

School Update

Term 3, 2010

Crunch&Sip® contact: Sally Blane
9388 4340 sblane@cancerwa.asn.au



Fruit 'n' Veg Week is here again! 6-10 September

This year marks our 20th Fruit 'n' Veg Week in Western Australia and we are inviting school to 'Celebrate Fruit and Veg!' There are some fantastic activities planned and schools can choose their level of involvement. You may choose to take the simple step of displaying some posters, or get the whole school and community involved in a fruit and veg shared lunch!

Some of this year's activities include:

- Go for 2&5® and Western Australian Institute of Sport student competition. Tell our elite athletes what to eat to perform at their peak.
- Celebrate with a whole school fruit and veg lunch. Invite your canteen, parents, students and staff to have a picnic or party—with lots of fruit and veg of course!
- Turn those sausage rolls and biscuits served at the weekly staff morning tea into some tasty fruit and veg options.
- Apply for a grant for fruit and veg or order some free Go for 2&5® resources. Limited amounts available.

Details of events are available at www.fruitnvegweek.health.wa.gov.au. All WA school principals have recently been posted a copy of the information booklet and a Fruit 'n' Veg Week poster.



Hey Kids! Let's Cook!

Do you have students who are junior chefs in the making? Then this competition is for them! Students who enter could be in a cook-off under the watchful eye of well known Perth culinary expert Chef Dale Sniffen. It's all about making quick, easy and tasty healthy food.

Entry process

Tell us in 300 words or less why healthy eating is important. Describe a favourite healthy recipe that students cook at home. Students can include photos and pictures. The twenty most healthy and creative entries will be invited to compete in a cook-off held at the Dairy Pavilion at the Claremont Showgrounds Saturday 18th September 2010.

Regional students are encouraged to enter with scholarships available to enable finalists to travel to Perth to compete in the inaugural cook-off.

The competition is open to all WA school students aged between 10-12 years

Prizes for the winning schools and the finalists

Winning schools: 1st prize - \$2500, 2nd - \$1000, 3rd - \$500

Prize to be put towards the purchase of cooking utensils/equipment to promote healthy eating within the school.

All cook-off participants will receive great prizes including a family pass to the 2010 Smoke Free Perth Royal Show and much more!

Check out www.healthway.wa.gov.au and www.perthroyalshow.com.au for more competition details and full terms and conditions.

New Crunch&Sip® Schools Term 2, 2010

Butler Primary School,
Butler

Mary MacKillop Catholic
Community Primary
School, Ballajura

Singleton Primary
School, Singleton



In Season Now

Tamarillo

These egg-shaped fruit are great eaten with a spoon for Crunch&Sip®. Children (and adults!) may not have tried these before, but now is the perfect time as they are in season for the next few months. Tamarillos are about the size of a plum, with either purple, red, orange or yellow skin. The inside flesh is orange to black with small edible black seeds. The flesh of the tamarillo is tangy and mildly sweet, and may be compared to kiwifruit, tomato, or passionfruit.



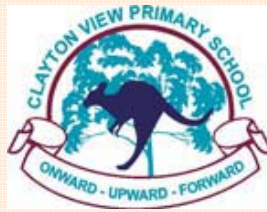
Prior to 1967, the tamarillo was known as the "tree tomato", but a new name was chosen to distinguish it from the ordinary tomato and increase its exotic appeal. The names seem to combine the word "tomato", the Spanish word "amarillo", meaning yellow, and a variation on the Maori word "tama", for "leadership".

Tangelo

Another exotic fruit your students may not have tried is the tangelo—but watch out for the juice!



Tangelo is a citrus fruit that is a hybrid of a tangerine and either a pomelo or a grapefruit. The fruits are the size of an adult fist and have a tangerine taste, but are very juicy. Tangelos generally have loose skin and are easier to peel than oranges. They are easily distinguished from oranges by a characteristic knob at the top of the fruit.



Crunch&Sip® School Profile Clayton View Primary School

Clayton View Primary School has 150 students from Kindergarten to year 7 and is located in Koongamia in the Midland area. The school encourages parents and caregivers to participate within the school and this is reflected in how they have implemented Crunch&Sip®. Liaison Officer Alan Pond and Principal Frank Scarfone shared their experiences of Crunch&Sip® at Clayton View.

Our school was concerned that our students were not eating enough fruit and drinking enough water so our school nurse suggested becoming a Crunch&Sip® school in 2007. Initially it was difficult getting children into the habit of bringing a water bottle and fruit everyday. We offered prizes and incentives for students who remembered and regularly include reminders for parents in our newsletter. We now find that our students drive Crunch&Sip® and keep both staff and parents motivated.

Although our students are now in the habit of having a Crunch&Sip® break, we still promote the program through special events. We have had a visit from Carolyn Minto, the Cancer Council's Regional Education Officer based in Midland to chat to students about healthy eating. The younger students did a fruit tasting and show and tell, and older students did a fruit and veg quiz. Our Crunch&Sip® days have also been a success, with our parents preparing fruit donated by Midland Rotary. We have also incorporated fruit and veg into our community events such as our Mother's Day breakfast.



One of the main benefits of having Crunch&Sip® at Clayton View is allowing children to eat during class. It helps them to refocus their attention. Crunch&Sip® fits in particularly well into the Kindy and pre-primary day, with these students sharing their fruit and veg everyday before recess. Our parents appreciate the program encouraging healthy eating for their kids.



We hope that the healthy eating habits our students are developing now will benefit their long term health outcomes.

Competition Winners!!

The WAIS and Go for 2&5® Community Development Program held a competition in term 2, in which students created a piece of media promoting Go for 2&5® and being active.

Winner: Kellerberrin DHS

Runner up: Allendale PS, Geraldton

Congratulations!



Notice Board

INTERACTIVE WHITEBOARDS

www.foodafactoflife.org.uk

This fantastic UK website provides a progressive approach to teaching about healthy eating, cooking, food and farming from 3 to 16 years. It has interactive games, recipes and videos showing basic cooking skills and techniques and quizzes and tutorials on a range of health and food topics.



www.pgrprogram.com.au

Parental Guidance Recommended (PGR) is a healthy lifestyle education program run by Cancer Council WA with support from Department of Health WA, to help guide parents in their pursuit of good health for their children. PGR educators can visit metro schools for free parent workshops. Great information is also available at the above website with tips for healthy lunchboxes and more! Contact Megan on 9388 4352 for more information.

What is Crunch&Sip®? Crunch&Sip® is a set break to eat fruit (or salad vegetables) and drink water in the classroom. Students refuel with fruit or vegetables during the morning or afternoon - assisting physical and mental performance and concentration.