

# HEALTHY SCHOOLS BANYULE

*Banyule Community Health acknowledges the Wurundjeri Woi-Wurrung People of the Kulin Nation as the Traditional Owners of the land where we provide our services. We pay our deepest respect to elders past, present and emerging. We acknowledge the enduring impacts of colonisation and the sorrow of the Stolen Generations. We also recognise the resilience, strength and pride of the First Nations' Peoples.*



## We continue to serve.

Banyule Community Health remains open to serve our community in trust & respect during COVID-19 and beyond.

Open: 8:00 AM  
Close: 5:00 PM



For a full list of services please visit [www.bchs.org.au](http://www.bchs.org.au)  
Or call 9450 2000

Hello everyone,  
Hope you're keeping warm and got to enjoy a break! With winter comes warm delicious food to enjoy. Hope you have enjoyed NAIDOC Week where we got to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. This year's theme of "Get up! Stand up! Show up!" encourages systemic change, an important role for everyone. Maybe you got to attend the March on Friday, 8th July?

We have been soooooo busy rolling out our pilot program 'Fresh Start Monday (FSM)', which is super exciting! With a few false starts due to covid-19 restrictions, it was worth the wait as we had fun launching the program with Nornie Bero from Mabu Mabu along with the students from Olympic Village Primary School and invited guests (check out QR of the video on p.3).

The FSM family nutrition program has proven to be action packed. We will be sharing recipes on Banyule Community Health's Facebook over the coming months, so make sure you follow us. We are planning to conduct another program located at St. Pius X this term, families living in and around '3081' Have a go at making them with family and/ or students. They are super easy, affordable, seasonal and healthy.

For all your school health promotion questions/queries, contact me on [healthyschoolsbanyule@bchs.org.au](mailto:healthyschoolsbanyule@bchs.org.au) or 0487 048 628.

*Jane Casey* Stay Well, (School Health Promotion Officer)



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This newsletter provides updates, resources and information supporting school health promotion across Banyule, targeting teachers, community partners and parents. It is usually a term-based publication, however we will communicate updates of information in between. Please share the newsletter and its contents. We would love to hear how things are going for you, along with any ideas or resources you have found useful.

Email: [jane.casey@bchs.org.au](mailto:jane.casey@bchs.org.au)



**WE NEED YOUR HELP!** So that we can keep our work good quality and relevant for you, we are reviewing Healthy Schools Banyule. We would like to know what kind of information and activities your school needs to support student health. We'll be contacting you to take part in a short survey soon!

**Healthy Schools Banyule**

**START THE WEEK OFF WELL WITH 'FRESH START MONDAY'**

**'Fresh Start Monday'** is a 5 week nutrition education and cooking program for '3081' parents and students.

Families will cook together using fresh ingredients, gather family recipes and design a reusable shopping bag to encourage fresh food shopping from the local Community Grocer.

We will collect healthy family recipes to share.

Working together across the community interacting with fresh food.... everyone benefits!

Enquiries can be made to Jane on [jane.casey@bchs.org.au](mailto:jane.casey@bchs.org.au)

**LET'S EAT FRESH EVERY DAY!**

Logos: Healthy Schools Banyule, VicHealth, Community Grocer, Healthy Living, Olympic Village, Banyule.

**FRESH START MONDAY**

**- A - REIMAGINING HEALTH PROJECT**  
proudly supported by VicHealth

**NEW PROGRAM THIS TERM**

The family nutrition/ cooking program is happening in term 3. Register interest to Jane on 0487 048 628 / [jane.casey@bchs.org.au](mailto:jane.casey@bchs.org.au)



**A 2nd five week program for families of primary school kids who live in and around '3081' commences in T3**

on a **Saturday @ 2pm**  
Date TBC



# FRESH START MONDAY



## Launch

Cooking damper with indigenous ingredients



**SHARING CULTURE**



**FUN!**

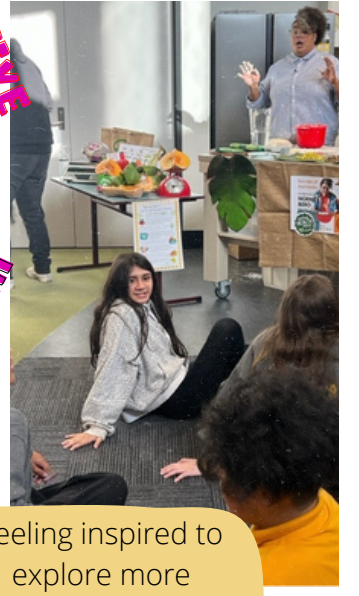
**INFORMATIVE**



Tastes so good.... yummy bush tucker

**HEALTHY**

A lucky family won a box full of seasonal fresh produce



**FRESH**



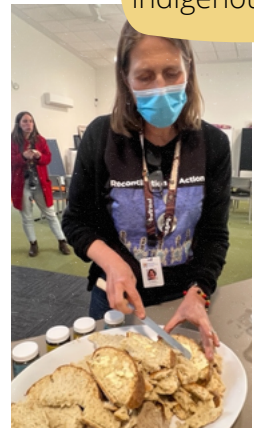
Scan the QR code to watch the workshop with Nornie



Community partnerships



A blast from the past. So good to catch up with old friends.



