

FRUIT in SCHOOLS



Tell me and I may forget, show me and I may remember,
involve me and I'll understand.

Fruit in Schools Insert Draft Issue 1: 2009

Topic Story:

Fruit in Schools (FIS) is an initiative funded by the Ministry of Health. The aim is to promote and improve the health and well being of students in high need primary school communities.

Fruit in Schools aims to enhance student learning through promoting the wellbeing of the school community using a Health Promoting Schools (HPS) approach, with particular focus on:

- Physical Activity
- Healthy Eating
- Being Sun Smart
- Being Smoke Free

Since 2005, 26 Christchurch schools have joined the Fruit in Schools Initiative. These schools were selected based on a set of criteria from the Ministries of Health and Education. Each of the schools that have committed



to this initiative will receive a piece of fruit daily for each student for the duration of the programme as well as professional development and support to improve the health of their school community. For more information on the Fruit in Schools initiative, please contact your local Fruit in Schools Advisors:



Kenna Mackay

Kenna Mackay kenna.mackay@cdhb.govt.nz

or



Rosie Spencer

Rosie Spencer rosie.spencer@cdhb.govt.nz



Case Study 1: Linwood Avenue School:



Linwood Avenue School took up the challenge to use \$5000 from the HEHA Nutrition Fund to develop a sustainable health project. A cooking unit was designed, built and filled with cooking equipment, including a bread

maker, microwave, food processor, sandwich press, juicer, bench top oven and many more kitchen utensils. The unit can be moved around the school and into classrooms.

The aim was for the children to become familiar with choosing and preparing healthy snacks and meals and trying new food.

To launch the unit, a lunch was prepared by the children for family members and teachers.

The menu included marinated chicken, corn wheels, open sandwiches made with home made bread, stuffed potatoes, and chocolate brownies.

We successfully fed 75 people. They all enjoyed the food and the experience, and the children are looking forward to cooking their favourite healthy snacks in the coming months.

Jill Morris (Health Co-ordinator, Linwood Avenue School)

Case Study 2: Halswell Residential College:



Halswell Residential College decided to have a Community Day so the local community could have a better understanding of what our college provides for our students. Visitors were invited to join us for a shared

meal cooked by students and staff. We provided a healthy B.B.Q lunch, including fresh salads and lovely fruit platters made from our fruit we receive. Thank you Fruit in Schools. Visitors were then shown around by our students, where they could see the various activities that are available to them in different areas of the college. These included classroom activities; cultural displays; wandering around our on site farm; villa life and generally enjoying our extensive grounds. It is a real pleasure to us to be able to open our doors to the wider community.

We intend to make this a yearly event in order for our college to be seen as an important part of the community and to show that we foster a positive relationship for all.

Lynne Harrop (Manager of General Services)

A note from the teachers;

- 'FIS has been a catalyst of change' – Jill Morris, Linwood Avenue School.
- The fruit has brought about a social change – the children have learnt transferrable skills; it has encouraged community engagement and the children and whanau have been encouraged to make healthy choices which can be transferred into any context.
- The cluster approach has provided the schools with a supportive network of teachers and principals facing and overcoming the same issues across Christchurch.
- Fruit is now part of us...it is what we do.
- Fruit in Schools has given us a chance to come together to share and modify strategies used to get the healthy message across.
- The cluster meetings have been a time for networking; gaining clarification, and sharing positive and negative experiences.
- 'I have given up chasing children who are stealing fruit to eat after school' – Glen Bermingham, Rowley Avenue School
- It is actually in schools – something you can see that has tangible outcomes.
- 'Ka te mahi, Ka oti' – Shared work lightens the load – Bebe Wards, Woolston School.

Banana Smoothie

Ingredients:

- 1 banana
- 1 cup of milk
- 1 tsp of Vanilla Essence
- Ice Cubes



This banana smoothie is super Quick and only requires four ingredients. How simple is that?

Preparation:

- Slice the banana right into the blender
- Add the vanilla essence
- Add three to four ice cubes
- Add low fat milk
- Blend together for about 30 seconds
- Pour into a cup, add a straw, and enjoy.



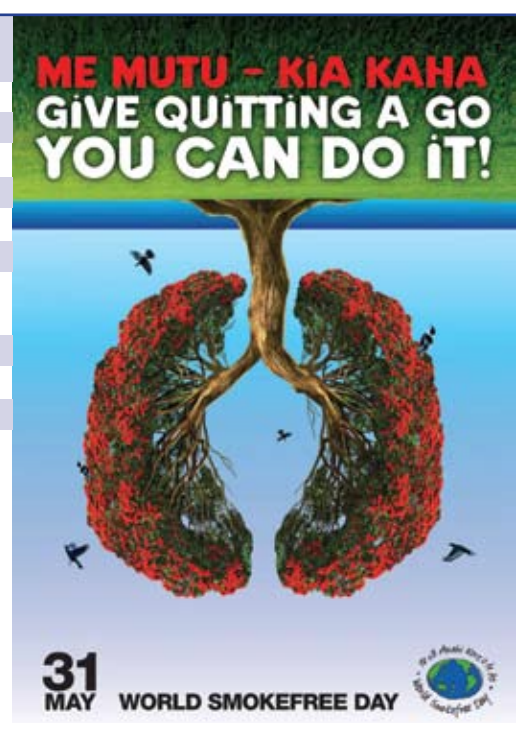
Get your school on board for World Day – May 31



- Promote quitting services in school newsletters and encourage family members to quit on World Smokefree day
- Hold a Smokefree/Auahi Kore Lip Sync or art exhibition
- Have a Smokefree/Auahi Kore Mini Olympics
- Promote smokefree lifestyles at your school assembly
- Start a Smokefree group of passionate students at your school
- Nominate a smokefree role-model
- Do a Smokefree/Auahi Kore display at your school
- Release balloons on 29 May to signify the number of people who die through smoking-related diseases
- Hold an ashtray throwing competition
- A skit competition at assembly
- Focus on Smokefree Homes and Cars
- Focus on Smokefree for the whole month of May and have a different message to parents/students each week

These are just some ideas that are possible – remember we can support you in your venture to promote smokefree lifestyles.

Angela McCormick
Smokefree Health Promoter
Community & Public Health, phone 3786810



Contact Information:

Kenna Mackay kenna.mackay@cdhb.govt.nz
Rosie Spencer rosie.spencer@cdhb.govt.nz

DDI: 03 3786823
DDI: 03 3786779