

kidsnews

Kids – 'Go for your life'

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Kids – 'Go for your life'

newsletter issue 5

Getting the jump on a healthy lifestyle



**MOVE,
PLAY
AND GO**

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A recent survey of 3000 parents conducted by Kids – 'Go for your life' reports one third of children are not reaching the recommended physical activity guidelines of 60 minutes of activity a day.

Health Minister Daniel Andrews demonstrated his commitment to improve the physical activity levels of Victorian children by officially launching the Kids – 'Go for your life' Move, Play and Go campaign at Bell Primary School in Preston on Wednesday 16 July 2008.

As the issue of overweight and obesity in Australian children continues to intensify, the Kids – 'Go for your life' Program offers a supportive framework for parents and teachers, with practical options to help ensure children experience physical activity and active play every day, Mr Andrews said.

'Daily opportunities for active play contribute to optimal development in all children,' he said.

The Kids – 'Go for your life' Move, Play and Go campaign supports the fact that active play provides the foundations for children to develop lifelong physical activity behaviours and consequently the enjoyment of a long-term healthy lifestyle.

Dr Suzy Honisett, Manager of Kids – 'Go for your life' said creating environments for children in which active play is encouraged and enjoyed is vital to reducing childhood obesity and the impact of chronic diseases later in life such as diabetes and cancer.

'We know significant rates of cancers and diabetes are caused by an unhealthy lifestyle, and a large proportion of these are due to overweight and obesity. Research shows 25 to 50% of obese children carry it with them into adulthood, and therefore by addressing the childhood obesity epidemic now, we can avoid a steep increase in these diseases in years to come.

'Children's settings, such as primary schools and early childhood centres, are ideally placed to make a real difference by encouraging physical activity in early life, and supporting children in developing lifelong healthy behaviours,' said Dr Honisett.

The Kids – 'Go for your life' Award Program promotes six healthy messages:

*Tap into Water;
Plant Fruit and Veg in Your Lunchbox;
Limit 'Sometimes' Foods;
Move, Play and Go;
Turn Off, Switch to Play;
and Stride and Ride.*

For more information on the Kids – 'Go for your life' Move, Play and Go campaign visit www.goforyourlife.vic.gov.au/kids or call 1300 739 899.



Health Minister Daniel Andrews congratulates Bell Primary School for becoming an Award school.

A message from the Manager

Too cold/too hot outside to play?

All children need to Move, Play and Go, and playing outdoors should be a key component of children's daily physical activity. Outdoor play is associated with higher levels of physical activity in comparison to indoor play and provides children with a greater opportunity for large muscle group activity. However, a recent Kids – 'Go for your life' survey shows one third of children are not meeting the current daily physical activity recommendations.

The home environment is an important place to support and promote children's physical activity, particularly during the times of 3.30 - 5.00pm. However, with children spending up

to 32.5 hours a week at school and increasing time in care, these also provide an important environment to promote outdoor physical activity.

Recent data from the Kids – 'Go for your life' Program shows 48% of Victorian child care and family day care staff and 52% of kindergarten staff consider a lack of alternate activities a problem when the weather turns bad preventing children playing outside. Which makes you wonder – is the weather a key barrier to children meeting these physical activity guidelines?

An Australian study shows children spend double the amount of time outside in summer compared to winter, which was associated with higher

levels of physical activity among older children. This study also found parents saw 'too dark' or 'too cold' weather in winter as barriers to children's outdoor play. However, when children were asked about barriers to physical activity only 20–28% reported 'too dark' or 'too cold' in winter to play outside as a barrier to physical activity. In fact, approximately 95% reported they liked playing outside with friends.

We can all get more activity in our lives and enjoying this activity outside in the park, the backyard, the childcare or school grounds is a great way to add up the activity children need each day.

