

Students participate by recording their activities over 2 weeks in a passport, which shows how they can:

- Limit their television watching and computer use
- Be physically active every day
- Eat fruit and vegetables every day
- Limit the amount of “extra” or “sometimes” food they eat

Students will receive points for their activities.
The more points they get, the closer they will be to their destination...
Outside the Box!

Parents/carers will be involved by signing the student’s passport every day.

Teachers will need to assist students by:

- Handing out the passports
- Reminding students to fill in their passport each day
- Providing students with optional activity sheets (See Appendix 3)
- Collecting the passports after 2 weeks
- Collecting the parent survey which is on the back page of the passport and handing to the Q4 contact person.
- Providing a tally of students’ points to the nominated School Contact Person
- Presenting certificates to students

The Q4 team also want to see how easy or difficult it is for parents to participate in the challenge and if families were able to incorporate Q4 strategies into their everyday routine. Your school may be asked to assist in this evaluation. If so, we will ask you to distribute and collect one additional survey to parents. Once completed these surveys should be given to the Q4 contact person at your school to be handed to the Health Promotion Unit.

Before the start of the challenge, passports, prize packs & certificates will be delivered to each school.

See Appendix 1 for Timetable of Important Dates

JUDGING CRITERIA AND PROCESS

- At the end of the 2nd week of the competition, teachers will need to collect the completed passports from students.
- Teachers can then work out which level of certificate each student should receive and tick this on their certificate.
- The certificates will be available either from the Principal or the nominated School Contact Person at each school.

Guide for Certificate Levels:

141 – 210 points = GOLD Certificate

71 – 140 points = SILVER Certificate

35 – 70 points = BRONZE Certificate

Less than 35 points = PARTICIPATION Certificate

- Teachers will need to give a list of students' individual participation scores to the School Contact -refer to Appendix #1 **(Use Appendix 6)**.
- For your school to be eligible for a school prize, the School Contact will need to fax the school's participation rate to the Health Promotion Unit.
- Schools will be notified by the Health Promotion Unit of the three winning schools.
- Winning schools will receive:

School prizes:

1st Prize - \$500 Ross Haywood Sporting Equipment Voucher plus 100 pedometers

2nd Prize - \$300 Ross Haywood Sporting Equipment Voucher plus 100 pedometers

3rd Prize - Ross Haywood Sporting Equipment Voucher plus 100 pedometers

USE THE TIMETABLE OF IMPORTANT DATES AS A GUIDE! **(Appendix 1)**

PRIZES, PRIZES, PRIZES!!!

For students:

- Points are designed to encourage and reward students for healthy activities.
- All participating students will receive a certificate. Certificate levels will be based on the amount of points they have accumulated over the 2 week period.
- Teachers can present students with their awards at the as soon as the two-week challenge is completed. The certificate can also be used as a portfolio item.
- All students who complete the passport activity will **go into a draw** to win a prize pack!
- There are 3 prize packs for each year (K – 6) that participates in the challenge. Prize packs will be delivered to participating schools during the Term.

For schools:

- Points are also designed to encourage whole school participation. The participation rate of your school (that is, the proportion of students who **complete** the whole two-week activity and hand in their completed passport for scoring) will be used to adjust the score for each school.
- To be eligible for a school prize, schools will need to submit their score participation rates to the Health Promotion Unit by the due date.

First Prize \$500 Ross Haywood Sporting Equipment Voucher plus 100 pedometers

Second Prize \$300 Ross Haywood Sporting Equipment Voucher plus 100 pedometers

Third Prize \$200 Ross Haywood Sporting Equipment Voucher plus 100 pedometers

ROLE OF THE SCHOOL CONTACT PERSON

Each school will need to nominate a School Contact Person for the duration of the competition. This person will be responsible for liaising between the Health Promotion Unit and the school, as well as organising the smooth running of the competition in the school. **They will also receive a gift as a token of appreciation for undertaking this role.**

Below is a checklist of actions for the School Contact Person during the Term:

