

eat well be active.

Community Programs

A bite from the ed.

What a great year so far, with the continued support and energy from all of our stakeholders across Morphett Vale and Murray Bridge, in promoting healthy eating and physical activity! This commitment was especially clear at the Consolidation Workshop, where building on all the great *ewba* work so far and planning further action were both on the menu.

Congratulations also to our primary and high school students. Hearing students' voices and having their involvement throughout *ewba* has been crucial. Helping our sites to support younger children with fun activities and resources has been a highlight – the children's faces really speak volumes!

Terms 3 and 4 will be busy for *ewba* in collecting information from all of YOU about any changes in healthy eating or physical activity in your organisations. So when *ewba* approaches you to survey or interview, we would *really* appreciate your input into this process.

**Nadia Masterson &
Marian McAllister,**
***ewba* Program Managers**



Local needs are met in many different ways.

The *eat well be active* Community Programs endeavour to be “relevant to locally identified needs and opportunities” and “use a portfolio of mixed strategies, at several levels in various settings”. Our Action Plans have been built on these principles with the development of many partnerships and local action groups who have identified strategies based on local experience and knowledge. The Action Plan framework is shown below.

This edition of the newsletter reflects the different programs, resources, workforce development and curriculum ideas which have resulted from our stakeholder relationships.

The variety of these initiatives ranges from:

- Active play and Fundamental Movement Skills for Under 5's, to
- Peer leadership training to engage primary school children and youth, and
- Promotion of breastfeeding in local communities.

Small grants and resources have focused on supporting our local sites to be better equipped to engage more children and young people in healthy eating and physical activity.

We aim to work with many different settings to facilitate not only education, but structural & policy changes for sites to develop their own positive culture around healthy eating and physical activity.

Responding to local ideas and offering a range of strategies creates opportunities for stakeholders to develop a healthier environment for the children, young people and the families they support.



So much to share in early childhood settings!

Staff in early childhood settings can be powerful, healthy role models, showing children they enjoy eating well and being active. They can also empower children by involving them in decision making about the types of activities and equipment they can use to promote healthy behaviours. Integrating healthy eating and physical activity into children's daily routines helps to create comprehensive and sustainable programming to teach and reinforce healthy habits.

Babies and Toddlers moving and grooving...

Music and movement have always been a part of the **Emu Community Children's Centre** in Morphett Vale. Attending various 'Music and Movement/Dance' workshops organised by *ewba* has generated new ideas for music, dance and movement opportunities with children from infancy. A recent *ewba* grant has also helped Emu staff to broaden the range of music layered into movement components to encourage the children to become more physically active from infancy.

The daily 'Music and Movement Group Time' in the Infant Room at Emu may include:

- Playing a **rich variety of music** e.g Salsa
- Staff role modelling dance actions as well as basic movements for the little ones to try!
- Using a "**Song Box**", where children pick out an item from a box to incorporate into an action song
- **Ribbon Dancing** with specially adapted ribbons for even the very young babies to grasp & shake!
- Guiding the children to explore a variety of **musical instruments** using different movements
- Role modelling and encouraging the **children to create their own music** using their bodies and existing items within their environment
- Staff '**hum**' during routine tasks and activities (e.g nappy changing), helping to add in cues about rhythm and moving.

Music, dance and movement are embedded as an integral part of Emu's program for children and part of many ways they support children to be active at play every day.



Play equipment is on the move in Murray Bridge



eat well be active Murray Bridge has recently helped to gear up the **Centacare** mobile playgroup bus – **Po:lar KarnkunTunkuwallunar**, which is Ngarrindjeri for children laughing and playing. The extra active play equipment (*above*) including balancing boards, pop up goals and a tunnel for toddlers to crawl through will reach Aboriginal families throughout the Murraylands.

Shelley from Centacare said, "The bus provides caregivers and children the chance to spend time together and have fun". Active play also helps to develop basic movement skills for children of all ages, from rolling and crawling, through to jumping and throwing by older children

The active equipment complements other *eat well be active* initiatives such as the Active play packs for parent loan, to be distributed through local child care centres.

Sharing the fruits of Learning!

"**Learning Together**" at Fraser Park School includes daily programs which teach literacy and healthy eating to children aged 0-3 years.



Ben and children enjoying fruit and veg break

Curriculum, programs and resources in Primary Schools

It is well known that curriculum links are the key to imbedding healthy habits into everyday practice, and health education is most effective when delivered regularly rather than a once off event.

To support schools to do this, *ewba* has provided teachers with curriculum ideas across a broad range of subjects to help students learn about healthy eating & physical activity throughout the year.

Kids show healthy habits in a snapshot

Upper primary students at **Calvary Lutheran Primary School** (*below left*) and **Jervois Primary School** (*below right*), recently took up the challenge to put into pictures what makes it easy to eat well and be active at school. The students worked in small teams to create photo posters of school life, when they eat healthy foods, play active games and drink cool water. The posters are now being displayed at each school to remind other students about the healthy habits.

