

West Wimmera Health Service and their Health Promotion Team acknowledge the Traditional Owners of the country on which we do our business. We respectfully acknowledge the Wotjobaluk, Jaadwa, Jadawadjali, Jupagulk and Wergaia peoples, and their elders past, present and emerging.

Wimmera Healthy Schools Newsletter



Welcome to our May Newsletter

We're excited to share information and resources to help you make your school a healthy place to be.

Contents:

- Wimmera Healthy Schools Newsletter introduction
- The 11th of June is International Day of Play
- What are other schools doing?
- Teachers mental wellbeing
- Vic Kids Eat Well - let's set up some healthy habits
- Healthy Lunchbox Ideas

May 31 is World No-Tobacco Day

At the end of May, the WHO hold a day to advocate for no tobacco for 24 hours.

The day is also used to encourage young people to not use tobacco. This is because 37 million children aged between 13-15 years used tobacco typically through vaping.

We'd love to see every school get involved to help stop the use of tobacco for our kids.

More information about the day can be found here:

<https://www.who.int/campaigns/world-no-tobacco-day/2025>



The 11th of June is International Day of Play

Another day that is coming up fast is the International Day of Play.

This day is also run by the WHO and it is going into its second year. We all know that play is extremely important for children not just from a physical perspective, but an emotional one too. Play helps children develop the cognitive, physical, creative, social, and emotional skills they need to thrive in a rapidly changing world.

Of course playing isn't just about running around the playground, it can also mean doing something productive that you enjoy. As long as play is enjoyable and promotes development let's encourage our kids to get out and do it!

We'd love to see how you plan to celebrate this important day!



What are other schools doing?

Every school is unique and do plenty of things that benefit not only the students and teachers, but also the whole community. It's also challenging to start new and exciting projects around your school for a number of reasons, but we thought it'd be a good idea to show you what some other schools are up to in the health and wellbeing space.

In Benalla, a project called 'Benalla Grow Your Own' has taken off on its journey of helping the community reduce food insecurity and improve healthy eating. Benalla Health along with several partners including the local school have set up a space for people who are food insecure to have their own garden beds to grow food themselves.

In a few short years there has been 195 garden beds created by local partners such as the Benalla P-12 school and been set up in local facilities and the local school. This initiative has helped hundreds of people build skills around growing and sharing food as well as provide a space to be socially connected.

Would you be interested in this type of project?



Teachers mental wellbeing

There is no doubt teachers are a critical part in the school community. Teachers work tirelessly during and out of school hours to ensure their students are happy, healthy, and developing all the time.

As a result, this can be incredibly taxing on a teachers life. Like anyone, it is important that they take the time to look after their mental health and wellbeing. By doing this in an ongoing manner teachers can find they are not only benefiting themselves, but their whole school community.



But what are some ways teachers can do this? There are a variety of ways teachers can use to support and look after their mental health and wellbeing. It could be as simple as taking a long walk after work, or doing some yoga, or simply doing something they love by themselves or with loved ones. Something that can be done though is set up a wellbeing plan. Be You along with Beyond Blue have set up a 'Wellbeing Plan for Educators' which can be incredibly helpful if you have a lot on your plate as a teacher and are not sure how to express how you're feeling.

The link to the plan can be found here:

<https://beyou.edu.au/-/media/resources/tools-and-guides/wellbeing-tools-for-you/practice/be-you-wellbeing-plan-for-educators.pdf>

Vic Kids Eat Well - let's set up healthy habits

Vic Kids Eat Well is helping schools take simple step to make a big impact. Boosting healthy and food and drink options where children spend their time.

How does it work? Once a school register's they select which of the 'bites' they would like to work toward first.

What are the Vic Kids Eat Well 'Bites'? They are clear and simple steps to making healthy food and drink options available for kids. There are four 'Big Bites', each of which broken into achievable 'small bites'.

- What are the 'Big Bites'?
- Refresh the fridge
- Switch up the snacks
- Change up the menu
- Put the fund into fundraising and marketing

Would rather your school focus on meeting policies and guidelines requirements? Vic Kids Eat Well can help you meet those requirements. The Vic Kids Eat Well bites align to a range of policies and guidelines including:

- Healthy Choices Guidelines
- Department of Education and Training's Canteens
- Healthy Eating and Other Food Services



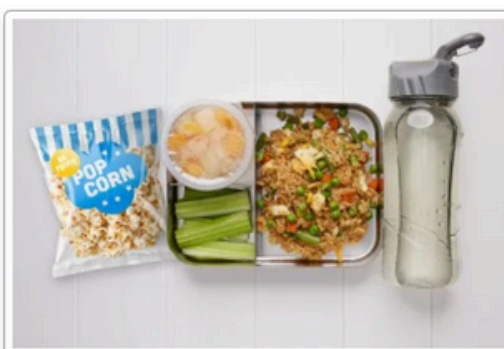
Want to know more? Email the local Vic Kids Eat Well Health Promoters at health.promotion@wwhs.net.au

Healthy Lunch Box Ideas



What's inside?

- Chicken and lettuce sandwich on wholemeal bread
- Carrot sticks
- Apple
- Yoghurt tub
- Water



What's inside?

- [Fried rice](#)
- Air popped popcorn
- Celery sticks
- Tub of fruit in natural juice
- Water



What's inside?

- Vegemite sandwich
- Roasted fava beans
- Cherry tomatoes
- Grapes
- Water

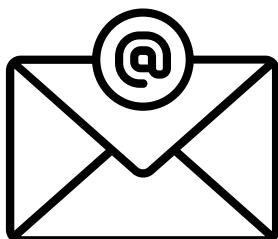
Instead of providing a recipe to go off and make, we thought it would be better to provide schools with what a simple yet nutritious lunchbox can look like that won't break the bank.

Most of the lunchbox should ideally be veggies and breads/grains with small portions being made up of dairy, meat and meat alternatives, and a snack.

Some other simple lunchbox ideas can be found here:

<https://healthymadetasty.com.au/healthy-lunch-box-examples/>

We Want to Hear From You!



What does your school do to support the health and wellbeing of its school community? Let us know by emailing health.promotion@wwhs.net.au

[Email](mailto:health.promotion@wwhs.net.au)