



**Live Life Well @ School**

# Providing a whole school approach to nutrition and physical activity



A joint initiative between the NSW Department of Education and Communities and NSW Health



# Benefits of the Program

Improving quality of teaching FMS & nutrition education

Improve student's health & learning outcomes

'Whole of school approach'

Professional development hours for teachers

Ongoing support from Local Health District



# Available Resources

## Live Life Well @ School

A joint initiative between NSW Health and the NSW Department of Education and Communities.

### RESOURCE CATALOGUE

#### HEALTHY EATING

**Australian Dietary Guidelines**  
Information about the food groups, portion sizes and dietary patterns.



Australian Guide to Healthy Eating



Eat for Health Educators Guide



Healthy Eating for Children

**Schools Canteens**  
Information about the Fresh Tastes @ School Healthy Canteen Strategy. Ideal for canteen managers, teachers and parents on school canteens, health promotion in schools and healthy lunchboxes



Fresh Tastes @ School Canteen Menu Planning Guide



Fresh Tastes @ School: Food Matters @ School, Information for Parents

#### Crunch & Sip

Information and supporting resources to implement a fruit, veg and water break program in primary schools



Crunch & Sip Parent Brochures



Crunch & Sip School Resource Pack

#### GARDENS

##### Kitchen Gardens & Curriculum Links

Teacher resources, including curriculum linked lessons and activities integrating the garden and healthy eating.



Coal Loader Garden Project



Kids Grow, Kids Cook



Kids Grow



Easy Composting



Easy Worm Farming

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### RESOURCE CATALOGUE

#### PHYSICAL ACTIVITY

##### Fundamental Movement Skills

PDHPE curriculum support and information for explicit teaching of the Fundamental Movement Skills.



Live Life Well @ School FMS in Action



Get Skilled Get Active



National Physical Activity Recommendations



FMS Activities Resource



Observing FMS

#### NORTHERN SYDNEY LOCAL HEALTH DISTRICT SUPPORT

##### Links to Further Resources

Links to useful websites and other resources to support teaching of nutrition and physical activity



Resource Navigation Tool



NSLHD Live Life Well @ School Website

##### Fact Sheets

Information on healthy eating and physical activity ideas, events and celebrations



Ideas on Increasing Physical Activity at School



Newsletters and Events Calendar

##### Policy and Planning

Templates to support policy reviews and management plans



School Management Plan



School Nutrition Policy

##### Presentations

Presentations which support and promote the Live Life Well @ School Program, Nutrition and Physical Activity



Crunch & Sip Presentations



Kindergarten Orientation



P&C/P&F Presentations



Parent Presentations



#### For further information & Support

Jonathon Noyes | T: 9976 9532 | F: 9977 7531  
E: jonathon.noyes@health.nsw.gov.au  
W: www.nshealthpromotion.com.au



Health  
Northern Sydney  
Local Health District



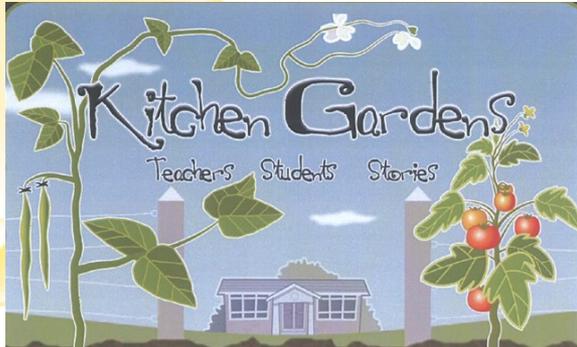
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# Available Resources



### The easy compost fix-it guide

As composting is a natural process, it doesn't take much to get it going. Some solutions are listed below.

