



# right bite news



South Australia's healthy food and drink supply policy for schools and preschools

**Newsletter No. 6 Term 2 2012**

## From the Chief Executive

Welcome to the first edition of *Right Bite news* for 2012. This promises to be an exciting year as most schools consolidate their fifth year of providing only healthy food and drink options through their school canteen or vending machines. During Term 4 of 2011 and Term 1 of 2012 many of our sites have been involved in a comprehensive evaluation of the policy. This joint research project between the department and Flinders University is being led by leading school canteen and children's health promotion expert, Dr Claire Drummond. Results of the evaluation will be forwarded later this year to the Minister for Education and Child Development and regional directors.

I would like to take this opportunity to thank school and regional leaders for the valuable contribution they have made and are continuing to make to the evaluation and for your ongoing support of *Right Bite* as part of the government's commitment to improving the health and wellbeing and thus learning outcomes of South Australia's children and young people.

Since the *Right Bite* mandate was introduced for all government schools and preschools in 2008, many sites have successfully embedded healthy food and drink supply practices within a whole school approach to healthy eating and physical activity. This acknowledges that effective policies and programs have the potential to improve students' diet quality, academic performance, and, over the long term, their health. As Dr Martin Seligman, our State's most recent *Thinker in Residence* proposes, "It places wellbeing at the centre of learning."

**Keith Bartley, Chief Executive**  
**Department for Education and Child Development**

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### Please circulate to:

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| <input type="checkbox"/> Principal             | <input type="checkbox"/> Teachers                | <input type="checkbox"/> Canteen manager        |
| <input type="checkbox"/> Deputy Principal / AP | <input type="checkbox"/> HPE teachers            | <input type="checkbox"/> Canteen staff          |
| <input type="checkbox"/> Preschool director    | <input type="checkbox"/> Home Economics teachers | <input type="checkbox"/> Wellbeing committee    |
| <input type="checkbox"/> Governing council     | <input type="checkbox"/> Student leadership team | <input type="checkbox"/> Parent representatives |

## Community counts at Yankalilla

Yankalilla Area School, which services the surrounding community, is nestled in an idyllic setting 75 km south of Adelaide on the Fleurieu Peninsula. The 350 children from R-12 in this rural setting have diverse needs and this is equally true when it comes to eating! Since they began their healthy eating journey 11 years ago, they have gradually shifted towards a whole school healthy eating policy based on right bite. They are the first to admit that it has been a gradual but rewarding one.



The school has have instigated many initiatives in their drive to eat well and be active. Most recently a student Eat Well and Be Active forum was formed, comprising two children from each class. This forum will advise and assist the school in their whole school and community approach. Stephanie Mc Pharlin (Reception/1 teacher) leads this fantastic initiative in the school.



In 2011 the traditional Sports Day fundraiser – the ever-popular sausage sizzle – provided a challenge to this whole-school philosophy. The governing council chairperson approached the principal with the suggestion that they approach the local butcher to make sausages that met the right bite nutrition guide requirements. The butcher was willing to oblige! The sausage sizzle was a great success and the school has committed to using them for future events. Parents commented favourably to the local butcher and Charlotte, a Year 2 student said, 'They were yummy. I had two.'



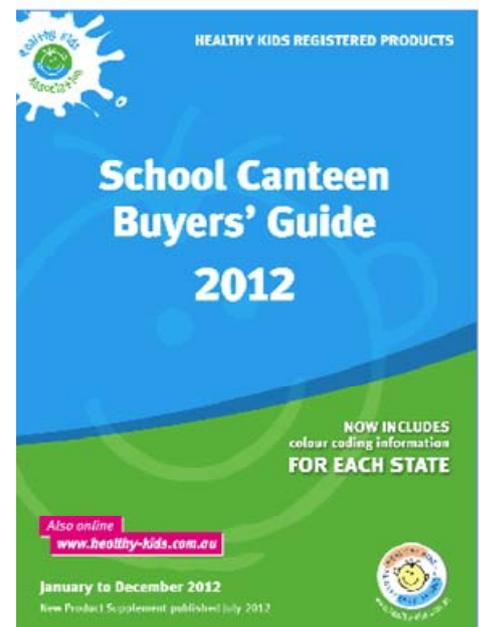
## Using the *Right Bite* website

The *Right Bite* website remains a valuable information source for schools, preschools and their communities in 2012 and provides links to other useful websites. One of these websites is [www.healthy-kids.com.au](http://www.healthy-kids.com.au)

On the *Healthy Kids* website you will find the *School canteen buyers guide* is published each year in January and a supplement in July and sent to schools across Australia. The buyers' guide gives you:

- healthy products to stock in your school canteen
- products categorised GREEN and AMBER for all states
- information on product package and serve sizes.

For more information see the *Healthy Kids* website.



## South Australian School Canteen Network (SASCN)

The Department for Education and Child Development in collaboration with SA Health were proud to be the platinum sponsors for the recent SASCN expo.

Just over 90 schools and a total of 180 canteen delegates from around the State attended the School Canteen Expo. The trade exhibit showcased information from 34 different exhibitors including information and samples of just over 250 food and drink products – all of which met the *Right Bite* guidelines.

The exhibit also provided information on food safety, snack ideas, financial management and best practice in school canteens. Two workshops were held, one on GREENING the Menu while the second workshop focused on operating a viable GREEN canteen.

Principal, Mike Tate and his Chef, Mel Gush from Kilkenny Primary School spoke on their school's experience with the Stephanie Alexander School Kitchen Garden Program. It was good to hear about other areas within a school supporting, promoting and modeling healthy eating habits.