“We designed the posters and they have been put up in different classrooms. It has been so much fun!” said Shannon, year 7 at Calvary PS. The posters show some of the initiatives which have been supported by the *eat well be active* Community Programs, including water tap filters, outdoor line markings and in-class fruit, veg & water breaks. “The older students are now healthy lifestyle ambassadors within the school, and they regularly promote healthy eating and activity to others”, reported Laura Kozien, yr 6/7 teacher Jervois PS.



Colourful poster from Calvary Primary School students



Jazzy photo poster from Jervois Primary School students

Consolidating physical activity and healthy eating

20 staff from child care centres, preschools and primary schools in Morphett Vale were welcomed to the *ewba* **Consolidation Workshop** on June 12th at Penny's Hill Winery in the beautiful McLaren Vale. The half day session focused on consolidation and sustainability of healthy eating and physical activity initiatives. While enjoying a yummy breakfast of pancakes with fruit and yoghurt, participants discussed new evidence on promoting healthy habits to children and considered areas for further action.

The pinnacle of the program was the **5 P's Checklist** of key areas to integrate healthy eating and physical activity – **Physical environment**, **Programs and peers**, **Promotion**, **Parents**, and **Policy**.

A “consolidation grant” was offered for each site to continue to promote healthy eating and physical activity in the “5 P” areas. Participants also shared ideas on what has worked within their sites and how to move past barriers to change. Each site finished the workshop having identified 2 key areas for action in the future to consolidate healthy behaviours.



Group discussion at the Consolidation workshop

Breastfeeding Friendly Communities...

eat well be active Community Programs recognise breastfeeding as the first important step in promoting healthy eating for children.

Is your site supportive of breastfeeding?

ewba has encouraged local agencies and various businesses to show their support of breastfeeding by becoming a 'Breastfeeding-friendly' organisation through the Australian Breastfeeding Association (ABA).

The ABA has established a **FREE** "Breastfeeding Welcome Here" scheme to improve community acceptability and support of breastfeeding in public through the **FREE** accreditation and promotion of breastfeeding-friendly organisations.

To register as a breastfeeding friendly organisation/business, is quick, easy and free!

1. Contact the ABA to request a FREE 'Breastfeeding Welcome Here' kit. This kit contains information about how to join the scheme, including 2 'Breastfeeding Welcome Here' stickers to display.
2. Have a welcoming attitude from staff and management to breastfeeding mothers.
3. Be a smoke-free environment.
4. Have room to move a pram.
5. Clearly display the 'Breastfeeding Welcome Here' stickers included in the kit.

Breastfeeding
welcome here



Australian Breastfeeding Association
www.breastfeeding.asn.au

Once a site has displayed the stickers, they can register immediately as a "Breastfeeding Welcome Here" organisation with the ABA online, or in many cases, *ewba* has registered sites on their request.

To register, simply go to:

www.breastfeeding.asn.au/ then click on: 'Products and Services' then 'Breastfeeding Welcome Here sticker registration and information', complete the form and click to register.

Need a spot to rest, change a nappy or feed your child in Murray Bridge?



Facilities available at:

Children, Youth & Women's Health Service
11A West Terrace
Murray Bridge Soldiers Memorial Hospital
Cnr Swanport Road & Monash Tce
Murray Bridge Public Library
3rd Floor, Mobilong House, Seventh St

Murray Bridge leads the way...

An exciting new Breastfeeding initiative has been developed through a partnership between **Lutheran Community Care, Communities for Children, Murray Bridge Council** and *ewba* Murray Bridge.

The initiative has recognised the need to both promote and develop *parenting facilities* in the community. A guide detailing the location of parenting facilities has been created as a handy reference for local families.

It is now hoped families will be better able to find parenting friendly spaces where they can comfortably attend to their children, change a nappy or feed, and have a place for some time out.

The partnership has sparked a local media campaign and a renewed push for local businesses to become 'Breast feeding friendly'.

Future plans include consolidating this initiative with a breast feeding policy, and incorporating parenting facilities into planning new developments. In addition, the promoters of large community events are encouraged to consider parents and designate a "Parenting Room" to cater for the whole family.

Many *eat well be active* sites have recognised that becoming a "Breastfeeding Welcome Here" site is a great opportunity to show the community that their organisation welcomes breastfeeding mothers. and as such, is supporting good nutrition in young children.

Making it easier for young people to eat healthy and be active

In a crowded High school curriculum, there is a need for sustainable strategies which promote healthy lifestyles and make healthy, active choices the easier choices for young people. By involving young people in the promotion, planning and implementation of these strategies, valuable feedback can be gained about the types of resources and practical activities which will engage other young people.

Youth Leaders *in action* in Morphett Vale

The *ewba* Youth Leadership program trains groups of high school students in *ewba* communities to take a leadership role at their schools in:

- Promoting healthy living messages to their peers
- Developing and implementing sustainable initiatives that make it easier for their peers to eat well and be active at school

Two Youth Leadership teams were trained in Morphett Vale in April 2009 at **Southern Vales Christian College** and **Wirreanda High School**.

These teams have each developed some 'catchy' local marketing messages for their project and launched these at a school assembly.