<b>Smelly compost?</b> If it gets too wet or there is not enough air in the heap your compost can smell. A common cause is that the heap is not turned and not enough air is getting to your compost.	<b>Fix it</b> Turn the compost to aerate it. Add garden waste, straw or cardboard to the heap. Turn the compost to add air.	Combine organic scraps regularly with mulch or garden waste. Add garden waste, straw or cardboard to the heap. Give your compost heap a flow of plants to remove good drainage.
<b>Unwelcome visitors?</b> Ants, caterpillars, chafers or crickets can damage your compost.	<b>Fix it</b> Turn the compost to discourage ants and caterpillars. Use wire under the compost bin or heap before keep out mice and rats. Avoid putting any animal products, animal feed or mulch in the compost.	Turn the compost to discourage ants and caterpillars. Use wire under the compost bin or heap before keep out mice and rats. Avoid putting any animal products, animal feed or mulch in the compost.
<b>Compost slow to mature?</b> A slow composting system can mean that the compost is not hot enough, or there may not be enough air in the heap.	<b>Fix it</b> Add nitrogen rich material, such as kitchen scraps or green garden vegetables. Turn the heap and add water. Cover the compost with insulating material if it gets too cold.	Turn the compost to encourage air and caterpillars. Use wire under the compost bin or heap before keep out mice and rats. Avoid putting any animal products, animal feed or mulch in the compost.

For more information visit [environment.nsw.gov.au/bioenergy/comp](http://environment.nsw.gov.au/bioenergy/comp)

Contact: Environment Line 131 355

Compost bins and worm farms are available from some local councils.

NSW Office of Environment & Heritage *Let's Grow Green*

## Easy composting

Create your own Eden

### The easy worm farm fix-it guide

Worm farms are easy to look after - you will only need to spend a few hours maintaining your worms. But sometimes there can be problems. Some common problems and their solutions are listed here.

<b>My worm farm smells</b> Your worms may be smelly or too wet.	<b>Fix it</b> Feed your worms slowly and gradually build up the amount of food you give them. Make sure your worm farm is well drained or your worms may drown.	<b>My worms won't multiply</b> Worms need the right conditions to do their job. Keep them cool (18-25°C), moist but not too wet, away from direct light and have them breathe. Make sure the soil is rich with nutrients. Feeding and watering them can help.
<b>Unwelcome visitors?</b> Ants or caterpillars may be the cause of a smelly worm farm.	<b>Fix it</b> Feed a bit of soil or extra food to your worms. If your worms have also been placed in a bag of water, feed moist paper.	<b>Vegeter fix!</b> Add paper.
<b>For more information visit</b> <a href="http://environment.nsw.gov.au/bioenergy/comp">environment.nsw.gov.au/bioenergy/comp</a>	<b>Contact:</b> Environment Line 131 355	<b>For more information visit</b> <a href="http://environment.nsw.gov.au/bioenergy/comp">environment.nsw.gov.au/bioenergy/comp</a>

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## Easy worm farming

Create your own Eden

## KidsGrow Munch and Crunch Garden

Gardening that is purposeful, smart, connected and fun  
Authentic food cycle learning experiences

I'm Gary  
I love measuring, weeding, harvesting and eating

I'm Gabby  
I love planting, weeding, harvesting and cooking

Every school a garden  
Every child a gardener  
Every plant a learning experience

Primary & Secondary Australia  
NSW Office of Environment & Heritage  
NSW Health  
NSW Agriculture  
NSW Forestry & Horticulture  
NSW Local Government Association

## coal loader garden project

waverton nsw

A health resource for primary school children years 3-4

NSW Health Northern Sydney Local Health District

## KidsGrow KidsCook

A resource to support practical gardening and cooking experiences in primary schools

NSW Health  
NSW Health  
NSW Agriculture  
NSW Forestry & Horticulture  
NSW Local Government Association

# LLW@S Initiatives





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# Ryde LLW@S Contact

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Northern Sydney  
Local Health District



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**Sustainable gardening workshops  
& resources**





Building the school garden

READY, SET  
GROW 



Teaching students how to garden

READY, SET  
GROW 



Linking school gardens to curriculum outcomes





## Harvesting the food





Harvest celebration





Sharing workshop



# How are schools utilising their Fruit & Veg gardens?

- **Numeracy in the Kitchen Garden** - Linking your school food garden to mathematical curriculum outcomes
- **Canteens** - KidsGrow KidsCook resource:  
<https://healthy-kids.com.au/category/66/kitchen-garden>
- **Science** - Teachers can incorporate the garden easily (eg. extracting chlorophyll, photosynthesis etc)
- **PDHPE** - Coal Loader Health Topics Resource etc.
- **Art** - Scarecrows, drawings, garden signs, pumpkin comps

