



Community Programs

Working Together

Partners in building Supportive Environments

Over the last 3 ½ years we have been working in partnership with many of our stakeholders to make changes which provide a **healthier environment** for the children, youth & community they support.

Calvary & Callington kindergarten describe two ways of encouraging children to try new things. Hackham West Community Centre has undertaken a large redevelopment aiming to create new ways of engaging children, families & the whole community in active play & healthy eating.

Descriptions of the FOODcents & "Walk & Talk" program show how new initiatives can be used to promote healthier food budgeting & active play.

Our schools involved in *eat well be active* peer education programs detail how the kids have increased their knowledge of physical activity & healthy eating & ways they will promote this in their school. Our OSCH small equipment grants & recipe competition has supported provision of healthier after school snacks.

The overview of our second baseline data report describes how we initially measured some of these environments & gives a taste for what will be measured in our post program evaluation, starting next Term.

We hope this issue provides some ideas & encouragement to further develop your local environment.

**Marian McAllister and
Nadia Mastersson**
Program Managers



From the beginning *eat well be active* (*ewba*) Community Programs has developed partnerships with organisations that service Morphett Vale & Murray Bridge. Many of these relationships were created through our initial consultation process which informed our strategies for action. Partnerships have been developed & maintained through local action groups & one-to-one communication with our Project Coordinators. Our Guiding Principles provide the foundation for how we work.

ewba Community Programs Guiding Principles:

- ✓ Relevant to locally identified needs & opportunities
- ✓ Works in partnership with other agencies & sectors
- ✓ Uses sustainable processes & approaches
- ✓ Uses community development principles
- ✓ Reaches all parts of community, especially disadvantaged
- ✓ Inclusive & respectful of Aboriginal communities
- ✓ Positive & non stigmatizing
- ✓ Uses a mix of strategies, at several levels in various settings
- ✓ Addresses broad environmental change in conjunction with individual change
- ✓ Feasible within resources/timeframe

Increasingly the health sector has valued the development of partnerships with other sectors to tackle health issues. Addressing the broader determinants of health that are beyond the immediate influence of the health sector requires partnerships with other agencies and collaborative action (1, 2). These partnerships are vital to a program like *ewba*.

Ideally, partnerships should be mutually rewarding & just as we benefit from our partners contributions we have endeavoured to support them with resources, workforce development & expert advice in the area of physical activity & health eating.

We want to acknowledge the incredible contribution that all members of our local action groups make to *ewba*. We hope our Newsletter provides some of this recognition, while also showcasing the changes & developments that have occurred through our many partnerships.

1. National Centre for Health Promotion, Department of the Public Health and Community Medicine, University of Sydney. Working together: Intersectoral action for health. Australian Government Publishing Service 1995.

2. Dixon J, Sindall C & Banwell C. Exploring the intersectoral partnerships guiding Australia's dietary advice. Health Promotion International, 2004;19(1):5-13.

Creating Supportive Environments: 0-5yrs

Children are born with the natural desire to move. *ewba* recognises the importance of helping to build outdoor environments which create a diverse range of opportunities for children to be physically active, and entice children to explore, move and actively play to satisfy this desire. Various training sessions, resources, sharing (cross-pollination) opportunities and small grants have been offered to support sites to make positive environmental changes.

“Patience is a Virtue...”

Hackham West Community Centre is half way through a large project to re-develop their outdoor play environment. The vision for the project started 3 years ago, through wanting to develop a magical learning environment to enable children to move, explore, create & enrich their senses.

Although the “Outside Learning Environment project” is largely designed for use by the Crèche, the centre is encompassing involvement from the whole centre, as well as the broader community. The Senior Citizens are sharing their skills & knowledge in the development & planting of the raised garden beds. The Café will benefit from the use of freshly grown produce, as well as enriching learning for the children around home-grown foods. The project hopes to invite young people to use their talents by decorating the outside wall with graffiti & through the woodwork program, where they can make chairs & benches for the outside area.

A main feature of the project is to provide a unique environment for the children, something different to playgrounds & extend the experiences into the homes of families through role-modelling & sharing of ideas. The outside play area purposely only contains a few fixed items, so as to keep the environment open to inquisitive minds & allow for a variety of movement & exploration experiences. For example, the fixed stage could become a pirate ship or a dancing stage, keeping children’s imaginations alive by being able to turn it into something different!!

