

OCTOBER 2020

# HEALTHY SCHOOLS BANYULE

Updates, resources and information for our Banyule school partners

#19 - Term 4, 2020



## We are open and continue to serve.

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

West Heidelberg hours are:

M - Th: 8am - 5pm  
Friday: 8am - 4pm

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



## BOO! We're back... to school!



Whow, what a year it's been. So great to have everyone back at school, I'm sure you have all missed your students, teachers, colleagues and friends.

Things are constantly changing and we are all learning to adapt and find new ways of approaching things. Making us all the more resilient. In this edition you will find health promoting resources, tips and information to help you do just that.

We have been busy making some new resources. Check out our video on health oral and the first of our 'Sweet thing' podcasts where we talk with BCH dietitian, Alissa Mitchell. This month it is Nutrition Health and Nude Food Week, a great time to think about our eating habits, and especially with the warmer months ahead it makes sense to also discuss healthy drink choices.

For some, isolation has meant time to eat healthy, get busy in the garden, get some more exercise, while for others things may have gone in a different direction. Either way is totally fine, rest assured you needed to do what was best for you during this time. Today is a new day... time to refocus for a healthier you. Don't spend a moment longer feeling guilty. Quite the opposite, you are amazing! It's a new season, time to spring clean (yourself, as well as the house). Oh, and remember to make an appointment with the dentist to check up on your oral health as it impacts on your overall health. Look after that smile, you are doing a great job.

*Drink Well, Eat Well, Stay Well,  
Jane Casey (School Health Promotion)*



**Banyule  
Community  
Health**



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This newsletter supports school health promotion in the areas of healthy drinks and food, and community health. Healthy Schools Banyule work with local teachers and parents to provide information, resources and ideas. Please share the newsletter and its contents. Further bite sizes of info will be sent out during the term. We would love to hear how things are going for you, along with any ideas or resources.

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



## Fruit and Vegetable Market Low-cost & Quality

VicHealth recommends if you can to buy fresh food from the market. Especially after 'panic buying' during the first lockdown forced grocery prices up, it's cheaper to source fruit and veggies outside supermarkets, if you can.

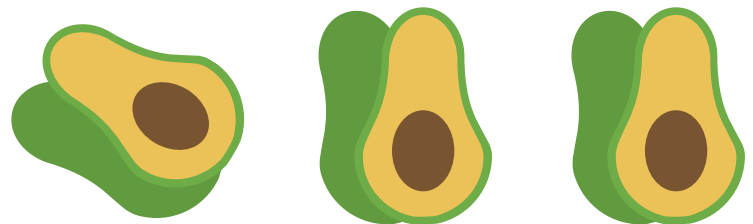
The Community Grocer runs five fruit and vegetable markets across Melbourne. Prices are typically 60 per cent cheaper than supermarkets. We are super lucky to have running each Saturday at "the Mall" in West Heidelberg.

The Community Grocer is available to everyone. The more people attend, the more it ensures prices are kept affordable, and quality is high, nutritious and culturally appropriate.



## DON'T GET SUCKED INTO 'SUPERFOOD' FADS

Anything called a superfood will often come with a matching price tag. And there is no evidence that specific foods protect people from getting sick, including contracting coronavirus. But research does show that generally improving your nutrition helps your immune system to function well and fight infections. Read more about [what to eat](#) while you stay home with VicHealth CEO Dr Sandro Demai's healthy eating tips. Read VicHealth's blog [How to shop for healthy food during coronavirus](#) to learn how to separate the marketing 'spin' from the health facts.





Check out recipes from the free [Back to Basics](#) recipe book on Cancer Council Victoria's LiveLighter website, where you can find healthy meals you can make on a budget