- Contact the Health Promotion Unit (HPU) to confirm the number of passports, teachers' resources and student prize packs required for the school.
- Explain the competition to all teachers (use Appendix 1 as a guide) and discuss how the challenge will run in the school. Will there be a launch? Can the Q4 challenge support other projects/activities already running in the school? What media can be involved? (your local Health Promotion Unit can help with this if required).
- HPU will send passports, certificates and prize packs to the School Contact to distribute to teachers of each participating class.
- Put competition information and health related articles into the school newsletters (the information will be provided).
- Continue to put program information and health related articles into the school newsletters (the information will be provided).
- Prepare for any other school activities, a launch or media event that might be taking place.
- Notify the school P&C / P&F of the competition.
- Launch *Q4: Live Outside the Box* campaign at school assembly. You might like to invite students to perform a short skit or song at the launch, or ask a local sporting star to come along.
- School to commence the 2 week passport competition
- Remind all teachers to ask students to fill in Week 1 of passport and that they can also choose to use the classroom activities in the teachers' resource.
- Remind all teachers to ask students to fill in Week 2 of passport and have students' parents complete the survey at the back.
- Remind all teachers to collect passports from students ensuring students have completed front-page information and parents have completed the brief survey in the back.
- Distribute certificates for teachers to fill in and present to their classes.
- Calculate the student participation rate for the school and gather feedback from teachers to complete a teachers' survey and fax/e-mail these to the HPU.
- Arrange presentation of prizes to students who win the draw.
- Include results of competition in school newsletter.

The Health Promotion Unit will notify the Contact Person of the schools who won the 1st, 2nd and 3rd place in the competition and arrange a prize presentation. Passports will be returned as soon as possible once data has been entered into the Q4 database.

SCHOOL NEWSLETTER ARTICLES

Why not set aside a *Q4: Live Outside the Box* corner in the school newsletter? This could feature items from students, healthy recipes, or any of the following newsletter articles that can be found in **Appendix 5**.

These articles are designed for inclusion in your school newsletter to complement the *Q4: Live Outside the Box* campaign by providing relevant information to parents and carers.

Topics covered include:

- Article 1: Primary School Competition
- Article 2: Tips for healthy family lifestyles
- Article 3: TV watching
- Article 4: Snack food & lunchbox dilemmas
- Article 5: What is better food for lunchboxes?
- Article 6: Include more fruit & vegetables in your day
- Article 7: Physical activity
- Article 8: Quick meals for parents in a hurry
- Article 9: Reading food labels – Part 1: Nutrition claims
- Article 10: Reading food labels – Part 2: The ingredients list
- Article 11: Reading food labels – Part 3: The nutrition information panel

If you would like an electronic version of these newsletter articles, contact the *Q4: Live Outside the Box* Project Officer at your local Health Promotion Unit. See the contact page for details, or download from www.healthpromotion.com.au

Content Area – Understanding the Q4 Passport

Content Area One activities will -

- Familiarise students with the Q4 Passport.
- Provide an opportunity to discuss some of the factors contributing to overweight and obesity amongst children and adolescents.

Advance preparation

- Class set of Passport

References

- For detailed background information on obesity, refer to the Teacher Resource or the website www.healthpromotion.com.au
- The Australian Guide to Healthy Eating

Terms/Spelling

| | | |
|------------|-----------|-----------|
| Obesity | vegetable | kilojoule |
| Overweight | legume | extra |
| breakfast | vigorous | fruit |
| | | |
| | | |

| Activity | Teacher notes |
|--|--|
| <p>1. Teacher led discussion regarding the childhood obesity epidemic.</p> <ul style="list-style-type: none"> ➤ size of the problem ➤ health consequences ➤ contributing factors <p>2. Introducing the Q4 Passport.</p> <ul style="list-style-type: none"> ➤ explain basics of passport ➤ distribute passport to each student | <p>Figures quoted in the media suggest that about 1 in 5 Australian children are overweight or obese. When these figures first came out people were shocked. The proportion of children who were overweight had doubled in just ten years and obesity levels had tripled. The surveys these figures are based on are actually nearly ten years old (1995). Recent surveys of both primary and secondary age children suggest things have become even worse. While this passport activity focuses on healthy weight it may engage children to discuss other more immediate effects of healthy nutrition and regular moderate physical activity (healthy looking skin, normal growth, optimal sports performance, improved mood).</p> <ul style="list-style-type: none"> ➤ Every student receives a passport. ➤ Each category in the passport represents one thing students can do to maintain a healthy weight, ie eat fruit, being active etc. ➤ Points are awarded for each category. For categories like being physically active and eating fruit and vegies, students earn more points for doing/eating larger amounts. For the categories like watching TV or extra foods, students earn points for the less they do/eat. ➤ Students can take the passport home to their parents to get their help to fill it in over the two-week challenge. Teachers may choose to make this a 2 week homework activity. ➤ Each day, students should complete the total and parents should sign off that the points are correct (this keeps the family involved). Completing the passport for 2 weeks makes students eligible for prizes. All students receive a certificate indicating the level that they are “living outside the box”. In addition, each student that participates goes into the draw to win one of three prize packs per year level. School prizes are available based on rates of participation of everyone in the school. ➤ Students need to be encouraged to be honest in reporting. Everyone has an equal chance of winning a prize, not just the very top scores. Being honest will make the challenge more meaningful. ➤ Teacher collects passports at end of 2 weeks, distributes certificates accordingly and provides the Contact Person with class list information. |

