

HEALTHY SCHOOLS BANYULE

Updates, resources and information for our Banyule school 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



I think it's safe to say that the school holidays came at just the right time ...

We hope you had a restful break over Easter and school holidays. Term one was filled with activities and it looks like this term is going to be no different.

Healthy Schools Banyule (HSB) partnered with local '3081' primary schools to create a podcast of local voices to support International Women's Day. Check out the link if you haven't yet had a chance to listen. It is timely with Mother's Day coming up as so many students and teachers mentioned their Mum's as their inspiration, putting their hand up for the Mums and important female figures in their life.

Last term also saw us celebrate Harmony Day, and it coincided with World Oral Health Day. So what better way to celebrate than with a SMILE :)! A smile is the same in every language.

Banyule Community Health's dental screening program 'School of Smiles' is heading out this term to local primary schools and early years settings. Healthy Schools Banyule will continue to conduct oral health education to support the screenings. BCH is excited to commence the Dental Health Services Victoria's (DHSV) 'Smile Squad' in term 3 to allocated Banyule primary and secondary schools. The dental team will be in touch with schools as we find out more. Meanwhile BCH's dietitian team is supporting Bundoora Secondary PAL program in health and nutrition to 7-10 year levels.

Stay Safe and Healthy,

Jane Casey (School Health Promotion)



HEALTHY SCHOOLS BANYULE

- Good Food for Good Health / One Box
- Free fruit / Recipes
- Healthy Drinks - HEAS policy update
- Oral Health - Dental Health Week in August
- Nourish your soul a poem by Samar Barud inspired by the Harvest Festival
- Oral Health - World Health Day
- International Women's Day '3081' Podcast
- 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

Good Food for Good Health

DPV Health has just launched the Good Food for Good Health cookbook.

Every recipe in Good Food for Good Health cookbook has been costed and nutritionally analyzed to ensure they are healthy, simple, tasty and cost effective.

The online cookbook represents the cultural diversity of the communities DPV works with and you'll find amazing recipes from across the world thanks to the contributions from a range of local community groups, primary schools and the DPV Health Dietitian. To view the cookbook click the link below.

<https://mailchi.mp/dpvhealth/introducing-good-food-for-good-health>



Good Food for Good health

Good Food
for Good health

Healthy Eating can be simple, cost effective and tasty

Find out more



always go to reputable sites for your information

If you eat a wide variety of good food your diet will provide with adequate nutrition to stay well.
<https://www.betterhealth.vic.gov.au/health/HealthyLiving/healthy-eating>



The One Box

The One Box is an Australian charity who has recently launched a dedicated program to provide access to affordable, high-quality fresh and nutritious fruit to Victorian schools and other education based settings, including organisations working with children in 22 LGAs across Melbourne, Banyule being one of them.

For as little as 30 cents per piece, The One Box is delivering snacking fruit for after-school programs, breakfast and homework clubs, and other healthy eating and wellbeing initiatives.

If you are interested in learning more you can contact The One Box team – email info@theonebox.org.au or phone 1300 294 466. Free delivery is available within their delivery zone (min. order of \$30), and you can order weekly or just as a one-off.



Providing the community with affordable fresh food.



Vegetable stir fry

Long day? This tasty dish makes a quick dinner

goodfoodformoodhealth.com.au / \$10.80

Ingredients:

- (20 florets) Raw broccoli
- (5 medium) Peeled carrot
- (8 cloves) Raw garlic, peeled
- (1 1/3 cup) White rice, raw
- (4 tbsp) Reduced-salt soy sauce
- (200 ml) Tap water
- (6 tbsp) Vegetable oil

Method:

1. Cook the rice, following the instructions on the packet.
2. Peel the carrot and cut into slices. Cut the broccoli into florets.
3. Add the oil to a pan and heat. When the pan is hot, add the vegetables and stir fry for five (5) minutes.
4. Add the garlic and cook for 30 seconds.
5. Add the soy sauce and cook for another 1-2 minutes.
6. Serve with the rice.

The [website](#) has helpful hints. DID YOU KNOW?

Pre-minced garlic can be a cheap and convenient alternative to fresh. When selecting packaged products, choose the variety with the lowest sodium (salt) and sugar content.

Shop seasonally

It's cheaper and tastes better. Apples, oranges, melons, pears, grapes and zucchini are in season!