The training received from *ewba* Community Programs, along with the Gowrie Training Centre provided us with guidance to **create a supportive environment**. The centre has considered a variety of factors in the design of the outside area, such as suitability for weather all-year-round & making the environment inclusive for all (i.e. catering for infants, toddlers, wheelchairs & those with visual impairments). Funding support from the Onkaparinga Council & Community Benefit grant has greatly assisted the project. The Centre is hosting an **Open Day on Friday June 12** to showcase the “Outside Learning Environment project”, which will involve a ceremonial tree planting, an Aboriginal blessing & the community will be invited to decorate the interior wall. What a great example of a sustainable community project! ☺

Karen Charles, Crèche Director

Improving Outdoor Aesthetics on a Low Budget

At Calvary Kindy we have been very fortunate – *with a relatively small amount of money but a HUGE amount of time, talents & experiences from MANY volunteers, combined with a little bit of advice from an experienced playground planner* – we have been able to inject new life into our outdoor play area, to create an enriching learning & active play environment for children, staff and families.

Funds raised through a Quiz Night have been used for gradual renovation of our outdoor environment. Some of the jobs done over the last 2 years include:

- Painting equipment (i.e. cubby house, shade structure);
- Restoring worn surfaces;
- Installing a colourful mural;
- Installing protective coverings on swing frame & shade poles;
- Removing old matting & storage boxes;
- Installing a lattice & planting a creeper on the cubby house;
- Building a bordered vegetable/flower plot;
- Purchasing potted citrus trees.



Painted by Tania Karageorgis

There is no doubt in my mind that an attractive & vibrant outdoor environment is one factor in encouraging high quality, active, outdoor play that is sustained.

Tania Fragnito, Director - Calvary Kindergarten

Sharing in the delight of the great outdoors while exploring new environments...

One of the highlights at Callington kindy has been our Family Fun Day where we invited Occasional Care and Playgroup families to join us at the local, Woodside pool. We set up a range of active play activities on the grass, as well as supervised swimming activities in the pool. The families enjoyed the day, getting involved in the fun play activities, and with their support we were able to ensure safe supervision of the children for this exciting outing. It was fantastic day and many families are looking forward to a repeat in the Christmas holidays.

Bridget Klingberg, Callington Kindergarten.

Connecting with & Respecting our environment...

Murray Bridge South Kindergarten have used grant funding from Coles Junior Landcare & *ewba* to assist them in setting up a food recycling program within their outdoors environment. They have purchased “cokashi” bins for composting their food scraps. The children have been learning about the relationship between food and the environment in many ways through this initiative.

Miriam Bjelovarac, Kindy Director

Creating Supportive Environments - Schools

EWBA has been working to create supportive environments in both indoor and outdoor classrooms. The provision of water filters, physical activity equipment and cooking appliances are just a few of the successful initiatives which are helping to make it easier for children to eat well and be active at school.

O.S.H.C

ewba Morphet Vale has been pleased to offer local OSHC's with the opportunity to receive a \$50 small cooking appliance grant. The grant encourages sites to consider how the site will use the appliance to create healthy, tasty food options for children.

One step in the grant process was completing a short survey, which has assisted ewba in planning activities this program could provide, as well as enable sites to indicate further physical activity and nutrition resources that would be helpful to them. As part of this initiative, ewba provided each site with a free copy of the *eat well be active* "Small Appliance Recipe Book".



Prescott Primary Southern O.S.H.C used their grant to purchase a Popcorn maker and plan to make popcorn bracelets, as well as popcorn fruit and muesli bars – yum! Another clever idea they came up with links in with their special movie days... the children are going to eat popcorn out of their own hand-made origami popcorn cups!

Get up and be active!

In term 1 C1 have been working and learning about Physical activity with Miss Williams from *eat well be active*. We have embraced physical activity and would like to teach the rest of the school about being active. Here are some important pieces of information we have learnt.