## Cucumber and Coghurt Dip & Veggies



### METHOD:

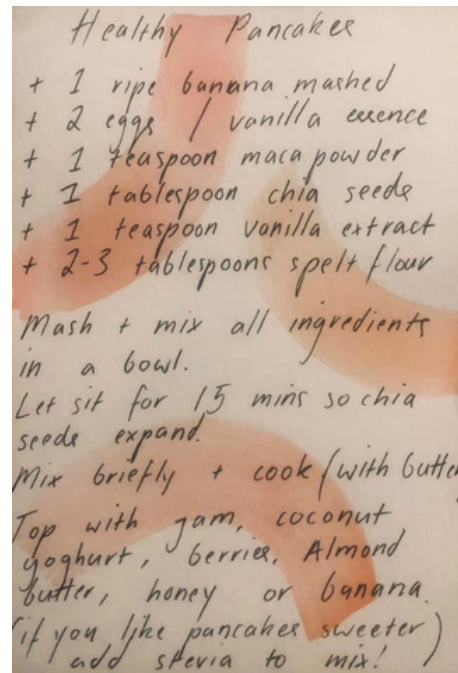
Preparation & Cooking time: 10 minutes Serves: 6

Finely dice or grate the cucumber and mince the garlic.  
Zest and juice the lemon.  
Mix together yoghurt, cucumber, garlic, lemon zest, lemon juice and herbs.  
Season with pepper and chill in the fridge until ready to serve.  
Chop up vegetables into sticks and pita bread into bite sized pieces.  
Serve the tzatziki with vegetable sticks and pita bread pieces.

### Ingredients:

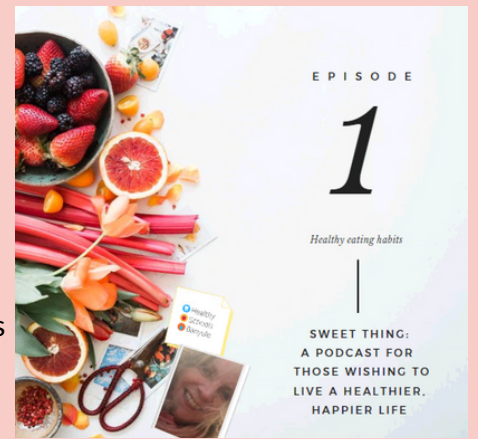
- 1 cucumber
- 2 cloves garlic
- Zest and juice of one lemon
- 2 tbsp. fresh or dried dill & mint
- 1 cup low fat Greek yoghurt
- Wholemeal pita bread
- 1 tsp. pepper
- Assorted vegetables (carrots, celery, cucumber)

**Tip:** A great way to use up cucumber that's starting to soften and wrinkle.



Jiordy Anna shares one of her favourite recipes. She highly recommends getting creative and writing up your recipes, especially those passed down through the family. We would love to share your food ideas and inspiration. Send them to [healthyschoolsbanyule@bchs.org.au](mailto:healthyschoolsbanyule@bchs.org.au)

Listen to the most recent episode of my podcast: **'Sweet Thing'** Podcast - Healthy food habits. Jane talks to BCH dietitian Alissa Mitchell



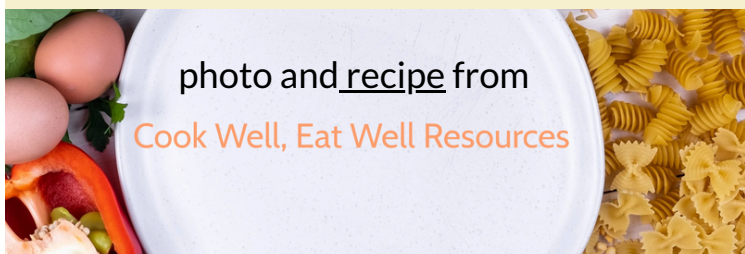
Did you know 95% Aussies don't eat enough veggies (5 serves per day)

## Nude Food Day = Healthy Body + Healthy Planet!

Pack your lunch nude this October to celebrate Nude Food Day! Nude Food Day is a global initiative developed to encourage kids and parents to eat well and live well, and eliminate all unnecessary packaging and wrapping that goes into schools. Essentially, kids bring their food - nude! This will reduce the amount of rubbish that goes into the bins, that goes into the ground, that pollutes our planet. Get involved can be celebrate anyway (and everyday) in October. Please visit [www.nudefoodday.com.au](http://www.nudefoodday.com.au) or watch ABC's 'War on waste' presented by [Craig Reucassel](#).

photo and recipe from

[Cook Well, Eat Well Resources](#)



# HEALTHY FOOD



16th October

On World Food Day we congratulate the United Nations for winning the 2020 Nobel Peace Prize for their World Food Program that tirelessly works towards ending hunger and food insecurity. The program is a wonderful recipient for the peace prize as it seeks to end the use of food as "a weapon of war and conflict". During the corona virus pandemic many people are driven to starvation. The program is life saving.

