



IT'S *your move* — TIP SHEET

Featuring
**CALWELL
HIGH
SCHOOL**

Engaging the whole school
community



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STUDENT INNOVATION FOR HEALTHIER HIGH SCHOOLS

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WHAT'S THE PROBLEM?

Most high schools have a proportion of students whose families are on low incomes.

These students' families are often less likely to benefit from health improving strategies.

Disadvantaged children have higher rates of obesity and are more likely to suffer from poor nutrition.

Increased access to healthy food can improve a student's long term health and their educational outcomes.¹

In order to create healthier high schools, activities need to be easy for everyone in the school to take part.

1. The Smith Family. 2011. *How learning is enhanced through improved health and nutrition.*

WHAT'S BEEN DONE?

Calwell High School found that ultimately, the whole school community needed to be involved to make sure everyone had the chance to access some activities.

Calwell High School focussed on improving access to healthy foods and building knowledge about healthy eating for their more vulnerable students and families.

Storyboard for ideas

An ongoing 'storyboard' was made for brainstorming all IYM related activities happening across the school.

Breakfast club makeover

Healthier choices were added including low GI cereals, wholemeal bread, low sugar spreads, milk with milo and fresh fruits.

Community partners for health

They engaged existing community partners. For example they met with Yellow Van to ensure they would only provide healthy food donations. They used fresh fruit and vegetable donations in classes, breakfast club and family outreach.



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Healthy Habits family cooking classes

Food technology teachers worked voluntarily one evening each week. Families were invited to attend, cooked new recipes and sat together for a shared dinner. Over 17 people attended on a regular basis. They also held teacher-cooking nights that 10 teachers attended.

Lunchtime soup kitchen

They set up a lunchtime soup kitchen once a week. Choices were limited to low salt and wholemeal breads. Over 100 students accessed the soup kitchen every week. The school achieved this through its own funding and staffing.

Food Bank Recipe Packs

This included ingredient hampers along with low cost recipes to feed families of four. Recipe packs and hampers were distributed to over 50 families.

Healthy food makeovers in other school activities

Changes were made to snacks and meals in extracurricular clubs, homework club, Indigenous Transition Day and the Aboriginal and Torres Strait Islander Commission camp.

Nutrition Australia Project Dinnertime

This was trialled with at risk student groups such as young carers and was included in the health curriculum.

Whole school actions

- » Improved the canteen menu and displayed traffic light ratings
- » Nutrition learning in the classroom
- » Teacher versus student sport competitions at lunch time
- » It's Your Move market day
- » Free zumba classes

WHAT CAN YOU DO?

There are two different areas that you can focus on when engaging the whole community; healthy activities and healthy eating.

Once you have created a focus group, brainstorm as many ways as you can think that you can involve the community in healthy eating/activities. You might like to include some of the ideas used by Calwell High School.

Here are some ideas to get you started:

In School

- » Provide a healthy breakfast club
- » Seek food donations from organisations, such as local shops and The Yellow Van www.ozharvest.org/canberra
- » Healthy changes to the canteen menu
- » Lunchtime sporting events
- » Healthy food during extracurricular activities
- » Use of traffic light system

At Home

- » Send out healthy recipes
- » School run healthy dinner programs
- » Cooking classes



"SPEAKING
FROM
EXPERIENCE"

'Some families had little or no cooking skills – don't assume prior knowledge. You need to find out what people know before deciding how to approach cooking lessons and other activities.'

PAUL VAN CAMPENHOUT, DEPUTY PRINCIPAL,
CALWELL HIGH SCHOOL

IYM PRINCIPLES

- » Invite school leaders and teachers to become involved, support or be role models.
- » Try and get parents, local businesses or local champions involved.
- » Look for ways to embed changes into the school system for long term benefits.
- » If something is working, continue to build and improve it. If something is not working, change it or start again.

IYM WEBSITE RESOURCES

www.health.act.gov.au/itsyourmove

- » Entrepreneurs: IYM elective information and learning materials
- » IYM: Safe Cycle for High Schools curriculum resource
- » IYM How-to Guides for examples of great projects in other schools
- » IYM Food&Me nutrition curriculum resource
- » Suite of photos, templates and key messages to use in your promotional materials



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It's Your Move is part of the ACT Government's Healthy Weight Initiative, supporting a healthy, active and productive community.

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