

ewba in action...



Morphett Vale and Murray Bridge communities share how they've put *eat well be active* into action

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What has your site been doing in relation to ewba's key message/s and Strategy/ies for action? Who has been involved?

Implementing policies and programs across Years R-7 to support children to eat healthier, drink water and be physically active.

Has this been a new event/project/activity/practice/environmental changes/policy for your site, or does it build on existing elements?

It has built on existing elements. Being part of *eat well be active* has given us a range of ideas, resources, training and support to implement healthy eating and physical activity focussed initiatives within our school.

Key initiatives have included:

- Implementing a Healthy eating/Physical Activity Peer leadership program with Years 5-7 students;
- Establishing our school vegetable garden. Each class has a pot to grow vegetables which are then used for cooking and enterprise programs across the school.
- Staff participating in training sessions run by an Adelaide-based dance company to learn new skills and ways to teach/share different styles of dance with students;
- Staff undertaking a personal fitness challenge to help set positive examples for students.
- Each class participating in approximately twenty minutes of physical activity each morning.

What has been the best part of your site's action/s?

Making the children and school community more aware of the importance of living a healthy lifestyle.

What has been the biggest challenge (if any) that has had to be overcome?

Encouraging students (and parents) to bring healthy food to school.

What have been some of the outcomes so far, what changes have you noticed, or what are you hoping for as a result of your new activity/project/policy?

- We now have a whole school approach to the promotion of healthy eating and physical activity.
- We are building on the concept of 'litter free' lunches for students to promote healthy, wrapper-free options.
- Staff are more physically active.

What do children /students /parents / the community say about this?

Surveys that have been conducted show a positive attitude towards our 'Crunch and Sip' classroom (fruit, vegetable and water break) program and other activities that promote healthy eating and physical activity.

Where to for the future?

Continue promoting healthy lifestyles through activities such as camps, 'litter free' lunches, special events, cooking classes etc.

What advice would you give to others who would like to start a similar project?

Give it a go!

Do you have a photo/s you would like to share to accompany this story?

See next page.

eat well be active Mypolonga Primary



eat well be active Launch
Mypolonga Primary