Dr Suzy Honisett
Kids – 'Go for your life' Manager

Ballarat kids kick goals

Ballarat sporting heroes from the Selkirk Roosters join the fight to make healthy eating and physical activity a priority in children's settings by becoming local champions for the Kids – 'Go for your life' Program.

The club undertook their first official engagement on Tuesday 24 June at Delacombe Primary School where player Tom Limb congratulated the school at their assembly for becoming the first in Ballarat to receive a Kids – 'Go for your life' Award, and announced the club's commitment to the Program.

'A healthy lifestyle is so important. It keeps me motivated, and has helped me achieve success. Being a role model for kids in Ballarat and encouraging them to make healthy choices to ensure their long-term health is my priority as a local champion for the Kids – 'Go for your life' Program,' said Tom Limb.

To encourage Ballarat kids to enjoy active play every day, a Super Football

Clinic was held on Tuesday 1 July at AUSTAR Arena where players spoke to over 155 kids about the importance of healthy eating and physical activity, and shared some tips to help kids Move, Play and Go!



**MOVE,
PLAY
AND GO**



**PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX**



Delacombe Primary School students with Principal David Broadbent, Kids – 'Go for your life' Primary School State Co-ordinator Natalie Russell, Selkirk Roosters player Tom Limb, and Ballarat Mayor Stephen Jones.

Celebrating Fruit + Veg Week



PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX

Fruit + Veg Week in April marked a celebration of fruit and vegetables, and the launch of the Kids – 'Go for your life' Plant Fruit and Veg in Your Lunchbox healthy message campaign.

Research conducted by Kids – 'Go for your life' reported only 5% of children are eating the recommended five or more serves of vegetables per day.

As Kids – 'Go for your life' celebrated its healthy message campaign, Plant Fruit and Veg in Your Lunchbox, this research reinforced the need to actively encourage fruit and particularly vegetable consumption in children's settings,' said Dr Suzy Honisett, Manager, Kids – 'Go for your life'.

Telmo Languiller, Parliamentary Secretary, Human Services, with a little help from his friends at Moreland Primary School, embraced Fruit + Veg Week and the Kids – 'Go for your life' Plant Fruit and Veg in Your Lunchbox healthy message campaign by visiting CERES Community Environment Park on Monday 28 April to cook up a healthy feast.



Telmo Languiller, Parliamentary Secretary, Human Services proves to the kids from Moreland Primary School he has a green thumb.

Games to get kids moving



TURN OFF,
SWITCH
TO PLAY

What's the time Mr Wolf?

For this one you need a minimum of four people.

One player is the wolf and the other players are free. The wolf stands facing a wall or fence, a set space away from the free players with his/her back to them. All of the free players yell out 'What's the time Mr Wolf?' The wolf yells back a time, such as 'It's 3 o'clock'. All of the free players must take three steps towards the wolf. This process continues with the free players taking the number of steps that the wolf yells out, hence moving closer and closer to the wolf.

When the question 'What's the time Mr Wolf?' is responded to with 'It's dinner time!' the free players must run as the wolf will turn around and try to catch a free player. Whoever the wolf catches becomes dinner and trades places with the wolf.

Hide and seek

Hide and seek is an oldie but a goodie and doesn't require any equipment. One player 'seeks', and the other players hide. The 'seeker' shuts their eyes and counts to 20, to give players hiding time.

After the count of 20 the 'seeker' must go around and find all of the hiding players. If after five minutes or so the 'seeker' cannot find the hiders or the last person hiding the seeker must yell out 'I give up'.

The seeker wins if they find all of the hidden players. The hiders win if the seeker gives up.



Mini golf

To play mini golf use foam or plastic disposable cups for golf holes, and a broom, mop, umbrella, tennis racquet or a cricket bat as your golf clubs. You can use tennis, ping-pong or real golf balls; any small ball will be fine. Design your own course around your yard or local park.

Make it tricky by placing the cups/holes up hills, on uneven ground, or in between plants and trees. Use any obstacles you want to make it your very own adventure mini golf course.



