

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 February Newsletter

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

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## February 9-15 is National Lunchbox Week

On the first or second week of term 1, it is National Lunchbox Week!

National Lunchbox Week is aimed at providing teachers and parents with healthy lunchbox tips and information right at the start of the year.

To find more information for teachers head to:

<http://www.lunchboxweek.org/teacher-resources>



# Back to school - let's establish a good routine!

It's incredibly already February, which means it's time to head back to the classroom.

This also means it's time to set up some good routines again, especially for the little ones who may be starting school for the first time.

Here are some simple tips to make sure your kids are safe and have a great start to the year:

- Set up a sleep schedule. Make sure electronics are off before bed
- Create a good environment at home for kids to do their homework
- Ensure kids have a nutritious breakfast every day
- Make sure your child knows the safest way possible to get to school if they walk or ride to school.



## Being open about bullying

Schools are certainly aware of the harmful effects of bullying and the need to do something about it. There is always plenty being done to try and prevent bullying, but bullying may still happen away from supervision.

When this happens it is extremely important to know how to react, whether you're a teacher, parent, or friend. Children just simply want to be heard and taken seriously, but can struggle with telling someone they know. If a child comes up to speak to anyone in the school community, it's important to remember these things:

- Reassure them that you will try to **help them**.
- **Avoid minimising** the issue or saying dismissive things that imply the issue is not important.
- Find a **suitable place** to talk or make a time to discuss the problem privately.
- Ensure that your **voice is calm** and your body language is open as you listen.
- **Listen** without interrupting, using only encouraging questions or sounds to show you are listening.
- Only after you have **heard their whole story** should you ask specific questions if you need more details.

If you're looking for more information head to the Bullying No Way website for schools:  
<https://bullyingnoway.gov.au/>





# 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 and holistic 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 by embedding self-care activities into their everyday lives, such as being physically active, catching up with friends, or setting boundaries around work. It can also be through other more formal systems and structures. This can include support networks, the workplace culture, and support and resources provided by the school leadership.



Are you a teacher and would like some help figuring out a self-care plan? ReachOut has some great resources on how to develop a self-care plan. Find them by scanning the QR code.

## Achievement Program - let's set up healthy habits



Want to make your school a health supporting place to be?

Not sure where to start, or what can be done?

The Achievement Program could help! The program provides a framework to support a whole-of-school-approach to health and wellbeing. Centred around seven key health areas:

- Healthy Eating and Oral Health
- Physical Activity and Movement
- Sexual Health and Wellbeing
- Mental Health and Wellbeing
- Sun Protection
- Safe Environments
- Tobacco, Alcohol and Other Drugs

Want to know more? Go to <https://achievementprogram.health.vic.gov.au/education/schools> or email the local Achievement Program Health Promoters at [health.promotion@wwhs.net.au](mailto:health.promotion@wwhs.net.au)

# Healthy Lunch Box Idea - Healthy frittata recipe



## Ingredients:

- 1 tbsp extra virgin olive oil
- 250g packet sweet potato noodles
- 250g packet [zucchini](#) noodles, drained
- 2 tomatoes, chopped
- 2 garlic cloves, finely chopped
- 2 green shallots, trimmed, thinly sliced
- 1/2 cup shredded fresh basil leaves, plus extra to serve
- 8 large eggs
- 20g (1/4 cup) finely grated parmesan
- 125g feta, cut into thin slices, halved

## Method:

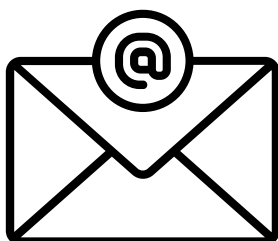
### • Step 1

Heat the oil in a 19cm (base measurement) 24cm (top measurement) ovenproof frying pan over medium-high heat. Add the sweet potato noodles to the pan and cook, stirring often, for 8 minutes or until softened. Add the zucchini to the pan and cook, stirring often for 3-5 minutes or until the sweet potato is tender. Add the tomatoes, garlic and shallot and cook for a further 2 minutes. Stir through the basil. Use a slotted spoon to transfer to a bowl.

### • Step 2

Preheat the oven to 170C /150C fan forced. Whisk together the eggs with 2 tablespoons water. Season. Stir through half of the parmesan. Pour the egg mixture into the frying pan. Top with the noodle mixture. Arrange the feta on top. Sprinkle with pepitas and remaining parmesan. Cook on the stove top for 5 mins. Transfer to the oven and cook for 15-20 minutes, or until the eggs are set. Serve with extra basil leaves.

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

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