



Curriculum Chatter

No. 7 2005

Healthy Living at Croydon Hills

CARING

Caring about ourselves
Caring about others
Caring about our environment



As part of our Thinking, Learning, Caring (TLC) and Sustainable Schools Program Croydon Hills is committed to teaching our students how to maximise their learning potential by knowing how to care about themselves and their environment. Over the next few weeks there will be a renewed focus on many aspects of our approach to healthy living. We continue to encourage your child to bring a water bottle and healthy snacks ('brain food') to school every day and that their lunches are as rubbish-free as possible to reduce waste going to landfill and enable us to compost what is left.

Food and Nutrition Policy

Our Food and Nutrition Policy was ratified at the September School Council Meeting. Please look for the final version on our web site or pick up your own copy from our Healthy Living Display in the school foyer. Thankyou to our writing team, which included representatives from staff, parents, school canteen and Out of Hours School Care.

Fruit + Veg Week

Although week 3 this term is officially Fruit + Veg there will be some lead up activities taking place as well. Please take the chance to look at our new display in the school foyer. Next week 'Melbourne Markets Fresh Program' will be coming to Croydon Hills. There will be 3 sessions throughout the day on Wednesday 12th October. The program is designed to educate children about the importance of fruit and vegetables in their diet and the processes involved in bringing produce into their home. Each session concludes with a tasting of seasonal produce with prizes donated by the industry. Each child will also receive a showbag.

Competitions to enter at school (don't forget name and class on entries) Entry forms available from classroom teachers or Mrs Byron-Smith.

1. Yummiest veg recipe **2. Yummiest fruit recipe** bring a copy of your favourite recipes and JSC will judge the winners

3. Best Fruit + Veg poster – prizes for each level

4. Name the most fruits **5. Name the most vegetables** **6. Fruit + Veg Chain**

list as many as you can find (internet, books, charts in foyer, library, supermarkets) must be correct spelling

Walk to School Day

Maroondah will be celebrating "Walk to School Day" on Thursday October 13th. It is easy for anyone to participate – all you have to do is walk to school!! A fantastic prize is on offer for the top three classes in Maroondah. Let's see what we can do! We already have 5 walking school buses operating and what a great way to reinforce a positive message about exercise. – more news on the back of this chatter. (look for Mrs Mac's Curriculum Chatter coming soon about healthy activity)

Rubbish-free Lunch Policy

This is currently being drafted by a group of students from Junior School Council and our Eco-mentors

Staff Pedometer Challenge

Even our hard-working staff have risen to a challenge. Over the next fortnight lots of teachers will be wearing a pedometer each day at school. We are in 4 teams which won't be announced until the end of the challenge. Which team will do the most walking??? You may have to talk to us on the run until then!

Robyne Byron-Smith – (Curriculum and Staff Development)