



Community Programs

A bite from the Ed.

It has been very busy in the ewba office over the past few months. Our focus has been on maintaining and revisiting activities with sites, as we aim to develop sustainable outcomes. The **Evaluation Team** has been visiting schools for data collection. We have been very grateful for the support of Principals, Teachers and other school staff through this process.

This edition features some of our recent training, showcasing the **Under 5's yoga training** and **Youth Peer Leadership** program. **Primary school** sites also received support with resources and practical equipment - another way ewba can facilitate long term changes. Also check out the **Family Day Care Active play kits** and consolidation workshop featured in this edition.

Christmas is a good time to reflect on the achievements of 2009 and how we can make the most of those in the coming year and beyond. We hope this edition will inspire you to think of more ways to make physical activity and healthy eating a more sustainable part of your site.

The ewba team would like to wish you a safe and happy Christmas and we look forward to working with you again in the new year!

**Marian McAllister and
Nadia Masterson.**
Program Managers



Why bother with sustainability?

The *eat well be active* Community Programs (ewba) have worked towards sustainability since our inception in 2005, so it is clear that sustainability is important to us – but why?

We hope that by sustaining some of the key components of the ewba approach over time, we will ultimately **prolong the health benefits** for our ewba children and families. In addition, we hope that ewba's work towards sustainability will **create greater community and agency capacity** to continue to promote healthy eating and physical activity in Morphett Vale and Murray Bridge into the future.

So what are some of the ways in which ewba have looked to build sustainability over the years?

- Ensuring we respond to changing local community needs
- Involving our local community and agencies to create ownership
- Supporting collaboration between agencies
- Workforce development for staff across sectors
- Seed funding and/or physical infrastructure for local groups/agencies
- Policy development and organisational planning.

How we can recognise sustainability:

- Self maintaining routines and practices to promote healthy eating and physical activity
- Initiatives that have been continued over time
- Those involved have noticed extra ongoing benefits and unexpected positive outcomes.
- Others have chosen to take the lead

If you have more ideas to build sustainability, or how we can support you further, we would love to hear from you.

Under 5's

A key component of our 'Early Childhood' initiative is workforce development for key stakeholders, to enhance their capacity to implement the ewba project. It is anticipated that participants share their learnings amongst other staff, and integrate these into professional practices, programs and/or policy, thus promoting sustainability of positive practices in Under 5's settings.

Sustaining the right practices and poses!

A diverse range of training opportunities has been offered to local Early Childhood professionals to promote sustainability.

Training topics selected are:

- Practical and able to be implemented immediately
- Generally require no extra resources or use stakeholders' existing resources
- Compliment and/or build on programs, activities or strategies.

An example of translating professional development into sustainable, positive action was evident after our recent **Yoga workshop** for Early Childhood workers. The practical session showcased yoga as a fun, non-competitive indoor physical activity which can help improve the strength, balance and coordination of Preschool-aged children.

Two staff members from **Southern Montessori Preschool** who attended this workshop, have already integrated yoga into their existing programs. Lesley Mills, Director expressed how easy it was to implement yoga into their programs. *'It has been pleasing to see children who are usually reluctant to join in active play having fun with yoga'*, she said.

Lesley also reported improvement not only in their physical but also emotional development has been observed, as the children showed a greater awareness of their personal space and seem much calmer and relaxed after yoga breathing techniques & poses.



Nunga Mums' n Bubs Baskets



ewba Morphett Vale collaborated with Southern Primary Health's **Aboriginal Maternal & Infant Care (AMIC) workers**, Keara & Pamela, to develop a support pack for Aboriginal mothers. The support packs have been presented by AMIC & other Aboriginal workers in both Morphett Vale and Murray Bridge communities to Aboriginal mums in hospital after the birth of their babies. The pack provides items that support breastfeeding & active play with babies. These include:



- A tummy play rug and pamphlet about tummy time
- Nursing pads and 'Growing strong' breastfeeding info
- Massage oil and tips card
- Spare nappies and baby wipes.

In Morphett Vale, Keara & Pamela have distributed a number of the packs to new Aboriginal mothers they support. Keara said that the pack was very positively received by Aboriginal mums, and reported that some of the mothers had gone on to practice baby massage with their children as a result of receiving these support items in their packs.