October also sees [National Nutrition Week](#) where awareness is raised around the role of food on our health.



(Photo - The Guardian 18.2.2013)

## Food insecurity

29%



of food insecure residents in Victoria had never gone hungry before the **PANDEMIC**

## Food Relief during COVID

[Here in Australia](#), the [effects of Covid -19](#) is seeing more people than ever accessing food relief, and many for the first time. Large organisations such as FoodBank, SecondBite and Oz Harvest don't distribute food directly to people. Instead, these organisations distribute food to local community food relief agencies.

If you are struggling to put food on the table you are not alone. Contact your [local council](#) or visit the [Ask Lizzy website](#) to help find out where you can access food relief services in the local area. (Ask Lizzy is helpful if you're looking for support and services, including meals, housing, healthcare, counselling, legal advice, addiction treatment and a whole lot more. It is free and anonymous, and if you're on the Telstra mobile network, you can access it even if you don't have credit).

### Some emergency food relief that service Banyule:

- BCH reception ask for social worker support for emergency food relief on 9450 2000
- The Salt Foundation - 0468 317 258
- Salvation Army Greensborough - 9434 6990
- Diamond Valley Community Support - 9435 8282
- BANSIC on 9459 5959
- Thornbury Church of Christ - Free Bread & Frozen Meals available for pick up Mon & Wed 2:30 - 5pm. Free Community Meal on 4th Sunday of every month (take away only during pandemic) 12pm - 1pm



# HEALTHY DRINKS

## *Free school milk?*

Article by Jane Casey - Health Promotion Officer



As we see the return to school, I reminisce about my primary school days. I am old enough to remember school milk in the little bottles delivered to our classroom door in crates. It was a free health program run in the 1950's-70's aimed to improve school children's nutritional health, while supporting the dairy industry.

My memories were that by the time we got to drink our milk mid morning, it was warm to hot, making it was difficult to drink, especially being lactose intolerant (which I wasn't aware of at the time). It was the first, and only time, I received the strap as I got caught ripping open the foil cap and tipping the contents from the glass bottle out the class window... it made quite a splash on the asphalt courtyard in full view of everyone. Oh, how I envied the richer kids in my class who could afford to add chocolate 'Quick' to their milk.

My siblings had much fonder memories, and coming from a family of seven it was a welcomed inclusion. They loved the chance to be a milk monitor and to be the one to pop the straws into the foil lids. Beaking at the lids like a bird was very satisfying. They loved the break from school work as the class shared this drinking time together. for me It was an event that struck fear within, as I wondered how I could conceal, trade or absorb it by dunking my 'Marie' biscuits in it, nothing helped.

For me it meant that I wouldn't be able to play as I couldn't breathe due to my asthma. At the time the link was never madethat I was lactose intolerant.



Recently ABC News reporter, Liz Rymill shared a familiar experience of school milk she wrote in an article, saying that the dairy industry would like to see the national 'School Milk' program return. There has been calls to have it included as part of Foodbank Breakfast Clubs in primary schools in some states. It was first introduced to address the poor nutrition of a generation of children due to war and depression eras. It also served to save the dairy farmers from going bust. Today, the dairy industry is struggling, and with the never increasing consumption of sugary drinks impacting on children's teeth, and having implications of their health that will go with them into adulthood, there is some merit in this suggestion.

So what's so good about milk? We all know that milk has loads of calcium and vitamin D, which is good for our bones and muscles, as well as other essential nutrients including vitamin B which is great for energy, and vitamin A for our immune system. [BetterHealth](#) discusses that there is many modified milks available such as skim milk and lactose-free. Milk and other dairy products have been favourably linked with many health benefits.

The [Australian Dietary Guidelines](#) recommend that people over the age of two years have mostly reduced fat products to lower the amount of energy (kilojoules) while still getting all the other nutritional benefits from dairy foods. It's important to remember to include it in your daily meals and snacks.