Free Fruit for your school

Woolworths is currently giving away more than 100 million pieces of fruit to Aussie kids through their Free Fruit for Kids Program in supermarkets. We know how important it is for kids to receive the recommended daily two serves of fruit (and five veggies!) so they are giving a nutritious boost by offering 100 primary schools or early learning centres across the country an opportunity to receive free fruit. Simply complete the below form



<https://www.woolworths.com.au/shop/discover/fresh-food-kids/free-fruit-for-schools>

Don't forget to head down to the Community Grocer at Bell St The Mall - West Heidelberg every Saturday between 9am - 1pm to pick up your weekly fresh food.



HEALTHY
CONNECTED
COMMUNITIES

HEALTHY DRINKS

Healthy choices includes drinks



Here is an update policy from Healthy Eating Advisory Service - April 2021, including drinks:

- A new healthy choices policy directive for health services was announced by the Victorian Government on 12 April 2021. This new policy directive will apply to **in-house managed retail outlets, all vending machines and all catering** within public **health services**. The new policy directive will follow the existing Healthy choices: food and drink classification guide for food. However, with new guidance also includes drinks.
- How does your school measure up as a health promoting environment? Visit the **Healthy Eating Advisory Service** for free support to help create health promoting environments at your school, early years setting and workplace. Healthy Choices is a framework for improving the provision and promotion of healthier foods and drinks in key settings where Victorians spend their time.

Check out the [HEAS website](#) for healthy recipes for school canteens

The School Canteens and Other School Food Services Policy categorises foods and drinks into three categories:

Everyday category (green) foods and drinks should be included as the main choices available and be made available every day. As a general guide, **Everyday** items should ideally represent more than 50 per cent of the menu. Typical foods found in this category are whole foods such as fresh fruit, wholegrain breads and cereals, lean cuts of meat, legumes, canteen made soups, and reduced fat dairy products.

Select Carefully category (amber) foods and drinks should not dominate the menu. These items are often processed and therefore should be offered in smaller serving sizes. As a general guide, **Select Carefully** items should ideally represent less than 50 per cent of your menu items. They can be made 'greener' by partnering with Everyday foods. Typical foods found in this category include commercially prepared pastas, noodles, soups, meat products, cakes, dairy desserts, and fruit juice.

Foods and drinks in the **Occasionally (red)** category should not be on the regular canteen menu or be regularly available in other areas of the school such as vending machines, foods used in curriculum activities and school events such as celebrations and sports days. Foods and drinks that are categorised **Occasionally**, are typically high in kilojoules, high in saturated fat, and high in salt. Schools should limit the availability of these foods and drinks within the school to no more than two occasions per term.

Confectionery and high sugar content soft drinks should not be supplied through school food services at any time, under the School Canteens and Other School Food Services Policy. This includes energy drinks and flavoured mineral waters with high sugar content.



This poem that was recently shared with us from BANH Inc. reminds us of how much we love our community.
Bon Appetite!

Nourish your soul ... a love letter to my community

- a poem from Sumara Barud



When I asked myself the question what makes a community.

I thought about all of the things that it's not.

It's not about how many people you know on a first name basis. Or how often you ask them, 'how are you', only waiting for them to reply, 'good' so that you both can walk your separate ways. It's not about being outstanding or liked by or always seeming presentable.

Yes, google was right when it said a community is a group of people living in the same place.

But It's also about how authentically you can show up as YOU- that really shapes the heart of a community.

My community is made up of people from different cultures, different faiths, different ages, People that spoke different languages, people who hold different careers in society and my favourite part, People with unforgettable personalities.

To give you a glimpse, my community is-

- It's Ali who loves to bake and makes the best Baklava's
- And the security guards that do laps around the neighbourhood and buzz us in when we forget our passes.
- It's Lisa at the gym under the 253 building , hyping everyone that walks through the door to push themselves harder.
- And Fartun's Somali cake (dolsho- which she is still yet to teach me how to make)
- The Caravan outside the neighbourhood house.
- It's the Collingwood neighbourhood house
- It's the team of generous volunteers that make the Lifting Spirit program. If you don't know what that is, it is the folks that show up every Wednesday and Friday mornings to serve fresh **and** free brekkie to the residents.
- It's Anna the clown.
- It's the faces we see every morning in the downstairs foyer, sitting behind a box of masks wrapped in brown paper bags and a bottle of hand sanitisers.
- It's Auntie Fadumo the advocate
- Auntie Tracey on Smith Street.
- It's Hajarah inviting me over to her home when I first moved here to have kiiliyo and shaax (a traditional Somali breakfast) with her and her three children.
- It's Sez, Max and Lexi who make the meanest salad sandwiches.
- And It's Joshua, whom we **all** know and now his dog Otilio, who will never let go of his ball for anyone

Some of you I haven't yet spoken to but I've seen you around- and I feel like I know you.