For more fun and easy game ideas for indoors or outdoors visit www.goforyourlife.vic.gov.au or call 1300 739 899.

go
for
your
life™

Victoria
The Place To Be

Parents put their neighbourhood to the activity test



**MOVE,
PLAY
AND GO**



**STRIDE AND
RIDE**



**TURN OFF,
SWITCH
TO PLAY**

We know that physical activity is important in the school environment, including PE classes, playtime activities and extracurricular sports.

But what physical activity options exist for children when they leave the school gates? How activity friendly is your local community?

An activity friendly community improves the health of parents and children by providing environmental infrastructure that encourages participation in physical activity such as walking, cycling and other active pursuits. It also incorporates aesthetically pleasing landscaping and urban design, such as adequate shade, rest areas and drinking water facilities.

In July, advocacy group The Parents Jury launched its online Activity Friendly Communities campaign. The campaign encourages parents to take a look at their neighbourhood and become advocates for improved physical activity environments on behalf of their children.

The campaign kit includes an online Active Community Checklist that parents can use to assess their community's recreation and leisure facilities, as well as resources like web links, letter templates and advocacy tips to assist parents in creating positive changes in their neighbourhood.

Children and adults are more likely to spend time outside being physically active if their local environment has been thoughtfully created to encourage active living and outdoor pursuits. Research has found that families living in suburbs with better amenities in their public open spaces such as walking and cycling paths, shady areas, toilets and picnic tables are more likely to participate in physical activity, resulting in an overall increased sense of wellbeing and better health.

An activity friendly community:

- provides on road and off road walking paths and cycling tracks
- prioritises the needs of pedestrians by providing appropriate crossings and traffic speed deterrents
- encourages children to play by providing modern interesting play equipment for all ages and abilities
- has a variety of sporting facilities that appeal to a broad interest range
- promotes the use of active transport to school.



Special promotion for Kids – 'Go for your life' Members

Supporting our current healthy message campaign: Move, Play and Go.

Send in your completed Award applications for assessment from July to December 2008. If Awarded during this period, your school or service will receive a kit of play/sports equipment.

What a great incentive to finalise your application!



Early Childhood Kit

Need help?

Contact: Creina Porter
Early Childhood State Coordinator
Ph: 9635 5153
Email: ec@kidsgoforyourlife.org.au

Natalie Russell
Primary School State Coordinator
Ph: 9635 5621
Email: ps@kidsgoforyourlife.org.au

To get involved with The Parents Jury's Activity Friendly Communities campaign visit www.parentsjury.org.au

It's play time!



**MOVE,
PLAY
AND
GO**

Is the risk of children not developing fundamental movement skills and enjoyment in physical activity greater than the possible risk of a scrape?

A recent survey conducted by Kids – 'Go for your life' highlighted staff from children's settings were concerned over the general safety of children playing outside and the possible liability if children in their care fall and hurt themselves while playing.

These concerns were echoed at St Andrews Kindergarten in Warragul until they relocated their premises, and now playtime has been taken to a new level. The centre created a remarkable outside play area with the help of parents that includes quiet areas, a sensory garden, a shallow watercourse with a waterfall, vegetable gardens, drinking fountains and areas for vigorous play.

Careful landscaping combined with a diverse range of ground coverings

including pavers, stones, river pebbles and grass areas allow children to crunch across stone paths, brush past lavender plants, climb over boulders, scramble over tree trunks and paddle in water. There is a new experience around every corner as textures, sights and smells stimulate the senses.

Children need at least 60 minutes, and up to several hours, of vigorous paced physical activity daily. Current equipment structures often don't challenge children, and because of this kids are not getting the developmental needs from play which can in turn affect their physical development (fundamental movement skills, coordination, social skills).

Kids need to explore and play every day, and Kids – 'Go for your life' congratulates St Andrews Kindergarten in Warragul on their commitment to unstructured active play. Well done!