*What do you think? Should we bring back school milk?*



# HEALTH DRINKS

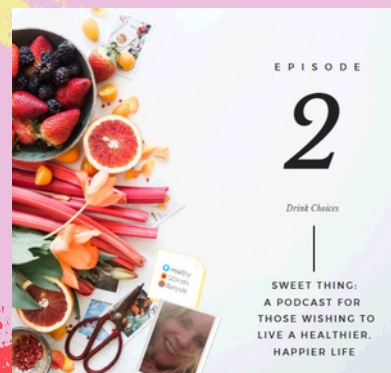
## Order your 'Rethink Your Drink' poster today!

Get ready for the warmer months by ordering a 'Rethink Your Drink' poster to display at your school, workplace or other community venue. Please fill in an [order form](#). It's a great educational resource and will create lots of conversation on how much sugar you are drinking?

North East Healthy Drinks Alliance has developed other posters, infographics, and helpful information on increasing water consumption and reducing sugary drinks intake.



Listen to the most recent episode of my podcast: '[Sweet Thing](#)' Podcast - [Healthy drink choices](#)



## grams of sugar in teaspoons

You will often see sugar content measured by 'number of teaspoons'. This unit of measure can make it easier to understand sugar content by relating it to spoonfuls of sugar. To know how many teaspoons make up a quantity of sugar, divide the amount of sugar by 4.

Eg: there are 60g of sugar in a Chocolate BIG M = a whopping 15 teaspoons of sugar



[Nutrition Australia](#) reports that many Australians are missing out on the nutritional value of milk and other dairy products in our diet.

## 8 out of 10

need to increase their intake dairy foods and drink. Here's some tips on how:

- Have a bowl of fruit and yogurt for breakfast or after a workout
- Include cheese in a salad or sandwich
- Dollop natural yogurt on a jacket potato
- For an energising fruit smoothie, blend together some fruit, yogurt and milk
- Grate or shave parmesan or mozzarella cheese on pasta dishes
- Try a warm glass of milk in the evening

For [recipes](#) and ideas on how to include adequate serves of dairy foods in healthy meals, visit [www.dairy.com.au/recipes](http://www.dairy.com.au/recipes)



# Free sunscreen pack

As the coronavirus (COVID-19) restrictions are beginning to ease, now is the optimal time to plan health and wellbeing initiatives to support this transitional period and beyond. The Achievement Program can help you with this.

The Achievement Program is a free Victorian Government initiative that helps schools create healthier environments that benefit students, teachers and families.

Schools are supported to meet a set of benchmarks addressing key health areas, including healthy eating and oral health, physical activity and movement, mental health and well-being, and many more below.

For more information  
[www.achievementprogram.health.vic.gov.au](http://www.achievementprogram.health.vic.gov.au).

Looking to register? You can join the [Achievement Program](#) here.

Already registered? If you have already registered, you can login to your member portal [here](#) or email the Achievement Program if you need any assistance at [admin@achievementprogram.org.au](mailto:admin@achievementprogram.org.au)

The Achievement Program is offering a free sunscreen pack to every school that receives recognition for the Physical Activity and Movement health area between 1 September and 30 November. If you're working on this health area, now is a great time to update your health area benchmark measures in the portal to see what's left to do!



Did you know that if you have a current Smiles 4 Miles award, you are eligible for Advanced Standing (automatic recognition) for the Healthy Eating and Oral Health priority area in the Achievement Program?

Any queries contact  
[admin@achievementprogram.org.au](mailto:admin@achievementprogram.org.au)



WHOW, THE KIDS ARE FINALLY GOING BACK TO SCHOOL. WHAT WITH THE EXCITEMENT OF SEEING FRIENDS AND OUT OF THE HOUSE. I DON'T KNOW ABOUT YOU, BUT I AM HAPPY TO SEE THEM GETTING AWAY FROM THE SCREENS. YET MAYBE YOU FEEL WORRIED THEY HAVE LOST THEIR MOJO FOR LEARNING AND ARE FEELING A BIT STUCK.

## Get back in the driver's seat



In a recent presentation, Andrew Fuller talks about "How to get back into the driver's seat" as your motivation may have shifted, something we can all relate.