Children from 5-12 years old need a minimum of 60 minutes of physical activity each day. Children from 12-18 years old need at least 60 minutes of physical activity a day. Please don't stress because you can easily build this up with a variety of different activities throughout the day including walking around the oval, walking/riding to/from work/school and playing team or group games out of school hours.

Some benefits from physically activity are:

- can improve balance and hand eye coordination
- promote healthy growth and development
- develop and maintain flexibility
- help achieve and maintain a healthy weight
- improve posture
- provide opportunities to make friends

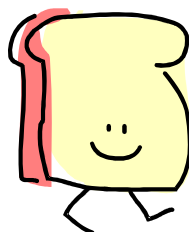
We busted some Myths about physical activity during our time with Miss Williams.

1. We learnt that not only children who are good at sport should participate.
2. To have fun being active you do not need expensive equipment.
3. Not everybody needs to be active for the same amount of time.

*Written by Hayley Koehler, C1
Murray Bridge South Primary School*

TOASTIES with a difference...

Flaxmill Primary School O.S.H.C used their grant to purchase a Sandwich Maker, very handy to cook up some warm winter snacks! toasted sandwiches with has also been this just yet, but have some



A popular option is to make Baked Bean or Spaghetti additional fillings such as cheese and tomato. The centre recommended to try adding Banana!! They haven't tried hungry appetites to give it a shot!



FOODcents...

a new way of spending money on food to balance your diet and your budget !

The FOODcents program was first developed in Western Australia in 1992 to help families take a fresh look at their food shopping and budgeting. The aim is to spend more of the food budget on basic foods such as fruits, vegetables, cereal products and beans and lentils which provide healthier food at a lower cost per kilogram. In addition, money can be saved by decreased spending on more expensive, low nutrient foods like highly processed breakfast foods and "sometimes foods" (crisps, lollies, cake, biscuits and soft drinks). The original program includes information sessions with participants on budgeting, cooking and a supermarket tour. Various resource materials have been developed to give to participants explaining the FOODcents budget model and recipes to support the low cost healthy cooking concept. FOODcents has its own website at www.foodcentsprogram.com.au/

eat well be active Morphett Vale and Murray Bridge have modified the FOODcents program and held training sessions with community-based workers who support low income clients – Here is an update on

FOODcents in the Murray Bridge community...

Earlier this year, ewba Community Programs provided FOODcents training to Job Agency staff within the Murray Bridge region. The training provided information on Budgeting resources, Label reading and Centsible cooking! The program is designed so organisations will be able to run their own FOODCents workshops or use the information and resources for individual clients. A training manual and resources were provided, which includes information on:

- SETTING UP YOUR SESSIONS
- ORGANISING A SUPERMARKET TOUR
- WHAT DO YOU NEED TO KNOW?
- WHERE WILL YOU CONDUCT YOUR FOOD CENT\$ SESSIONS?
- WHAT RESOURCES WILL BE NEEDED?
- ORDERING FOOD CENT\$ RESOURCES
- SENDING OUT THE INVITATIONS

Through the development of this program, a wide variety of professionals are able to support people in general nutrition and food budgeting skills. By becoming a 'Food Cent\$ Adviser' you are not expected to solve people's nutrition problems –just to show them how to:

- spend their food money wisely,
- compare food prices per kilogram, and
- cook some easy, tasty snacks and meals that the family can enjoy.

Sue Williams from Workskil at Murray Bridge commented that the FOODcents program was "very interesting and informative". Sue is busy planning out how to pass on the information to clients of Workskil, whether it is through group workshops or tailoring the information to individual clients.

MADEC - a community based not for profit business delivering Employment, Education, Training and Community development initiative's and solutions in Murray Bridge - are keen to incorporate the FOODcents program principles within an exciting new Food Barn project in the region. The project is awaiting funding approval; however Joan King explains how it is hoped the Food Barn will be an avenue for people to access affordable food, learn about low cost meal options, healthy lunch packs, as well as enjoy informative cooking classes – yummy!!

Joan is particularly looking forward to incorporating the use of the "**FOODcents Kilo-Cent\$ Counter**" to assist people in working out the price of food per kilo, hence helping them to make more informed choices around value for money and raising awareness of affordable healthy food options.

