

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 August Newsletter

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

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September 8th is International Literacy Day

Frederick Douglas once said
"Once you learn to read, you will be forever free."

Literacy is more than just reading and writing - it is the passage to freedom, a voice and a bridge to opportunity.

This year's International Literacy Day theme is "Promoting multilingual education: Literacy for mutual understanding and peace". It highlights how those that use a multilingual approach to literacy development and education, reap many benefits including a greater understanding and respect.



How will your school celebrate International Literacy Day?

Food: What Kids Really Want

Knowing what kids want when it comes to food can be tricky and it can be a daily dilemma for parents.

Vic Health recently surveyed 500 parents and their kids aged 4 to 12 years from around Victoria to find out what primary school children (and their parents) care about when it comes to food and family mealtimes.



The results may surprise you!

Two of the key findings from the survey were:

1. Kids actually do want to help around the kitchen (more than parents might realise).
2. Kids like spending time together as a family more than the food.

To find out more about the results of the survey and some tips for parents on its findings click the button or scan the QR code.

[VicHealth Findings](#)



Let's Get Active Next School Holidays

Let's face it, we love a good competition here in the Wimmera and we love our sport! So let's have some fun next school holidays!

Encourage your students to get active next school holidays by running a 'Let's Get Active' competition between classes or year levels.

How would it work?

- Get kids to track their activity throughout the school holidays.
- Tally up the amount of activity each team does.
- Announce the winner at the school assembly at the beginning of next term.

Hot Tip: Get Active Victoria's Teams and Events could be used to help track activity done by each team and the competition. Click the button below or scan the QR code for more information about it.



[Get Active Victoria Teams](#)



Supporting Teacher's Wellbeing

It is a well-known fact that teachers often work more than the typical 76 hours per fortnight of a full-time worker. Beyond the time in the classroom, they often spend time working on work plans, grading, going on school camps and a lot more.

The hard work they do everyday is one part of why it is important to support teacher health and wellbeing.



Some other reasons include:

- Teacher wellbeing is linked to student wellbeing and can ultimately contribute to learning outcomes.
- There is a strong connection between teacher wellbeing and the quality and effectiveness of their teaching.
- Teacher stress, perceived and actual, impacts recruitment and retention.
- Healthy employees are more productive, have more energy, have higher self-esteem, have a lower risk of chronic disease and generally feel happier at work.

There are lots of things that school leadership groups can do to support the teacher's wellbeing at their schools. Such things can include but are not limited to, taking a whole-of-school approach to health and wellbeing, encouraging self-care, supporting staff and making sure they feel valued, and providing access to support networks and resources. Find further information and resources via the button below or scan the QR code.

Principal and teacher wellbeing



Tips for Children (and Adults) to Avoid Sore Backs

Your homework station should be set up as follows:

- Your feet are flat on the floor, and
- You avoid doing lots of bending of your back, neck or wrists

Your backpack should:

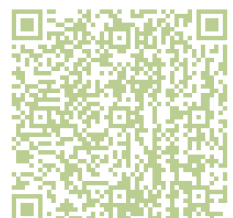
- Not have too much weight in it
- Have the heaviest items closest to the back of the bag
- Use both shoulder straps

Move your body

- Don't sit in one position too long
- Do some stretches in your seat, or
- Get up and stand or walk around for a bit

Find more tips via the button or scan the QR code.

More to combat sore backs



Healthy Lunch Box Idea - Banana Raspberry Muffins

Makes 12

Ingredients:

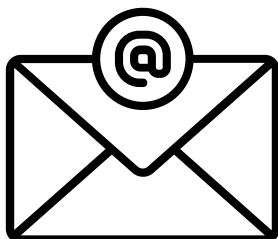
- 2 Large ripe bananas
- 1 tsp Vanilla essence
- 1/4 tsp Baking soda
- 180ml reduced-fat milk
- 1 Egg
- 80ml Canola oil (or other poly or monounsaturated oil)
- 1 cup white self-raising flour
- 1 cup wholemeal self-raising flour
- 1 Tbs Cocoa
- 1/4 cup Sugar
- 1 cup frozen raspberries



Method:

1. Preheat oven to 200C.
2. In a medium bowl, mash the bananas with a fork and mix in vanilla essence.
3. Add the baking soda and milk
4. In a separate bowl, lightly beat the egg and oil, then add the banana mixture, stirring well
5. In a large bowl, sift the flours and cocoa together, then add the sugar.
6. Make a well in the centre of the flour mix. Slowly add the liquid ingredients and the raspberries, then fold to combine. Be careful not to over-stir.
7. Pour mixture directly into non-stick muffin trays, or line with paper cases, and bake for 20-25 minutes.
8. Take muffins out of tray and allow to cool on a cake rack.

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)