Like the:

- Group of east African aunts that sit on the benches after the school pick up so that their kids can run around in the park and use up every last bit of their energy. (strategic).
- Or the bearded man I see every day who's hand glue to the leash of his muzzled dog, and his beautiful wife and newborn that sit on a picnic mat under the tree next to the gazebo .
- It's the woman that lives in my building that I see almost every afternoon sitting on the bench out back having a cigarette whilst her dog roams freely around the grass playing with the neighbourhood kids.
- It's the group that like to congregate under the gazebo and yarn.
- It is all the single parents that make up a majority of our residents.
- It is the team that organised this event that I am speaking to you from.
- It is you, in this space, right here, right now.
- And plenty other names and faces that I haven't mentioned or may not be here with us today but are equally a valuable part of our community.

When I think back on 'the year that shall not be named', it felt like we were all seeds planted in the soil.

Surrounded by darkness that was prolonged by one lockdown after the other.

Many of us feeling it's impacts to varying degrees, which is important to acknowledge.

During those challenging times, I believe a lot of us realised the power of one another and the light we bring into each other's lives.

We drew on our solidarity, perseverance, our strength, patience and small acts of kindness to nurture the seed in the soil- willing it, praying on it, and hoping that one day it will emerge from the darkness and sprout into the surface.

And it did.

Here we are some few months since the last lockdown, celebrating our Annual Harvest Festival. Masks off and finally able complete the other half of each other's faces. Here we are, blooming beautifully, a pandemic conquered, lessons learnt and experiences gained, amplified in resilience and **ready to feast on the fruits of our collective labour.**

But before you go for the bite -

PLEASE Just remember- It takes us to make something special like this to happen. So get involved with your community, if you're looking for a place to start - come to our neighbourhood house. And be sure to spread the love and gratitude to your neighbours and everyone that is here with you today- for bringing this celebration to life. & with that being said - Bon appetite!

Help reduce the burden of disease. Look after your smile by brushing your teeth twice a day, eat healthy foods and drinks, and visit a dentist twice a year for a check up. Tooth decay is a preventable disease and is often reversible in its early stages.

Did you know?

- Adults aged 15 years and over had an average of 11.2 decayed, missing and filled
- 4.1% of the non-fatal burden of disease among Australia children aged 5-9
- Dental caries experience for deciduous teeth of 5-10 year olds varied
- 1.5 times as high for Indigenous children (61%) as non-Indigenous children (41%)
- Public dental visits are free for under 12 year olds

(Information from the Australian Institute of Health and Welfare)

Children 12 years and under are FREE

call BCH Dental Clinic to make an appointment on 9450 2000

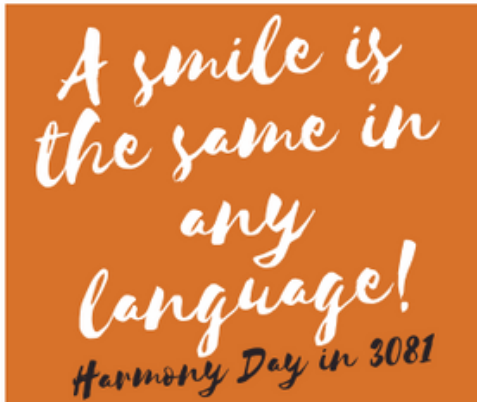
World Oral Health Day

People think tooth decay is declining but it continues to rise since the 1990's and has become a real problem. More than half of 6-10 year olds in Australia have tooth decay.

(Australia's Health Report, 2016 AIHW).

Poor childhood oral health is a strong predictor of poor adult oral health.

Harmony Day -
22nd March



Hope you enjoyed your Easter treats but now more than ever it's important to look after that smile. For many of us our oral health routine of looking after how smile (our superpower) has been a little neglected, first from staying at home due to covid-19 followed by our excitement of being out and about again and we have been so busy making up for lost time. All you need is 2mins morning and night and you will be on track to have something to smile about. Many people have fallen behind on their 6 monthly dental check up but it's to late to get back on track.

Call Banyule Community Health Dental Clinic to make your next appointment. ALL children 12 years and under are FREE and will receive the first available appointment.

"Don't forget to brush your teeth?"



Get ready for Dental Health Week 2nd - 8th August

'Meet Pearly'

Jane and Pearly talk about the importance of keeping up your daily routine of brushing two times a day.