3. Complete Sample day

- To see if any changes have been made over the 2 weeks

Notes for Teachers

- The sample day (what students ate yesterday) gives students practice as well as allowing comparison once students have finished the two-week challenge. Ask students to think back to yesterday and remember; the number of serves of fruit eaten, serves of vegies, serves of extra foods, how many minutes they were active, and time watching TV and/or playing on the computer.
- Complete **page 9** of the passport either in class or make this a homework activity with parent/carers help.

Within each passport there is information to assist students and parents competing the daily total but students may need some help with tricky questions such as;

- Fruit juice. While it belongs to the 'fruit' food group it has a much lower fibre and higher sugar content than fresh fruit and can contribute to excess calories if consumed in large quantities. It is recommended that only **one serve of fruit per day be consumed as fruit juice**. Additional serves of fruit juice in a day should not be counted as serves of fruit but as extras.
- Strawberry jam and other fruit flavoured treats are not servings of fruit.
- Dried fruit does belong to the fruit group. About 4 dried apricot halves equals 1 serving.
- Physical activity time is scored to the nearest 15 mins, so 40mins is scored as 45 mins ie. 3 points.

ACTIVITY SHEETS

Activity sheets have been included for teachers to use as homework sheets or in class activities to provide practical learning experiences that complement the *Q4: Live Outside the Box* campaign. Completing the activity sheets is not necessary to participate in the competition.

The following activity sheets can be found in Appendix 3 of this resource and are labelled as suitable for early stage 1, stage 1, stage 2, or stage 3 as appropriate.

See Appendix 3

Nutrition

- Fruit and veg I like to eat – early stage 1, stage 1
- Sleepover Sammy – early stage 1, stage 1
- Amazing apples – early stage 1, stage 1
- Lunchbox Ideas – stage 1
- Food rewards – stage 1, 2, 3
- Eating more fruit and vegetables – stage 1,2,3
- Designer fruit and vegetables – stage 2
- Vendor Bender – stage 2, 3
- Canteen Blitz – stage 2,3

Physical Activity

- Times gone by – early stage 1, stage 1,2,3
- How to be active – early stage 1, stage 1,2,3
- Active family and friends – early stage 1, stage 1, 2, 3
- Let's Get Active – early stage 1, stage 1, 2, 3
- Over the Hurdles – stage 2, 3
- Fitness Tips – stage 2,3
- Family Survey – stage 3
- Fit Feet – stage 3

Advertising and Television

- The TV ads hunt – early stage 1, stage 1, 2, 3
- School Newsletter Articles – stage 1, 2, 3
- Location, Location, Location – stage 2, 3
- Crime Interview – stage 2, 3
- Food for Thought - Class Debates – stage 3
- Media Awareness Activity – stage 3
- Advertising Tricks – stage 3
- Food Advertisements – stage 3

OPTIONAL SCHOOL ACTIVITIES

These activities have been provided for schools to choose from to promote other *Q4: Live Outside the Box* activities throughout the school year.

Your school is welcome to further develop these suggestions and create your own activities that support the *Q4: Live Outside the Box* campaign.

