

FEBRUARY/ APRIL 2021

HEALTHY SCHOOLS BANYULE

Updates, resources and information for our Banyule schools partners



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 or call 9450 2000



Welcome back to school ...

Healthy Schools Banyule (HSB) partnered with local schools to support student transition from primary to secondary school.

In term 4 2020, Olympic Village PS (OVPS) conducted a four week Garden/ Nutrition / Cooking project called 'The Plot'. In this edition we will share some of the activities and recipes that we got up to. Who would have guessed 'eggs' would become the hero of many of our sessions?

First day of school 2021, we had great fun at the Year 7 'Welcome Day' at Montmorency Secondary College, where we chatted to students about healthy eating and drinking, encouraging the packing of healthy lunchboxes and choosing tap water as their preferred choice of drink. We asked a sample of students about their water consumption and knowledge, with interesting results. A 'Cup Stacking' competition was a perfect way to remind students to try to consume 6-8 cups of water a day (remembering that water is also found in food), so as to stay hydrated, alert, strong and ready to learn, What a delightful bunch, we really enjoyed sharing with them their first day of secondary school life!

Then, a few days into the new school year and statewide restrictions are back... you know the drill! It's important to stay healthy and connected. And one of the best ways to reduce your risk of Covid-19, is to practice good hygiene and boost your immune system by staying well with healthy food and drinks, along with exercise which can be as simple as taking a walk.

Jane Casey (School Health Promotion)



HEALTHY SCHOOLS BANYULE

- Garden / Cooking 'The Plot' Project - Olympic Village PS
- Welcome Day for Yr 7's - Montmorency SC
- You're a good EGG
- Wrapped to be back at school - lunchbox ideas
- Pack a healthy lunchbox tips
- Healthy drinks - drink water
- Take a Walk back in (Banyule) history - Victoria Walks Walking Map
- Covid-19 information / vaccines

This newsletter supports school health promotion in the areas of healthy drinks and food, and community health. We work with Banyule teachers and parents to provide information, resources and ideas. Please share the newsletter and its contents. We would love to hear how things are going for you, along with any ideas or resources.

Email: jane.casey@bchs.org.au



[@banyulechs](https://twitter.com/banyulechs)
[banyulecommunityhealthservice](https://www.facebook.com/banyulecommunityhealthservice)
[banyule community health](https://www.linkedin.com/company/banyule-community-health)

www.bchs.org.au

THE PLOT' GARDEN/ COOKING PROJECT

Week 1

THE GARDEN/ COOKING 'PLOT'
PROJECT

It's important to put the right fuel (food) in our body.

Each week, for 4 weeks the Grade 5 & 6's will do some gardening, nutrition and cooking.

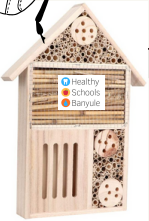
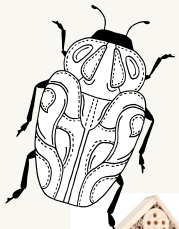
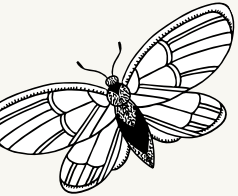


Week 2

THE GARDEN/ COOKING 'PLOT'
PROJECT

Bugs might not be your thing, but consider this: almost all flowering plants need insects for pollination. ... We'll get better fruit and vegetable harvests from our garden if we have beneficial insects around – and some can help keep unwanted bugs under control.

This week, we built insect houses to welcome insects, bugs and butterflies.



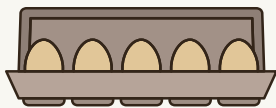
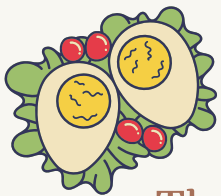
Week 3

IN THE GARDEN/ COOKING 'PLOT' PROJECT WE LEARNT

There's more than one way to cook an egg!

They're G O O D EGGS at Olympic Village Primary School.

Eggs are a great way to start the day, add a boiled egg to your lunchbox or an after school snack. We especially love 'toad in the hole'. How do you like your eggs?



There's more than one way to cook an egg

In Week 3's nutrition class Olympic Village PS students worked with the teaching staff and Jane from Banyule Community Health. They learnt that eggs are a great source of protein. You can start your day with an egg, or add a hard boiled egg to your lunchbox, or perhaps french toast as snack after school or even for dinner.

EGGCELLENT!!!!



"How do you like your eggs?"

A favourite of ours is scrambled eggs, served with some fresh produce from the garden, such as parsley chives or thyme.

'Toad in the hole'

Cut a hole in a slice of bread. In a fry-pan melt some butter and place the bread in it. Crack the egg and place into the hole. Cook for about 2-3 minutes over medium heat until the bread is lightly brown. You can turn your egg over if you wish, until the egg yolk is almost set, depending on how you like your eggs.



Wrapped in healthy school lunches

What's your healthy wrap filling?