Southern Vales' team messages are:

- “Give junk the boot, eat veg and fruit”
- “Quench your thirst, drink water first”
- “60 minutes every day, go on, go out & play”

Wirreanda's team messages are:

- “Be Alive! Eat fruits 2 and veggies 5!”
- “Glug! Glug! Glug! It's water we chug”
- “Get in the Groove, Get up and Move!”

Each team has developed an Action Plan with a variety of strategies to increase students' healthy eating and physical activity opportunities.

Update from Wirreanda's Team:

The **Wirreanda High School** Eat Well Be Active team kick-started its project with a 'Come and try' day promoting the healthy food provided at their Canteen (*pictured below*).

Students had the opportunity to try healthy choices from the Canteen menu, including Italian chicken, pasta, potato bake, shepherds pie, lasagne, sushi and pumpkin soup. A variety of donated fruit was also given away to students.

Team members actively promoted healthy foods by dressing up in healthy character costumes (*Vegie Man & Celerina*), & giving away sample bags with healthy eating information and a *Be Active* water bottle or coloured wristband with the 3 team messages. Feedback on day was very positive.



Nutrition at the Ngarrindjeri Kids' Cafe

The Ngarrindjeri Kids' Café (NKC) has been working with local Aboriginal kids to encourage healthy eating and teach basic cooking skills. The **Aboriginal Primary Health Care Unit** has been delivering this program to year six students at local schools in Murray Bridge, in conjunction with the Program Coordinator Lorraine Kartinyeri, Murray Mallee Community Health Service, Aboriginal Community Education Officers and *ewba*.

The NKC began in 2008 as the *Nunga Po:lar Nutrition Program* and was delivered to Aboriginal primary students in one school only. In 2009, the program has been modified to include year six students from schools across Murray Bridge. The students have the opportunity to discuss healthy eating and cook healthy snacks and simple meals with a Diabetes Educator and Dietitian from the Health Service.

When asked what they enjoy about the session, students consistently report that they like the cooking and the opportunity to eat what they have cooked. They also enjoy helping to plan the menu, and several mentioned they had learnt specific skills through the program, such as 'how to cut capsicum' and to 'wash their hands before touching food'. Students also reported cooking some of the dishes again at home.

The NKC also aims to reach parents through the children, and parents are invited to a final celebratory cooking session at the end of the term where students are able to demonstrate their skills by cooking and sharing a three course meal with their parents.

Thanks to: Sandy Wilson, Darryl Cameron, Sharon Perkins, Lynne Graham, Lorraine Kartinyeri, Marg Daly, Fran McFaul & Annabelle Wilson

ewba PhD Summary

My name is Annabelle Wilson (pictured right) and I am doing my PhD with the *eat well be active* Community Programs. Before starting with *eat well be active* I worked as a Dietitian based in Port Augusta.



In 2008, I decided to combine my interests in Aboriginal health and research and begin a PhD with *ewba*, focusing on how effective *ewba* has been in the Aboriginal communities of Murray Bridge and Morphett Vale.

My PhD will use *ewba* as an example of a mainstream healthy eating and physical activity program. This research will investigate what elements of *ewba* were successful in the Aboriginal communities of Murray Bridge and Morphett Vale, and why or why not.

To answer this question I will be interviewing people including Aboriginal children and their parents, and workers in Aboriginal organizations who have been involved in *ewba* to talk about:

- How they were involved in *ewba*
- What was good & what could have been improved
- Their understanding of the *ewba* key messages
- Attitudes towards health in the Aboriginal communities in Murray Bridge and Morphett Vale
- Working relationships between Aboriginal and non-Aboriginal people involved in *ewba*

I have spent a lot of time talking with the Aboriginal communities in Murray Bridge and Morphett Vale, who have had a considerable input into this project. It is my aim that my PhD will create evidence about the experiences of Aboriginal community members & workers with mainstream healthy eating and physical activity programs. This information can then be used to recommend how similar programs might be run with the Aboriginal community in the future.

Our Contact Details

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[eat well be active Website](#)

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If you would like more information about how effective the different elements of *ewba* have been in Aboriginal communities, or **you are interested in being interviewed as part of this project**, please contact Annabelle on 8384 9259 or annabelle.wilson@health.sa.gov.au

Welcome Dr Tahna Pettman – Our New Evaluation Coordinator!



Tahna (pictured left) is a registered Nutritionist and has joined us after working at the Health Promotion Branch, where she was analysing healthy weight data and the evaluating key health promotion initiatives. She completed her PhD in Health Sciences, and has experience in research and evaluation related to nutrition, physical activity and supporting individual behaviour change and healthy environments. Tahna is overseeing the **upcoming data collection and evaluation** with children, Teachers, Principals and parents across South Australia. It is hoped the information obtained will provide guidance to future projects which also promote healthy eating & physical activity for children, young people and families.

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



Government of South Australia
SA Health

Munch 'n' Crunch
more Fruit and
Vegetables

be active at
play everyday

Drink more
Water

Eat fruit and
vegetables

Get up
be active