Maintaining the momentum

Celebrating success!

Healthy fundraising
Once a Right Bite food supply for the school or preschool has been achieved, it needs to be maintained. There is a need for continuous improvement and an awareness that this needs to be built into the management process. There are a number of ways that this can be done as suggested below.

• Revisit the Right Bite Food Supply Checklist and identify any areas for improvement. These may be areas that were not a priority earlier on and can now be focused on, or areas that have slipped and need some attention.

• Review the school or preschool healthy eating policy. This document needs to be reviewed annually to ensure that it reflects the Right Bite strategy and current nutrition standards.

• An up to date healthy eating policy provides clear direction to the healthy eating (or Right Bite) committee and canteen staff about the philosophy and operation of the canteen and the food supply across the whole school or preschool environment.

• Review the preferred options and strategies that were selected and documented on the Right Bite Food Supply Action Planner. Check that these were successful and if not, reconsider alternatives that were suggested during the planning phase as some of these may be more effective.

• Seek feedback from the broader school or preschool community on a range of issues related to satisfaction with the canteen or food service and any other food and drink issues relating to the Right Bite Healthy Food and Drink Supply Strategy across the school or preschool site. Also invite new ideas and suggestions for change. These may include:
  – creative ideas for promotions
  – new food ideas, including commercial and canteen prepared foods
  – ways of involving students in the operation of the canteen and promotion of healthy foods

  – ways to reduce packaging and wastage, making the canteen/food service more ‘environmentally friendly’
  – ways to attract and keep volunteers.

• Encourage the active participation of children and students. This is very important to the ongoing success of a school canteen. Children and students can be involved in many ways and they can help to identify these. Some examples include surveying their peers, developing promotional materials, drafting letters to parents, membership of the canteen committee and working in the canteen.

• Invite new people to join the Right Bite committee. New members often bring creative ideas and enthusiasm and may identify issues that have not previously been noted.

• The canteen can be a useful resource to support classroom teaching. Classroom links can be made in a range of learning areas such as the Arts, Society and Environment, Mathematics, English, Science, Health and Physical Education, Design and Technology.
School: Flagstaff Hill Primary School
Flagstaff Hill Primary School has adopted a whole of school approach to healthy eating by using the *eat well sa healthy eating in schools and preschools* implementation guide to identify their strengths and gaps in all six areas of the guidelines framework for whole of school nutrition policy. In July 2006, they went through the implementation guide self assessment tool, and formed an action plan that would address the gaps in the various guideline areas such as curriculum, the learning environment, food supply, food safety, and working with families, health services and industry. Some of the things that have been implemented are as outlined below:

**Curriculum**
- Developing a resource folder for healthy eating for all current staff (and new staff as part of their induction).
- Upgrading cooking equipment for the school and canteen.
- During one term all classes made a commitment to deliver information about healthy eating choices across the whole school. Part of the week’s activities (Healthy Harold Week) included a star chart linked to healthy food groups with a star allocation given to each item students brought to school that week. Two classes extended this further and went on a class excursion to the market.

**Learning environment**
- At least 80% of classes now make time for a healthy fruit/veg snack during the day. Students are encouraged to drink water when they need to.

**Food supply**
- A series of panels (10 metres long) were painted portraying healthy food choices and displayed along the canteen wall where students queue to use the canteen.
- All classes have been supplied with a healthy food poster to be displayed in teaching areas.

**Working with families, health services and industry**
- To help promote healthy eating messages to parents, some information about healthy eating choices is included in the school newsletter at least once a term.
- The school linked with Coromandel Valley Community Centre in 2005 and 2006 to focus on cultural foods. In 2005 Japanese food was the focus, and students made and sold sushi. African food was the focus in 2006. African visitors came to the school and two classes worked on this theme, incorporating African food.
Celebrating success!

Achieving a *Right Bite* school or preschool food supply is cause for celebration. It will often have been achieved through the hard work and dedication of committee members and the food supply staff. Making a public announcement about this success acknowledges the hard work of these people. It also makes it clear to the school or preschool and the broader community that the nutritional health and wellbeing of students is a high priority for the school or preschool site, and that this is demonstrated by providing a *Right Bite* food supply.

Some ideas for celebrating success include:
- reporting on the success of the strategy in the school newsletter, District Office newsletter
- inviting the local media to run a ‘good news’ story on the school or preschool food supply strategy
- organising a ‘Celebrate success in the canteen’ morning tea for all those involved and the broader school community
- when promoting your school or preschool, include reference to your policy of providing healthy food and drinks to children or students.

**Healthy fundraising**

Fundraising activities are an important part of most school communities. They can be an excellent way of involving everyone in the school in health promoting activities and they can often be ‘friend raisers’ as well.

There are many fundraising ideas that can raise revenue for the school and complement the nutrition and health messages taught in the classroom. Healthy fundraising can also reinforce the work of the canteen in promoting healthy food choices.

Some examples of broad areas of healthy fundraising that support the *Right Bite* strategy include:
- healthy barbecues
- physical activity, eg walk-a-aths, fun runs, bike-a-aths, round robin sporting competitions at lunchtime organised by students such as soccer, basketball, netball
- leisure, culture and the arts, eg local cinemas run preview screenings of new movies and a percentage of the profit comes back to the school, production of a school recipe book, student talent quests, art shows
- other – selling sun screen, car boot sales and renting the school grounds for markets.
Celebrate! : Fundraising

PART 2 : Section 6

School: Para Hills West Primary School

At Para Hills West Primary School student wellbeing is a major priority and focus in curriculum, school programs both in and out of school hours, and in behaviour management. In regard to healthy eating, the school already had a supportive learning environment with a healthy food break, water bottles on tables and physical activity breaks to enhance concentration and improve on-task learning time. It was then a natural progression that the canteen should also be part of the school’s wellbeing framework.

Although most of the school community and canteen manager were supportive of the concept of a healthy canteen, there was a belief in the myth that a healthy canteen would quickly be unviable. However, the canteen took on the challenge to move towards a healthier menu, but was not expected to make profits during the changeover. There was in fact an increase in sales and profits of healthy menu items, hence dispelling the long held myth!

The canteen manager at Para West is now one of the strongest advocates for healthy foods in the canteen. She is a driving force and totally committed. The school is very proud that the healthy canteen is now congruent with their school values and beliefs about student wellbeing and meeting the needs of the child.

Before the introduction of the healthy canteen many students had access to some healthy food options. The healthy canteen has played an important role in expanding the range and choice of healthy foods available to them.

Para West is now seeking funding to:

- Support an upgrade of facilities and resources that will allow the canteen manager to provide culturally relevant food choices to the diverse school community.
- Run a program to educate parents and community members about the links between healthy eating, healthy lifestyles and improved longevity and life options. This will be in conjunction with a whole school curriculum focus on ‘Healthy Lifestyles’.

Case study

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