In week four of the 'Garden Plot' program, Grade 5 & 6 students made lunches, including the fine art of wrapping them. Students also learnt to care for food, store it safely using reusable containers and adding a small ice-pack to their lunchbox. They personalized their lunchboxes with stickers they made. They carefully chose from the five food groups and used produce from the school garden.



Check out the Australian Guidelines on Nutrition Australia



Let me know if you would like a healthy eating information kit or poster for your classroom / school or home.

Week 4



Eat what's in season - such as carrots, capsicum, cucumbers - keeping it tasty and affordable!

Wrapped to be back at school



Wraps are a great alternative to a traditional sandwich! They are a fantastic option to put in school lunchboxes to add variety. They are also a great afternoon snack kids can make.

METHOD:

Preparation time: 5 minutes Cooking time: 0

Vegetarian Wrap

- Spread hummus (or tzatziki) over the rye wrap.
- Place carrot, lettuce and cheese in a pile in the centre of the wrap.
- Roll up and cut into 4-5cm pinwheel pieces. **Enjoy!!!!.**

Here's some of OVPS students favourite filling choices from the five food groups:

- Dairy: Grated cheese, tzatziki
- Grain: Rye wrap, kidney beans
- Fruit: Avocado, tomato
- Vegetables (Try for 5) : Lettuce, corn, spring onion, capsicum, grated carrots
- Protein: Tuna, chicken, eggs

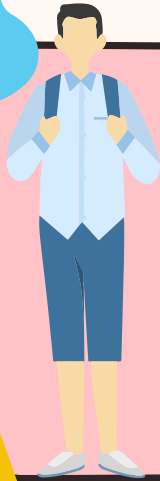
Accompanied with corn chips, banana chips and fresh fruit - watermelon, orange, sliced pineapple and cantalope.

You can add any of your favourite healthy ingredients to these wraps. Other things you could try include:

- Tuna
- Cucumber
- Chicken
- Spinach
- Tomato



PACK A HEALTHY LUNCH



Healthy
kids
learn
better



Tap water
is best.
BYO water
bottle to
school



Choose
and
prepare
your own
lunch



Limit junk food.
Aim for a waste
free lunch
(50% of school
bins comes from
wrappings)

Consume 6-8
cups of
water a day
(remember
water is in
food)



The Lowdown on a sample of Yr 7 students' drinks consumption & knowledge

HEALTHY DRINKS

BE SMART
CHOOSE
TAP

60-70% of our body is made up of water. We need to keep replacing it throughout the day, so keep continually sipping water all day.

Sample: 12 female students & 14 male students

At the Year 7 Welcome day we asked a sample of Year 7s about their water and sugary drink consumption and knowledge. Here's what they had to say:

35% students knew how much water to drink each day

Typical recommended water intake for 12 years old:
7 glasses (1.5 litres) 13 years old and over: 8 to 10 glasses (2 litres)

82% felt they consume enough water each day

When we don't have enough fluid intake, signs of dehydration and its impacts effect students' ability to concentrate and learn.

Sugary drinks consumption

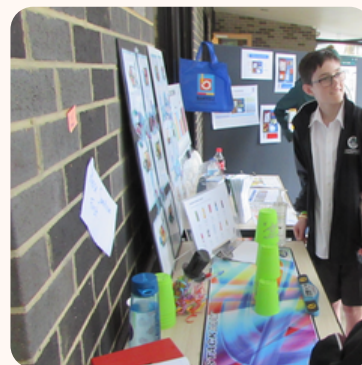
18% Yr 7 students said they consumed sugary drinks "Everyday"
35% (9) "1-2 times a week"
45% (12) "1-2 times a month",
2% (1) "Never"

Promote consumption of water without flavoring, additives, or carbonation.

Make water the first and only choice.

Tap water is the best healthy choice and it's FREE!
Improving water intake is a priority action for healthier lifestyle in young people.

Drinking water in Australia is of a high quality and is well treated. There is no reason to buy bottled water. Safe, clean tap water will continue to be supplied directly to your school / home every day.



WHAT BETTER WAY TO REMIND US TO DRINK 6-8 CUPS OF WATER A DAY THAN A YEAR 7 CUP STACKING CHAMPIONSHIP



WINNER
EMILY FROM 7C
WITH A TIME OF
4.83 SEC

 Healthy Schools Banyule

 Banyule Community Health

TAKE



WALK

and

step back

in time

Information supplied by the Heidelberg Historical Society on Victoria Walk website



Walking is
GREAT FOR YOUR

MENTAL
HEALTH

Heritage Walk - Victoria Cross Estate

Macleod created by Mont Park to Springthorpe Heritage
(Go to Walking Maps - 40 mins, 2.7kms, easy walk)

walking
maps

There have only ever been 100 Victoria Cross (VC) Australia's highest military honour awards (64 in WWI and 20 in WWII). Nine of the men who received a VC are honoured with streets named after them in this Estate. Information about most of these men is shown at the Information Boards at the start of the walk, west of the Macleod station.

This land had been owned since 1903 by Edith and Malcolm Macleod (Heidelberg councillor) and the area was then designated as North Heidelberg. In 1910 the State Government bought the land from the Macleods along with adjacent land to allow access to the Mont Park Asylums.