Order of the day

Love all the quirky fun merchandise on board the 'Go for your life' Mobile Education Unit to get you moving? You can order it online.

Check out
www.goforyourlife.vic.gov.au/kids
to place your order.



Yarra Warra goes walkabout



**STRIDE
AND
RIDE**

The kids from Yarra Warra Pre-School in North Warrandyte often go walkabout as part of the pre-school's 'Who we are and the community we live in' program.

The program involves teachers taking the children on a walking excursion of Warrandyte with the help of a few parents. The group visits local primary schools, the police station, and the local supermarket. The group also walked along the river as a part of their excursion.

The walk incorporated language – discussion on familiar landmarks, literacy – recognition of signs, transport and traffic awareness and safety, and healthy bodies through exercise and knowledge of their community.

Teachers also undertook further learning activities which were done in the kinder sessions after the excursion to support and reinforce the important issues of transport and traffic awareness and safety in their community.

Yarra Warra Pre-School is a Kids – 'Go for your life' member working towards their Award.



Those marvellous machines!

"What a big hit the apple slinky machine has been! The kids absolutely love them. The kids used to take two or three bites out of their fruit and throw them in the bin. Now all that is left are the cores. A big THANK YOU for supplying our school with slinkies, they are such a good practical idea."

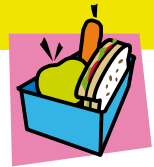
Sally Bellingham, Holy Rosary Primary School, White Hills



**go
for
your
life™**

Victoria
The Place To Be

Winners are grinners



PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX

The winners of the 2008 Fruit + Veg Regional Awards have been announced. Congratulations to the following schools for their outstanding effort in celebrating Fruit + Veg Week 2008:

- Comet Hill Primary School – Loddon Mallee
- Debney Meadows Primary School – Western Metro
- Clunes Primary School – Grampians
- Holy Trinity Primary School – Eastern Metro
- Puckapunyal Primary School – Hume
- Viewbank Primary School – Northern Metro
- Tyabb Primary School – Southern Metro

- Barwon Valley Special School – Barwon South Western

These schools showed initiative and creativity when implementing the Fruit + Veg program. The judges were particularly pleased with their commitment to introducing long-term policies and practices that supported healthy eating and engaged with community, retailers and local government. Winners receive \$300 to purchase fruits and vegetables from their local retailer for their next healthy cooking activity.



Healthy workshops

Details of the 2009 Fruit + Veg professional development workshops will be sent to all primary school principals via an expression of interest form in early 2009. For further details please contact Jane Hill, Fruit + Veg Coordinator on 03 9888 2240 or fruitveg@hev.com.au

The Fruit + Veg program will be delivering healthy lunchbox workshops to parents of primary school children in Terms 3 and 4. Working with three local governments, these free pilot workshops are designed to reinforce the Fruit + Veg school message by teaching parents practical skills for preparing healthy and appealing school lunches. A DVD resource will be produced from these pilot workshops and made available via the Health Professionals' Network for communities to host their own healthy lunchbox education session.

Home Economics Victoria offers the following fee-for-service workshops upon request and cater to schools' specific needs:

- Lunchbox workshops – provides your parent body with healthy lunchbox ideas that are tasty, quick to prepare and easy to store.
- Primary in the kitchen – using Home Economics Victoria's *Food Challenges* and *Start*

Cooking resources, this workshop will discuss how simple recipes can be incorporated into your VELS curriculum.

- Food safety and hygiene training for teachers, parents and/or canteen staff.
- Nutrition education presentations can be catered to meet the needs of staff, parents or students.

To book a session or for further information, please contact Home Economics Victoria on 03 9888 2240 or pd@hev.com.au



Creative kids

Kids – 'Go for your life' would like to thank Adrian, Isabella and Giorgia Mastrilli for their wonderful artistic contribution to our new Move, Play and Go, and Stride and Ride posters.



Making time for active play EVERY DAY!