In Murray Bridge, Anna Sumner who is a midwife at the **Murray Bridge Soldiers' Memorial Hospital**, has been responsible for distributing the packs to new local Mums. To date, 28 packs have been provided for new Nunga Mums in Murray Bridge by ewba. It is hoped the baskets will be continued with the support of future funding and donations.

Primary Schools

Keeping the momentum going and sustaining healthy practices can be a challenge in the primary school setting, but there are many success stories to inspire others! The provision of new resources and written documentation of practice and policy are just some of the ways *eat well be active* primary schools help continue healthy eating and physical activity in schools.

No Rubbish school rule

Antonio Catholic School have established an ongoing 'no rubbish' practise during eating time. Children eat their food supervised inside the classroom, and take home any rubbish in their lunchbox to reuse, recycle or dispose. The end result for the school is a dramatic decline in the amount of rubbish produced, and plenty of food scraps for the compost bin.

The composting allows the children to see how food scraps can be used in the school vegetable garden, developed with the help of ewba grant funding. Year 6/7 Teacher Siobhan Paley reports the children are now more aware of ways to reduce the amount of litter their food produces.

Siobhan offers this advice on how to sustain 'no rubbish' eating at a school: *'Supervised, inside eating is a must so you can monitor what goes into the compost bin and keep litter in the lunchboxes only!'*



OSHC Footpath Detectives

A local **walkability study** to examine local footpaths and neighbourhoods was conducted with 92 children from Vacation Care/OSHC at:

- **Antonio Catholic School**
- **Morphett Vale East Primary School**
- **Murray Bridge North Primary School**
- **Pimpala Primary School**
- **Prescott Southern Primary School**

The children completed surveys about what they saw and experienced on a neighbourhood walk in their local area. Each student received a water bottle for their efforts and a \$50 fruit and veg voucher was presented to each OSHC.

Bev Walker, the Coordinator at **Murray Bridge OSHC** reported: *"The children enjoyed the footpath detective concept. We have a lot of heavy traffic using Mannum Road, so it is important they learn how to cross the road safely."*

The survey results will be compiled in a report by Adelaide University student Sam Dawkins and distributed to local community agencies to highlight areas where children enjoy walking and possible areas for improvement.



All geared up to continue healthy habits

Following the Consolidation workshop, 9 Morphett Vale primary schools each ordered up to \$400 of resources to promote the sustainability of healthy eating and physical activity initiatives supported by ewba. Extra funding was provided to develop or update Healthy Eating & Physical Activity policies.

Participating Primary Schools received:

- * **Gardening vouchers** for edible seedlings
- * Support for **programs and peer education** programs with an 'Eat a Rainbow' pack, 'Outdoor Explorer's kit', and active games and equipment
- * **Drink More Water signs** to promote filtered taps
- * **Healthy Homework kits** including an 'active kit' to involve parents in healthy activities at home, pictured.



Our Youth Leadership program involves students developing health initiatives at their school which will provide ongoing benefits to the students. It has also created opportunities to bring together youth from different sites to share their experiences and gather learnings to pass on to future peer leaders of their school.

Youth Leaders celebrate together!

The ewba Youth Leadership Program for high schools involves training a small group of young people across years 9 – 11, who are selected to be part of the program, or a high school's Student Representative Committee can also be involved.

The student projects involves the promotion of key healthy eating and physical activity messages developed by the Youth Leaders, and several sustainable actions that will support all students in the school to eat healthier and be more active.

The Program provides a valuable opportunity for youth participation and a student voice to advocate for, and facilitate action around healthy eating and physical activity within their school.

To celebrate their achievements over the past year, Youth Leaders from the following schools in Morphett Vale and Murray Bridge shared their experiences as Youth Leaders at a recent forum.

Murray Bridge

- Murray Bridge High
- Unity College

Morphett Vale

- Southern Vales Christian College
- Wirreanda High
- Woodcroft College



Above: Woodcroft College's health message bands.

eat well be active.

The **Eat Well Be Active** program has an aim to encourage and promote students and their families to drink water, eat healthy food and do regular exercise.

It is very important to maintain a healthy, balanced diet and keep 'junk' food consumption to a minimum.
Drinking 8 glasses of water a day is recommended.
Regular exercise is necessary for people of all ages.

Give junk the boot, Eat veg and fruit!

It is very important to maintain a healthy, balanced diet and keep 'junk' food consumption to a minimum.
We should eat 2 portions of fruit and 5 portions of vegetables every day.