### Membership to SASCN

DECD is providing a \$10 subsidy to schools to register as a member of the SA School Canteen Network. Membership provides schools with access to SASCN newsletters and resources as well as support from network volunteers to meet *Right Bite* guidelines. For registration details please contact Sally Dix at [sallydix1@bigpond.com](mailto:sallydix1@bigpond.com).

### SASCN school canteen training workshops, Term 2

Topics covered will be tailored to suit the needs of the group, but include areas such as:

- menu planning ideas
- once you've removed the RED....what next?
- engaging students – ensuring a popular healthy menu
- costing menu items and setting the right selling price
- food safety and the canteen.

Date	Venue	Time	Register by:
Tuesday 29 May	Northern Elizabeth Vale Primary School	1- 5pm	15 May
Tuesday 19 June	Southern Tatachilla Lutheran College	1- 5pm	5 June

To register for a workshop, email Sally Dix by specified date at [sallydix1@bigpond.com](mailto:sallydix1@bigpond.com)

## Crunch&Sip® Promoting a fruit and vegetable break and drinking water in the classroom

Many schools have introduced a snack time, usually in the morning, where children can have a healthy snack and a drink of water. This chance to 're-fuel' is important for children's continued ability to concentrate and focus learning. The practice of having a scheduled break for children to snack on fruit or vegetables is preferential to all day 'grazing' for a number of reasons. Children who graze throughout the day do not get signals from their bodies about being hungry or full, and this may lead to the consumption of too many kilojoules and the risk of becoming overweight or obese. Also, grazing is not good for teeth as the more times we eat throughout the day, the more chances there are for acid attacks on our teeth.

Crunch&Sip® is free for schools to participate in, and can provide a range of curriculum resources and incentives for students at no cost to schools. Schools can register for the program via a registration form and will be given support to implement Crunch&Sip® strategies. Helpful ideas and information can be found at [www.crunchandsip.com.au](http://www.crunchandsip.com.au).

For details contact: Leanne Rana, Nutritionist, Crunch&Sip® Project Officer Ph: 8222 9115  
[leanne.rana@health.sa.gov.au](mailto:leanne.rana@health.sa.gov.au).

## **eat well be active – primary schools project**

The *eat well be active - primary schools* project has been operating in South Australian schools since 2009, with the aim of building capacity of schools to provide supportive environments for healthy eating and physical activity. Currently 129 schools are engaged in the project.

The project gives schools an opportunity to work with appointed service providers over a period of up to two years to build and promote sustainable curriculum outcomes in physical activity and healthy eating.

The *eat well be active - primary schools* project aligns with the DECD South Australian Curriculum, Standards and Accountability (SACSA) Framework and the Australian Curriculum and supports existing initiatives including the Premier's *be active* Challenge and the *Right Bite* policy.

The project is currently open for expressions of interest in phases 4 and 5. Phase 4 will commence in Term 2, 2012 and Phase 3 in Term 3, 2012. All schools have been sent an expression of interest through Infoconnect.

Jean Blaydes, a renowned international education consultant has been invited back to South Australia by the Minister. During her time here she will work with *eat well be active - primary schools* project schools between 14 June and 5 July. In a highly engaging, dynamic and inspirational presentation style, Jean provides the research and practical application tools for how movement builds the framework for learning. She demonstrates that student's physical movement, emotional, social and cognitive learning systems are interactive and interdependent and that proper development and enrichment of these systems are critical to a child's ability to learn. The *Right Bite* website will provide details of Jean Blayde's workshops and events.

For further information contact; Barbara Hickling, Project Officer  
*eat well be active - primary schools* project email:  
[barbara.hickling@sa.gov.au](mailto:barbara.hickling@sa.gov.au). Phone 82261545.

## **Put the 'snazz' back into the simple sandwich!!**

**The following ideas may help to make sandwiches a little more EXCITING!**

### **TRY:**

- Triple Deckers – make a sandwich with three slices of bread and two layers of filling. Remove the crusts and cut into three strips
- Pita Pockets – half a pocket of Pita bread filled with filling
- Use cookie cutters pressed into your sandwiches to make some fun sandwich shapes. *Imagine how much fun your child would have eating an animal-shaped sandwich!*
- Whole wheat sandwich-size crackers (eg, sandwich-size Vita-Wheat crackers) with your child's favourite toppings
- Vary meats – include lean ham, chicken, turkey, tuna or salmon (in spring water)
- Add reduced fat cheeses
- Use a variety of vegies – like grated carrots, zucchini, lettuce, cucumber and sliced tomatoes (pat dry to prevent sandwiches from going soggy and put them between dry fillings).

### **Here are a few tasty sandwich filling options:**

- Grated carrot, lettuce and sultanas with reduced fat cheese
- Tuna, diced celery and cucumber
- Chicken and chopped celery
- Egg and lettuce
- Apple and cream cheese
- Reduced fat cheese and tomato or Vegemite™
- Chicken, avocado and lettuce
- Ham, crushed pineapple and grated reduced fat cheese with salsa or tomato paste
- Pineapple and grated reduced fat cheese with salsa or tomato paste.

Look on the *Right Bite* website for other newsletter inserts

For further information on *Right Bite* contact Leah Cassidy, Project Manager,  
Health, Physical Activity and Wellbeing Curriculum, at [leah.cassidy@sa.gov.au](mailto:leah.cassidy@sa.gov.au) or 08 8226 4386.