The Estate was designed by surveyor and town planner Saxil Tuxen, who designed diagonal streets following the elevation of the hill, rather than a standard grid. The area was divided into 277 blocks. The Depression of the 1930s slowed all home development in the interwar period in Melbourne. Some of the houses in the Estate feature restored 1930s facades and there is an interesting mix of the original weatherboard houses, very modern homes and quite a few blocks of units. One brick house which remains on the corner of Cherry St and McNamara St near the station, was built about 1926.

On your walk you will notice a series of lane-ways allowing access to the back of all the houses. This was for the 'night soil' collection from the toilets in the back yards of the blocks. Septic tanks replaced these 'thunder boxes' before the outer Heidelberg area was finally attached to the Melbourne sewerage system from about the 1960s.

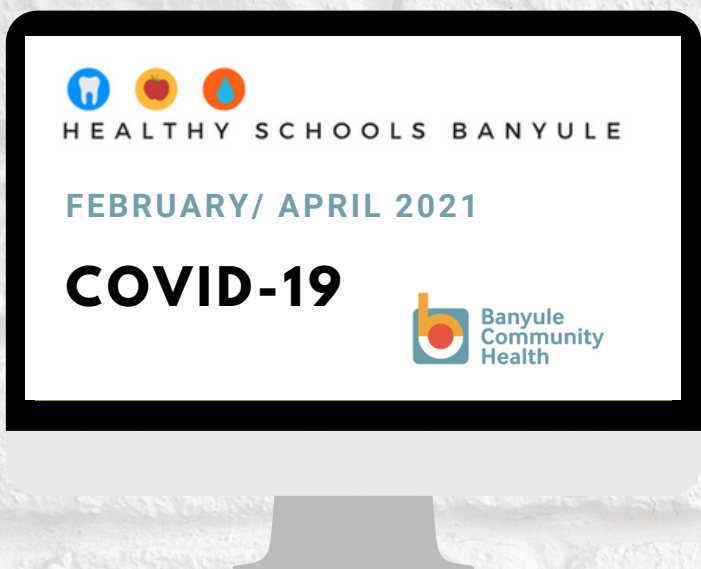
Some of the houses were originally owned by people who worked at the Mont Park Asylum complex on the north side of Cherry St. The proximity of the area to La Trobe University and the Macleod station ensures the desirability of homes in this historic Estate.

Two of the men who were awarded a Victoria Cross never returned to Australia being killed in battle. The men who survived WWI and avoided the Spanish flu pandemic of 1918 - 1919, all married and most had families, and some became prominent in public life in Melbourne, like Captain Albert Jacka. Private Ted Kenna and Private Bruce Kingsbury.

Two Reserves are hidden away in the Estate and you will be able to wander through them, having walked each street named after a veteran. Enjoy your walk back in time! Then try Macleod Station to Mont Park Heritage Trail

what's
your fav
local
walk?

Healthy
Schools
Banyule



Corona Virus Hotline

1800 675 398

**IF YOU SUSPECT YOU MAY HAVE
CORONA VIRUS CALL THE
HOTLINE.**

OPEN 24 HOURS, 7 DAYS A WEEK

**Keep updated on CURRENT
outbreak sites.**

**COVID-19 AFFECTS
DIFFERENT PEOPLE IN
DIFFERENT WAYS.**

**MOST INFECTED PEOPLE
WILL DEVELOP MILD TO
MODERATE ILLNESS AND
RECOVER WITHOUT
HOSPITALIZATION.**

**MOST COMMON SYMPTOMS:
FEVER
DRY COUGH
TIREDNESS**

**LESS COMMON SYMPTOMS:
ACHES AND PAINS
SORE THROAT
DIARRHOEA
CONJUNCTIVITIS
HEADACHE
LOSS OF TASTE OR SMELL
A RASH ON SKIN, OR
DISCOLOURATION OF
FINGERS OR TOES**

**GO TO DHHS WEBSITE FOR
INFORMATION ON WHAT'S
INVOLVED WITH GETTING
TESTED**

Effectiveness of coronavirus (COVID-19) vaccines

So how do vaccines work? Vaccines can protect people both directly and indirectly. If you get an effective vaccine, you have a reduced risk of getting the disease (direct protection). If enough people get vaccinated, then even if you don't or can't get vaccinated, you have a reduced risk of getting infected (indirect protection). This is often referred to as 'herd immunity' and it is the immunity to a disease that a whole community has because the majority of the members of that community are vaccinated. As most people are vaccinated a virus isn't able to spread as easily between people.

The World Health Organization and drug regulators consider a vaccine viable if it has an effectiveness rate of at least 50 per cent. Most of the coronavirus (COVID-19) vaccines that have undergone final stage testing are considerably more effective than 50 per cent.

Remember to sources of information from CREDIBLE sources. To keep informed go to:

<https://www.dhhs.vic.gov.au/coronavirus>

<https://www.coronavirus.vic.gov.au/types-coronavirus-covid-19-vaccines>

It takes a combination of vaccine, good hygiene healthy eating & physical fitness to stay well.