

FRUIT in SCHOOLS



Without goals, and plans to reach them,
you are like a ship that has set sail with no destination.

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The SunSmart Schools Accreditation Programme (SSAP) provides accreditation for New Zealand primary and intermediate schools that have developed and implemented a sun protection policy for Terms One and Four, that meets the Cancer Society of New Zealand's minimum criteria. The accreditation process recognises the efforts a school is making to implement a comprehensive sun protection policy.

For more information and to apply on-line visit the SunSmart Schools website:

<http://www.sunsmartschools.co.nz/>

Or contact Cheryl Ford at the Cancer Society:
cheryl@canty.cancernz.org.nz

The SunSmart Schools website also provides full curriculum resources and certificates to reward SunSmart behaviour.



Meet Undercover Cody - the coolest SunSmart turtle...

He's green, he's cute and he has his own natural shade cover suit - kids love Undercover Cody! Undercover Cody teaches kids about staying safe in the sun - it's the perfect time for them to learn how to prevent sun damage and skin

cancer in later life. Check out his interactive website - <http://www.undercovercody.co.nz/page/5-Hi-Kids> with fun games, activities and prizes plus easy to learn SunSmart tips especially for cool SunSmart kids!

Remember **SunSmart Awareness Week** is week five of Term Four (8 - 14 November 2009). Plan some fun activities to celebrate the week!



Let's get moving:

Encouraging kids to build active movement into their daily routine

helps create a pattern that will stay with them for the rest of their lives. Children should participate in at least 30-60 minutes of physical activity for most if not all days of the week.

How do you encourage kids to build movement into their daily routine?

Here are some ideas you may like to try:

- Invite other children over to play and encourage them to play games and activities that involve physical activity
- Buy your child activity based presents such as balls, skipping ropes, hoops, bikes etc...
- Involve your child in an organised activity or sport such as swimming, gym, holiday activity programmes
- Provide a safe area for children to be active and creative
- Get together with other families and take turns supervising the kids at the local park or recreation facility
- Limit TV and computer time
- If realistic, organise a way for your child to walk or bike to school
- Make sure your child has fun, enjoys participating and experiences success

Schools sharing across the community

On Wednesday 23 September, students and teachers from Linwood Avenue School took part in a fun day of skipping activities and exercise.

The day kicked off with the whole school taking part in a Jump Jam session that was led by three students and a teacher from Woolston School.

Fruit in Schools aims to promote positive relationships between schools, and create the opportunity for joint working, sharing and collaboration across the community. This morning was a wonderful example of how one school came to share their knowledge and experience with another.

Seeing what's going on in other schools and sharing those things with each other adds a lot of excitement. It sparks energy and allows teachers to see different practices 'in action' in schools.

With the help from Woolston School, the teachers and students from Linwood Avenue were able to experience, and be actively involved in a new and exciting activity.



Fun and Healthy Fundraising Alternatives

"Fundraising should support the messages being taught in the classroom"

• Fun Run/Walk-a-thon

-Get sponsored to do a sporting event, like a fun run. Can you do three or four extra laps?

• Art/Craft show

-Hold an art show in your school hall and collect donations as admission. You may even want to auction off some pieces of art work.



• Read-a-thon

-Organise a read-a-thon at school. All you have to do is read, and get sponsored for your reading time.



• Thoughtful coupon books

-Get the students to design a coupon book to sell for \$2 or \$3. An example is, 'This coupon is redeemable for...one big hug!'

• Sunscreen Fundraiser

-This is a great idea for a Summer fundraiser! The Cancer Society offers 50g sunscreens at hugely discounted prices so that your school has a healthy alternative for a fundraiser. Buy for \$3+gst and sell for \$5+gst.

• Sell your compost

-Establish a composting system to dispose of your leftover fruit scraps. You can then sell the compost that you produce.



Kiwi Sport Challenge Day

In term two, Richmond School was one of 25 schools to enter the Kiwi Sport Challenge. The challenge was to get the most people from the community engaged in the challenge day, in proportion to the number of children on the school's roll. The Kiwi Sport Challenge Day at Richmond School was a fantastic success thanks to all the parents who came to support the day, and thanks to the students from the New Zealand Institute of Sport, who did an amazing job of running activities. Due to the fields being too wet, our day was organised in the school hall and on the school yard, with children having an opportunity to play parachute games, petanque, obstacle course, unihoc and football. Richmond School children did a Kapa Haka performance at the end of the day as a thank you to Sport Canterbury and the students of the NZ Institute of Sport. As a result of this awesome day,

Richmond School won first prize in the Schools With Under 150 Pupils section, and were rewarded with a \$500.00 gift voucher to purchase much needed new sports equipment.



Frozen Yogurt Pops

Prep time: about one to two hours

Ingredients: 250g of your favourite flavour of yogurt

Utensils:

Small paper or plastic cups
Wooden Popsicle sticks (available in craft stores)
Plastic wrap

Directions:

1. Pour yogurt into paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the Popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the centre of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!



Serves: Three to Four

Variations and suggestions:

If you like, you can make this recipe using plastic ice-pop moulds instead of the paper cups and popsicle sticks. For a cool-looking snack, fill your cups only halfway with one flavour of yogurt in Step 1. Follow Steps 2, 3, and 4. Remove your pops from the freezer, take off the plastic wrap, and spoon in another flavour of yogurt that's a different colour. Put the plastic wrap back on and freeze once more. When your pops are frozen, you'll have two-colour treats!

Contact Information:

Kenna Mackay kenna.mackay@cdhb.govt.nz
Rosie Spencer rosie.spencer@cdhb.govt.nz

DDI: 03 3786823
DDI: 03 3786779