The List of Optional Activities in **Appendix 4** includes:

- Sporting Days
- Healthy Fundraising Activities
- Lunch Box Audit
- Fruit Cards

RESOURCES FOR PROMOTING HEALTHY WEIGHT

Over the next couple of pages we have compiled a comprehensive listing of what we believe are the best resources covering the areas of:

- | | |
|---|---------------------------------------|
| 1. Great websites. | 4. Nutrition resources. |
| 2. Background and advocacy information. | 5. Physical activity resources |
| 3. Combined physical activity / nutrition resources. | 6. Newsletter materials. |

| 1. Great websites | |
|--|--|
| Site | Description |
| www.health.nsw.gov.au/obesity | The official NSW Health website on childhood obesity – information & activities for children & adults. |
| www.healthpromotion.com.au | Home page for the Q4: <i>Live Outside the Box</i> campaign – teacher resources, current updates, and Q4 ads. |
| www.curriculumsupport.nsw.edu/pdhpe/choosestages.cfm | Department of Education curriculum support site for PDHPE – loads of useful resources & information. |
| www.bosnsw-k6.nsw.edu.au/pdhpe/pdhpe_index.html | Board of Studies site – includes the syllabus, support modules plus guides & resources. |
| www.sports.det.nsw.edu.au/sportsedu/wspa/intro.htm | Includes case studies of physical activity programs in 17 NSW Primary Schools. |

| 2. Background and advocacy information | | | |
|---|---|--------------|--|
| Resource description | Developed by... | Price? | How do I get it? |
| Fresh Tastes @ School resources – outlines the NSW Healthy School Canteen strategy. Includes advocacy package, newsletter and Canteen Menu Planning Guide | NSW Department of Education & NSW Health | FREE | See www.schools.nsw.edu.au or www.health.nsw.gov.au/obesity |
| 'Schools on the Move' CD. Includes case studies of four schools with effective physical activity programs (3 from the Central Coast). It focuses on addressing the barriers that some schools report to offering 120 mins of physical activity. It also contains loads of useful background information on physical activity for children. Lots of video interviews. | Health Promotion Unit, Central Coast Health | FREE | Contact the Health Promotion Unit Ph: 4349 4800 & ask for Jeff. |
| ACHPER Advocacy Kit – a lot of useful information to use in convincing your school community of the importance of physical activity at school | ACHPER | \$44+postage | ACHPER Ph: (08) 8340 3388 |
| Healthy and Active website - This website provides access to practical information for families, parents, teenagers, children and their carers on healthy eating, physical activity and exercise. | Department of Health and Ageing | FREE | See www.healthyandactive.health.gov.au/ |

| 2. Background and advocacy information (cont...) | | | |
|--|---|---|---|
| Resource description | Developed by... | Price? | How do I get it? |
| <i>Fitness and Physical Activity – A Resource to Support School Communities.</i> Provides information & practical advice on ways that school communities can encourage children to be physically active. Information sheets and professional development activities are also included. | NSW Department of Education | \$18.70 (Includes GST) | Available via curriculum support website: www.curriculumsupport.nsw.edu.au/pdhpe/index.cfm?u=4&i=46 |
| 3. Combined physical activity / nutrition resources | | | |
| <i>Live Outside the Box.</i> Extensive relevant classroom materials and ideas for school activities were compiled for this project. These can be accessed from the project website. | Central Coast Obesity Awareness Working Group | FREE | See www.healthpromotion.com.au |
| <i>Primary Fight Back, Healthy Eating and Physical Activity: A Resource for Teachers, Students & their Parents (2003).</i> A resource for teachers that assists them in teaching areas of the curriculum that relate to food & activity, and hence address the issues of weight & inactivity | International Diabetes Institute, Victoria – Perlstein, R. & Edis, K. | \$22 (to cover P&H) GST incl | Contact International Diabetes Institute: Ph (03) 9258 5050 |
| <i>Healthy Bodies, Happy Kids, Practical strategies aimed at reducing the risk of obesity in Australian children (2003)</i> - aims to reduce the risk of child obesity & poor nutrition, provide opportunities for physical activity, foster positive body image, raise awareness of media influence on children. Four books: Junior, Middle & Upper Primary & Teachers Resource. | Ready-Ed Publications | Junior, Middle, Upper Prim \$26.65 Teacher Res \$16.95 | Contact Healthy Lifestyles Bookshop, ACHPER Ph: (08) 8340 3388 Email: bookshop@achper.org.au |
| <i>Healthy Money – Guide for Central Coast Schools on local healthy fundraisers.</i> Range of new healthy ideas for fundraising, highlighting local businesses as partners in fundraising efforts. | Central Coast Health Nutrition Department | FREE | Contact Nutrition Dept Ph: (02) 4320 3691 |
| 4. Nutrition Resources | | | |
| <i>Food for Health - Australian Dietary Guidelines for Children & Adolescents (2003).</i> Brochure, A3 poster | Commonwealth Dept of Health & Ageing | FREE | Contact PHD Publications 1800 020 103 (ext 8654), or Email: phd.publications@health.gov.au |
| <i>Australian Guide to Healthy Eating (1998).</i> These resources include a brochure, consumer booklet, A4 poster and A1 poster | Commonwealth Dept of Health & Ageing | FREE | Contact PHD Publications Ph: 1800 020 103 (extn 8654), or Email: phd.publications@health.gov.au |