MADEC aims to provide a holistic service to their clients, which factors in more than just finding and securing a job. Their approach encompasses all of the "behind the scenes" elements within people's lives, such as good nutrition and keeping on top of the bills, as these areas can impact upon a person's health and ability to maintain a job (i.e. less sick days).

The FOODcents approach greatly compliments Job Agency networks, as through Life Skills education and support, people can make sustaining changes to their health, as well as participation within the community.

YOUTH LEADERSHIP

Unity College, Murray Bridge

The **Water group** is currently finalising the messages to put in their footprints leading up to the water fountains. They are also getting school board approval to have the footsteps painted. The students have also approached the senior school art/design teachers to get a competition running for the senior art students. The brief is for a water message mural to be painted on the splash back of all the drinking fountains/troughs. A prize of between \$100-150 of art supplies or similar will be given to the winning design.

The **Physical activity group** are waiting on all official documentation and planning around the cross country track so they can put together accurate plans and costings for their hoped upgrades to the track. Upgrade ideas include the incorporation of distance markers and Physical Activity messages along the track. The group is also working on a student survey to be able to capture what activities they should offer at lunch time sessions and consequently what equipment they will need.

The **Healthy eating group** are currently pricing 4 garden beds for a school community garden. The plan is to grow seasonal vegetables that can be used in home economic classes as well as the canteen. The students are busy organising approval and costings for this, such as drafting letters to appropriate faculty and canteen managers to ensure there is staff support for this initiative.

Walk & Talk

Families up & going at the crack of dawn!

Morphett Vale East Kindergarten has been a part of the ewba Community Programs project for the past 4 years, a highlight within this time has been the training session on the 'Walk & Talk' program.

The team were thrilled to receive a "great backpack full of resources!" The training allowed the centre to extend their current walking & physical activity program, particularly around more engagement with parents. After consulting with parents, the Walk & Talk program jet-setted off at the parent-nominated time of 6-7:30am!! A great strategy undertaken by the team was testing out the walk the week before, as this provided information about what they could suggest to families of things to look out for & talk about on the walk. Another strategy was incorporating the walk in a family outing to the playground, great motivation for the children & handy to have a bit of rest & drink break! The team were delighted with the walk & said a "big thankyou to everyone for coming, with each family receiving a certificate of participation & the children receiving a special laminated badge". The responses from the parent feedback survey were all positive & there were further suggestions of where we might go next!

Shelley & Meredith, Morphett Vale East Kindergarten



Looking at Footprints!

Positive role modelling for children...

The Southern Districts & Vales FAMILY DAY CARE providers received Walk & Talk training from ewba Community Programs; the carers all reported it was a very enjoyable training that provides valuable resources to assist in implementing the program. Some of the highlights resulting from this training include:

- A young carer said that after the training it made her think about the image she was providing for the children by driving everywhere. So she decided to start walking, weather permitting. "It forces you to slow down and enjoy each others' company by talking".
- Another carer said the training enhanced what they did on their walks like counting things, identifying numbers on letter boxes curbs and signs; making them more aware of their environment while they look for usable items for craft.
- Another carer said, "The Walk & Talk is used by the local kindy, so I feel I am 'in-sync' with them, so what they do flows through to what I do with the children".

Linda Vann, Fieldworker, Southern Districts & Vales Family Day Care

Getting to know our neighbourhood...

At **Coorara Preschool** we have established a Children's Walk & Talk committee to enable children & their families to have input into the program & be involved in the planning & decision making (where to go, what to look for...). The committee indicated a preference for walking to their own houses. This became a wonderful way for the children to learn more about what is in their local neighbourhood, orientating themselves & finding out how to get places. So, from an outlook of improving children's health & language skills came an unexpected bonus of developing safety awareness & local knowledge. The connection with visiting the children's homes has been a great way to enjoy a fun-filled outing without the cost & logistics of planning a big excursion. Some highlights included meeting some pet chickens, collecting their eggs, being spoilt with freshly cooked eggs & going on an Easter treasure hunt to find toy chickens to keep!! Another unique strategy incorporated in the program has been the provision of walking bags & hats branded with the centre's logo for the children which was made possible through a Communities for Children grant. The hats can be purchased at the centre, however, they are provided as a special free bonus to children whose parents participate in the Walk & Talk program with them.

