

FRUIT in SCHOOLS



Give a man a fish and you feed him for a day.
Teach him how to fish and you feed him for a lifetime

Fruit in Schools Insert Issue 2: 2009



Healthy Heart Award

For Primary and Secondary Schools
The Heart Foundation's nationwide Healthy Heart Award for Schools (formerly School Food Programme) provides public recognition of a school's excellence in nutrition and wellbeing. It aligns with the NZ curriculum and provides:

- Highly credible content and free resources
- Specialist support in helping schools promote consistent 'healthy eating' and 'physical activity' messages
- Encouragement of school community involvement.



Jump Rope for Heart

For Primary and Intermediate Schools

- The Heart Foundation's curriculum linked physical activity programme for schools
- A long-standing fundraiser for schools and the Heart Foundation
- Take part in the all new 'Jumping June' or 'Skipping September'
- Exciting prizes for children
- Coordinators eligible for a free cook book, RRP \$15

"Jump Rope for Heart is a great programme to help teach children to build healthy and strong hearts so they can reach their full potential in life". Michael Campbell

DigiVillage

Once registered for the Healthy Heart Award for Schools or Jump Rope for Heart, you can gain access to the Heart Foundation's new and exciting online educational resource:

www.digivillage.org.nz

- A fun interactive website for Primary and Intermediate Schools
- Create and share physical activity and nutritional information
- DigiTV – watch and upload fun activities of your choice for everyone to enjoy
- Teachers' forum – for online peer support, inspiration and information sharing!



Find out more and register at

www.digivillage.org.nz or email us at education@nhf.org.nz

Avondale School



Avondale School has worked hard to set up a fantastic worm farm and composting system to deal with all the fruit waste produced by the Fruit in Schools initiative. The school's Fruit in Schools lead teacher Bridget Man-

son has created a great system involving the children distributing the fruit to classrooms and collecting the waste to go into the Bokashi system and worm farm. The set up is funded by the Christchurch City Council and supported by the School Composting Programme. All the students have visited the farm and composting set up and are learning how the different systems work. To complement the work done on composting at Avondale School, a number of children have visited the local recycling centre, to look particularly at the organics and composting section. Later on in the year Avondale pupils hope to use the compost they have produced to create an edible garden. Well done Avondale!

St James School

"For the good of all" is the phrase said to parents and caregivers of St James School when they are enrolling their child. St James School is a 'water only' school. Being a 'water only' school goes hand in hand with the nutri-



tion and physical activity programmes promoted in the school. Each classroom has a drinking tap and through the Nutrition Fund, the school has upgraded its outdoor fountains with push in taps. The children identified the need when tying in their education for sustainability with the whole school healthy eating approach. The children are encouraged to drink water throughout the day, which is readily available. Many of the children have taken the message home and some are enjoying having cold water in the fridge as a choice at home. There has been full support from the families who are also pleased when first visiting, to note the water available in the classrooms.

What does effective



communication with your community look like?

- Do you have an open door policy? What does this mean?
- Have you identified who your wider school community is?
- Do families feel welcome/valued when they contribute ideas to the school?
- Are wider businesses in your community informed about upcoming events/not just families?
- Does your school promote your successes in newsletters/local newspapers?
- Is gratitude modelled and encouraged?
- Does your school celebrate success?
- Does your school work alongside parents to promote positive behaviour?

How can you ensure that you have created the necessary opportunities for everyone within the school community to have an authentic voice?

For more information contact Kenna or Rosie at Community and Public

Fabulous French Toast

Prep time: about 15 minutes

Ingredients:

- 1 egg
- 1/4 c. low fat milk
- dash of vanilla extract
- 1 tbsp. margarine
- 2 pieces of wholegrain bread



Directions:

1. Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.
2. Put the margarine in a frying pan. Heat the pan on the stovetop on medium heat. It's hot enough when the margarine starts to bubble.
3. Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.
4. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).
5. Use a spatula to flip the bread over, and cook again for another 5 minutes.
6. Use the spatula to transfer the French toast to a plate.

Serves: 2 Serving size: 1 slice



Is your Playground Active?

Ideas to make your playgrounds active:

Make sure the whole school community is supporting your active playground.

A member of staff, or school volunteer will need to be responsible for co-ordinating your active playground.

Ask the pupils what they would like to play in their playground.

Involve pupils and parents in the planning of what the playground markings will look like.

Make sure you have some equipment to resource your playground, which should be kept separate from PE equipment. You may need to do some fundraising.

Nominate some senior students to become Physical Activity Leaders, to organise some of the playground games.

Organise activity stations around the playgrounds; areas to play sport, such as, touch and netball; areas to do physical activities, such as ball skills and skipping and areas to chill such as, chess and building blocks.

Bring back traditional playground games and have an 'activity of the week' such as elastics, skipping, hopscotch, four square or gutter ball.

Make sure all the staff on duty can support the pupils in their activities.

For more information about Active Playgrounds, contact Rachel Walters, Active School's Facilitator, at Sport Canterbury on 03 3735045 or Rachel@sportcanterbury.org.nz



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