

# Whole-of-school activities to promote nutrition

Whole-of-school health promotion activities using nutrition as a focus reinforce concepts taught in the classroom and help to illustrate the importance of nutrition as a health issue in the school community.

The following ideas are examples of whole-of-school community health promotion initiatives that are based on nutrition themes. The scope of these events is only limited by the imagination of the participants who plan and organise whole-of-school community health activities.

Planning and implementing whole-of-school health promotion activities can be a satisfying, rewarding and challenging experience. The last heading in this section, 'Other ideas...', provides practical suggestions for organising activities in order to share workloads and maximise the benefits for participants.

## Whole-of-school healthy breakfast

Ask local businesses to donate foods (or offer foods at a discounted price), and hold a whole-of-school breakfast. For example, approach the local bakery, fruit shop, dairy association and supermarket. The canteen manager may be able to suggest who is best to approach. Organisations who provide support can be thanked in school publications.

Alternatively, allocate classes different responsibilities for providing foods and making breakfast, or charge a small fee to help with the costs.

Start the day with a morning activity session before the breakfast, for example aerobics, a brisk walk, Jump Rope for Heart activities, a fun run, a tabloid competition or other game. Invite local sporting identities to conduct activity sessions. Discuss with teachers the development of follow-up activities in class.

## Healthy lunch day

Similar to a whole-of-school healthy breakfast, each class provides ideas for a healthy lunch menu and supplies foods for a healthy lunch day. Students could be involved in a whole-of-school physical activity prior to lunch or invite a local identity to talk to classes about how a healthy diet helped them to achieve their goals. Invite parents to assist in lunch preparation and to share lunch.