The centre has adjusted to winter weather for the rest of the term, 'rain-hail-shine' we'll continue walking!! We plan to use the school gym, a short walk away & are looking forward to incorporating learning & activities around the line markings, as well as using 'active stations' set up by the primary school children. **Michelle Morrissey, Director Coorara Preschool** Page 5

What do we know about our ewba communities?

A comprehensive evaluation framework will help us to determine the effectiveness of ewba Community Programs. In the last newsletter edition we provided a snapshot from Part 1 of the baseline data and below are highlights from Part 2. Data was collected in 2006 from the two ewba intervention communities, the Rural City of Murray Bridge and Morphett Vale; and the two comparison communities of Port Pirie Regional Council area and the inner southern suburbs of the Sea & Vines DECS District.

Surveys to describe the environments within which children live, play and learn were distributed. A total of 1,404 surveys were kindly completed by a variety of stakeholders including: Long Day Care and Pre-school Directors (n=28), Family Day Care Providers (n=16), Primary School Principals (n=36), Primary School Teachers (n=286), Canteen Managers (n=26), Out of School Hours Care Directors (n=13), parents (n=983) of primary school aged children, High School Principals (n=9) and High School Canteen Managers (n=7). **Highlights from this data show:**

Early Childhood settings

- over half of mothers breastfed their babies up until 8 weeks of age (n=1450, CYWHS data)
- 23% of children aged 4-5 years were overweight or obese (n=1005, CYWHS data)
- the majority of Long Day Care Centres and Pre-schools had some form of healthy eating policy, however none had a physical activity policy
- all providers encouraged children to eat fruit and vegetables
- just over half described their outside space as very adequate for promoting active play.

Primary School settings

- Primary Schools and Out of School Hours Care sites were more likely to have a healthy eating or nutrition policy than a physical activity policy
- sausage sizzles and confectionary (such as chocolates and lollies) were the most commonly used fundraising activities
- the top selling food items from the Canteens were most likely to be highly processed, energy dense and nutrient poor foods
- over half of schools reported that the available play or sporting equipment was regularly used by students all of the time

Parents of primary school children

- over 80% of parents agreed that getting their child to eat fruit and vegetables and to be physically active was a high priority
- approximately 75% set limits on the types of snack foods and drinks offered to their children
- 46% reported that there was a television in their child's bedroom
- 50% felt that fresh fruit and vegetables are too expensive
- 44% felt it is not safe for primary school aged children to walk/cycle alone in their neighbourhood during the day.

High Schools

- few high schools had a healthy eating or physical activity policy
- the top selling canteen food items in summer were likely to be healthy items, however in winter they were most likely to be highly processed, energy dense and nutrient poor foods
- the majority of schools provided students with easy access to clean drinking water
- all schools provided play or sporting equipment for use during break times and over half reported the equipment was regularly used by students all of the time.

It has been three years since everyone generously filled in surveys and schools gave their time, so the final important part of the evaluation process is to go back to all these wonderful sites!

Our evaluation team will be in contact with you soon!

Primary schools will be contacted during Term 3 to participate in the ewba evaluation follow-up data collection. Early childhood care providers and High Schools will be sent surveys in Term 4. We strongly urge you to take the time to participate – the more responses we gather, the stronger the data will be. This will enable us to paint a clear picture of the effectiveness of ewba and help to inform further action in SA.

Annabelle Wilson, ewba PhD Student, will also be contacting some of the ewba sites to invite them to participate in her PhD project. This project is looking at how appropriate and effective ewba has been in Aboriginal communities in Murray Bridge and Morphett Vale. Please contact Annabelle on 8384 9259 if you are interested in being involved.

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ewba Website

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Government of South Australia
SA Health

Implemented by Southern Primary Health of Southern Adelaide Health Service and Murray Mallee Community Health Service of Country Health SA

The full ewba Baseline Report Part 2 will be available shortly, keep an eye on the ewba website!

Munch n Grunch
more Fruit and
Vegetables

be active at
play everyday

Drink more
Water

Eat fruit and
vegetables

Get up
be active