Check out the YouTube clip on how to 'Look after that smile'
https://m.youtube.com/watch?feature=youtu.be&v=HxLQ2nekvYI#dialog_

#STRONGERTOGETHER

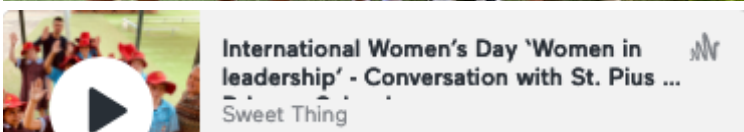


3081 primary schools made a PODCAST to celebrate IWD



INTERNATIONAL Women's Day '21

Click to listen



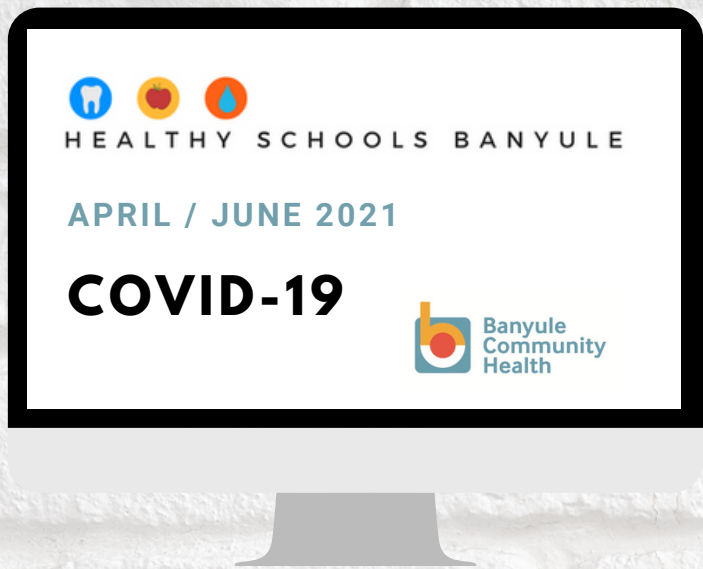
Grade 6 St.Pius X student Lara kicks off the IWD podcast

Click to listen

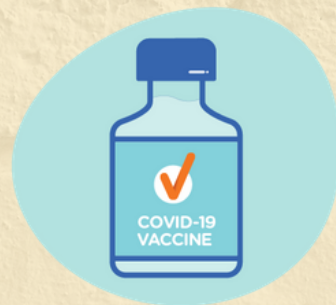
Celebrating 30 years

It is fitting on International Day of the Midwife that all here at Banyule Community Health would like to give a BIG shoutout to our much loved midwife Elischka Sageman, who is celebrating 30 years in her role here as midwife to so many families across Banyule. Congratulations!





Vaccine Eligibility Checker



Check to see if you can book a COVID-19 vaccination yet. You can do this for yourself or another person.

[HTTPS://COVIDVACCINE.HEALTHDIRECT.GOV.AU/ELIGIBILITY?LANG=EN](https://COVIDVACCINE.HEALTHDIRECT.GOV.AU/ELIGIBILITY?LANG=EN)

This information can be found on the [BCHS](#) website or call 9450 2000.



BCHS is a Vaccine Provider

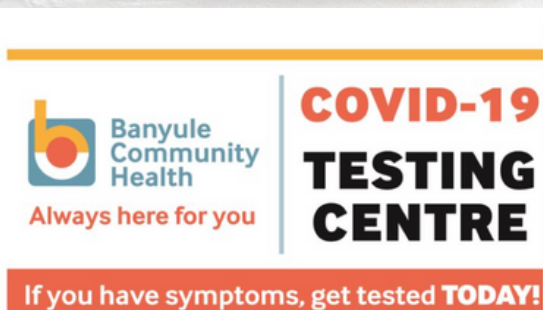
Banyule Community Health Medical Practice is pleased to advise that we are an approved vaccination provider for the COVID-19 vaccines. We are happy to help provide COVID-19 immunisation for our local area and wider community.

In our rollout, COVID-19 vaccines will be available in phases. Groups of people get the vaccination at different times. The groups are Phase 1a, Phase 1b, Phase 2a, Phase 2b and Phase 3.

The COVID 19 Vaccine is provided and administered at NO COST to all eligible Medicare Card holders.

Learn more about the vaccination phases and eligibility.

Learn more about COVID-19 vaccines and the vaccination program.



Our Stories

Banyule Community Health COVID-19 Drive Through Testing Clinic – Greensborough

The site is operational 7 days a week between 9.00am – 4.00pm. Location: Whittingham Circuit, Greensborough (which is accessed from Civic Drive). Getting tested means, you keep yourself, your friends, family, workplace and your community safe.

Go to [DHHS](#) website for information on what's involved with getting tested