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Healthy Eating and Physical Activity Project examples

Before the application:

The project school started by completing the [AIS Live Life Well @ School: Starting the Journey](#) online module before they applied for the funding project opportunity. This gave them a good understanding of the concepts behind a health promoting school as well as giving them ideas on how they could improve their own school in the areas of physical activity and healthy eating.

After reading the criteria carefully they identified specific areas they would like to address in their school to improve student wellbeing. These areas included all K-6 staff having an understanding of the new [NSW PDHPE K-10 syllabus](#), ensuring their PDHPE programs that related to physical activity and healthy eating were of a high quality and engaging for their students, as well as a whole school approach to healthy eating and physical activity. The whole school approach included evaluating the food and drinks they were selling in their canteen, opportunities for their students to move more during the day and raising parental awareness of strategies to improve healthy eating and physical activity for their children. The school proposed that they would use the \$3000 funding for teacher release to be able to achieve their goals.

During the project:

Once notified that their project proposal was successful the school organised two dates throughout the year to have an AIS consultant visit their school and provide support with their project. The first AIS meeting focused on the project goals and how they were going to be achieved, an exploration of resources available to support their project and a familiarisation of the new NSW PDHPE K-10 syllabus with the whole K-6 staff.

The teacher driving the project created two quality units of work that supported healthy eating and physical activity. One unit was *Foundations for Moving* which focused on Fundamental Movement Skills and another was *Healthy Habits* which explored healthy eating, opportunities to move more and limiting screen time. The teacher also completed the [AIS Live Life Well @ School: Taking the Next Step](#) online module to deepen their understanding of the new NSW PDHPE K-10 syllabus and the *Live Life Well@ School* initiative.

The school then met with a health promotion officer from their Local Health District who gave them several resources to support classroom activities such as Fundamental Movement Skill Cards and criteria's, promotional posters to use during *Fruit and Veg Month* and loaned them playground marking stencils to encourage physical activity in break times. The health promotion officer also met with the canteen manager to discuss strategies to encourage students to choose healthier options.

The school implemented several initiatives including changing their annual fundraising of chocolates to a walk-a-thon, introducing Crunch & Sip which is a daily break to eat fruit and vegetables, student led lunchtime games and activities, flyers home to parents on lunchbox ideas and a successful Kindergarten orientation night including a *Live Life Well @ School* presentation.

The impacts of this funding project were evident through the parent survey in term 4 which showed great support, appreciation and shift in parent and students behaviours because of the healthy eating and physical activity initiatives.