**MOVE,
PLAY
AND GO**

Active play in childhood is vital for the development of lifelong healthy behaviours and a child's overall enjoyment of physical activity. Children aged 0–12 years should engage in active play every day, in particular outside of school, kindergarten, child care and family day care hours.

Is playing at school enough?

Australian physical activity recommendations state all 5–12 year old children need **at least 60 minutes** (and up to several hours) of moderate to vigorous paced physical activity **every day**¹. Australian research shows children may not be meeting current recommendations during school hours, despite mandatory time allocations for physical and sport education in government primary schools², increasing the importance of making time for active play outside of school hours every day.

A recent Australian health intervention study³ found several reasons why 'school play opportunities aren't enough':

- Allocated PE classes ranged from only 12 to 46 minutes.
- Approximately only one third of the PE lesson time was spent doing moderate to vigorous paced activity.
- As the scheduled lesson time progressed throughout the day, the amount of time children spent being moderately to vigorously active declined.

- Only 55% of boys and 45% of girls were active at a moderate to vigorous intensity during their lunch break. Lunch break activity levels decreased as the size of the school increased.
- Playtime during breaks is not necessarily about activity, as making and keeping friends can involve more talk than activity, or activity at relatively low intensity.

Although each primary school may schedule variable times and opportunities for their students to be active, parents and carers need to recognise that within the school environment a lot of time is spent in sedentary based activities, such as reading, writing or listening to the teacher. All children need to be provided with active play opportunities outside of school hours to ensure they benefit from being physically active every day (table 1).

How about early childhood settings?

Even before a child can walk or talk, daily movement and play has a significant impact on the development of vital physical, cognitive, social, emotional and language skills. There is very limited research exploring children's physical activity levels in early childhood settings, however past literature has shown that the majority of children's time in day care is devoted to sedentary or low-level activity and very little time is spent engaging in moderate to vigorous paced activity⁴.

All children, especially infants and toddlers, have a strong desire to explore and be creative (table 1). Providing chances to be active even for 10 to 20 minutes at a time holds many benefits to a child's overall health and wellbeing, as well as helping to accumulate 60+ minutes of daily activity.

Every day is a day for active play!

All active play experiences should involve being physically active with regular bursts of a moderate to vigorous pace, such as crawling, playing a ball game, skipping or running. Active play can occur indoors and outdoors, in structured or unstructured settings, alone, or with friends and family. Active play does not have to cost anything, nor do parents have to travel far for their children to play spontaneously and explore the outdoor environment (table 1).

Active play is a natural and healthy way for children to be imaginative, make friends, develop movement skills, learn about themselves and most importantly have fun. The excitement and challenge associated with structured and unstructured active play can not solely be achieved within childhood settings, therefore every day should be an opportunity for families to help their children Move, Play and Go!

Research for the Kids - 'Go for your life' Move, Play and Go campaign supplied by 'Filling the Gaps' - The Royal Children's Hospital, Murdoch Childrens Research Institute, Centre of Physical Activity Across the Lifespan (CoPAAL), Australian Catholic University, Melbourne.

Table 1: Developmentally appropriate active play ideas and play items for 0–12 year olds

	Active play ideas (Some activities for age groups will overlap because of developmental rather than age appropriateness).
Toddlers	<ul style="list-style-type: none"> • grasping, throwing, kicking or picking up different sized toys and balls • moving to music, shakers, bells or chimes • free movement in different positions, such as on a baby's stomach • rolling in the grass, or jumping into and over leaves and puddles
Preschoolers	<ul style="list-style-type: none"> • playing with low cost play items, such as buckets and spades, different size balls, boxes, blocks, old containers • dancing to music • hopping, skipping, jumping, balancing and climbing activities • discovery of new outdoor play spaces
Early primary school	<ul style="list-style-type: none"> • building a cubby house or rocket ship with old cardboard boxes, containers • junior sport, such as Kanga cricket • skipping rope, trampolines, bikes, balls, bats • exploring fallen trees, parks, rocks, bridges and water
Late primary school	<ul style="list-style-type: none"> • junior sport • helping with household tasks, such as gardening or vacuuming • unstructured, free-flowing backyard play • attending youth groups, such as Scouts or YMCA activities

For more active play ideas visit www.goforyourlife.vic.gov.au or call 1300 739 899.