| | | | |
|--|---|---|---|
| Tooty Fruity Veggie Program – aims to increase fruit and vegetable consumption amongst primary school children. Provides resources for promoting vegies & fruit in school, classroom and home environments. | Northern Rivers Area Health Service | FREE on web | www.nrahs.nsw.gov.au/population/promotion/tooty_fruity/ |
| Healthy Food Ideas for School (2004) – flyer which provides healthy lunchbox and snack ideas | Central Coast Health Nutrition Department | FREE | Contact Central Coast Health Nutrition Department - Ph (02) 4320 3691 |
| Better Health Channel – Fact sheets on food and nutrition and healthy recipe ideas | Victorian Government Department of Human Services | FREE on web | See www.betterhealth.vic.gov.au |
| Personal Development, Health & Physical Education (PDHPE) Home page. Includes nutrition lesson ideas using the Australian Guide to Healthy Eating that are linked to K-6 PDHPE syllabus | NSW Dept Education | FREE | www.curriculumsupport.nsw.edu/pdhp/e/choosestages.cfm |
| 5. Physical activity resources | | | |
| Sport It! – Teachers Manual / Player Skills (3rd Ed) (1994). A fifteen week (2 sessions per week) program providing primary school teachers with information and strategies to enable them to design and teach a series of sequential and developmental motor skills sessions. | Aussie Sport | \$37 + P&H | Contact Healthy Lifestyles Bookshop, ACHPER Ph: (08) 8340 3388 Email: bookshop@achper.org.au |
| Fundamental Motor Skills – Resource Kit for Primary School Teachers. Comprehensive kit or individual items. | ACHPER | \$99 Full Kit (can be purchased individually) | Contact ACHPER Victoria Ph: (03) 9354 5311 Fax: (03) 9354 9633 Email: achper@achper.vic.edu.au |
| 6. School Newsletter Materials | | | |
| News Sheets – distributed annually for schools to use as attachments/inserts for their newsletters. These are sent to your school secretary/administration officer with a request to pass the information on to the School Newsletter editor. | Health Promotion Unit & Nutrition Department | FREE | Contact the Q4 Project Officer at your local Health Promotion Unit (see contact page for details). |
| Q4's - a series of questions and answers about the factors contributing to childhood overweight and obesity. | Health Promotion Unit & Nutrition Department | FREE | See <i>Live Outside the Box</i> website: http://www.healthpromotion.com.au/Q4s.htm |

LOCAL HEALTHY WEIGHT SUPPORT

NSW School Canteen Association

The NSW School Canteen Association promotes and facilitates the provision of a nutritious and healthy food service in school canteens. The association offers members a buyers guide, regular newsletters, fact sheets, consultancy and support.

The Association offers a Canteen Award Program, which provides guidance, support and recognition to schools achieving healthier canteens. The program has changed in 2004 in line with the mandatory NSW Healthy School Canteen Strategy, “Fresh Tastes www.schoolcanteens.org.au”.

☺ **For more information phone NSW School Canteen Association
: 02 9876 1300**

The Team.

The Health Promotion Unit has been working with local schools for many years, helping them to address priority health needs using a whole school approach.

The Health Promotion Units cover areas such as sun protection, nutrition, mental health, canteens, physical activity and playground safety.

The Team is available to continue assisting schools – please contact us if your school would like any help. We are here to:

- Provide up to date advice & resources about nutrition & physical activity.
- Help you to plan, implement and evaluate health promotion projects.
- Assist with implementing the ‘Fresh Tastes’ healthy school canteen strategy.
- ☺ **Phone your local Health Promotion Unit (details are on the contact page).**

Other Useful Contacts

- Students or parents can contact their local GP.

General Practitioners are able to provide information, counselling, appropriate referral and investigation if appropriate.

- The Child and Family Health Department within Northern Sydney Central Coast Health offers counselling services for children under 12 years of age. Child and Family Health has other professional staff available, including Community Paediatricians, Physiotherapists and Occupational Therapists.