## JACKET POTATOES



Prep time: 10 mins

Cook time: 20 mins

1 large potato per person

**Tools needed:** Oven/ microwave, knife, fork, scrubbing brush, chopping board, spray oil, foil, paper towel, plate

**Cost:** Under \$10

### SUGGESTED TOPPING

- Tuna , drained and mixed with mayonnaise
- Garlic butter or plain butter
- Corn Kernels
- Smashed Avocado
- Coleslaw (homemade or store bought)
- Tasty Cheese, grated
- Bacon Bits (allow  $\frac{1}{4}$  cup per serve)
- Spring Onions
- Baked beans
- Sour Cream



The baked potato is sometimes called a 'jacket potato'. Who would have thought you could make a meal out of one humble potato in its skin? They are simply and convenient and can be dressed in your favourite ingredients.

*What's yours?*



### Method:

- Switch oven on to 180°
- Put potatoes in cold water in tiny sink. Scrub with brush
- Dry potatoes with paper towel. Prick all over with a fork.
- Put in microwave on plate with a little water. Cook 15 minutes.
- Cover Potatoes all over with Spray Oil. Wrap potatoes in foil.
- Bake Potatoes in oven for 15 to 20 minutes depending on size.
- Enjoy with your choice of these toppings!

**How to make coleslaw:** *Ingredients:*  $\frac{1}{2}$  (500g) small red shredded cabbage, 2 medium carrots, grated, 1 small brown onion, halved, thinly sliced, 2 teaspoons of horseradish cream,  $\frac{1}{2}$  cup whole egg mayonnaise, 1 tablespoon lemon juice, 1 tablespoon dijon mustard.

**Method:** 1. Place cabbage, carrot and onion in a large bowl 2. Combine horseradish cream, mayonnaise, lemon and mustard in a bowl. Add cabbage mixture. Season with salt and pepper. Toss gently to combine. Serve.

# DENTAL HEALTH

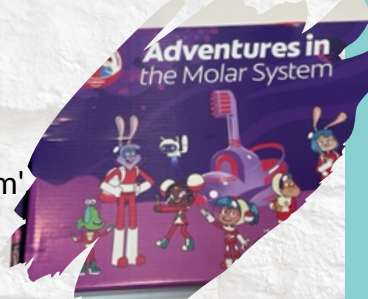
# love your teeth



Dental Health Week is almost here - events will take place between 1st and 7th August 2022. This year's theme is 'Love your teeth'. The campaign focuses on the importance of taking steps to care for your teeth and gums to help keep your teeth and smile for life.

To help your school prepare, Healthy Schools Banyule has 13 education kits to giveaway 'Adventures in the Molar System'. They can be used in educating children about oral health.

Simply send an email to Jane at [healthyschoolsbanyule@bcsh.org.au](mailto:healthyschoolsbanyule@bcsh.org.au) and we will get your kit out to you asap.



For more information and to stay updated on oral health information - <https://www.ada.org.au/Dental-Health-Week/About>

If you are looking for information, click through the [teeth.org.au](http://teeth.org.au) website to find trustworthy and up-to-date oral health advice written by Australian dentists.

**Please let us know if you plan to celebrate dental health week as we are running a competition during that time to encourage positive oral health promotion.**

If you have not had a recent visit to the dentist, it is a great time to make an appointment. A visit to your dentist for face-to-face advice is the best way to get your questions answered.

Call Banyule Community Health Dental Clinic on 9450 2000 to make an appointment.

**Children 12 years and under are FREE, and you receive the first available appointment.**



*Sparkles the dog can be yours*

Banyule schools, and registered S4M Banyule early education centres /preschool, can submit their Dental Health Week activity / event to WIN a dental dog puppet of their very own to use with the kids. Send photos and a brief description of your activity to Jane at [healthyschoolsbanyule@bcsh.org.au](mailto:healthyschoolsbanyule@bcsh.org.au)

Go to the [ADA website](http://ada.org.au) to get ideas and resources for campaign messages:

- Brush your teeth twice a day with fluoride toothpaste.
- Clean between your teeth daily using floss or interdental brushes.
- Eat a healthy, balanced diet and limit added sugar intake.
- Visit the dentist regularly for check-ups and preventive care.



# VIC KIDS EAT WELL



All kids deserve the opportunity for a healthy start. Vic Kids Eat Well is a Victorian State Government initiative that is set to help, preschools, schools, outside school hours care, sporting associations and community and council owned facilities, local government and parent bodies to do just that. You may know it previously as 'The Achievement Program'.

They aim to **boost delicious and healthy food and drink options in places where children and young people learn, live and play.**

We invite you to have a look further at the [Vic Kids Eat Well](#) website.







## Why Vic Kids Eat Well? It is...

- Developed in response to feedback from the sector
- Aligned with the Victorian Public Health and Wellbeing Plan 2019 - 2023
- Reports meaningful data and incremental changes
- A pathway into the Achievement Program/ healthy eating policies via Healthy Eating Advisory Service (HEAS)
- Engagement of new and existing settings
- To bring excitement to healthy eating!



[Vic Kids Eat Well](#) assist schools to do the small and big bites all together, as you can't eat a bread stick all at once. You eat it one bite at a time. Check out the table to get ideas how it might look in your school. Resources to do this can be found on the [website](#).



Actions	Small bites	Big bites
 Refresh the fridge	Ditch the soft drinks Swap sugary drinks for healthier drinks	All small bites
 Switch up the snacks	Kick the confectionary Rethink cakes and muffins Switch to healthier snacks	All small bites
 Change up the menu	Boost veggies and salad Skip the deep fryer Offer healthier pies and pastries	All small bites
 Put the 'fun' into fundraising and marketing	Add health appeal to meal deals Make an impact with marketing Get creative with healthy fundraising	All small bites