Quench Your thirst, Drink water first!

Drinking water is very important. Our bodies are made up of about 60% water.
Drink water as an alternative to 'fizzy drinks'.
Not drinking enough water can lead to serious health issues.

60 minutes every day Go on, get out and play!

Taking part in regular exercise has many health benefits.
It is very important to get a sufficient amount of exercise in order to maintain physical and mental health.
It can also be a lot of fun!

Above: Southern Vales' Christian College healthy messages feature in the school diary



The team from Unity College plan their promotions



Murray Bridge High team promotes 'drink more water'

Family Day Care gets active with new kits

Family Day Care (FDC) settings often have limited facilities and equipment in comparison to Long Day Care centres and preschools. FDC also have the challenge of ensuring that they provide activities which cater for children of a variety of ages.

To assist FDC workers providers in Murray Bridge and Morphett Vale, *eat well be active* developed **active play kits** available for hire free of charge.

A flexible resource and a series of activity cards accompany the kits, providing guidelines and ideas for a range active play activities for children of all ages.

An information session will be held in both Murray Bridge and Morphett Vale for FDC providers to sample the new range of equipment available.

FDC providers can contact their local FDC fieldworker to arrange hire of the active play kits.



Mums talk tricks to manage fussy eating

Local Mums in Morphett Vale have a few more tricks up their sleeves, after finding out about family food issues at a session facilitated by ewba at the Family Connections centre.

The **More about Mums** group had previously discussed the FOODcents program on food budgeting, and looked at label reading to help find healthier food choices. The group which meets weekly at Hackham, decided more information on dealing with fussy eating would be useful too. The session was based on the "Family Feud/Food" resource from Tasmanian Community Nutrition Unit, and covered key messages about feeding children aged 1-5 years including:

From this



- * Ways to encourage new foods,
- * Managing food refusal;
- * Easy recipe ideas for the whole family;
- * Sharing food tasks together, and
- * Understanding children's natural appetites

To this!



After the session, the mum's shared the following advice and hints on dealing with fussy eating:

"Don't create a war zone, as this just makes it worse". Michelle, Mum of 2 boys.

"A reward system for trying news foods can help". Lynette, Mum of 2 girls

"Ask kids to help choose a healthy option for dinner". Eloise, Mum of 2 boys.

"Introduce a wide range foods, especially different fruit and veg" Natalie, Mum of 4.

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A group training day was held at the University of South Australia on 4th September.

Evaluation time is here again!

Final data collection in 35 South Australian primary schools has been completed as part of the final evaluation for ewba Community Programs.

- The Evaluation Team (pictured above) visited local primary schools to conduct questionnaires about healthy eating and physical activity, and to take measurements with students in years 5, 6 & 7.
- Parents of primary school children, Principals, Teachers and Canteen and OHSC staff were also asked to complete questionnaires.
- Local Family Day Care providers and Kindergarten and Child Care centre staff will also be surveyed.

Other local stakeholders including **parents and families** will be invited to share their thoughts about *eat well be active* with us – for instance what changes have been introduced to their school, centre, and/or family. We will also be asking for feedback on barriers that prevent healthy habits and other experiences related to eating well and being active.

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[eat well be active Website](http://www.dh.sa.gov.au/pehs/branches/health-promotion/hp-eat-well-be-active.htm)

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Sharing the fruits of research

Congratulations to our Evaluation Team who recently had their research paper accepted by the Public Health Nutrition Journal. The paper is due for publication in 2009 & is titled:

The challenges of evaluation of a multi-setting, multi-strategy community based obesity prevention program:

Lessons learnt from the eat well be active Community Programs in South Australia.

By Annabelle Wilson, Dr Anthea Magarey, Dr Jim Dollman, Dr Michelle Jones and Nadia Mastersson.

It discusses the practical, logistical and methodological challenges experienced during the initial baseline data collection from 39 South Australian schools with 1732 students aged 10-12 years, 983 parents, 286 teachers, 36 Principals, 26 canteens and 13 Out of School Hours Care workers. The findings provide insights for other researchers who are planning similar studies with similar methods, particularly those evaluating multi-strategy programs across many settings.



Left: Dr Michelle Jones Above: Nadia Mastersson, Annabelle Wilson, Dr Anthea Magarey, Dr Jim Dollman.

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



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