

# STUDENT HEALTH INITIATIVE

Healthy Kids, Better Outcomes



## Examples of Community Organisations and initiatives

### Nutrition, food and agriculture

- Tasmanian School Canteen Association: <http://www.tascanteenassn.org.au/>

As well as providing support for schools to provide nutritious and healthy food service in school canteens, the TSCA offers additional project ideas such as Slow Food for Fast Growing, Pop up canteen, cooking with the LIL and LIFT program, utilising Ben Milbourne of MasterChef to work with schools from garden to cooking to science, and linking school produce garden with curriculum activity.
- Breakfast clubs (Foodbank or local providers): <http://www.foodbank.org.au/tasmania/>

Foodbank is a not-for-profit organisation that runs school breakfast programs in Tasmania.
- The Department of Health and Human Services has developed a [guide to healthy and successful school breakfast programs](#).
- Cultivate Group [www.thecultivategroup.com.au](http://www.thecultivategroup.com.au)

The Cultivate Curriculum Resource is designed specifically for Tasmanian schools and students to link to and enhance existing school infrastructure and intellectual property through edutainment vignettes, student activities and activations and partnerships with other key stakeholders and community organisations to deliver the outcomes of the Supporting Healthy Tasmania Strategic Plan and Student Health Initiative. The desired outcome of the resource is to reiterate the importance of food literacy, paddock to plate learning and eating - understanding the role that food plays in our day-to-day lives as well as our community, culture and economy.
- 24 Carrot Gardens: <http://www.24cg.mona.net.au/>

24 Carrot Gardens Project is a school kitchen garden provider that are aligned with the Stephanie Alexander Kitchen Garden Foundation. They provide hands-on experience from architectural design of the garden, planting and growing right through to cooking and preparing the produce.
- Stephanie Alexander: <https://www.kitchengardenfoundation.org.au/>

Stephanie Alexander provide pleasurable food education which teaches students to grow, harvest, prepare and share fresh, seasonable, delicious food.
- Jamie's Food Revolution: <http://www.jamiesfoodrevolution.org/>

Working through the Good Foundation in Australia, the organisation aims to improve health and happiness of future generations through the food they eat. This includes food education programmes.

- Eat Well Tasmania: <http://www.eatwelltas.org.au/>

Eat Well Tasmania provides support and assistance for activities or projects that promote enjoyable healthy eating.

- Produce to the People: <http://producetotheproletasmania.com.au/>

Produce to the People Tasmania is on a mission to create a healthy and sustainable food system that benefits all. Set on 2 acres within the grounds of Burnie High School in Cooee, North West Tasmania, they operate a diversified, four-season farm and an education centre that host thousands of visitors each year. They are a social profit organisation and their ethos is “grow, gather, give”.

The work they do includes:

- Providing a free food hub where the community can access locally grown produce that might otherwise have gone to waste (via Tasmanian Government Emergency Food Relief funding)
- Hosting a Work for the Dole Project offering work experience to unemployed in the region
- Experiment with and improve sustainable farming practices.
- Training beginning farmers in resilient, regenerative farming techniques.
- Helping children discover the sources of their food while preparing them to steward the land that provides it.
- Increase public awareness of healthy, seasonal and sustainable food.

Other opportunities include:

- Local chef/identity working with students to develop healthy eating plans and trial preparing the recipes
- Hold your own Health Expo

Get Kids Cooking <http://getkidscooking.com.au/>

Get Kids Cooking @ School provides easy, cost-effective cooking programs that focus on a healthy food message that fits into existing curriculum work, and includes:

- The Kitchen Kart: a compact mobile teaching kitchen available to schools
- Cook In A Box modules: tailored cooking for Kindergarten to Year 6 that spans curriculum targets

### Physical Activity

- All Tasmanian Sporting organisations: [http://www.getmoving.tas.gov.au/whats\\_on/state\\_sport\\_and\\_recreation\\_organisations](http://www.getmoving.tas.gov.au/whats_on/state_sport_and_recreation_organisations)
- Little Athletics: <http://taslittleathletics.com.au/>
- ‘Sporting Schools’ grants: <https://sportingschools.gov.au/funding>

Sporting schools is a \$100 million Australian Government initiative to get children committed to a lifelong love of sport.

- She Shreds: <https://www.sheshredsaustralia.org/>  
**'Skate into Schools' a learn to skateboard program for girls and boys**  
 Founded in Tasmania, She Shreds Australia Inc. has developed a program of teaching skateboarding in a safe and sequential manner, developing the basic skills to enable skaters of all ages to enjoy skating and to have the necessary ability and understanding to safely navigate around their local skate park. This program teaches physical, social and emotional learning and as such covers many elements of the ACARA HPE Curriculum.

Opportunities to promote and sustain Physical Activity are wide and varied. It is recommended that schools connect with their local councils, businesses and organisations to consider options that support school contexts.

Examples include:

- using the school environment to - plan and build a school fitness trail, bike track, walking track, orienteering course
- training student fitness leaders to work with classes within the school
- building partnerships with the local sporting club(s)
- using the local environment - a nearby beach to learn surf life-saving skills, kayaking, or beach volleyball
- accessing local businesses – run dance, gymnastics, bootcamp sessions – create videos for later use in daily fitness sessions

### Relationships and mental health

- Working it Out: <http://www.workingitout.org.au/>  
 Working It Out is Tasmania's specialist service for sexuality, gender and intersex status support and education.
- MindMatters: <http://www.mindmatters.edu.au/>  
 MindMatters is a mental health initiative for secondary schools that aims to improve the mental health and wellbeing of young people.
- KidsMatter – FAST program: <https://www.kidsmatter.edu.au/>  
 KidsMatter is an Australian mental health and well-being initiative set in primary schools and early childhood education and care services. It provides a framework that helps these places take care of children's mental health needs.
- Family Planning: <http://www.fpt.asn.au/>

Family Planning Tasmania is a state-wide, not for profit organisation providing sexual and reproductive health clinic and education services to all Tasmanians.

- **Grow** Mental Wellness Programs: <https://www.grow.org.au/>  
 Get Growing Schools Based Program  
 Get Growing is an in-school program that helps young people, aged 10-18, to gain important social and emotional life skills. Practical and focused on everyday living, Get Growing is a pathway to positive change and fosters self-value and esteem, acceptance, and resilience.

## Drug education

- Drug Education Network: <http://www.den.org.au/>

DEN is a non-government organisation funded to deliver a range of health promotion, prevention, and early intervention programs to reduce the harm associated with alcohol, tobacco and other drug use across Tasmania.

- Drug and Alcohol Services: [http://www.dhhs.tas.gov.au/mentalhealth/alcohol\\_and\\_drug](http://www.dhhs.tas.gov.au/mentalhealth/alcohol_and_drug)
- The Tasmanian Alcohol and Drug Service offers a range of treatment, information, education and community-based supports for Tasmanians affected by alcohol and drug use.

## Overall health and wellbeing

- Life Education: <https://www.lifeeducation.org.au/>

Life Education offers education programs around safe healthy lifestyles and wellbeing. They provide unique, integrated learning experiences for schools, including face-to-face delivery of an essential curriculum-based program empowering children to make safe and healthy lifestyle choices now and into their adult lives.

When co-developing initiatives and working in partnership with community organisations, schools could also consider working collaboratively and obtaining resources from government business units and departments such as:

- Move Well Eat Well: <http://www.dhhs.tas.gov.au/mwew>

Move Well Eat Well is a Department of Health and Human Services run initiative that supports the healthy development of children and young people by promoting physical activity and healthy eating as normal positive parts of every day. Schools can work towards becoming a Move Well Eat Well school.