1 Australian Government, Department of Health and Ageing, Australia's Physical Activity Recommendations for 5-12 year olds, Commonwealth of Australia, 2004. Available from: [http://www.health.gov.au/internet/wcms/publishing.nsf/content/phd-physical-activity-kids-pdf-cnt.htm/\\$FILE/kids_phys.pdf](http://www.health.gov.au/internet/wcms/publishing.nsf/content/phd-physical-activity-kids-pdf-cnt.htm/$FILE/kids_phys.pdf). 2 Department of Education, Victorian Government, Physical and Sport Education Policy, 2005. Available from: <http://www.education.vic.gov.au/edulibrary/public/curriculum/support/3-16.pdf>. 3 Move It, Groove It-Physical Activity in Primary Schools' Summary Report, NSW Department of Health, 2003. Available from: www.health.nsw.gov.au. 4 Deal T. The preschool move: A comparison between naturally-occurring and program-directed physical activity patterns. Early Child Development and Care. 1993; 96: 65-80.

On World Diabetes Day make time for Active Play!

Kids – 'Go for your life' and Diabetes Australia – Vic are joining forces again to promote the benefit of a healthy lifestyle to help prevent type 2 diabetes in children on World Diabetes Day on Friday 14 November 2008.

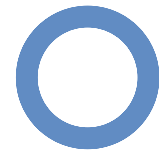
As more children are becoming overweight and inactive, type 2 diabetes is increasingly being diagnosed in young adults and children. Type 2 diabetes can be prevented in many cases by maintaining a healthy weight and being physically active.

Kids need at least 60 minutes of active play every day. Play can be planned, such as swimming and sports, or

unplanned, such as playing chasey or dancing. Making time outside of school and early childhood settings to Move, Play and Go will help kids stay healthy.

Kids – 'Go for your life' and Diabetes Australia – Vic are calling on your school community or early years service to pledge to Move, Play and Go on World Diabetes Day on Friday 14 November 2008.

For more information on World Diabetes Day visit www.diabetesvic.org.au or www.goforyourlife.vic.org.au/kids for a *Make time for Active Play* on World Diabetes Day pledge form.



unite for diabetes



Sweet tooth?



The 'Go for your life' Canteen Policy restriction on confectionery will start 1 January 2009.

The Department of Education and Early Childhood Development will release further details on this policy in Term 4 2008. The 'Go for your life' Canteens Advisory Service will assist schools to interpret this policy and help them put it into practice.

However, if you wish to apply for the Kids – 'Go for your life' Award, confectionery needs to be removed from your menu when you submit your application.

**LIMIT
'SOMETIMES'
FOODS**



Canteen order

A reminder to schools that the Department of Education and Early Childhood Development (DEECD) requires all government schools to comply with this policy. Principals are responsible for reporting to the DEECD through their compliance checklist. The 'Go for your life' Canteen Advisory Service offers primary schools **free menu assessments** to provide an overview of how

your menu fits against the 'Go for your life' Canteen Policy (**Green, Amber** and **Red** categories), plus detailed, practical advice for making any changes required.

To get advice, inspiration or ideas for your canteen call the 'Go for your life' Canteen Infoline on 1300 739 899 (press 3).

Kids – 'Go for your life' statistics

Kids – 'Go for your life' Award
Services – 81
Schools – 60

Kids – 'Go for your life' Member
Services – 665
Schools – 598

Got any ideas?

We'd love to hear your feedback! Please send any comments, questions or story ideas to media@kidsgoforyourlife.org.au

Contact us

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