For many students and parents they may have had a heightened alert, pretty much for the whole year, so it's no wonder they are feeling a little anxious and exhausted. So remember to show **compassion** and **patience**, and take time to reconnect and celebrate. I have heard some schools and teachers are feeling pressured to catch up. Andrew says rather than give pep talks and restrictions (boy we had our fair dose of that), simply **believe** in your students / young people and listen to them. Give them a chance to **contribute**, it's been awhile since they have had their voices heard, and we all know the power of being heard. Remember to celebrate and have some fun.

### Andrew's words of wisdom on Time to Heal: 4 Powerful Ingredients

1. **Start with the heart** - self belief, show kindness and understanding. Take time for device free conversations.
1. **Rekindle hope** - the birthplace of possibility. Ask the "What type of world do you want?" Be creative!
3. **Re-ignite action** - get them moving
4. **Rebuild connections** - students might be feeling a little anxious. Friendships are often based on currency of being in the know and being in constant contact with each other. This may have changed. They need to reconnect socially and learning wise. Remind them of how smart they are. Parents and students can complete the survey [www.mylearningstrengths.com](http://www.mylearningstrengths.com)

It will give you a learning plan so you can be in the drivers seat.

*Information compiled from Andrew Fuller's presentation on "How get your kids mojo back"*



# MENTAL HEALTH



**WOW!**  
YOU ARE  
DOING  
AWESOME

## TEACHERS

*thank you for everything you have done*

For older teens the Wheeler Centre is hosting an online forum discussing self-care strategies implemented during the pandemic. This looks great! Remember you don't have to wait for RUOK? day to check in each other.

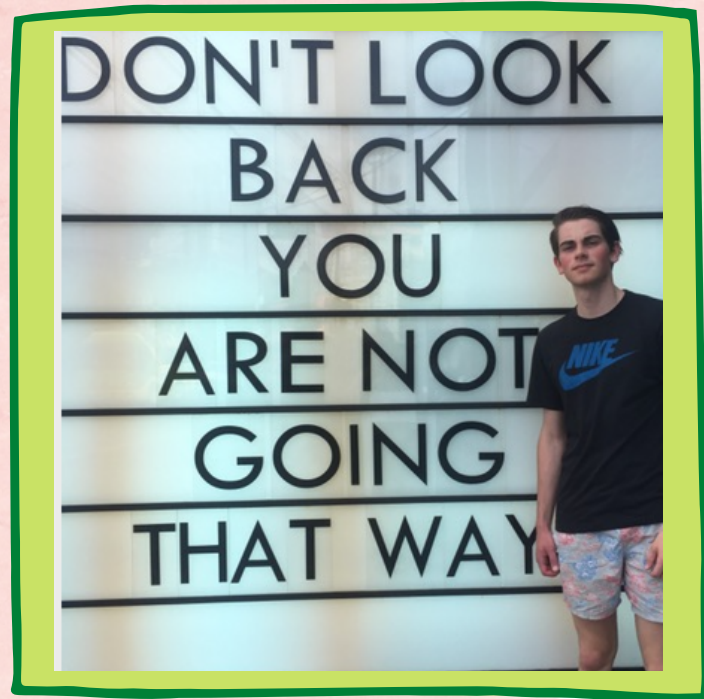
note to self

*Be kind*

TO YOURSELF  
AND OTHERS

World Mental Health Day - 10 October

Reminder that the recent federal budget has doubled the number of Medicare-funded mental health sessions with a private psychologist. All Australians can now access 20 sessions per year.



## IT'S OKAY TO FEEL

Grateful for your job

AND

Overwhelmed by it

Grateful for your home

AND

Trapped inside

Grateful for family time

AND

Exhausted by it

Grateful for your health

AND

Worried about it

Lifeline

The National Workforce Centre for Child Mental Health led by Emerging Minds have produced resources to support families during COVID. Two of these resources are translated into 17 languages to support Linguistically Diverse Communities.

## SHOUT OUT TO THE MUMS

*International Women's Day was a few weeks back*



You have done a great job of looking after everyone, don't forget to look after yourself. Remember to Eat Well, Drink Well. Go for a walk and get some fresh air and breathe! When you look after yourself the whole family benefits!